



Mothers' Day Walk in Canada

Every year Save the Mothers (STM) Canada conducts a mother's day walk to raise funds to support safe motherhood interventions. This year the walk was held in May in Ontario.

What a great day we had at our Mother's Day Walk this year. The clouds subsided and the sun eventually shined! We are truly thankful for all who participated this year; the walkers, the supporters, the volunteers and the worker bees. The walkers who have done this year over year and the brand new walkers (and there were many of you).

We exceeded our goal and that couldn't have been done without all of you. That means we can save more Mothers and Babies. **THANK YOU.** We look forward to seeing you all again next year.

From Save the Mothers Canada leadership team



Janet Sampson (L), Managing Director STM Canada and Diane Jones Board member (3rd Right) joined by friends and well-wishers for the mothers day walk in Canada.

STM & UCU Celebrate International Publications by MPHIL Alumni

Save the Mothers (STM) and the Faculty of Public Health Nursing and Midwifery at Uganda Christian University (UCU) celebrate a significant milestone as the Master of Public Health Leadership (MPHL) alumni continue to contribute to global public health knowledge.

Three peer-reviewed research articles authored by MPHIL alumni were published in the Christian Journal for Global Health (CJGH) between 2024 and 2026.

The Christian Journal for Global Health is an internationally recognised, multidisciplinary, peer-reviewed journal that promotes evidence-based & faith-informed approaches to global health.

The published studies address important maternal and public health priorities. They examine respectful maternity care and the promotion of dignity during childbirth, breastfeeding practices among working mothers and the need for supportive workplace policies, and intimate partner sexual violence among pregnant women in Northern Uganda.

Respectful Maternity Care among Childbearing Women in Busia District, Uganda.
(Nankabirwa et al., 2025). [Read article](#)

Breastfeeding Practices and Experiences Among Working Mothers in Uganda. **Asayo et al., 2025)**
[Read article](#)

Intimate Partner Sexual Violence Among Pregnant Women in Lamwo District, Northern Uganda
(Lanyero et al., 2026). [Read article](#)

Together, these publications demonstrate the impact of the MPHIL program in developing public health leaders who generate evidence to improve maternal, newborn, child, and community health.

Congratulation to all authors on this achievement.

Save the Mothers thanks Uganda Christian University and Meros Centre for supporting this initiative.

By J. Namyalo, Academic Coordinator MPHIL

STMEA promotes safe motherhood at UCU Health Week

Save the Mothers East Africa led health education sessions during Uganda Christian University Health Awareness Week in May 2026 during the Trinity Semester. The engagement focused on sexuality education, an important component of promoting safe motherhood among young people. Students were guided on making safer sexual choices, including the value of abstinence, personal responsibility, and informed decision-making. The session provided an opportunity for open dialogue.



Dr Mushin Nsubuga, Executive Director Save the Mothers East Africa, engages students during the Health Awareness Week.



STM was honored to host MPHL student Isaac Okello (L) and MPHL alumni Husnah Matovu. Isaac was accompanied by his colleague. Brenda Acheng STMEA Programs Coordinator received the team.

Faculty of Public Health Nursing & Midwifery MPHL Updates

MPHL curriculum review process ongoing.

VIVAS held on 8 June 2026. MPHL students defended their thesis in preparations for the upcoming graduation.

The writing workshop held from 15-19 June was attended by 20 MPHL students who received support for their research

STM strengthening critical care at MRRH

In 2018, Save the Mothers (STM) established a maternity High Dependency Unit (HDU) at Mbale Regional Referral Hospital (MRRH), one of the 15 Mother Baby Friendly Hospital Initiative (MBFHI) sites. MPHL alumni support the initiative as advisors, including Dr Boaz Aruho.

STM continues to support the functionalisation of the HDU. In Feb 2026, STM donated patient monitors and other equipment to strengthen care for mothers with life-threatening pregnancy & childbirth complications.

The six-bed HDU manages more than 50 critically ill mothers each month and has achieved a maternal survival rate of 96.4%. **The six-bed HDU has achieved a maternal survival rate of 96.4%.**

The unit provides close monitoring, timely investigations & appropriate interventions that prevent maternal deaths.



Acting Hospital Director Dr Baifa Arwinyo (left) and Midwife Gloria attend to a patient in the maternity HDU

Many patients are admitted with severe complications such as postpartum haemorrhage, severe pre-eclampsia and eclampsia.

One mother, admitted in shock with severe bleeding and multiple complications, made a full recovery and was discharged home to her baby and family. Her recovery highlights the life-saving impact of a functional maternity HDU.

By Sr Gloria Munguleni, Maternity HDU, Mbale Regional Referral Hospital

Save the Mothers sincerely thanks its partners whose generosity continues to make these life-saving interventions for mothers and babies possible.

Meet Save the Mothers EA interns

Save the Mothers East Africa (STMEA) welcomed two interns into its programs. STM's internship program provides hands-on exposure to organizational systems, program implementation, and global health advocacy, while fostering cross-cultural learning and professionalism. The program also provides capacity building, mentorship, and strengthens the next generation of maternal and child health leaders to serve communities.

STMEA hosted **Abby Mawson**, an intern from Canada, from 19 April to 18 May 2026. Abby contributed to our mission of advancing maternal and newborn health through her dedication and professionalism.

Ms. Abigail is pursuing a career in midwifery. Her early engagement with Save the Mothers through advocacy events in Canada inspired her strong interest in maternal and newborn health.

Samah Ali Abdo Yousef, a Yemeni researcher and PhD graduate in Gender and Development is passionate about supporting women and communities through humanitarian and gender work.

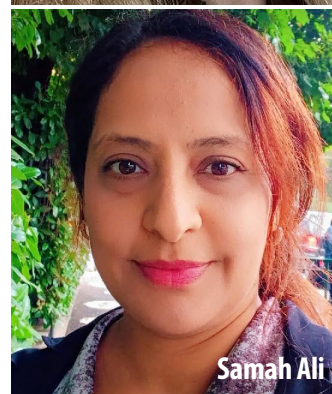
Coming from Yemen, she has witnessed the painful reality where women can lose their lives simply while giving birth due to lack of healthcare and support.

Save the Mothers' strong commitment to improving women's lives attracted Samah to the internship program. Living in Uganda for five years also helped her understand the struggles many women face, especially in rural communities.

"My experience with STM is inspiring and has strengthened my belief that safe motherhood is a right, not a privilege. Together, we can save mothers' lives and give every child a healthier beginning."



Abby Mawson



Samah Ali



Save the Mothers East Africa (STMEA) Uganda Christian University

<https://savethemothersea.org/> Editor/graphic designer: **T. Agutu**, Photographers: **R Masiga, A Bugembe, T Agutu, Jean** Contributors: **Gloria Munguleni** Reviewer: **Dr M Nsubuga & Janet Sampson**

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<https://www.linkedin.com/company/save-the-mothers-east-africa/> <https://www.youtube.com/@stmeastafrica>

STM Hosts UCU Computing Students for Maternal Health Innovation

STMEA recently welcomed students from the School of Computing, Engineering, Data Science and Robotics - UCU, led by their mentor Tonny Kisomose, for an interactive engagement on how technology can help address some of the most pressing maternal and newborn health challenges.

The students are developing projects that focus on digital tools for antenatal care, immunization tracking systems, digital support



Dr. Mushin Nsubuga 3rd from right received the students at Mirembe Hall -Save the Mothers East Africa

for teenage mothers, and smart hospital waste management. These innovations have the potential to strengthen healthcare delivery, improve access to essential services, and contribute to better health outcomes for mothers and babies.

The team was received by Dr. Mushin Nsubuga, Executive Director of Save the Mothers East Africa, who encouraged the students to design practical, user-centred technologies that respond to real needs and con-

tribute to improving maternal and newborn health beyond the degree.

Dr Nsubuga shared with the students the realities facing mothers, healthcare providers and the causes of maternal and newborn deaths.

At Save the Mothers East Africa, we believe that improving maternal and newborn health requires partnerships that bring together diverse skills and perspectives.

By Teopista Agutu, STMEA Comms & Networking Director

MPHL Alumni in the News



Uganda's Ambassador to the United States, Robie Kakonge (MPHL alumna), has officially assumed her additional role as the Republic of Uganda's Non-Resident Ambassador to the Federative Republic of Brazil.



Patience Namanya, your voice as an MPHL alumna brings the right attention to stigma and weak community support that undermine progress. This is exactly why MPHL exists: to raise leaders who speak up for mothers & children.

STM Saida trains UCU students on hair dressing

This was during the guild skilling program for students held in May at UCU Main Campus. Practical skills empower students to generate income and thus boost economic empowerment.



STM Mourns MPHL Alumna Sr. Justine Nanyunja

The Save the Mothers (STM) family is saddened by the passing of Sr. Justine Nanyunja, MPHL Class of 2017 and Assistant District Health Officer, Sembabule District, Central Uganda, who passed away in June 2026.

A passionate safe motherhood champion, Sr. Justine dedicated her life to improving the health and well-being of mothers, newborns, and communities. She was a valued member of the STM network, remembered for her warmth, leadership, smile & commitment to service. Paying tribute, Donald (MPHL Class of 2017) described her as "an elder with a warm heart and spirit" whose friendship, encouragement, and sense of humor brightened the STM family.

A big thank you to STM network for supporting Sr Justine's send off. Kudos MPHL 2017 for mobilising STM champions & representing STM network at Justine's send off.



RiP Sr. Justine Nanyunja.