

A group of children and women are gathered outside a traditional building with a thatched roof made of dried grass or reeds. The children are of various ages, some standing and some sitting on the ground. The women are dressed in colorful, patterned clothing. The background shows a dry, open landscape with some trees and a cloudy sky.

SAVANA WOMEN HEALTH AFRICA 3 - MONTH IMPACT NEWSLETTER (APR-JULY 2025)

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“Healing. Dignity. Voice.”

LETTER FROM THE SAVANA TEAM

Dear friends

It's hard to believe it's been four months since we began this journey officially. We remember the day we made the decision to stop waiting for "the right time" and instead, build the space we wished existed when we needed it most.

Every woman we've met along the way has reminded us why this work matters: the grandmother raising 10 children alone, the girl who dropped out of school because of period stigma and teenage pregnancy, the woman silently battling infection because she feared asking for help.

We are not just teaching reproductive health — we are restoring dignity, sparking confidence, and building a generation of women who know their bodies and their worth.

We hope this newsletter gives you a real glimpse into what we're building at Savannah Women Health Africa and what we've been working on over the last few months. There's so much more ahead, but for now, we invite you to read, feel, and walk this journey with us.

Warmly,
SWHA Team

UGANDA SAVANA TEAM



Currently, SWHA has 5 hardworking committed members that work together for the Ministry vision with:
Bernah as Director and team leader,

Denis mainly helps the team with moving around to schools, churches, office and other meeting destinations,

Daphine and Felister work on scheduling, counselling and coordinating partner schools and other meetings that we get with different groups.

Christina is our other Director and whilst not based in Uganda, helps financially support the charity and fundraise.

TODAY, LET'S KNOW MORE ABOUT DAPHINE!



My name is Daphine, and I am 21 years old. I didn't get to know my father because he rejected me the moment my mother told him she was pregnant.

After I was born, life was hard for both of us as my father was not around and my mother had no stable income. When I was about three, my mother married another man and gave birth to 4 other children.

Sadly, my stepfather never received me as her daughter. From the beginning, he never loved or cared for me. I have lived a silent suffering life.

My mother getting married to this man was the only way of us having shelter, food and a little decent life. Being sad, abused and suffering in silent has been normal to me, I didn't know any other way.



I have to admit that my salvation came through Savana. Early this year, Bernah started hosting meetings at Savana office. Out of curiosity, I started attending, surprisingly they were talking issues concerning me – self-esteem, confidence, hygiene, sexual abuse and so I decided to open up.

I was tired especially after being sexually harassed by my step farther. After the meeting, I approached Bernah who offered to host me at her house for a few nights.

Fast forward, we bonded, she talked to me, and I felt good and special for the first time. Another older woman from Savana women's group offered to have me at her house long-term, so that I don't have to go back to my abusive stepdad.

That was my journey to Savana. The few nights I stayed at Bernah's home, we visited schools together and I saw many girls opening up about similar situation like that of mine, I therefore decided to be part of the solution.

My main area is the teens and young adults, I tell my story and give strength to others who could be going through similar situations like mine, we do weekly meetings and, in these sessions, we promote and build health relationships, critical thinking, self-esteem and other related issues. I feel this is my calling in life.

I'm so passionate about it and looking forward to taking a diploma class in counselling in the near future.



MINISTRY REGISTRATION & OPERATIONS: THE BEHIND-THE- SCENES STRUGGLE

Registering a new operating ministry in Uganda isn't easy. Paperwork, back-and-forth visits, proof of identity — it took **patience, faith, and grit.**

Just like any other ministry elsewhere, we as well needed to work on all necessary government paper works, permits and licenses which came with a lot of hardships in navigating complex legal and regulatory requirements.

Funding:

Securing adequate funding to make necessary payments was a very significant obstacle. With the fact that our ministry has no funding yet, our Director supports the charity using her savings. Limited access to collateral, information opaqueness, and the high cost of many-process financing was another challenge.



Digital Transformation:

Keeping up with the rapid pace of digital transformation was another challenging factor. This included adopting new technologies and adapting to online registration models.

Compliance and Documentation:

Ensuring all legal documents are accurate and complete, costs and complexity of the process was time-consuming and caused us delays. The good news is, we can proudly say despite all the challenges, we were able to register with Uganda Registration services bureau looking forward to impact lives and communities through Savana Women health Africa.



2 CREATING SAFE SPACES IN SCHOOLS: GIRLS TALK HEALTH

We started our school-based health sessions in **Buddo**, with teen girls from **Rock Christian School, Upendo School and seven more school partners**. These were more than classroom sessions — they were safe spaces where girls talked openly, some for the first time, about their periods, fears, shame, and dreams.



“A girl said, ‘I thought I was cursed because I started my period at 11 and nobody told me what to do. I hid it for two years.’”

We encouraged girls to write “Wellness Vision Boards” to map out their health goals. Some girls drew diagrams of sanitary pad factories they dream of owning. Others drew themselves as midwives or nurses — **healing from a place of understanding.**

We also noticed signs of dropout risks — girls facing period poverty, peer pressure, and isolation. We’re now developing **follow-up support plans**, including referrals to local services and confidential mentorship sessions.



3 CREATING SAFE SPACES IN SCHOOLS: GIRLS TALK HEALTH

In local offices where women work long hours with few health breaks, we held **short lunchtime sessions** on family planning, mental wellness, and nutrition.

One conversation stood out. A woman shared:

"I didn't want another child, but I kept quiet because my husband said having many kids shows strength. I didn't know how to say my body was tired."

These sessions were **non-judgmental, warm, and honest**. Women laughed, cried, asked tough questions. At the end of one session, a woman hugged our health educator and whispered, "

"This was the first time someone asked how I was coping — not just what I was doing."

As Savana, we are so intentional to bring fathers along in this endeavors to empower women, we highly understand with our Ugandan culture, men are supposed to be superior and put women low, so coming together and sensitize men to respect, love, be gentle, kind and supportive to girls, wives and all women in community is equally important as you can see from this testimony below.



MEET VIOLA WITH HER STORY



My name is Viola, 33years and married to my husband for 13 years. Together we have two boys aged 12 and 8. My husband works on construction sites and earns an average amount that can help us survive as a family of four.

In the beginning, my relationship with my husband was good and we were happy in our relationship as a family. When my second born was about two years old, my husband wanted me to get pregnant again, but I felt my body wasn't ready since I had a caesarian on my last child.

Also, I felt our income wasn't very stable to have more kids at that particular time. That didn't go well with my husband, he started becoming so bitter, stopped supporting us with all necessary home needs including food, medical care, cloths, education and all other basic needs.

He insisted that unless I give birth to more children, we were not his responsibility anymore. I have been breaking my back for the last 6 years working over 14 hours a day - all the dirty petty jobs you can think of to feed my boys and send them to school.



On the other hand, my husband has been sleeping around with other women in our community and getting them pregnant.

He has had 3 more children with three other women. I have been living in a very sad and lonely marriage.

“You failed to give me more kids; don’t you know that children are pride to us African men”

he would say to me.

When Savana Women Health Africa started conducting its activities in our community, I started attending the women groups and counselling, I opened up to the SWHA team that pledged to talk to my husband.

They had several counselling session, encouraged him to be a present and loving father and husband to his family, stop drinking alcohol and committing adultery.

They even made him visit other men who are in healthy relationships with their wives.

Thanks to SWHA, today, I have a new man in my husband. He's given me capital to start a vegetable store, we go to church together on Sunday and are a family again. I'm forever grateful to Savana team, through this ministry, my marriage is rescued.

4 THE POWER OF HOME VISITS: A GRANDMOTHER'S STORY

We visited a grandmother in Kagumba who cares for **over 10 grandchildren**, with no stable income. Through her, we **reached mothers in the neighborhood** and held an impromptu session on family planning and parenting.

They sat under mango trees, babies on laps, quietly listening. One woman, barely 23, said:

"I don't know how many children I have strength for. I only know I must keep going."

It wasn't just education — it was **community therapy**. Women brought up body pain, fatigue, shame around asking for help. We shared, listened, and left with a deeper understanding of what "access to health" really means in everyday life.



5 A WOMAN'S WIN: FROM SILENCE TO SELF-RELIANCE

In one of our group discussions, we met a woman who had **no control over household finances**. Her husband made all decisions, including denying her access to healthcare.

Through patient conversations — including one where her husband was present — we helped mediate a solution. He eventually gave her a **small amount of capital**. Today, she **runs a small vegetable stand** and told us with a huge smile:

It may be small, but now I can afford pads for myself and snacks for my children."

"These are the stories you don't see in reports. But these are the stories that define Savannah.





TOILETS, PADS & DIGNITY: OUR NEXT BIG FOCUS



In all our partner schools that Savana Ministry have worked with, toilets are emerging as one of the biggest challenges that girls are facing that takes away their confidence and causes them a lot of other problems.

When girls enter puberty, they are often forced to miss classes or even drop out of school, because there are no separate toilets for them.

This has led to high cases of absenteeism among the girls and affected their performance in examinations.

“It’s a shame that some male teachers take advantages of us and find us in toilets and sexually abuse us since we use the same toilet.”

the girls reported.



At Sumba secondary school in Kyegera town council, the school has a population of 459 students but has only one toilet shared by girls, boys and the teachers.

The headmaster says that last term, more than fifty girls would miss classes in a week, because of lack of neat and separate toilets. The school's pit latrine has no privacy, as most of the latrines have no doors.

In Uganda, a significant number of girls miss school during their menstrual periods due to a lack of access to sanitary products and adequate hygiene facilities. It's estimated that 28% of girls which is over 5million are absent from school during menstruation compared to 8% on non-period days.

Furthermore, nearly a quarter of girls between 12 and 18 drop out of school upon starting menstruation "[according to Kids Club Kampala](#)". On top of that, they suffer stigma, shame, period poverty, inadequate facilities and lack of access to clean water, proper sanitation, and disposal facilities at schools 25% of teenagers aged 15–19 have either had a child or are currently pregnant. This rate is the highest in East Africa.

Child marriage and teenage pregnancies have been on the rise since 2011, with a significant increase during the COVID-19 pandemic.

In Kamuli District only, our area of operation, **3,570 teenage pregnancies** were recorded between August 2020 and January 2021 according to district statistics

Note

The youngest grandmother in Uganda is reported to be 23 years old, possibly had a baby around 11 or 12 years old, and her daughter also gave birth at a similar young age, [according to the Daily Monitor](#).

SUSAN'S STORY



Susan is 15 years old who is 4 months pregnant, she has been attending Kagumba High school, but her future is at a standstill now. Her mother, a single mother of seven children, whilst crying reported to savanna team

"I don't know what to do now. What hurts most is my girl does not know the father of her unborn child. Different boys have been sleeping with her in the toilets against her will just like many other girls in the school. And now, she is not sure who the father is. The school is not giving us any help, and I'm just so stressed, we have no maternity help and have no idea how to survive."

As savana women health Africa, we want to be part of the solution by starting a campaign of constructing school and community toilets that separates boys and girls.



WHAT'S COMING NEXT (AUG-OCT2025)

- ✓ Continue school health clubs with 3 more partner schools.
- ✓ Launch toilets and menstrual health fundraiser (GoGetFunding).
- ✓ Start training **Community Health Ambassadors**.
- ✓ Host a "Fathers for Health" dialogue in our town.
- ✓ Our website live where you can find more information about the Charity and follow our progress.

HOW YOU CAN HELP

- Share our work with friends, workplaces, and health advocates.
- Contribute or co-host a small fundraiser, cash or kind
- Support is not just monetary, if you have ideas, a skill set or anything else that could assist us in moving forward with our goals, please get in touch!
- Help us connect to **donors, medical suppliers, or local leaders**.

YOUR IMPACT, THEIR FUTURE. WHAT EVERY POUND CAN DO



At Savana women health Africa, your generosity goes a long way, here is how your support can directly transform lives.

£32/ \$42
(ugx150,000)

Provides 50 sanitary pads, helping girls stay in school with dignity

£3,200/\$4,200
(ugx15,000,000)

Constructs a standard toilet, improving hygiene, preventing diseases and sexual harassment

£1,300/\$1,710
(Ugx6,240,000)

Purchases a 10,000-litre water tank, giving children access to clean and safe water and protecting them from water borne illnesses.



We are currently in the process of setting up our GBP and USD charity bank accounts. If you would like to support, no matter how little, please make payment to the following account via western union, Remitely, Wise etc.



Account Name

Benadate Namutebi



Phone Number

0784989470



Address

Sumba Buddo-Kampala

YOU CAN ALSO MAKE A DIRECT DEPOSIT/CHEQUE ON OUR ACCOUNT

Account Name

SAVANA WOMEN'S HEALTH AFRICA LTD.

Account Number

01500016856073

Bank

DFCU BANK

Upon receipt of the funds, the money will be transferred automatically to our charity account in Uganda. Alternatively, please do contact us for further funding options.

TO CLOSE — A NOTE OF GRATITUDE

We may be young in months, but we're deep in heart. Thank you for being part of our first three months. Every session, every hug, every phone call — it's all a reminder that we are building something worth believing in.

With hope,
The SWHA Team
[#SavannahWomenHealthAfrica](#)



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