

Events Around MJAP

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World AIDS Day (WAD) brings together people from around the world to raise awareness about HIV/AIDS and demonstrate international solidarity in the face of the pandemic.

The day is an opportunity for public and private partners to spread awareness about the status of the pandemic and encourage progress in HIV/AIDS prevention, treatment and care around the world. It has become one of the most widely recognized international health days and a key opportunity to raise awareness, commemorate those who have died, and celebrate victories such as increased access to treatment and prevention services.

MJAP joined the rest of other Implementing partners in EC region to support the commemoration of world AIDS day under the theme **“Let Communities Lead”**.

In observance of World AIDS Day, MJAP assisted Districts in enabling essential stakeholders and members of district health teams to engage in the WAD event. This support involved overseeing health workers as they delivered comprehensive HIV/AIDS services within a tent at the venue, as well as contributing to lunch for attendees and producing banners featuring the WAD theme for the year. The overarching global theme for WAD 2023 is "Let Communities Lead," emphasizing the pivotal role that communities, especially those living with, at risk of, or affected by HIV, play as frontline leaders in advancing progress within the HIV response.

By. Naster Nansumbi

Powerful Benefits of the Circle of Influence



You've probably heard of the term

"Circle of Influence." Stephen Covey introduced the

Circle of In-

fluence in his book The 7 Habits of

Highly Effective People. With the aid

of this model, you may better under-

stand what you can manage and what

you cannot, as well as determine what

to do about it. It's tempting to want to

repair everything when things are diffi-

cult. Even while you may want to help

with all the issues around you, taking

on too much might result in stress, and

burnout, which detracts from the things

you can control. The greatest course of

action would be to concentrate on the

areas of life that you can directly influ-

ence instead. This would enable you to

make changes while also keeping your

well-being.

The Circle of CONTROL → Control

Key question: is it in my control?

Description: the factors that are direct-

ly within your control. They mainly

concern you personally, and you (and

often only you) can change them.

Examples: thoughts, behaviors, mind-

set, actions, skills, mistakes

Response: direct most of your time and

energy to these factors, this will mini-

mize feelings of overwhelm and makes

you feel in control.

The Circle of INFLUENCE → Infl-

uence

Key question: if it's not in my con-

trol, can I exert influence in it?

Description: factors involving other

people or situations that you can inter-

act with but that you can only partially affect.

Examples: relationships, commit-

ments, job, roles, positions

Response: focus on those factors that

you have the most influence on and ac-

cept the factors on which your influ-

ence is limited.

The Circle of CONCERNS → Accept

Key question: If I can't control or influence it, can I accept it?

Description: the factors outside your

control. They affect you and they may

concern you, but you can't do some-

thing about them.

Examples: weather, economy, war,

legislation, virus outbreak

Response: let go and accept that you

cannot directly do something about

them.

The categories are not fixed and they

depend on your position. What is mere-

ly in the Circle of Concern of most peo-

ple, such as the economy for example,

is in the Circle of Influence of politi-

cians.

This means that the Three Circles of

Influence look different for every per-

son. But exactly that makes it such a

powerful model.

Proactive people

Proactive people base their decisions

on their values. They deliberate before

acting.

Reactive People

On the other hand, reactive people con-

centrate their efforts on the Circle of

Concern. They concentrate on other

people's flaws, environmental issues,

and external factors over which they

have little control. Their concentration

leads to accusatory and blaming atti-

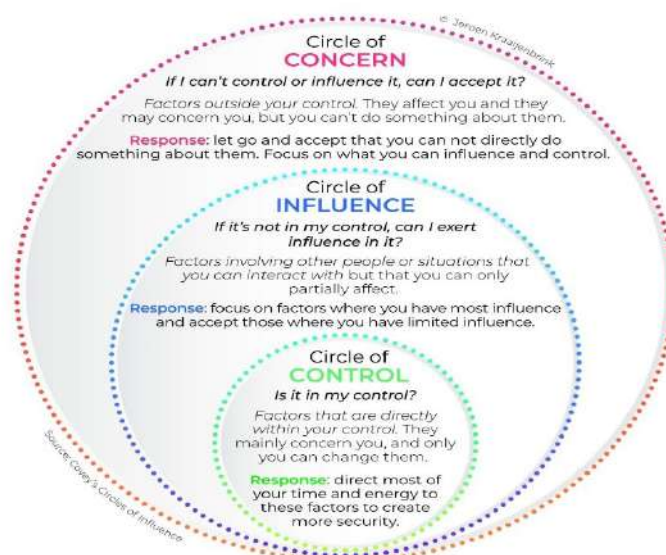
tudes, defensive speech, and heightened

victimization sentiments.

How to Expand Circle of Influence

1. Find Your Purpose
2. Break Your Own Limiting Beliefs
3. Make small Commitments and keep them
4. Network
6. Be Proactive
7. Admit your faults and act quickly to fix them

The Three Circles of Influence



By. David Mutesasira



The Executive Director MJAP, Dr Fred Semitala giving opening remarks during the DHO's Engagement meeting in Jinja City.

In a bid to enhance reporting, review strategic approach and Performance progress of the LPHS –EC project, a Regional DHOS and DHT Engagement workshop on USAID'S LPHS-EC convened at the Nile Hotel Njeru. The meeting, which took place on 19th – 21st December 2023, brought together participants representing key stakeholders from the Ministry of Health, USAID SITES, USAID _ UHA and LPHS—EC team.

The Primary objective of this meeting was;

- To review the previous action plan and MJAP implementation modalities and jointly develop a common approach that will enable the EC- region to attain the national goal of AIDS free society by 2023.
- To review individual district performance against USAID targets for the year 2022/2023 and discuss the challenges encountered by both the district and LPHS-EC team in implementing TB/HIV technical assistance for the last two years.
- To disseminate findings of DQAs conducted during oct 2022-sept 2023 and review progress made with implementation of the recommendations of the DQAs.

Key takeaways from the meeting included:

- LPHS-EC in collaboration with the biostats to draw up clear training plan based on the findings of the DQA to identify gaps and conducted targeted trainings.
- LPHS-EC/MJAP to work with USAID SITES to identify sites for the health facilities pilot.
- Biostats to ensure proper quantification of the needs of the district, cross district redistribution
- LPHS-EC to follow up on the procurement of newer computers that can handle HTS Data capture in EMR.
- ADHO-MCH Streamline PMTCT Data collection, cleaning, validation, and triangulation activities at the district by involving DHIS-2 data entrants and Midwives
- USAID SITES to ensure that data backups are conducted and that EMR is fully functional before and after upgrades.



The Director of the East African Affairs Bureau for Africa Mr. Brian Frantz with the LGBTQ community members who had been arrested due to AHA and MJAP technical at USAID's LPHS-EC office in Jinja.

The Director of the East African Affairs Bureau for Africa Mr. Brian Frantz who was also the team lead at the visit to LPHS EC-MJAP offices in Jinja and Integrated Development Activities and AIDS concerned Drop-in center in Iganga. The main aim of the visit was to interact with some MSMs who were arrested during the AHA discussions. MJAP through the Prevention team mobilized the KPs to interact with Mr. Brain Frantz and share their experiences before arrests, in prison and after release from prison.

The KPs mentioned that MJAP was helpful in buying some expensive drugs for the arrested KPs which were not provided in the prison facilities. MJAP also provided basic supplies for the team since most of them had been disowned by their communities and families. The team also informed Mr. Brian Frantz and the USAID team that after their release, MJAP provided their monthly stipend for 4 months to help them settle in their new communities, offered some psychosocial and mental health support.

The USAID team visited IDAAC drop-in center to appreciate how the DIC was affected by the AHA. However, the DIC coordinator informed the team that she already had good working relationships with district authorities, security organs who kept peace. The KPs at the Drop in Center however, reported , fear, anxiety , relocations and unemployment during the period, but continued to access their HIV prevention and care services.

Mr. Brian Frantz appreciated MJAP for representing what USAID stands for and not discriminating against anyone in service delivery.

By. Happy Walusaga

GALLERY

MJAP Activity implementation across the Thematic Areas in pictures.



LPHS-EC/MJAP Participated in the World AIDS day celebrations in Jinja City. Services provided to the community during the celebrations included; TB screening, Presumptive, Family planning, S T I screening, Condom distribution

USAID's LPHS-EC Project Mid-Term review meeting at Kamuli General Hospital, Kamuli District conducted by USAID's SITEs.



USAID's LPHS-EC team and USAID's SITEs reviewing the data management tools during the project Mid term review at Kamuli Hospital.



Remarks made by the COP -MJAP -LPHS-EC, Regional DHO chairperson and the meeting was opened by the Director Jinja regional referral hospital.



Mr. Brian Frantz- USAID/Africa Bureau Director of EA Affairs accompanied by senior officers at one of the supported Drop-in centers ganga (IDAAC). He appreciated the level of community engagement & innovation to respond to emerging issues.

Editorial Team;

With Special thanks to:

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