

3-Month Impact Newsletter

HEALING. DIGNITY. VOICE.

SAVANA WOMEN'S HEALTH
AFRICA



24/July/2025



A Letter from the Savana Team,

Dear friends,

It's hard to believe it's been three months since we began this journey officially. We remember the day we made the decision to stop waiting for "the right time" and instead build the space we wished existed when we needed it most.

Every woman we've met along the way has reminded us why this work matters: the grandmother raising 10 children alone, the girl who dropped out of school because of period stigma and teenage pregnancy, the woman silently battling infection because she feared asking for help.

We are not just teaching reproductive health — we are restoring dignity, sparking confidence, and building a generation of women who know their bodies and their worth.

We hope this newsletter gives you a real glimpse into what we're building at Savannah Women Health Africa. There's so much more ahead, but for now, we invite you to read, feel, and walk this journey with us.

Warmly,
SWHA Team!

In this newsletter
you can expect:

Program
Highlights:

Family Planning
Focus

Registration
Milestones

Fundraising
section



Creating Safe Spaces in Schools: Girls Talk Health.

We've started reproductive health sessions in schools like Rock Christian and Upendo School in Buddo. These sessions covered:

Menstrual health and hygiene

Understanding one's body

Building self-worth in the face of stigma

Girls participated in open discussions and created "Wellness Vision Boards." One girl shared:

I thought I was cursed because I started my period early. This helped me understand it's normal.

We've also begun one-on-one mentorships with girls who are vulnerable to dropping out.



Women's Circles: Conversations on Family Planning.

In workplaces and homes, we hosted dialogue sessions with mothers and working women. Topics included:

- The pressures of motherhood
- Body autonomy and contraception
- Family planning myths vs. facts

One woman said:

"We are taught to have many children to please our husbands, but no one asks how our bodies feel."

These were heartfelt, healing conversations. Women finally felt heard.



Behind the Scenes: Ministry Progress

Our administrative journey has not been easy. We faced challenges like:

- Delayed bank account registration
- Repeated back-and-forth with the Uganda Revenue Authority

Despite it all, we:

- Registered fully as a legal NGO in April 2025
- Opened our bank account
- Are finalizing our Tax Identification Number (TIN)

This foundation will enable us to receive local and international funding.



Home Visits: Reaching the Unreached

In Kagumba, we met a grandmother caring for over 10 grandchildren with no income. Her home became a meeting point where:

- We spoke with young mothers about parenting and family planning.
- Women shared openly about physical and emotional fatigue.

A woman in her early twenties said:

I don't know how many children I can care for. I just keep going.

These visits revealed just how much women crave support and connection.



One Woman's Breakthrough

Through patient dialogue, one woman in our circle convinced her husband to support her financially. She now runs a vegetable stall:

It's small, but it's mine. Now I can buy pads for myself and snacks for my children.





Looking Ahead: Toilets, Pads & Dignity.

Through school visits, we saw girls missing class due to lack of:

- Safe, private toilets
- Clean water
- Menstrual pads

We are launching a Funding campaign to raise money for:

We are launching a GoGetFunding campaign to raise money for:

- 1 school toilet for girls
- Water tank
- Reusable pads for 50 girls in Kagumba

This is not just infrastructure. This is protection, freedom, and dignity.



Your Impact, Their Future: What Every Pound Can Do.

At Savana Women Health Africa, your generosity goes a long way. Here's how your support can directly transform lives:

- £32 provides 50 sanitary pads, helping girls stay in school with dignity.
- £320 funds the construction of a standard toilet, improving hygiene and preventing disease.
- £1,300 purchases a 10,000-litre water tank, giving children access to clean, safe water and protecting them from waterborne illnesses.

How You To Donate.

Partner with Us: Schools, clinics, or NGOs are welcome to collaborate

- Spread the Word: Share our story with your network
- Donate: Contribute to our menstrual health fundraiser
- Refer a Donor: Help us reach more supporters

- Email: savanawomenhealthafrica@gmail.com
 - WhatsApp us for updates and field visits
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In Closing.

These first three months have been about building trust, grounding our mission, and showing up for the women who need it most. We are proud, humbled, and hopeful. Thank you for being with us on this journey.

With gratitude,
The SWHA Team
#Savana WomenHealthAfrica



Thank you for reading!

SAVANA WOMEN'S HEALTH AFRICA	SAVANAWOMENHEALTHAFRICA @GMAIL.COM
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