



Starfish rehabilitation centre International Needs Uganda.

2025 Report

The Starfish Clinic continues to provide vital support to children with disabilities through physical rehabilitation and medical care. In the first quarter of 2025, we were encouraged by the number of families accessing our services and the impact made possible through your support.

Medical care

A total of 93 children received medical treatment during this quarter. This included children managing long-term conditions such as epilepsy, who were supported with prescribed medications, including anti-epileptics, as advised by specialist consultants. Each case was handled with care and in close alignment with referral recommendations from partnering facilities.

Table of patients attended to for medical treatment:



Nutrition support

To help children thrive physically and respond well to rehabilitation, proper nutrition is essential. This quarter, 55 nutrition packages (a mixture rich in essential nutrients) were distributed to children identified as being at risk of malnutrition, or who are moderately or chronically malnourished.

In more severe cases, we referred 3 children with acute malnutrition for paediatric medical management and ready-to-use therapeutic foods at Kayunga Referral Hospital. These referrals ensure that children receive the intensive care needed for recovery and long-term health.

Specialist referrals

When children require more advanced care than we can provide onsite, we ensure they are referred to trusted hospitals and partners. This quarter, **28** children were referred to external facilities for specialised support.

Attendances

Month	Male	Female	Total
January	11	13	24
February	14	23	37
March	18	14	32
Total	43	50	93

Physiotherapy Clinics for Children with Disabilities

Our physiotherapy clinics run every Tuesday and Wednesday, providing specialist treatment for children with a range of physical challenges. These include neurodevelopmental conditions such as Cerebral Palsy (CP), hydrocephalus, and spina bifida, as well as orthopaedic conditions like clubfoot, congenital abnormalities, post-traumatic injuries, and post-surgical recovery.

We registered 142 attendances at physiotherapy clinic sessions, and delivered 62 physiotherapy sessions and follow-up visits through our Community-Based Rehabilitation programme. These home and school visits are a vital way of reaching families who cannot always travel to the clinic, ensuring children continue to progress in familiar environments.

Community-Based Rehabilitation

Beyond the clinic walls, we continue to support children with disabilities through our Community-Based Rehabilitation (CBR) programme. This outreach work is delivered through regular home and school visits, bringing physical rehabilitation directly to children who may struggle to access consistent care.

The focus of CBR is to help children gain greater independence in daily activities, promote disability inclusion within families and communities, and address personal or environmental barriers that may increase the impact of disability.

Our team provides low-resource rehabilitation in the home, guided by physiotherapists and carried out in partnership with caregivers.

These sessions include:

- **Home-based, caretaker-led exercises** supervised and prescribed by physiotherapists
- **Regular follow-up visits** to monitor progress and adapt treatment
- Assessment and maintenance of **assistive devices**
- **Medical care** when needed
- **Practical advice** to help families involve children more fully in school, home, and community life

We also invest time in teaching caregivers how to make use of the resources they already have, empowering them to continue their child's rehabilitation journey day by day.





Our team carried out a total of 62 CBR sessions and follow-up visits. These included home-based physiotherapy sessions, progress reviews, and assessments of assistive devices (such as wheelchairs, crutches, splints, and walkers) to ensure they remain safe, functional, and suitable for each child's needs.

We also provided family-based health education and continued to encourage the full inclusion of children with disabilities in home, school, and community life.

These sessions included support for Starfish children with disabilities currently enrolled in our school sponsorship programme, many of whom require ongoing rehabilitation, medical care, and physiotherapy to help them thrive in their learning and development.



Referral Programme

To ensure children receive the most comprehensive care possible, we work closely with trusted partner hospitals and organisations. A total of 28 children were referred for further medical investigations, specialist treatments, or rehabilitation services.

Highlights include:

- One child received life-changing surgery at CoRSU Hospital
- Two children were provided with wheelchairs through the Pro-Uganda workshop
- Others were either medically managed, scheduled for surgery, or supported with assistive devices, depending on their individual needs
- By collaborating with our partners, we're able to offer a more holistic approach, ensuring that every child gets the right support at the right time.



Assistive Device Provision

Providing the right assistive devices can make a life-changing difference for children with physical disabilities, helping them move more freely, sit comfortably, and engage more fully in daily life.

Several children received custom support to aid their mobility and rehabilitation:

- Grace and Moses were each fitted with new wheelchairs through the Pro-Uganda Orthopaedic Workshop, giving them greater independence and ease of movement.
- Sulaiman and Elijah received locally made posterior PVC walkers, enabling their caregivers to carry out home-based physiotherapy and walking exercises.
- Isaac and Esther were provided with locally made cerebral palsy chairs to support proper sitting posture and positioning at home.

You can see some of these moments captured in the Success Stories section of this report. These devices don't just support physical progress, they bring new hope to children and their families.



Milestones & Miracles: Success Stories from the Starfish Clinic

Every child's progress is worth celebrating, and this 2025 we've already seen some incredible steps forward!

Elijah (2 years old)

In May 2024, Elijah came to us unable to sit or control his movements due to athetoid cerebral palsy. Now? He's confidently crawling, standing with just a little help, and walking with a frame!



Sulaiman (3 years old)

When Sulaiman arrived in 2023, he struggled with basic movement and posture. Through regular physiotherapy, he's now got head control, can sit, army crawl, and is working on standing and walking with a walker.



Aisha (3 years old)

Aisha started with us in 2022 with very limited movement and coordination. Today, she can hold her head up, roll, crawl, and is learning to sit and transition on her own (one determined little girl!)



Allan (1 year, 8 months)

This cheerful twin came in with poor neck control and no ability to sit. Now he's sitting with confidence and starting to balance on his feet – what a star!



Baby Ubuntu: Supporting Caregivers with Practical Skills

We delivered 10 Baby Ubuntu early childhood development sessions for caregivers of children with disabilities, run in partnership with Imprint Hope Uganda.

Caregivers learned practical skills across three key areas:

- Child positioning and milestone development
- Preparing balanced meals for children with varying needs
- Creating play materials using local resources

Sessions were hands-on, engaging, and full of discussion. We were also joined by Rebecca, a Village Health Team member, and Mama Fahim, a trained facilitator and expectant mother, bringing even more encouragement and community insight to the group.



Food parcels distribution for children at Starfish Rehab Centre and Busaana Health Centre III

We're pleased to confirm that food parcels were successfully distributed to the 19 intended families of children with disabilities at the Starfish Clinic, Busaana Health Centre III in Kayunga, on 4 April 2025.

Each family received a parcel containing:

- 2** bars of soap (2kg)
- 6** packets of tea leaves (10 pieces each)
- 1kg** of salt
- 1kg** of sugar
- 4kg** of rice



As shown in the photos attached, some caregivers were unable to attend on the day of distribution, but they collected their parcels shortly afterwards.

Parents and caregivers expressed heartfelt thanks to the donors for the food parcels, as well as for the ongoing support provided for their children, particularly in the areas of medical care and rehabilitation.

want to find out more?

Go to www.ineeds.org.uk/projects/starfish-uganda

We hope you have found the Quarter 1, 2025 Clinic Report both informative and encouraging – a true reflection of the incredible work Godwin and Bridget are doing with children and families in the clinic and throughout the wider community. Their commitment, compassion, and professionalism are clear to see, and we are so grateful for their continued dedication to the Disability Inclusion Programme (DIP).

Looking ahead, we are excited to keep you updated with regular, detailed reports that highlight the growing impact of the clinic. As the DIP continues to develop, we're confident you'll see just how transformative this work is for the children and families it serves. We're also pleased to share that Tony is preparing to step into the role of DIP Project Manager at INUG. Drawing on his experience with both Starfish and International Needs, he will help lead the programme into its third phase of growth over the coming years.

By the end of 2024, 2,500 children with disabilities had been enrolled in schools across Kayunga and Buikwe districts – a milestone we celebrate together. With your ongoing support, we look forward to seeing how Godwin and Bridget, empowered by the wider DIP framework, will continue to extend their reach and deepen their impact in the lives of even more children and families.

** The names of children in this report have been changed to protect their identity.*



 **International Needs**
Empowering families



Blessings,

Kim Wright
Donor Care Manager
International Needs UK

P.s I can be contacted at kim@ineeds.org.uk or on 01883 331 332.

Many shared how the clinic has become a source of hope for both themselves and their children. Some have learned how to better care for their children, while others have seen remarkable improvements through the rehabilitation services offered at the clinic.

We extend our sincere thanks to both the International Needs UK and Uganda teams for their continued dedication and compassion.

For all enquiries about sponsored children and the continued work of Starfish, please contact us at International Needs UK.

See details below!

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Find us online!



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