

MEMPROW
Girls' Newsletter
THE KAMPALA CHAPTER | DECEMBER 2023 | VOLUME 3



*Sustaining Women's
Leadership*



MEMPROWUganda



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Message from COMMUNICATION UNIT

HELLOOO,

Our December 2023 edition (Volume 3) of the annual Girls' Newsletter is here.

We are excited to share the stories, accomplishments, and spirit of our incredible community of young women and girls.

We have amazing testimonies of strength, resilience, and brilliance that each of you brings to our communities, and Network. Through challenges and triumphs, you have shown the world what it means to be a MEMPROW Girl – fearless, compassionate, and unapologetically

ambitious.

In the pages that follow, you will find series of experiences, from academic achievements to mobilizing endeavors, self-discovery, and personal relationships to community service initiatives.

Our goal is not only to highlight the incredible accomplishments of our girls but also to inspire one another within and outside the network.

Communications Unit
Muyama Hellen (PR MGN) and Sharon Ocola



Message from **PROGRAMME DIRECTOR**



Dear MEMPROW Girl, How are you? It has been a minute. As I write this, we are two weeks into January 2024. This goes to say that a lot has transpired from the time we met with any of you as we closed off December 2023 to now. How are you?

I am thankful that this newsletter speaks to hope. The hope that comes with knowing that I can be better. I will be better when I find a place of nourishment, growth, and a partner that enables me to walk my walk, sing my song, or drink my coffee. What an honor that MEMPROW is that place for you all!

We are glad that in 2023, MEMPROW had the resources that enabled us to reach out to girls in school, child mothers, university students, and many other community members. Most importantly, when you experienced the sessions, something changed. You found your voice, your bearing, or the self that you did not know existed—the self that is con-

fident, willing to go the extra mile, the one that speaks for yourself and others, that takes on new challenges that will stretch you into a better version of yourself. And that you are gleaming from those lessons to make life better for you and your people or fellow students. Thank you.

In 2024, we will continue our commitment to preventing violence against women and girls, keeping girls in schools, and contributing to peaceful, empowering, and non-violent communities, especially for girls and women. Your feedback shows, and we trust that you are also a partner in this, wherever MEMPROW cannot reach.

Keep this light shining in all the dark corners of society until we all realize that all human beings deserve dignity, and respect for their rights to education, leadership, well-being, decent work, belonging, and many others.

MEMPROW is cheering you on!

Sarah Nakame



Featured Stories:

Empowering Girls





A Journey of Transformation: **FROM PASSION TO IMPACT**

Hello, I'm Lucy Karabo, the proud founder of the Girls Life Line Organization. My journey with MEMPROW began in 2023, and let me tell you, it's been nothing short of transformative. Before joining MEMPROW, I led with passion but lacked the essential leadership skills. I believed that the challenges I faced were due to discrimination, only to discover that a lack of organizational structure and management skills was holding us back.

My first MEMPROW training focused on personal and organizational leadership – a game-changer for me. I dived into understanding myself and my organization on a whole new level. It was a turning point. Previously, my team didn't take my ideas seriously because I lacked self-belief. But as I underwent a personal transformation, things began to shift.

The organization leadership session was a goldmine of knowledge. MEMPROW

equipped me with everything I needed to lead Girls Life Line effectively. Armed with this newfound wisdom, I even secured a position training students on personal and organizational leadership management.

With the guidance of MEMPROW, I successfully structured my organization, and now my team respects and values my input. The change was palpable. Thanks to the transport refund from the training, I was able to make a meaningful impact. I directed funds to support women living with HIV/AIDS in Kalangala, ensuring they had access to essential sanitary pads.

It's more than words can express, but I want to say a heartfelt thank you to MEMPROW for the leadership transformation that reshaped my entire life – both personally and organizationally. The journey has been inspiring, and I'm excited for the continued growth and impact of Girls Life Line Organization.

Finding Empowerment **Growth & Knowledge** at MEMPROW grounds

By Shadia Buteraba

“MEMPROW became more than just a space; it became my coat of inspiration.”



In the heart of February, my journey took an unexpected turn toward growth, empowerment, and knowledge. It's been a transformative experience, a tapestry woven with threads of self-discovery and care. And in this journey, MEMPROW Grounds emerged as my sanctuary.

Picture it - the room alive with energy, a haven where every inhale feels like a sip of positivity. MEMPROW became more than just a space; it became my coat of inspiration. Each moment is a shared treasure bucket of understanding and support. The people in MEMPROW became my listeners, my confidants, and my companions on this journey.

The magic lies in the good moments, the ones that linger in the air long after the meeting ends. There's an unspoken agreement in that room - we are here to

lift each other, to understand, and to propel forward. It's a place where empowerment becomes second nature, and growth is not just a concept but a living, breathing reality.

MEMPROW, to me, is an energy source, a powerhouse of encouragement that fuels my forward march. The gratitude wells up in me like a river, and I find solace in knowing I have a community that listens and understands. It's a safe space where memories of joy and solidarity take root, sustaining me through the twists and turns of life.

In the symphony of life, MEMPROW is my melody, a tune of gratitude and inspiration that I will forever cherish. Merci - a simple word that carries the weight of profound thanks for the exciting moments in the company of MEMPROW.



Leadership for Gender Equality – Fueling Change through MEMPROW's Impactful Training

By Sarah Birungi

In the leadership journey with MEMPROW, I, Sarah Birungi, discovered a newfound strength and professionalism within myself. Previously, I spoke unprofessionally to those in power, but now, armed with the skills acquired through MEMPROW's training, I communicate effectively, and people genuinely listen.

My attitude towards supporting fellow women underwent a significant shift. Once indifferent, I now passionately support, empower, and mentor young girls to find their voices. Thanks to MEMPROW's training on personal leadership, I've learned to lead myself first, fostering empathy by stepping into others' shoes before addressing them.

In my community, I've become a catalyst for change, disseminating knowledge on

gender equality, inequality, and domestic violence. Women now possess crucial insights, thanks to the teachings acquired from MEMPROW. As a leader for young girls, I've empowered them to speak out against violence and to stand up for themselves.

I extend my heartfelt gratitude to MEMPROW for their invaluable training, which has reshaped my perspective on gender dynamics. Once resigned to the belief that I couldn't effect change as a woman in a male-dominated world, I now stand firm in the conviction that positive transformations are not only possible but achievable. This story captures my journey of growth and advocacy, a testament to the profound impact of MEMPROW in shaping my narrative and inspiring change within my community.



Knowledge a Tool to Breaking the Chains of PATRIARCHY

By Lannie Ikiriza

I am Lannie Ikiriza, a 23-year-old woman born and raised in Kampala. For far too long, I've witnessed and experienced the unsettling reality of men feeling entitled to women's bodies in our society. Whether it's the boda-boda men making inappropriate comments or crossing the line by touching us without consent, the pervasive sense of entitlement has reached alarming levels. Tragically, this entitlement has even escalated to rape and violence against women, fueled by societal norms that perpetuate the idea of male dominance.

Attending transformative sexual and reproductive training at MEMPROW, was an eye-opening experience that shed light on the root cause of this entitlement – the deeply rooted societal perceptions that dictate gender roles. The training introduced me to the concept of patriarchy and its complex connection to our sexuality and capitalism.

Armed with this newfound knowledge, I now understand the importance of dismantling these rooted beliefs that have led to the mistreatment of women. The session not only enlightened me about my own body, sexual health, and reproductive rights but also equipped me with the skills to empower other women. I am now determined to raise awareness and spark a movement against patriarchy.

I extend my gratitude to MEMPROW for empowering us with knowledge and awareness. This experience has not only changed my perspective on myself but has also instilled a sense of responsibility to create positive change in the lives of women and girls around me. As we stand together, armed with information and solidarity, we can break free from the chains of patriarchy and strive for a society where respect and equality prevail.

EMPOWERED AND ENLIGHTENED

"...I learned valuable techniques to safeguard my mental well-being."

Namatovu Bridget



I am Namatovu Bridget, a dedicated student of business administration with a specialization in accounting. Before I embarked on this journey with MEMPROW, I struggled with the challenge of putting others before myself, often finding that my kindness was taken for granted. My soft-hearted nature, while a virtue, left me feeling unappreciated.

MEMPROW, through her training programs, has been a beacon of enlightenment and empowerment in my life. The comprehensive curriculum touched on crucial aspects of a woman's well-being that I was previously ignorant about, particularly in sexual and reproductive health. I gained valuable insights into family planning methods and discovered preventive measures against conditions like fibroids, such as adjusting my diet and embracing regular exercise.

The training expanded my awareness of issues like ovarian cancer and equipped me with essential knowledge about antenatal care during pregnancy. I emerged from MEMPROW with a newfound confidence and heightened self-esteem, learning the importance of

prioritizing my own needs and well-being. The analogy of a full cup is capable of emphasizing the significance of self-care.

One of the most impactful lessons I took away was the WHO-recommended tactics, encapsulated in the acronym RESPECT, aimed at combating gender-based violence. This knowledge has empowered me to stand up for myself and others, fostering a sense of responsibility in the fight against societal challenges.

As life's struggles can lead to stress and anxiety, potentially spiraling into depression, I learned valuable techniques to safeguard my mental well-being. MEMPROW taught me to steer clear of overthinking and to carefully curate the thoughts that occupy my mind.

In closing, I express my deepest gratitude to MEMPROW for the invaluable opportunity and the positive transformation it has brought to my life. I am now equipped with knowledge, confidence, and a renewed sense of purpose, ready to embrace the world as an empowered and enlightened individual.



MY LIFE CHOICES ARE FAIR

“With such stories, am brightened more, informed more, my life choices are fair, I would say perfect...”

Oprah Patricia M

Oh, hail the Founder of MEMPROW, the nurturers, service providers, and everyone who makes an effort for us to feel different about ourselves, love ourselves more, and not judge anyone based on their ethnicities and everything that makes us different from one another.

Ever since 10 months ago, I have been able to set the pace in my life lifestyle and a vital part is mental health.

This space is something I would have to do for eternity, I sink into it more because it's one thing that makes me feel less of myself, happier than ever.

With such stories, am brightened more, informed more, my life choices are fair, I would say perfect but and being human am bound to imperfection. Nevertheless am proud to be a MEMPROW girl.

Finances, my sexual and reproductive health, digital awareness are and some of my main focuses, and low-key they are the key factors that make up my life, and with them under my control, I am at a better place. Am not compromising myself for none, not paying attention to the negativity.

I am just waiting for a just life will throw at me, and MEMPROW has helped me prepare for every storm.

Am happy with the results attained from here I know better days are coming.

Breaking Chains, Building Bridges together with MEMPROW

Nabagereka Margret

In the heart of Wakiso Sub-County, where the vibrant spirit of community thrives, my story unfolds—a tale of transformation, resilience, and empowerment. I am Nabagereka Margret, a proud female youth representative who embarked on a remarkable journey of self-discovery and leadership.

As a fresh graduate of Kyambogo University with a degree in food processing technology, I found myself at the intersection of passion and potential. Little did I know that my path would intersect with MEMPROW, an organization that would become the catalyst for my personal and professional growth.

When I assumed the role of youth representative in Wakiso Sub-Local Government, I faced a daunting challenge. Despite my academic achievements, I lacked the crucial skills needed for effective leadership—public speaking, conflict resolution, and the courage to voice my ideas. The weight of fear and anxiety gripped me, hindering my ability to contribute meaningfully to council meetings and engage with the community.

It was at this pivotal moment that MEMPROW entered my life, through their transformative personal growth training, I learned the true essence of self-worth, self-care, self-respect, and self-appreciation. These invaluable lessons became the bedrock upon which I would build my newfound confidence.

With the unwavering support of MEMPROW, I took bold steps into the realm of council meetings and community dialogues. Armed with the knowledge and skills acquired, I not only found my voice but also became a source of inspiration for others in my community. I realized that my journey was not just about personal growth but about uplifting those around me.

MEMPROW became the key that unlocked my potential, propelling me to greater heights within the local government. Today, I proudly serve as the Chairperson for the Social Services Committee, where my expertise in sexual and reproductive health and rights (SRHR), gender-based violence (GBV) management, and capacity building has made a significant impact.

I am no longer just a youth representative; I am a leader, a change-maker, and a bridge-builder and I have witnessed the transformative power of education, empowerment, and community engagement. MEMPROW not only equipped me with the skills needed for effective leadership but also instilled in me a passion for creating positive change—the importance of self-worth, the strength found in unity, and the endless possibilities that arise when one woman's voice is heard.

“ To every Girl reading this, know that you have a resilient spirit and boundless potential that lies within you, waiting to be unleashed. ”





My journey towards self-discovery affirmed that my wellness is not just a priority; it is a personal responsibility.



Embracing the **FEMINIST** Within

**Nabaggala
Ansrea Kesia**

In the past, I viewed feminists as individuals driven by anger, making it difficult for me to align myself with the movement. Little did I know that my perspective would undergo a remarkable transformation during the MEMPROW study week. The enlightening sessions, led by diverse facilitators, exposed me to a spectrum of ideologies that transcended my preconceived notions.

One profound realization that echoed throughout the week was the harmonious coexistence of love and leadership, provided we respect boundaries. It became evident that work could be both enjoyable and highly productive, challenging the conventional notion that professionalism required a stern demeanor. As the week unfolded, a profound truth emerged—I am a feminist.

This new found identity brought with it an inner sense of pride, an acknowledgment that my

power knows no gender limitations. The realization dawned upon me that I hold the key to shaping my destiny and can achieve anything I set my mind to. Gender should never be a hindrance to what one is capable of accomplishing. My journey towards self-discovery affirmed that my wellness is not just a priority; it is a personal responsibility.

In embracing the feminist within, I have unlocked a reservoir of strength and determination. The empowerment gained during this transformative week has illuminated a path where I am not confined by societal expectations. Instead, I am the architect of my narrative, and with this newfound awareness, I stand poised to embark on a journey where my capabilities know no bounds.



When are YOU a FEMINIST?

One does not necessarily become "a" feminist at a certain point, but instead, feminism is a movement and an attitude that is about supporting gender equality. There is no fixed definition of when someone is a feminist, as it can vary from person to person. Here are 4 pointers that tell if you're a feminist:

01

Belief in equality:

Believing that men and women should have equal rights and opportunities in society.

02

Critical Reflection:

Thinking critically about gender-related issues and challenging gender stereotypes and gender discrimination.

03

Activism:

Engaging in activities or actions that work to promote gender equality, such as participating in demonstrations, supporting organizations, or working for political change.

04

Empathy and support:

To support and show understanding for those who fight against gender discrimination and inequality.

Feminism isn't hating men or women. It's about standing together against injustice!



Spotlight: Interns Experience

Emma Minella, Intern from Denmark

As a student of Cultural Encounters from Denmark, I have learned so much during my time as an intern in MEMPROW. Their daily work with empowerment of young girls and women has given me a broader perspective of how cultural and patriarchal norms cause structural inequalities for women in Uganda. I feel privileged to have the chance to witness and participate in work that aims at transforming negative cultural norms and mind-sets and strengthening girls and women's voice and leadership-skills.

I feel privileged to have met so many courageous and inspiring young women through MEMPROW trainings who have the courage to speak up and challenge the way society perceives them as women and human beings. I can only express my deepest gratitude and respect for my wonderful colleagues and the MEMPROW girls who I believe have the skills to change society for the better as aspiring feminist leaders.

From Silence to Strength: My Journey with MEMPROW

Leticia Birungi

Before I joined MEMPROW, I was a person overwhelmed by self-doubt, shying away from public speaking and convinced that I lacked intelligence, wisdom, and proficiency in English. My confidence hit rock bottom, and I traced it back to my body weight. It was during the self-care sessions with Madam Lillian that I began to unravel my true self and discovered a profound passion for caring for children. MEMPROW played a pivotal role in transforming my life, empowering me to speak in public and instilling the belief that my opinion matters.

The internship program MEMPROW provided me with was a game-changer. Not only did I learn about feminism, leadership, and sexual and reproductive health and rights (SRHR), but I also managed to save the transport refund and start a bar. This financial stability has given me the ability to feed myself and meet my bills. MEMPROW, in essence, saved my life.

Yet, amidst the newfound strength, there's a shadow I grapple with. I find myself in a violent relationship, constantly living in fear for my life. The stress has taken a toll on my health, with consistently high blood pressure. Despite the challenges, I hold on to hope. I am determined to earn enough to secure a home and break free from this cycle of violence. Urgently, I need counseling, but my hope remains unshaken.

In the end, I express my deepest gratitude to MEMPROW for changing the trajectory of my life. From a person silenced by doubt to one empowered to speak, from financial instability to stability, MEMPROW has been my beacon of hope.



My Journey as a Social Worker at MEMPROW

Laura Leonora Henriksen, Intern from Denmark

This semester I have had the privilege of doing my internship at MEMPROW, a dynamic feminist leadership organization in Uganda. My experience as a social worker from Denmark collaborating with MEMPROW has been both eye-opening and rewarding.

This internship has allowed me to engage myself in structural issues concerning child marriages, teenage pregnancies, and women's leadership in Uganda. It has been disheartening to witness the challenges young girls face. However, MEMPROW's tireless efforts to raise awareness and empower these girls have been inspiring. I have through this internship seen the direct impact of empowerment on the lives of women and girls. In my time with MEMPROW, I have especially been deeply moved by the girls and young women I had the privilege of meeting and observing in the trainings with MEMPROW.

Their resilience, courage and determination have had a huge impact on me. I see the girls of Uganda as an extraordinary resource; one that is yet to realize its full potential. When I return to Denmark, I will carry with me not only professional experiences gained during my internship but also a broader perspective on the social issues girls in Uganda face. My time at MEMPROW has reinforced my commitment to working towards a more just and equal world, and I am excited to continue advocating for positive change regarding girls and women in the field of social work. I am grateful for the chance to have been a part of MEMPROW's work and to support their mission towards a brighter, more empowered future for women and girls in Uganda.



Noor Al Senyani, Intern 2023 at MEMPROW

Hello girls!

My name is Noor and I'm an intern at MEMPROW from Copenhagen, Denmark! I've been in MEMPROW since the 1st of September 2023 and I live in Ntinda while staying here in Uganda. The first words I've learned to say in Luganda webale, nedda, sagala! I use the word webale at least 5 or 13 times a day and I'm continuing to learn more expressions in Luganda.

So, who am I? I am an international and intercultural social worker and at the moment I'm studying my masters in Social Science in my third semester. The reason I wanted to move to Uganda is because I believe it's relevant for every social worker to study and experience social work in a global context. Furthermore, it's professionally relevant because during my internship I will achieve academic insights and practice experiences of how social work unfolds internationally in the global south and on this occasion: Uganda!

Time is flying and my internship will already end on the 21st of December 2023. Therefore, my focus is to get as much out of the internship as possible, by meeting you girls/women, going to the field and learning more and more about how to understand and support girls and young women in Uganda!

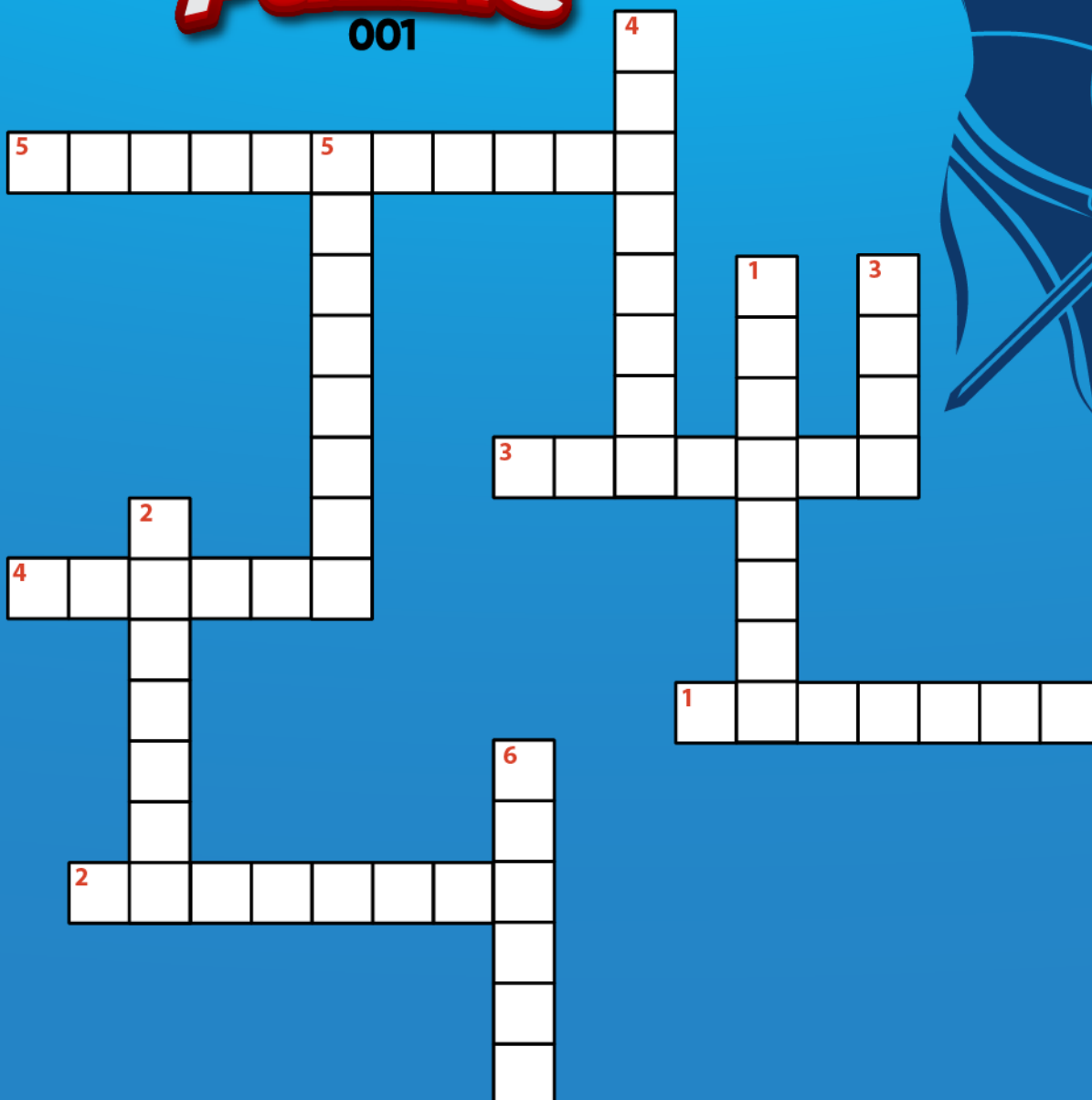
Finally, I would like to use this space to express my gratitude to all the girls/women and facilitators that I have met so far. You are inspiring, resilient and intelligent. May the sun always shine on you.

All the best,

Noor Al Senyani

MEMPROW Crossword Puzzle

001



ACROSS:

1. Empowerment organization for women (7)
2. Gender equality advocacy (8)
3. Women's rights activist, Susan B. _____ (7)
4. Equal opportunities for all genders (6)
5. Encouraging women to pursue leadership roles (11)

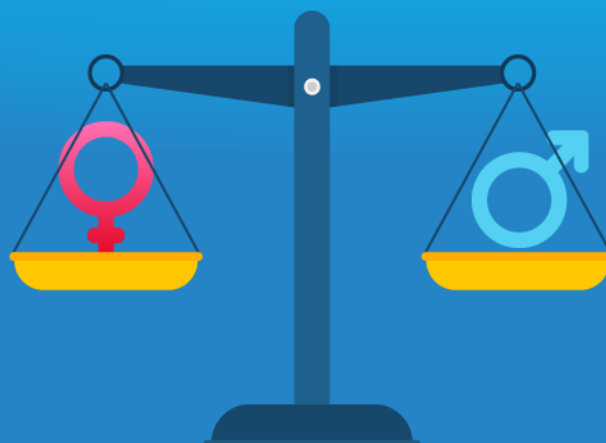


DOWN:

1. Supporter of women's rights (8)
2. Movement for fairness and equality (7)
3. Champion of women's suffrage, Elizabeth _____ (4)
4. A woman who fights for gender equality (8)
5. Advocacy for equal pay for equal work (8)
6. _____ rights are human rights (6)

ANSWERS TO THE CROSSWORD PUZZLE

EMPOWERMENT	WOMENS	FEMINISM
MEMPROW	EQUALPAY	ACTIVIST
EQUITY	CADY	ADVOCATE
	ANTHONY	JUSTICE





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Sustaining Women's leadership

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