

Choosing a Better Life

UGA-WCL-CBL-P02



Mbale, Uganda



Education

Budget \$57,300

Project Timeline

FULLY FUNDED

MAR 22

FEB 24



Overview

With a strategic and hard-working partner, this project addressed issues such as health literacy, education, life skills development, family and reproductive health – key elements needed to make wise choices about life - especially in Uganda where 80% of the population is under 25 (source: www.upfpa.org). Training was conducted in schools, prisons and communities where ignorance and poverty, together with cultural “myths”, result in school dropouts, crime, street children, HIV/AIDS, unwanted pregnancies and births, unsafe abortions and maternal death. The project continues to grow and expand, reaching many thousands with its important messages and training.

Objectives

Impact



293 VHTs trained to teach others

Hundreds of Village Health Trainers (VHTs) were equipped to reach communities with knowledge about health and life. These have a multiplying effect across communities, leveraging the information to impact more people.



724 prison inmates impacted

Prisoners' lives have been turned around through the training provided in 6 correctional facilities, empowering them to make life-giving choices. 25 prison wardens were also trained to support and facilitate the program.



10,000+ empowered community members

Church groups, schools, community groups, health workers, Village Health Teams and street kids received training on topics such as positive parenting, family planning, critical thinking, health & hygiene - leading to improved quality of life.



"Champion" training workshops

40 "champions" were trained as part of an annual initiative to raise up facilitators from key stakeholders to meet growing demand for training in churches, schools and prisons. They will later train other trainers after being mentored.



Life change

- Changed attitudes towards family size - smaller families, healthier mothers
- Young people with a sense of their responsibilities as fathers/mothers and the skills and knowledge to meet those responsibilities
- Self-esteem and making responsible, informed decisions to improve their lives and the lives of those around them
- Fostering of good relationships between men and women
- Community support that encourages good decision-making





Emma's Story

Emma undertook the training from our partners and then accompanied his wife for family planning advice. His previous goal was to have as many children as possible. Now his goal is to have four children that they can manage and support financially. Critical thinking skills encouraged him to join a local savings group. He said "the habit of wasting money on useless things ended - I now have 3 cows bought from savings". His relationship with his wife also improved after training on relationship skills. He said, "I want everyone to receive this training to reduce ignorance regarding life skills and reproductive health."



Village Health Teams provide grass-roots level health care. Their training is vital to raising awareness, promoting health and providing referrals to formal health services.

Edith's story

Edith is a Village Health Trainer attached to local health centre in a very poor area. She received our partner's training and mobilised and established 6 women's groups, a men's group and a teenage mothers group to empower them with reproductive health and life skills knowledge in order to reduce unwanted pregnancies, gender-based violence and school dropout. She has seen positive changes. Personally, Edith said the family planning training changed her own perspective on having a large family. She said, "After considering the difficulties I faced in raising a large family, I now encourage mothers to desist from having children they cannot manage to care for." She is thankful for the training that transforms peoples' lives.

