



## Word from the chairperson

Warm greetings from AIDE team. As we work towards our vision "A society in which girls, women and vulnerable children are fully empowered, innovative, and resourceful," we are pleased to present our 2024 report.

The leadership at AIDE appreciates the contributions of our partners, stakeholders in the public sector and local communities to empower women. We recognize the efforts of the management and staff team for serving the communities and making our vision a reality.

As the board we commit to continue giving policy and strategic direction to AIDE in conformity with governance best of practices to achieve our vision.

We invite you to read our report, your feedback will be highly valuable.



Dorothy Kiyai  
Chairperson



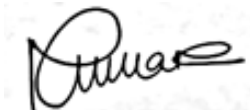
**Dorothy Kiyai**  
Chairperson

# Word from the Executive Director

We are happy to present our 2024 annual report. We greatly appreciate our funding partners and key stakeholders including the women, girls and communities who have tenaciously worked to support and facilitate the delivery of quality, participatory and sustainable services towards community development. Our generous partners have tirelessly provided financially, technically, and in-kind support.

Through AIDE key programs including Agriculture and economic strengthening, Healthy Life Initiatives, Education, Climatic change, Prevention, and response to violence as well as Governance and leadership development, girls, women and children have been empowered to participate in their socio-economic development processes

It is our pleasure therefore to invite you to read this report and share your kind feedback with us through our social platforms.



Lilian Nsubuga  
Executive Director



**Lilian Nabatanzi**  
Executive Director

# About the organization

Arise Integrated Development Efforts (AIDE) is a women-led nongovernmental organization working towards improving the economic and social well-being of women, children, and youth through empowering them with knowledge, skills, and material support. AIDE focuses on enabling them to improve incomes, health, prevent violence, respond to climate change impacts, and increase their capacity to demand for better services provision as well as participate in leadership. AIDE does this through programs including Agriculture and economic strengthening, Healthy Life Initiatives, Education, Climatic change, Humanitarian support, Prevention and response to violence and Governance and leadership development. In 2024, AIDE largely conducted operations in the Mukono and Kayunga districts.

## VISION

AIDE envisions a society in which girls, women and vulnerable children are fully empowered, innovative, and resourceful.

## MISSION

Our mission is to support and facilitate the delivery of quality, participatory and sustainable services towards community development among girls, women, and vulnerable children.





## OBJECTIVES

- To improve the well-being of women, girls, and children through livelihood programs.
- To improve access to health services among women, girls, and children.
- To improve knowledge and practical skills in vocational learning and education among children, girls, and women.
- To enhance climate change mitigation and adaption practices/measures among women in rural communities.
- To promote coping mechanisms for women, girls and vulnerable children and refugee communities.
- To promote prevention and response to Sexual and Gender Based Violence among women and girls.
- To enhance organizational good governance, financial and program management systems for effective service delivery.

# 2024 ACHIEVEMENTS

# 1

## Agriculture and economic strengthening

Under the agriculture and economic strengthening program, AIDE contributed to the well-being of women, girls, and children through livelihood initiatives including Business Support, establishment of Women and Youth led saving groups and Women land rights.

### Business Support program

AIDE supported 2713 community members including 2213 women and 400 men in developing their capacity to set up and expand through businesses. Using the knowledge and skills they acquired through the entrepreneurship trainings, participants were able to develop business plans, manage their business records, look for markets and understand the policy environment around business. In addition, AIDE operated a capital fund registered as a Savings and Credit Cooperative Organisation for women to access capital to invest in their businesses.

## Community voices

### Bookmaking for income

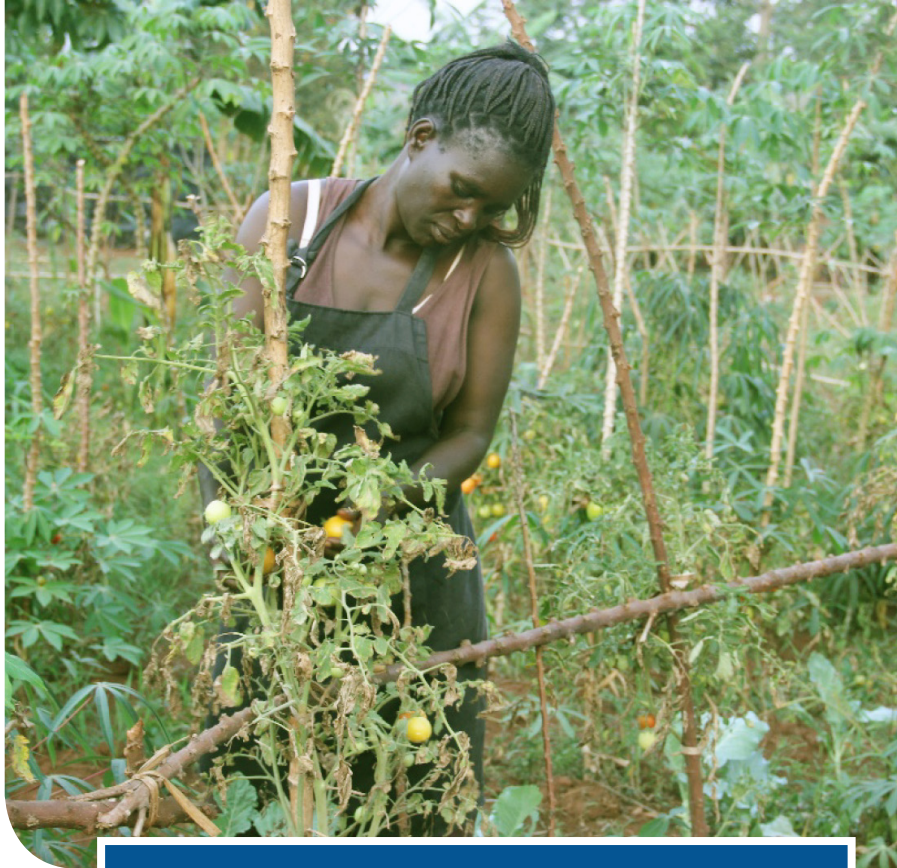
When Rebecca attended the bookmaking trainings, she started producing books. To scale her business, she applied for a loan of 2,500,000 Ugx from AIDE, which she used to purchase a book-cutting machine. With the new machine, Rebecca can now produce ready-to-sell books which she supplies to various stationery dealers. She earns extra income by offering book-cutting services to other bookmaking entrepreneurs, charging 200 Ugx per book. With the increased income, she can pay her daughter's tuition in medical school. She has also invested in poultry to diversify her income. Her journey with AIDE has increased her leadership capacity as well. She is working as the village health team member and a group chairperson thereby transforming other community members lives.



*Rebecca in her bookmaking business in Kiwago village*

## Thriving in commercial tomato growing

38 year old Muiyi Irene, a resident of Namasiga village, is a dedicated farmer who has increased her income as a result of increased access to capital. In November 2024, Irene earned 200,000 Ugx in profit from tomato sales alone and 30,000 Ugx per week from selling vegetables. Before joining the AIDE program, Irene struggled with limited resources to expand her farming business. She had limited capital to secure farming land and purchase quality seedlings, making it challenging to generate a stable income for her family. Through her participation in the Women saving groups that AIDE supported in establishing, Irene got a loan of 500,000 Ugx. She used part of the money to rent farm land and the rest to purchase seedlings.

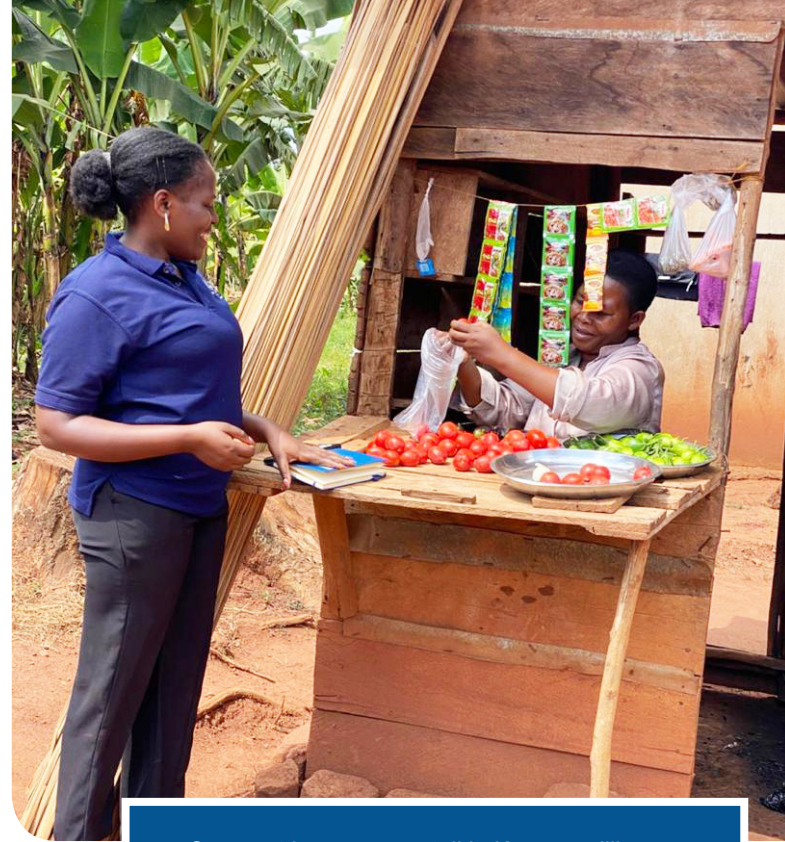


*Irene Muiyi tending to her tomatoe garden in Namasiga village*



## Setting up a grocery stall

Nabuma Suzan, 36, a mother of four, previously worked as a part-time labourer with no stable income. With no formal education and limited financial resources, she believed her future was uncertain. Suzan had no business knowledge or capital to start her own venture. She relied on unpredictable wages, making it difficult to support her children and elderly parents. Through Kukkilizza Development Group, Suzan received a loan of 400,000 Ugx. With this financial support, she constructed a stall where she started selling fresh foods, groceries, and fried snacks like pancakes and half cakes. Having fully repayed her loan, Suzan now earns a daily profit of 15,000 Ugx. Suzan is able to meet her household needs, pay school fees for her children. Suzan's journey evidence of the power of financial inclusion and entrepreneurship. With the support of AIDE, she has built a sustainable business, secured her children's education, and gained financial independence. Her resilience is an inspiration to other women seeking economic empowerment.



*Suzan at her grocery stall in Kawago village*

## Creating her own change

35 year old Esther Kobusingye is a business woman running a grocery stall selling fresh food in Jjogo village. Since she separated with her husband in 2014, Esther faced had limited income to take care of her household needs and paying school fees for her children. After that training the participants agreed to form an VSLA named Esther joined AIDE programs becoming part of that Joggo Women Development Group where she currently serves as a chairperson. Through AIDE training programs, she acquired knowledge in financial literacy, recording keeping, budgeting, business plan and loan management. Esther received start-up capital of 200,000 Ugx to set up a grocery stall selling fresh foods, fruits and clothes. Having settled her loans, Esther's life changed. She makes a profit of 53,000 Ugx a day. She can pay for her children's school fees, provide for her family needs and have more savings.

**“My dream is to educate all my children so that they can find good jobs in future. And with savings my business sales. i want to grow my business further,”** Esther shared



*Esther with AIDE staff at her grocery stall at Jjogo village*

## Earning out of her restaurant business

Nansamba Aisha, 40, a mother of four, runs a restaurant in Namasiga Trading Centre. For years, Aisha was a housewife, entirely dependent on her husband for financial support. However, when he fell sick in 2023, the family struggled to afford basic necessities. Their children dropped out of school for an entire term. Aisha was forced to borrow money from individuals which was of minimal effect.

Through the women saving group that she joined, Aisha received emotional support. Her friends also provided food stuffs to her. She got a small loan which enabled her to set up a restaurant in the trading centre. Aisha purchased saucepans, plates, and paid rent for her business premises. She now earns 20,000 Ugx in daily profits. She now meets the scholarstic needs of her children, as well as other household needs.

"It was challenging for me to establish my restaurant due to lack of capital. With the support of the women group which was formed by AIDE, I have built a business that sustains my family."

Aisha's story highlights the power of financial empowerment and community support. From struggling to feed her family to running a successful restaurant, she has transformed her life and secured a better future for her children



*Aisha in her restaurant business  
in Namasiga Trading Centre*



## Women and youth-led saving groups program

AIDE established 12 VSLAs with 225 women and 40 men to promote pulling of capital for investing and creating employment. Members were equipped with knowledge in financial literacy, loan management skills, saving mobilisation and group cohesion. The groups mobilised savings of 30,000,000 Ugx. The savings opportunity for women to access small loans to invest in business as well as meet quick needs such as their children's school fees.

### Women land rights program



*One of the women leaders discussing during the leadership and women's land rights session at Kayunga district headquarters.*

AIDE enhanced increased access to information on land government and conflict resolution mechanisms for community members in Kayunga district. AIDE facilitated 4 land rights clinics in Kayunga and Busaana sub counties reaching over 172 members in the community. AIDE partnered with Catholic Centre for Legal Aid Services to provide information and legal advice on land issues. Community members acquired knowledge about land tenure governance, land registration, ownership and succession, and conflict resolution to help them solve land related conflicts.



Moreover, AIDE organised 631 women into 25 groups as information hubs and advocacy spaces for women inclusion in land governance. This movement enabled women influence the functionality of land tribunals, addressing escalating land violations and environmental degradation that undermine women's economic activities and livelihoods. Through district-level dialogue meetings, the movement has created opportunities for women to present key concerns, such as the need for organized

capacity-building sessions on land tenure systems, land governance, property succession laws, and the registration process. These engagements have yielded tangible outcomes, including the commitment by duty bearers to ensure women's representation on all area land committees and the district land board. This milestone not only fosters women's active participation in land governance but also lays the foundation for resolving systemic land issues that disproportionately affect women.



*AIDE executive director Lilian facilitating a dialogue session on women's land rights at Kayunga district headquarter*

## 2 Healthy Life Initiatives

This program aimed at improving access to health services among women, girls, and children with focus on Sexual Reproductive Health Rights and Services, HIV prevention, Water, Sanitation and Hygiene, Menstrual Hygiene Management as well as Mental Health and Psychosocial support.

### Menstrual Hygiene Management program

AIDE implemented the Menstrual Hygiene Support for Girls with Physical and Intellectual Disabilities in Mukono district. 70 caregivers (69 females and 1 male) were equipped with skills in better menstrual hygiene management for their girls with disabilities. Moreover, caregivers were equipped with more knowledge on better nutrition practices to foster the health of their girls. 2 health workers also participated in the trainings to provide information on the medical issues on menstruation. The trainings enabled caregivers

improve their relationship with their children through better communication and observation like Sarah a caregiver of a girl with cerebral palsy said.

"My grandchild is helpless I do everything for her. I have now observed that when her periods are near, she cries a lot because of stomach pain. This enables me to prepare better."

There was also great appreciation of the unique challenges that adolescent girls with developmental

disabilities faced in dealing with menstruation such as limited ability to express themselves, exposure to hygiene related infections, vulnerability to sexual violence and general emotional distress. Caregivers realized the need to give the girls more attention during this period.

Similarly, they gained more skills on making liquid soap to foster better hygiene management in their homes using cost effective means. 11 started making liquid soap for daily

income. They also improved their skills in making reusable sanitary pads. Caregivers highlighted that reusable pads were more cost effective.

"I am so glad that we can now make liquid soap, this will reduce on hygiene costs to take care of our children during their periods while generate income." Nakalema Sylvia caregivers of 14-year daughter in Gomma village.



*A group chairperson discussing during one of the trainings among caregivers*



*AIDE staff facilitating a training session among caregivers in Jogo village in MHM in Goma.*

Furthermore, 586 students (360 female and 220 male) students, 3 female and 3 male teachers were reached through awareness sessions on menstrual health practices and habits, body changes and gender issues in Joggo primary and Misindye church of Uganda primary school. The participatory sessions provided a safe space where participants shared their views and experiences. AIDE worked with a health worker to provide information on some key issues on the body aspects of menstruation. Participants also learnt how to make reusable sanitary pads. Some girls were able to ask questions that are related to menstruation, pregnancy, and how they could manage feels of stigma and share during menstruation. Boys were called upon to be more supportive of girls. 2 school health

clubs were formed to provide safe spaces where girls and boys would share experiences. Teachers were to continue providing information and support to the girls during their menstruation. One of the things that teachers agreed not to do was punishing girls during their periods. This was one of the ways to promote menstrual dignity.

There has also been behavioral change at the schools ever since the project interventions. Before, boys used to laugh at girls who had soiled their clothes and were not supportive. Now the boys are more supportive and help the girls whenever possible. This was reported by the senior male teachers at Misindye Church of Uganda primary school.



*Student leaders during training in reusable sanitary pads.*



*Pupils of Misindye primary school posing for a photo with their reusable sanitary pads.*



AIDE underscored the importance of supportive school structures to enable girls with physical and intellectual disabilities manage their periods better. Moreover, we observed the importance of better access to clean and safe water for households to especially reduce on the workload caregivers face while supporting the girls to manage their periods. Therefore, AIDE menstrual hygiene management program focused on Water, Hygiene and Sanitation at household level. Then again, AIDE observed that some of the participants had health issues in menstruation which would call for health awareness and screening. Therefore, AIDE collaborated with health centre personnel to provide health education and referrals where need arises.

Similarly, AIDE developed key messages to address negative stigma surrounding MHM. The messages on wrist bands were disseminated among 150 school children as well as 50 caregivers and 23 girls in the community. The messages on the placards were also used during the awareness raising session. AIDE plans to disseminate the materials widely through social media and in at least 4 more schools.



# Inclusive Structures for Menstrual Hygiene Management



*The MHM materials for communication*

## Inclusive Menstrual Health and Hygiene Management



Menstruation is a basic part of life for girls and women

## MENSTRUAL HYGIENE MANAGEMENT

**When girls and women manage menstruation effectively every one wins**



Girls with intellectual disabilities need more support for menstrual Hygiene management

## Inclusive learning for children with intellectual disabilities program

With the support of World Forgotten Children Foundation, AIDE supported 24 children with intellectual disabilities through their inclusive learning in St. Charles Lwanga Daycare in Bukerere. In supporting mobility through wheelchairs and cerebral palsy support tools, assistive learning devices such as colored pencils and play materials, the project contributed to a more conducive learning environment for children with physical and intellectual disabilities. In addition the first aid kit as well as the Orthopedic and resting mattresses installed at St Charles Lwanga Daycare. The resources helped children overcome barriers in their daily lives, access education more effectively, improve communication skills, build independence, and foster a sense of self-worth by enabling them to participate fully in their environment and learning activities. Additionally, the project installed a 10,000 litre water tank to increased timely access to clean water for the

children thereby enhancing improved hygiene and a better learning environment. AIDE also engaged the 24 caregivers as primary beneficiaries, 5 AIDE team members, 3 local government workers, 2 technical staff from MOTIVATE, 3 staff from the daycare, and 2 community workers.

*“Raising a child with special needs can be very isolating. However, this has changed having become a participant in inclusive learning program. I am part of the parent support groups where we receive important information on how to take care of our children better. As we share experiences, we get relief from all the emotional and mental burdens. I cannot even explain what it means to me to have my son embraced by AIDE. My 10-year-old son, Jjunju felt immediately comfortable after receiving the wheelchair. He can move around by himself.”* Jjunju’s mother, Bukerere village



Some of the children with their caregivers, Mukono Community Development officer (right) and AIDE Executive Director (second from the right) at St Charles Lwanga day care with assistive devices.



The principal of St Charles Lwanga Day Care receiving the first aid kit to support children's emergency needs while under their care.





*AIDE Executive Director with the caregivers at the water tank installed at St Charles Lwanga Day Care, to enable children have timely access to clean water for drinking and ensuring better hygiene*



*One of the children sitting on his chair having a conversation with AIDE staff*



*AIDE board member (in purple) and Executive Director (second from the right) with other leaders during the AWDF leadership training*

## Collaborations

AIDE participated in the district planning and budget meetings for Mukono and Kayunga districts where we shared views and perspectives of grassroots women.

AIDE had a bench marking trip with HOLD Uganda to learn more about bee keeping in Kamuli district with the women beneficiaries. The trip was also a learning event to

understand the importance of increasing access to resource mobilisation.

Moreover, AIDE team participated in AWDF Evaluation meeting about the leadership and governance that took place in Ghana. The Executive Director and one of the Board members participated in the training where they gained invaluable knowledge and skills in leadership.

AIDE produced two short videos and a blog.  
Below are the links.

<https://www.youtube.com/watch?v=OaBNRpCc838>

<https://www.youtube.com/watch?v=Jnm-PMoQzk0>

<https://aideug.blogspot.com/2024/11/menstrual-hygiene-support-for-girls.html>

## AIDE 2024 projects.

- Youth Enterprise and Health Initiatives funded by Children's Rights Violence Prevention Fund
- Women Land Governance funded by Africa Women's Development Fund
- Women Promic Project funded by Swissband
- Financial Literacy Training for Women with Income generating activities funded by Seeta Child Development Centre
- Governance and Leadership Development funded by African Women's Development Fund
- Demonstration farm support funded by Aliguma Foundation
- Land rights awareness supported by Catholic Centre for Legal Aid Services
- Inclusive Learning for Children with physical and intellectual disabilities funded by World forgotten Children Foundation

## Our partners



AFRICAN  
WOMEN'S  
DEVELOPMENT  
FUND



Child Rights & Violence  
Prevention Fund (CRVP-Fund)



Swiss Hand foundation



Catholic Centre for  
Legal Aid Services



Aliguma Foundation

**Seeta Child  
Development  
Centre**





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