

Monthly Newsletter

SAVANNAH WOMEN'S
HEALTH AFRICA

◆
30/April/2025



Hello from the Savannah Women's Health Africa team! Here's a snapshot of our impactful month:

Welcome to our first charity newsletter! We are thrilled to share with you who we are and the latest developments in our mission to make a positive impact in our community.

At Savannah Women's Health Africa, we are a Uganda-based NGO committed to breaking barriers in women's reproductive health. Founded on the belief that quality healthcare is a right—not a privilege—we work tirelessly to ensure women and girls have the knowledge, services, and advocacy they need to thrive.

Our Why:

In Uganda, cultural norms and systemic gaps often silence women's health needs. We're here to change that. Through education, access, and empowerment, we're rewriting the narrative—one woman, one community at a time.

What Drives Us:

- Health First: Safe, stigma-free reproductive care for all.
- Education as Power: Equipping women and girls with life-saving knowledge.
- Collaboration: Partnering with communities, policymakers, and global allies.
- Dignity: Ensuring every woman's voice is heard and respected.

Our Vision: A Uganda where every woman and girl controls her health destiny.

Our Mission: To empower through education, advocacy, and access—because informed choices save lives.

Join us as we build a future where health equity is reality.

*From the
Savannah women
health Africa team*

In this newsletter
you can expect:

Program
Highlights:

Family Planning
Focus

Registration
Milestones

Field Photos



Teen Girls' Health Workshops: Planting Seeds of Confidence

3 Interactive Sessions: At Rock Christian School and Upendo School in Ssumba Buddo, we met 50 girls aged 12-19 to kickstart our health and wellbeing program. The discussions weren't just about anatomy—they focused on mental health, body autonomy, and breaking menstrual stigma.

Highlights:

- Girls designed "Wellness Vision Boards" to visualize their health goals.
- Role-playing exercises helped them practice advocating for their health needs.

One-on-One Mentorship:

- Private sessions with 15 girls uncovered challenges like school dropout risks due to period poverty and peer pressure.
- Tailored follow-up plans include connecting families with local health resources.



Women & Mothers' Open Dialogue: Family Planning

This week's candid discussion tackled family planning—a critical but sensitive topic in Uganda. Women shared how societal pressures to prioritize having many children often overshadow their own health needs.

The conversation was empowering, with mothers advocating for prioritizing their health and autonomy.



Ministry Registration Progress

The process has been frustrating (endless paperwork! 😊), but we're pushing forward! While we've faced delays, approvals are finally on the horizon.

Stay tuned for good news soon—and watch for our monthly newsletter launching next month to dive deeper into our work and fundraising efforts!



Gratitude & Photos.

Thank you for your unwavering support! 📸 Check out attached photos from this month's activities —joy and determination in action!



Thank you for reading!

SAVANNAH WOMEN'S HEALTH AFRICA	SAVANNAWOMENHEALTHAFRIC A@GMAIL.COM
---	--