

EMPOWERMENT WOMEN/WIDOWS

OUR HEARTS FOR AFRICANS

26 OCTUBRE



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www.ourheartsforafricans.org

Join us as we fundraise for our children and families affected by the COVID-19 Crisis.

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OUR HEARTS
4 AFRICANS

OUR PRIMARY
MISSION & GOALS



EDUCATION



SANITATION



ENTREPRENEURSHIP



More than 150 children are currently enrolled at Our Hearts free preschool and elementary school where they are taught English, reading, writing, science, and math, as well as provided daily lunches. Our school also teaches adult classes and holds weekly women empowerment meetings.

In addition, the school has a community garden where community members can learn how to grow crops. The garden is also used to feed the kids at school. There are many after school activities for the students, as well, such as chess club, soccer, and debate.

Before Our Hearts for Africans was established in 2019, children in Bunio had no education, and the ones that did had to walk for hours to find any other school.

In 2019, Paul Kulabako started Our Hearts for Africans because he was inspired by the struggles he went through as a child growing up in poverty in Uganda and spent a significant part of his childhood making bricks to generate enough income for his siblings to be able to get an education.

Paul would walk hours to school every day because he knew at an early age that education is the key to alleviating poverty and creating a better life for oneself. Paul now owns and operates Our Hearts for Africans with a mission to bring education, empowerment, and basic needs to the community of Bunio.

Paul's story is a testament to the power of education, determination, and love.

Many children in Uganda must travel long distances to get to school, making it harder to attend class and leading to higher dropout rates. We have eliminated this problem in the community of Bunio by establishing a free school in which kids within the community can easily get to.

Additionally, one of the biggest barriers to academic success is hunger, because children struggle to concentrate and focus on an empty stomach.

Our Hearts for Africans orphanage school provides our children with meals so that they are full of energy, and ready to learn.

Women empowerment is a focal point of our mission. The women of Bunio face many challenges such as poverty, unemployment, and underrepresentation. Our Hearts serves to help the women of Bunio find their voice through empowering them with education, entrepreneurship opportunities, and feminine hygiene recourses.

When the staff at Our Hearts interviewed the women of Bunio, we found that among all the big dreams that these women have, being educated stood at the forefront. The organization to exists largely to make their dreams a reality. Once a week the women take free reading and writing classes. The organization also serves to teach the women about HIV/Aids, menstruation, and personal hygiene. In addition, the women meet with Our Hearts staff weekly to express their needs and goals so that we know how to best serve them on a constant basis.



Our vision is to
see that
Ugandan

women, widows, girls, and
children gain hope, happiness
and are empowered
economically, socially and
politically. We count on
mobilizing the power of
volunteers and donors to help us
in achieving the goals of health
improvement, the support of
education, and the alleviation of
poverty.

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WOMEN/WIDOWS EMPOWERMENT

We care about women from poor families who do not have access to any basic needs such as food, clothes, and medical services.

Many women in Africa and Uganda are mistreated by their husbands, considered as inferior by African men, have to take on all family responsibilities such as looking care for the children, looking for food and other needs and are denied care due to the fact that their husbands are married to more than one woman.

Our hearts for Africans have registered over eighty (80) women and windows in the rural poor communities of Bunio and Kalugami who are from poor families and they lack access to basic needs.

Our hearts for Africans are helping the women, widows and girls of Kalugami and Bunio in various ways such as:

Teaching women and girls about family planning because big families are more likely to face poverty in rural communities where the families cannot offer to provide full needs.

Teaching women, widows, and girls about diseases like HIV/AIDS and malaria, how to prevent these diseases, and what the symptoms are for these diseases.

We also train women and girls to utilize modern methods of farming and encourage them to establish small hold gardens, where they can grow food to feed their families as well as generate income. We establish a demonstration farm where community members can come to learn different farming skills and receive free seeds plus harvested crops.

Since women in Kalugami and Bunio do not have access to clean water, they use water from a nearby swamp for drinking and domestic use. We teach women how to filter that water so that it is safe to drink.

We encourage women and girls to utilize skills such as handcrafting different items to sell and generate income. We provide free materials for the women to make beads, mats which are then sold on international market, also we women saw clothes for them to use and for the children.

Many women in rural poor families do not have access to menstruation cycle materials, where women use dirty clothes, sponge as pads, our hearts for Africans we are providing free menstruation cycle materials to women such as reusable pads and menstruation strip cups.

We also carry out adulty education, since the women never had a chance to go to school, they are eager to learn new things, we teach the women how to read and write.

Our future for the women /widow empowerment

Our main aim is to see that African women from rural poor families are self-sustainable so that they can have projects and so activities which generate income to them and they can be able to provide needs to their children.

We would like to establish a technical institution with materials such as sawing machines where the women are empowered according to their skills their have got such as hair dressing, handcrafting and others

Finding market for the items made by the women so that they can get income to support their families and to get other needs for themselves

Purchase of a big land where women can do teamwork gardening and be able to get food to feed their families, hence reducing poverty.

Achievements

Our hearts for African Uganda since it was established, we have managed to achieve the following:

- Construction of two permanent classrooms, an office, and a store for the school and this was donated by our beloved friends to provide shelter for the children during school hours.
- Hosted international volunteers from different countries like in united states of America, United Kingdom, Mexico, chile, Germany, Spain, Ireland who have helped in teaching, donations, and shared skills with us.
- Demonstration gardens have been established in school to provide food for the women and children, community and to sell and get money.
- Identified 70 women and girls from poor families and empowered through hand graft making and sensitizing on menstruation cycle and others issues.
- Provider free menstruation pads for the girls to end girl drop out of school and to women who have no access to menstruation materials.

AIMS & OBJECTIVES

- To provide education pertaining to menstruation, HIV/AIDS, and family planning as well as provide free feminine care products to women and girls in rural communities of Uganda.
- To provide free education sponsorship and scholastic materials such as books, pens, and pencils to girls from poor families in addition to those who are orphans.
- To provide free basic needs to poor families in rural communities such as food, clothes, and medical treatment.
- To educate women from rural communities about family planning, HIV/AIDS, malaria, sanitation, and how to attain clean and safe water.
- To promote the talents of youths and community members which may include things like football, games, and crafting.

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- To establish and train community members as entrepreneurs and to educate them about modern methods of farming, in addition to teaching them how to generate a steady income from a small hold garden.
 - To provide free medical assistance to community members from poor families such as pregnant mothers, widows, and women from poor families.
 - To encourage community members to establish income generating projects such as having a poultry or pig farm.
 - To create a cheap, beneficial, safe, and ethical international opportunity to volunteer in Uganda.
 - To teach women and girls within the village of Kalugami and Bunio how to read, write, and speak English.
 - To provide shelter for the street children of Kalugami and Bunio

Volunteers are needed for the following:

- ✓ Educating community members about family planning, controlling diseases such as HIV and AIDS, how to filter water so that it is safe to drink, and how to solve family problems.
- ✓ Training the community members to acquire different skills, such as entrepreneurship, computer, leadership, and craft skills.
- ✓ Construction, since community members reside in grass hutched houses, we are looking for volunteers with skills in construction. Large families in this community often live together in small grass hutched houses
- ✓ Donation of materials such as secondhand clothes, medical supplies, first aid kits, school supplies, feminine products and building materials.
- ✓ Volunteers need to be teaching older people within the community how to read, write, and speak English.

We need volunteers to come and train the women how to make crafts out of beads. Volunteers are highly encouraged to bring these crafts back to their own countries to sell them and raise money for the women.

“Speechless, that’s the only word that comes to mind when I think of my experience in Uganda. The way people spread joy and happiness with just their smile is amazing. The people I worked with are open to everything and eager to learn, but what they give back is a whole new perspective on the world and human relationships. I can’t put into words how proud I am of every man, woman, and child I’ve had the pleasure of working with and I can’t wait to see the progress that the organization and the people it serves have made since my visit when I come back. Our Hearts for Africans Uganda is a safe place where people in the community are given the opportunity to take the next steps towards self-growth and a brighter future. I could not have asked for more from this experience.”

Helga Sunna
Volunteer from Iceland

















