

MEMPROW Girls' Newsletter

WEST NILE CHAPTER | DECEMBER 2023 | VOLUME 3



Sustaining Women's
Leadership

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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.

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





MEMPROW MAGIC: *Fairy Godmother of Empowerment* *By Rose Clara Dominic*

Engaging with MEMPROW has been an absolute game-changer for me! Picture this: I'm strutting into rooms like I own them, confidently expressing myself without a care in the world. Thanks to MEMPROW, I've become a networking ninja, rubbing shoulders with some seriously inspiring folks.

Their workshops and events? Let's just say they've turned me into a leadership superstar. I'm practically running the show now, and it's all thanks to MEMPROW's magical touch.

But it's not just about me. Oh no, MEMPROW has created a tight-knit community where we all have each other's backs. It's like a support squad on steroids!

And here's the best part – I've taken all this newfound confidence and skill and become a superhero for young girls. I'm out here changing lives, all because MEMPROW believed in me. They're like the fairy godmother of empowerment, and I'm living my happily ever after. Thanks, MEMPROW, for turning me into the best version I was always meant to be!

FROM CHALLENGES TO TRIUMPH: Anna's Journey

By Afoyorwoth Anna

"I found support and guidance that changed everything."



Hey there! I'm Anna, and I've got a story to share – a journey from challenges to triumph, all thanks to the incredible support I received.

Picture this: a 16-year-old girl navigating the tricky path of being a child mother. Baby needs, sleepless nights, and the overwhelming responsibility had me feeling lost. But then, something amazing happened – I found support and guidance that changed everything.

One day, a wise counselor through MEMPROW stepped into my life. They shared valuable insights that became my lifeline. I soaked in knowledge like a sponge, learning the ropes of self-management and baby care. It was like a crash course in superhero parenting, and suddenly, I felt like I could handle anything life threw at me.

The best part? Confidence became my sidekick. Armed with newfound knowledge, I faced each day with a smile, knowing I could tackle whatever challenges came my way. But that wasn't

all – my wise counselor planted a seed in my mind, a belief that education was the key to unlocking a brighter future.

And so, I made a promise to myself: education would be my compass, guiding me towards success. I embraced the opportunity to learn, grow, and defy the odds stacked against me.

Today, as I reflect on my journey, I can't help but be grateful for the support that transformed my life. From a teen facing adversity to a determined young woman with a vision, this is my tale – a tale of triumph, resilience, and the power of support.

Remember, no matter what challenges life throws your way, there's always a way to turn things around. It might take a helping hand, a bit of wisdom, or a promise to yourself, but you have the power to shape your destiny.

Here's to overcoming obstacles and embracing the incredible journey of life!



Breaking Boundaries: A MEMPROW Journey



By Asianzu Nancy Brenda

In the heart of the vibrant "Lugbara" culture, where traditions often whisper restrictions to women, I discovered the empowering realm of MEMPROW. Becoming a MEMPROW girl was my passport to a life beyond stereotypes, a journey that transformed me into the bold and resilient woman I am today.

"Fostering agency became my anthem," as MEMPROW lightened the path to making informed choices and seizing control of my destiny. No longer confined by societal expectations, I embraced leadership roles in both my school and community, challenging and inspiring fellow ladies to rise above the limitations placed upon us.

MEMPROW not only rewrote my story but also provided a stage for valuable interactions. Through this empowering

network, I found myself rubbing shoulders with trailblazers from diverse fields. These encounters gifted me with insights, inspiration, and the potential for life-changing mentorship.

Today, I proudly declare my identity as an empowered MEMPROW girl. My journey has become a testament to the resilience of the human spirit, breaking through cultural barriers and encouraging others to follow suit. MEMPROW has not just been a platform; it's been my guide, my confidant, and the catalyst for a narrative that defies expectations.

I am Asianzu Nancy Brenda, a proud MEMPROW girl, living proof that with determination and the right support, we can break free from the chains of tradition and pave our paths to success.



MY JOURNEY TO FINDING SELF CONFIDENCE

By Achora Consolate

My name is Achora Consolate, and today I thought I should share about my journey to building self-confidence. Throughout my life, I've always been someone with a low self-esteem and fearful.

Not so long ago, the mere thought of approaching my mother for sanitary pads was daunting. The distance between us seemed insurmountable, leaving me to face my menstruation without the essential care. But MEMPROW changed that. They didn't just hand me pads; they handed me the courage to ask my mother for them.

Now, picture this: a group of vibrant youth, including myself, gathered in our community. MEMPROW became the catalyst for these conversations. We delved into health topics, demystifying the stigma around menstruation. Suddenly,

sharing experiences and discussing health issues became the norm.

And oh, the joy of receiving those sanitary pads! MEMPROW's gift not only kept me smart and clean during menstruation but also became a symbol of empowerment. With each pad, I embraced a newfound confidence.

But it didn't stop there. MEMPROW instilled in me the importance of knowing my health status. Regular blood tests became a routine, a shield against the shadows of sexually transmitted diseases like HIV/AIDS.

Thanks to MEMPROW, I am no longer just Achora. I am Achora, confidently embracing my womanhood, fostering community conversations, and standing strong against health uncertainties. The journey from fear to empowerment is my story, and MEMPROW is the ink that wrote it.

FROM SETBACKS TO STRENGTH: Sharon's Empowering Journey

"I'm a living proof that your past doesn't define you; it prepares you for greatness."

Sharon Sasha
Asianzu



Hey there! I'm Sharon Sasha, a proud MEMPROW girl with a story to share. Life threw me some hard rocks, but I turned them into stepping stones.

Once upon a time, I was a law school dreamer, tackling the books and chasing a future draped in justice. But guess what? Life had other plans. In my first year, I found out I was going to be a mom. University had to take a backseat, and I bravely faced the challenge.

My world took a turn when my father banished me from home. It stung, but I didn't let it break me. Fast forward, he forgave me. Forgiveness is a powerful thing.

Now, I channel my strength into supporting other girls, mentoring them

through MEMPROW. Talk about turning lemons into lemonade! I'm all about empowering others.

Engaging in MEMPROW talk shows and events has been a game-changer. I've blossomed into a rights advocate, raising awareness like a boss. My confidence? Through the roof!

Oh, did I mention I'm rocking this single mom thing? I'm supporting my baby and showing the world that setbacks are just setups for comebacks.

In the near future, I also plan to resume pursuing my law degree.

Life threw me a curveball, but I swung back harder. I'm Sharon Sasha, and I'm a living proof that your past doesn't define you; it prepares you for greatness.



FROM NIGHT DISCOS TO EMPOWERED DREAMS

Adokwun Sylvia

Hey there, it's Adokwun Sylvia from Nyaravur Secondary School, Nebbi District! I used to be all about night discos and had a boyfriend with not-so-great friends. But then, I found MEMPROW, and everything changed.

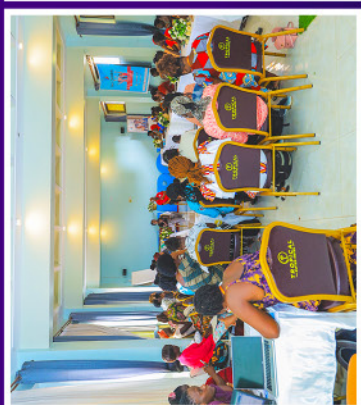
MEMPROW showed me a new path. I've ditched the bad crowd, and now, I don't even think about that old boyfriend. Early relationships? Not for me anymore. I've learned to stand up for myself, to be empowered.

Now, it's all about my studies. MEMPROW, thank you for turning my life around. From night discos to empowered dreams – that's me now.



#PhotoGallery







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.



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!

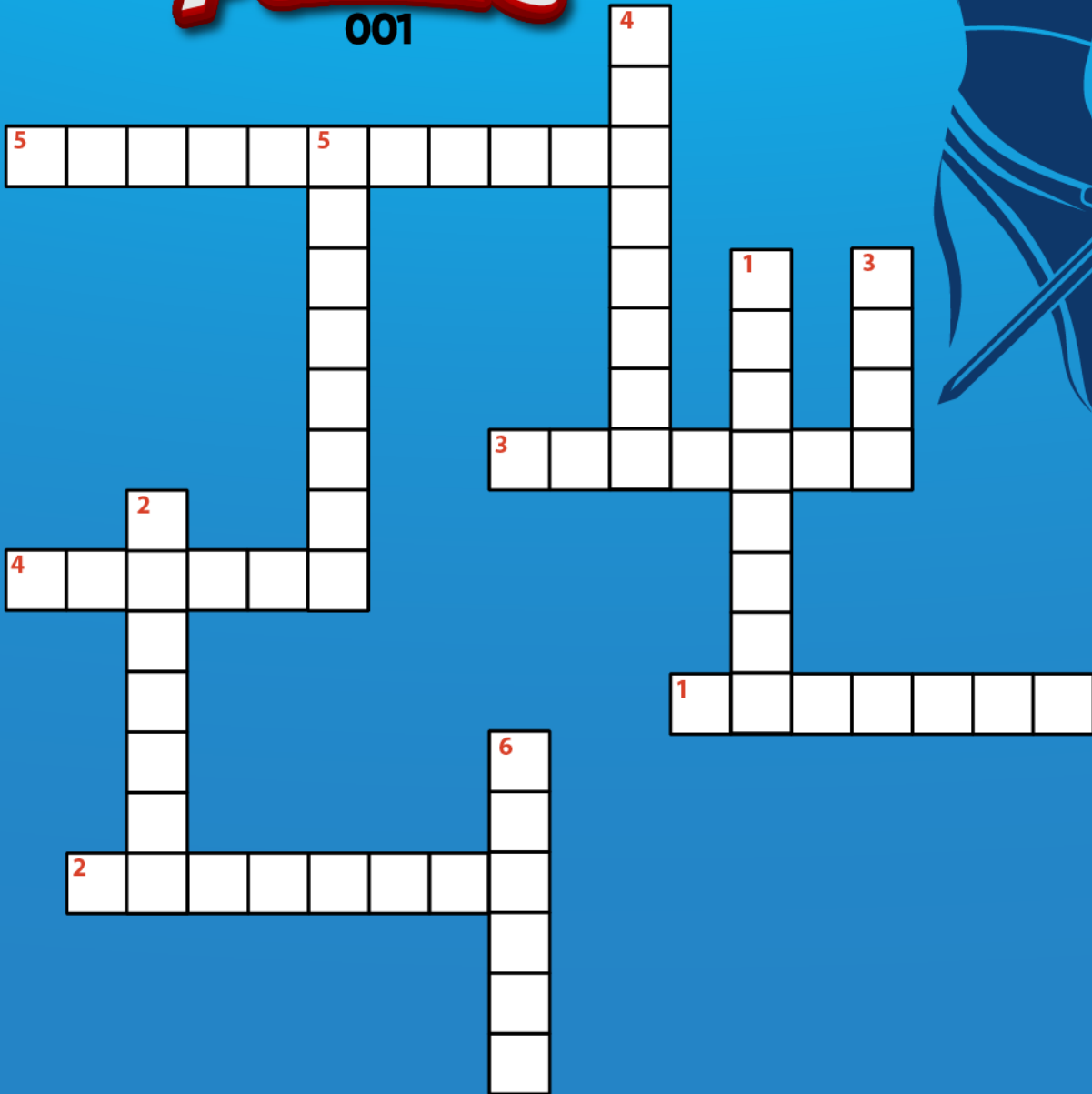
Finally, I would like to use this space to express my gratitude to all the girls/women and facilitators that I have met so far. You are inspiring, resilient and intelligent. May the sun always shine on you.

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)

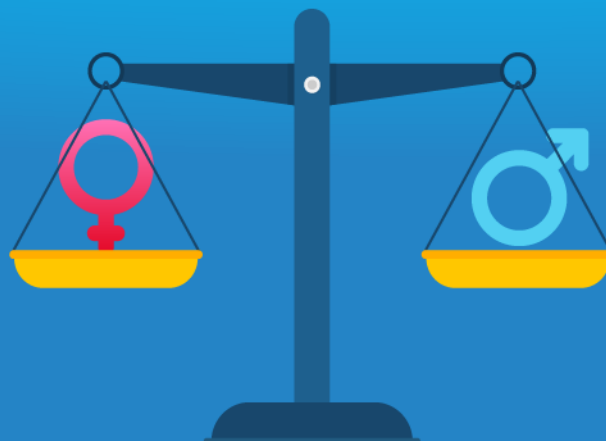


DOWN:

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

This is a publication by Mentoring and Empowerment Programme for Young Women (MEMPROW)

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