



ENHANCE HEALTH EDUCATION
RESEARCH FOUNDATION

Healthy and Empowered
Communities



EHERF

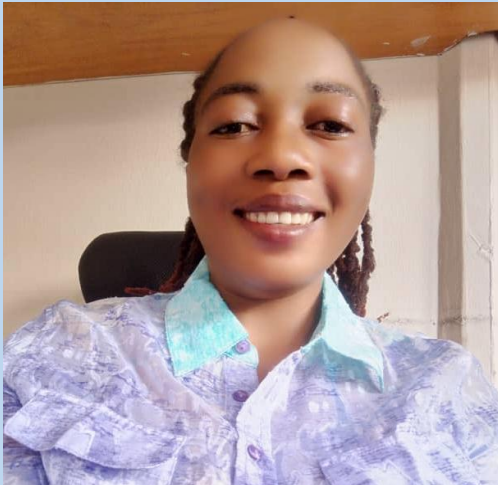
2024, Year in Review

Welcome!

HERF (Enhance Health Education Research Foundation) is a not-for-profit, faith-based organization established in 2022 by a dedicated group of Christian individuals committed to providing charitable services and support to vulnerable populations.

Our dedicated team of health professionals treat, educate, counsel and advise our clients to live healthy lives. We are determined through our faith in God and expertise to give hope to the hopeless. All together at HERF from the Board, Management and staff have put our skills and faith for service to humanity to the glory of God.

Directors Message



Dear friends of HERF, in 2024, I took a bold step to steer this organization as its Founding Director, with the trust of my fellow team members. We started-out on the pledge to serve our community, putting our faith into action. Having served in the public health and medical sectors, my team and I were impressed on our hearts the burden of healthcare inequities affecting some of the vulnerable segments of the population in our community.

We began our work in the suburbs of Nansana Municipality, setting up Cornerstone Medical Centre through which we can make our small but significant contribution to community healthcare.

Cornerstone medical centre has been our launch pad to child health and maternal healthcare, nutrition programing and community outreaches, educating communities about the imminent danger of non-communicable diseases.

I am happy to report that we are on course of our mission. From the beginning I acknowledge the collaborative support of the Nansana Municipality Local Government, our Board and staff for the good work thus far. Our hearts are open to new friends and supporters that will join our movement this year forward. To our communities where we serve, we look forward to do more

Emily Ninsiima,
Executive Director

Our History

The idea to start this organization was birthed in 2022. We officially launched in November 2024, when EHERF was registered with the Uganda Registration Services Bureau (URSB), Registration Number 80034189562992 as a non-governmental, non-profit organization. The founding team, a dedicated group of Christian individuals, led by Ninsiima Emily committed to providing charitable services and support to vulnerable populations.

Our vision

Thriving communities that are healthy, empowered, and equipped to achieve their full potential

Our mission

To inspire innovative Community led preventive and curative breakthroughs in advancing Health and Education for the most vulnerable in Uganda

Operating environment

Concerns about healthcare equity in a liberalized economy

Uganda embarked on market based health reforms in 1994. These reforms have not only failed to improve health services and the health of the population but have arguably been the key factor behind their deterioration. While liberalization undoubtedly increased access to healthcare cross the geographic and demographic spectrum, the cost of private healthcare increased the barriers for poorer populations, leading to potential disparities in healthcare utilization between wealthier and poorer segments of society.

In Bujjuko area, located in Nansana suburbs of Kampala Metropolitan, EHERF started a community medical facility, ([Cornerstone Medical Centre](#)), built on the foundation of private-not-for-profit (PNFP) to provide affordable and quality healthcare to vulnerable segments of the urban population.



The burden of non-communicable diseases



Our focus on public healthcare is addressed to the increasing burden of Non-Communicable Diseases (NCDs) affecting middle aged women entering Menopause.

Studies indicate that Uganda women typically experience menopause at a relatively young age compared to other populations. A significant number of women report menopause symptoms even in their 40s, often linked to factors like early childbearing, low contraceptive use, and lack of education. The early onset of menopause is considered a notable aspect of women's reproductive health in the country and a predisposing factor for women's vulnerability to NCDs.

Our community outreach



1. Expanding awareness, prevention and healthcare on Non-Communicable Diseases (NCDs)

Research has shown that women entering menopause at greater risk of acquiring from Non-Communicable Diseases. The medical team at Cornerstone conducted three (03) public screening for non-communicable diseases at three (3) outreach sites in Wakiso District in the following locations.

#	Outreach site	Number of persons screened
1.	Kitara	23
2.	St. Peter's	27
3.	Namayumba	32
TOTAL		82



In the three community outreach locations, EHERF employs the Community Health Groups approach as action research study groups where our health experts actively gather and analyze data, and involve communities to collectively reflect on associated risk factors leading to the upsurge of NCDs especially among women.

In one of our outreach posts, Kitara Health Group in Wakiso District, where we screened a sample of 23 women (aged 30 – 65) for NCDs, we found out that 70% of them suffered from hypertension and 30% from diabetes mellitus. 40% of the women were newly diagnosed and therefore did not know their NCD status. This a clear-cut testament of the glaring public health challenge of NCDs in Uganda. Through our intervention, we screen, educate, and offer expert advice, including client-centered lifestyle changes to avert NCD impact on health and mortality.

For women, we find that menopause can have negative effects on their overall health, including increased risk of NCDs due to limited awareness and access to healthcare services to manage menopause symptoms effectively.

2. Enhancing child nutrition education, malnutrition rehabilitation



Photo: Nutrition clinic

In Uganda, a significant number of children under five years old experience stunting, a key indicator of chronic malnutrition, affecting roughly one third of the child population. This situation is linked to poverty, poor dietary practices, and lack of access to quality healthcare. At Cornerstone Medical Centre,

EHERF established a nutrition clinic, where our expert dieticians offer comprehensive nutritional assessment and medical nutrition therapy and referrals. Working with communities, we also offer advice on proper dietary practices

Our team

NINSIIMA EMILY	HR & ADMINISTRATION DIRECTOR /EHERF E.D
ATUSIIMIRE PRECIOUS	ADMINISTRATIVE ASSISTANT
KIBUUKA EDDIE	FINANCE MANAGER
AKANKWASA GLADYS	ACCOUNTANT
DR. KICONCO JUDITH	DIRECTOR PROGRAMS
DR. AYESIGA GERALD	PROGRAMS MANAGER / SONOGRAPHER/ CARE & TREATMENT SPECIALIST
TAREMWA ELIZABETH	LABB & COMMUNITY ENGAGEMENT OFFICER
DR.KHAITSA SUSAN	CARE AND TREATMENT OFFICER
TUSHEMERIRWE AMLET	COMMUNITY FACILITATOR
WAMALA JEREMIAH	IT OFFICER
NIWASASIIRA EVART	M & E OFFICER
MUWANGUZI SAMUEL	DRIVER
MATOVU MICHEAL	OFFICE ASSISTANT
ATURINDA JOSHUA	LOGISTICS ASSISTANT
ASHABA STELESON	CHIEF INTERNAL AUDITOR



Financials

CASH			BANK		
RECEIPTS	PAYMENTS	BALANCE	RECEIPTS	PAYMENTS	BALANCE
26,500,000		26,500,000			0
	200,000	26,300,000			0
	320,000	25,980,000			0
	2,100,000	23,880,000			0
	700,000	23,180,000			0
	1,050,000	22,130,000			0
	433,000	21,697,000			0
	933,000	20,764,000			0
	3,000,000	17,764,000			0
	200,000	17,564,000	200,000		200,000
	300,000	17,264,000			200,000
	3,000,000	14,264,000			200,000
	1,300,000	12,964,000			200,000
	750,000	12,214,000			200,000
	1,000,000	11,214,000			200,000
	1,300,000	9,914,000			200,000
	400,000	9,514,000			200,000
	2,124,000	7,390,000			200,000
	500,000	6,890,000			200,000
	450,000	6,440,000			200,000
	1,300,000	5,140,000			200,000
	300,000	4,840,000			200,000
	190,000	4,650,000			200,000
	450,000	4,200,000			200,000
	300,000	3,900,000			200,000
	500,000	3,400,000			200,000
	2,000,000	1,400,000	2,000,000		2,200,000
	300,000	1,100,000			2,200,000
	500,000	600,000			2,200,000
	550,000	50,000			2,200,000
		50,000			2,200,000
		50,000			2,200,000
		50,000			2,200,000

EHERF launched its mission with seed funding from its members contribution, marking a bold statement of our faith and love to serve humanity.

Our Board

1.	Dr. Zamrano Henry	Board chairperson
2.	Ms. Rita Katumba	Vice chairperson
3.	Ninsiima Emily	Executive Director / Secretary
4.	Ms. Bagamuhunda Antonia	Treasurer
5.	Dr. Kalibala James	Member
6.	Mrs. Mbabazi prudence	Member
7.	Kwikiriza Lenius	Member
8.	Mr. Naturinda Eliab	Member
9.	Niyonzima Edson	Member
10.	Cohens Mashunju	Member
11.	Ms. Musiimenta Edvin	Member
12.	Ms. Akankwasa Gladys	Member

Our Partners



NANSANA MUNICIPAL COUNCIL
MUNICIPALITY OF CHOICE



Feeling touched to support our work or in need for more information, contact us:

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