



STROKE FOUNDATION UGANDA (SFU)

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REPORT ON SKILLING PROJECT FOR STROKE PATIENTS AT STROKE FOUNDATION UGANDA

EXECUTIVE SUMMARY:

The Skilling Project at Stroke Foundation Uganda aimed to empower stroke patients through skill development, focusing on practical and sustainable activities such as liquid soap making, bakery, and more. The initiative sought to enhance the patients' confidence, independence, and economic self-sufficiency.

INTRODUCTION:

Stroke is a debilitating condition that not only affects the physical health of individuals but also poses challenges to their mental well-being and economic independence. The Skilling Project was designed to address these challenges by providing stroke survivors with opportunities to learn new skills, fostering a sense of purpose and community engagement.

OBJECTIVE:

The primary objective of the Skilling Project was to equip stroke patients with practical skills that could contribute to their economic empowerment and improve their overall quality of life. By focusing on activities like liquid soap making and bakery, the project aimed to provide tangible skills that could lead to income generation and increased self-esteem.

IMPLEMENTATION:

The Stroke Foundation Uganda collaborated with experienced trainers and professionals in liquid soap making and bakery to conduct training sessions for the participants. The training modules were tailored to the unique needs and capabilities of stroke survivors, ensuring a supportive and inclusive learning environment.

The skilling sessions covered:

Liquid Soap Making: Participants were taught the art of creating liquid soap from basic ingredients. The training included safety measures, proper mixing techniques, and packaging.

Bakery: The bakery sessions focused on teaching stroke patients how to prepare various baked goods, including bread, cakes, and pastries. Emphasis was placed on adapting techniques to accommodate physical limitations while ensuring high-quality products.



Above in the photo shows patients being skilled in chapatti making

Additional Skills: Depending on individual interests and capabilities, participants were also given the option to learn additional skills such as gardening.

OUTCOMES:

The Skilling Project witnessed notable positive outcomes among the participants:

Increased Confidence: Participants reported a boost in confidence as they acquired new skills and demonstrated competence in their chosen activities.

Economic Empowerment: Several individuals began utilizing their newly acquired skills to generate income, either through selling the products they made or by starting small businesses.

Community Integration: The project fostered a sense of community among participants, creating a supportive network where individuals could share experiences and offer encouragement to one another.

Improved Mental Well-being: Engaging in productive activities positively impacted the mental well-being of the participants, reducing feelings of isolation and depression commonly associated with stroke survivors.

Challenges and Recommendations:

While the Skilling Project achieved significant success, some challenges were encountered, including accessibility issues for certain participants and the need for ongoing support for those facing persistent physical limitations. It is recommended that future iterations of the project consider addressing these challenges through improved accessibility measures and tailored support services.

Conclusion:

The Skilling Project at Stroke Foundation Uganda demonstrated the transformative impact of empowering stroke survivors through skill development. By equipping individuals with practical skills, the project not only enhanced their economic prospects but also contributed to their overall well-being and community integration. The success of this initiative serves as a model for future programs aiming to empower individuals facing similar challenges.