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NEWSLETTER

BEANS INTO PADS: HOW KWATAMPOLA PRIMARY SCHOOL IS CULTIVATING MENSTRUAL DIGNITY

In rural Kamuli Subcounty, Kassanda District, Kwatampola Primary School is proving that small ideas can sow big change. Faced with a lack of menstrual hygiene products for girls, the learners—guided by their teacher, Mr. Jjemba Abubaker—launched an innovative project through the Team-Up Uganda Menstrual Hygiene initiative.



Many girls were often caught unprepared during their periods, with families unable to afford sanitary pads regularly. Instead of accepting the challenge, the learners turned to the soil. They proposed growing beans on a small school plot, selling the harvest, and using the proceeds to buy pads.

With support from the school

administration, the students planted, weeded, and harvested with determination. Though the yield was modest, it was enough to purchase disposable sanitary pads now stored safely at school for girls in need.



More than just a menstrual solution, the project became a catalyst for life skills, teamwork, and gender equality. Boys joined in, stigma was broken, and students gained confidence and agricultural know-how.

As 13-year-old Sumaya put it, “We didn’t just grow beans—we grew courage.”

Kwatampola’s garden now stands as a symbol of hope, self-reliance, and the power of community-led innovation in safeguarding girls’ education and dignity.

BRIDGING GENERATIONS FOR BETTER HEALTH: COOL PARENTS DIALOGUE SPARKS CHANGE IN MITYANA DISTRICT

On July 22, 2025, Bukooba Village in Ssekanyonyi Sub-county, Mityana District, hosted a transformative Cool Parents Dialogue, an intergenerational event that brought together youth, parents, health workers, and community leaders. The event fostered open conversations around sexual and reproductive health (SRH), youth empowerment, and the vital role of community support in nurturing youth-led initiatives.



Flying nurse Benas giving services to one of the youth during the activity.

Organized by Action 4 Health Uganda (A4HU) in partnership with Flying Nurse Benas, the event combined dialogue with action. Participants accessed essential services such as HIV testing, UTI screening, and youth-friendly family planning. Youth from the Ssekanyonyi Youth Empowerment Centre (SYEC) showcased their reusable SYEC pads, an inspiring example of innovation and entrepreneurship.

The Youth Truck, equipped with a solar-powered public address system, played a key role in mobilizing community members and raising awareness

For youth like Mukwaya Vincent, the event was life-changing:

"It was hard for me to test for HIV, but this gave me the chance."

This dialogue showed that united communities can drive lasting health and social change.



Mukwaya Vincent undergoing voluntary HIV/AIDS testing as part of the organized health initiative

WORLD POPULATION DAY CELEBRATED IN KAYUNGA DISTRICT

On July 11, 2025, the Busaana Town Council Playgrounds in Kayunga District buzzed with excitement as the nation celebrated World Population Day, themed "Promoting Health and Well-being through the Parish Development Model."

The event, graced by the President of Uganda, H.E. Yoweri Kaguta Museveni, as the guest of honor, attracted thousands to the playgrounds. It provided a platform for exhibitors to engage with the public and showcase their diverse products and services.

Pre-event activities included an intergenerational dialogue addressing the issue of teenage pregnancy and community health outreach, where health services were provided free of charge to local residents. Young individuals from our networks in Mityana District participated in the dialogue, allowing them to connect with various stakeholders.



Young people during the intergenerational dialogue



Youth Truck mobilization for community health outreach



Interaction with UNFPA Rep. Gift Malunga during the exhibition at World Population Day

Action 4 Health Uganda collaborated with Reproductive Health Uganda to deliver reproductive health services. Utilizing the Youth Truck public address system, the team partnered with the Village Health Trainer at Busaana Health Centre III to raise awareness about available health services, including family planning and cervical cancer screenings.

During the event, Action 4 Health Uganda had the chance to engage with numerous attendees, including the UNFPA Country Representative, Gift Malunga, among others.

POWER BUSINESS COACHES INDUCTED

Ahead of the upcoming Cohort IV of the POWER program, new Business coaches were trained and certified. These will be mentoring the new batch of young women innovators in various aspects of business and entrepreneurship. The Business Coaches were awarded certificates of certificates by the C.E.O Action 4 Health Uganda, Sarah Kintu, and the POWER Program Manager Hassan Wasswa.

POWER stands for Providing Opportunities for Women in Entrepreneurship and Reproductive Health.



Coach Nabaggala Sandra



Coach Kathryn Rhoda



Young people during the intergenerational dialogue



Coach Fatima Tibanagwa



Coach

TEAMUP SUPPORT SUPERVISION IN MITYANA AND KASSANDA DISTRICTS

Action 4 Health Uganda participated in a support supervision visit to various implementation sites under the TeamUp Uganda program in Mityana and Kassanda Districts. This was an exchange learning opportunity for the three implementing partners under the TeamUp Uganda program to benchmark and share knowledge. Various stakeholders from the districts, CSOs and Government agencies were also present during the visit. The team visited one of the newly renovated Youth Friendly Corners in Malangala Sub-County of Mityana District and also engaged with the Flying Nurse in the same sub-county. The activity shed more light on the work we do in improving the health outcomes of the young people and how best to work with a cross-sector approach incorporating health, water, and agriculture.



A male Flying Nurse addresses the team that visited his workstation in Malangala Sub-County, Mityana District



SRHR Personnel addresses the team at Malangala Youth Friendly Corner in Malangala Sub-County, Mityana District





The team poses for a photo in front of the Flying Nurse's station in Malangala Sub-County, Mityana District



INSPIRING YOUNG PEOPLE TO REALISE THEIR FULL POTENTIAL

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