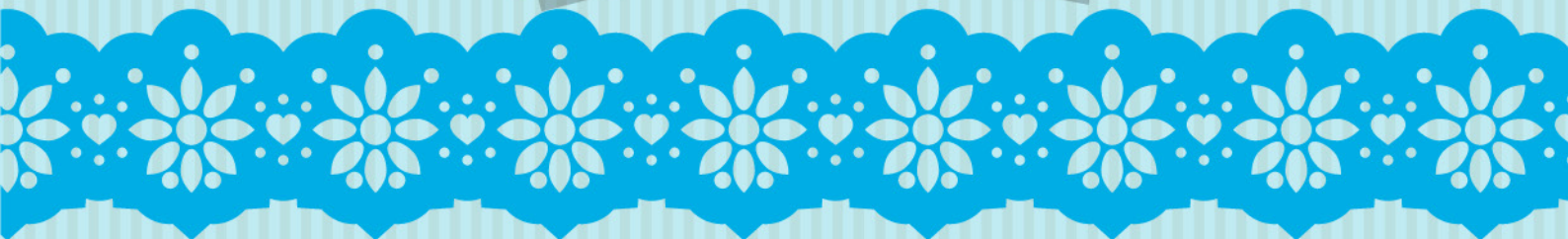





**Sustaining Women's leadership**



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





*Life is full of exclusive mysteries. I am Viviane Nkusa, a 22-year-old junior environmentalist at ministry of water and environment. Despite my talent and dedication, before joining the ministry I volunteered with some forestry agency however, I often felt overshadowed by my colleagues and this made me struggle with self-doubt. I had Ideas that could help out but since I was a self doubtful person with no confidence and potential. I would be looked down on.*

*My life basically became disgusting and annoying and at one point I hatred for myself. Surprisingly, one day, my friend asked me to take part in training with MEMPROW which was about women engaging in leadership, I realized that my challenges weren't unique and that many successful women had faced similar problems.*

*"MEMPROW being a feminist organisation, I thought that it basically teaches women to hate men not knowing it brings together girls and young women to provide the skills and knowledge that they need to become successful, confident and self-reliant individuals."*

*And since then I continued to keep up and training myself to be courageous and have confidence in whatever I do. So as time went on I volunteered to be a counsellor at some primary school at home and thereafter I continued to with my studies. In the long run I happened to be one of participants who attended the Sexual Reproduction health rights boot camp where I got knowledge on sexuality, psycho social resilience, enhancement of life and relationship and in turn this knowledge helped me gain more confidence, embrace myself and make my own decisions as a lady its part of me now. Basically this has helped me a lot in that now I can freely tell my story and it inspires the others with challenges like mine. The knowledge I get from MEMPROW I use it during my training sessions with fellow youth like my siblings both male and female even during field trips i always teach them on how life is meant to be taken.*

*I am an inspiration within my community and place of work proving that with determination and self-belief, I would break barriers and lead with impact.*

*Thanks to MEMPROW for helping me know who I am and the ability of what I can do.*

***Viviane Nkusa***

*Junior Environmentalist, Kyoga water management zone ,  
Ministry of water and environment*




My name is Byanyima Winnie. I live in Mengo Bulange. I am a medical student in my third year.



I attended the Women Feminist Conference by organized by MEMPROW, which was held in Entebbe from 29th to 31st January, which focused on various critical issues affecting women today. The conference covered many topics such as women's rights, women reproductive health, family planning methods, domestic violence, education rights, HIV infection awareness, inspiring personal stories, and strategies to avoid early pregnancy. It also emphasized the importance of encouraging women to return to school and provided guidance on how to advise parents on protecting their children from these challenges. The discussions included overcoming obstacles faced by women in society and highlighted the importance of community support in addressing these issues.

The insights gained from the Women Feminist Conference have significantly influenced me in my academic journey, personal development and community practice. As a medical student, understanding women's health issues, family planning method and HIV/AIDS awareness has become paramount in my studies, and future practice by spreading awareness in the community including my fellow students and friend son the complications associated with the above issues. The knowledge about domestic violence and its implications has made me more empathetic towards patients who may be experiencing such situations, and how to handle teenage pregnant mothers on how to support their feelings by counseling them and giving them possible solution, that they may do after birth which can help to improve their future example going back to school for further education, joining tertiary education for hand skills work and how to take care of the child. Additionally, learning about family planning and education rights has inspired me to advocate for these causes within my community and among my peers. Personally, I feel more empowered to engage with social issues affecting women and contribute positively through volunteer work or awareness campaigns in the community.

Through my engagement with MEMPROW, I have witnessed and done several positive changes both personally and within my community. I have become more active in promoting women's rights and health education initiatives among fellow students and local community. My participation has also encouraged others to join discussions surrounding women's empowerment, leading to increased awareness of critical issues like domestic violence and early pregnancy prevention for example the last debate we had at school rotaract club and at the fellowship were I was given the chance to present on the women health topic and how we can do outreach to spread the family planning method and HIV/ Aids awareness to the neighboring community during the school week of awareness both internal and outside the school. Additionally, I have developed skills in advocacy and public speaking that enhance my ability to communicate effectively about these important topics. Generally, MEMPROW has been helpful in modeling my perspective as a future health care provider committed to supporting women's health and rights.







My name is Anzoa Diana who resides in Makerere, Kikoni during the semester and my home is in Bweyogerere, Kazinga.


I am currently a final year law student at Makerere University. I am also the President, FIDA Makerere University Students' Chapter; the General Secretary Makerere Law Society Brains' Trust; A MEMPROW Girl and an alumni of Girls for Girls Uganda.

I have attended the SRHR Boot Camp organised by MEMPROW. The training gave me very valuable insights on Sexual Reproductive Health and Rights and how it encompasses the different spheres in our lives. This gave me the desire to learn more on the topic so I took a short course with Afya na Haki on Advocacy for Reproductive Justice in Africa, which is a part of the discourse.

Additionally, as a MEMPROW girl and President of the FIDA Makerere Students' Chapter, together with my team, we are trying to figure out how to bring these trainings to university students on a larger scale so that our colleagues can benefit from this information and make informed decisions about their lives.

MEMPROW has been instrumental in my life. I first learnt about MEMPROW in 2019 as a Senior Five student at Bishop Cipriano Kihangire SSS (BCK) and since then I have been a part. From the patrons of MEMPROW at BCK, to it's senior members, the talks, the marches, dinners and trainings I have attended, MEMPROW has taught me so much about leadership, self-esteem, feminism.

As a result, I have felt confident enough to take up leadership positions and advocate for women's rights with knowledge that MEMPROW has equipped me with. To put it shortly, MEMPROW has played a big part in the woman I am today.

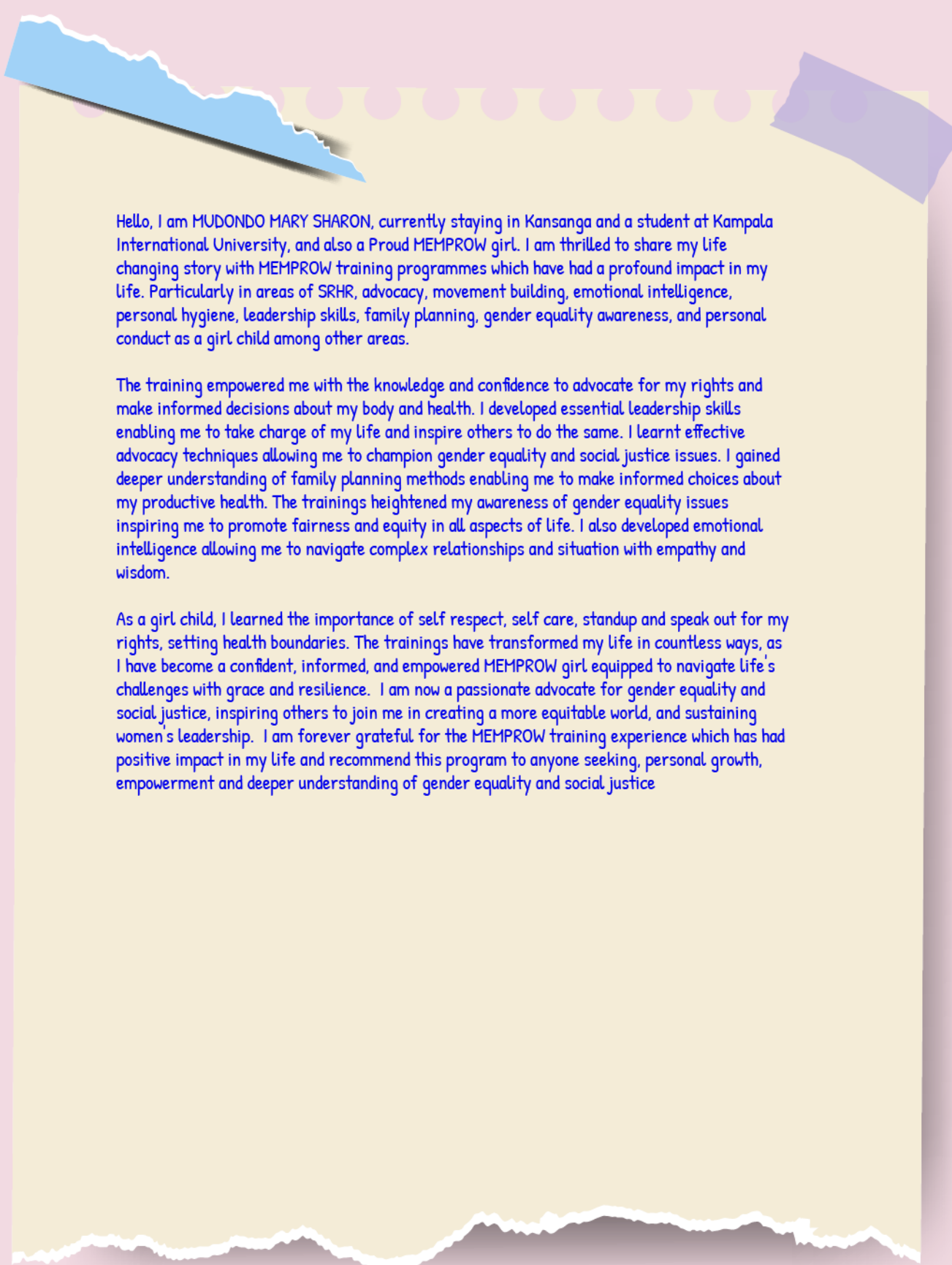


My Name is Watsemba Immaculate. I am currently located in Masaka. I am a youth leader, Gender Specialist, SRHR advocate and also founder and Executive Director Restoring A Smile Initiative -RASI. I work directly with the youth and women from marginalised communities. I am also currently working with OKOA Rehabilitation center, working directly with children having multiple disabilities.

I have been trained in areas of SRHR advocacy and Leadership by MEMPROW Uganda. I have been equipped with knowledge and skills to make informed knowledge about my Sexual Reproductive health and rights.

My current engagements include:

- Advocacy - Youth from marginalized communities, providing guidance and mentorship
- Women from disadvantaged backgrounds, empowering them to break cycles of inequality
- Children with disabilities at OKOA Rehabilitation Center, promoting inclusivity and accessibility



Hello, I am MUDONDO MARY SHARON, currently staying in Kansanga and a student at Kampala International University, and also a Proud MEMPROW girl. I am thrilled to share my life changing story with MEMPROW training programmes which have had a profound impact in my life. Particularly in areas of SRHR, advocacy, movement building, emotional intelligence, personal hygiene, leadership skills, family planning, gender equality awareness, and personal conduct as a girl child among other areas.

The training empowered me with the knowledge and confidence to advocate for my rights and make informed decisions about my body and health. I developed essential leadership skills enabling me to take charge of my life and inspire others to do the same. I learnt effective advocacy techniques allowing me to champion gender equality and social justice issues. I gained deeper understanding of family planning methods enabling me to make informed choices about my productive health. The trainings heightened my awareness of gender equality issues inspiring me to promote fairness and equity in all aspects of life. I also developed emotional intelligence allowing me to navigate complex relationships and situation with empathy and wisdom.

As a girl child, I learned the importance of self respect, self care, standup and speak out for my rights, setting health boundaries. The trainings have transformed my life in countless ways, as I have become a confident, informed, and empowered MEMPROW girl equipped to navigate life's challenges with grace and resilience. I am now a passionate advocate for gender equality and social justice, inspiring others to join me in creating a more equitable world, and sustaining women's leadership. I am forever grateful for the MEMPROW training experience which has had positive impact in my life and recommend this program to anyone seeking, personal growth, empowerment and deeper understanding of gender equality and social justice

You would be amazed by how much you can achieve when you put yourself out there. Don't get comfortable! Step up make Step out of the usual and unlock your potential. The World has endless opportunities - It only takes one step at a time!

- martha -

Appreciate every situation, person that comes your way - For it's through these encounters that you get to learn, unlearn, relearn an important aspect that might change your life forever!

- martha -

The greatest <sup>treasure</sup> ~~weapon~~ of in one's life is social capital. Bonds, networks, friends, partnership - all long lasting relations are made when you are open to meeting new people

PARKWACH S.I.C  
P. O. BOX 64  
PARKWACH

TO

THE OFFICE OF  
THE MEMPROW

RE THE IMPACT OF MEMPROW  
TO THE BENEFICIARIES & COMMUNITY

This serve to draw your attention ~~that~~  
for the service you rendering to the  
young women of parkwach Sub County  
and communities at large for ~~the~~  
this has brought a lot of impact as  
the beneficiaries are seriously  
engaging community for the  
goodness of the memprow programme.

Thank

you in service



MEMPROW COORDINATOR  
PKH S.I.C.



I wouldn't be exaggerating when I say  
MEMPROW gave me a sense of direction.

At that place I got all my answers  
and for that, I'll stay grateful.

To the MEMPROW girls, keep  
going, keep striving, there's bigger  
things ahead.

- Vanessa -

As a MEMPROW girl from the  
previous advocacy campaign we have  
conducted in Isiguni and Mzimba  
I want to call upon all MEMPROW  
girls and MEMPROW as our mother  
to join effort and make it an  
annual event, I believe we  
shall be able to move to  
different areas and we shall  
reach out to many girls and  
young girls. Together we can.  
Phanah.



These trainings are really helpful that they can even expand your networks because i personally believe that the person you need is 7 people away from you and when you get to interact with the people in these trainings, so many opportunities can come your way and i believe this can really help us live a better life.

Lumkuse Kinfred.

Sometimes you just have to open your mind up for the endless possibilities. It is a little scary but when you do, suddenly the world is no ~~as scary anymore~~ as complex as you feared it to be.

Apofia

MEMPROW has been a mother to me and  
a platform for young girls' empowerment.  
The training helped me to meet outstanding  
women and I am working hard to  
become like them, and it's been  
a great inspiration.

I cannot forget the SRTMs team  
that enabled me to win me a  
master's scholarship. It was a dream  
that came true. may God bless  
MEMPROW.

Gumukhane PHOENIX

2.11.2024

## MOTIVATION STORY.



Mo	Tu	We	Th	Fr	Sa	Su
----	----	----	----	----	----	----

Memo No. \_\_\_\_\_

Date     /     /

I am Margret Nabogereka; A memprow Girl; Student's mentor under memprow Girls Network, Am a youth councillor Wakiso sub county; secretary social services committee as well as founder of soaring community Empowerment Initiative (UCEI UE).

"Empowering communities starts with empowering ourselves.

The skills we learn today i.e leadership, teamwork, and community engagement skills become the foundation for creating lasting change.

To our donors, your support transforms dreams into actions and actions into a healthier, more resilient community. Together, we are building a brighter future for all." Nabogereka Margret.



Date: 05 / 08 / 2024

My appreciation is going to all the  
memProw mentors. I would like to say  
a word of thanks to all your team that  
due to your coming to us peop young girls  
of Pakwach has brought for us alot of  
changes due to the first meeting up to now.

Through the exercise we have been passing  
true I have learnt how be to be on my own  
I have learnt alot ~~from~~ about pregnancy, us  
to A know if am pregnant first is missing  
mentration period secondly selection of foods,  
body becomes soft, passing frequent urine,  
My request is if possible u help me provide  
for me something to help me stand on my own  
like sarani. thanks.

Ayiorwoth mercy Odongo

Date : 5<sup>th</sup> / 08 / 2024

Name : Rovia Opar

VILLAGE : PYUOG

Hi : Memprow group

How are you over there back to me

I am fine

The reason why I am writing for you this letter is to ask you for so help to help me how to cook food.

Your help me you give me the material

I will use for teaching to how to cook

food is in big places like towns.

So I am doing some saving you will help me with some of the thing.

As I tell you that after me saving I will

buy ~~big~~ one pig with the money of

many saving.

~~THAT~~ Thank you

Date: 5 / 8 / 2024

NAME: MABERNGA

LUCKY AIKUDI MUKALE VILLAGE

Amito afoya memproy pibero metimo ita.

nikum naka podi angyo ngo kite mumaku

atim kudu kuloka para. Ento kawani

angyo a kite mumaku akwom kudu

Ento akwom omaku <sup>nyanya</sup> inado inawak.

ber afoya ~~to~~ akany kudu jawada.

Ber afoya. Wu mi ita cwak kara

abin akwo kudu. ianyim para.

Ber afoya

*hanya*



Date: 05 / 08 / 2024

Nyinga Ayiyorwoth Annet Village Para otiye kanyin  
Lower Parish mukale an bero manwango kudi  
memprow otiye kumae aketo angeyo katelo  
tela man doki afoyo girafaya dong kuponji  
mumiyo ika ikum Pregnancy eni aketo  
afeyo kifo ma-umaku aponj kudu dhano  
kadi ipacu dong lembe amadhano mikind  
Village kendende gipenjo dong akwaya wu  
wukonga ku yore moko amaketo dhano eca  
gigikuda man wunde wuyikuda macalo  
Sinu keto kawacokere waweco kudi wamak  
cal mwakudi macalo iwu man sente moko de  
wamiyo igi eni remakwac para ber afoyo  
dilo pa memprow afoyo kendele.

my phone number 078443410



Date: 05 / 08 / 2024

An Afayo mempro w pi bino i  
pakwach; ~~oke~~ Bino migi oketo  
Anwango ponji mapol muloko kwo  
para man dok akwayo nia omako  
gi mempro w omedere asu kabina  
ibang anyira mange de kara  
ginwang ponji mabeco maroma  
loko kwo migi Calo ma otimire  
I kwo para' Bende Akwayo  
mempro w nia omako gihin man  
gimeda ponji mange kendu kara  
an de aponj Kudv Juwada.  
Afayo dith. an  
AMITO NANCY'

ber afayo mamprow bino mawu  
ni hum. Anongo Alokakoko mawu  
m Paji mawu ni di marin Angeyo  
bero ikum mamprow Rni  
Angeyo ber ikum kiloka mawu  
tiye katimo ber afayo

NAME AMITO CHARLES

Village Pajou Lower





## Sustaining Women's leadership

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



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### HEAD OFFICE



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