

Wings For Women Report: Uganda May 2019

Overview

Wings for Women (W4W) educated on family planning, proper hygiene, use of reusable menstruation pads and lead empowerment discussions with an emphasis on self-worth and protecting oneself against rape. W4W was also involved in business investments and support.

We stayed at the Deira Hotel in Mukono and coordinated with the following clinic teams:

- Word in Deed (WID): Our partner who organizes all team member participation, accommodations, meals, medical accreditations, permits, and transportation. WID continues long term support of churches, schools, and the villages we visit throughout the year.
- Dr. Moses and Dr. Roberts direct the medical team.
- Palm Beach Atlantic, Gregory School of Pharmacy: Fill the staffing positions in triage, diagnostics, pharmacy, and assist the doctors during clinics.
- Hope Smiles: Dentistry team who educates on dental practices and provides dental procedures.
- Population Services International (PSI): Provides clinical services for women such as reproductive health, family planning methods, and cervical cancer screenings.

Friday, May 17th

W4W hosted a tea for over 90 women and conducted a business training seminar in Ntenjeru. In attendance were the current sewing teams which each included women from four villages: Ntenjeru, Lulagwe, Bunakijja, and Mpunge. Also present at the event were applicants for startup business opportunities. The sewing teams brought dresses and displayed them to show their accomplishments. The Ntenjeru sewing team showcased their beautiful WingPads, which is their version of a reusable menstruation pad, similar to the AFRIPad.





Saturday, May 18th

Clinic Day #1: Ntenjeru

- As part of our business training, the Ntenjeru sewing team presented their WingPads to W4W. We agreed on a price and purchased 101 pads from the sewing team to distribute as gifts during our girl and women talks. We are very proud of the accomplishments of Ntenjeru's sewing team. The WingPads are well made and include a bag to carry the pads in. These women are able to sew WingPads and sell them locally in order to provide for their families.
- Girl Talk: 30 girls between the ages of 10-17. Most of the girls were familiar with male condoms during our family planning lecture. Many were interested in self-defense skills concerning rape. We taught lessons on empowerment, which included self-worth lessons. We explained the use of AFRipads/WingPads and distributed WingPads with a new pair of panties.
- Women Talk: 35 women over 17 years old and of childbearing age. All of them were familiar with male condoms and were interested in the female condom. They were very interested in the Jadelle implant but were concerned about men feeling the implant in the arm and not approving of it. We explained the proper use of AFRipads/WingPads and distributed WingPads to each lady.
- Art class: 20 boys and girls ages 10-20. Alex conducted an hour of drawing instruction and distributed colored pencils to the students.
- Population Services International (PSI) partnered with us and set up a clinic in the church. They were a team of three who provided 4 IUDs, 8 Jadelle Implants, 3 Provera shots, and 11 cancer screening tests.



Sunday, May 19th

W4W visited *Rising Up Hope for Uganda* orphanage in Kampala (RUHU).

- Girl Talk: 60 girls between the ages of 10-18. These girls are rescued from the streets and have had experience with rape, hunger, and homelessness. Most of them were familiar with male condoms and had many questions about birth control methods. Sadly the girls had questions regarding coerced and non-consensual sex (rape) and voiced interest in learning self-defense skills that would allow them to protect themselves. They used disposable pads but were very interested in AFRIpads. We explained the use of AFRIpads and distributed them with a new pair of panties.
- Boy Talk: Two men from the clinic team visited the boy's home and conducted a boy talk which included lessons on the male and female reproductive system, myths regarding family planning methods, and emphasized how to treat a lady respectfully. Each boy received a new pair of boxers.



Hotel Deira Mukono

- Women Talk: Six lady staff members who all worked at the hotel we were staying at. All of the ladies were of childbearing age and many had children already. All of them were familiar with male condoms and were interested in the female condom. One lady had the implant; two were using the calendar (they call it "moon"). They were very interested in the Jadelle implant and had many questions regarding its use. The discussion with these ladies was positive and open. They all spoke English, so no translators were needed. Each lady received AFRIpads.

Monday, May 20th

Clinic Day #2: Bunakijja

- We visited the Sewing Club space.
- Girl Talk: 45 girls between the ages of 10-17. Most of them were familiar with male condoms and were very attentive and interested in family planning methods. The girls showed focus as our team demonstrated self-defense skills concerning rape. We explained the use of AFRIpads and distributed them with a pair of new panties.
- Women Talk: 60 women over 17 years old and of childbearing age. All of the ladies were familiar with male condoms and were interested in the female condom. The women had many questions regarding family planning methods, which included myths and side effects. They were familiar with AFRIpads, and each woman received a set. We also distributed male and female condoms. During this clinic day, it was raining a lot, so we had the older ladies (beyond childbearing age) sit in our women's talk and encouraged them to teach their daughters and granddaughters proper family planning methods. They were pleased to be addressed and a part of the discussion.
- We distributed dresses and clothing to 45 girls and babies.
- PSI partnered with us and set up a clinic in the school. They were a team of three who provided 6 IUDs, 10 Jadelle Implants, 1 Provera shot, and 18 cancer screening tests.



Tuesday, May 21st

Clinic Day #3: Mpunge

- Girl Talk: 40 girls between the ages of 10-17. Most of them were familiar with male condoms and were very attentive and interested in family planning methods. The girls showed focus as our team demonstrated self-defense skills concerning rape. We explained the use of AFRIPads and distributed them with a new pair of panties.
- Women Talk: 35 women over 17 years old and of childbearing age. All of them were familiar with male condoms and were interested in the female condom. They were familiar with AFRIPads, and we distributed them along with male and female condoms. Our Ugandan nurses, Molly and Joy, spoke to the ladies directly, and there was a great Q&A with many women participating. One lady stood up to thank us for coming while the other ladies clapped with approval.
- W4W visited a local Ugandan couple's farm. Sylvester and Rose served us fried fish and juice as we sat with the family in their home and discussed a possible business startup for Rose. We learned about their pineapple, pig, and poultry ventures. We agreed on supporting Rose's poultry business as a W4W startup. She has good land and space, and a small chicken coop already built.
- PSI partnered with us and set up a clinic in the school. They were a team of three who provided 12 IUDs, 4 Jadelle Implants, 1 Provera shot, and 21 cancer screening tests.
- Dr. Moses inserted a Jadelle implant at the Deira Hotel for a lady with nine children, who had previously been at our women's talk with the hotel staff.



Wednesday, May 22nd

Clinic Day #4: Lulagwe

- Girl Talk: 50 girls between the ages of 10-17. Most of them were familiar with male condoms and were very attentive and interested in family planning methods. The girls showed focus as our team demonstrated self-defense skills concerning rape. We explained the use of AFRIpads and distributed them with a new pair of panties.
- Women Talk: 45 women over 17 and of childbearing age. All of them were familiar with male condoms and were interested in the female condom. Our Ugandan nurses, Molly and Joy, spoke to the ladies directly, and there was a great Q&A. Many women were interested in learning about family planning methods and ways to protect themselves against rape. The ladies were familiar with AFRIpads, and each received a set along with male and female condoms. We spoke with many girls and ladies, one on one, about the Jadelle implant and family planning methods.
- We distributed dresses and clothing for 145 children, women, and babies.
- PSI partnered with us and set up a clinic in the school. They were a team of three who provided 13 IUDs, 11 Jadelle Implants, 4 Provera shots, and 11 cancer screening tests.



Trip Stats

General:

Girls served	225
Women served	181
WingPads distributed	101
AFRIPads distributed	480
Panties distributed	475
Dresses distributed	250
Cancer screenings	61

Family planning methods provided:

IUD	35
Jadelle Implant	34
Depo Provera	9
Total	78



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