



Savana
WOMEN'S HEALTH AFRICA

NEWSLETTER

[August 2026]

Restoring Health, Dignity and Hope for Women and Girls

Six months of reaching girls and women with reproductive health education, counselling, menstrual health support and access to healthcare



A note from Savana

Dear Friends and Well-wishers,

Warm greetings from Savana Women Health Africa.

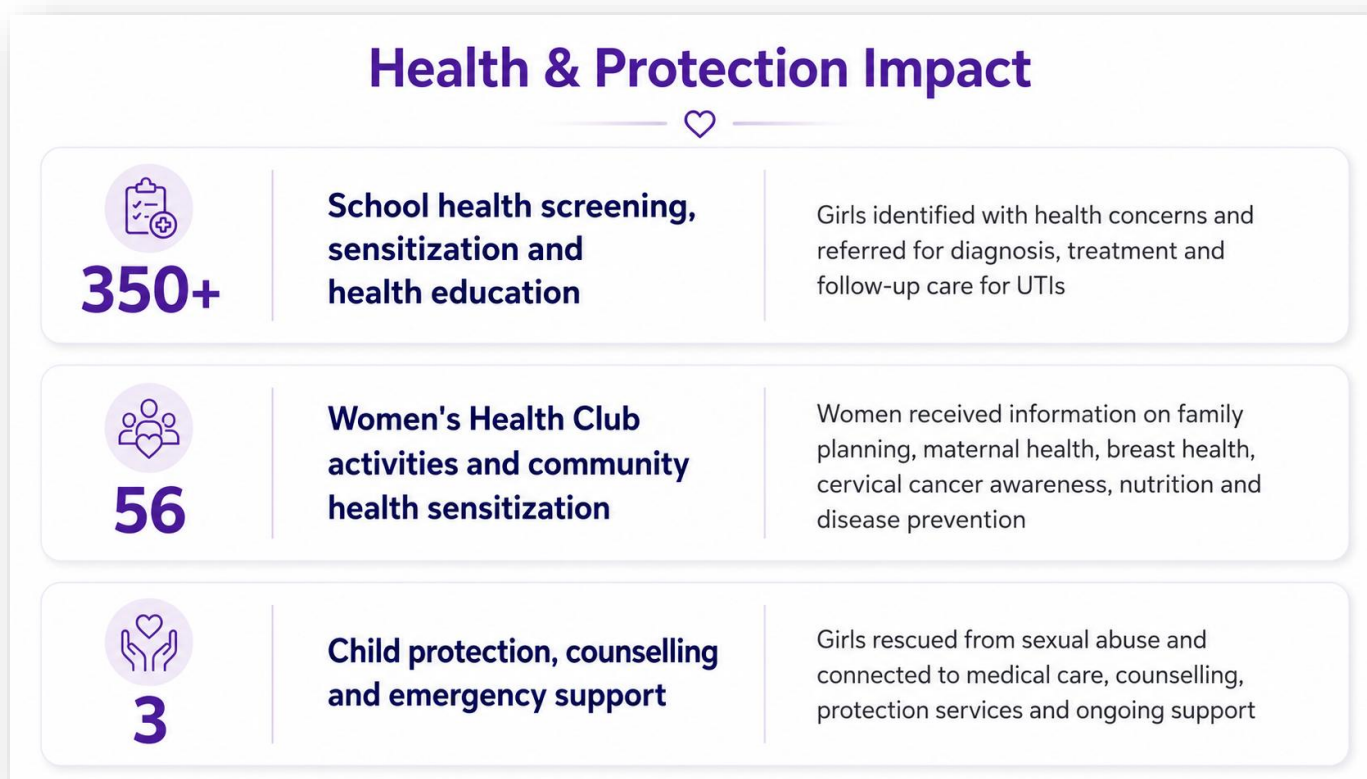
The first half of 2026 has been a season of learning, service and hope. Through our work with schools and communities in Ssumba, Buddo, Wakiso District, we have continued to create safe spaces where girls can ask questions about their health, women can access practical information, and vulnerable girls can receive compassionate support.

During this period, we worked with:

- 8 partner schools
- reached more than 500 girls and
- supported more than 350 schoolgirls to access medical care for urinary tract infections (UTIs).
- We also continued counselling, menstrual health education, women's health activities and community health talks.

Behind every number is a young girl, mother or family whose life has been touched by someone choosing to care. We are deeply grateful to our schools, healthcare partners, community leaders, supporters and well-wishers who continue to walk with us.

This period at a glance



Programme highlights

Reproductive & Sexual Health Education

Savana continued working with girls through **Teen Girls Clubs held in schools**, creating safe spaces for honest conversations about puberty, sexual and reproductive health, self-esteem, healthy relationships and life choices.

We also engaged parents, teachers and community members through health talks, helping communities better understand the challenges affecting adolescent girls and encouraging supportive environments where girls can seek help without fear or shame.



Menstrual Health & Dignity



For many girls, menstruation can become a barrier to education when sanitary products and appropriate sanitation facilities are difficult to access.

Savana is responding by promoting menstrual health education and preparing to start **reusable sanitary-pad training** for girls and women. Reusable pads provide an affordable and environmentally friendly option while helping girls manage menstruation with greater confidence and dignity.

This initiative also provides practical skills that can contribute to household self-reliance.

Counselling, Safety & Support



Savana provides counselling and emotional support to girls and young mothers facing difficult circumstances. Our work also includes identifying vulnerable girls and connecting them with appropriate health, protection and psychosocial services.

During our first year, **three girls were rescued** from sexual abuse by family members and connected to support and protection services.

Our confidential counselling spaces continue to remind us that when girls

are given someone safe to talk to, they are more able to seek help and begin rebuilding their lives.

Every girl deserves protection, care and hope.

Healthcare Access & Referrals

Access to timely healthcare remains an important part of our school health work.

Over the past six months, Savana identified and referred **more than 350 schoolgirls experiencing symptoms of UTIs** for diagnosis, treatment and follow-up care through **Nsagi Health Centre IV and Suubi Medical Care Centre**.

These referrals help girls receive medical attention that may otherwise be delayed or inaccessible, while reinforcing the importance of seeking care early.



Hope Restored

Name changed to protect her identity.

“Becca,” a 15-year-old girl, came to Savana after experiencing sexual abuse by a close family member.

She needed urgent medical attention as well as emotional and psychosocial support. Savana coordinated her access to healthcare, including HIV testing and appropriate post-exposure care, and continues to support her through follow-up and counselling.

Her story reminds us why early intervention matters. For a vulnerable girl, being heard, protected and connected to healthcare can be the beginning of a journey from fear toward healing and hope.

Our response is not only about treating illness. It is about protecting dignity, restoring confidence and helping girls see a future beyond what happened to them.

What we learned

The needs in the communities we serve continue to grow faster than our current resources.

Limited funding remains our greatest challenge, while harmful cultural beliefs, gender inequality, teenage pregnancy, sexual abuse and school dropout continue to affect the wellbeing and future of girls.

At the same time, we have learned that **consistent presence matters**. School clubs, community conversations, counselling and health referrals create opportunities for girls to speak up early and access support.

We are therefore focusing on strengthening partnerships with schools, healthcare providers, community leaders, volunteers and supporters so that our limited resources can reach more women and girls.

What's next

- ✓ **Reusable Sanitary Pads.** Launch and start reusable sanitary-pad production and training for girls and women.
- ✓ **More Teen Girls Clubs.** Expand school-based reproductive health education and safe spaces for adolescent girls.
- ✓ **Safe School Sanitation.** Begin constructing dedicated, private toilet facilities for girls at partner schools.
- ✓ **Stronger Healthcare Partnerships.** Increase referrals and partnerships that help women and girls access quality healthcare and health information.



SUPPORT OUR CURRENT CAMPAIGNS



1. ONE TOILET AT A TIME

Help us provide a safe, private and dignified toilet for girls at school.

For many girls, a school toilet is about much more than sanitation. It is about **privacy, safety, dignity, menstrual hygiene and the confidence to remain in school.**

At our partner schools, girls currently share toilet facilities with boys and male teachers. We want to change this, beginning with **one dedicated girls' toilet at a time.**

Over the past six months, Savana Women Health Africa has referred more than **350 schoolgirls experiencing UTIs** for medical care. Improving sanitation and hygiene is an important part of creating healthier and safer school environments for girls.

OUR FUNDRAISING TARGET

UGX 7,800,000 | Approximately £1,560

This amount will cover the essential costs of constructing and completing our first dedicated girls' sanitation facility, including a handwashing point.

PROJECT BUDGET

No.	Budget Item	Estimated Cost (UGX)	Approx. GBP
1	Pit digging and excavation	600,000	£120
2	Bricks, cement, sand, aggregate and other construction materials	2,050,000	£410
3	Roofing materials – iron sheets, timber and related materials	1,150,000	£230
4	Doors, ventilation and windows	650,000	£130
5	Toilet slabs, sanitation fittings and construction materials	1,050,000	£210
6	Handwashing facility and basic hygiene fittings	550,000	£110
7	Construction labour	1,250,000	£250
8	Transportation and delivery of construction materials	350,000	£70
9	Project supervision and site monitoring	150,000	£30
TOTAL Estimated Project Cost		7,800,000	£1,560

GBP figures are approximate and based on a planning exchange rate of £1 = UGX 5,000.

WHAT YOUR SUPPORT WILL HELP PROVIDE

A completed girls' toilet facility will help provide:

- ✓ Greater privacy and dignity for girls.
- ✓ A safer place to manage menstruation.
- ✓ Separation from boys' and male teachers' toilet facilities.
- ✓ A handwashing point and improved hygiene practices.
- ✓ Reduced exposure to inappropriate encounters around shared toilet areas.
- ✓ A more comfortable and supportive school environment for girls.

OUR GOAL

We want to begin with **one toilet every six months**, gradually helping more partner schools provide safe and private sanitation facilities for girls.

[CAMPAIGN LINK](#)

2. SEW HER OWN

SUPPORT A GIRL TODAY

	£5.95	Support 1 girl
	£11.90	Support 2 girls
	£29.75	Support 5 girls
	£59.50	Support 10 girls
	£119.00	Support a full class of 20 girls

help fund reusable sanitary-pad training for girls.

We are also seeking support to start our reusable sanitary-pad training initiative, equipping girls and women with affordable, environmentally friendly menstrual solutions and practical skills that can support greater self-reliance.

Your support can help provide menstrual health education and practical skills that enable girls to manage their periods more safely while helping women and girls build greater confidence and self-reliance.

[CAMPAIGN LINK](#)

Thank you

Thank you to our **partner schools, healthcare providers, community leaders, supporters, well-wishers and the Savana team** for standing with women and girls.

Together, we are restoring **health, dignity and hope** — one girl, one woman and one community at a time.

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