

Healthy Mums Project Rwanda

Kigeme Diocese
 HELPING POOR MOTHERS
 STAY HEALTHIER DURING
 THEIR PREGNANCY



EmbraceRwanda.org

How we help:

Nurses

We fundraise to help pay for a nurse who works as a consultant for pregnant women. She coordinates a team of local volunteers who make home visits to the isolated and lonely women living in very poor rural environments.

They also distribute animals, paid for in Canada, to the mothers to assist them with their kitchen gardens.



Goats and Pigs

They provide the much needed manure for family kitchen gardens which improves the production of vegetables that the families need for daily food.



Basic Food Needs

The mothers identified the need for a "Starter Pack" (i.e. a hoe, seeds and a watering can) to help them to start their garden. We will also try to establish a "community kitchen" where the mums can cook together once a week. This will provide some of the necessary support that these sometimes very isolated women need.



Basic Clothing Needs

Many of the mothers arrive at the health centre to deliver and have no clothes for the baby. A layette of donated clothes is given to these mothers to get them started.



Results

Due to the success of the Healthy Mums Project in the KIGEME Health Centre it has expanded to a second centre, NYARUSIZA, an even more rural community with a high rate of malnutrition. Further expansion is dependent on funding.

Volunteers

The home visits from the Mothers Union volunteers have helped the women to be better educated about:

NUTRITION

Both during their pregnancy and for their families.

FAMILY PLANNING

They attend the counseling sessions before receiving their animals.

PARENTING

The importance of sending their children to school.

AGRICULTURE

How to care for their garden and their animals.

This has all contributed to more mothers actually delivering their baby at the Health Centre or the hospital with healthier outcomes.

How you can help:

Your generous donations will help to keep the two Healthy Mums Projects operating for the next year.

OUR GOAL IS TO RAISE \$30,000.

HERE ARE SOME DONATION OPTIONS:

Gift cards are available and tax receipts are issued for \$40.00+

1.	GOATS AND PIGS	Provide manure & they can reproduce	\$40.00
2.	BABY CARDS	Pays the wages for the two nurses	\$20.00
3.	LAYETTE	For babies born who have no clothes	\$15.00
4.	STARTER PACK	For garden: Hoe, seeds & watering can	\$10.00

CHEQUES MADE PAYABLE TO:

St. Simons Church, North Vancouver

Make a difference for a poor family in Rwanda, by supporting the Healthy Mums Project.

CONTACT INFORMATION:

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Choose your gift card & provide the gift of...

A GOAT
OR PIG

\$ 40 FOOD & STABILITY FOR GENERATIONS

WAGES

\$ 20 HEALTH CARE & LOVE

LAYETTE

\$ 15 COMFORT & SECURITY

STARTER
PACK

\$ 10 GROWTH & DEVELOPMENT

HOW THE GIFT CARDS WORK:

Choose from the options above & then we provide you with a photographic gift card. Keep this card or send it to a friend.

The money raised from each card is then taken directly to Rwanda to buy goods from the local economy & then these are given to the mothers in need.