

Hey there, Health Heroes!

Welcome to the SRHR Spotlight Newsletter, the coolest and most captivating read from Reproductive Health Uganda!

Get ready to dive into a whirlwind of wonder, where we shine a dazzling spotlight on everything reproductive health. Whether you're a reproductive health rockstar or just curious about the amazing work happening in Uganda, this newsletter is your backstage pass to the action!

At Reproductive Health Uganda, we believe that serious topics can still be seriously fun. The SRHR Spotlight Newsletter is here to inform, inspire, and entertain you with a sprinkle of sparkle and a dash of dazzle.

Here's a sneak peek at what's lighting up the Spotlight:

- Heroic Journeys:** Meet the unsung heroes whose extraordinary stories will make your heart sing and your spirit soar. Get ready for goose bumps!
- Wisdom Wonderland:** Discover golden nuggets of knowledge from our expert gurus who make reproductive health as captivating as a magic trick.
- Innovation Station:** Explore the cutting-edge projects that are changing lives, one brilliant idea at a time. Spoiler alert: They're super cool!
- Voices from the Heart:** Tune into the heartfelt tales of real people, sharing their triumphs, trials, and everything in between. Tissue alert: Tears of joy ahead!
- Calendar of Awesomeness:** Mark your calendar with events so exciting, you'll be counting down the days. Get ready to mingle, learn, and have a blast!
- Treasure Trove:** Unearth a trove of tools, tips, and treasures to boost your advocacy skills and spread the word with flair.

So, grab your curiosity cap, a sense of humor, and a thirst for knowledge. It's time to step into the Spotlight and shine! **Enjoy the ride**

AMONG YOUNG PEOPLE, FEMALES ACCOUNT FOR 80% OF NEW HIV INFECTIONS: THIS MUST CHANGE

Does it agitate you! Does it disturb you! Has it triggered any reaction! Has it led to any actions! But are you even aware!

We are back again. Disturbed by everything going wrong concerning adolescents and women. This time round! It's the continued soaring HIV infections among women and adolescents.

In May, the Director General of the Uganda AIDS Commission (UAC), while interacting with the legislators, reiterated some importunate revelations- the unsettling high HIV prevalence rates amongst young people, especially girls.

In this same second quarter of 2024, we have been awash with stories of escalating cases of HIV infections in the cities of Fort Poortal and Mbarara, among other areas. Again, the new infections are higher in girls and women.

The UAC current report continue to show a worrying trend in new HIV infections. The report shows that 36% of new HIV infections are among young people aged 15 – 19, and 65% among adults aged 15 years and above.

More disheartening is the fact that 70% of new HIV infections among young people are among adolescent girls. It's even worse with young people, with almost 80% of new HIV infections among females.



In Fort Portal City, a city with the highest HIV prevalence rate, at 17.8% (compared to the national average of 5.1%), currently has more than 20,000 people living with HIV/AIDS, of which 62% are women. Similarly, in the second quarter of 2024 reports from the city with the second highest prevalence of HIV/AIDS- Mbarara City- indicates that young girls are increasingly getting HIV.

Why the many cases!

In June, the Mbarara City HIV focal person attributed the increase of the new infections in the district to many young girls engaging in unprotected commercial sex with men over 45, because of economic reasons. The UAC director general mentions highly mobile population and highly

commercialised cities as a major risk factor. Complacency, low condom use and poverty, coupled with gender inequalities are not forgotten, among the factors for these high rates.

What must we do!

This July 2024, the country marked the World Population Day under the theme. "Celebrating the Past, Planning for the Future: Towards Meeting the Needs of All".

We must meet the needs of adolescents and women. Yes, it's a gesture in the right direction, the Government directive to all ministries, directorates and authorities- including local governments to allocate 0.1% of their budgets to HIV interventions.

However, the directive alone- in the budget circular- may not be enough. In the past, we have seen such directives (for instance the 0.5% on gendered programming) being partially implemented.

About 85% of the country's HIV/AIDS programming still depending on external/donor funding.

Therefore, strategic massive investment in adolescent friendly and responsive services across the country is a no negotiable. Gaps in access to services by young people has created a gap in prevention, education and treatment amongst adolescents, especially for the girl child. Therefore, using the affirmative action, can MDAs be deliberate and channel the 0.1% towards adolescents, young people and women.

With the increasing gap in HIV funding, the SRHR Spotlight reiterates the UAC call for action that include:

With the increasing gap in HIV funding, the SRHR Spotlight reiterates the UAC call for action that include:

Young People

- Abstain from sex until you are ready (and if you can't, make a condom your companion).
- Your partner's HIV status is not yours. Stop the excuses, go for HIV testing.
- Avoid peer pressure, consequences of sex are not shared by your friends.

Men

- You are the champions, take lead to end cross generation sex.
- Remember as a man, you can only achieve your dreams if you are healthy. Stay safe from HIV.

Parents

- Spend quality time with your children and set an example for them to follow.
- Understand and discuss the unique needs of young people especially adolescents such as body changes and attraction to the opposite sex .
- Create an enabling environment at home for your children to freely discuss body changes and HIV.

Leaders

- Local Government leaders: ensure that 0.1% of the local government budgets is allocated for HIV and AIDS activities as directed by the MoFPED.
- Ensure that HIV and AIDS coordination structures meet regularly to discuss HIV and AIDS performance and ensure accountability from HIV and AIDS service providers.

Each one of us has a role:

- Ensure the 0.1% allocation to HIV/AIDS interventions
- Check and ensure health facilities offer youth friendly and responsive services
- Support young people and women to access the needed health services
- Promote/champion gender equality

OUR STAR GOVERNMENT AGENCY OF THE QUARTER

Kudos MoH Adolescent and School Health Division

It's been an eventful first half of the year. Why? Their attention is demanded by more CSOs than what they can offer. But they will always stand with you. Because, to them, there's always a way out. The lady at the helm is a darling to many young people. And many have relished working with her team. Obugalo, Dr Rachel Beyagira, Assistant Commissioner for Adolescent and School Health at the Ministry of Health, and your team

The wisdom imparted to over 2,000 students during the student-leaders conference, organised by the Uganda National Students Association (UNSA), held in Mukono; by the chief herself.



The campaigns to raise awareness through engaging communities, schools, parents, caregivers, and students on teenage pregnancy. The support on the implementation of sexuality education; interventions supported to ensure adolescents access healthcare services and skilling them with knowledge and resources needed to make informed decisions about their health. We applaud you at the SRHR Spotlight Newsletter.

Undeniably, this last quarter has been a beehive of activities for you- at the MoH Adolescent and School Health Division. We salute you for overseeing the launch of the Adolescent Health Awareness Campaign in Isingiro district in the month of May, supported by the Uganda Youth and Adolescent Health Forum. A platform to enhance access to age-appropriate health information top attain mind change by adolescents in and out of school.

And how can we forget the dish that only awaits ministry of health top management approval before it's implemented. In the past couple of months, the division, working with partners, to engage another gear on the implementation of District Committee on Adolescent Health (DICAH).

This lies on the background that investing in adolescent

health and wellbeing has triple dividend, and if their potential is not well harnessed, can lead to harmful consequences.

Therefore, the adolescent health working group developed the DICAH strategy on the premise that adolescence is a critical period of development, and it is essential to ensure that the health needs of adolescents are met. And more critical was the fact that whereas there were ongoing investments to increase access to health and social services for adolescents and young people across all sectors, planning and implementation of ADH issues was not as consistent (parallel implementation by partners, weak multi-sectoral coordination, weak stakeholder engagement, and inadequate ADH resources at district level).

Therefore, the DICAH strategy will help to identify specific health needs and develop strategies to address issues that affect adolescents and young people, and serve as a neutral platform for spearheading, coordination and supervision of adolescent and youth interventions at sub national level.

Kudos MoH Adolescent and School Health Division- you take the flowers for the Star MDA of the Quarter.

OBUSINGA BWA RWENZURURU COMMENDS RHU ON INTERVENTIONS LINKING SRHR AND CLIMATE CHANGE

Obusinga bwa (the kingdom of) Rwenzururu applauds Reproductive Health Uganda's efforts in ensuring that reproductive health services reach every individual.

"We deeply appreciate your presence in the Kingdom and thank you for saving the lives of both Ugandans and non-Ugandans," says Queen Ithungu Agnes of the Obusinga bwa Rwenzururu.

The heartfelt declaration was made during a meeting between RHU and the Obusinga bwa Rwenzururu at the palace in Kasese.

Queen Ithungu expressed deep gratitude to RHU for her invaluable services to Ugandans and congratulated the organisation upon her 67 years of dedication, substantial contributions to the Rwenzururu Kingdom, especially extending sexual reproductive health services for climate change resilience.

She underscored the severe impact climate change has on mothers and children in the region. She highlighted the alarming increase in maternal mortality and teenage pregnancies, often driven by young girls seeking sustenance amid harsh environmental conditions.

"The Obusinga bwa Rwenzururu is committed to becoming ambassadors of sexual and reproductive health in the region," Queen Ithungu Agnes remarked.

Recognising the pivotal role

that cultural leaders play in influencing community members, RHU collaborates with the Obusinga Bwa Rwenzururu on integrating SRHR into climate change programming in the kingdom.

Annet Kyarimpa, RHU's Director of Programmes, noted that RHU is excited to partner with the Obusinga Bwa Rwenzururu on issues related to climate change.

"The region has experienced recurring floods as a result of climate change which has grossly impacted women and children negatively. RHU being a health focused organisation is happy to work with the kingdom to reduce negative effects of climate change on women and children," Annet noted during the meeting.



OH YEAH, WE ARE RHU: WE HAVE BEEN AT IT

With the flapping plane wings, we trotted the globe from city to city, country to another, we bench marked, we learned, we shared, we partnered and now, we are ready to take you on our global voyage.

With a thunderous roar of aeroplane engines, like a rocket blasting off to the moon, RHU catapulted into the skies towards the mystical city of New York. Landing in the dynamic city, home to over eight million people speaking more than 200 languages, we arrived for the 57th session of the Commission on Population and Development (CPD) happening the week of April 29 – May 3, 2024. In the city of arts, fashion, and international diplomacy, we engaged in discussions on integration of SRHR and climate change at events like the Population Council and Women Deliver side event. We also participated in the Uganda side event (with the leadership of National Population Council- Uganda) in partnership with governments from Ghana, Nigeria, South Sudan, and others.

Attending the IPPF UN New York coordination office convenings and the International Sexual and Reproductive Rights Coalition coordination meetings, we strategised on influencing discussions and addressing challenges related to CSO-government engagements. New York, with its UN headquarters fostering consensus building, proved to be a welcoming host. We left vowing to return, driven to make a difference in advancing sexual and reproductive health and rights worldwide.

Then, off we flew to Tamale. (forget the Ugandan Tamale, this is a vibrant town in the northern part of Ghana) On the twelfth day of May 2024, RHU stormed into Tamale for the electrifying Power to Youth country linking and learning programme. This wasn't just another event—it was a convergence of trailblazers showcasing cutting-edge initiatives from Ghana, Senegal, and Uganda. The Emanzi (trainer of trainers on youth programming) Toolkit took centre stage, dazzling participants with its transformative potential. The Ugandan team demonstrated how the toolkit promotes ownership of interventions. Even when the programme is phased out, young people continue applying the skills acquired.

In Ghana, our boots were firmly on the ground. We didn't just participate; we engaged, inspired, and learned from the local contexts. This exchange was a whirlwind of ideas, collaborations, and groundbreaking solutions to youth challenges. It was a testament to our relentless drive to create lasting change and empower the next generation.

While one foot was in Tamale, our other foot was in Mombasa igniting our advocacy machine roared into action. This was at the Right Here Right Now (RHRN) Regional Forum in Mombasa, Kenya the week of May 14, 2024.

It was a powerhouse of regional SRHR champions, youth leaders, and CSOs. Our team brought the heat, sharing frontline experiences and innovative strategies that have a lasting impact. The forum was a pot of creativity and collaboration, reinforcing our mission to drive SRHR advocacy to new heights.

The momentum continued at the IPPF Regional and Youth Forum in Nairobi, Kenya starting on the twenty seventh day of

May 2024. The RHU's Executive Director stirred the congregation into a fire discourse on SRHR and climate change. Highlighting our work under the PROMISE II Programme, we showcased how we are leading in integrating SRHR and climate change. This event amplified our voice on a global stage, spotlighting the importance of SRHR in climate change resilience and adaptation.

RHU's advocacy odyssey found itself at Folkemødet, Denmark's largest democratic event, from June 12-14, 2024. This festival was a crucible of dialogue and cooperation, and we were right at the heart of it. Our Executive Director, delivered a powerful address, igniting discussions on countering the anti-rights movement. His words resonated, evoking empathy and unity among participants.

Finally on the global scene, RHU's whirlwind quarter culminated with the RHRN Global Meeting in Rabat, Morocco, from June 24-27, 2024. This gathering was a celebration of



achievements and planning for the future. We shared successes, refined our strategies, and strengthened our resolve to sustain youth movements and sexuality education beyond 2025.

The glamour was not only at the global level. Back home, our boots were firmly on the ground. On May 24, 2024, RHU took a commanding role at the Dutch SRHR partnership forum. This dynamic event was a nexus of Dutch-funded SRHR programmes, exchanging knowledge and strengthening partnerships. We delved into critical discussions on the Sustainable Development Goals (SDGs), energising CSOs to take bold actions.

RHU's journey this quarter has been nothing short of extraordinary. Our presence was a beacon of our mission to advancing SRHR, ensuring that every young person has the support they need.

Boots on ground and eyes on the horizon, we are pushing boundaries and pioneering change in SRHR advocacy. Our relentless drive, innovative spirit, and unwavering commitment to empowering communities are propelling us to new heights.

STAR CSO OF THE QUARTER

AWAC's Resilient Efforts in Advancing SRHR and Gender Equality

Countless organisations have sparked change, and many have touched lives, but AWAC shines as the star CSO of the quarter, standing head and shoulders above the rest!

Focused and resilient, the Alliance of Women Advocating for Change (AWAC) is dedicated to making a significant impact on marginalised women in their communities ensuring their access to sexual and reproductive health services, empowering them and fighting for their rights.

At the end of 2023, they were evicted out of their office premises because of the work they do and the people they serve- sex workers. Amidst this turbulence, AWAC stood strong and continued to provide crucial SRHR services to sex workers.

Discriminated. Violated. Stigmatised, name it. All this and more is what AWAC has to live with every single day because of the people they serve- sex workers.

AWAC's drop-in centre model has continued to serve as a safe haven for this marginalised population. Here, they share personal stories and experiences, access basic health information including PrEP, PEP, ART, SRHR services, condoms and lubricants.

Through AWAC's partnerships with legal aid service providers, survivors of violence are referred for justice.

Still wondering why AWAC is our star of the quarter? Come April 2024, AWAC shone bright at the People's Health Assembly in Argentina, highlighting their innovative models in delivering HIV response services in a challenging legal landscape. They emphasised their community health and livelihood enhancement groups model and the Drop-in Centre model, serving sex workers and marginalised communities.



Cognisant of the importance of food sovereignty and SRHR, AWAC, distributed food to grassroots members living with disabilities in May 2024. This initiative aligns with AWAC's broader efforts to advance gender equality, women's rights, and empowerment.

In the same month, AWAC joined other civil society organisations for media engagements where they urged the president of Uganda to reconsider assenting to the Non-Governmental Organisations (Amendment) Act 2024. The proposed Act threatens to shrink the civic SRHR space by reducing the NGO Bureau to a department under the Ministry of Internal Affairs.

As if that was not enough, in June 2024, in commemoration of the International Sex Workers' Day, AWAC continued with

media engagements to discuss vital issues affecting sex workers in Uganda, including access to justice and healthcare.

AWAC concluded the quarter with a media café on June 20th, 2024, highlighting the crucial role of human rights defenders. This event promoted the newly developed "Online and Offline Safety and Security Guidelines for Women Human Rights Defenders in Uganda," emphasising the need to enhance safety and security for grassroots marginalised women, including sex worker human rights defenders.

AWAC's ongoing efforts underscore their commitment to creating an inclusive and just society where every person can access SRHR services and opportunities.

STAR ADVOCATE OF THE QUARTER

A “Zaneful” Quarter for Zane of awesome mind speaks

Today, Zane stands on the threshold of new opportunities and challenges, filled with gratitude for the journey that has brought him thus far. The echoes of Kampala, with its vibrant markets and bustling slums, never far from his mind, they remind him of where he has come from, the path he has walked and what the future holds for him.

Growing up in Kyebando slums, among the Ugandan Capital suburbs, with his single mother and the life he was exposed to was all he needed to become a mental health advocate. He had seen enough. He had experienced enough. All these experiences had an impact on his mental health.

Spotlight readers, our Star Advocate of the Quarter is Don Zane Muwanguzi from Awesome Mind Speaks.

Zane has faced mental health challenges head on. From being a victim of bullying, which took a significant toll on him in his formative years, to losing a friend to suicide and dealing with difficult family upbringing added to the emotional burden that eventually led to his commitment to becoming a mental health advocate.

This saw him start an organisation Awesome Mind Speaks to trot the globe raising awareness about mental health issues, especially affecting young people.

Gentle readers, we all have seen the heart wrecking stories of young girls in the eastern part of Uganda using soil for sanitary towels. Heartbreaking indeed. What does Zane do about it?

He treks. Interacts with adolescents. He visits different communities. He listens and offers solutions to young people’s pressing issues. He advocates for their rights and participates in vital engagements to ensure young people realise their full potential.

Case in point, Zane, leading his team at Awesome Mind Speaks engaged fifteen cultural and religious leaders, and local government representatives in Jinja. They dialogued on issues about menstrual health, justice and its intersection. By the end of the dialogue, the leaders committed to openly spread the menstrual health gospel through their sermons in places of worship and community engagements to reduce menstrual stigma experienced by young girls.

Our star of the quarter did not stop there. He has not forgotten those at the world of work. Imagine how productive you would be if your workplace prioritised your mental health! Well, Zane is putting in the fight for you.

He wants to make sure that organisations prioritise mental health of their employees through enhancing support for their mental wellbeing by conducting trainings and counselling sessions and offer any other

desired form of support, for those who rise in the morning to catch the worm.

To paint a picture, in June, Zane and his team at Awesome Mind Speaks facilitated sessions for five CSOs on mainstreaming mental health into organisational programming. The aim! To enable integration of mental health into broader interventions of the CSOs.

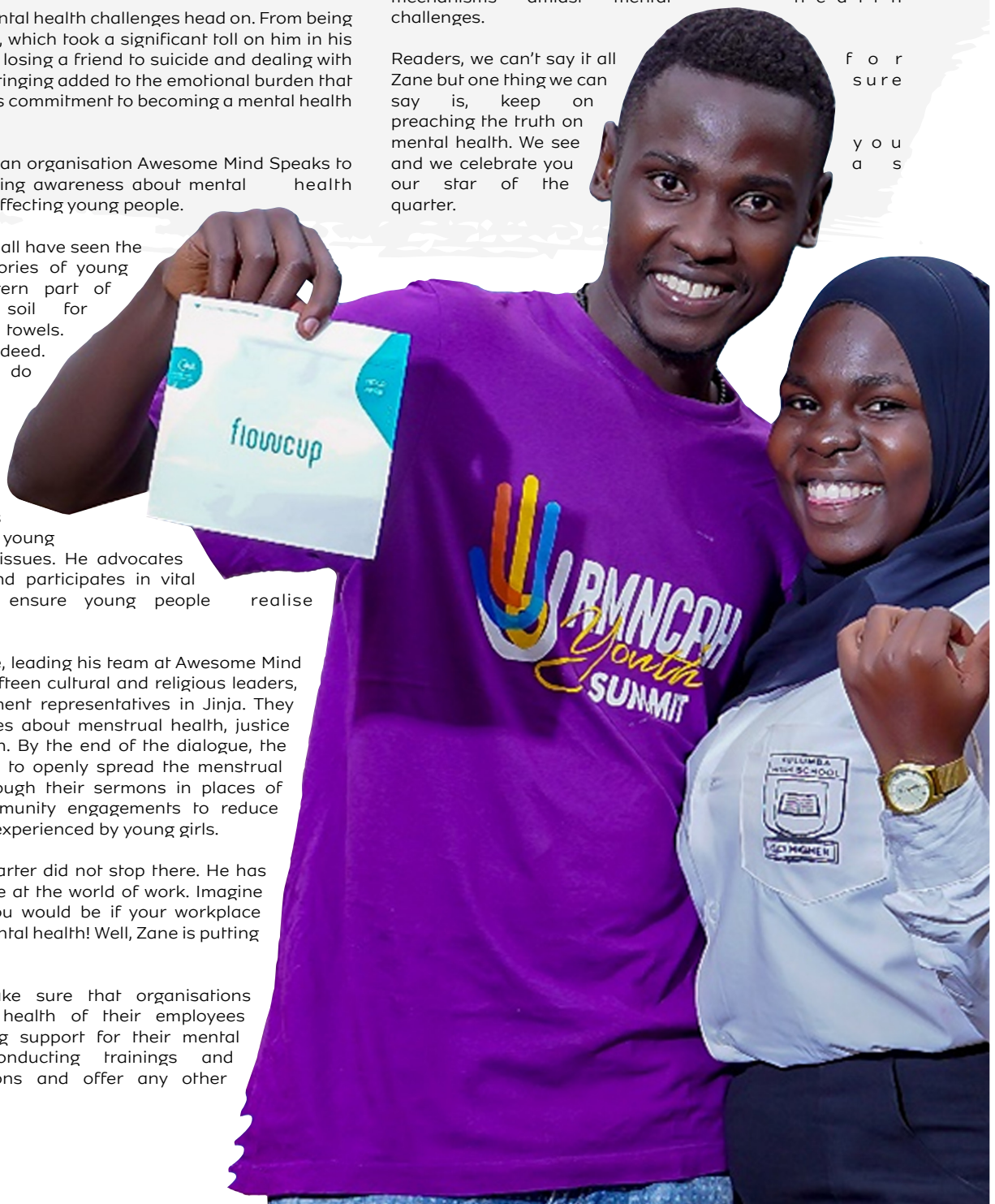
Oh yes! We must confess, we enjoyed listening and watching you- Zane- shine bright at the annual youth symposium organised by the SRHR Alliance and Right Here Right Now (RHRN) programme.

Zane your reminder that “it’s okay to cry when you want to and laugh when you want to laugh. It only becomes a mental health issue when it is consistent and disrupts your daily routine,” stuck on our mind. Indeed, we shall keep reflecting on strategies you shared to cultivate resilience and support mechanisms amidst mental health challenges.

Readers, we can’t say it all Zane but one thing we can say is, keep on preaching the truth on mental health. We see and we celebrate you our star of the quarter.

f o r
s u r e

y o u
a s



OFF YOU GO, BACK HOME WE CELEBRATE YOUR IMPACT

We all remember what a dark year 2020 was. COVID 19 pandemic was turning the world against itself. It did not spare anyone. We were stuck in our houses. No movements. COVID 19 was claiming the lives of many. The young, the old, politicians – everyone was scared.

COVID 19 did not spare health systems. It did not spare anything. Now imagine, at the centre of all this, you're being sent thousands of kilometres away from home? Think about it for a minute, is this something you would even consider?

We cannot speak for you, but we can speak for Ruth Van Zorge. Ruth braved all the uncertainties of the pandemic to come to Uganda. No, it was not just about service, it was serving a country whose people she has loved for long and issues she's most passionate about.

"I was so happy and excited when I learned that I was coming to Uganda. I had been here before during my time at Rutgers, and I had a good time working with Ugandan people. Very passionate, professional and daring. I was happy to be back home," Ruth shares.

Indeed, Ruth came and served with all her heart. She worked as the first secretary sexual reproductive health rights and gender at the Netherlands Embassy in Uganda. She worked with CSOs. She worked with young people and the government. All this geared to improving SRHR in Uganda.

Everyone who has worked with Ruth attest her commitment to work in Uganda. She has impacted all those she has interacted with. She has left impeccable impact.

The executive director of Reproductive Health Uganda Jackson Chekweko describes her as "a very open, magnetic, resourceful, people person and compassionate about issues of SRHR. She will achieve what she wants with the least discomfort she will cause you."

Jackson is not alone. The country director of Reach a Hand Uganda James Tumusiime has commended Ruth her for opening doors of the embassy to CSOs and always offering guidance and support to ensure young people's SRHR are realised.

"She is open minded and would show up at our youthful events with energy. She would always blend in and speak the language young people understand. She mentored many young people that we work with," James adds.

For her part, Dianah Nanyange the Programme and Knowledge Manager of the Power to Youth Programme recounts of the times she has worked with Ruth since 2016.

"Ruth is very hardworking. If she says something has to get done, it must get done. She is also very loving," Diana reveals.

She adds "I was very excited when I heard she was joining the embassy. She has been a very resourceful person. Ruth, being the focal person for the Power to Youth programme, she always gave us technical support, speak good of the programme and disseminated the results shared with her."

"We are going to miss Ruth. We

love her so much," Dianah shares.

Ruth moved to communities and interacted with people at the grassroot level. Namayingo district specifically stood out for her. She describes the passion and zeal of the people of Namayingo district.

"It is rather remote even if it's on the highway to Kenya, but I think is very beautiful with the lake, the beautiful rocks and the smiling faces of the young girls give hope," she says.

"It is particularly in Namayingo where we were working on one of our programmes that the district leadership were fully engaged and appreciated the programme, I could feel their motivation to be part of the programme from the health officers, education officers, the community, the police were highly invested," she adds.

The highlight of her tour is being able to bridge the gap between the embassy and implementing partners. She notes that this has strengthened the partnership and information flow between the embassy and the partners.

"We have brought all partners implementing Dutch funded programmes together because there is so much to do if we build trust and that way we shall become strong partners," She adds.



Goodbye is the hardest word to say and we could hear this in Ruth's voice when we asked a piece of Uganda/ns that she is taking home with her. She notes "besides the professionalism, creativity and resilience of Ugandans, the ability of Ugandans to turn a small meeting into a party and joyful moment is what I will miss most."

And oh, did we mention her favorite Ugandan word? "Apwoyo matek" which translates to Thank you very much. And that's exactly what we are saying to you Ruth, Thank you very much.

WHAT HAVE YOU DONE TO SUPPORT YOUNG GIRLS TO ENJOY THE RED DAYS

I am sure you have heard of the girls that have dropped out of school because of menstruation. Women and young girls that resort to using soil, or banana fibres to manage their menstrual flow. It's sad, right?

Menstruation is meant to be enjoyed by every woman. However, we are flooded with heart-breaking stories in the media and communities of how young girls endure the would-be happy days of their lives.

The stigma they have experienced, including being isolated from their peers, served as a wake-up call.

A team of 14 young people, the Youth Advisory Committee (YAC) under a coalition of seven organisations implementing the Right Here Right Now programme, sought to be part of the solution.

During the menstrual health month of May, they identified a partner to build their capacity and equip them with

information on menstrual health that they could use to cascade to their peers in different communities.

Esonga-care the menstrual hygiene master trainers came on board and trained YAC members before they went to different districts.

After graduating as trainers in menstrual health, the YAC members divided themselves into two groups, moved to Rwenzori and Sebei regions. On ground, they trained young people on how to make reusable sanitary pads and how to manage their health during the "red" days.

As way of fighting stigma around menstruation, the YAC members did not only train young girls but also boys to be in position to support the girls when the red days clock in.

Thank you, YAC members, for making that choice- to be part of the solution!



TRY A LITTLE KINDNESS

Let's clear up one common misconception from the get-go: self-care is not synonymous with being selfish. Self-care means taking care of yourself so that you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish in a moment.

If you think you have been hearing more about self-care lately, you're right.

Self-care is part of the answer to how we can all better cope with daily stress. It's work stress. It's the stress of trying to keep up with the pace of daily life, which technology has worsened more than ever (just think about how many emails and messages came flooding into your inbox today)! Stress because of systems that may not be working as they should! Etc.

Did you know that it is increasingly becoming evident that self-care interventions, particularly in the realm of SRHR, have a transformative potential to increase an individual's autonomy in making decisions about their own care, strengthening countries' health systems, and ultimately paving the way towards Universal Health Coverage? Now you know.

One thing the COVID-19 pandemic did is emphasise the importance of self-care in the delivery of SRHR services. This

is why, following the WHO guidelines on self-care, Uganda's health ministry jumped on board to institutionalise it in our country's national health framework.

Wondering what the ministry has done during this international self-care month that started on June 24 and ended on July 24, 2024? Well, the health ministry set out to educate the public about the relevance of self-care in SRH. Bukedi region benefited first. HIV/AIDS counselling and testing, aerobics, malaria testing, blood pressure testing, games and sports were some of the services offered to raise awareness about caring for oneself.

Behold, the ministry, working with different partners to showcase the achievements of self-care. Training institutions will now incorporate family planning provision into their curriculum.

Roselline Achola from the health ministry intimated that the ministry has digitalised and translated self-care materials into several languages expanding access and inclusivity. Media houses and journalists have been oriented in championing self-care awareness in their communities and platforms.

Now, the question to you! Will you be a champion of self-care? Will you care for yourself?

Keep Active



Eat Well



Enjoy Hobbies



Sleep Well



Stay Connected



Visit a Doctor

