

Zzinga Health Centre, Uganda (Ref: 375/AF/19)

Zzinga Health Centre is located on an island in the Wakiso district of Uganda, around 3 hours from Kampala, the capital.

Its GPS coordinates are: 0°01'29.3"S
32°16'47.8"E



The Health Centre serves a population of 23,000 people and offers services such as treatment for minor infections, anti-natal services, immunisation for children, tetanus, cancer treatment and a theatre for young children. It is the only such Centre for many kilometres and when Just a Drop visited in late 2018, it was packed. The Centre is located in a remote area, which is relatively difficult to reach and therefore often ignored by government and other agencies.

Water and effective sanitation and hygiene are obviously crucial to the delivery of such essential services, but the Centre lacks proper water and hygiene facilities. The nearest access to safe water is 2.5km away and existing water tanks are not sufficient in capacity. There is only one latrine block, used by staff and patients alike.

There are 2 water tanks of 5,000 litres, which are filled when it rains, but this water lasts only for about 4 weeks with careful rationing, meaning there is not enough water for drinking, or even for washing, the hygiene situation is very bleak. The small latrine block is never cleaned and almost full.

The Health Centre also has no incinerator for the proper disposal of medical waste, waste which accumulates and presents a further risk to health.

Fiona Jeffery, the Founder of Just a Drop visited Zzinga Health Centre and found it one of the most needy projects we've ever worked on. There is a clear need for a proper, comprehensive WASH solution.

We would also deliver part of the project at the nearby primary school, Zzinga Chance Primary, where there are similar issues related to water, as this would reduce the burden on the Centre and also secure positive futures for the 380 pupils who attend.



To meet this need, Just a Drop aims to provide a comprehensive and effective solution for Zzinga Health Centre. We will:

- Construct a 30,000 litre rain water harvesting water tank – the tank will harvest rain water from the Centre's roof and is of sufficient capacity to serve the needs of the Centre and its patients
- Construct a 14 stance, double faced latrine, separated into male, female, staff and disabled use. The latrine is designed to last for at least 50 years, as it can be emptied and will also contain washrooms, for washing
- Provide WASH pictorial hygiene and sanitation messages on the latrines
- Construct one incinerator for burning medical waste
- Establish and train a Health Management Committee and Village Health Teams on good hygiene and sanitation practices, how to promote these to patients and the community and how to monitor the impact on health

We will also provide training in how to operate and maintain the facilities.

This means there will be safe water across the Centre at all times, even in the dry season.



The solution provided will have a considerable impact:

- Provision of safe water for patients and users of the Health Centre, who will receive safe water as part of their medical care and no longer have to purchase it
- Improved hygiene and sanitation across the Centre, to the benefit of all patients and staff
- Essential services, such as general operations will improve and more women and babies will receive better care
- Staff will be able to perform their duties to a higher level
- All patients will experience significant benefits to health, wellbeing and dignity
- The Centre will no longer have to spend money on water and be able to develop more services as a result
- Local capacity to sustainably manage water, hygiene and sanitation facilities will be strengthened

Overall, the Centre will be better fit for purpose.



As with all Just a Drop projects, it is entirely sustainable, the solutions we propose will last for many years – the type of sanitation facility, for example, is selected because it is more sustainable and durable than the normal latrine which is not lined and which cannot be emptied and re-used.

The overall cost of the proposed work is £53,000 and as the project is sustainable, many more people will benefit into the future.

Just a Drop will provide two reports, one at the mid-point of the project and one at the end, as well as regular updates.

We will monitor the project for up to seven years after completion.



When we visited Zzinga, we met Marjorie, who is 19 years old, pictured here with her 3 month old baby, Precious. She uses the Centre on a regular basis as she is HIV positive and spends a lot of her time acting as a mentor to young people educating them on safe sex. Marjorie takes pride and has a sense of purpose in her role, particularly educating her peers on HIV prevention. She is liked and valued in her community and the head nurse is clearly very proud of her. Safe water and hygiene will make a massive difference to their lives.

The project also includes work at Zzinga Chance Primary School, which is close to the Health Centre and has 380 pupils, aged between 6 and 16 years old.

There is no water at all at the school and children fetch their water from Lake Victoria. Obviously, this isn't clean and leads to frequent illnesses amongst the children. It's also 2km away, meaning a lot of time is wasted, which could be spent in education.

This lack of safe water also contributes to a high drop out rate, which is a real issue at the school.

Just a Drop will construct a water harvest tank of 30,000 litres at the school, which will provide safe water all year round – and as it's in the school grounds, there will no longer be a need to fetch water.

This will have an immediate impact:

- Children will be healthier
- They will be able to spend more time in education
- They can use the water for making food and cleaning the school, improving hygiene
- Their parents will not have to spend money on medicines

Delivering this project will considerably reduce the burden of on the Health Centre, so it is an integral part of the overall project.

Thank you for your consideration, it is hugely appreciated.





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