

## SIGBI Federation Project 2019-2022

# HEALTH, EMPOWERMENT AND LIVELIHOODS FOR ADOLESCENT MOTHERS IN MAYUGE, UGANDA



## SUMMARY

**HEAL Mayuge** will transform the lives of some of the most disadvantaged & helpless young women on the planet. Developed by small UK charity, **Act4Africa**, the HEAL model has long-standing success in developing the Health, Empowerment & Livelihoods of women & girls in Africa. It fully embraces the three key areas at the heart of SIGBI's Programme Focus Goals - Educate, Empower and Enable.

**HEAL Mayuge** will provide education & training specifically to 450 marginalised **teenage mothers**, improving their health & increasing their economic opportunities. Without this project, early pregnancy will shackle these young girls & their children to a life of poverty. With your support, we can educate, empower & enable them to change the course of their lives & the future of their young children. HEAL Mayuge offers them an escape from poverty & gives them a voice & respect in their community, empowering them, as they grow, to affect positive change in society.

## THE CHALLENGE

Uganda has the **highest school drop-out rate** for girls in East Africa, mainly due to **pregnancy** and **early marriage**.

In Mayuge district, Eastern Uganda:

- 85% of girls drop out of school before 18yrs
- 60% of girls have no formal education
- 44% of girls (aged 15-19) were either pregnant or had given birth in 2016

Outcast by society & lacking in education, adolescent mothers & their children live in **extreme poverty**. At risk of sexual exploitation & HIV/AIDS, these are the most marginalised & vulnerable individuals in this impoverished, rural community. There, due to gender inequalities, most of the poor are female & teenage girls have the highest rates of HIV infection.

## THE SOLUTION



Through a rolling 6-month **training programme**, **HEAL Mayuge** will champion female economic empowerment & foster the girls' initiative & drive to develop their own income to support themselves & their children. When a girl joins the programme, she comes together with 20 other adolescent mothers (aged 14-19), forming a tight **support group** that helps to break the isolation caused by teenage pregnancy and insecurity.

### • HEALTH

She learns **practical knowledge** about her health, including reproductive health, HIV/AIDS & family planning. We will provide HIV/STI testing, counselling & referrals, as well as condoms & reusable sanitary products, otherwise unavailable to them.

### • EMPOWERMENT

She learns vital **life-skills** including communication, assertiveness & decision making. She also learns about **her rights** on key issues like sexual & domestic abuse.

### • AND LIVELIHOODS

She learns a **marketable job skill**, such as jewellery-making or animal husbandry, as well as **business training** to turn her chosen skill into a stable income.

Training will be led by the experienced Act4Africa Uganda team at **Kathy's Centre**, Act4Africa's community centre & kindergarten. **Qualified teachers** will provide first class education & care for the **children** of the teenage mothers, including a nutritional breakfast and lunch.

The team will also engage with men and boys, through **community sessions**, to gain support, shift cultural concepts & promote gender equality.

Once girls have completed the half-year-long training, they are **mentored** through drop-in sessions with the Act4Africa team.

## LONG TERM IMPACT

HEAL Mayuge aims to change the lives of 450 adolescent mothers & significantly impact over 1000 other members of the community, including, most importantly, their young children, making a difference for generations to come.

- Testing girls & their families for HIV/STIs & raising awareness of prevention in the community will reduce the spread of HIV/AIDS.
- Vocational skills will enable girls to become role models in their communities as they share their knowledge.
- Peer educator training will empower girls to become advocates for gender equality and women's sexual and reproductive health rights.
- Provision of training will improve girls' skills, knowledge & confidence, enabling them to set up their own small enterprises & provide for their families' needs & invest in a new future.
- Knowledge & involvement in economic activity will increase girls' influence on decisions in their homes & lead to increased status, acceptance & participation in their community.
- The project addresses UN Sustainable Development Goals 1-10.

## CREDENTIALS

SI Manchester has a long-standing and successful relationship with Act4Africa, who have been registered as a charity in the UK since 2000. Act4Africa UK works with its **award-winning partner NGO** in Uganda to deliver poverty reduction programmes focussing on the health, education & livelihoods of women and girls.

The HEAL model is **proven, sustainable** and **replicable** & has been established through **previous projects**, including HEAL Malawi in partnership with SI Manchester.

Act4Africa has established systems for **monitoring, evaluation & learning**. Progress reports and personal **stories** from the girls will be provided to clubs and **Study Tours** are available.

## COST

HEAL Mayuge can be timed & scaled according to the amounts generated through SIGBI fundraising. The estimated amount required to reach 450 girls, over a 3-year period, on a rolling 6-month education programme, is £149,850 (c. £50,000 per annum).

£333 covers the cost of a 6-month comprehensive training programme for one young mother, including resources, equipment, transport to & from Kathy's Centre, refreshments and comprehensive childcare.

98% of the money raised will fund the project directly, with 2% reserved for support from Act4Africa UK.

**HEAL Mayuge will provide SIGBI with a vehicle to inspire action & transform lives. With your support we can break the mother to infant poverty cycle in one of the world's poorest communities.**



To find out more about Act4Africa visit

[www.act4africa.org](http://www.act4africa.org)

Act4Africa Reg. Charity No. 1092074