

# MALAIKA (ANGEL PROGRAM)

## Uganda Women's Cancer Support Organisation (UWOCASO)



**OVERVIEW:** In Uganda there is limited psychosocial support for patients with ABC/mBC and patients often struggle financially and with nutrition. This initiative trains patients with ABC/mBC and their families on ways of improving their nutrition and income, as well as providing access to psychosocial support services and community palliative care.



### Area of focus:

Peer-to-peer support groups or platforms for patients with ABC/mBC



### Target population:

Low income/educated patients with ABC/mBC in central Uganda

**Objectives:** Equip patients with ABC/mBC and their families with skills to meet their daily nutritional and financial needs. Improve access to psychosocial support for patients with ABC/mBC and improve their QoL and wellbeing

### Unmet needs addressed:

- Inadequate nutrition and dietary education for patients with ABC/mBC and their families
- Inability of patients to meet daily financial needs of ABC/mBC (e.g. transport, investigational costs, etc.)
- Limited access to psychosocial support (counselling, legal aid, community-based palliative care)

### Key components:

Support programme providing training and follow-up support/mentoring on:

- Nutrition: vegetable growing and perma-gardening, and nutrition and diet
- Finance: income generation, succession planning, and setting up a start-up

**Challenges:** Some patients with ABC/mBC had lost hope and did not want to engage with the initiative, but community volunteers helped support and re-engage them

**Outcomes:** The initiative has resulted in improved nutrition and increased income of patients with ABC/mBC. It has encouraged family members to seek early examination, resulting in early diagnosis and outcomes

**Development:** The initiative required a coordinator, trainers and navigators, as well as resources for transport, communication and administration, and training supplies

**Cost:** €10,000–€30,000

**Timeline:** The pilot ran May–Dec 2017, with the scale up starting in 2018 and ongoing

**Targeted to reach:** 60–150



### For more information:

**https:** [www.uwocaso.org.ug](https://www.uwocaso.org.ug)

**Email:** [ngertrude@uwocaso.org.ug](mailto:ngertrude@uwocaso.org.ug)



Ethnic, religious, indigenous/native population and/or other minorities



Low income patients



Older patients



Rural patients



Low health knowledge patients