

YOUR ANNUAL UPDATE FROM UGANDA

We wanted to share some exciting progress made possible in Uganda—thanks to support from you!

In Uganda, harmful social norms and limited knowledge of children’s rights have led to a high rate of child abuse. Children are exposed to various forms of violence, for example physical abuse, child labour and child marriage. Caning is one of the most common ways to discipline a child. Early childhood health and nutrition is not well understood in this region so children regularly suffer from preventable diseases and malnutrition.

Throughout fiscal year 2020, with the help of your sponsorship, we were able to improve the health and safety of marginalized families, supported access to inclusive vocational training, and promoted children’s and girls’ rights. We also helped youth to access resources and gain financial security.

We are grateful to you for making these changes possible. We know you will enjoy reading on to see how your generosity is changing the lives of children, like your sponsored child, across this region.



OUR IMPACT

IN EAST CENTRAL, **5,285**
YOUTH FORMED VILLAGE
SAVINGS AND LOAN
ASSOCIATIONS

180 PEOPLE TRAINED ON
MENSTRUAL HYGIENE
MANAGEMENT
IN EASTERN UGANDA

125 PARENTS OF MALNOURISHED CHILDREN ATTENDED NUTRITION COURSES IN NORTHERN

IN WEST NILE, **1,011** PARENTS
LEARNED POSITIVE PARENTING
TECHNIQUES



PLAN INTERNATIONAL COVID-19 RESPONSE

COVID-19 is having devastating impacts all over the world. It is not only a health emergency, it is an education and protection emergency. Since girls are often worse affected during a crisis, Plan International is putting them at the heart of our response and long-term outlook. We have scaled up healthcare systems, food security, access to clean water, handwashing and awareness campaigns, and keep education in children’s lives via radio broadcasts.

PROTECTING CHILDREN FROM ABUSE

Child abuse is common in East Central, where children often experience violence at home or in school. Girls and children with disabilities are the most vulnerable.



ANTI-VIOLENCE CLUBS WERE FORMED IN SCHOOLS TO IMPROVE THE LEARNING ENVIRONMENT FOR ALL CHILDREN

Our child protection programme focused on reducing child abuse in 2 districts in East Central.

Parents, officials and community members are responsible for keeping children safe, so we improved the capacities of Child Protective Services to manage child abuse cases, ensuring there are functional systems in place.

Harmful cultural norms can lead to family violence. We worked with parents to change attitudes and practices. Parent groups provided support for families, especially those caring for children with disabilities.

Through our outreach, boys and girls learned how to address violence and abuse, how to protect themselves and how to report child protection violations.

YOUTH EMPOWERMENT

In Eastern Uganda, 38% of youth are unemployed. There is limited access to vocational and life skills training and financial capital for youth, resulting in a lack of entrepreneurial opportunities for young people. This situation is made worse by the high level of poverty, hunger and starvation in the region. Plan International implemented the youth economic empowerment programme to close the entrepreneurial gap for young people.

Through Plan International's Youth Economic Empowerment programme, 72 young people were trained in vocational skills such as hairdressing, tailoring, carpentry and bricklaying. The project also supported 110 young farmer groups. Thanks to these interventions, young people have earned incomes to meet their basic needs, and built self-esteem and confidence to advocate on issues affecting youth.

"Since I joined a youth chili growing group, I have been able to earn money and build my house. I am now a respected person in my community. Thanks to Plan International for their support!"

Israel, 21, project beneficiary



IMPROVING HEALTH OF MOTHER AND CHILD

Many young children in West Nile suffer from malnutrition and other preventable childhood illnesses. Early childhood nutrition is not well understood, and mothers often stop breastfeeding early. Access to knowledgeable healthcare staff is also limited, and women do not regularly receive health check-ups during pregnancy and after giving birth.

To help both mothers and young children stay healthy, we have trained community health workers on childhood nutrition and have provided village health teams with weighing scales. Village health teams have now held community health days, where they have provided vaccines, assessed children and mothers for malnutrition, and raised awareness amongst parents of healthy childhood nutrition.

"When Plan International organised a health camp in our community we benefited a lot. There were free vaccines for children and free check-ups. The health workers also taught us how to prevent diseases and how to keep ourselves and our children healthy."

Evalyn, parent of sponsored child



IMPROVING HEALTH AND SANITATION

Health and hygiene practices are vital, especially with the prevalence of COVID-19. Our Community Water and Sanitation programme helps families improve personal and home hygiene with toilets and latrines, as well as hand-washing facilities. The project helps children develop consistent and positive hygiene habits. And by building latrines in schools, girls' retention rate improves.

Children in 9 primary schools learned healthy hygiene practices, such as handwashing and proper use of pit latrines. Youth also learned how to make and use menstrual hygiene pads. We worked with the local government to construct a borehole, a narrow shaft bored in the ground to extract water. The borehole serves 2 villages, enabling residents to access clean water for washing and drinking.

"We used to go very far away to fetch water for use at home but now Plan has made it easy to access safe water by drilling a new borehole for us in our community. We aren't late for school anymore due to this water problem."

Mildred, 12, sponsored child



YOUR SUPPORT IS CHANGING LIVES

With your support, we will continue to protect children's rights so they are able to thrive.



In the coming year, we will continue to work with the children, families and partners across Uganda:

- Improving maternal health and reducing child mortality rate by strengthening maternal and neo-natal facilities in local hospitals. We will increase access to sexual and reproductive health education so young people can make informed choices about their lives, their bodies, and their relationships.
- Promoting quality and inclusive education for all children, with a focus on education for girls.
- Improving the economic and social well-being of vulnerable girls. We will advocate for gender equality by supporting initiatives at the government level to promote the rights of girls and young women.
- Supporting community-based child protection systems, and increasing male involvement in child parenting. We will continue to strengthen child protection systems and the capacity of families to care, enabling children to live a life free from violence and abuse.
- Increasing opportunities and developing vocational skills for young people, particularly young women, to gain the skills and knowledge they need to get a good job or start their own business. An entrepreneurial culture will be instilled among young people through village savings and loans associations, for them to invest in their businesses.

These are just some of the many ways your kindness will continue to touch the life of your sponsored child and other children. We would not be able to do this without supporters like you!



MESSAGE FROM BAGULA PAUL

Programme Area Manager, East Central

"I convey my heartfelt gratitude and appreciation to all our dear sponsors for your unwavering support towards initiatives that are continuously and incrementally creating meaningful changes in the lives of the many disadvantaged and deserving children and communities."



MESSAGE FROM ISAAC OBONG

Programme Area Manager, West Nile

"I bring you warm greetings from the Plan International West Nile Programme Area family! Thank you for supporting the children and their families this year. We have made great progress, even in the face of the COVID-19 pandemic. We pledge to continue working together towards a better future."



MESSAGE FROM ZAITUNA ASIO

Programme Area Manager, Eastern Uganda

"We would like to convey our gratitude from children, young people, girls and community members of Eastern Uganda for your support! You have supported the lasting impacts created in the lives of sponsored children, their families and communities. Thank you for your invaluable contributions."



MESSAGE FROM PATRICK ILLUKOL

Programme Area Manager, Northern

"Thank you for all the support you have extended to your sponsored child. We have implemented different interventions in health, education, child protection, and youth economic empowerment. We have been able to reach the most vulnerable children, women and their communities with these programmes. Thank you!"

