



**Empowering Patients
Through Information:
Distribution of Cancer
Education Materials**

**Ananda Cente for Cancer
Research(ACCR)**

**Training on the
Utilization of CEMPCs**



■ Editor's Note

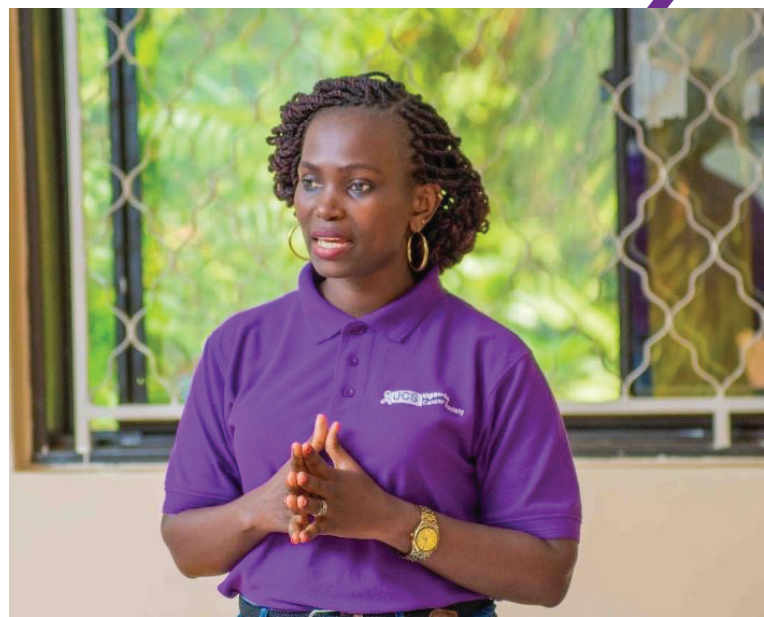
Dear Members and Partners of Uganda Cancer Society,

It is with great pleasure that I welcome you to the first quarter newsletter for the year 2025. In this issue, we reflect on the progress made in our collective fight against cancer. From the successful launch of the 3rd Edition of the Cancer Education Materials for Patients and Caregivers (CEMPCs) to strengthening community engagement and empowering our members through capacity-building sessions. These past few months have been both impactful and Productive.

We are especially happy to highlight the contributions of our member organizations and partners, whose unwavering commitment continues to drive progress in cancer education, patient support, and advocacy. Your stories of awareness creation, persistence and cancer care are at the heart of this newsletter, and we are grateful to each organization that took the time to share their milestones with us.

By dedicating a section to member highlights, we aim to celebrate the diverse efforts across our network that are helping to raise awareness and improve treatment outcomes thereby reducing the cancer burden. These shared experiences not only demonstrate impact but also uplift and inspire our wider community.

To all our partners and members: thank you for your dedication. And to those who contributed content—your willingness to share your journey allows us to shine a light on the important work being done, often behind the scenes. It is through these shared stories that we continue to build a stronger, more informed, and united cancer control community.



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**Warm regards,
Brenda Nandutu
Programs officer, UCS**

Secretariat key engagements

Launch of the 3rd Edition of Cancer Education Materials for Patients and Caregivers (CEMPCs)

On March 27, 2025, the Uganda Cancer Society (UCS) officially launched the 3rd Edition of the Cancer Education Materials for Patients and Caregivers (CEMPCs) during a training session held in Kampala. This milestone follows a comprehensive and collaborative revision process that included a medical review of content, translation of the updated edition, focus group feedback, and proofreading to ensure the materials are both culturally appropriate and linguistically accurate.

One of the key enhancements in this edition is the merging of the previously separate patient and caregiver booklets into a single, comprehensive resource. This streamlines dissemination and improves cost-efficiency, enabling broader access to critical cancer information for the cancer patients and their families. The updated content reflects current advancements in cancer care, including modern treatment options.

A new and innovative feature of this edition is the inclusion of a QR code on the back cover, allowing readers to easily download a digital version of the booklet. This not only extends the reach of the information but also ensures ongoing accessibility in both urban and remote settings.

Presiding over the launch, Dr. Nixon Niyonzima, representing the Executive Director of the Uganda Cancer Institute (UCI), officially endorsed the materials and encouraged healthcare workers to integrate them into their patient support toolkit.

Speaking at the event, UCS Executive Director Dennis Olodi acknowledged the generous funding support from the American Cancer Society, which made it possible to print and distribute the CEMPCs to caregivers, healthcare providers, and newly diagnosed patients who need them most.

This new edition marks a significant step forward in UCS's mission to ensure that cancer patients and their families are informed, supported, and empowered throughout their care journey.



Figure 1 The ED UCS, Mr. Dennis Olodi and Dr. Nixon Niyonzima representing the ED UCI, launch the 3rd Edition CEMPCs

Training on the Utilization of CEMPCs

To ensure the effective use and distribution of the CEMPCs, UCS conducts onboarding training for health facilities prior to dissemination. These sessions are designed to introduce the materials to both clinical and community-based healthcare workers who provide direct support to cancer patients and their families. The training also aims to enhance participants' skills, attitudes, and practices in delivering compassionate and effective communication, while equipping them to use the materials meaningfully in their daily work.

On March 27–28, 2025, UCS held a training workshop at the Fred Hutchinson Building, Uganda Cancer Institute (UCI). The workshop brought together 25 participants representing five UCS member organizations—Bless a Child Foundation, Soletterre Foundation, Hospice Africa Uganda, Rays of Hope Hospice Jinja, and Kawempe Home Care—as well as clinical teams from UCI and its four regional cancer centres in Gulu, Mbarara, Arua, and Mbale.

The participants included nurses, clinical officers and doctors who are directly involved in patient care following a cancer diagnosis.

Their engagement in this training underscores UCS's commitment to building a well-informed and empathetic healthcare workforce, better positioned to support cancer patients and their families throughout the treatment journey.



Figure 2: Pictures taken from training of Health workers on the utilization of the CEMPCs

Empowering Patients Through Information: Distribution of Cancer Education Materials

Access to accurate, reliable information is essential in the effective management and care of cancer. It not only supports informed decision-making for patients and caregivers but also helps alleviate fear and uncertainty surrounding a cancer diagnosis. Evidence shows that well-informed patients are more likely to engage in positive health-seeking behaviors and adhere to treatment plans, while those with limited information are more likely to delay care and explore less effective alternatives.

To address this need, UCS has continued its commitment to patient education and support by distributing cancer education materials following targeted training. These materials are designed to help patients and caregivers better understand cancer and the treatment journey.

During this reporting period, a total of 3,614 copies of the 3rd Edition of the CEMPCs were distributed. These were shared with the Uganda Cancer Institute (UCI), its regional cancer centres, and UCS member organizations offering direct patient support.



Figure 3: CEMPCs being distributed at different points at UCI

Tackling Tobacco Use Through Community Dialogue and Tax Reform Advocacy

On February 14, 2025, Uganda Cancer Society (UCS), under the Uganda Tobacco Taxation Coalition (UTTC), convened a community dialogue in Kimombasa, Bwaise - Kampala, bringing together 56 participants—including youth, parents, community and religious leaders, smokers, health workers, retail shop owners, media and children. The dialogue aimed to foster informed discussions and amplify public demand for increased tobacco taxation as a strategy to improve health and economic outcomes in Uganda. Facilitated by experts from UCS, UCI, UNHCO, UNAU, and Kawempe Home Care(KHC), the session raised awareness about the health risks and economic costs of tobacco use, higher tobacco taxes as an effective measure to reduce consumption, and amplified community voices calling for urgent increase in the tax levied on cigarettes. Participants highlighted unemployment, peer pressure, public smoking, lack of cessation support, the addictive nature of cigarettes, and the appeal of flavored products as key challenges driving tobacco use, while strongly supporting tax increases to deter smoking and protect public health. To further amplify these voices, the event was covered by UBCTV news, extending the dialogue's reach to a national audience.



Figure 4: Participants at the community engagement in Ki mombasa, Bwaise, kampala

Capacity Building: Skill Up Sessions Strengthen Member Knowledge and Collaboration

During the first quarter of 2025, the Uganda Cancer Society (UCS) conducted two “Skill Up” sessions aimed at enhancing member capacity and promoting peer learning.

The first session, held on 27th February, focused on “The Role of Audit in Resource Mobilisation” and was facilitated by CPA Sam O’Deke from HLB Jim Roberts. The session explored how strong financial oversight and transparency can build donor confidence and enhance fundraising efforts.

On 27th March, the second session addressed the topic “How NGOs Can Leverage Artificial Intelligence (AI) in Cancer Control,” presented by Simon Peter from Bless the Child Foundation. The objective of this session was to help member organizations identify practical AI tools that can

streamline operations, reduce costs, improve effectiveness, and increase impact—even in resource-constrained settings. Both sessions attracted between 26 and 30 participants. Attendees were actively engaged, contributing real-world experiences and perspectives that enriched the discussions.

To support continued learning, UCS provided participants with access to the PowerPoint presentations and session recordings. These sessions are part of UCS’s ongoing commitment to fostering knowledge exchange and building a skilled network of cancer control advocates across the country.

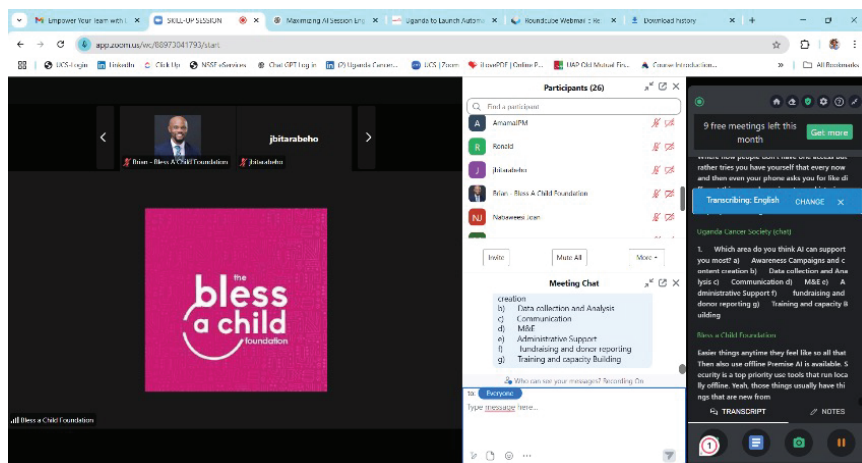
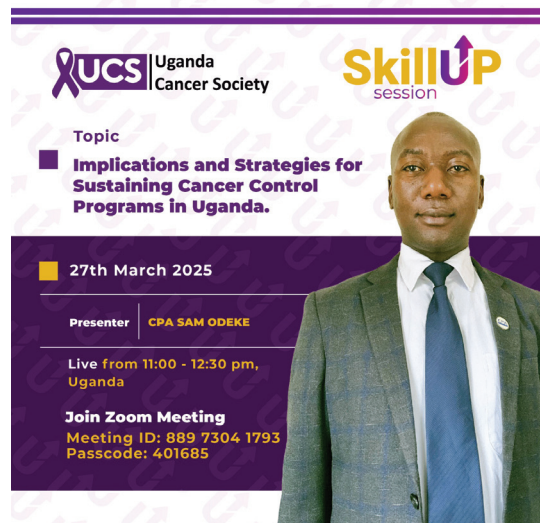


Figure 5: a screenshot of one of the sessions and on the right a flyer used to publicize the Skill up session



Social media campaigns and raising awareness

We have maintained our commitment to cancer awareness by leveraging its social media platforms—Facebook, LinkedIn, and X (formerly Twitter)—to disseminate vital information and engage with the public. These efforts were strategically aligned with national health campaigns and key calendar events to promote early detection, encourage preventive measures, and dispel prevalent myths surrounding cancer.

January, Cervical Cancer Awareness Month: Throughout the month, the Uganda Cancer Society (UCS) actively used its social media platforms to educate the public on the critical role of prevention and early detection.

A key focus was on promoting the Human Papilloma Virus (HPV) vaccination for girls aged 10–14 years, in line with the national immunization strategy targeting primary four pupils. UCS emphasized the importance of vaccinating girls before potential exposure to HPV as a vital step in preventing cervical cancer.

In addition, UCS advocated for regular cervical cancer screenings for women aged 30 and above, highlighting that early detection significantly improves treatment outcomes and survival rates. Through consistent messaging and community engagement, UCS reinforced its commitment to reducing the burden of cervical cancer in Uganda.

February, World Cancer Day and Childhood Cancer Awareness: In February, UCS actively participated in World Cancer Day on the 4th and International Childhood Cancer Day on the 15th. Under the theme “United in Goals, Unique Our Needs,” UCS participated in an event organized by Uganda Cancer Institute and the Ministry of Health in Mbarara District. This event featured free cancer screenings and educational sessions on early detection and prevention. Through its social media platforms, UCS shared expert insights, and factual information to combat misinformation and reduce the stigma associated with cancer.

On Valentine's Day, UCS on her social media emphasized that true love includes caring for one's health and that of loved ones. During this period we encouraged actions such as quitting tobacco, maintaining a healthy diet, staying active, protecting the skin, limiting alcohol intake, getting vaccinated, and going for regular check-ups. As part of this initiative, UCS distributed red roses on one of her engagements to symbolize the collective responsibility to safeguard communities from the harms of tobacco.

March, Emphasizing Prevention and Healthy Lifestyles: March focused on reinforcing the importance of preventive measures and healthy lifestyles in reducing cancer risk. UCS's social media campaigns highlighted the dangers of tobacco use, the benefits of regular physical activity, and the necessity of balanced nutrition. By promoting these messages, UCS aimed to empower individuals to take control of their health and make informed decisions to lower their cancer risk.

Ongoing Digital Engagement and Community Outreach: Throughout the quarter, UCS maintained a consistent online presence, sharing informative content. By leveraging the reach and accessibility of social media, UCS ensured that accurate and timely information about cancer prevention, detection, and treatment was available to a broad audience. This digital engagement complemented UCS's on-the-ground efforts, creating a comprehensive approach to cancer awareness and education.

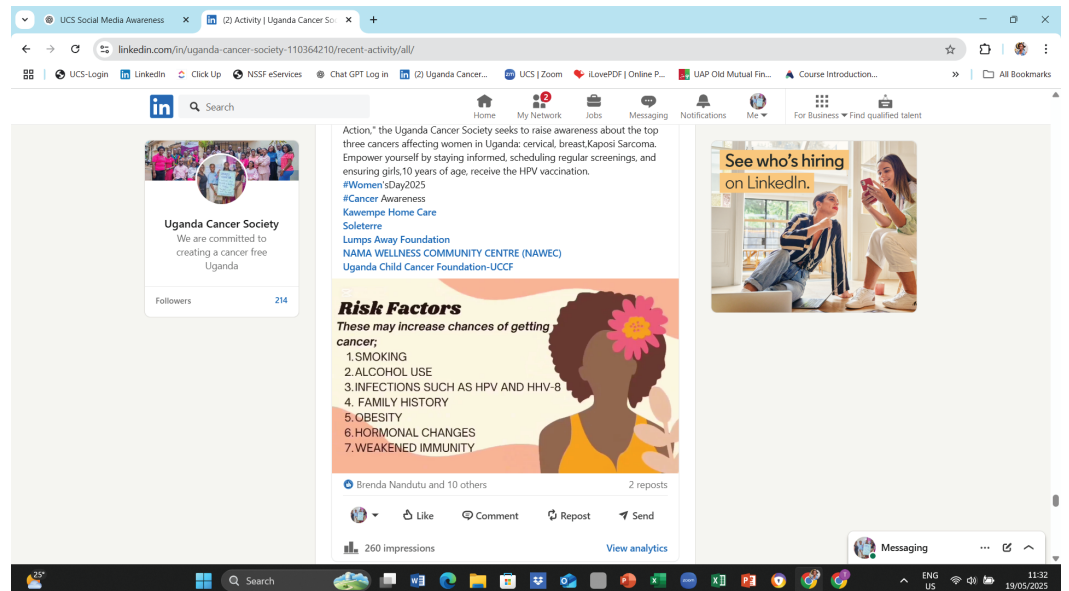


Figure 6: Some of the content posted on our social media handles

Patient support: UCS's Breast Prosthesis Initiative

The Uganda Cancer Society (UCS) remains steadfast in its commitment to supporting breast cancer survivors by addressing both their physical and emotional needs. Recognizing the profound impact of mastectomy on a woman's body image and self-esteem, UCS has continued its initiative to provide artificial breast prostheses to survivors, aiming to restore a sense of normalcy and confidence.

Breast prostheses play a crucial role in the post-mastectomy recovery process. Beyond aesthetic restoration, they help maintain body symmetry, which is essential for proper posture and balance. Without this balance, survivors may experience discomfort in the back, shoulders, and neck. Moreover, the use of breast prostheses has been associated with improved body image and quality of life, reducing emotional distress and

enhancing self-esteem among survivors.

While silicone prostheses are commonly used, they often present challenges such as high costs, limited durability, and discomfort in warmer climates. To address these issues, UCS, through various fundraising efforts including the Sukuma Fitness Dance, has procured, cost-effective, and climate-appropriate prostheses locally produced by Cancer Aid Foundation. These are distributed free of charge to breast cancer patients and survivors, ensuring accessibility and comfort. In this quarter up to 8 survivors received the Prostheses.

This initiative not only alleviates the financial burden on survivors but also empowers them to embrace life after cancer with renewed confidence.



Figure 7: UCS receives over 80 breast prostheses from CAO

Activities of UCS' members

ERIC Cancer Initiative

As part of their unwavering mission to advance breast cancer awareness, Eric Cancer Initiative reaffirmed its dedication during this first quarter of the year through a series of impactful community-based activities. Their approach focused on education, the promotion of early detection via self-breast examinations, and the reinforcement of consistent support through their innovative 40-20-40 model.

Over the past few months, the initiative has conducted targeted instructional sessions across 29 communities, directly impacting 7,459 individuals. These sessions have equipped participants with essential knowledge on breast cancer and empowered many—particularly women and girls—with the skills and confidence to perform regular breast self-examinations, a critical step in early detection and timely medical intervention.

Beyond in-person engagements, the Eric Cancer Initiative has recorded commendable growth in social media reach, expanded and strengthened partnerships, and enhanced the delivery of personalized support services to individuals and families affected by breast cancer. Their work demonstrates the powerful outcomes that can be achieved when passion, collaboration, and community commitment converge.

The Uganda Cancer Society is proud to highlight their work as follow;

Commemoration of World Cancer Day in Pangisha Ward, Abia Cell, Arua District, featuring community engagement through physical exercise and guided breast self-examination sessions. The event was further enriched by powerful testimonies from cancer survivors, whose lived experiences brought depth and authenticity to the discussions, leaving a lasting impact on participants.

Commemoration of International Women's Day:

Eric Cancer Initiative held 2 community engagement activities aimed at promoting wellness and preventive health practices among career women. The event took place at Lady Valeria Vocational Training Institute and YMCA Institute, drawing a total of 412 trainees—295 women and 117 men.

The event featured a diverse program that included panel discussions, a fitness challenge, and a breast self-examination class session. The panel discussions provided an interactive platform for dialogue around women's health, the importance of lifestyle choices, and the role of exercise in cancer prevention.



Figure 8: Community members in Pangisha Ward, Abia Cell, Arua District actively participate in World Cancer Day activities, including fitness exercises and guided breast self-examinations

Participants enthusiastically took part in the fitness challenge, which was designed to emphasize the importance of physical activity as a preventive lifestyle. Winners of the challenge were recognized and rewarded with Eric Cancer Initiative-branded T-shirts and our signature Promise Bracelets, serving both as tokens of achievement and as motivation to maintain health-conscious habits.



Figure 9 Participants at Lady Valeria Vocational Training Institute and YMCA Institute actively engage in Women's Day activities organized by Eric Cancer Initiative

Advancing Breast Health Awareness Across Communities

In recognition of the time constraints faced by many women balancing work, family responsibilities, and the needs of school-going children, Eric Cancer Initiative (ECI) extended its breast cancer awareness campaign directly into the heart of communities. During this reporting period, ECI conducted outreach activities in nine (9) markets and thirteen (13) schools across central Kampala, ensuring that critical health information reached individuals in settings most accessible to them.

In addition to these efforts, ECI implemented a village-to-village approach, which was made possible through strong collaboration with Village Health Teams (VHTs) and Local Council Chairpersons. This strategy employed a personalized, one-on-one mobilization method, whereby community leaders invited residents to convene at designated locations for interactive breast cancer awareness sessions. These integrated outreach efforts provided valuable opportunities to engage both women and children during their everyday routines, delivering education on early detection, breast self-examinations, and available screening services in a manner that was both practical and impactful.



Figure 10: Awareness in the market place



Figure 11: Awareness in schools.



Figure 12: Village out reaches



Soleterre Foundation

During the first quarter of 2025, Soleterre Foundation continued to provide critical support services to children with cancer and their families through a range of holistic interventions based at the Family Home located at St. Mary's Hospital Lacor. All aimed at Improved treatment adherence and timely medical reviews., enhanced coping mechanisms for children and their caregivers and Increased public awareness on childhood cancer. Below is a summary of the key activities implemented:

1. Accommodation and Nutrition Support

Soleterre accommodated 250 beneficiaries (125 children and 125 caregivers) between January and March 2025, with 43 new children and their caregivers enrolled in this period. The Family Home, with a capacity of 38 beds, provided a nurturing environment and meals (breakfast, lunch, dinner, and fruit) to support the health and immunity of children undergoing treatment. Unfortunately, seven children succumbed to cancer during this period.

2. Early Detection Through Radio Talk Shows

To promote early detection of childhood cancer, 12 radio talk shows were aired weekly on Radio Pacis Gulu FM, reaching approximately 25 million listeners across northern Uganda. These sessions educated the public on signs, symptoms, and the importance of early medical

intervention, with facilitation provided by Soleterre.

3. Emergency Cash Support

Soleterre provided cash assistance to 49 vulnerable families (24 female, 25 male), covering essential needs such as transport, diagnosis, ambulance services, and bereavement support. This intervention aimed at mitigating barriers to treatment adherence caused by financial hardship.

4. Case Follow-Up

Through psychoeducation sessions (12 in total), 89 parents (33 male, 56 female) were reached with information on cancer care. Additionally, 76 phone follow-ups led to 35 children resuming treatment. Follow-ups included home visits and transport facilitation for defaulting patients to re-engage with care.

5. Mental Health and Psychological Support

Psychological services, including assessments, individual and group therapy, were provided by a full-time psychologist. In total: 22 children and 67 caregivers were assessed. 32 children and 91 parents received individual therapy. 74 parents and 55 children engaged in group or play therapy.

6. Education and Recreation

To reduce learning gaps during treatment, ECD and primary-level lessons were delivered: 174 ECD and 164 primary lessons conducted. 60 children attended ECD classes; 25 learners attended primary sessions. 25 recreational sessions benefited 100 children, fostering psychosocial development and learning continuity.

Ananda Centre for Cancer Research(ACCR)

Between January and March 2025, the ACCR carried out a range of impactful activities focusing on cancer awareness, early detection, and strengthening clinical research capacity. These activities were part of the organization's broader effort to improve public health outcomes and promote ethical medical research. Below is a summary of their activities;

1. Cancer Awareness Campaign

On 26th February 2025, ACCR conducted a cancer awareness campaign focused on breast cancer at Kira Health Center IV in Kampala. The session specifically targeted women attending the immunization clinic that day. A total of 22 women participated in the training, which involved practical demonstrations on how to perform breast self-examinations (BSE), identifying the 12 signs of breast cancer, and guidance on the appropriate steps to take in case of an abnormal finding. This initiative aimed to enhance early detection and encourage regular self-screening among women.



Figure 13 women attending a cancer awareness campaign at Kira HCIV, Kampala on 25th Feb, 2025

Later in the quarter, on 25th March 2025, ACCR held a second cancer awareness session, this time at the Cedar Community Center in Luweero District, with a focus on both breast and cervical cancer. The audience comprised 204 Community Health Extension Workers (CHEWs) who were being trained to support health promotion in their communities. The session equipped CHEWs with knowledge and tools to raise awareness within their communities by encouraging women to practice regular BSE, seek cervical cancer screening services, and know the next steps to take when abnormalities are detected. This approach ensures that cancer prevention messages are cascaded from trained health workers to the wider public.

2. Capacity Building in Research

ACCR also invested in building research capacity by organizing a two-day Applied Good Clinical Practice (AGCP) course held from 25th to 26th March 2025 at the Women's Hospital in Kampala. The training was attended by early-career, mid-level, and senior researchers and clinical staff, with the goal of enhancing their understanding of Good Clinical Practice guidelines and promoting ethical standards in clinical trials. The course emphasized practical application through real-life case studies and was facilitated by experienced professionals. By the end of the training, participants were equipped to manage clinical trials with a high degree of compliance to international ethical and scientific standards and received GCP certification.



Figure 14 Applied Good Clinical Practice Course, 25th – 26th March 2025



These activities led to notable outcomes, including the direct reach of over 100 individuals through cancer awareness campaigns, increased knowledge of early detection practices, and improved collaboration with health facilities such as Kira HCIV and Cedar Community Center. The AGCP training also contributed to the professional development of researchers and promoted ethical research practices in Uganda.

Bringing Hope and Comfort to the UCI Pediatric Cancer Ward

Faces of Courage, has continued to make a meaningful impact in the lives of children battling cancer and their caregivers at the UCI children's cancer ward. From January to May 2025, the organization has rolled out several compassionate initiatives aimed at enhancing the nutritional wellbeing, comfort, and emotional support of pediatric patients.

• Sustaining Nutrition with Monthly Cooking Gas and Weekly Edible Supplies

Recognizing the importance of proper nutrition in cancer care, Faces of Courage has ensured the monthly restocking of a 13kg gas cylinder at the ward, enabling quick and convenient meal preparation. Additionally, the team delivers a nutritious mix of buns, eggs, milk, and bananas every week. This initiative ensures that children have something to eat, especially when taking their medications or during weekends when access to meals can be limited.



Figure 15: Food Supplies delivered at the UCI Pediatric ward



Faces of Courage

• Brightening the Ward with New Bedsheets

Between January and May, Faces of Courage purchased and delivered 42 pairs of bedsheets to the children's cancer ward. This simple yet impactful gesture has greatly improved the ambiance and comfort of the ward, helping to create a more cheerful and dignified environment for young patients during their treatment journey.



• Weekend Volunteer Support for Nutritional Meals

Since February, Faces of Courage has facilitated a volunteer—currently a student of food and nutrition—who visits the ward every weekend to prepare nutritious meals for the children. This initiative not only supplements the dietary needs of the young patients but also provides a loving, consistent presence during weekends when staffing and meal provisions may be limited.

Through these efforts, Faces of Courage continues to embody compassion and practical support, reinforcing the power of community in the cancer care journey.

Upcoming Events

#	Organisation	Event	Date	Reason
1.	UCS	Community Engagement on Tobacco Taxation	23rd 05.2025	Advocate for the increase in the taxes levied on cigarettes
2.	UCS	Commemoration of world No Tobacco day	31st May 2025	Awareness creation and advocacy to reduce Tobacco consumption and manage the health burden associated to its use.
3.	UCS	Commemoration of Survivors day	1st June 2025	To celebrate life, raise awareness, reduce stigma, and advocate for better survivorship support.
4.	All Members	National Day For Physical Activity	22nd June 2025	Embracing Regular Activity to prevent Non-Communicable Diseases.
5.	UCCF	Childhood Cancer Colour Run	18th May 205	Fundraising to build a patient Hostel for children battling cancer

Our Partners



Our Members





Upper Mulago Hill Road, Old Mulago
P.O. Box 3935 Kampala, Uganda
Tel: +256 392 178 067