

WHY GIRLS, CHILDREN AND YOUNG WOMEN

ORPHANS, VULNERABLE CHILDREN (OVCS)

Uganda is home to over 1 million orphaned children who have lost their parents to HIV/AIDS, disease, wars and refugee displacement. For many of these children, their options are to live with an elderly grandmother with no resources to provide care or fend for themselves on the streets. Many children do not complete their schooling nor have the competencies needed to do well in life. Only 1 in 4 children who starts primary school makes it to secondary school. Less than half (40 per cent) of students are literate at the end of primary school, causing them to be vulnerable to trafficking, child labor or turn to crime to survive.

Caring Hands of Hope Uganda believes that all children are born with potential; the potential to influence the future, the economy and even perhaps contribute something great to the world. The likelihood of children going on to reach their potential is further reduced when they are vulnerable or orphaned.

Through our efforts we are increasing their access to Health, education, entrepreneurship and skills training to enable them reach full potential.

TEENAGE PREGNANCY

In Uganda, teenage pregnancy rates are some of the highest in the world. One in four girls is pregnant or has a child; however, statistics change from region to region. The poorest regions have the highest percentage of teenage pregnancy.

Teenager mothers are at a higher risk of complicated births, unsafe abortions, often requiring emergency obstetric care and do not have access to adequate reproductive health care end up dying while trying to give life. Majority of teenage mothers drop out of school, due to poverty many engage in unsafe activities including sex trade which expose them to HIV/AIDS others end up in abusive child marriages.

Caring Hands of Hope Uganda seeks to empower teenage girls to stay in school until they complete their education as one of the ways to prevent teenage pregnancy and child marriages. This is done through creating an enabling school environment for girls by providing girls with scholastic materials including menstrual hygiene management kits, books and pens, solar lights among others. Teenage mothers receive vocational training to build their skill set and enable them start their own income generation businesses.

MENSTRUAL HYGIENE MANAGEMENT

In Uganda, menstruation is not a frequently discussed topic, yet it is a big problem for teenage girls. Faced with the prospect of using rags, newspaper, leaves or cotton wool to curb the flow of blood, many girls choose not to go to school during their period.

These millions of absences lead to girls getting fewer qualifications, limited access to jobs and spending less time building confidence and life skills.

Caring Hands of Hope Uganda is providing a simple and effective solution to the problem through producing Imperial washable, cloth sanitary pads that last for up to a year and cost a fraction of an equivalent supply of disposable pads. These provide girls with confidence to go back to school during their periods. The organization is also strengthening capacity of rural schools to adequately respond to needs of girls during their periods through spear heading stakeholder engagements and providing support both financial and material.

HIV INFECTION

Globally, adolescent girls and young women are still disproportionately affected by HIV. In Uganda, these account for 24% of new HIV infections although they constituted 10% of the population. HIV prevalence is almost four times higher among young women aged 15 to 24 than young men of the same age. Many girls also drop out of school as a result of unwanted teenage pregnancy and early marriage. Majority of uneducated girls are highly susceptible to sexually transmitted diseases as well as other health complications.

Providing access to sexual and reproductive health information makes an immediate measurable impact on the lives of girls and young women by increasing use of different strategies to reduce the incidence of HIV/AIDS. Caring Hands of Hope Uganda also provides vocational and business

management training to girls enable them engage into meaningful income activities other than those that put them at risk of HIV and teenage pregnancy.

EDUCATION

In Uganda, education remains a privilege, especially girls. While primary education is now universal, only few can afford to go to a secondary school. Majority of the girls can't afford scholastic materials from books, uniforms, pencil and pens and cater for their feeding at school. For girls every day they face barriers caused by high levels of poverty, early marriages, teenage pregnancies or child labor to increase on the families income. Educating girls becomes crucial to create an equal society and sustainable development. However, educating girls goes beyond getting them into school. It is about creating an environment in which they can feel safe, grow and run through all levels of education to be equipped with the necessary skills to compete in life.

Caring Hands of Hope Uganda provides educational support to girls through provision of school fees as well as requirements and scholastic materials such as books, pens, school uniforms, sanitary pads, soap and others. For in school drop-outs girls due to challenges like teenage pregnancy and poverty, we provide them with vocational and business management training to enable shape their own future and turn their visions into reality.

EMPLOYMENT

Girl and young women face challenges to sustain themselves and their families due to structural inequalities. In Uganda girls and children are subjected to worst forms of labor in commercial sexual exploitation, sometimes as a result of human trafficking, working in mines, some resort to street begging, vending, scavenging and selling scrap metal and plastic. These expose them to sexual harassment; gender based violence and forces them out of school.

For girls the traditional roles and values, high gender inequality and little economic possibilities in the rural environment limit their capabilities to finish school, engage in formal employment and unleash their potentials. To correspond to prevailing gender roles, women do the majority of domestic labor, such as cooking, cleaning and fetching water, leaving little time to earn an income or engage in higher education. Consequently, women and girls are strongly dependent on the decisions of their family or husband, unable to have control over their own time, body and life. Often suppressed, undervalued and undermined, life as a woman in rural Uganda is difficult and strongly impacts their future.

Caring Hands of Hope is empowering girls and children by increasing access to higher education, health services and decent work increases their chances to contribute to a diverse and just environment and contributes to inclusive economic growth.

LIGHT

Without access to electricity, productivity is limited to daylight hours. Darkness eliminates the possibility for Children and girls to study or read after the sun goes down.

Having access to solar light extends the working day, enabling businesses to stay open after dark and lengthening hours to study and learn.

Caring Hands of Hope targets the most vulnerable and forgotten members of impoverished communities. Many people feel hopeless and unimportant.

Caring Hands of Hope seeks to empower girls and young women in communities where they are marginalized and overlooked. Many elderly individuals without means have been abandoned by their families to provide for themselves.

Light provides feelings of self-worth and independence by giving families the power to lift themselves out of the darkness of poverty. Individuals no longer have to depend on other programs or sponsorships for support. Caring Hands of Hope empowers women by giving them a gift to care for their families.

Our Objectivities

Strong and Healthy Lives Educated Girls

Boosting on the health and nutrition of children, girls and young women by increasing access to health care and providing nutritional support both at schools and in their communities to strengthen the immune system and improve on their diets.

Educated children, girls and young women

Increasing education opportunities to children, girls and young women by educational sponsorships and vocational skills training for drop out girls

Economic Independence for children, girls and young women

Creating income generating activities and employment opportunities by supporting children, girls and young women and girls to start their own businesses to generate stable income and sustain themselves and their family.

About Us

About Caring Hands of Hope Uganda

Who We Are

Caring Hands of Hope Uganda is an indigenous, not-for-profit that aims at improving lives of children, girls and young women affected by HIV and AIDS and poverty through increasing their access to Health, education, entrepreneurship and provide skills training. The organization was formerly Growing Up Uganda and later changed its name to Caring Hands of Hope Uganda.

The organization focuses on key thematic areas which include health and nutrition promotion programs, Education, skilling and entrepreneurship development and leadership training aiming at reducing their vulnerability and enable them reach their full potential. Other projects include improving water, hygiene and sanitation, child and maternal health, sexual and reproductive health using a network of HEAL (Health, Entrepreneurship and Leadership) Ambassadors both in schools and communities.

Our Vision

We envision a world of healthy and empowered generation of children and young women who can reach their full potential.

Our Mission

We aim at improving the wellbeing of children, girls and young women affected by HIV and AIDS and poverty through increasing access to Health, education, entrepreneurship and skills training in Uganda.

Our values

Client centered

Transparency

Appreciate diversity

Respect

Inclusion

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What we do

We work with dedicated and innovative team to deliver child centered services aiming at increasing access to Health, education, entrepreneurship and skills training. We empower children, girls and young women from different social and economic backgrounds by building their capacities through increasing access to health care services, education, vocational training and engage in meaningful economic activities to enable reach their full potential. This in the end result into increased access to Health Care services, improved sexual and reproductive health, sanitation gender equity, hygiene and sanitation, entrepreneurship and leadership development to children and girls using the HEAL approach. Other services include food and nutrition, skills development, mentorships plus support supervision.

Our Approach

We use the HEAL approach to improve the wellbeing of children, girls and young women who have historically been most marginalized. The HEAL approach informs design and implementation of interventions and activities that promote health and nutrition support, Education, social and economic development of children and girls. This includes working with children, girls and young women from selected communities who undergo training to become HEAL Ambassadors who provide Health and nutrition, Education, entrepreneurial and leadership support services to other children and girls in the community.

Health and Nutritional Support

Oriented to improve the health and nutrition status of children, girls and young women with dietary items, access to medical treatment and public health knowledge and skills to enable them make informed choices about their health. Focus is on improving sexual and reproductive health, nutrition, hygiene and sanitation, child and maternal health, gender based violence, teenage pregnancy and reducing child marriages.

Entrepreneurship and Skills Development

Entrepreneurship is a practical subject, girls and women are engaged in five courses that entails the Human-Centered Design Driven Entrepreneurship on additional to skills development. This involves identifying, creating, testing, and implementing marketable entrepreneurship solutions to solve community problems.

Mentorship and Leadership

Girls and women receive ongoing support through a combination of group training sessions, leadership forums, as well as free training courses and resources from the HEAL College. In addition, all our participants have access ongoing technical and emotional support. The program

coordinator is also tasked to carry out needs assessment of HEAL Ambassador's professional development needs and in liaison with the Program Manager. This equips young girls and women with basic leadership skills that enable them champion initiatives that are directed to improve their health and socio- economic development. This enables them to understand their role in the change making process and also mobilize resources, advocate and empower others.

Social Empowerment

In order to create a society of conscious, self-determined and strong women, they need to be in control of their own bodies, time and life. We conduct menstrual hygiene campaigns and talk about sexual- and reproductive health, to reduce on early pregnancies, maternal mortality and sexual transmittable diseases such as HIV/Aids. We teach both, men and women, on the importance of equal rights and opportunities for all and put special attention on gender perspectives throughout all our work, to eliminate gender bias and discrimination and enhance equality on all levels of society.

Our Programs

Caring Hands of Hope has designed programs and campaigns tailored to promote health and nutrition, Education, vocational and life skills training, social behavior change and leadership development among children, girls and young women. Our programs are engaging and create a long-lasting impact on the lives of young people and enable them fulfill their potential.

Sponsor a child project

This is a project is directed to support children, girls and young women by providing them with nutritional, health, educational and other social needs both at school and their homes. This project aim at improving lives of children, girls and young women by responding to their social, economic and psychological needs. Individuals, groups and organizations can chose to sponsor a child for just 500 dollars a month.

Imperial Menstrual Hygiene Management Project

This is a community based and sustainable solution to poor menstrual hygiene management among rural girls both at school and their homes. This project aim at reducing gender disparities in education, empowering girls and strengthening the capacity of rural schools and communities to properly manage periods through production and distribution of Imperial reusable sanitary pads, conduct menstrual education, building teachers capacity to adequately respond to needs of girls during their periods.

SOMA Bag Project

Soma Bag project is an education promotion project which aims at improving learning environment for children, girls and young women both at school and at their homes. Through this project, children, girls and young women and girls are given designed bags that contain scholastic materials like books, pens and a reading solar lamp. For girls, they receive a pack of Imperial menstrual kit, three knickers, quick guide to menstrual hygiene management entitled "Madam Flo" and washing soap. The bags are designed in a special way that enables girls in rural areas to properly manage their periods by creating confidence to carry the menstrual hygiene kit to and from school. The solar lamps enable children, girls and young women who don't have access to electricity to read and do their homework at night hence improving their education outcome. The Solar lamps also provide a sense of security for vulnerable children and girls at night time where the risk of gender- based violence and sexual assault is high. Solar lights are also much safer than lighting fires or using kerosene lamps, which emit hazardous fumes and are bad for one's health. Urgent medical procedures can begin or continue into night time using the clean technology of solar lamps. Solar lamps also enable girls to work beyond daylight hours (e.g. at home), increasing their earning potential and that of their local community and so alleviating poverty.

Our Products

Imperial Reusable Sanitary Pads

The Imperial Reusable Sanitary Pads our low cost solution to optimize your budget. With thousands of kits sold, it is a tried and tested menstrual solution.

The Pack includes

Three Maxi Pads

Product Specification

Durability: Durable for 12+ months

Super Absorbent: Imperial Pads are designed with material that keep the dry and prevent leaking.

Eco- Friendly: Imperial pads are made using biodegradable materials

Affordability:

Easy to Use