



The Gulu Sheffield Mental Health Partnership

This leaflet outlines the work of the Gulu-Sheffield Mental Health Partnership and how you can get involved.

Why Uganda?

Uganda is a low income country with an estimated population of 37 million. It is a country with one of the highest death rates from malaria in Africa and its mental health resources have to compete for funding with other preventable diseases with high death rates. Uganda spend 0.7% of the health budget on mental health services compared to 10% in the UK, and there are currently 26 psychiatrists in Uganda, mainly based in the capital, Kampala. Northern Uganda is a region recovering from the devastating impact of the terror campaign from the Lord's Resistance Army (LRA) over many years. The Trust is concentrating its work in Gulu, which is the main city in Northern Uganda, although has some connections in Kampala

What is the Partnership?

The Gulu-Sheffield Partnership is a collection of organisations in Uganda and the UK who are working towards an aim of improving the support available to people with mental health problems in both cities. It is developing a two way learning process involving state provided services and voluntary organisations.

In Uganda this involves the Mental Health Ward, and more recently the wider Gulu Regional Referral Hospital (GRRH) and the local branch of a service user organisation - Mental Health Uganda (MHU)

In the UK the Sheffield Health and Social Care (SHSC) Trust is partnered with several groups:

- The Sheffield Teaching Hospitals, who support common wealth fellows with specialist Epilepsy training
- The Children's and Adolescent Mental Health Service (CAMHS) in the Sheffield Children's Hospital
- The Health Uganda Group Sheffield (HUGS), which is the Diaspora community in Sheffield.
- SHIP, a charity which has been created, called the Sheffield Health International Partnerships, allows for fundraising and Gift Aid to increase the value of money raised. Donations are the primary source of funding for the work in Gulu
- The Clinical Psychology Unit of Sheffield University is providing Monitoring and Evaluation support.

What does the Partnership do and what has it achieved?

The Partnership has a Patient Safety focus and works with the Mental Health Ward providing training and supporting staff in their plans to change the service offered to patients. Recently this has extended to the wider hospital. It also works with Mental Health Uganda in Gulu to support people in the community. The achievements so far include:

- Supporting the creation and maintenance of an Occupational Therapy service on the Mental Health Ward at Gulu Regional Referral Hospital. Yoga has become an important element of the work of the OT service and was initially supported by donations for Yoga training from SHSC staff.
- The creation of a Medical Library and Resource Centre at GRRH, supported by Book Aid International and Sheffield Hallam University.
- The delivery of an Acute Illness Management course to staff on the mental health ward and the provision of basic physical health monitoring equipment
- Enabling the installation of taps in the carer's cooking area, two rain harvesters in the mental health unit to collect rain in the rainy season, and most recently a bore hole was repaired within the hospital which now serves the mental health unit and other inpatient areas in the hospital. Ugandan hospitals often do not provide food for patients, as they have to prioritise medicine.
- Mental Health Awareness training has been provided to the local service user group, Mental Health Uganda. A Train the Trainers course was provided MHU members in November 2013, which has enabled them to deliver these courses in the wider Gulu area. This has been updated in 2016 and they

are now providing training to local churches. This will help combat the stigma of mental health in Uganda and by doing so improve the quality of life for communities.

- Traditional Healers received Mental Health Awareness training from a long term volunteer who is a Junior Doctor in Sheffield. This course was very well received and may form the basis of future work.
- Financially supported a Pass a Goat scheme run by Mental Health Uganda. This scheme is now self-sustaining and has enabled many families to benefit from an improved livelihood and increased sense of self esteem from owning a goat.
- RESPECT courses (to manage violence and aggression) began in November 2013 to the Mental Health Unit staff. Its initial impact was formally evaluated by Sheffield University and SHSC and published in the African Journal of Traumatic Stress (2015). An award from THET has enabled a team of RESPECT instructors to be trained and SHSC will support their development and course delivery across GRRH over 20 months, The hospital has just provided its first independent course in September 2016.
- Developing a dedicated space in the mental health unit to create a children's ward. This is in recognition of the need to provide differently for children and adults who were previously together and represent a significant improvement in patient safety.
- Hosting 18 Ugandan colleagues (2012-15) in Sheffield through the Commonwealth Fellowship Programme which is funded through the British Council and managed by the Association of Commonwealth Universities
- Initial scoping of prevalence of mental health conditions and provision of talking therapies
- Initial scoping in the field of social work, commonalities and differences with an international focus
- Co-development of a Rapid Tranquillisation Protocol with regular audit and feedback of practice.
- Working in conjunction with the Butabika Link, supporting Mental Health Uganda to take part in Brain Gain 2, a programme to develop peer support work for frequently readmitted patients.
- To help support the development of a Drugs Bank, to address shortages in medication a retired Psychiatric Clinical Officer (PCO) involved in the Mbarrara Drugs Bank was funded by the Partnership to visit Gulu and outline his experiences to local partners. This is currently being negotiated locally by Gulu partners

** More details on any aspect of this work above is available on request **

Funding

SHSC staff travel to Gulu is largely funded by the income from the Association of Commonwealth Universities/ British Council for hosting the Commonwealth Fellowship visits to Sheffield. This has previously been supplemented by grants from the Sheffield Hospitals Charitable Trust. NHS funding is not used to support this work. The Tropical Health Education Trust (THET) has recently awarded SHSC 73k to provide Respect Training to GRRH.

If you wish to be involved

There is a range of ways that you can get involved:

- **Volunteering** to get involved in the many 'behind the scenes' activities that are vital to support the work and represents the main part of the partnership work in Sheffield
- Taking part in or lead on **Fundraising** activities.
- **Support our Ugandan partners**, clinically or socially when they visit Sheffield. This is especially important to help our partners get the most from their time in the UK and enables two way learning
- **Donating money** to SHIP on either a one off basis or regularly through a Standing Order. If this is combined with a Gift Aid form this will increase the value of your kind donation
- **Volunteer in Uganda** if the partnership plan requires the skills you have

For more details please speak to either:

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