



FREEDOM AND ROAM UGANDA



END OF YEAR NEWSLETTER is finally Here

Hello, we bring you our last quarter newsletter for the year 2020. Take your time to go through the work, engagements, involvements and developments FARUG has been involved.

Thanks you!



CELEBRATING THE INTERNATIONAL HUMAN RIGHTS DAY

10th Dec 2020

December is international Human Rights Day that is recognized worldwide. This day is also the last day of the 16 days of activism.

FARUG commemorated this day by having a regenerative circle for LBQ women and a security talk that was targeted to guide members from harm and problems during the festive season and election period. The same day was the last gathering of the year for FARUG members. Members were offered a cake and DR. Frank Mugisha the executive director of sexual minorities Uganda (SMUG) blessed this occasion.

INTERNATIONAL HUMAN RIGHTS DEFENDERS DAY

10th Dec 2020

The international human rights defenders' day was organized by defend defenders and the national coalition of human rights defenders on 9th December.

This celebration brought together human rights defenders from different walks of life and sectors. Among them was the Executive director of FARUG Ssenfuka J Warry.



OUR BIG STORY

“DISRUPTING DISCRIMINATION” NEW NARRATIVES THROUGH DIGITAL MEDIA

9th Nov 2020

The “Disrupt Discrimination” campaign is a campaign aimed at amplifying voices and widening visibility scope of LBQ women through social media campaigns, storytelling and podcasts that are being shared through the social media platforms of FARUG. Below are so far the shared stories of LBQ women and transmen who have stood against the myths of society towards SOGEI persons.



LGBTQ ADVOCACY CHAMPIONS

7th Dec 2020

FARUG was part of a 3 days regional training for LGBTQ advocacy champions. This was aimed at developing a regional advocacy guide on access to sexual reproductive health rights and services for LGBTQ persons in central Uganda. This training was organized by Human rights awareness and promotion forum (HRAPF).





AFRICAN BEADS

2nd Dec 2020

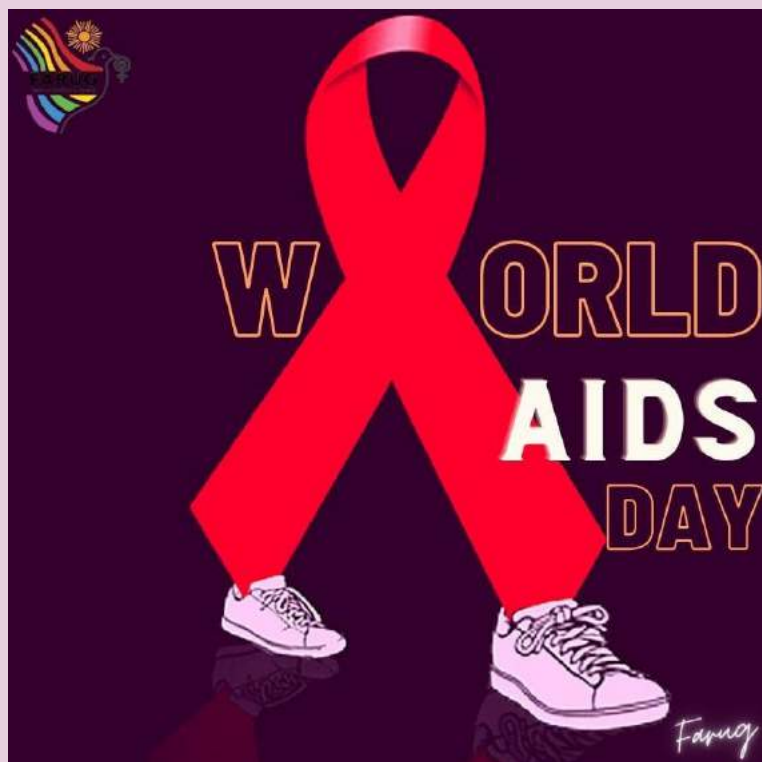
"The African beads jewelry I make assert many Queer women identity as African and Ugandan women"
~sybella a queer woman from Uganda.
To support sybella and place your orders, please reach out to her through
<https://chat.whatsapp.com/DRavVrB94Dm6hLUeq7bkYZ>

OUR PROGRAMS ADDS ANOTHER YEAR

3rd Dec 2020

We joined hands in wishing our Programs Director Gloria Dh El a happy birthday!!! It's always a blessing to add a year on top of that passing through this hilarious covid-19 year! All the staff wished her "Blessings and more blessing as she marked her special day"





CELEBRATING THE WORLD AIDS DAY 2020

1st Dec 2020

“On this day we would want to honor the LBQ lives we have lost to misperceptions that LBQ women are not prone to getting infected with HIV/AIDS. On this day we celebrate the health service provision centers that have opened up their doors to provide friendly health care services; HIV testing, management and care without discrimination on regards of sexual orientation. We also applaud all our donors well-wishers friends and partners for the continuous support rendered in the fight against HIV/AIDS among LBQ women.

This fight has driven us to a prevention strategy that is often referred to as "treatment as prevention" hence the U=U " Undetectable =untransmittable.

We applaud our GAP members who have continuously maintained their Antiretroviral therapy and have reported consistent undetectable HIV viral load. Together we can reach out targets”

We also joined our partners Ice Breakers Uganda (IBU) online to celebrate this day with other organizations online via zoom.





AWARENESS CREATION ON MENSTRUATION HEALTH & HYGIENE AND MANAGEMENT

30th Nov 2020

GBV has many dimensions which include physical, sexual, psychological and social aspects.

Some of the dimensions are; Depriving LBQ women of their basic needs, identity, and fundamental rights.

Menstruation is a woman's monthly bleeding often called periods.

Locally called "kibbah, omwezzi, akamyuffu, ebbiserra" etc. women are encouraged to keep clean and comfortable during "kibbah"

Shared below are some of the tips to follow during this time.

- Do not use pads for long hours.
- Keep the pubic area clean and neat.
- Dispose off used pads safely.
- Stay away from vaginal cleansers and antiseptic soaps.
- Avoid douching while cleaning the vulva and vaginal area.
- Rest and catch up on sleep.
- Take a clean bath at least thrice a day when in your periods.

How to Managing painful periods.

- Drink more water.
- Enjoy herbal teas or warm water.
- Eat anti-inflammatory food .i.e. raw tomatoes, pineapples.

#itstimeforaction

#menstruationisnotanexcusefor
discrimination,

#endmenstrualstigma





16 DAYS OF ACTIVISM

30th Nov2020

The sixteen days of activism against gender based violence is an international campaigns to challenge violence against women and girls. This campaign runs every year from 25 November "The International day for elimination of violence against women" to December 10, "Human rights day".

FARUG together with her members decided to honor these days by sharing some of the lived realities for LBQ women who have continuously faced violence not only as LBQ women but doubled as women.

Shared is one of the realities.

"If you are invisible in everyday life, your needs will not be thought of, let alone addressed, in a crisis situation. I was "correctively" raped but sadly people are not ready to have that conversation yet" Anonymous Butch

lesbian.

#NoMoreMissingRights, #leavenoonebehind2020, #16daysofactivism2020.

FARUG CEREBRATES WOMEN HUMAN RIGHTS DEFENDERS DAY

29th Nov2020

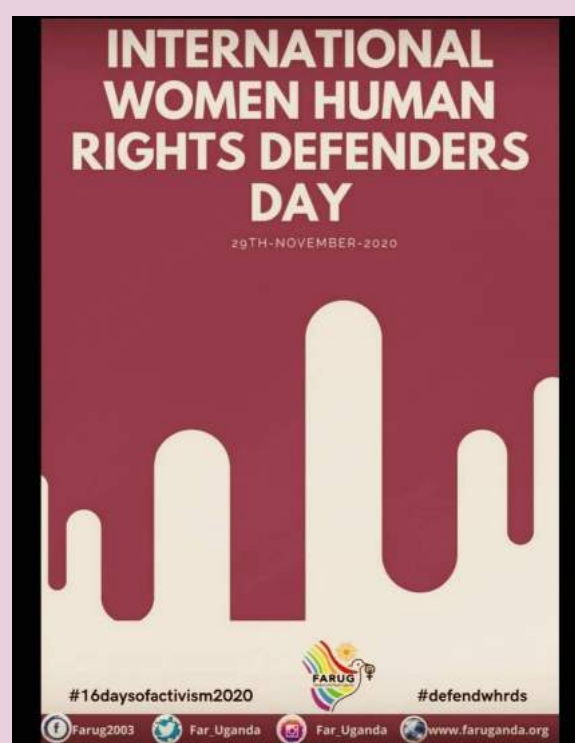
This is a day that recognizes the works of WHRDs from all over the world for the great work they do in advocating for change in the social, cultural, economic and political wellbeing and inclusion of women.

"Happy Women Human Rights Defenders Day to all LBQ women. Celebrate your self today because it's our day as WHRDs"

Keep up the resilience.

#16daysofactivism2020

#defendwhrds





AWARENESS CREATION

28th Nov2020

Just like Mukasa, together we can stand to stop rape.

Every individual can do their part to end sexual violence. We need to speak out and raise awareness. Make rape a vice of the past.

To all survivors of GBV, We hold you, love you because we are & you are us.

Tomorrow women in sports foundation

#16days #stoprapenow

#endviolenceagainstwomen

#leavenoonebehind2020

#nomoreGBV #OrangeTheWorld

#genderequality #meto

#HearMeToo #nomoremissingrights

COURTESY VISIT FROM SMUG

27th Nov2020

Sexual minorities Uganda (SMUG) is an umbrella organization for KP organizations in Uganda.

For their bid to bring together and strengthen advocacy for KP's in Uganda, SMUG gave a courtesy visit to FARUG to assess how she is doing. The team appreciated FARUG for the tremendous work done since inception and the great work done through empowering LBQ women in Uganda. It was such a pleasant experience to host Sexual Minorities Uganda - SMUG for a check in courtesy visit.

#OrangeTheWorld #16days





DISRUPT DISCRIMINATION

26th Nov2020

When Queer women reach out to me as a peer and share their pain of GBV, I invite them to my shows and play music that empowers them and uplifts/light their spirits. My kamor juice also provides closure and healing from violence through a cleansing detox that helps them look and feel better.

For booking and orders, please reach to us through

<https://chat.whatsapp.com/DRavVrB94Dm6hLUeq7bkYZ>

<https://www.facebook.com/FARUG2003/videos/229257418621228>

COMENCEMENT OF THE 16 DAYS OF ACTIVISM.

25th Nov2020

Today 25th November-10th December 2020, we will be presenting a special component during the 16 days of activism against GBV.

Please join us during this campaign

#nomoremissingrights

#orangetheworld

##16daysofactivism2020

#EndViolenceAgainstWomen

#HearMeToo

#leavenoonebehind2020

#metoo





TRANSGENDER DAY OF REMEMBRANCE

20th Nov2020

The Transgender Day of Remembrance (TDOR) is celebrated worldwide to remember and celebrate the lives of transgender persons lost to transphobia, sickness and many other deaths in the realm of their work as activists. This day brings together the world where masses are sensitized and taught about transgender rights and recognition. FARUG celebrated this day through acknowledging the FOLLEN SOLDIERS on her social media platforms. *"We celebrate the lives of Transgender persons lost to transphobic acts."*

CELEBRATING EXECUTIVE DIRECTORS BIRTHDAY

19th Nov2020

We surprised them with a Birthday cake. Happy Birthday to Nkali Biggie and Kikaawa.



MESSAGE FROM THE TEAM

You've never been hesitant in sharing your wisdom
You've always allowed us to operate with freedom
You've never been reluctant in giving us authority
You've let us make mistakes, even if they are costly
You've believed in us even when we have been in doubt
You've shown us the 'Team' in team leader

We celebrate you every day and especially today because it's your birthday. Happy birthday to this Queer feminist witch



CANCELLATION OF THE ANNUAL GENERAL MEETING

18th Nov 2020

Oh no!!!!!!!

Due to coronavirus concern, we are postponing our AGM. We will be in touch really soon with updates. The comeback is always stronger than the set back so get ready for the AGM of a lifetime.



SD DIRECT ANNUAL TECHNICAL FORUM 2020

18th Nov 2020

Our programs Director one of the panelists on this forum. The theme was; SHIFTING THE POWER; WHAT DO RACIAL JUSTICE, POST COLONIALISM AND FEMINIST LEADERSHIP MEAN FOR OUR DEVELOPMENT PRACTICE"





ACKNOWLEDGING THE TRANSGENDER AWARENESS WEEK.

16th Nov 2020

Acknowledging the transgender awareness week, FARUG celebrates the transgender persons who have boldly stood the challenging situations by living their true lives irrespective of the punitive disturbing and unfriendly laws and policies that intrigue their existence. We further extend a special applause to the TRANSMEN who feel home with us (Trans members) of FARUG.



It is such a phenomenal experience learning, unlearning and relearning from your daily challenging experience.

FARUG appreciates and promise to walk this journey with you all!

"THERE IS NO WAY TO EXPRESS GENDER"

#Transawarenessweek!

#togetherwecan

#Ugandatransgenderchapter

#FARUGstands4transsrights

SECOND PROFILE; SOCIAL MEDIA CAMPAIGNS

14th Nov 2020

We continue to disrupt discrimination through showing what LBQ

people are capable of doing despite the myths against their existence.

Sheila who fueled the little idea she had in baking during the lockdown and it has now turned into an income-generating activity! Just like many other LBQ persons affected by Covid-19 outbreak,

Sheila did not know that a skill she possessed might turn out to be of a great impact on her life.

With 300,000/= (three hundred thousand shillings) as capital, Sheila decided to start baking cakes something she no longer regrets doing. On orders, she bakes queen cakes, cupcakes, smoothies, daddies, and different designs of weddings, birthdays and baby shower cakes and also makes fresh juice as well. For any orders and support please reach to us through

<https://chat.whatsapp.com/DRavVrB94Dm6hLUeq7bkYZ>



Please follow this link to watch to know more about sheila is business

<https://www.facebook.com/FARUG2003/videos/1797899867029022>

VOTING OF NEW CCM REPRESENTATIVES

13th Nov 2020

Our ED is present at the voting for Key and Priority Population representatives to the CCM. You can follow live updates on the Sexual Minorities Uganda - SMUG Facebook page.

No	Item	Responsible person	Time
1	Opening prayer	Volunteer	9:00 AM
2	Self-introductions	All	9:02 AM - 9:07 AM
3	Welcome remarks from UAC	Dr. Daniel Byamukama	9:10 AM - 9:20 AM
4	Overview of the activity including objectives of the activity	Richard Lumbo	9:20 AM - 9:40 AM
5	Update by KP/PP UCCM Representative	Moses Malindwa Samu Hagarah Battee	9:40 - 10:00 AM
6	Tea Break		
7	Guidance on the process	A representative from the UCCM electorate committee	10:20 AM - 10:40 AM



MORE AWARENESS ON COVID-19

13th Nov 2020

Let us continue observing these steps to protect ourselves and the people around us.

#staysafehealthyandremaininbusiness

#covid19isreal

#keepsafe



SECOND PROFILE; SOCIAL MEDIA CAMPAIGNS

12th Nov 2020

Meet Frank, our Wellness manager sharing his other skill.

#disruptdiscrimination#socialmediaactivism#Newnarratives#LBQvoiceandvisibility#FARUG



Please follow this link to watch to know more about Frank is other skills
<https://www.facebook.com/FARUG2003/videos/579286202857726>

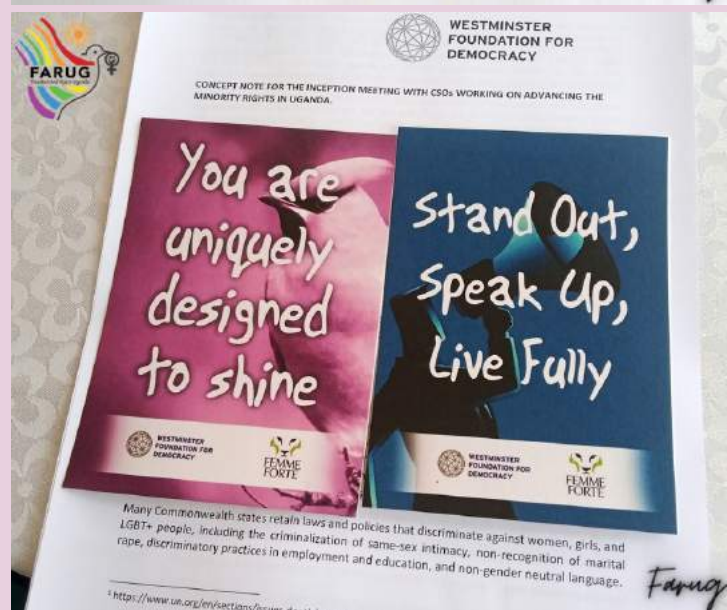
RETHINK CONVERSATIONS SERIES

12th Nov 2020

FARUG is present at the Rethink! Conversation Series Rethinking Choice, Rights and Reproductive organized by #AMWA under the JAS program



am	Presentation on the challenges faced by the CSOs advocating for the LGBT+ rights in Uganda	TBC.
m	Break tea	Hotel
	Panel discussion: Advancing the organisational development for LGBT+ policy development and advocacy Pannelist; Pepe Julian Onziema – SMUG Isabella Akiteng – FEMME FORTE Joanita Wary Senfuka – FARUG	Moderator
m	Question and Answer session from the Audience to the panel	Moderator
	Moving forward: Development of a common agenda to address highlighted issues.	Moderator.



YOUR ARE UNIQUILY DESIGNED TO SHINE

12th Nov 2020

Our Executive Director presented on a panel at the LGBTI CSOs inception meeting organized by Westminster Foundation for Democracy (WFD) in partnership with Femme Forte Uganda

COVID -19 AWARENESS CREATION

11th Nov 2020

Let us continue observing these steps to protect ourselves and the people around us.

#healthiswealth

#covid19isreal

#keepsafe

COVID-19 Coronavirus

Protect Yourself And Others!

Take steps to protect yourself:

- Wash your hands often!**
 Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place.
- Avoid close contact!**
 Avoid close contact with people who are sick at all times, and remember to practice good social distancing.

Take steps to protect others:

- Stay home if you're sick!**
 If you have any symptoms at all related to COVID-19, stay home and self-isolate for at least two weeks.
- Cover coughs and sneezes!**
 Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow.
- Wear a facemask if you're sick!**
 You should wear a facemask when you are around other people and before you enter a healthcare provider's office.
- Clean and disinfect!**
 Clean and disinfect surfaces and frequently-touched items daily. This includes tables, doorknobs, light switches, and countertops.



FARUG PROGRAMS NOMINATED FOR EAST AFRICAN OUTSTANDING LESBIAN ACTIVIST 2020

10th Nov 2020

Our Programs Director was nominated for East African-outstanding Lesbian activist/HRD of this year 2020.

Your vote means a lot to us, please vote for Gloriah Dh El

.Thank you

Follow this link to vote;

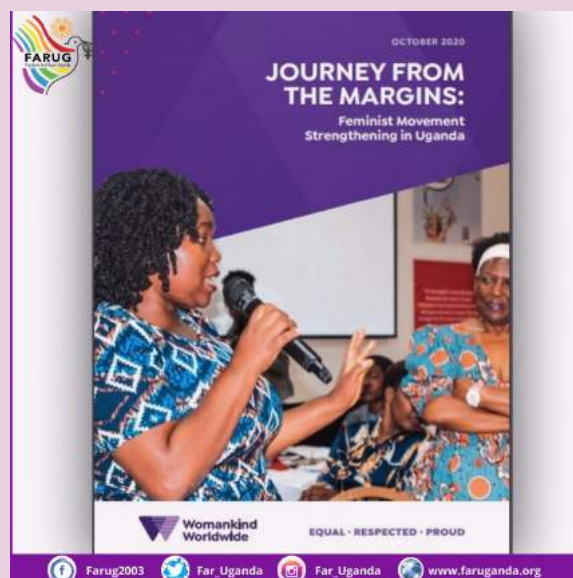
<https://docs.google.com/.../1FAIpQLScW0H2RnDM.../viewform..>

WAVE CONSORTIUM LEARNING PAPER

5th Nov 2020

FARUG was delighted to share our WAVE consortium learning paper "Journey from the margins". Read more:

<https://www.womankind.org.uk/.../Journey-from-the-Margins...>



CONTINUATION OF THE DIC OPERATIONS

4th Nov 2020

Feel free to call us through our toll-number (0800100093) for any health service. Our Drop-in-Centre is open and running, do not hesitate to passby or feel free to call us through our toll-number (0800100093) for any service required from 8:00am-5:00pm-Monday to Saturday.

We will be more than happy to serve you.

#wearamask #staysafe

#sanitize





SOCIAL FRIDAYS

4th Nov 2020

Social Fridays bring members together where different topics are discussed. This is aimed at keeping them strong that they are not alone and disseminating information on the different topics discussed. This improves their wellbeing and self-love irrespective of the hateful societies they come from.

"We closed our October with a social Friday focusing on Queer feminism."

#radical #ugandan #lesbian

#feminist #oktoberfest2020



LAUNCHING OF THE UGANDA KEY POPULATIONS CONSORTIUM

30th Oct 2020

FARUG was present at the launch of the Uganda key Populations Consortium operations framework. This framework is going to streamline and champion the work of key populations in Uganda.

"Today is the day!!!! Follow the event live on the @UKPCUganda facebook page from 8:30am-1.30am." This event was also live streaming.

#UKPC #FARUG #SMUG

#TASO #ICWEA #MOH

#UNYPA





IMPACT OF TUWEZESHE COMMUNITY ACTION PROJECT.

28th Oct 2020

Our Programs Director shared her impact of her Tuwezeshe Community Action Project with the alumni of the AMWA-African Women Leadership Institute.

LAUNCH OF FEMINIST APPROACH TO WOMEN IN SPORTS TOOLKIT.

28th Oct 2020

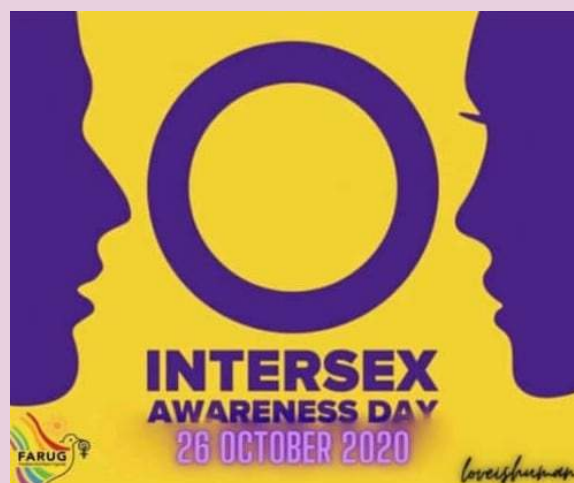
Our Programs Director shared her impact of her Tuwezeshe Community Action Project with the alumni of the AMWA-African Women Leadership Institute.



CELEBRATING INTERSEX AWARENESS DAY

30th Oct 2020

Happy #intersexawarenessday!!!!
 #trueloveislove
 #intersexrightsarehumanrights
 #intersexawarenessday2020
 #loveishuman





LBQ WOMEN HEALTH HANDBOOK LAUNCH

23rd Oct 2020

We utilized our monthly learning conversation on STI treatment and prevention to launch a “guide on HIV prevention, PEP & PREP, and Gender-Based Violence.” Please get yourself a hardcopy from Freedom and Roam Uganda FARUG offices or a soft copy by following this link; <https://faruganda.org/.../10/farug-book-edited-final-1.pdf>

#BeKnowledgeable

#KPIF

AmplifyChange



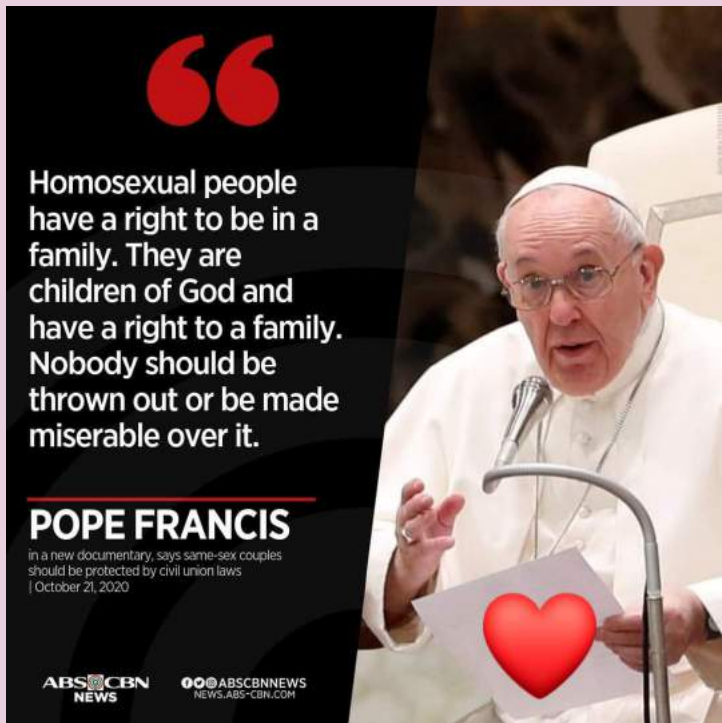
STRONG MINDS UGANDA

23rd Oct 2020

Please utilise the Strong minds Uganda chatbot for free mental health support

<https://wa.me/256323200666?>





POPE'S MESSAGE TOWARDS HOMOSEXUALS

22nd Oct 2020

Due to the ongoing accusations and prejudices against homosexuals around the world, the pope came out with a very touching and positive message that stunned the whole world. This was a great message to the homosexuals around the world and it created a sense of belonging in the presence of God.

"What we have to create is a civil union law. That way they are legally covered. I stood up for that"

CYBER SECURITY AWARENESS TRAINING

22nd Oct 2020

"It takes years to build your reputation and few minutes of cyber-incident to ruin it"
Stephane Nappo

- Use 2Factor Authenticator for logging into your accounts.
- Keep it clean- delete old files if not in use.
- Be less social-minimize the amount of personal data you have on social media platforms.
- Don't sync for sync's sake- disable automatic file and media sharing whenever possible.
- Keep off the beaten track- disable location tracking on each app and browsers.
- Let sleeping Bluetooth lie- if not using Bluetooth switch it off.
- Encrypt stored data- encrypt any data stored on hard drives and use an email encryption tool if you share personal data.
- Update software and devices regularly.
- Don't download carelessly- files contain malware, websites aren't appear what they appear to be.
- Always backup your files regularly.

#Cybersecurityawarenessmonth2020

#staysafeonline

#Doyourpart!BeCybersmart

#ifyouconnectitProtectit

#BeCyberresilient





COVID -19 AWARENESS CREATION

22nd Oct 2020

Love your neighbor and let's help our community- wear a mask

- Before and after wearing your mask, wash your hands with soap and water or use a hand sanitizer
- Always wear a mask when going to public places – e.g. work, public transport, markets, supermarkets, shops, places of worship, Healthcare Facilities etc.

- When acceptable social distancing is not possible
- When one has a cough, cold or sore throat even when at home
- When at home and visited by a person who is not part of the household
- When in any congested area At work places, especially when with colleagues
- Do not wear a mask when running, jogging, or doing other
- physical activities
- It is not necessary to wear a mask when you are alone in the car but have it ready in case of another passenger or when you step out.
- Do not pick and wear masks that have been thrown down
- Do not share masks.

#Nomasknoentry

#Staysafe

#togetherwecanfight





STRENGTHENING PARTNERSHIP AND COLLABORATIONS

21st Oct 2020

Paving way for strengthened partnerships and collaborations. SMUG board and the Executive Director meet CEHURD Team



HAPPY INTERNATIONAL PRONOUNS DAY

21st Oct 2020

Happy international pronouns day



WEBINAH ON "IMPROVING THE HIV CONTINUUM OF CARE FOR LGBT PEOPLE."

21st Oct 2020

FARUG is going to be part of this webinar!

"Improving the HIV continuum of care for LGBT people."



FRONTLINE AIDS

WEBINAR

Date: Wednesday 21 October, 2020
Time: 13:00-15:00 (BST)
Platform: Zoom link - <https://bit.ly/330JTJ9>
To join, please register in advance

Join Alive Medical Services, Amodafa, Lambda, LVCT Health and Frontline AIDS to reflect on strategies and approaches on improving the HIV continuum of care for and with LGBT people, drawing on lessons from projects implemented in Kenya, Mozambique and Uganda.

Speakers:
Pasquine Ogunsanya - Alive Medical Services, Uganda
Patricia Jeckonia - LVCT Health, Kenya
Roberto Paulo - Lambda, Mozambique

Moderated by: Matteo Cassolato, Frontline AIDS
Savita Garg, Frontline AIDS

IMPROVING THE HIV CONTINUUM OF CARE FOR AND WITH LGBT PEOPLE

LESSONS FROM KENYA, MOZAMBIQUE & UGANDA

ALIVE MEDICAL SERVICES, LVCT HEALTH, AMODEFA, LAMBDA, FRONTLINE AIDS

JOIN US. END IT. www.frontlineaids.org

@frontlineaids

FEMINIST ANALYSIS TRAINING

21st Oct 2020

Freedom And Roam Uganda - FARUG attended a feminist analysis training organised by MEMPROW



STAFF RETREAT

20th Oct 2020

"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare" Audre Lorde.

FARUG Staff and peers having an amazing time out during the retreat and Roam night sleep over.
#rejuvenating
#rebooting





BREAST CANCER AWARENESS

20th Oct 2020

Do you know that how your breasts normally look and feel is an important part of breast health? Although having regular screening tests for breast cancer is important, mammograms do not find every breast cancer.

This means it's also important for you to be aware of the changes in your breasts and to know the signs and symptoms of breast cancer. The most common symptom of breast cancer is a lump or mass. Symptoms of breast cancer.

- New lump in the breast or underarm (armpit): Here swollen lymph nodes, sometimes breast cancer can spread to lymph nodes under the arms or around the collar bone and also cause a lump or swelling there even before the original tumor in the breast is large.
- Thickening or swelling of part of the breast (sometimes looking like an orange).
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.

- Nipple discharge is other than breast milk including blood.
- Breast or nipple pain.

Have yourself checked
Frontline AIDS

#Pinktober2020

#finditandfightit

#checkthemout

#BreastCancerAwarenessMonth2020



Breast Cancer has no gender

**EARLY
DETECTION
SAVES LIVES.**

GET CHECKED NOW.

OCTOBER IS THE MONTH OF
BREAST CANCER AWARENESS
JOIN THE FIGHT AGAINST CANCER

**Our Drop-in-Centre avails
Free Cervical and Breast Cancer Screening**

Feel free to contact us through
our toll-Free number
0800100093

FARUG logo

CALL FOR EXPRESSION OF INTEREST

20th Oct 2020

Freedom and Roam Uganda is currently seeking Expressions of Interest for a Board member for the position of membership representative.

More details in the attached document

<http://faruganda.org/.../CALL-FOR-EXPRESSION-OF-INTEREST...>



**CALL FOR
EXPRESSION
OF INTEREST**


MEMBERSHIP
REPRESENTATIVE

FARUG logo

CELEBRATING INDEPENDENCE DAY

20th Oct 2020

"Independence Day has always meant the same thing to me; A celebration of the birth of Uganda and our freedoms. Even though we are not the 'most free' country in the world, it is a day to celebrate and appreciate the freedoms we do have"~Naigaga, Ann LBQ woman from Jinja~



Happy
Independence
Day

FARUG logo



INTERNATIONAL LESBIANS DAY

8th Oct 2020

Happy international lesbian day
#loveislove

CELEBRATING DR. HILDA TADRIA

4th Oct 2020

Celebrating Dr Hilda Tadria for the time she served as an Executive director at MEMPROW Dr Hilda has been a fundamental figure in advocating for change in empowering women and girls in Uganda. She has paved way for recognition of queer women and working with them in the mainstream setting. She has been a true leader and mother to the feminist nation.

#itisthosewhoservethatbenefitthemost



FOLLOW US ON INSTAGRAM

1st Oct 2020

Are you following us on our other Social Media platforms? Follow us on Instagram! and keep up with FARUG.

https://www.instagram.com/far_uganda/





THANK YOU!
"Break the Chains"



Faruginfo@gmail.com



FARUG2003



www.faruganda.org



Far_Uganda



+256 757 709 096



Far_Uganda



0800100093