



FREEDOM AND ROAM UGANDA NEWSLETTER

OUR THEME: COLLECTIVE HEALING, LOVE AND CARE

In this Edition

Freedom and Roam Uganda (FARUG) unleashes her last quarterly newsletter 2021 as she continues to serve her constituency reflecting on her strategic interventions.

**UGANDA LESBIAN FORUM
(UGALEF) 2021**

**SMUG QHUCHU
LEADERSHIP ACADEMY**

**SEXUAL AND REPRODUCTIVE
HEALTH AND RIGHTS (SRHR)
CAMPS**

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OUR BIG STORY



**UGANDA LESBIAN FORUM (UGALEF)-
collective Healing, love and care**

cont'd p.09



GENERATION GENDER PROGRAM BASELINE REPORT

On 25th November, we joined our partners CEHURD as they launched their GENERATION GENDER Programme Baseline Report a program that aims to raise public support, advocate for improved policies and laws and strengthen civil society, focusing specifically on GBV, the unequal division of care, and women's lack of access to civic space as a way of contributing to gender justice

OUR PROGRAMS DIRECTOR NOMINATED FOR AHEA AWARDS 2021

The AHEA 2021 Award aimed at recognizing and appreciating partners from LGBTI+ and SW Activists, HRDs, Allys, and partners that display "outstanding" commitment to the LGBTI, and SW community. LGBTI and SW activists, HRDs, allies, and partners around East Africa are among the people that are recognized for awards. Hosted and managed by the TACEF management team and a steering committee awards are to be held in December 2021. Our programs director was nominated and we asked for votes as seen !VOTE! VOTE! for our Programs Director; Mutyaba Gloria (East African - Outstanding Lesbian activist/HRD Of The Year) this is a chance to make the most outstanding activists, leaders or HRDs in our countries be recognized and appreciated.



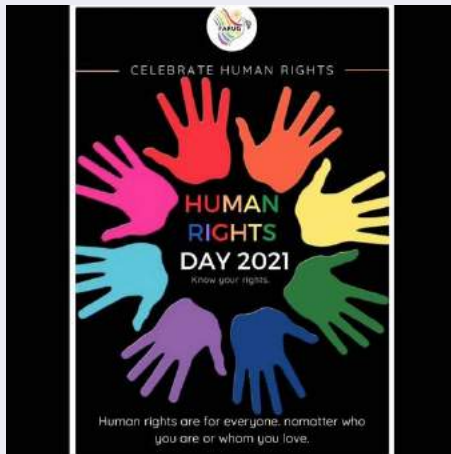
16 DAYS OF ACTIVISM

Celebrated from 25 November to 10th December, the 16 days of activism against gender-based violence have been phenomenal in empowering LBQ womxn to advocate for visibility occupy spaces and demand for inclusion in decision-making spaces.

Several LBQ women have been abused in their lifetime. However, they experience double violence as women and then as LBQ womxn. The numbers of violence have risen during the covid-19 pandemic leaving many LBQ womxn homeless, helpless, and more vulnerable.

Under the Global theme; Orange the world: End violence against women now!", FARUG shared messages of LBQ womxn aimed at preventing and stopping violence against LBQ womxn.



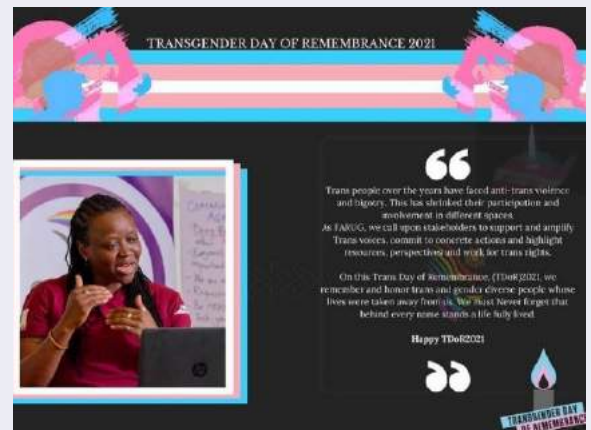


HUMAN RIGHTS DAY DEC 10 2021

Human Rights Day is observed on December 10 annually by the international community. It commemorates the day in 1948 when the United Nations General Assembly adopted the Universal Declaration of Human Rights (UDHR). Our hopes for a more just, safe and peaceful work can only be achieved when there is universal respect for the inherent dignity and equal rights of all humans irrespective of their sexual orientation or Gender Identity. Therefore, on this Human Rights Day let us rededicate ourselves to reducing inequalities while advancing human rights and freedoms for all.

TRANSGENDER DAY OF REMEBERENCE (TDOR)

'Trans people over the years have faced anti-trans violence and bigotry. This has shrunk their participation and involvement in different spaces. As FARUG, we call upon stakeholders to support and amplify Trans voices, commit to concrete actions, and highlight resources, perspectives and work for trans rights. On this Trans Day of Remembrance, (TDoR)2021, we remember and honor trans and gender diverse people whose lives were taken away from us. We must never forget that behind every name stands a life fully lived'.



INTERNATIONAL WOMEN HUMAN RIGHTS DEFENDERS DAY

We recognized 29 November as the international women Human rights defender's day. We celebrated all women human rights defenders for their resilient fight to see that women access, attain and enjoy equal Human Rights.



INTERSEX AWARENESS DAY OCT. 26

It's Intersex Awareness Day, an International Day of Grass-roots action to end shame, secrecy, and unwanted genital cosmetic surgeries on intersex children. We highlighted the human rights situations facing intersex persons worldwide and celebrated their visibility. "To all intersex people out there, you are celebrated".

**CONVERSATION ABOUT BLACK TAX-
DECEMBER SOCIAL FRIDAY**



As we broke off for the festive season, we held our last social gathering and this one was particularly about Black tax. This was aimed at equipping ourselves with information on exploitation and financial violence that we are subjected to as LBQ womxn to secure acceptance from our families. We also danced the year away in a very relaxing Zumba session. This was part of the Christmas gifts from, Love and care women foundation and Diverse Empowerment foundation.



**#KNOWYOURLABOURRIGHTS#
CAMPAIGN LAUNCH**

On 29th October MEND INITIATIVE launched the #knowyourlabourrights campaign. It was aimed at creating awareness about the social protection of LBTQ womxn in the labor market. Mend Initiative is also focusing on strengthening the ecosystems and increasing access to decent work and environment, engaging with the Equal Opportunities Commission to encourage inclusive economic policies and increase the visibility of LBTQ womxn in Uganda.





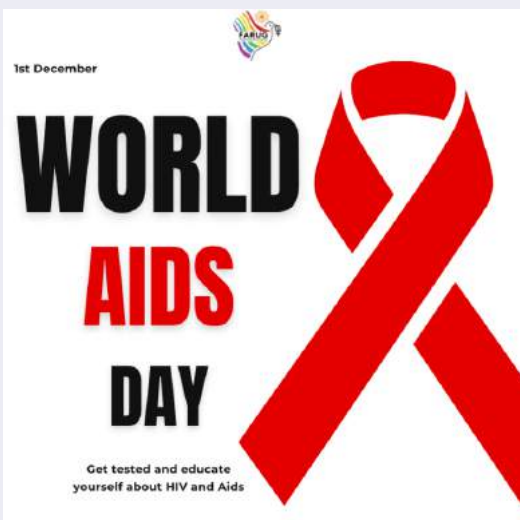
FESTIVE HOLIDAYS

'Thank you to all FARUG Partners, Allies, and members for your unwavering loyalty and love. May this festive season bring love, healing, joy, and health. Our office closes today and will open on 5th-January-2021. We look forward to working with you in 2022. Please feel free to reach out to us through our Toll-Free 0800-100-093.'

THE COALITION TO STOP MATERNAL MORTALITY DUE TO UNSAFE ABORTION (CSMMUA)

To enhance her member's capacities in advocacy strategic development, CSMMUA in partnership with CEHURD conducted a training and monitoring review of the action points and recommendations from the ACA (Advocacy Capacity Assessment) that was performed in November 2020. The training entailed to strengthen CSMMUA member's capacity in security, safety, and risk management. CSMMUA looks forward to lending support towards a collective intersectional weaving of SRHR issues between and amongst her members as well as undertaking ongoing team building, connecting, and reconnecting of members.

Arthur Mubiru participated in this training from 1st - 3rd December 2021.



WORLD AIDS DAY MESSAGE DEC 1 2021

“Over the years LBQ womxn have been given less attention when it comes to HIV interventions. Despite the fact that there is an increase in the number of infections, LBQ women are still recorded as others in the HIV health data collection tools. This dilutes the statistics about LBQ womxn living with HIV, hence limiting the reach to this group for the available HIV services.

Let's fully engage LBQ women at all stages in fighting HIV. Let's not fuel Stigma and discrimination.”

Statement on world aids day,

<https://www.faruganda.org/2021/12/01/farug-statement-on-world-aids-day-2021/>

ENGAGEMENT OF THE SEXUAL OFFENCES BILL (SOP 2019)

Spearheaded by Hon. Ann Adeke, the sexual offenses bill 2019 is to be redrafted and reintroduced in parliament. This bill has got some human rights implications with clauses that affect key populations. Today, Human Rights Awareness and promotion forum (HRAPF), held a high-level dialogue between key populations, the ministry of health, and the Uganda Aids Commission on the impact of the SOBI2019 on access to health and HIV services for key populations. This is aimed at revising some of the clauses that affect and implicate the rights of KPs and some provisions that might be harmful to the good progress in accessing health and HIV services for key populations. Our staff Arthur Mubiru participated in this dialogue. Thank you HRAPF for the invitation.



GRAND LAUNCH OF AHAKI, NOV 14TH

FARUG was honored to be in witness of the grand launch of AHAKI, a training and research institute on Afrocentricism and healthcare by Cthe enter for Health, Human rights, and Development-CEHURD.

Congratulations CEHURD for this milestone!

SRHR CAMPS

The need to address sexual and reproductive health and rights (SRHR) post-COVID is more urgent than ever, especially among LBQ womxn. To crown the breast cancer awareness month, we conducted an SRHR camp in partnership with Rights 4 HER, Men of the Night Uganda, Sexual Minorities Uganda - SMUG and Kuchu Times Uganda/Africa TV and Radio providing breast and cervical cancer screening, STI screening and management, COVID vaccination and menstrual health management products to LBTQ persons in and around Kampala.



LEADERSHIP AND CAPACITY BUILDING TRAINING FOR CSOS. OCT 24

The Clinic Manager and DIC coordinator completed 10 days of capacity-building training conducted by TASO from 11th to 22nd October. This training was aimed at capacitating CSOs and CBOs in proper operations and implementation of activities that will be funded by global fund. The training further enriched beneficiaries with knowledge in financial management, monitoring and evaluation, human resource mobilization, project planning and programming, compliance, and grant management, to mention.

Thank you TASO for this opportunity.



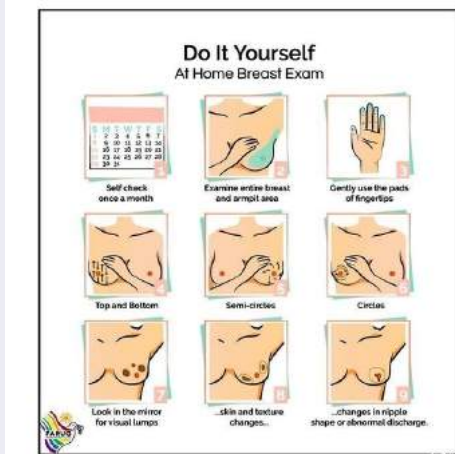
BREAST CANCER AWARENESS MONTH: OCTOBER

To disseminate information about cancer among LBQ women, shared is the information we shared with our targets during the breast cancer awareness month.

It's **BreastCancerAwarenessMonth**. We all know that the pandemic affected us in different ways like delayed physicals and routine examinations. It is so important to get your regular screenings and tests done. please schedule yours today.

you can also follow these steps or ways to do breast self-exam at home and prevent cancer.

- Keep Weight in Check
- Be Physically Active
- Eat Your Fruits & Vegetables – and Avoid Too Much Alcohol
- Don't Smoke
- Breastfeed, If Possible
- Avoid Birth Control Pills, Particularly After Age 35 or If You Smoke
- Avoid Post-Menopausal Hormones
- Find Out Your Family History
- Avoid exposure to radiations
- Don't Forget Screening



**TRANSGENDER EQUALITY UGANDA
ANNUAL GENERAL MEETING 2021**

Our Programs Director joined the BOD of Transgender Equality Uganda. (T.E.U). Congratulations!



**SMUG QHUCHU LEADERSHIP
ACADEMY**

To build and harness LGBTI+ leadership, Sexual minorities Uganda (SMUG) developed a mentorship program named the SMUG QHUCHU leadership academy (SQLA) under the theme: "STEPPING UP".

The inaugural leadership academy was dubbed the SMUG Qhuchu Leadership Academy (SQLA). The SQLA is a program that seeks to build leadership skills among the LGBTIQ-community through meaningful mentoring of young and emergent leaders through workshops, training, debate, and innovation to strengthen, shape, and support their growth for the prosperity of their communities and therein the movement at large.

The inaugural 2021 Cohort of the SQLA began in June with a call for applications, where over 40 applications were reviewed and 10 young leaders of the LGBTIQ movement were selected to be matched with successful leaders across disciplines as their mentors for a period of 12 months.



They will be empowered to serve and lead their communities in a more grounded, unifying, agile, and accountable way to change our narratives in a strategic, effective, and sustainable manner. The Fellows recently completed their first retreat where they interacted with various mentors and topics such as Non-profit Governance, Leadership & Power, Fundraising & Resource mobilization, Gender & Sexuality, and Diversity & Inclusion. They also spent their time in residence healing each other and creating healthy habits for their mental health.

This program will run from 2021-2025 where they will carry out various capacity strengthening workshops for young leaders within the LGBTI+ movement in Uganda.

Biggie Executive Director was selected as one of the pioneer mentors because of her long-serving experience organizing as an LBQ activist and community leader.

Her mentees will have the opportunity to grow and learn from her feminist leadership and movement-building expertise.

**COUTERSY VISIT BY PROFESSOR SYLVIA
TAMALE**

On 12 October, we were paid a courtesy visit by Professor Sylvia Tamale. We look ahead to fruitful yields from the shared conversations on different topics.



UGANDA LESBIAN FORUM (UGALEF)-COLLECTIVE HEALING, LOVE, AND CARE

UGALEF 2021 convened a wellbeing and collective care space where LBQ womxn, activists, and leaders co-created an innovative space for soul restoration, healing, and wellbeing for themselves. The forum allowed LBQ women, activists, and leaders to politicize how they treat themselves, how they treat each other, how they move through, manage and resolve conflict, and how to pick up looming the pandemic.



The Politics of pleasure and wellness



wellness session



Queer Futurism; Art as a tool for movement building



Celebrating our Programs Directors Birthday



Date with Feminists

TRANSGENDER AWARENESS WEEK

From November 13th-19th we recognize the transgender awareness week by raising the visibility of transgender people while addressing issues they face.

During that week, transgender persons and allies took action to bring attention to the community through educating the public who trans people are, sharing stories and experiences, quotations, and advancing advocacy around the issues of prejudice, discrimination, and violence that affect the transgender community.



ASEXUAL AWARENESS WEEK OCT 26

Shared throughout our social media platforms, below is the message.

“It's the asexual awareness week. We would like to focus on recognizing the full asexual spectrum. That includes asexual, grey sexual, demisexual, and all other ace identities.

An asexual person does not experience sexual attraction – they are not drawn to people sexually and do not desire to act upon attraction to others in a sexual way. We would like to bring visibility and giving a voice to a group of people who often get overlooked – or misunderstood persons, the asexuals. We shared the information throughout the week.

Therefore, we will be sharing information on asexuality throughout the week.”

PRONOUNS DAY OCT 20

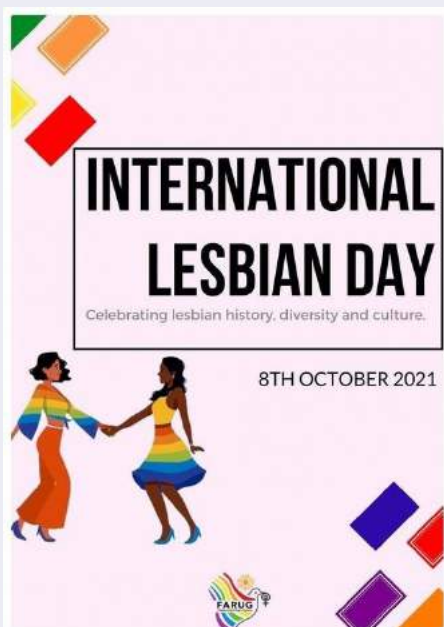
FARUG celebrated this day through by sharing the message below through her social media platforms.

“Everyone has pronouns that are used when referring to them and getting those pronouns right is not exclusively a transgender issue. It is wrong to assume people's gender especially for queer, gender non conforming/ gender nonbinary and transgender people. Examples of most commonly used pronouns include she/her, he/his, they/ them, she/they, he/they. Some people don't use pronouns at all and will prefer to refer to them by name alone. Therefore, ask, don't assume”.



NATIONAL COMING OUT DAY OCT 10

On 10th October we celebrate all LGBTQ persons that took the bold step to come out to themselves and also those who went the extra mile to come out to the world. We celebrated their bravery and willingness to confront societal prejudices.



INTERNATIONAL LESBIAN DAY

On 8th October we recognize and celebrate all lesbian womxn. We agued them to continue being true selves at work, at home, and socially despite the challenges that come with it. We pledged to hold your hand through it all.

We thank you for being great partners, allys, friends, well-wishers, and members of FARUG. and for your unwavering loyalty and love. May this festive season bring love, healing, joy and health. We further remind and encourage you to continue following the presidential directives during the covid-19 pandemic through washing your hands, wearing your mask and keeping social distance to prevent contracting this virus.

We continue to look forward to a world where being an LBQ womxn is normal

For questions or concerns:

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For more information about our work please visit our social media platforms

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