

NEWSLETTER



ACTION 4 HEALTH UGANDA



JULY
2026

A4HU BOARD AND MANAGEMENT WITNESS IMPACT IN MITYANA

Action 4 Health Uganda (A4HU) Board Members and Senior Management recently undertook a two-day field visit to project sites in Mityana District, gaining firsthand insight into the impact of A4HU's programs.



At the Malangala Youth Empowerment Centre, the delegation witnessed young people turning menstrual health challenges into opportunity through reusable pad production.

Board Members interact with some of the Production Team members at the Malangala Menstrual Hygiene Hub project

At Namungo Primary School, members of the school's menstrual hygiene club brought their learning to life through a powerful skit showcasing how MHM education is transforming menstrual experiences for girls.



Board Members, A4HU Senior Management, pupils and teachers of Namungo Primary School pose for a photo



The team also met Flying Nurses in Namungo and Butayunja, who shared how social marketing is bringing affordable, youth-friendly family planning services closer to communities.

Engagements with district stakeholders further highlighted the value of A4HU's partnership in strengthening youth health services.



Board members, A4HU Senior Management, and Mityana District Officials pose for a photo after their engagement

Beyond showcasing achievements, the visit offered an opportunity to reflect, learn and identify ways to strengthen future interventions. For the Board, seeing these initiatives in action reaffirmed A4HU's commitment to equipping young people with the knowledge, services and opportunities they need to thrive.

TAKING HIV PREVENTION BEYOND THE CLINIC: REACHING AGYW IN THEIR COMMUNITIES

In Buliisa and Kyankwanzi, A4HU is taking HIV prevention closer to the young women who need it most. Through the “Supporting Uganda’s HIV and TB Reduction Strategic Plans” project, implemented in partnership with The AIDS Support Organization (TASO), the team conducted community outreaches to identify and profile out-of-school Adolescent Girls and Young Women (AGYW) for enrolment into the programme. But reaching communities is about more than simply sharing information, it is about making sure the message is understood.



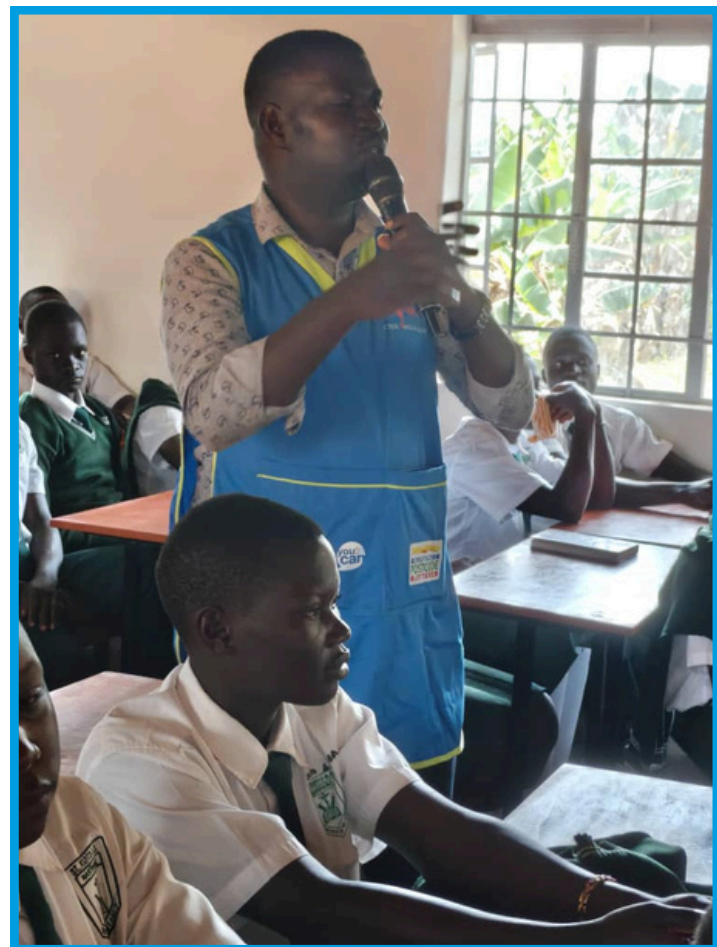
Community members played a vital role in translating and amplifying key messages in local languages, helping ensure that health information reached people in a clear and relatable way. The outreaches also brought essential services directly to the community, including HIV testing services (HTS) and Social and Behaviour Change (SBC) messaging. Together, these efforts are helping young women make informed health decisions while strengthening community awareness around HIV prevention and care.



BREAKING THE SILENCE: YOUTH TRUCK SPARKS MENSTRUAL HEALTH AND SRHR CONVERSATIONS

The Youth Truck conducted school debates in St. Kizito Secondary School, and Springfield College in Mukono District. The motion was “Poor menstrual health management is the major cause of absenteeism and school drop out among girls.”

After the debates, the team conducted an open session handling myths and misconceptions on menstrual health and other SRHR topics including teenage pregnancy, and HIV/AIDS, providing the students with age appropriate information to help them make informed decisions concerning their health.



A4HU SRHR Officer during an SRHR talk after the MHM Debate

EDUTAINMENT ROADSHOW FOR SRHR SERVICE DELIVERY

On July 27, 2026, the bustling market streets of Nabweru in Nansana Municipality, Wakiso District, came alive as the Action 4 Health Uganda (A4HU) Youth Truck Future on Wheels brought health, entertainment, and learning closer to the community. Powered by DSW (Deutsche Stiftung Weltbevölkerung) and Postcode Lotterie, the outreach was conducted in collaboration with the Wakiso Youth Empowerment Centre, Nabweru Health Centre III, peer educators, skaters, and dancers.

The vibrant roadshow attracted market vendors, boda boda riders, shoppers, and young people, offering HIV testing and counselling, family planning information, condom distribution, and health education.



Skaters and dancers perform while displaying SRHR messages

By combining entertainment with essential services, the outreach created a welcoming, non-judgmental space for young people to seek information and care. As the Youth Truck departed, it left behind stronger connections to healthcare services and a community better equipped to make informed health decisions.

SRHR SPORTS GALA AND INTEGRATED COMMUNITY HEALTH OUTREACH

On 31st July, the Youth Truck brought health services to the young people of Kimenyedde village in Mukono District through an SRHR themed sports gala. The young people engaged in sports activities and during the water breaks, peer educators provided age-appropriate SRHR information.



Volleyball competition at the SRHR Sports Gala



Peer Educator addresses a group of young people during a waterbreak session

On the side, health workers from Kimenyedde Health Centre 2 provided community members with health services such as HIV testing and counselling, family planning, condom distribution, STI screening and treatment,



Health worker attends to a young person at the SRHR Sports Gala



INSPIRING YOUNG PEOPLE TO REALISE THEIR FULL POTENTIAL

 P.O.BOX 120595 Kampala-Uganda
Plot 17, Nazziba Rise, Lubowa Hill

 info@a4huganda.org

 +256 393 255 411

 www.a4huganda.org