

A black and white photograph of a young child being held up by an adult. The child is wearing a dark, patterned top and dark shoes. The adult's arm and part of their clothing are visible on the left. The background is a blurred outdoor setting. A teal rectangular overlay is on the right side of the image, containing white text.

ANNUAL REPORT 2019-2020

Swedish Organization for
Global Health

reg. #: 802490-6664 | www.sogh.se

DIRECTOR'S MESSAGE

Dear friends,

This has been a very exciting year. My time as director started at the beginning of 2019, during which I have seen so much happening. It is hard to believe it has been just a year and half.

In 2019, we formed a new team with so many new faces joining our community. People from all over the world who, for a short or long time, have made their amazing contribution to this adventure called SOGH. Together we faced difficult times, but also many joyful moments. The best part for me, since I could not be physically present with my team, was to feel and hear their ideas and passion through the screen during our meetings. I am grateful to have met so many talented and driven individuals. You gave so much to SOGH, and to me personally, so thank you.

2019 was the year of new projects and ideas, with the menstrual health pilot study taking off and a sexual violence project proposal under development with a partner in Sudan. With more ideas, we recruited more people, and today we have a team of 22.

2019 was also our 5th anniversary! Just like any other good anniversary, SOGH decided to take a new route: the planetary health path. We recognise that we cannot be healthy humans without a healthy planet. So this year we joined the movement, declaring Climate Emergency and committing to reduce our negative impact on the Earth.

2020 has been very challenging, sad and scary. However, I believe it can also be an opportunity to rebuild a better society. A cohesive international community who works together for the common good. I know we can do it, because I see it happening every day within SOGH. I wish for SOGH to continue actively participating in this positive change and I wish all of you to find your way to contribute to the family we call humanity.

Many hugs and positive thoughts,

Gio



GLOSSARY

SOGH	Swedish Organization for Global Health
UDHA	Uganda Development & Health Associates
UN	United Nations
M&F project	Mama & Family project
CHWs	Community Health Workers
ANC	Antenatal Care
MH project	Menstrual Health project (<i>Ekibadha: Our Periods Matter</i>)
VUH	Volvoanställdas Utvecklingshjälp
PPE	Personal Protective Equipment
SEK	Swedish krona
UGX	Ugandan Shilling

ACKNOWLEDGEMENTS

SOGH TEAM CONTRIBUTORS

- All SOGH previous managers, Valentina, Giannis, Sara, Inola, Lydia, Ana, Amanda, Johanna, Matthew, Jing, Mathilda, George, Anastasia, Arthur, Mira
- Interns Mary and Uche
- M&F project interns Lisa, Amelie, Rawha, Samuel
- MH pilot study interns Victoria and Paul
- All the general volunteers

PARTNERS & NETWORKS



SUPPORTERS



ABOUT SOGH

Swedish Organization for Global Health is a Swedish non-profit and non-governmental organization comprised of students and young professionals who share a passion to contribute to global health through evidence-based action.

Together with our local and international partners, we engage in conversations with local communities to co-develop projects that bring a concrete, positive change and take environmental and economic sustainability into account. While supporting projects both in Sweden and in low-income countries, we use our virtual and physical platforms to bring awareness about some of the most neglected health topics, such as women's reproductive health.

OUR VISION

We envision a **world free of health inequities**, where health for all, at all ages is the reality, not just a distant goal. We believe positive change in health, as in any other field, is driven by **youths' passion and talent**. SOGH provides a platform that channels such passion and talent, giving young people the opportunity to become part of a **global movement** and contribute to much needed changes.

Together with partners and within several networks, we work to **spread knowledge** about **global and planetary health** as well as concretely **improve the quality and accessibility of healthcare** in low-income settings.

With **transparency and accountability** in relation to all our partners and in line with the UN Sustainable Development Goals 2030, we are committed to contributing to **health equity, gender equality** and supporting young people to thrive and become **future global health leaders**, within the boundaries of a **healthy planet**.

Think Global, Act Local



GOVERNANCE

SOGH is comprised of (i) a main board, currently 22 members, and (ii) an advisory board, currently 4 members. **The main board acts as a unit in decision making processes and every member vote is counted equally.**

More details can be found in [here](#).

MAIN BOARD



Giorgia Dalla Libera M.
Director
directors@sogh.se



Sandra Mekidiche
Website manager
websiteinfo@sogh.se



Laura Köcher
Mama & Family project manager
mamaandfamilyproject@sogh.se



Ermine Khachatryan
Vice-director
directors@sogh.se



Avwersuoghene Onobrakpeya
Blogger
blogger@sogh.se



Carolina Mikaelsson
Menstrual Health project manager
mhproject@sogh.se



Raluca Munteanu
Finance manager & Environmental
Sustainability manager
finance@sogh.se &
healthy_planet@sogh.se



Fiona Koeltringer
Blogger
blogger@sogh.se



Nora Piay
Menstrual Health project manager
mhproject@sogh.se



Abigail Sitsopu Sepenu
Research & Grants manager
grants@sogh.se



Irene Provvienza
External Relations manager
partnerships@sogh.se



Sandy Saric
Tanden Frisk project manager
tandenfrisk@sogh.se



Daniele De Leone
Research & Grants manager
grants@sogh.se



Karyn Lewis
External Relations manager
partnerships@sogh.se



Mirja Mohseni
Tanden Frisk project manager
tandenfrisk@sogh.se



Dayle Burnett
Fundraising manager
fundraising@sogh.se



Phuthumani Mlotshwa
Volunteers & Interns manager
volunteering@sogh.se



Carolina Garcia Sanchez
Tanden Frisk project manager
tandenfrisk@sogh.se



Moa Lindgren
Communications manager
communications@sogh.se



Felix Haggström
Projects Development manager
development@sogh.se



Aya El Hajj
Communications manager
communications@sogh.se



Fatima Bashir
Project Development
coordinator on Sexual Violence

ADDITIONAL TEAM MEMBERS:



Joshua Mwebaza
M&F project coordinator
at UDHA

ADVISORY BOARD



Dr Helena Nordenstedt



Clara Fischer



Dr Giulia Gaudenzi

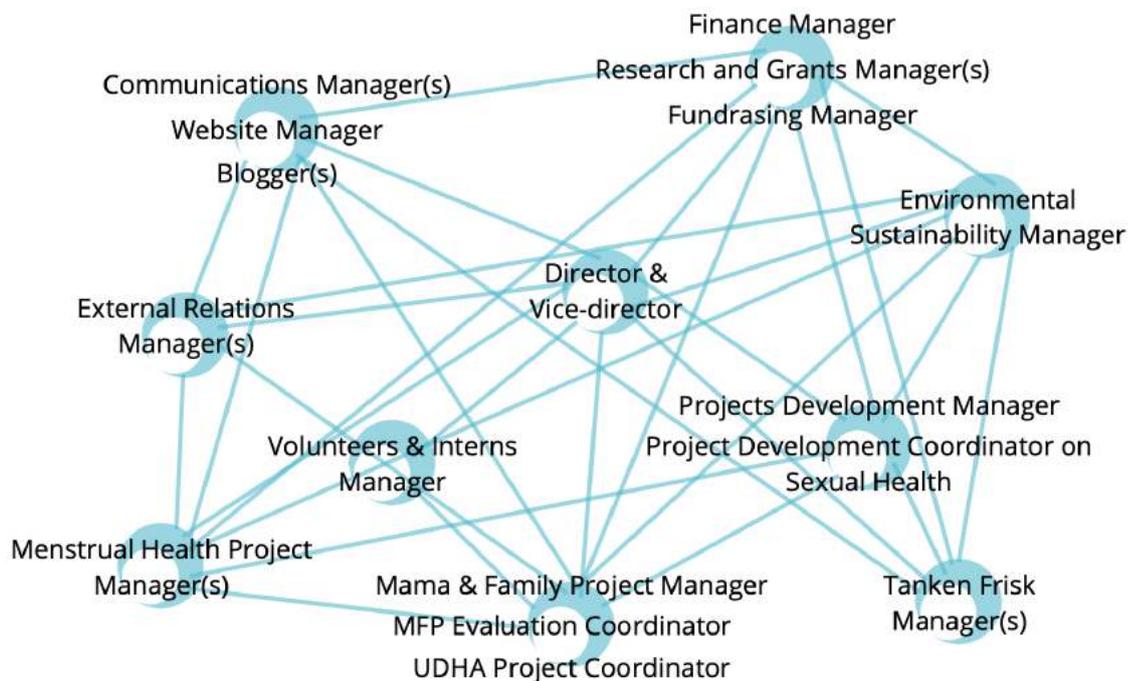


Prof Peter Waiswa

The advisory board has a supporting function. Its members can be reached to ask for **advice and feedback** when needed and they are asked to give feedback during an annual meeting, when the annual report is presented.

ORGANIZATION STRUCTURE

SOGH is a **dynamic** organism, where every member and sub-team is part of a **network** of direct or mediated interactions. New interactions can be created at any time, the graph below represents just some of possible interactions.



ACTIVITIES

SOGH's activities include (i) **projects support and development**, and (ii) **public engagement activities**. The organization works both in Sweden and Uganda, with the support of local communities and partners. SOGH is also part of several networks both in Sweden and internationally.

PROJECTS: OUR RECENT ACHIEVEMENTS

MAMA & FAMILY PROJECT

The Mama & Family project is a community-based project carried out in six villages in Mayuge District, southeast of Uganda. The project aims to **empower Ugandan women to safeguard their own and their children's health** by providing **pre and postnatal care services as well as education** on a variety of relevant health-related issues. At the core of this project lies the work done by **CHWs** supported by Fancy Mawogole, a **midwife** at the Maina clinic, a small clinic where women can access antenatal and postnatal care, assisted delivery, children immunization and family planning.



During the project year **August 2018-July 2019**, an estimated 258 women enrolled in the project, with **68.6% completing all four ANC visits**.

In total, the Maina clinic carried out **868 ANC visits**, saw the **delivery of 44 babies** and distributed **136 birth kits**.

Although there were fewer ANC visits than last year, direct comparisons are difficult as it is hard to know the exact number of pregnant women with the old recording tools used.

Therefore, at the beginning of the project year 2019-2020, we introduced a **new recording tool for CHWs**, which provides better information and has an improved record of every single pregnant woman.

In addition, between June and December 2019, a SOGH intern investigated areas that require improvement. **Male involvement**, through providing specific male health services at the clinic, and **adolescent health** services were identified as the main ways to improve the project.

2020 has been a challenging year for the project. **Protective material**, such as PPE and hand sanitizer, and **COVID-19 specific training was provided in order to continue the activities safely**, protecting CHWs, clinic staff and patients. A **survey system** has also been put in place and data collected by Joshua Mwebaza, project coordinator at UDHA, helps SOGH and UDHA to **monitor the situation overtime** and decide which actions should be taken to support CHWs and the local communities.



EKIBADHA: OUR PERIODS MATTER

It first started with a discussion between SOGH and UDHA in 2018, the menstrual health project, Ekibadha: Our Periods Matter, took its first steps in 2019. Ekibadha, which means **menstruation** in Lusoga, is a **major health issue for women leaving in rural Uganda**.

The data collection was done with the purpose of **understanding the social, cultural and environmental context** that impacts women and girls who menstruate and **assessing their needs**. SOGH also partnered with ARCHIVE Global, a US registered NGO that works on improving home infrastructure as an effective way to improve health.



Data was collected by two Ugandan interns through ODK collect, which has been SOGH's **first attempt to digitalize data collection**.

The data collected has been evaluated and we are currently developing a project proposal that we would like to present to the women and girls in Mayuge District in order to get their feedback and suggestions.

We want to make sure the project is **community driven** and **environmentally and economically sustainable**, as much as possible. We know the communities are looking forward to seeing this project running, however any field plans, including community discussions, had to be postponed to comply with the health and safety measures related to the COVID-19 pandemic.



TANDEN FRISK

Tanden Frisk is a **Stockholm-based project** aiming to **educate young children on oral health care**, with a special focus on socioeconomically deprived areas. The project team carries out engaging **workshops** regarding dental health and oral hygiene habits at different schools.

In 2019, mirrors and tablets that color plaque on teeth were bought to make the workshops more engaging. A questionnaire was also created for **teachers** to evaluate our workshops and provide us with **important feedback** that will help us to improve the activities.

Our **ambition** was to start conducting **workshops routinely**, one or two per month, from the beginning of 2020. However, due to the COVID-19 pandemic, we have had to cancel activities that had already been planned and postpone other activities, we had in the pipeline.



PUBLIC ENGAGEMENT: OUR VOICE IN ALL PLATFORMS

Public engagement activities include (i) **events**, either solo or co-organized with partners, and (ii) **social media campaigns**, which often follow the awareness days calendar for health, human rights and environmental justice. Through these activities, we also promote, and make our audience aware of, the projects SOGH supports and we remark the values our organization is built upon, e.g. evidence-based knowledge, respect for human rights, including the right of health for all, and the environment.

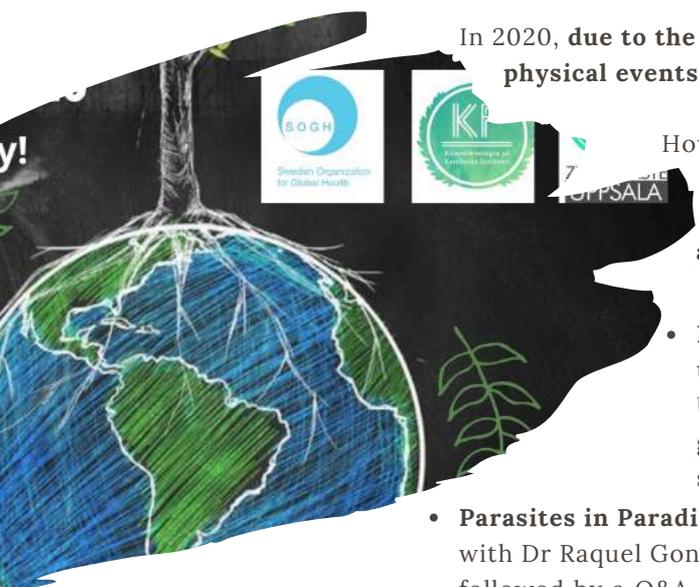
EVENTS

Due to reduced capacity, at the beginning of 2019, events organization had to slow down, but in spring we restored our activities, starting with:

- **M&F project photo exhibition**, to inform people about the project and fundraise.
- **The Bloody Taboo, a discussion about menstrual health.** Four short movies provided by SafeHands, a UK based NGO, were screened and followed by a panel discussion. The event, co-organized with Mother And Child Health Association and supported by the Centre for Global Health at Karolinska Institute, saw around 25-30 participants, including some people who do not identify themselves as females.



SOGH is also **part of several networks**, which gives us the opportunity to co-organize events that aim to involve students and universities-based groups. For instance, in late 2019, we co-organized the **Global Health Night** and the **World AIDS Week**.



In 2020, **due to the COVID-19 pandemic**, SOGH decided **not** to hold any **physical events**, until the situation will be considered safe to do so.

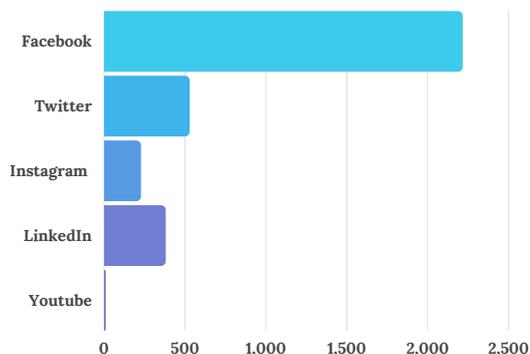
More details on our strategy can be found [here](#).

However, instead of stopping our activities, we decided to take this as an opportunity, organizing **online events** that allows us to **reach and engage a broader and more international audience while reducing, to some extent, the impact on the environment:**

- **Earth Day 2020 - tell your story!** An informal chat, together with other two organizations, ZeroWaste Uppsala and Klimatföreningen, talking about what goes wrong and why when you try to be more sustainable in your daily life.
- **Parasites in Paradise: The Scourge of Malaria in Pregnancy.** A webinar with Dr Raquel González, from the Barcelona Institute of Global Health, followed by a Q&A. The attendance was particularly good, with around 30 participants.
- **Periods in Pandemics: menstrual health activism during the COVID-19 crisis.** Menstrual health activists from Sweden, Uganda, Rwanda and Kenya shared and discussed difficulties during the current pandemic. The attendance reached 40 participants.

SOCIAL MEDIA & WEBSITE

SOGH is present in various social media platforms in order to reach different audiences, from youth and students to professionals and experts in various fields. Below, number of followers, for each social media platform, are presented:



SOCIAL MEDIA FOLLOWERS

Facebook	2,215
Twitter	527
Instagram	226
LinkedIn	379
Youtube	8

In the last year, SOGH invested in a **graphic design tool** in order to improve the quality of graphics and posts. In addition, an **external artist** supported us by designing posters such as the one on the right, used for our COVID-19 response fundraising campaign.

The main campaigns and posting on our channels in 2019 and 2020, till June, have been about

- infectious diseases (e.g. 2019 Ebola outbreaks in DRC, COVID-19 current pandemic),
- the importance of women's rights and female scientists,
- menstrual health (e.g. our video *Why is it important to include men in the discussion about menstruation?*),
- planetary health and environmental activism (e.g. insights from global strikes in different cities),
- human rights (e.g. 2019 protests in Sudan),
- mental health and wellbeing,
- our projects (e.g. 2019 summer internship, 2019 Tanden Frisk workshops) and our new team members.

**WOMEN LED THE
REVOLUTION THAT
EVENTUALLY DEPOSED
PRESIDENT
OMAR AL-BASHIR
Sudan, 2018-2019**

Some posts and campaigns have been more **informative, providing evidence-based data and reliable sources**, others aimed at a more **active engagement** of the audience, such as when we invited people to join our 5K Plogging Race.

The **website** has also been recently renewed. It is now **more user friendly** and contains **more in depth information** about the organization (e.g. SOGH Internal Regulations). In addition, the **SOGH blog** has been re-launched, and now publishes twice a month, running in parallel to our blogging contribution to the platform Girls' Globe.

Blog 

DEVELOPMENTS

During the last year and half, SOGH has started to expand its way of thinking by developing new ideas and introducing new frameworks into the picture.

PARTNERSHIPS & NETWORKS

As previously mentioned, SOGH's work **highly depends on collaborations**. Our work will not be possible without a network of partners with which we co-create projects or co-organize events and other activities.

In 2019, we started to collaborate with Ahfad Trauma Centre in Sudan to develop a project on sexual violence (which is still under development). We also actively collaborated with ARCHIVE Global on the pilot for Ekibada: Our Periods Matter, as previously mentioned. This year, we also started to talk with One Village At A Time (OVAAT), also based in South-East Uganda, for a possible collaboration on adolescent health.

In April 2020, we also joined a new network, the **Wellbeing Economy Alliance (WEAll)**. WEAll connects organizations which believe in a **different type of economy**, where people are not tools of the economic growth, but their wellbeing is what the economy should serve. We hope that, through WEAll, we will create **transdisciplinary collaborations that benefit our vision**.



BE MORE TRANSPARENT

To improve our **accountability and transparency** towards our supporters, private donors and civil society, in the past 6 months we have started to **publicly publish official documents and policies**, which are used by the organization to drive its activities. Internal regulations and policies related to environmental sustainability and the COVID-19 response are now available on our website. The annual financial statement and the annual report are also part of this 'transparency' plan.

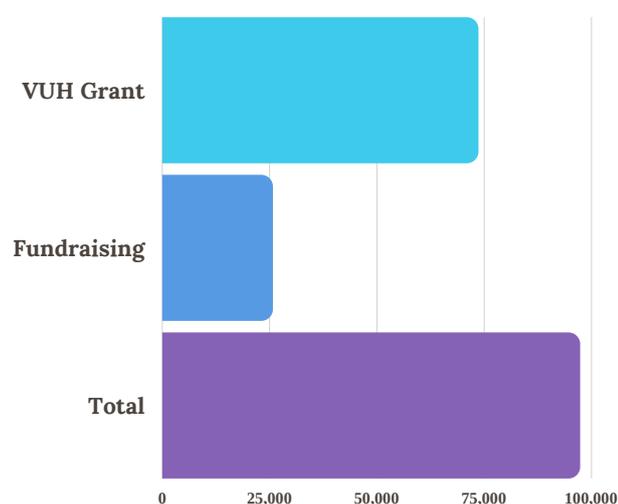
TOWARDS PLANETARY HEALTH

In the last year, we started to rethink the concept of global health. There is **no human health without a liveable Earth**. Therefore, SOGH decided to shift towards the concept of **planetary health**, which can be defined as: **human health as interconnected to, and dependent on, the state of our planet**. We started by appointing a new position in the board: the environmental sustainability manager. Her first responsibility was to develop our first internal policy on how to reduce SOGH environmental impact. *The policy can be found [here](#)*. We then started connecting with other organizations with the idea to create a public engagement event for 2021. Plans are currently on hold due to the COVID-19 crisis, but we aim to develop the idea further through our networks.

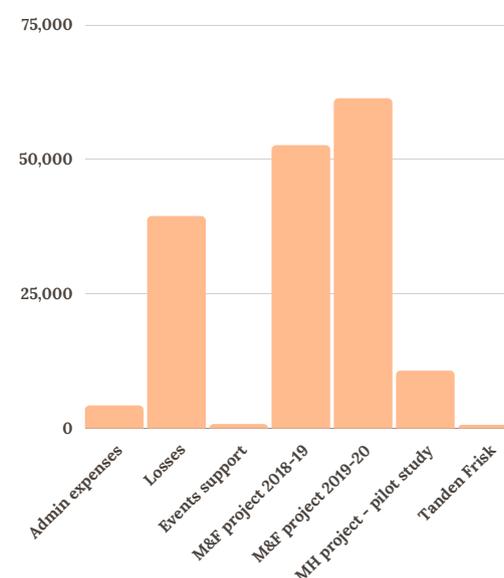
FINANCIAL SUMMARY

Income and costs are mainly related to the Mama & Family project, which remains the major activity that requires consistent fundings. VUH remains the major supporter, with a grant that covered the 2019-2020 M&F budget. The rest of our income comes from, proactive or passive, fundraising.

Income January - December 2019



Costs January - December 2019



In 2019, **fundraising supported entirely the MH project - pilot study and Tanden Frisk workshops**, leaving also some funds to support our events in Stockholm.

Unfortunately in 2019, we also experienced a **major loss in funds**, 39,390 SEK, which happened as a result of a **defrauded activity**. The stolen funds were supposed to sustain the M&F project for the year 2018-2019 (the transfer was already being delayed due to internal misunderstandings). Fortunately, SOGH held enough funds to cover the loss and avoided detrimental long term impact to the project.

In 2020, we have faced **unexpected costs due to the COVID-19 crisis**. Funds (8,954.28 SEK) had to be reallocated and supplemented with additional 7,783.97 SEK, in order to purchase material, such as PPE, and provide training to CHWs and the healthcare staff at the Maina clinic.

Balance on May 28, 2020 is 11,968.45 SEK

For more details, consult the Annual Financial Statement 2019-2020.