



POWER COHORT 2 PHOTOBOOK



NABAGGALA SANDRA SARAH STARTUP: NATURE DELIGHT LIMITED

Profile: A social enterprise making Nutritional products to resolve malnutrition cases among children under 5 years and integrating SRHR Information and wellness and balanced diet sessions for women and girls of reproductive age.

How: She produces dietary supplements from local organic materials to address malnutrition and obesity cases, integrating SRHR Information access and access to FP products at the Arena. She also integrates ICT through dietary online sessions and podcasts for young adolescents.



NANSASI SUMINIY

STARTUP: YOUNG YOUTH AND WOMEN INITIATIVE NETWORK (YYOUWIN)

A social enterprise dedicated to addressing stigma and discrimination and Reproductive rights of Muslim women in accessing SRHR/FP in the Muslim community, which is against the use of FP and women empowerment through evidence-based Advocacy for FP/SRHR information and services.

How: Suminiy intends to conduct capacity-building and mindset change among Muslim leaders using evidence-based methods and testimonies from Survivors of Gender violence and teenage pregnancies among Muslim communities to change the mentality of religious leaders. The business targets Mosques, churches, and religious institutions in Wakiso district. She also intends to make and install condom dispensers at her laundry business and all other key hot spots in the city to provide access to contraceptives and FP products.



NAJJEMBA BETTY

MALANGALA MENSTRUAL HYGIENE HUB PROJECT

Profile: The Malangala Youth Empowerment Centre Is engaged in producing eco-friendly reusable sanitary pads under the name MARE Pads, short for Malangala Reusable Pads.

How: It supplies the products to schools, organizations, individuals, pharmacies, and local clinics to enhance menstrual hygiene and health for adolescent girls in rural communities.



FATUMA TIBANAGWA

STARTUP: SKILLS FOR GROWTH

Profile: A social enterprise creating employment for young women and girls by offering catering services and training them in VSLA, life skills, and SRHR.

How: Fatuma mobilizes women in groups and provides capacity-building training across women's groups, such as VSLA groups.



NASSOLO CLAIRE

STARTUP: CLAIRE'S BAKERY AND TRAINING CENTRE

Profile: Training Girls and Youth in Menstrual Hygiene Management in learning institutions and communities, but also advocating for dignified menstrual experiences among girls and women of reproductive age.

How: Claire strives to improve self-esteem around menstrual hygiene practices for girls and access to sanitary kits and information.



TAKA MARTHA BIRUNGI STARTUP: INNOVATIVE CORNER CAFE AND STATIONERIES

Profile: A social enterprise addressing high school dropouts arising from teenage pregnancy and the lack of Information on SRHR and access to modern contraceptives for women and girls of reproductive age.

How: this will be done through partnering with schools, learning centers, and vocational institutions to train Adolescents in SRHR information and sell Family Planning products as a solution to addressing high teenage pregnancy in the district but also skill girls in catering services to earn some income, make books for sale as a side income to boost access to FP commodities.



NASSOLO SUZAN

STARTUP: EVERGROW ORGANICS

Profile: Evergrow Organics is an environmental social enterprise that addresses farmers' access to organic products. It integrates access to SRHR/ FP products through organic farmer groups in the rural Mityana district. She is also a member of the Youth Empowerment Network.

How: Suzan intends to train farmers on SRHR and link them to products through Flying Nurses under the TeamUp Uganda program. After training farmers within their groups at the community level, she intends to sell them menstrual products and kits.



APOYA TEREZA AWORI

STARTUP: YOUTH MISSION 4 CHANGE INITIATIVE (YM4CI)

Profile: The social enterprise trains young women in SRHR and provides skills in tailoring for job creation, integrating youths from empowerment centres.

How: Tereza intends to identify youths from Tororo Youth Empowerment Centre and train them on the comprehensive package of SRHR as a social business and skill 300 in tailoring and selling menstrual products alongside fashion design that attracts girls and young people.



NANYONGA DORCAS STARTUP: ENSONGA CARE

Profile: The social enterprise promotes SRHR/FP in the poultry business by skilling poultry farmers in family planning and providing them with SRHR information and services. She also transforms kitchen droppings into manure and fertilizers to solve soil infertility.

How: She utilizes poultry farmers within her network to provide SRHR/FP services to these groups within her community. She also intends to provide training in GBV, menstrual hygiene management, and preventing and treating STIs.



NAZZIWA ANNET
STARTUP: RADIANT BEAUTY SALON

Profile: A social enterprise providing FP/ SRHR Information and services in Mukono district.

How: Annet uses the beauty salon as a safe space for talking about SRHR and Family Planning and providing young women with HIV and Gender-based violence prevention education.



NAMAYANJA ALLEN

STARTUP: MINDSET COACHING MISSION LIMITED

Profile: A social enterprise focused on changing mindsets among young people regarding reproductive health issues, such as healthy relationships, sexuality, safe sex practices, and psychosocial support services, including counseling and mental health.

How: Allen intends to develop tailored and simplified podcasts and blended learning videos, audios, and animated skits around SRHR/FP to sensitize and train young people in the most simplest way, especially using digital platforms and tools.



NAKANDI JESCA DAISY STARTUP: HAIZY BABY PORRIDGE

Profile: A social enterprise addressing malnutrition and poor dietary practices among children 0-5 years through the production and sale of porridge boosters but also maternal health products for lactating mothers and their babies, including Family Planning products and access to contraceptives in urban slums and cities and rural communities.

How: She intends to produce and sell porridge boosters alongside other SRHR products (reusable sanitary pads) and contraceptives. She will also train young mothers on infant feeding and family planning to create space and manageable families.



ABEJA DAPHINE

STARTUP: DAPHINE ENTERPRISES

Profile: Daphy Enterprises is a social enterprise aiming to produce reusable sanitary pads to address menstrual hygiene among teenage girls in the community and schools of Kamuli district. The enterprise seeks to bridge the gap in access to these products, as adolescents currently use sand and polythene bags as an alternative.

How: Using Local materials like thread and cotton, she intends to make reusable pads and sell them to the community and schools. She will also provide sex education and menstrual hygiene training in educational institutions in exchange for a fee while selling sanitary pad kits.



MASIBO ZULAIKA

SATRTUP: SHE ASCENDS ENTERPRISE UGANDA LIMITED

Profile: The social enterprise addresses the lack of sanitary pads for girls, often leading to irregular attendance and dropping out of school.

How: Zulaika utilizes locally available materials to make reusable sanitary pads and raise awareness on SRHR, including HIV/AIDS, psychosocial support, and skilling Girls in producing and marketing hygienic pads.



KATHRYN RHODA

STARTUP: R-JAY CLEANING SERVICES

Profile: A social enterprise dedicated to empowering single and teenage mothers through offering professional, eco-friendly, and sustainable cleaning services. Our goal goes beyond just cleaning spaces, we are cleaning the path toward brighter futures for young women who need it most.

How: She offers skills training and empowerment workshops, access to SRHR services, provides access to support networks, and advocacy.



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