

The RHU Spotlight

MAGAZINE



INSPIRING TO THRIVE: WE ARE RHU

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A photograph of two young women standing outdoors in a rural setting. They are both wearing bright blue t-shirts with logos for IPPF, RHU, and World Contraception. The woman on the left is smiling and holding a red packet of contraceptives in her right hand and a white box in her left. The woman on the right is wearing glasses and holding a red packet in her right hand and a white box in her left. In the background, other people and trees are visible.

We Are Reproductive Health Uganda

Dear Reader,

The last time we checked on you was during our quarterly newsletter **The SRHR Spotlight**, we hope you enjoyed that, didn't you? We are constantly thinking about you and we are thrilled to introduce our inaugural annual magazine **The RHU Spotlight Magazine**, a culmination of a year's worth of achievements, milestones and journeys Reproductive Health Uganda has taken.

As we unveil this annual testament of excellence, we invite you to embark on a captivating voyage through the stories, discoveries and triumphs that have illuminated our path throughout the year. From accomplishments to inspiring tales of perseverance, from stories of hope to the essence of brilliance, innovation and resilience that defines our institution. Each page unfolds a narrative that speaks volumes about the unwavering commitment and unwritten promises of an institution dedicated to pushing boundaries and shaping the future.

As you embark on your holidays with your loved ones, let this handbook be your go to company keeper, bed time read and turn pages of this publication to honour the brilliance that defines us, the passion that propels us, and the vision that guides us.

We shall continue piecing our works together for your consumption as you look forward to our quarterly newsletter that will be on your email step in March 2024.

For now, welcome to a world of inspiration, insight, and boundless possibilities with in the pages of **THE RHU SPOTLIGHT MAGAZINE**.

HAPPY READING

#WeAreRHU

Yes, we are Reproductive Health Uganda, aka RHU. Anyone older than us! Well, our footing was laid way back in 1957. And we are proud of our long-standing experience and expertise in sexual reproductive health and rights (SRHR). Delighted by our advocacy, information, research, capacity building and services results imprinted across the country.

As a young people centred organisation, but also committed to reaching out to the poor, marginalised and hard-to-reach communities that include, women, girls, young people, key populations, persons with disabilities, refugees, etc.; we offer services including: family planning, HIV prevention, care and treatment; breast and cervical cancer screening; sexually transmitted infections management; immunisation, gender-based violence management and treatment, etc.

Our presence in all sub-regions of Uganda with a service delivery network of 18 own clinics, 150 associated private and public facilities, and over 3,000 trained community resource persons, we improve SRHR healthcare and enable communities to make a contribution to the development of their societies.

We advocate for increased funding and a conducive SRHR policy environment. And we are elated to be affiliated to the world's largest SRHR organisation, the International Planned Parenthood Federation (IPPF).

Our strategic identity in transforming the SRHR environment is shaped by our compelling vision, mission, and values. These three elements eloquently express the purpose behind our existence, our ambitious goals, and the approach we adopt to conduct our work.



Our Vision

A Uganda where everyone's Sexual Reproductive Health and Rights are protected and fulfilled without discrimination



Our Mission

To champion and sustainably provide capacity building, research evidence, high quality rights based SRHR information and services, with a special focus on young people.



Our Core Values

Voluntarism
Rights Based
Integrity
Choice
Result Oriented



The Year 2023 Has Been the Highest Test of Resilience for the Institution- The RHU Executive Director

AS WE WRAP UP 2023, at Reproductive Health Uganda we pride in the strides we have taken towards realising our mission of a Uganda where everyone's sexual reproductive health and rights are protected and fulfilled without discrimination. We acknowledge the challenges we have met along the way because they have given us an opportunity to grow and learn.

To summarise 2023, we sat down with our Executive Director, Jackson Chekweko to let you in on the year that has been for RHU.

How was 2023 for you as a person? I will always remember 2023 as a year of my life. It has been a year of fundamental changes in my personal life and work. It is the year I walked down the aisle so it is very easy for me to call it the year of our lives for me and my family (laughs).....

How do you describe 2023 for RHU? It has been the highest test of resilience for the institution. It has been a year marked with ups and downs for the organisation. It is a year where RHU's systems were put to test but we stood strong. In 2023, we saw the passing of the Anti-Homosexuality Bill which complicated relationships with partners passionate about SRHR. Even amidst this storm, we demonstrated strength to remain lawful to the legal frame work of the country, maintained our committed to serve all people in their diversities and enable them realise their sexual rights. 2023 also saw the coming to an end of several projects at the organisation. The successes of the projects demonstrated RHU's commitment to serving Ugandans in hard-to-reach areas with our programmes tailored to ensure that all Ugandans far and wide receive SRHR information and services.

What is RHU most proud of this year? We are proud of so many things as an organisation. One, we have reached out to more people this year. For us, being able to reach and impact more lives is the foundation of the organisation, so we are proud of that. Secondly, we have rolled out critical processes for the

organisation including the new strategic plan which will guide the operations of the institution. We have added in a component of research and realising how important technology is, everything has gone digital so we shall not be left behind and critically our commitment to young people and their SRHR is renewed. It is also important to note that we have strengthened our service delivery structure aimed at improving how we deliver services. We are looking at advancing how we offer services through technology, redesign our clinics, adopt health insurance among other things. The next five years will put us to test and in check to ensure that we achieve the goals we have set through our **new strategic plan**. It is important to note that we have seen more partnerships with the private sector which is key for us in the sustainability of the organisation.

What is your 2023 highlight? The organisations resilience and ability to remaining standing during the storm.

What major challenges has RHU faced this year? The major challenge is the shrinking donor funding. Without our donors and partners, our hands are tied. We are seeing cuts in budgets and the ending of key projects that have been key in service delivery. This is a big test and challenge and everyone is now tasked to be a resource mobiliser and ensure that we maintain the donors and partners we currently have.

How did the institution rise from the storm and challenges you have mentioned? It was measured by the commitment of all organisations structures like the board, management, staff, volunteers, partners and donors and the people we serve. Together we walked this journey and held each other's hands to ensure the continuity of our services to the people. Our financial muscle enabled us to keep floating even when the tides were brawling underneath. It enabled us to continue delivering services to our people and keep our staff motivated. Most importantly, the functional policy framework of the institution guided the several processes we have had this year. The policies kept us in check.

What is RHU's focus in 2024? 2024 will be a game changer. We are transitioning to a capacity building institution, strengthening our sustainability, improving the quality

of our services and key for the institution, rolling out of the SRHR academy. We are also going to do more on climate change through our already existing and running programmes and adopting new ones. The other thing I want to mention and a critical area is meaningful youth participation is being re-emphasised. We want young people, the youth to take up spaces and be able to influence decisions in the organisation because they are the backbone of the institution. We are also working towards modernising our service delivery. We have to be as fast as technology dictates. So, we are excited about 2024 and the commitment from donors, partners, board, volunteers, management and others is assuring.

Do you have any last words? I

just want to appreciate our donors and partners who walk this journey with us. It is reassuring to us that our work is seen and appreciated. I also want to appreciate the people we serve, they are the reason why we exist and we work day and night to ensure the services they desire are met. We want to assure everyone that 2024 will be a better year. We shall continue advocating for better policies and services, programming centred on the needs of the communities we serve and be keen on climate change.



I would like to wish everyone a merry Christmas and a successful 2024.

Honouring RHU Long Serving Director of Programmes

In May 2023, RHU staff and Board took a moment to bid a heartfelt farewell to Dr. Peter James Ibembe, the esteemed Director of Programmes, who had dedicated 16 years of his life to the organisation. Dr. Ibembe's retirement marked the end of an era, leaving behind a remarkable legacy of unwavering commitment, invaluable support, and significant contributions to RHU's mission.

Dr Ibembe's leadership and expertise have been instrumental in shaping RHU's programmes, initiatives, and strategies. His visionary approach led to the successful implementation of numerous projects, ensuring access to quality reproductive health services, education, and advocacy for marginalised populations. Beyond his professional achievements, Dr Ibembe will be remembered for his compassionate nature, genuine care for others, and his ability to inspire and motivate those around him. His mentorship and guidance have nurtured a generation of passionate people within RHU, fostering a culture of excellence and innovation.



Inter-University Dialogue 2023

KYAMBOGO UNIVERSITY

Unlocking Communities Sexual Health: Getting the Right

11 OVER

SAFEHANDS
@RHUGan

Transforming the SRHR Environment and Empowering Communities

Obusinga Bwa Rwenzururu Commit to Working with RHU on SRHR and Climate Change

REPRODUCTIVE HEALTH UGANDA HAS taken a significant step towards enhancing community resilience to the effects of climate change by involving cultural leaders in their initiatives. Recognising the influential role that cultural leaders play in motivating community members, in November RHU met with the King of Obusinga Bwa Rwenzururu, His Highness Charles W. Mumbere, at his royal palace in Kasese to discuss climate action using Gender Transformative Approaches.

During the meeting, attended by the king's wife, Queen Agnes Ithungu, the prime minister, Joseph Kyle Muranga and other cabinet members, the focus was on introducing the king to the background of climate change and its adaptation strategy, with a particular emphasis on increasing access to sexual and reproductive health and rights (SRHR) information and services. RHU expressed her commitment to continued partnership and collaboration with the kingdom to improve climate resilience in Rwenzururu Kingdom through promoting gender equality.

In response to the initiative, the King of Obusinga Bwa Rwenzururu, His Highness Charles W. Mumbere, expressed his interest and pledged his support to engage his subjects and building partnerships with RHU to provide SRHR information and services. He recognised the importance of

addressing the impact of climate change through promoting gender equality, for the well-being of his community.

"The well-being of our people is of utmost importance and addressing [the impact of] climate change and promoting gender equality are crucial aspects of ensuring their resilience and prosperity," said the king. "I am committed to working with RHU and other partners to create awareness, provide information, and support initiatives that will benefit our community."

The Prime Minister, commended RHU for choosing to collaborate with Obusinga Bwa Rwenzururu in climate action initiatives. He expressed gratitude for RHU's dedication to improving the lives of marginalised communities within the kingdom.

Geoffrey Ogutu, Project Coordinator at RHU, emphasised the importance of involving cultural leaders, stating, "Cultural leaders hold community confidence and influence, which makes them able to propel initiatives and motivate community members."

Geoffrey highlighted the collaborative efforts between RHU, World Wide Fund for Nature (WWF), and Danish Family Planning (DFPA). He stated, "Since 2018, Reproductive Health Uganda had partnered with WWF and DFPA to promote SRHR, gender equality, and climate change adaptation through strengthening the capacity of community leaders, including religious and cultural leaders."

RHU has been actively engaging communities and their leaders to appreciate SRHR and gender equality in achieving environmental sustainability and adaptive capacity on the impact of climate change, particularly on women and girls. Through gender transformative programming, cultural and religious leaders have been equipped with the necessary knowledge and skills to create awareness and advocate for climate action and SRHR.

The meeting between RHU and the King of Obusinga Bwa Rwenzururu signifies an important milestone in the integration of SRHR, gender equality, and climate change adaptation initiatives. By engaging cultural and religious leaders, RHU aims to create awareness, build resilience, and reduce vulnerability in communities affected by climate change.

The partnership between RHU and Obusinga Bwa Rwenzururu holds great potential in addressing climate change and promoting gender equality in the region. Leveraging the influence of cultural leaders, this initiative has the potential to drive meaningful change and improve the lives of communities affected by climate change. The commitment of the king and the support of the community leaders are essential in achieving these goals.



Harnessing Media Skills to Advance Sexual Reproductive Health and Rights Advocacy

ABU HUSSEIN, A 23-YEAR-OLD youth based in Fort Portal City, Western Uganda, has been recognised as a peer educator and social entrepreneur, earning him the moniker of a “cyclopedia” for his wealth of knowledge on sexual reproductive and health rights, particularly among young people in the Rwenzori region.

“Over the years, I have dedicated myself to working with young people in Fort Portal, the entire Rwenzori region, and at the national level, focusing on issues related to sexual reproductive health,” Abu explains.

Abu is a renowned photographer who has dedicated his skills and talent to accelerate access to sexual reproductive health services for young people in his community. Through his self-created community-based organisation, “The Change Society Needs,” Abu utilises the art of photography to tell compelling stories of transformation.

Abu’s captivating photographs not only capture the essence of individual experiences but also serve as powerful tools for advocacy and awareness on sexual reproductive and health issues.

“Through my lens, I aim to shed light on the importance of sexual reproductive health, empowering young people to make informed decisions about their well-being,” Abu says.

In addition to his local initiatives, Abu is an active participant in Global Youth Connect and serves as a representative in the Think Tank, connecting with young

minds globally to devise solutions for challenges faced by youth.

Global Youth Connect is an initiative of the International Planned Parenthood Federation hosted by RHU to provide innovative digital platform, to provide young people across diverse backgrounds with means to access accurate, age-appropriate information on all aspects of sexual and reproductive health and rights.

Abu’s remarkable efforts were recognised by Global Youth Connect in the early months of 2023. He was honoured with an award for his significant contributions in driving youth-led change worldwide.

The recognition followed an earlier one in 2022 by the Rotary Club of Kabarole, that acknowledged his impact on young people in communities and awarded him for his efforts.

This same year 2023, Abu had the privilege of hosting young people from different continents in Uganda, collectively developing strategies to disseminate information on sexual reproductive health.

“Together, we brainstormed different concepts and strategies aimed at reaching out to fellow young people, broadcasting essential information on accessing sexual reproductive health services and how to utilise them. Implementation of these ideas is currently underway,” he shares.

In 2022, Abu initiated an online radio focused on sexual reproductive health. “The rationale behind launching the radio was to provide peer educators with an opportunity and a platform to educate their fellow young people on sexual reproductive health topics, including safe sex and condom usage among others. Some youths have actively

generated content, which we upload and broadcast at specific scheduled times, reaching a substantial audience of attentive young listeners,” Abu explains.

Abu’s advancement is highly attributed to his early engagement with RHU/IPPF. He serves as the President of the Youth Action Movement (YAM) in Uganda, and from there he was elected the YAM president of the Africa Region. YAM is a network of young people within various affiliates of the IPPF. YAM’s primary objective is to empower and engage young people in the decision-making processes of their respective organisations/communities.

He also attributes his success to his engagements with the RHU’s Knowledge and Information on Safe Sex (KISS) project, which played a crucial role in empowering young people, including Abu himself, in the Rwenzori region through different trainings.

“This training marked a pivotal moment for me, providing a wealth of relevant media skills. It taught me how to craft stories of change. I was able to take impactful images that narrate compelling stories capable of influencing and transforming lives. These are skills I have been actively applying in my daily life ever since,” Abu shares.



Combating SGBV: A Tale of Empowered Women in Hoima

IN THE REMOTE VILLAGES of Kitonya, nestled in Hoima district, a distressing issue of sexual gender violence (SGBV) had plagued the communities for years. The repercussions were profound, with children dropping out of school for early marriages, and distressing instances of fathers sexually abusing their daughters becoming alarmingly common.

Despite the gravity of the situation, the community struggled to find a sustainable solution to address this persistent challenge. However, a turning point came in 2018 when Reproductive Health Uganda identified two local women, Grace Agonza, and Betty Kiiza, as potential catalysts for change.

These women underwent a comprehensive two-month training programme focusing on issues related to gender equality, sexual gender-based violence, human rights, SRHR, among others. This marked the beginning of a transformative journey aimed at combating SGBV and empowering the community.

Armed with knowledge and a newfound commitment, Grace and Betty embarked on a mission to eradicate the deeply entrenched SGBV in the community. They initiated the formation of women and girls groups,

bringing together women and girls who are the most adversely affected by SGBV.

This collective effort aimed to create a platform for open dialogue, support, and empowerment for the survivors, fostering a community-wide commitment to putting an end to the pervasive issue.

Through numerous meetings and discussions, Grace says the groups sought to raise awareness, promote education, and instigate positive change in the attitudes and behaviours contributing to the prevalence of SGBV in Kitonya.

Grace, who assumed the role of chairperson, emphasises that the knowledge and skills she gained from RHU served as a pivotal moment for the entire villages and surrounding areas in putting an end to SGBV. Returning from the training, Grace convened a meeting with fellow women, drawing the participation of over 30 individuals.

“They all welcomed the idea, and during the meeting, each woman began disclosing how they had been victims of SGBV for years but lacked a platform to report.”

“At the beginning, women were hesitant to report mistreatment at home, but after being empowered, they

started disclosing, and initially, their husbands reacted harshly, fearing that we were going to destabilise their families. However, in a matter of weeks, they began to appreciate the positive changes,” she notes.

“As the chairperson of the women’s council in my village, I used to receive many cases of SGBV with little information on how to handle them. With empowerment from RHU, we now successfully resolve the few cases we receive. The rate of people reporting has reduced, and recently, I have not received any cases of women complaining about physical abuse. Most families that were on the verge of breaking up due to SGBV have been reconciled,” Betty observes.

Farazia Alituha, 25, testifies that it was through RHU sessions that she gained information about testing for HIV/AIDS and to her surprise, she discovered that her husband was HIV positive and was secretly taking medication while in hiding.

“When I learned about my husband’s HIV status, I contemplated divorce. However, with the support of fellow community members who had received RHU training, they counselled me. My husband got involved, and now we are living happily. He is on medication,

and we take measures to protect ourselves,” Farazia explains.

Violate Ayesiza, a resident of Kitonya, expresses her appreciation for the transformative impact of RHU training on her family life through the two identified ladies.

She says previously, her husband would sell the produce at the end of each season, but the earnings were often squandered on alcohol. Following RHU empowerment, her husband ceased drinking, and both partners actively participated in decision-making at home.

“The reason why our villages had many cases of SGBV was because there was always disagreement between a man and a wife on how many children to produce. Mothers always had no say in production, leading to unwanted pregnancies and fears of abuse at home. But now, we engage our men, and they accept which method to use,” she says

Additionally, the women pointed out that families, particularly those whose members are involved in legal proceedings, sometimes respond with hostility and refuse to cooperate within the community, posing further challenges to their efforts.



With empowerment from RHU, we now successfully resolve the few cases we receive. The rate of people reporting has reduced, and recently, I have not received any cases of women complaining about physical abuse.

Promoting SRHR and Gender Equality to Reduce Vulnerability Caused by Climate Change

HE WAS CONSIDERED A failure by his community and his friends. He faced the harsh realities of domestic violence. And he had daily struggles to secure food for his family.

Behold, a few years later, he is the star and a great admiration of his family and community. From not caring for his family, he now champions male involvement and gender equality.

Meet 29-year old Pendson Maathe, from Karangura sub-county, Kabarole district, who underwent a transformative journey of his life. This was after a “life-changing” training opportunity in 2021, facilitated by Reproductive Health Uganda.

The training equipped him with a diverse set of skills, including knowledge about gender equality, climate change, and sexual reproductive health. Before the training, he barely had a good comprehension of sexual reproductive health and gender equality, but the training and subsequent engagements by RHU became the catalyst for a significant positive change in his life.

Pendson has since emerged as a passionate ambassador and advocate for sexual reproductive

health rights and gender equality within his community. He utilises the skills gained at home, ensuring the well-being of both himself and his family.

“I now actively practice it at home, ensuring the health of not only myself but also that of my wife and children,” Pendson expresses, highlighting the profound impact of the training on his life and his commitment to advocating for holistic access to reproductive health services in his community.

Following the training, Pendson, along with fellow youth from his sub-county, initiated health outreach programmes to disseminate information on sexual reproductive health services, aiming to catalyse positive transformation within their communities.

Reflecting on the impact of the gender equality component of the training, Pendson acknowledged a significant shift in his behaviour saying that previously, he had left domestic responsibilities solely to his wife, but the training highlighted the importance of equality.

“Regarding gender equality, in the past, I would leave all the household chores to my wife – cooking, fetching water, and other domestic tasks. However,

during the training with RHU, I came to understand that we are all equal. Now, I actively contribute by helping my wife with tasks such as fetching water and cooking.

Pendson emphasises the inclusion of his wife in planning, fostering a collaborative and violence-free environment. He recounts: “We have gained knowledge about various sexual reproductive issues. I have actively distributed condoms to numerous youths, educating them on proper usage.

“Our goal is to prevent the spread of diseases, and we are committed to promoting awareness and safe practices within our community.”

Pendson is a member of Karangura Youth Bee Keeping Group that is supported by WWF with various enterprises, including beekeeping,

ourism, solar installation, and phone repair as part of the initiatives towards environmental conservation and to mitigate against climate change impact.

RHU partners with WWF to strengthen the interlinkage between SRHR and climate change. We are cognizant of the fact that climate change poses serious challenges to the realisation of human rights including sexual reproductive health rights (SRHR). Disasters generally worsen existing gender inequalities by affecting the most vulnerable groups,

especially women, girls and children. Gender inequality limit the resilience and adaptive capacity of women, families and communities when disasters strike.

Therefore, the partnership enables integration of interventions to promote SRHR/gender equality with conservation/ climate change interventions. The purpose is to increase access to SRHR services and information, including advancing gender equality aimed at reducing climate change vulnerability and building community resilience and adaptation to environmental shocks

RHU is cognizant of the fact that empowering women and men with equal rights is an essential element for community resilience and socioeconomic environmental sustainability.

We believe that improved gender equality and SRH rights impacts positively on more equal access to employment, including enhanced decision-power for women and girls.

When people live free from violence, with bodily autonomy, self-determination, and access to the full range of SRHR information and services, they improve their ability to cope with external disturbances brought on by climate change.

Consequently, RHU expanded her programmes to scale up interventions that

are geared towards promoting the nexus between climate change and SRHR. We engage community members- women, young people, girls, boys and men such as Pendon, equip them with knowledge and skills and support/work closely with them to cascade the knowledge to their fellow community members.

“Thanks to the empowerment I received during the trainings, the entire sub-county now places their trust in me. It’s remarkable to think that the person who was relatively unknown before the training is now serving as the secretary of Nyakitokoli parish on the PDM [Parish Development Model],” Pendson proudly says.



Equipped to Face Her Challenges: Topista's Story of Resilience

WHEN SHE WAS NINE, her parents separated, leaving her in the care of her mother. Topista Kahunde now 19 years old, was in primary one when her parents went separate ways. With the departure of her father, who was the sole breadwinner of the family, it meant that the mother had to work hard to keep all her seven children in school and provide all the basic needs for them.

It wasn't long before Topista and her siblings dropped out of school after they failed to meet the scholastic requirements including school fees.

"Mama couldn't pay school fees for us. We started staying home and eventually shifted to the centre to sell mama's farm produce," Topista narrates.

In Harugongo Centre in Kabarole district where their vegetable kiosk was situated is where she met a 35-year-old boda-boda (motorcycle taxi) rider who convinced her to marry him promising to take care of her.

"He would take me home on his boda. One day he asked me to go with him and see where he stays," she says.

A few weeks after the visit, Topista fell sick. She went to a clinic and once the tests were done, the nurse broke the news to her, she was pregnant.

"I didn't accept, I told her it was malaria. She showed me on the scan that indeed I was pregnant. I cried," she adds.

Scared of what her mother would do, she ran away from home to stay with the father of her child. While everything seemed to go well for her at the start, life took an unexpected turn when she delivered.

At 13, Topista welcomed her first baby at Harugongo Health Centre Three.



No one will take the skills we have away. We can use them to take care of our families and support our children through education

"A day after we returned home from the hospital, the father of my child abandoned me in the house. He went and never came back. It was me and the baby on our own," Topista shares.

"I went back home to stay with my mother because I could

not cook for myself," she adds.

Two years later, she met another man who promised to take care of her and her child only if she agreed to marry him. Happy to relieve herself of the burden of raising the child alone, she decided to get married.

"We stayed together for four months, and I got pregnant. I gave birth to our son in 2019," she says.

"He also left when our son was born with an issue with his eye," she narrates.

Today, Topista is 19 years old and has four children who solely depend on her. She says that the fathers of her children all abandoned her. She currently stays with her aging mother.

"Mama helps me to stay with the children when I go to work in people's homes and gardens," Topista says.

In 2022, Topista benefited from a skills programme extended to teenage mothers under the RHU JPP project. JPP is a three-year programme whose main goal is to increase access to quality SRH services in Kabarole district.

The skills training programme was made possible by a partnership between RHU and the Japanese Organisation for International Cooperation in Family Planning (JOICFP), and SARAYA a Japanese manufacturing company.

Topista trained in making beads making which she sells to different tourism and bridal shops.

"I thank RHU for the training. They have saved our lives forever because now I can make beads, sell them to buy soap, medicine and pay fees for my first child," she says.

"I now need to get more capital to add to my business since I have buyers," she adds.

Topista is one of the 22 teenage mothers who were equipped with different life skills to enable them to sustain their families.

As luck would have it, in August 2023, Topista was lucky to be among the beneficiaries who met the visiting donor mission from JOICFP and SARAYA. The mission visited Kabarole district to assess the impact of the programme and interact with the beneficiaries of the programme.

During the visit, Topista appreciated the donors for extending support to

teenage mothers in life saving skills.

"No one will take the skills we have away. We can use them to take care of our families and support our children through education," she notes.

While there, she intimated to her visitors that she had been saving money from the beads to build a decent house for her and her children.

Inspired by her story, the visiting mission purchased 18 iron sheets and two doors for Topista to complete her house.

Topista's journey from adversity to empowerment is a testament to the resilience of human spirit and a mother's love. Through the intervention of JOICFP, SARAYA and RHU, she is able to transcend her challenging circumstances and build a promising future for herself and that of her children.





Key Moments in 2023



LAUNCH OF MODIFIED CLINIC: In January 2023, RHU Unveils Remodelled Clinic in Tororo, reaffirming our commitment to universal access to rights-based information and high-quality SRHR services.



THE GLOBAL YOUTH CONNECT MEET UP WEEK: RHU hosted the 'Global Youth Connect Meet Up Week', under Global Youth Connect project, that brought together young SRHR advocates from various IPPF affiliates. The event aimed to foster learning, networking, and collaboration among young people in advancing SRHR for all.



THE WHITE RIBBON RUN: In February 2023, RHU organised the White Ribbon Run- Uganda Chapter, in Fort Portal Tourism City. The Run is held annually in commemoration of the International Women's Day. The aim is to bring attention to the tragic fact that women lose their lives every two minutes due to delivery and pregnancy complications worldwide.



EMPOWERING WOMEN ENTREPRENEURS: In March RHU collaborated with PSFU to provide SRH services at annual Women's Day Katala Event, aimed at empowering



THE 2023 VICE VERSA FESTIVAL: RHU participated in the Vice Versa Global festival aimed to raise awareness of critical sexual and reproductive health issues in Uganda. The festival was held under the theme 'Creating Awareness and Solutions Around GBV and Embracing Equity,'



WORLD POPULATION DAY

2023: RHU joined the global community in honoring World Population Day, centred around the theme “Unleashing the Power of Gender Equality: Lifting the Voices of Women and Girls to Unlock our World’s Infinite Possibilities.” The commemoration took place in the Alebtong district



WORLD CONTRACEPTION DAY (WCD) 2023:

RHU organised a number of event towards commemorating WCD 2023 among them was hosting the “Kimeza” under the theme “The right to choose: An Honest Conversation on Contraceptive Choices for Adolescents.” The event provided a safe space for open discourse and featured a panel of distinguished speakers who shared personal and professional insights on contraception.



RHU AT WOMEN DELIVER 2023: RHU staff were among the 4,500 attendees of the conference united individuals and organisations dedicated to championing sexual reproductive health and rights and gender justice. RHU held a number of discussions, exchanged ideas, strategies, and best practices for sexual reproductive health programming.



POWER TO YOU(TH) ANNUAL PARTNERSHIP MEETING: Power to You(th) (PTY) is a five-year initiative (2021-2025) aimed at empowering adolescent girls and young women from underserved communities in Uganda, hosted by RHU, implemented by RHU, Uganda Adolescence Health Forum and Eastern African Sub-regional Support Initiative for the Advancement of Women (EASSI). RHU participated in the 2023 PTY annual convening in Addis, Ethiopia where review of the programme and sharing of experiences were done.



RHU AT COP 28: RHU was part of the thousands of organisations that attended the COP 28, the United Nations Climate Change Conference held in Dubai, UAE, aimed to strengthen policies that maximize SRHR/ gender equality gains from climate change resilient and adaptation actions. workforce.



WISH2ACTION CLOSE OUT MEETING: The year 2023 marked the closeout of the five-year WISH2ACTION programme, funded by the Foreign Commonwealth and Development Office (FCDO). With the primary objective

of ensuring equal access to sexual and reproductive health services and family planning for all women and girls, the programme prioritised serving underserved groups such as youth under 20, the very poor, and marginalised populations including people with disabilities, internally displaced people, and refugees. The project exceeded its goals for couple years protection for family planning and additional users. Notably, positive outcomes were achieved with indicators related to youth, poverty, and disability inclusion, with the latter being an innovative aspect of the project

RHU AT ICASA 2023: At the 22nd edition of ICASA in Harare, Zimbabwe, RHU and her partner Federation of Uganda's Employees under the PROMISE II programme showcased their work in addressing violence, stigma, and discrimination among vulnerable women in workplaces in Uganda. This was through an abstract, presented that highlighted the efforts supported by DFPA to promote employment and combat HIV and AIDS, violence, stigma, and discrimination. ICASA, a biennial International AIDS Conference, brings together global and national leaders, health professionals, communities, and individuals dedicated to ending the epidemic and strengthening health systems in Africa.



Young People: The Agents of Change



**SEXUALITY EDUCATION
PROMOTES HEALTHY
RELATIONSHIPS**



University

My Internship Experience: A Journey of Learning and Growth



AS A SECOND-YEAR STUDENT,

I was eager to gain hands on experience in my field of study which is demography and reproductive health. That is why I was thrilled to have the opportunity to secure an internship with Reproductive Health Uganda [RHU].

From day one, I was welcomed by the team, toured around the different departments and given an overview of the organisation. The team members at RHU were not only great mentors but friends who encouraged and challenged me to step out of my comfort zone.

During my time at Reproductive Health Uganda, I developed practical skills in advocacy regarding sexual reproductive health and rights, data

analysis, project planning and management, CV writing. I had the chance to disseminate SRHR information using my twitter handle, carried out community assessment, developed a concept note and learnt how to write a selling CV.

The diverse tasks not only kept my daily work exciting but also helped me better understand the different aspects of SRHR such as sexuality, reproductive cancers, HIV among others.

Apart from the technical skills, this internship was an invaluable opportunity to hone my interpersonal skills. Effective communication and team work played a critical role in completing tasks successfully and efficiently.

I learned how to navigate difficult conversations especially those that community shun to talk about regarding our sexuality. My self-confidence and self-esteem grew from having chance to make power point presentations.

Overall, I feel incredibly grateful for this internship experience. It gave me a glimpse into the industry's workings and a chance to apply the knowledge gained during lectures.

I strongly recommend anyone especially young people who have the chance to apply for an internship to take advantage of the opportunity and learn as much as possible. I look forward to putting this internship experience on my resume as a professional experience.

By Lynn Ahabwe

The RHU Youth Action Movement: A Beacon for a Brighter Future

AS WE NAVIGATE THE ever-evolving landscape of social responsibility, I am thrilled to share the remarkable strides we've made through [the RHU young people arm, the Youth Action Movement] YAM in our ongoing pursuit of positive change. We stand as a beacon of young people empowerment, driven by a collective passion to nurture the potential within each young person and create a lasting impact on the communities we serve.

Building Bridges Through Collaboration: YAM's success is deeply rooted in the spirit of collaboration. Together, we've cultivated an environment where diverse voices of young people converge, fostering creativity and innovations. Our projects, fueled by the synergy of dedicated individuals, exemplify the power of teamwork in addressing the multifaceted sexual reproductive health challenges of today's world. In 2023, YAM working with the RHU Global Youth Connect (GYC) project, and other partners and participated in several activities, for instance community health outreaches that were carried out in Bugiri district where many young girls and boys were given SRHR information. And also, through the SRHR Alliance where young people actively participating in different activities and interventions.

Volunteers- the Heartbeat of YAM: At the core of

YAM's endeavours are our incredible volunteers. Their unwavering commitment and tireless efforts breathe life into our initiatives, making a tangible difference in the lives of those we aim to uplift. From grassroots community projects to global initiatives, the heartbeat of YAM resonates in the selfless contributions of our volunteers. The young people were part of implementing a number of activities carried out by different partners. For example, they young people participated in the KISS [Knowledge and Information on Safe Sex] project where they came up with innovative ideas to strengthen the impact of the project. They also, in conjunction with the UYAF [Uganda Youth and Adolescent Forum], that is part of the PtY [Power to Youth Project], were privileged to participate in the project implementation.

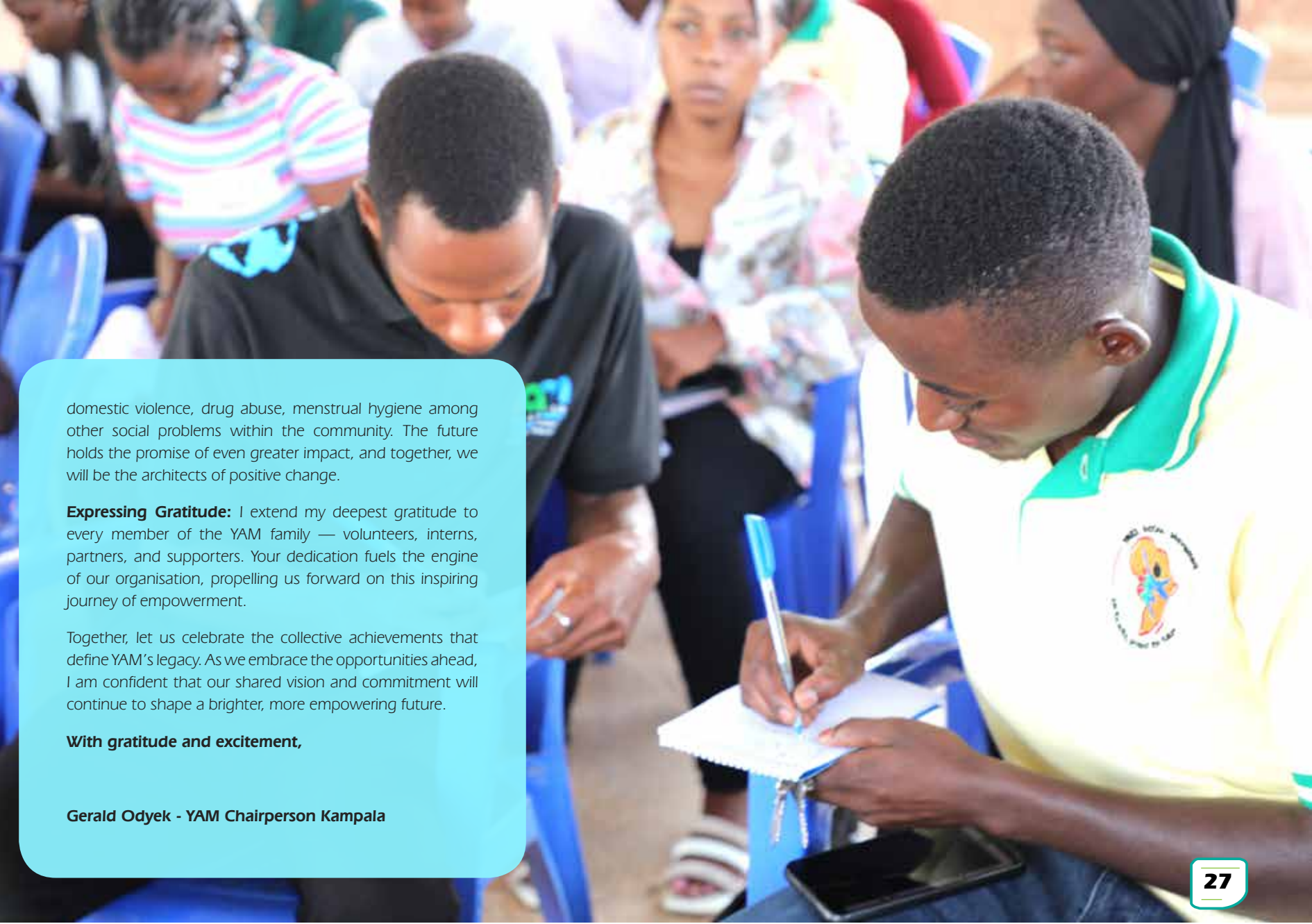
Internship Experiences that Shape Leaders: Our internship programme stands as a testament to our commitment to nurturing the leaders of tomorrow. By providing hands-on experiences, we empower young minds to bridge the gap between theory and practice. Witnessing the growth and transformation of our interns is a source of immense pride, as we continue to shape future leaders with a deep sense of social responsibility. For example, we have been able to extend the knowledge of SRHR information

to villages in Bugiri, Mbale, Jinja and other places with what we got from the internship programme. We have also, through social media, undertaken so many campaigns especially aimed to end teenage pregnancies.

Impactful Initiatives with Lasting Legacies:

YAM's impact extends far beyond projects; it leaves lasting legacies in the communities we touch. For example, we trained young girls and boys in Bugiri, Fort Portal and other places in liquid soap making and making reusable sanitary pads. And also, the young people were able to understand the value of SRHR knowledge and they were applying the skills and knowledge gained in their day-today- life. From sustainable development initiatives to educational empowerment programmes, our organisation remains steadfast in its mission to create positive and sustainable change that ripples through generations.

A Glimpse into the Future: As we reflect on our journey, we are looking forward to the exciting possibilities that lie ahead. YAM is poised to continue expanding its reach, engaging with new partners, and embracing innovative solutions to tackle emerging challenges like teenage pregnancies,



domestic violence, drug abuse, menstrual hygiene among other social problems within the community. The future holds the promise of even greater impact, and together, we will be the architects of positive change.

Expressing Gratitude: I extend my deepest gratitude to every member of the YAM family — volunteers, interns, partners, and supporters. Your dedication fuels the engine of our organisation, propelling us forward on this inspiring journey of empowerment.

Together, let us celebrate the collective achievements that define YAM's legacy. As we embrace the opportunities ahead, I am confident that our shared vision and commitment will continue to shape a brighter, more empowering future.

With gratitude and excitement,

Gerald Odyek - YAM Chairperson Kampala

Internship Programme: I Witnessed RHU's Dedication to Community Healthcare



DURING MY INTERNSHIP AT Reproductive Health Uganda (RHU) in 2023, I found myself immersed in an impactful whirlwind of experiences. Engaged in a multitude of activities, I witnessed RHU's unwavering dedication to community welfare firsthand. From venturing into slums to extending support to vulnerable populations, to educating eager minds in schools, the breadth of our outreach was remarkable.

What struck me most was RHU's commitment to ensuring safety while tirelessly striving to make a difference. Their willingness to go anywhere to save lives left an indelible mark on me. Being part of this team was an honour that transformed me. It not only broadened my perspective on community health but also instilled in me a profound appreciation for proactive, compassionate intervention.

My journey with RHU wasn't just about the tasks I accomplished; it was about the invaluable lessons learned and the personal growth achieved. This experience has left an enduring impact, shaping my outlook on service, healthcare, and the profound impact one can make within a community.

Grateful for the opportunity, I carry forward the lessons learned and the inspiration gained from RHU, eager to contribute to similar meaningful endeavours in the future.

Lilly Susana Nantume

Young People Taking Sexuality Education to Out-of-School Young People

IN THE SUB-COUNTY OF Kapapi, located in Hoima district, young people have taken on the role of ambassadors to reshape the narrative surrounding sexuality education. Their primary goal is to combat issues such as teenage pregnancy, early marriage, and gender-based violence, myths about HIV/AIDS among other sexual reproductive health issues that have been burdensome for many families in the communities. This transformative initiative has been underway for over a year, evolving from the introduction of comprehensive programmes to the emergence of young people as peer educators.

These young individuals underwent training facilitated by Reproductive Health Uganda (RHU) on a range of topics related to reproductive health in October last year.

Since their training, the young people have assumed leadership role in effecting positive change within their communities to address SRHR issue affecting young people.

Among these dedicated individuals is Ivan Ayebare, a 24-year-old resident of Siiba village, Kapapi sub-county in Hoima district, who took the initiative to become a peer educator, working with Kapapi Health Centre III on behalf of RHU.

Becoming a peer educator was a long-held aspiration for Ivan, and his dream came to

fruition when he was enrolled and received comprehensive training from RHU.

The training covered various critical topics such as sexual and reproductive health issues, including but not limited to sexually transmitted infections (STIs), HIV/AIDS, early marriage, family planning, and the physical changes associated with adolescence.

“It started in a group discussion where I would train my colleagues. Before the trainers would come, they would find us having covered some topics. What inspired me was seeing other peer educators talking at health facilities. I would join the conversation but with no chance to speak.”

Ivan observed that his community was grappling with numerous challenges, including myths about HIV/AIDS.

He notes that some people believed that AIDS is curable or that one could be prayed for and miraculously cured. After receiving the training, Ivan and his colleagues embarked on a mission to dispel these myths and promote accurate information within their community.

He says they use various approaches, including door-to-door visits, engagement at health facilities, and conversations at boda boda stages, to effectively

communicate with the young people.

Ivan, driven by passion, in 2023 he managed to reach more than 200 young people directly with sexuality education and SRHR information.



Promoting Local and Global Spaces Where Young People Thrive

REPRODUCTIVE HEALTH UGANDA'S DAISY Kandole celebrates her second term to the International Youth Advisory Committee of the Dutch Ministry of Foreign Affairs (MFA).

Daisy, a youth officer at RHU, has been serving on the global committee since November 2021 and was reappointed for a second term that started in July 2023.

Out of a pool of over 2,000 applicants, Daisy was selected as one of the ten young people to form the committee. Her reappointment for a second term is a recognition of her outstanding contributions and the positive impact she made in advocating for SRHR.

The committee, consisting of ten young people from ten different countries, that work closely with the Dutch MFA on a range of themes, including youth entrepreneurship, sexuality education, and digitalisation. With the world's youth population reaching a staggering 1.8 billion and projected to reach two billion by 2030, the Youth Advisory Committee plays a crucial role in giving young people a voice in policy processes.

"SRHR and young people cannot be separated if we are to develop," Daisy says. "It is essential to empower young people with accurate SRHR information so that they can make informed decisions about their own health and well-being," she emphasises.

As a member of the committee, Daisy plays a vital role in providing strategic guidance to programming, policy-making, and strategic partnerships for the Dutch MFA. Her focus is on aligning Dutch foreign policy with the lived experiences of youth, with a particular emphasis on SRHR.

In her capacity as a committee member, Daisy has taken on the role of a focal point for a specific assignment, or "track," which involves leading a team to develop a sexuality education toolkit. This toolkit not only captures the essence of youth perspectives but also incorporates valuable insights gathered through consultations with peers in their respective communities.

"The sexuality education toolkit serves as a powerful resource to shed light on different SRHR topics that should be prioritised within Dutch foreign policy," Daisy explains.

Through her roles in the Youth Advisory Committee of the Netherlands and the Global Youth Connect project at RHU, Daisy has empowered young people worldwide and contributed to positive global change.

The Global Youth Connect project, established by the International Planned Parenthood Federation, is an innovative digital platform designed to provide young people from diverse backgrounds with access to accurate and age-appropriate information on all aspects of SRHR.

As the lead on the Global Youth Connect project, Daisy, in 2023 hosted global gather of young people from almost 10 countries engaged in the Think Tank and Grants Management Committee of the project in Uganda.

"This marked a truly rewarding milestone for RHU, as it was our first time hosting such a diverse group of young people, spanning the far east and south of the globe," Daisy proudly shares.

Daisy's work as a young person advocating for sexual reproductive health and rights has not only given her a platform to make a difference but has also inspired her to continue her efforts. She firmly believes that by

empowering young people and providing them with the necessary tools and knowledge, they can create a positive impact on their own lives and the lives of others.

“By equipping them with the right knowledge, we can empower them to make informed decisions about their sexual and reproductive health. It is through this empowerment that we can create a healthier and more informed community, where young people can thrive and contribute to positive change,” Daisy notes.



It is essential to empower young people with accurate SRHR information so that they can make informed decisions about their own health and well-being



RHU Has Given Her a Platform to Pursue Her SRHR Passion

IMMACULATE BIRUNGI, AGED 24, is a peer educator who has dedicated her life to fight against gender-based violence in a community.

She actively counsels her fellow girls on issues such as teenage pregnancy and early marriage. Immaculate has gone the extra mile, mediating instances of gender-based violence within the communities amongst married couples.

Her commitment demonstrates the collective effort of peer educators in addressing vital issues and fostering positive change in the lives of their peers and communities at large.

Immaculate, a veterinary professional by training, discovered a passion for reproductive health issues. Through her training with RHU, she has successfully contributed to reducing the incidence of early marriage in her village of Kyamukwenda, in Hoima district, mid-western Uganda.

“Before we started working with Reproductive Health Uganda, in my village, there were many girls who would drop out of school because they were pregnant. But for now, a year later, it’s rare to find a

case of a girl who is impregnated. Girls have listened to me to the extent that they look for me in case there is any need,” she says.

To ensure success, Immaculate regularly organises community meetings for girls, covering various topics including adolescent issues, HIV/AIDS, and more, and her proactive approach involves engaging with the girls in both educational settings and informal gatherings.

Immaculate shared a case that happened mid 2023, in June when she and her colleague approached a couple experiencing persistent gender-based violence where the couple was entangled in daily conflicts, often related to alcohol and the sale of family produce by the husband.

Collaboratively, over four days, Immaculate engaged with the woman, while her male colleague interacted with the man.

Their intervention aimed to address the root causes of the conflict and provide support to the couple, demonstrating the multifaceted role that peer educators play in fostering positive change within

their communities.

“We approached the couple, and it was challenging on my side because the woman initially refused to talk, citing my young age. However, armed with the knowledge I had acquired, I persevered and engaged her for four days. The challenge stemmed from the man’s habit of spending all his earnings at the bar and subsequently returning home to engage in fights with his wife,” Immaculate shares.

Together with her colleagues, they successfully intervened in the situation where the couple was on the brink of separation due to persistent conflict, resulting into violence.

The man has adopted a new practice of seeking permission from his wife before going to the bar and leaving money behind—a positive change compared to the past.

Immaculate recounted another impactful incident where she provided crucial support to a young girl who approached her, having missed her period for two months.

“The girl was impregnated at the age of 15 and the boy was not ready to look after and the girl.

After months without experiencing her menstrual period, she came to me. I referred her to the hospital, where it was confirmed she was pregnant.

Through their health sessions, Immaculate and her fellow peer educators have inspired other youth to join them in spreading the message of sexuality education.

Innocent Kyaligonza shares his experience as a result of his engagements with Immaculate.

“I used to love girls and I was stubborn to them but one day I was called by her (Immaculate) to attend a session and the topic was about HIV/AIDS and male circumcision, and how one can keep his or her body clean and smart all the time. That day I was touched and I took a decision to accept to be circumcised and know my HIV/AIDS status,” he says.

Innocent says his school, Kigumba Intensive S.S. in Kiryandongo district, has formed a group of six male students whom he took through sexuality education and are now also teaching others how they should abstain from sex, and body changes among other issues on sexuality.



“Before we started working with Reproductive Health Uganda, in my village, there were many girls who would drop out of school because they were pregnant.

In Their Own Words





Very pleased to see how DK [Denmark] support through @SexogSamfund [the Danish Family Planning Association] is making a difference in reducing gender-based violence and supporting positive social and gender norms in Hoima district. Great work by @RHUganda

Her Excellence Ambassador Signe Winding Albjerg, of the Royal Danish Embassy



And we thank RHU for the spirited fight to curb sexual gender-based violence and to curb teenage pregnancy. We thank you for the different initiatives..... "Men's day, is something that I found here and excited me. We cannot engage women alone, we have to involve men to have better results in the fight against GBV

Harriet Katusiime, the Hoima district deputy chief administrative officer



These meetings are about having a positive and respectful approach which is not negative in approach to sexuality and free from coercion. Such interactions help play a significant role in shaping our minds and the future generation. It is through open and honest dialogues like this one that we can break the barriers about talking about sexuality, sexual health and wellness. These dialogues help speak about the different misconceptions.

Dr. Jessica Nsungwa, Commissioner, Maternal and Child Health- MoH at the 2023 Inter-University Dialogue.



We pledge to continue working and supporting RHU to ensure that Ugandan youth continue to receive these services

Michiyo Ono the Deputy Executive Director of JOICFP



We are pleased to witness the tangible results of our partnership with RHU in improving the lives of Ugandans

Ai Tominaga the JOICFP good will ambassador, who was thrilled by "the dedication and resilience of the beneficiaries that inspires us to continue supporting RHU's important work"

"We thank RHU on all fronts. You have been with us and you have walked the talk, especially with the youth. You have championed sexuality education that has done us good, considering we have many people from different parts of the world and this has shaped them

Harriet Katusiime, the Hoima district deputy chief administrative officer



The training is an eye-opener to implement the majority of interventions that will help the community understand the linkage between SRHR and climate change. Obusinga Bwa Rwenzururu has masses to engage, and we shall implement based on the knowledge we have acquired from the training

Silivesto Masereka, the kingdom’s minister in charge of land, agriculture, and environment after a three-day Gender Transformative Approach orientation

We appreciate the public-private partnership we have had with RHU. RHU has supported us in providing services and equipping some of our facilities to improve reproductive health service delivery

Connie Bwiire, ADHO Tororo Municipality

I’m thrilled with RHU’s impact in Tororo. Initially, RHU was known for condom distribution, but now we’re proud to launch a facility of health centre IV level. This addition to our healthcare system in Tororo Municipality will greatly benefit our community

Orono Nyapidi, Mayor Tororo Municipality



Having access to sexual reproductive health services decreases child marriage, unintended pregnancies and prevents transmission of sexually transmitted infections. It is a topic that affects so many different realms of young people’s lives and I am glad that Reproductive Health Uganda has come up with interventions that are targeting young people in my community

Kasfa Kahunde Miss Tourism Tooro 2022/23



Re-inventing Medical Services

“I don’t Regret Getting a Vasectomy- Says Bernard Kowa”

WHEN BERNARD KOWA AND his wife Husna Mbali first met, having children together was on top of their minds and indeed the two sired eleven children together. The couple whose major income generation activity was cultivating other people’s gardens to raise money to run their homestead, soon it was not enough to sustain their growing family.

“The responsibility is a lot for me. I have to continue thinking of ways to provide for my family and there are no opportunities in the village,” Bernard says.

This prompted their move to Busia Municipality. The couple left Musanvu village and moved to Busia Municipality where they hoped to work and make ends meet.

In Busia, they moved into a single room rented house with five of their children.

“It was not easy but we tried to get work to give us money and take care of our children back in the village and those we had moved with,” he says.

Bernard then opened a chapatti stall in the outskirts of the municipality. Here he started making chapattis and supplying different retail shops in the neighborhood.

“We started making little money enough to pay for

our house, pay for water and electricity and food,” he notes.

One Thursday morning, his last-born child fell sick and was rushed to Busia Health Centre IV to receive treatment. On her return, Bernard’s wife informed him that she had met doctors from Reproductive Health Uganda who were offering free family planning services to the public.

“She told me that the doctors told her about family planning for men. I didn’t believe her because I did not know that men can be on family planning. She told me that if I wanted to learn more about it I can see the doctors at the health centre,” he shares.

When he visited RHU service providers who had a community service delivery outreach at Busia Health Centre IV, he got to learn about vasectomy (a form of male birth control that cuts the supply of sperm to your semen) and how it works.

“They explained the process of vasectomy. At first, I was scared but later I was confident about it. I made the decision to get vasectomy because my wife was on family planning and she would feel a lot of pain,” he says.

“It has been four months since I got vasectomy. Now that I know we shall not be having more children; me and my wife will now work hard and provide for the children we have. Two of our children are

married and other two boys don’t live with us,” he adds.

Bernard started sharing family planning information with his children who are married which he says should help them avoid the mistakes he made.

“I tell them about the struggle of raising children and encourage them to have children they can take care of. I have also told them that nothing has changed since I got vasectomy,” he says.

“I don’t regret getting vasectomy and I keep telling other men in the village to get it to avoid having many children,” he adds.

Dr Betty Isiko the project coordinator of the RHU Break Barriers to Accessing SRHR/FP services project notes that they have trotted different villages in Butaleja, Tororo and Busia where they have conducted health education sessions and changing the mindset of many community people towards family planning.

“We conduct community dialogues which are run by satisfied family planning clients, village health teams and male champions. During the dialogues, the satisfied family planning users share their experiences with the rest of the village mates which creates a sense of trust and demand for services,” she says.

“Through the project, we have trained health workers in health centre III and II to offer family planning services. This saves the community members the trip to health centre IVs for the same services,” she adds.



Mbale's Heroic VHT Creating Safe Spaces for Young Girls

IN A COMMUNITY GRAPPLING with the alarming rate of unintended pregnancies among young girls, Peninah Mukhwana, a 35-year-old village health team (VHT) member in Nabitende Cell, Mbale district – eastern Uganda, has emerged as a heroine. Her tireless efforts to promote access to sexual reproductive health (SRH) services and information have not only saved lives but also empowered young girls to make informed decisions about their bodies and their futures.

In the last couple of years, Peninah, has been among the VHTs that RHU has worked with in Mbale districts, strengthened their capacities and equipped them to serve. As a VHT, Peninah plays a crucial role in raising awareness about sexual reproductive health issues, providing accurate information, and dispelling myths and misconceptions.

She conducts educational sessions in schools, community centres, and even door-to-door visits, ensuring that everyone has access to vital information regarding contraception, safe sex practices, and the importance of consent.

“Empowering young girls with accurate information about sexual reproductive health is crucial in preventing unintended pregnancies and protecting their futures,” Peninah says.

“I want them to have the knowledge and confidence to make informed decisions about their bodies,” she emphasises.

Additionally, Peninah organises community health camps, where people can receive counselling, get tested for sexually transmitted infections (STIs), and access contraceptives. Through her efforts, she has successfully encouraged many people

to take advantage of these services, leading to a significant reduction in unintended pregnancies and the spread of STIs within the community.

Furthermore, Peninah actively engages community leaders and stakeholders in discussions about the importance of sexuality education and the need for accessible healthcare services. She advocates for increased funding and resources to support health initiatives and works closely with local health facilities to ensure that community members receive the care they need.

The story of Peninah's impact takes a personal turn when she encountered a secondary school girl, aged 15, who found herself in a dire situation. Having carried out an abortion, she was left to suffer in silence, as her health deteriorated rapidly. Her family, bound by strict cultural and legal norms, chased her from home, leaving her homeless and without any support.

Upon learning about the girl's plight, Peninah immediately took action. She opened her doors and provided the girl with a safe place to stay, ensuring that she had a chance to recover and receive the care she desperately needed. For an entire year, Peninah housed and fed the girl, going above and beyond her duties as a VHT member.

“I couldn't stand by and watch someone suffer like that,” Peninah recalls, her voice filled with compassion. “I knew I had to do something to help her. I provided her with shelter, food, and the support she needed to heal,” she says.

Peninah's efforts did not stop there. She recognised that for the girl to have a chance at a better future, she needed her family's support. Peninah spent months negotiating with the girl's parents, advocating for their acceptance and forgiveness.

"I knew that without her family's support, the girl's chances of a brighter future would be greatly diminished," Peninah explains.

She adds, "I spoke to her parents, helping them understand the circumstances and urging them to take their daughter back."

After a year of relentless efforts, Peninah's negotiations bore fruit. The girl was welcomed back into her family, providing her with a chance to rebuild her life and pursue her education.

"Peninah's empathy and determination to help those in need make her an outstanding VHT member," praises Sarah Namukwaya, a local health official.

"She goes above and beyond her duties, making a significant impact on the lives of young girls and the entire community. Her work is truly commendable."

As Peninah continues her work as a Village Health Team member, she remains committed to empowering people, breaking down barriers, and dispelling myths surrounding reproductive health.

I will continue to work tirelessly to ensure that everyone in our community has access to the information and services they need to make informed decisions about their sexual and reproductive health," Peninah affirms.

"Together, we can create a healthier, more empowered community," she concludes.



RHU is Committed to Offering Community-driven Family Planning Solutions

IN APADI VILLAGE, ITEK sub-county in Lira district, we meet Coasta Aceng with her family. She is laying a mat under a mango tree in her compound for her children to share a meal. As she lays the mat, Coasta notes that a year away, her family would have been in company of another family member. She shared her brave tale with us.

Coasta did not see her last pregnancy to the end. She lost her baby when she miscarried [the loss of a pregnancy before 20 weeks' gestation].

This was her ninth pregnancy. On this fateful morning, Coasta woke up with a large stain of blood on a wrapper she had used through the night. Confused about what had happened, she was rushed to hospital and after a medical examination she was informed that she had miscarried.

At the health facility, Coasta went through a vacuum aspiration- a safe and quick treatment for incomplete miscarriages.

The pain of the procedure matched the excruciating emotions she felt as she lay there, digesting the trauma and the loss of her child she will never know. The mother of eight says this was a very devastating experience for her and her family.

"I thought I was going to lose my life when I miscarried," Coasta expresses.

However, Coasta was able to put one foot in front of the other and managed to make way in the world after her child's loss. This was after she and her husband visited Reproductive Health Uganda (RHU) Lira clinic where they found comfort and a solution to their dilemma.

At the facility, the couple was counselled, thus appreciated that after giving birth to eight children and the traumatic experience of miscarrying, were a sign of a fatigued body. And it was time for her to stop giving birth.

"I got married at 18 and started giving birth. When we miscarried, my husband and I visited a health facility we agreed to get a family planning method that could help us to stop giving birth," Coasta says.

"The doctor told us about different family planning methods. He informed us about the permanent birth control methods like vasectomy and bilateral tubal ligation [a surgical procedure that creates permanent contraception, or sterilization]. My husband and I agreed on a permanent method for me," Coasta shares.

A week after the procedure, Coasta was back to her routine chores. She notes that most people in her village who came to visit her were surprised to find her healthy and tending to the house chores.

The couple is satisfied with their choice of suspending giving birth. "Knowing that we shall not give birth again gives us hope that we shall now focus on working for the children we have and give them a better life," she expresses.

The in-charge of RHU Lira Clinic Dr Jackson Ayeko says they have registered increased uptake of permanent birth control methods.

"We are seeing more couples asking and taking up permanent birth control methods. Most of these are referrals. When couples are satisfied with the procedures and method of choice, they tell other members in their community to seek the services," Jackson says.

Reproductive Health Uganda offers a wide range of family planning services from emergency contraception to short term and permanent family planning services.

In 2023, RHU Lira clinic has performed more than 30 tubal ligations compared to 13 performed in 2022.



Voluntarism and Organisational Sustainability



Danish Ambassador Applauds RHU's Impact in Advancing Gender Equality and Combating SGBV

"I AM HONOURED TO BE here in Hoima to celebrate [Hoima District] Men's Day and witness the incredible work being done by Reproductive Health Uganda (RHU) in this district," stated Her Excellency, Ambassador of Denmark to Uganda, Signe Skovbakke Winding Albjerg, during her visit to Hoima district.

During her visit to Hoima district, an implementation area of the RHU PROMISE II programme, funded by the Danish Ministry of Foreign Affairs, through the Danish Family Planning Association (DFPA), the ambassador engaged with district leaders and community members to gain insights into the strides being made in promoting gender equality, combatting sexual and gender-based violence (SGBV), and enhancing sexual and reproductive health rights (SRHR) in the region.

The ambassador expressed her satisfaction with the outcomes of the PROMISE II programme funded saying, "I am excited to witness the societal issues that the DFPA funds aim to address. The strategies employed by the peer educators are commendable and contribute to a more inclusive society."

"As we celebrate the achievements of local leadership, we must also remain committed to combating violence against all individuals. It is through the efforts of local



want and can provide for, not about stopping women from giving birth. I applaud the male champions for their dedication and commend their efforts in promoting positive masculinity.”

On his part the Hoima district chief administrative officer, Charles Komaketch, acknowledged the ambassador’s presence as the chief guest at the Hoima Men’s Day celebrations, stating, “We are grateful for Ambassador Albjerg’s presence, which adds immense value to our event. We appreciate the support of the Danish Government through RHU and commend their good work in our district.”

The Hoima City Mayor Brian Kaboyo emphasised the importance of Men’s Day, saying, “This celebration provides an opportunity for men to strengthen their commitment to building better relations and promoting a sense of responsibility among all.”

The PROMISE II programme, short for the

Programme to Improve Sexual Reproductive Health Rights Policy and Services Environment in Uganda, is an initiative aimed at promoting and ensuring the respect, protection, and fulfilment of sexual reproductive health and rights. It recognises that these rights are fundamental to achieving gender equality, human well-being, and environmental sustainability.

During the Ambassador’s visit to RHU supported community groups, Nakato Grace, a woman champion, expressed her gratitude, stating, “RHU’s trainings have been transformative for me. They have boosted my confidence and enabled me to confidently address the public. I have also gained a profound understanding of family planning, empowering me to plan for my children’s future and share this knowledge with other women.”

Irumba Mugambe Job, a male champion, highlighted the positive changes in the community, stating, “RHU has built our capacity and sensitised us about sexual and reproductive health. We now discuss incomes

generated with our wives and agree on how to utilise the money. We have also addressed the challenge of many orphans in our community.”



RHU Partnership with Rotary Clubs Increases Access to Health Services

SERVICE ABOVE SELF IS what Rotary clubs all over the world stand for as a principal of their unselfish volunteer service. It is not surprising that Rotary clubs in Kampala and beyond choose to partner with RHU, to provide critical SRH services to communities in remote areas. We share one thing in common, serving all people without discrimination.

This common goal has seen the birth of partnerships between RHU and over 10 Rotary clubs with the aim of improving communities through providing SRHR services.

The president of Mutundwe Rotary Club, David Sserubiri notes that when the Rotarians thought of providing sexual reproductive health information, maternal and child health services to various communities, RHU was on top of their consideration given the organisation's long standing expertise in the delivery of medical services. It was then that the Rotary club of Mutundwe partnered with RHU to extend SRHR services through a community health outreach in Bufumira, one of the Ssesse Islands in Kalangala district.

"We saw hundreds of people coming out to receive the different services which were at zero cost. Communities appreciated the services because in a normal setting, they would have to move for kilometres and pay a wholesome to receive such services," David says.

Lucy Sarah Kabatebe, the in-Charge of RHU's Katago Clinic in Kampala adds, "What Rotary clubs are doing with RHU is nice. They make sure that every now and then we go deep in villages and take services. They identify communities and inform us the services they would like us to offer and we extend the service."

She notes that such partnerships bridge the information gap in communities especially myths and misconceptions.

"The good thing is every medical camp and outreach we are able to reach new audiences. Every community has its own beliefs when it comes to family planning. The camps help us to educate them, show them examples of people using family planning and make sure that we keep in contact with them to respond to any queries," Lucy adds.

She noted that in the past, RHU has partnered with over 10 Rotary Clubs including Mutundwe, Kampala North, Kampala Ssesse, Kyadondo, Naalya, Kyengera, Luzira among others to extend services to communities.

For his part, David urges corporate organisations to take advantage of partnerships to deliver lasting impact in a shared cost.

"For example, each organisation has its own expertise. As Rotary, we have experience in being volunteers to mobilise resources and communities whereas RHU has expertise in provision of reproductive health services. We are therefore able to create impact through partnerships than doing it as a lone organisation," David adds.

RHU's Lucy Kabatebe could not agree more, noting that partnerships help in extending the much-needed services to people by tapping into the strengths of organisations.

"There is an added advantage that these partnerships help us reach out to communities. There are places we go to fill the gap for cervical cancer examination, breast cancer screening and many others. We also work with people [health worker in communities where we offer service] who don't have knowledge and skills in provision of these services but we do on job training so they can take on these services when we are not there," Lucy emphasises.

From Survivor to a Community Champion: Anifah's Journey of Championing Gender Justice in Hoima

IN THE HEART OF Hoima City, where the road winds its way towards Fort Portal City, a bustling scene unfolds every morning. At nine o'clock this particular Friday morning, Anifah Pauline Kabagaya, a determined 38-year-old, diligently manages her grocery shop.

The outside of the shop is lined with a variety of goods – basins filled with rice, beans, and cowpeas, alongside bags of posho, all patiently awaiting their customers.

With the door wide open, Pauline's shop reveals a well-stocked interior showcasing an array of cereals. This is a testament to her resilience and entrepreneurial spirit.

Observing Anifah in her element, one might assume she was born to be a businesswoman.

However, her customers affectionately refer to her as a champion, a title one could associate with a gold medallist in some prestigious competition. Yet, for Anifah, this title is not a result of sporting achievements but a reflection of the lives she has transformed, particularly among those who have been survivors of gender-based violence.

Anifah stands as a champion foot soldier, dedicating herself to the cause of justice since 2018. Her advocacy extends to individuals, especially those whose rights have been brutally violated- blame sexual gender-based violence.

The title 'champion' for her is not about personal accolades but a symbol of her solid commitment to bringing about positive change in the lives of those who have suffered injustice.

Before embarking on her journey as a businesswoman alongside her sister, Anifah narrated that she navigated the complexities of family life, raising four children.

However, in 2014 she made the courageous decision to separate from her husband after she had endured a lot of suffering to the extent of surviving death after her husband tried to kill her.

"My husband became addicted to alcohol and started using other drugs, engaging in infidelity. When he returned home, he would attempt to force me into unwanted sexual encounters. If I resisted, he would resort to physical violence. One night, he even threatened to burn me and our children alive, arriving home with a jerrican of petrol. Thankfully, I was rescued," Anifah revealed.

Married at the tender age of 16, Anifah said she endured immense suffering until she mustered the courage to confide in her parents and report the abuse to the police in Hoima.

Anifah's life took a positive turn in 2018 when she attended a meeting organised by Reproductive Health Uganda (RHU) in Hoima district now a city and she was subsequently encouraged to enrol as a volunteer in RHU, securing a life membership at UGX50,000 and an annual subscription of UGX20,000.

“During the meeting, the discussion revolved around critical issues such as gender-based violence (GBV), family planning, and HIV/AIDS, among others. Having personally experienced GBV at home, I empathised with the cause and decided to join the initiative to gain knowledge. Drawing from my own difficult experiences with GBV, I actively participated in training sessions, providing real-life examples to educate others.

She said the empowerment she received during training sessions transformed her into a champion and ambassador for the cause.

“I now seize every opportunity to address the public about GBV and people listen to whatever I tell and put them into practice, thanks to the support of organisations like RHU. I am an integral part of their outreach programmes, contributing to the dissemination of valuable information on SGBV,” she says.

One of the crucial aspects, she is actively involved in following up on cases of rape and defilement, ensuring that they are reported to the relevant authorities and concluded while minor cases are solved at a community level.

“I emphasise the importance of prompt action, as some individuals may attempt to collude with perpetrators. Through my empowerment, I have consistently stood up for justice. I have helped many families with GBV issues,” Anita says.

To support other women, she has facilitated the formation of groups, some dedicated to savings and others focused on providing financial assistance to fellow women. One such

association is named “Go Back to School,” to ensure that children do not miss out on education.

“I have empowered women to save money, and we have an association called ‘Go Back to School.’ Members contribute between three thousand Shillings to ten thousand Shillings, and at the beginning of each term, we distribute funds to cover school fees and other educational requirements,” she says.



RHU eHealth Interventions Empower Communities with Health Information

IN UGANDA, WHERE ACCESS to healthcare services is often limited, Reproductive Health Uganda is bridging this gap by utilising innovative eHealth interventions. These interventions, including the use of Outreach Tablets, the Ask RHU chatbot and social media, are transforming the way sexual reproductive health information is delivered and empowering communities to take charge of their own well-being.

RHU Outreach Tablets have become an integral part of mobile outreach services, bringing healthcare information directly to under-served communities. These lightweight, portable android tablets, carried in backpacks by peer educators, provide a wealth of sexual reproductive health information.

Equipped with an offline information system, the tablets enable peer educators to screen health information, measure knowledge and understanding through quizzes and questionnaires, and capture monitoring and evaluation data.

“The tablets are very user-friendly,” says Robert Musobozi, a peer educator in Kabarole district. Robert uses the Outreach Tablets during his outreach sessions, where he engages groups of his peers in

discussions about safe sex and contraception.

By screening films and answering questions using the tablets, Robert has observed a remarkable change in how people participate in these discussions.

“These tablets help a lot because you can use them to show information first-hand,” he says.

The Outreach Tablets have been specifically designed to ease the work of peer educators and village health teams in hard-to-reach areas. They provide a suite of digital content, including quizzes, animations, and films, to stimulate discussions between peer educators and clients.

These health education messages aim to increase awareness and foster group and community discussions on key health topics.

One of RHU’s most exciting eHealth interventions is the Ask RHU chatbot, which offers instant responses to questions on sexual reproductive health rights (SRHR).

Developed by young people to address information gaps in SRHR, the chatbot is accessible through

Facebook Messenger. This platform ensures confidentiality for users who may be hesitant to seek information publicly. Users can retain and share the information provided, and the chatbot generates valuable data that helps identify the most frequently asked questions and information gaps in SRHR programming.

“The Ask RHU chatbot has been a game-changer,” says Martha Mugabe, a passionate peer educator at RHU. “It is a live example of young people taking charge of their sexual reproductive health.” Martha emphasises that the digital hub, which houses the chatbot, is a collective initiative of young people who have contributed their ideas to its development, from naming to content flow and outlook.

RHU recognises the power of social media platforms in reaching and engaging young people. Leveraging platforms such as X (formerly twitter), TikTok, YouTube, Instagram, and Facebook, RHU disseminates informative content and hosts interactive conversations like “X spaces,” where young people can openly dialogue on various sexual reproductive health issues in their communities.

To further enhance access to sexual reproductive health information, RHU operates a toll-free hotline (0800299003). This hotline serves as a valuable resource for people, particularly young people, seeking information and referrals to RHU clinics.

RHU's commitment to eHealth interventions is driven

by the desire to ensure access to sexual reproductive health and rights information and service to everyone person that needs them, especially young people.

By utilising digital technologies, such as the Outreach Tablets and the Ask RHU chatbot, RHU is empowering communities in Uganda to make informed decisions

about their sexual reproductive health.

RHU's efforts are not only improving access to healthcare but also fostering a sense of ownership and empowerment among communities, particularly young people, as they take control of their own well-being.



RHU Rolls Out a More Efficient, User-friendly, and Secure Integrate Financial System

Reproductive Health Uganda is celebrating the integration of a comprehensive financial system, which has had a transformative impact on the organisation's operational efficiency, financial transparency, and overall effectiveness. Spearheaded by Peter-Mark Mutebi, the Director of Finance and Administration at RHU, this strategic move marks a crucial step towards ensuring the long-term sustainability and success of RHU.

The new and more secure financial and management system- the Microsoft Dynamics ERP and Sysmics- comes with better technology and applications that are more efficient, user-friendly, and secure, that integrate finance, programmes, human resource, and logistics components in a coordinated way.

"We recognise the importance of efficient financial management in the evolving landscape of non-profit organisations, and this integration has allowed us to optimise resource allocation and enhance compliance," says Peter-Mark, emphasising the significance of the financial system integration.

The decision to integrate a financial system within RHU's operations was driven by the understanding that financial transparency and efficiency are vital for

the organisation's growth and impact. With the implementation of the financial system, RHU aims to improve day-to-day financial operations and decision-making processes.

To assess the effectiveness of this integration, the finance and administration department of RHU conducted a comprehensive research study over a period of five days. The study involved collecting responses from various departments within RHU, including Governance and Human Resource, ICT, Advocacy and Communications, Finance and Administration, Service Delivery, and Gender and Youth departments.

The findings highlighted a significant improvement in the services provided by the finance and administration department since the incorporation of the financial system. However, it also revealed that some staff members were still in the process of familiarising themselves with the system, resulting in a slightly lower

effectiveness rate.

Key findings include a significant improvement in the efficiency of financial operations at RHU, streamlining processes, and reducing manual workload.

"The enhanced efficiency and transparency have allowed us to better serve our stakeholders and allocate resources effectively," says Tom Kulumba, Manager Gender and Youth at RHU

Enhanced transparency has been observed in financial reporting, with stakeholders expressing increased confidence in the accuracy and accessibility of financial information.

The integrated system has facilitated more informed decision-making, contributing to the overall effectiveness of financial management at RHU.

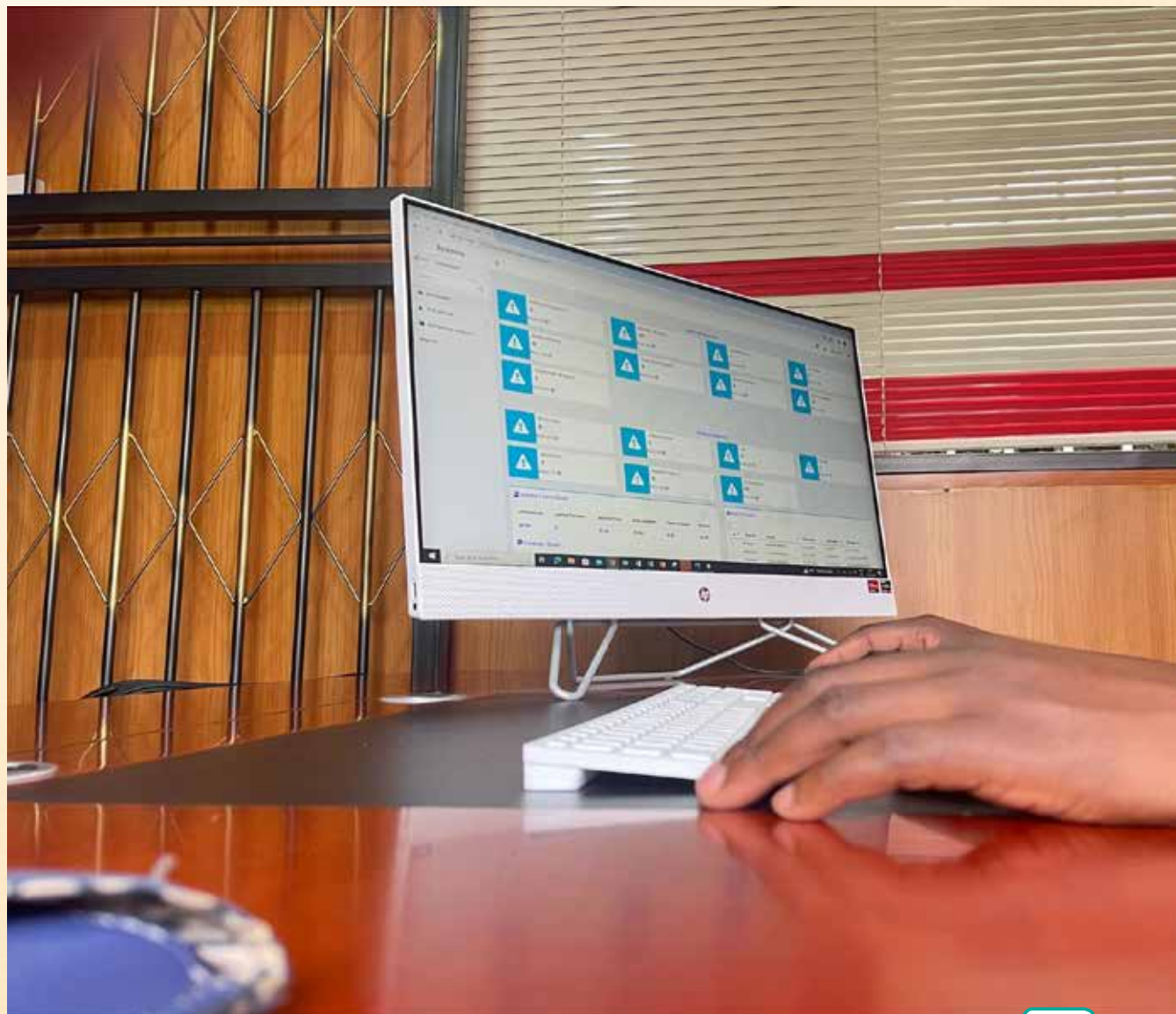
While challenges such as resistance to change and early implementation of programmes complexities were identified, proactive measures have been taken to address these issues, minimising their impact over time.

The findings underscore the importance of ongoing

training initiatives and continuous system enhancements to meet the evolving needs and expectations of RHU. RHU remains committed to bridging the gaps identified through training and focus group discussions to ensure that all staff members are fully equipped to utilise the financial systems effectively.

“In our pursuit of excellence in financial management and control, we are dedicated to ensuring the satisfaction of all staff members and organisations that wish to benchmark with us,” says Peter-Mark. “We will continue to invest in training and improvements to ensure that our financial systems leave no staff member behind while maintaining cost-effectiveness for the organisation and other benchmarking organisations.”

The successful integration of the financial system at RHU has not only improved operational efficiency but has also strengthened the organisation’s commitment to transparency and accountability in the pursuit of reproductive health rights. With ongoing efforts to enhance training and system improvements, RHU is well-positioned to continue making a significant impact in the field of reproductive health.



We are Moving Forward- RHU Director of Finance and Administration

REACHING EVERY MOTHER, REACHING every newborn, Reproductive Health Uganda (RHU) scooped the second edition of the National Safe Motherhood Award 2023. At the closing ceremony of the National Safe Motherhood Conference 2023, RHU was recognised for, “Outstanding Contribution to Safe Motherhood- Family Planning” NGO category.

During the third national safe motherhood conference by the Uganda ministry of health, the ministry recognised different organisations, individuals and institutions for their distinguished efforts towards improving maternal, child health and family planning indicators in the country.

“I am humbled and excited about winning this Safe Motherhood Award. This award recognises our hard work, commitment and our foot soldiers in different branches who work tirelessly to provide reproductive health services to more than 1.5 million clients per year,” said the RHU Executive Director (ED), Jackson Chekweko, speaking to the media after the award.

The RHU ED noted that the recognition presented a great challenge to RHU to add efforts to keep the banner flying high.

“We expect to emphasise on quality, rights and expand our service outreaches to the vulnerable, marginalised and hard-to-reach communities- the young people, women in urban and rural areas, displaced people, key populations and persons with disabilities,” Jackson said.

Five non-governmental organisations had been nominated in this category of the awards and RHU emerged the winner.

“We are extremely humbled by this recognition. This has not been achieved single handily. We appreciate the RHU boards past and present, management and staff, the donor community, the Government and the communities we serve. This is our award,” said the RHU Director of Finance, Peter Mark Mutebi, who accompanied the ED to receive the award.

“We are going forward with our heads high and determined to double our effort to effectively serve our communities. Thank you very much for this very treasured recognition,” Peter Mark added.

In 2022, RHU offered 3.4 million sexual reproductive health services, with family planning services taking a huge share of more than 1.2 million services. Almost half of these services- 1.5 million- were offered to young people. The family planning services offered contributed to 1,029,553 couple years of protection. Implanted contributed the biggest percentage at 63%. The National Safe Motherhood Conference 2023 was held under the theme “Reach Every Mother and Newborn”. It aimed to disseminate good standards of practice and enable shared learning among frontline health workers and leaders of safe motherhood in Uganda; discuss the missed opportunities facing approaches towards reaching every mother and newborn; and to establish the prevailing impact from the exiting investments in family planning towards improving maternal and newborn health – health and economic outcomes.



Through the Lenses and Stroke of a Pen





Our Executive Director Jackson Chekweko during an interview with NTV Uganda. This was during the Annual General meeting where he urged every Ugandan to join efforts to end teenage pregnancy



Our service provider Lynda Birungi on NTV Uganda to raise awareness about cervical cancer screening. During the interview, she appealed to women to regularly screen for cervical and breast cancer screening



RHU features in News 247 an online newspaper following our patrons (Rt. Hon Rebecca Kadaga) remarks during the Annual General Meeting held in Kampala. She emphasised the the importance of engaging men in SRHR programming



RHU Executive Director Jackson Chekweko, Ministry of Health's Dr. Allan Kasoozi and Martha Mugabe an SRHR Advocate during a television talk show tpeaking about contraceptive us, among the activities to mark the World Contraception Day 2023



Our Youth Officer Daisy Kandole appears on NTV Uganda's morning show to take part in a conversation on contraception for young people. On the programme, she emphasised contraception services to be availed to sexually active young people adding that this would contribute to the reduction of teenage pregnancies



Our Youth officer Daisy Kandole hosted on 97 FM Radio City during the Inter University Dialogue media run. The event brings together young people from different institutions to freely deliberate on sexual reproductive health and rights issues affecting young people



Our Director of Programmes Annet Kyarimpa Mugabe during an interview on NTV's Morning show where she highlighted RHU's commitment to ensure all Ugandans, especially those in hard-to-reach areas access SRHR services and information



RHU features on BBS's bulletin following a successful Inter University Dialogue at Kyambogo University. The IUD partly aims enable young people to critically reflect and share their life experiences to inform SRHR policy development and implementation



RHU medical service providers Dr Nasulu Mugaya and Lynda Birungu participate in a conversation on Andropause "Male menopause" on NTV Uganda. This was raise awareness about andropause in men



Our Chief guest for the Inter University Dialogue 2023 Dr Jessica Nsungwa during an interview on NTV Uganda's T Nation



Our Youth officer Daisy Kandole appears on NTV the Beat during the Inter University Dialogue 2023 media tour



Our Programme Coordinator Priscilla Nabatanzi was hosted on Bethany Television where she discussed how sexuality education can mitigate teenage pregnancies.



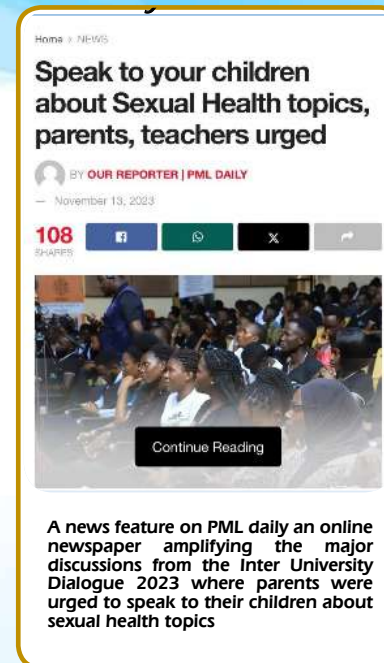
A news feature on Nile Post news with key discussions from the Inter University Dialogue held at Kyambogo University 2023



A feature story on News 247 highlighting major discussions from the Inter University Dialogue 2023.



RHU features in Nile Post news highlighting the role culture plays in derailing efforts to increase uptake of Sexual Reproductive Health services.



A news feature on PML daily an online newspaper amplifying the major discussions from the Inter University Dialogue 2023 where parents were urged to speak to their children about sexual health topics

We Did It Again

IN THE BUSTLING MINDS of students in Uganda exists a vibrant gathering cherished and looked forward to by young people in universities across the country. The Inter University Dialogue, aka, The IUD- it never disappoints!

As the sun began its ascend, cracking its rays through the green lush, the atmosphere filled with anticipation of sharing ideas, thoughts and perspectives rose. "This is the day that the Lord has made," it seemed to suggest.

The sound of music, a gigantic white tent beaming through the corridors of the university, the red carpet rolled out for "Kodak" moments, indeed Kyambogo University set the ground for a memorable day attracting more than 500 university students from 14 universities. Students from different campuses

and disciplines mingled, their leaders from parliament leveled the ground with them, budding young leaders took stage, they engaged in discussions and topics ranging from sexual harassment, menstrual health, contraception use for young people, the realities of unsafe abortion in universities and much more.

Real life stories, personal experiences, solutions were forged out. Like the Gen Zs say "We go again next year."

Kudos to all our donors and partners who made this day happen. Cheers





We have no doubt that the love and dedication you have shown in your professional lives will only be amplified in your marriage. Your commitment to teamwork has been an inspiration to all of us, and we know that you will bring that same spirit into your marriage.

On behalf of the entire RHU family, we send our warmest congratulations and best wishes for a lifetime of love, laughter, and togetherness. May your marriage be filled with beautiful memories, shared dreams, and a love that grows stronger with each passing day.



Congratulations
to the newlyweds ED Jackson and Omulongo Wasswa!



Ministry of Foreign Affairs of the Netherlands





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