



NEWSLETTER

Dear our esteemed readers,

Our February has been eventful, especially as we graduated the 2nd Cohort of POWER. We bring you more of this and our other activities in this edition of our newsletter.

CHEERS!



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POWER COHORT 2 DEMO DAY

Article Link: <https://a4huganda.org/blogs/power-cohort-ii-demo-day-2/>



On a bright and sunny Friday, February 28th, 2025, Action 4 Health Uganda proudly celebrated the graduation of 15 talented young women from the transformative POWER program-Providing Opportunities for Women in Entrepreneurship and Reproductive Health. This exciting event marked the end of the second Cohort 2024-2025, following the success of the inaugural Cohort of 2022-2023.

POWER Cohort II ladies with their certificates of participation pose for a photo with the Social Entrepreneurship Manager Hassan Waswa (Male in blue shirt)

The spirited graduates showcased their innovative business ideas to an esteemed panel of judges, who attentively evaluated their presentations, drawn from the comprehensive training they had dedicated themselves to over the past six months. The vibrant Demo Day honoured their hard work and symbolized a significant milestone in their entrepreneurial journeys. The top 5 POWER ladies received varying cash prizes while the other 10 were each awarded substantial seed capital of UGX 200,000 to empower their ventures, enabling them to bring their ideas to life. Their entrepreneurial aspirations span diverse sectors, including information and communication technology (ICT), menstrual hygiene, food and nutrition, and more.

The judges meticulously scored each presentation, announcing the overall champion, whose remarkable performance during the training period secured her the coveted cash prize of UGX 1,000,000. This distinguished title was awarded to Najjemba Betty, the proprietor of Makapads. This groundbreaking initiative to end period poverty creates disposable sanitary products crafted from papyrus and recycled paper and sold at a friendly price of UGX 2,500 for a packet of 10 pads. It is found in Malangala Sub-County of Mityana District.



POWER Cohort II top participants with their prize dummy cheques

Nassolo Suzan from EverGrow Organics came second. EverGrow Organics is a social enterprise established in 2022 to provide organic fertilizers alongside family planning information, products, and services to smallholder farmers in Mityana district. It aims to improve their yields and enable them to make better and informed choices, working towards achieving SDGs 2 and 5—zero hunger and Gender Equality.

Meanwhile, Nassolo Claire of Claire’s Bakery and Training Centre proudly claimed the third position. Established in 2023, Claire’s Bakery and Training Centre is a social enterprise dedicated to equipping young women and youths between 15 and 35 with SRH information and services, and bakery skills training, enabling them to build sustainable lives and make better health decisions towards achieving SGD 1,3, and 5.

Furthermore, the best coach received special recognition and a cash prize for their invaluable support and guidance throughout this inspiring journey. We look forward to the wonderful exploits that the 15 young women social entrepreneurs will do even beyond the program.



Guest of Honor, Dr. Daniel Kyabayinza, Director of Public Health-Ministry of Health gives his speech



CEO-A4HU Mrs. Sarah Kintu gives her address



Best Coach POWER COhort 2 Sharon Natukunda with her prize dummy cheque



POWER Cohort 2 ladies pose for a photo with the Guest of Honor and other officials at the graduation



POWER Cohort 2 ladies cutting their cake

SYEC PADS AND MAKAPADS EXHIBITED AT AGRO EXPO IN MITYANA DISTRICT

On February 26, 2025, Nakwaya Secondary School in Mityana District became a hub of activity as the Kisoboka Agricultural Expo 2025 kicked off, organized by Honorable Kiwanda Godfrey Suubi. Action 4 Health Uganda through the TeamUp Uganda program was in attendance with other implementing partners HRNS, and Whave Solutions. The partners aimed to empower youth and foster innovation in agriculture while addressing critical health and water challenges in local communities.



School girls holding SYEC Pads pose for a photo with Victo Namuddu (white apron) at the expo

The expo brought together youth, schoolchildren, community members, and local leaders from 12 sub-counties. One of the standout moments was Victo Namuddu's presentation on reusable sanitary pads that the young people from Ssekanyonyi Youth Empowerment Centre make to solve menstrual poverty in their community. The sanitary products, designed to improve health and reduce costs for rural girls and women, captivated the audience, particularly the students who engaged in lively discussions on their production and benefits such as, such as their ability to prevent irritation, be environmentally friendly, and save money in the long run.

Similarly, Vincent Matovu the SRHR Cordinator of Malangala Youth Empowerment Centre, showcased Makapads—sanitary products made from local materials like papyrus and recycled paper—highlighting sustainable solutions in the health sector. The event provided valuable learning opportunities and led to successful product sales, with local leaders expressing interest in future collaborations.



Students interact with the sanitary products at the expo



Youth pose for a photo with the expo organizer Hon. Kiwanda Suubi

SSEKANYONYI YEC PADS: YOUNG PEOPLE RECEIVE TRAINING

The young people from Ssekanyonyi Youth Empowerment Centre are in the business of making reusable sanitary pads to address the issue of period poverty in their community of Ssekanyonyi Sub-County, Mityana District.

In order to maximise production and sales while closing the gap of access to affordable sanitary products, the young people underwent a training by Us for Girls, an NGO striving to put an end to period poverty. The young people learned how to cut absorbent material, sizing, sewing, packaging and marketing. These pads are promised to be affordable, chemical-free, irritation-free, and high-absorbent capacity. The pads go for UGX 10,000 for a packet containing 4 reusable pads.



Cutting absorbent materials



Handling of the cut materials to create the reusable pads



The finished reusable sanitary pads



Buttoning of the reusable sanitary pads

YOUTH TRUCK PROMOTIONAL EVENTS FOR FLYING NURSES IN MITYANA DISTRICT



In a bid to bridge the crucial gap in access to Sexual and Reproductive Health and Rights (SRHR) services, particularly for young people in hard-to-reach or underserved areas, the Youth Mobile Health Hub, affectionately known as the Youth Truck, hit the roads of Mityana District in February to bring healthcare where it is needed the most. The Sub-Counties visited include Kakindu, Kikandwa, Kalangaalo, Malangala, Namungo, Butayunja, Maanyi, Bulera, Ssekanyonyi, and Bbanda.

This innovative mobilization tool made its way through various Sub-Counties and villages, as well as fishing sites along the shores of Lake Wamala, to create awareness of the novel social marketing approach known as the Flying Nurses was also spread,

introducing youth-friendly and cost-effective family planning services designed to reach underserved young people at a low cost. The communities learned about the Flying Nurses, what they do, and where they can be located to access their desired family planning services.

The Youth Truck also carried a wealth of essential services, such as family planning, STI screening, immunization, HIV testing and counseling, and other health services. A public address system echoed through the neighborhoods, delivering vital health information and engaging the community with available services. The efforts were made possible by dedicated peer educators, trained by Action 4 Health Uganda, alongside skilled Flying Nurses and health workers from local health facilities. Together, they formed a united front, passionate about improving the health of their peers and communities at large.



An ongoing community health outreach in Kakindu Sub-County



A community member of Butayunja Sub-County gets their blood drawn for testing

The day before these impactful health outreaches, the Truck's team engaged community members, generating excitement and awareness for the upcoming events. The Youth Truck was more than just a vehicle; it was a beacon of hope, bringing essential health services and information directly to those who need it most.

FAMILY PLANNING COSTED IMPLEMENTATION PLAN TABLED IN MITYANA DISTRICT



Action 4 Health Uganda, in consortium with the TeamUp Uganda program, held a crucial meeting with the Mityana District Local Government leaders. The meeting focused on the Mityana District Local Government's Family Planning Costed Implementation Plan (FP-CIP) for 2024/25 to 2029/30, a document that was tabled as a vital part of the district's health strategy. This plan aimed at addressing critical issues in sexual and reproductive health, especially for the Mityana youth, who face numerous challenges in these areas.

The meeting took place at the Mityana District Council Hall, bringing together key figures, including Council members, the Chief Administrative Officer, Deputy CAO, District Health Officer, Assistant DHO for Maternal and Child Health, Health In-charges from sub-districts, Local Council V members, religious leaders, and young people from local groups like the Malangala Youth Empowerment Center and Ssekanyonyi Youth Empowerment Centre who presented their work on creating sanitary pads.

The District Health Officer's team presented key data, highlighting the growing health problems caused by poor family planning and stressing the urgent need for the plan's approval and adoption. The plan's success was crucial for improving the district's maternal and child health.

The document's approval will mark the beginning of a commitment to ensure accountability in how the district would fund these efforts through 2029/30. The meeting sparked hope for a brighter future for the youth of Mityana, showing that change was possible and that this was just the first step toward a healthier, more secure future where young people are ably empowered to realise their full potential.


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INSPIRING YOUNG PEOPLE TO REALISE THEIR FULL POTENTIAL

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