



FREEDOM AND ROAM UGANDA



THEME

NON-DISCRIMINATIVE MENTAL HEALTH AWARENESS CREATION

Newsletter



IN THIS EDITION

WE CONTINUE TO PROVIDE SERVICES UNDER OUR STRATEGIC INTERVENTIONS.

WHAT'S NEW?

10

ANNUAL GENERAL MEETING

12

SOCIAL MEDIA TRAINING

19

FARUG STAFF RETREAT

WELLNESS JOURNALS

As away of regaining our mental health, we continue to share rejuvenating related messages to ensure healing, and adoption to healthy ways that can keep us in a better mental state.

Below is the message we shared on June 27 2022;

“Always welcome the new week with a smile on your face, be proud of how hard you are trying. Be relentless and unstoppable because there is no other

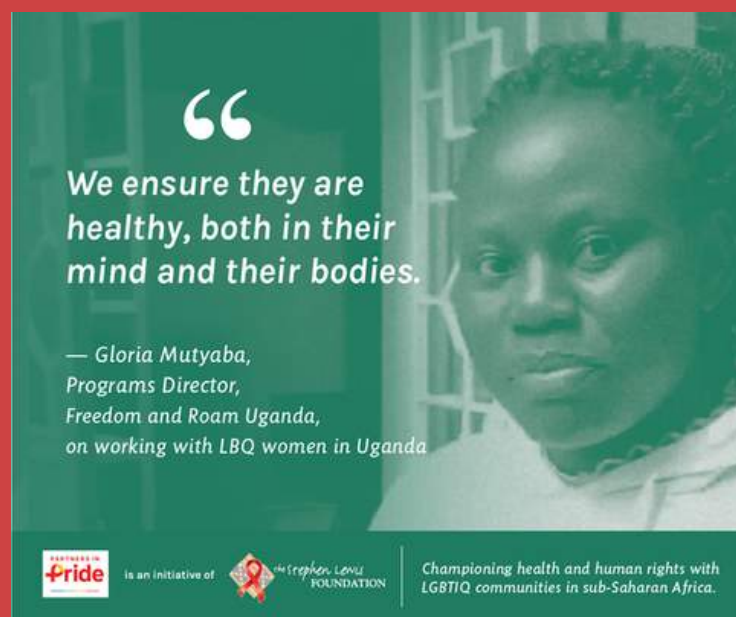
way to go but up. Remember to Do some breathing exercises, or meditate with yoga to help you ease your mind so you stay focused and be optimistic, work towards your weeks goal. Its Me -Time Monday get back to the grind.”



FARUG PROGRAMS DIRECTOR RECOGNISED AND PUBLISHED BY STEVEN LEWIS FOUNDATION

Steven Lewis Foundation has been very fundamental in supporting FARUG for quite a couple of years, this has enabled FARUG continue running and executing her duties in a very inclusive manner. In June our programs Director was published by SLF with a message of what she does as part of the organisation.

“We ensure they are healthy, both in their minds and their bodies,” shares Gloria Mutyaba, Programs Director of Freedom and Roam Uganda, on supporting LBQ women.



This #PrideMonth, learn more about #HumanRights defenders who put their safety on the line every day to lead organizations that stand up for the rights and health of LGBTIQ communities in Kenya, Uganda, Tanzania, Rwanda, and Democratic Republic of the Congo: <https://stephenlewisfoundation.org/partners-in-pride>

FARUG RECEIVES PROTECTIVE GEAR AND ARALQUICK SELF TESTING KITS FROM IDI

Under infection prevention and control, self protection is key. On 24th June, we were gifted with protective ware from IDI, aimed at preventing the spread of COVID-19 and the Oral quick self-testing kit aimed at preventing HIV among our constituency. Among the items received were, masks, soap, JIC and Oraquick self-testing kits. We shall continue keeping our constituent safe and free from COVID-19 and HIV related dangers.



HIGH LEVEL MEEETING WITH UGANDA AIDS COMMISSION ON UGANDA HOSTING ICASA

Improving HIV related services towards the key population community, the Uganda AIDS commission in conjunction with Sexual Minorities Uganda – SMUG and Uganda Key Populations Consortium (UKPC) held a high-level meeting where they discussed about the kick start on consultations regarding Uganda hosting the next ICASA conference 2023, #ICASA2023. This is the largest AIDS conference on the African continent.

Uganda hosting this conference will be a great milestone for all HIV/AIDS advocacy players not only in Africa but the globe at large.



WINDING UP THE MENTAL HEALTH AWARENESS MONTH.

As we winded up the Mental Health Awareness Month, we urged our constituents to create an environment that supports mental health to enable in reducing stigma and discrimination while encouraging seeking help. An environment that respects and protects basic civil, political, socio-economic and cultural rights is fundamental to mental health. Without the security and freedom provided by these rights, it is difficult to maintain a high level of mental health.



COLLECTIVE HEALING

In our African traditions, activities like beading, knitting, weaving were collectively done which always availed a collective learning and healing. This brought together girls and women to not only knit but also talk about different issues ranging from life, domestic work, sickness to mention. On Friday may 27th , we organised a collective activity where members had to bead, knit and weave. Apart from collective healing, this activity also aimed at; Economic sustainability, safety, security and



different coping mechanisms when it comes to different mental health challenges.

The day was blessed with chilly rains as members came together having these intimate conversations which went deeper and meaningful.

“From one bead to lots of love, laughter and learning”



A VISIT FROM MINISTRY OF HEALTH

Aimed at improving Drop-in Centre (DIC) operations for better service delivery, FARUG on May 26th was visited by a team from the Ministry of Health who assessed the DIC and advised on the way forward. This visit contributed to strengthening the partnership between FARUG and M.O.H, as well as creating more space for LBQ women to access health care services.



SMUG HEALING SESSIONS

As we fuel others, refuelling ourselves too is vital, this won't keep us from experiencing moments of stress but will increase our resilience to mental and physical exhaustion, recognize your emotions, prioritize yourself for a while, reduce the drain, reconnect with people and allow yourself to free so that we are reenergized and able to serve others. Tagged as healing sessions, the SMUG healing sessions create awareness about stress, depression, as being fetal and further address how one needs a lifetime routine of daily check-ups.



WELCOMING THE MENTAL HEALTH MONTH

May is a time to raise awareness about mental health as a serious issue that fuels stigma in our communities. This is one health arm that has been forgotten in many aspects yet it vastly contributes to our day today lives. This year, the theme for that month was "Back to Basics." And the goal was to provide foundational knowledge about mental health & mental health conditions as well as information about what/how people can access mental health related services.

May is
Mental
Health
Month



INFORMATION ABOUT ANXIETY

This information is aimed at keeping members mental health in a good state. Everyone is urged to reach out for treatment and support whenever they experience this. Anxiety is a normal part of everyday life. Anxiety is your body's natural response to stressful events and situations. Anxiety is a feeling of worry, nervousness, or unease about something with an uncertain outcome. However, when that anxiety becomes frequent, intense, and starts to interfere with daily activities, it can become especially problematic.



Here are the different types of anxiety;

Anxiety can manifest as several different disorders. Some of the most common are:

- Panic disorder
- Separation anxiety disorder
- Generalized anxiety disorder
- Social anxiety disorder

INFORMATION ABOUT DEPRESSION

Depression is classified as a mood disorder. It may be described as feelings of sadness, loss, or anger that interfere with a person's everyday activities. Depression negatively affects how we feel, act and think. Not everyone with depression will experience the same symptoms and they vary in severity, how often they happen and how long they last. The common symptoms include;

- feeling sad, anxious, or "empty"
- feeling hopeless, worthless, and pessimistic
- Difficulty sleeping, early morning awakening, or oversleeping
- Appetite or weight changes among others.



CIVIL SOCIETY ORGANISATIONS (CSO) MEETING ORGANISED BY MOST AT RISK POPULATIONS MULAGO (MARPI)

On 21st April, MARPI had conducted a CSO meeting on strengthening coordination roles and capacities of KP led organisations to become a strong supporting community service model. This meeting was attended by our Programs associate SRHR who was also nominated to be part of the committee that was to guide KP led organisations on preparations for the upcoming MARPI AGM.



LBQ WOMXN, HIV AND STIS: QUEERING SRHR

There is a general misconception that LBQ womxn are less exposed to HIV and other sexually Transmitted Illnesses (S.T.I.s) because they are women who have sex with women. This has hindered operations aimed at interfacing HIV/AIDS and SRHR for LBQ womxn. There are however a number of ways in which LBQ women are exposed and vulnerable to HIV and STI infections. This and more information has been highlighted in our publication, "Queering SRHR". Visit this link for further information. <https://www.faruganda.org/.../FARUG-GUIDE-ON-QUEERING...>

CHAPTER 11: HEALTH SERVICE PROVIDERS AND LBQ WOMXN OPPORTUNITIES FOR ACCESS TO SRHR SERVICES

This section provides a list of service providers, an opportunity for LBQ Womxn to get SRHR services in Uganda

Below are some of the Kampala Metropolitan area service providers that LBQ womxn can reach out to for their sexual reproductive health needs and support. This list is not exhaustive and can be updated on regular basis as FARUG increasingly works with allies and Implementing Partners

| Health Service Centre/ Drop-In-Centre | Type of Services Offered | Contact |
|---------------------------------------|--|---|
| FREEDOM AND ROAM UGANDA (FARUG) | <ul style="list-style-type: none"> Drop in center Cervical and breast cancer screening services HIV testing and counselling Hepatitis B testing HIV testing kits Consumables e.g. pads, condoms, lubricants, vaginal wash Free counselling services Referrals and linkages to service care Wellness Trainings and booklets on SRHR Access to safe abortion SRHR advocacy | <ul style="list-style-type: none"> 0757709096, IPV hot line 08004673131, FARUG toll free number 0392176977, DIC number |
| KISWA HEALTH CENTRE III | <ul style="list-style-type: none"> PEP and PrEP STD and STI screening and management Consumables (i.e. condoms and lubricants) | <ul style="list-style-type: none"> 0776481025 |
| REACH OUT MBUYA | <ul style="list-style-type: none"> HIV testing and counselling STD screening and management | <ul style="list-style-type: none"> 0703 449447 0701483818 |

INCEPTION MEETING ON POWER UP PROJECT

FARUG in partnership with MEND INITIATIVE, Women Initiative For Emancipation and Renainnace Organisation(WERO) and Rights4Her are running a bodily autonomy campaign to create a brave online space for LBQ womxn to have deeply courageous and

bold conversations on bodily autonomy. As LBQ community following our movement building strategic intervention, we had to come together and collectively think about how best we can execute this project to the best of our capabilities! .



MEEETING WITH DANISH MINISTER

On 22nd June, Our Executive Director was part of a meeting with Danish Minister for Development Cooperation Mr. Flemming Møller Mortensen to Discuss human rights and the status of LGBTQ persons in Uganda.

These interactions contribute to the growth of the movement as well as increase in funding opportunities.



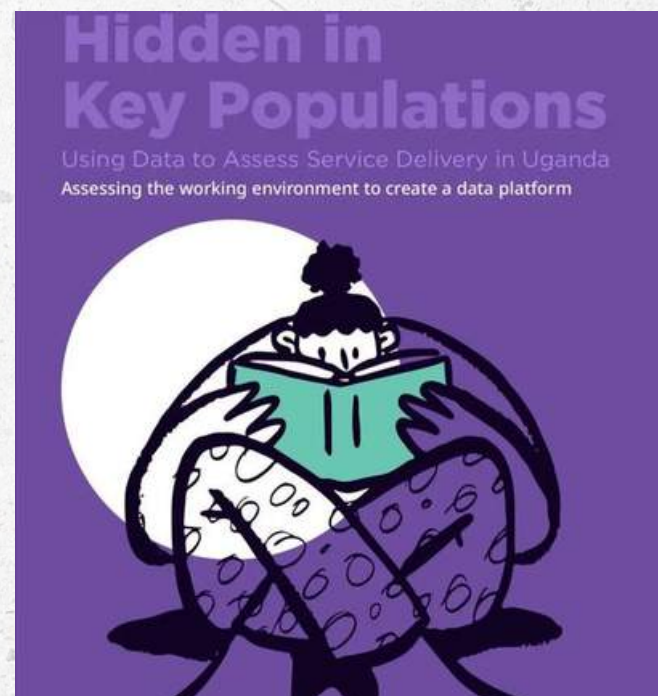
CELEBRATING IDAHOBIT AT DANISH AMBASSADOR'S RESIDENCE.

Themed, our bodies, our lives, our rights, the Danish ambassador invited a group of LGBT leaders to celebrate IDAHOBIT at his residence. This further creates more visibility about the work organisations are doing, create opportunities for funding as well as creating more partnerships both on national, regional and international level. Our Executive Director was part of this celebration.



AGILE POLICY MAKING PROJECT

Icebreakers Uganda, Freedom and Roam Uganda, Tranz Network Uganda, as partners for the Policy and The Rapid Research for Agile Policymaking Project, on 19th may shared the Hidden in key populations Report. This report challenges access to key populations data in Uganda; A full report can be accessed through this link;
<https://forms.gle/NE63ZeuW5hfkgzNYA>
 #HiddenInKPs



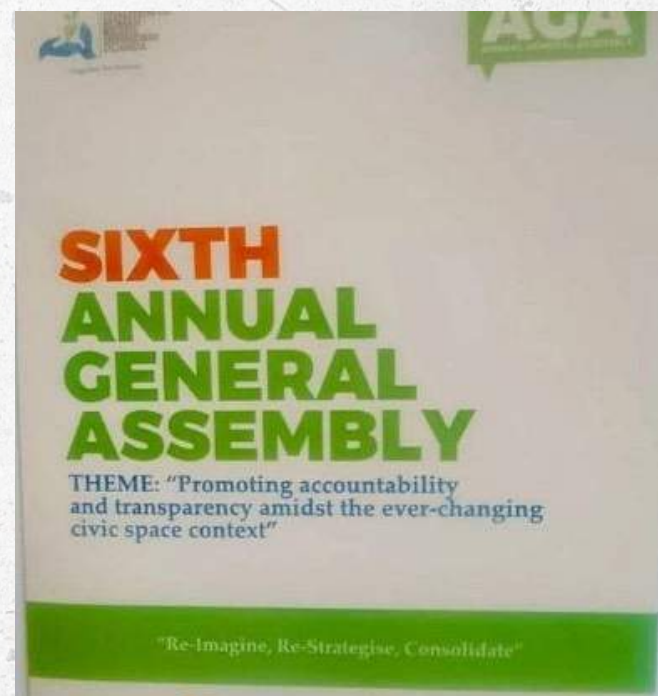
COURTESY VISIT TO KUCHU TIMES

To further movement building FARUG staff on 6th may, had a caters visit to Kuchu Times Uganda where they had conversations on different aspects ranging from activism, self-love and care, health, funding, safety and security and activists' security.



NATIONAL COALITION FOR HUMAN RIGHTS DEFENDERS (NCHRD) ANNUAL GENERAL MEETING (AGM)

The National coalition for human rights defenders held their sixth Annual general assembly on may 6th. The theme was; "promoting accountability and transparency amidst the ever-changing civic space context". FARUG was part of the event.





OUR BIG STORY

15TH APRIL

FARUG Staff during the Annual General Meeting for 2021

FARUG AGM FOR 2021

The FARUG Annual General Meeting (AGM) is a yearly gathering of our beneficiaries, partners, allies, stakeholders and well-wishers and an opportunity to present organization's

performance, strategies, annual and financial reports. This year, our 2021 AGM was held on 15/April/2022. In case you missed out, this is a glimpse of what happened.

UGANDA COUNTRY COORDINATING MECHANISM (UCCM) MEETING

On 28th April, UCCM held a meeting that was objectively aimed at giving an update on the progress of Global funds by the grants oversight team, engaging with implementing partners on different program implementations. An opportunity was availed an to re-address specific priorities to be considered while in the implementation of a joint CCM constituency advocacy plan.

As LBQ oriented organisations, we are glad to be not only part of the meeting but also creating more visibility and demand towards access to HIV related health care services and prevention as they are the core areas of funding for Global fund.



MEETING WITH EUROPEAN UNION

On 5th April our executive director was privileged to meet with the European

Union Special Representative for Human Rights, Mr. Eamon Gilmore, his Political Officer from Brussels, Ms. Malin Greenhill and EU Ambassador to Uganda Attilio Pacifici and Cathal Gilbert to discuss LGBT human rights in Uganda. We appreciate SMUG for availing this platform.



SOCIAL MEDIA TRAINING

Social media is relatively an innovative tool for informing and mobilizing in advocacy efforts. FARUG held a two days training that was aimed at examining the censorship impact on online



advocacy as well as collectively creating an online functional movement that will strengthen LBQ media, visibility and advocacy.

This project is supported by Power of pride.



CELEBRATING HEROES DAY

LGBT persons being attacked all the time, fighting all the time and being targets of hate crime, we celebrate them as HEROES. This is clearly shown in the message we shared on the 9th of June.

"Today it's about Us. Today we choose to say Happy hero's day to us For our resilience, solidarity, our achievements and appreciate our journeys. It is our PRIDE".

Happy Hero's Day.



PRIDE MONTH!

On 1st June, we embraced to walk the Journey with PRIDE! June is a pride month, a month that brings together LGBT activists, allies, friends, partners, donors to realise their struggles, successes and lived realities.

We are proudly celebrating our past, our present, appreciating our challenges, achievements, recognize those that have and still passionately serving to the core objectives of LGBTIQ+ organizing in lobbying and addressing equality and elimination of discriminations and violence against the LGBTIQ+ persons.



CELEBRATING IDAHOBIT 2021

IDAHOBIT was celebrated in style. Organisations, partners, allies, friends and community members came together and celebrated while learning more about spirituality and religion. This was organised by Faithful catholic souls and women of faith in Action in conjunction with sexual minorities Uganda. Click on the link below for a glimpse of the whole occasion.
https://www.faruganda.org/2022/05/31/idahobit-2022/?fbclid=IwAR273kXHkQEsS9lh2O-WFOs4DjVpqn6sMw2_Y2u8M2mLkll-jg4o_GdnImU



THE STEPHEN LEWIS FOUNDATION PRIDE TALKS

Under the theme, right to health and healing, The Stephen Lewis Foundation organised and conducted an online talk on 31st May 2022. Human rights defender from both Kenya and Uganda took part in these talks. We were glad that our own executive director was part of the main panellists.

This was a live and free event that was aimed at gaining insight on the importance of inclusive mental health and well-being services.

Partners in Pride presents:

SLF Pride Talks

The Right to Health and Healing

12 p.m. EDT | Tuesday, May 31st, 2022



Joanita Warry Ssenfuka (Biggie)
Executive Director at Freedom and Roam Uganda (FARUG)

Luswata Brant
Executive Director at Icebreakers Uganda (IBU)

Phelix Kasanda (Mama G)
Paralegal at Health Options for Young Men on HIV/AIDS & STIs (HOYMAS)

Partners in Pride is an initiative of the Stephen Lewis Foundation



PANSEXUAL VISIBILITY DAY 2022

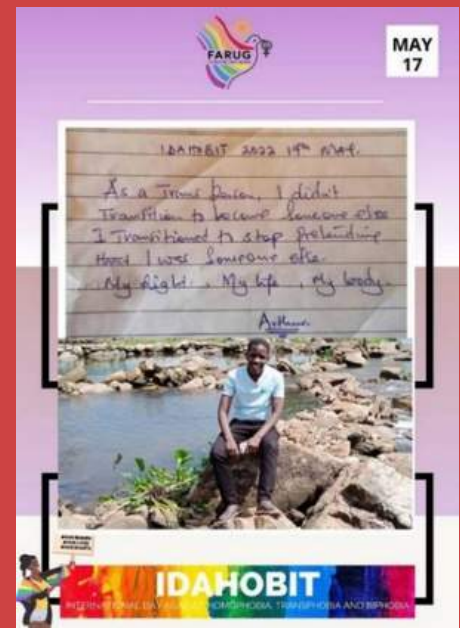
Pansexual is a person that is romantically, emotionally, and/or sexually attracted to people regardless of their gender.

On May 24th together with the rest of the world, we uplifted, recognised and celebrated humans who identified as a pansexuals.



IDAHOBIT MESSAGES

FARUG collected messages and ideas about IDAHOBIT from different LGBT community members, below are some of the messages, however you can visit our social media platforms for more messages.



IDAHOBIT MESSAGE FROM A PARTNER

"Discrimination is not a religious value. There is little dispute that LGBTIQ+ are in need of support but many of these efforts are inappropriate for those who both identify as religious and experience same sex attraction, --Allan Nsubuga



MOTHER'S DAY

As queer mothers, on 8th may we celebrated motherhood through the following message.

"Today is a celebration of motherhood, unconditional love and the endless effort, together with the rest of the world, we uphold with gratitude to all our dear mothers in all diversities. You are valued and loved".

Happy Mother's Day.



EID MUBARAK

We celebrated our queer Muslims through the following message;
 "Happy Eid Mubarak to all our queer Muslim friends here, may peace, safety, good health and prosperity be yours. Wishing you a joyous and peaceful holiday connecting with your family and friends".



LESBIAN VISIBILITY DAY

April 26th is the international Lesbian Visibility Day. This day is special for Lesbians to feel recognized, safe and visible in world that still discriminates through inequalities and violence. This day is to create awareness of Lesbian inclusivity in both the LGBTIQ+ & mainstream spaces and we disrupting narratives & myths told against Lesbians through our stories. We urge and remind all Lesbians to be their authentic self.

<https://youtu.be/iWEt0JL-3zQ>

LESBIAN VISIBILITY WEEK

As we await our day, our week is a voice for unity, solidarity & uplifting all womxn especially those from the marginalized communities.

Why visibility is valuable?

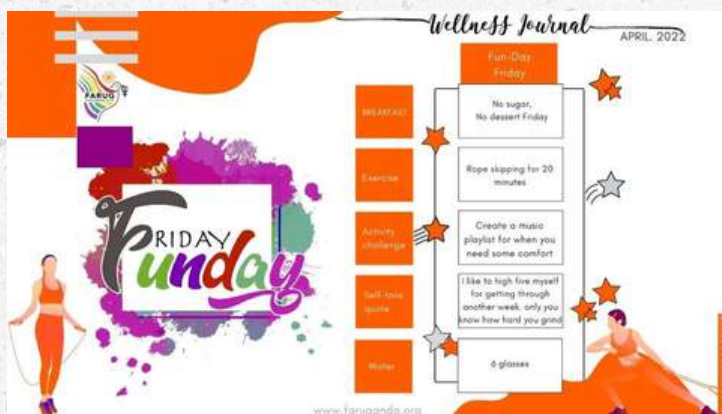
"A reminder that everyone has worth, and embracing intersectionality."



EASTER DAY

"May this Easter come with Joy, Love, Peace, harmony, and also this day emphasizes God's love for all humanity irrespective".

That was FARUG message for Easter day. We continue to respect and recognise our members from different religious doctrines
A Happy Easter.



WELNESS MESSAGE FOR GOOD FRIDAY

As we ushered into good Friday, our members were blessed with a holy wellness message as seen below;

"A day to remind us that we matter to the Great Lord no matter who we are. As we celebrate today, let us be humbled by Jesus's Love and sacrifice.

Enjoy today

Have a divine good Friday and

We wish you a fabulous Easter weekend

Remember it is still Friyo so just celebrate life"

HOLY THUSDAY

On 14th April, we blessed our members with a holy Friday massage as shared below;

*"This Holy Thursday is a time of reflection on God's deep desire for humanity, a reflection on bodies, and a time for mourning but also a time for hope. It is a time of rich and powerful symbolism and ritual. How can we queer these rituals so that they are first not harmful for queer people, but also spiritually enriching?"
Blessed Holy Thursday.*



INTERNATIONAL ASEXUAL DAY

Asexual is the lack of sexual attraction to others, or a low interest in sexual activity.

On 6th April we up held and recognized asexuality as an ace identity on the spectrum. Some people consider asexuality to be their sexual orientation, and others describe it as an absence of sexual orientation.

As key population activists, we respect people from different diversities.

PROGRAMS DIRECTOR RECOGNISED BY WOMAN KIND

Woman kind during the #PrideMonth, decided to shine a light on their partners with an LGBTQI+ focus. FARUG, was recognised as seen in this massage. "Freedom And Roam Uganda – FARUG unites the LBQ women's movement in Uganda by creating women autonomous spaces, challenging

heteronormativity & forging sisterhood solidarity".

To read more about our work follow this link.: <https://www.faruganda.org/>



FARUG STAFF RETREAT

"Work without play, makes Joan a dull human"

Serving a bigger community of persons from different walks of life may seem easy but in actual sense its hectic. As if that's not enough, engaging with different bodies, entities, institutions, attending workshops, trainings, sensitizing, not forgetting playing hide and seek with law enforcers, will never seem to be a simple task.

As FARUG, we were privileged to have a staff retreat that enabled us to unplug, unwind, relax as well as bonding as a team!

This was aimed at enabling us have enough rest away from office/ activism work, rethink and reload for another year of serving our constituency/ community in the most non stigmatized and discriminative manner and environment. The retreat further enabled us understand each other in a wider view of our operations a thing that fuels growth among us as activists as well as creating a unified and vibrant team.



DECOLONISING OUR THINKING

Decolonizing our thinking, being and acting in this world calls for feminist Theory which is about understanding the 'what?' the 'why?' and the 'how?'

questions about women's oppression, about power and it is vital for us to theorize our work as well as re-conceptualize the important linkages between theory and practice.

On 5th April our Programs Director was privileged to be part of this think tank.



MORE PRIDE MESSAGES

As we celebrated pride, we gathered messages from different LGBT persons to reflect what they understood about pride. These were posted throughout the Pride month. Shared here are some of them. You can visit our social media platforms for more messages.



In this month, it's Love.
Love, Love, Love
Is all we need
this month.
Flag up your rainbow
For we spread LOVE not HATE
Happy PRIDE.

Happy
Pride
Month

Leah



Pride
Acceptance, celebration, solace in my own existence. Amidst this sick system that drowns and contaminates us, I see resilience in my community and commitment to fight for Love. What is more beautiful than a celebration of Love amidst trials and tribulations... What is more intriguing than a sense of community even amidst those trying to understand who they are. To me Pride is Love, a Love that can not be consumed by the crippled structure; A Love that doesn't Conform; and that is my song every Pride as it fuels my love for me and the community I experience and are apart of. We are A Love that is beyond boundaries, structures and rules. We are Pride.

Happy
Pride
Month

Matilda



Pride is believing in our abilities without underestimating our potentials...while prioritising our values.
Happy pride 2022

Wamala aka Mystic

Happy
Pride
Month



I didn't choose her, she chose me. Yes, the woman in me choose me. I am proud that my God uniquely created me. Am an inspiration to me and many I know.
I am an inspiration to many heterosexual, that I know. My presence can never be ignored or rejected... that's what Queerness brings to us.
I proudly celebrate my self as a Ugandan Christian Queer Mother. To you who paved the way for me... for us that I/we can boldly speak, cheers to you.

I proudly PRIDE with NATURE today, tomorrow and forever.

Happy Pride month to you.

~Winnifred Mugambwa~

Happy
Pride
Month



Pride month to me means to love myself more and be proud of my sexuality. Believe that there is always light ahead of everything because what I know a few people started the campaign with fear but with strong mind because they had hope, self-love, proud of their sexuality they really made it up to were we are now.
Pride is appreciating our struggles

Abach Christine

Happy
Pride
Month

JOURNING THROUGH THE BA LÉSBICA DIARIES!: BA QUEER TWOGERE....

The Ba Lésbica Diaries is a project where LBQ womxn share their lived realities aimed at empowering, change narratives and advocate for visibility and equal rights towards LBQ community. FARUG has been able to collect lived experiences from different LBQ persons from all regions of the country. We have and we still do share, these beautiful stories on our several media platforms. We kindly request you visit our social media platforms for more of these enticing stories. Below is a glimpse of some of the stories we have published. Enjoy the tread!!!

EPISODE EIGHTEEN

NEVER WAS I ALONE

2020 was a trying year for everyone. COVID-19 outbreak took so much from all of us. We were in constant fear because we had to stay away from friends, walk to work, be laid off work, we lost loved ones to COVID. We were all on the converge of a mental breakdown. But this universe works in mysterious ways, FARUG was our hope. As we come to the end of the Ba Lésbica Diaries we want to thank the writers, the readers, our sponsors and most of all our listeners. We hope you enjoyed, learnt, related and got inspired by these real life experiences of LBQ. Listen to the full audio by clicking on this link <https://youtu.be/telQEjsYV2o>

EPISODE SEVENTEEN

INNER WHISPERS

We all crave to belong or be loved without judgement. trans phobia is blinding, everyone deserves to be understood. To be respected for fact that we all are human beings advocating for safe spaces. Listen to the full audio by clicking on this link <https://youtu.be/UqyA2b0v0vo>

EPISODE SIXTEEN

BURNING RAGE

Being a Womxn in a patriarchal society means you work twice than the "male" colleagues. Which drive questioning being born a woman. You're always blamed, it doesn't matter if you are a victim. society has always looked down on women now if you identify as LBQ, society labels you and discriminates you. Burning rage is all you feel. Listen to the full audio by clicking on this link <https://youtu.be/S50MAgKpMGk>

EPISODE FIFTEEN

LEFT IN THE TUNNEL

Have you ever felt like you are in a space of confinement.
Its so hard to move so hard to feel anything.
Only sadness and sorrow surrounding you. You ran out of breath and no one can hear you however much you shout

Left in the tunnel is how you feel. Loneliness is all you know. Listen to the full audio by clicking on this link
https://youtu.be/R_OldVcCSmM

EPISODE FOURTEEN

WISHING FOR THE BEST

We all want the best for everyone
But have you ever wondered how it all started!
By virtue of being human beings we have empathy and we understand how vulnerability takes us to the worst place.

We all need to be understanding and not judge. Listen to the full audio by clicking on this link.

<https://youtu.be/yN90-M4kPx0>

OUR 2022 FIRST NEWS LETTER EDITION

On 28th April we published our first Edition of the year 2022 newsletter. Our highlight was; "Ba Lesbica Magazine Launch".

For more information and other news have a look at our newsletter by clicking on this link

<https://www.faruganda.org/.../EDITION-ONE-FARUG....>



COURTESY VISIT

Questioned many times about data concerning LBQ women in all aspects, FARUG gathered lived realities from targets from the regions of the country, Uganda. It was joy for realising, rethinking, reembracing and rejuvenating towards this milestone!

We gladly Sayed; **"The wait is over"**

On 31st march, we launched the "Ba lésbica Diaries!!!",

The Ba Lesbica diaries is a publication disrupting narratives told against LBQ womxn by voicing LBQ love, resilience, relationships and realities.

<https://www.faruganda.org/.../Ba-Lesbica-Diaries-Magazine....> These stories have an audio version which can be accessed through our podcast link; kindly tap on the link for more joyful listening. https://www.youtube.com/watch?v=b_ZC3Rhlt5MWe



CONVERSATIONS ON DOCUMENTATION, SECURITY AND DATA COLLECTION

On 27th April, we were privileged with a courtesy visit from Amnesty International Denmark in partnership with Smug. We had conversations around security, documentation and data collection. Documenting our experiences influence provision of data about the lived realities of LBQ persons in Uganda. Through data collection, we can have reliable statistics about the different areas of operations

regarding to the different LBQ organisations extending services to regional LBQ oriented targets. This guides us through the best measures of providing security to our target communities, as well as demanding for more protection, meaningful inclusion and conducive environments towards access to service provision.



APPRECIATING FRANK MUGISHA ATTAINING ANOTHER YEAR!



Happy birthday DR. Frank FARUG celebrated Dr. Frank Mugisha through the following message.

"You are a ray of sunshine that gives life to our movement, a warmer touch, that is the special reason why you're loved, and you are wished the finest things in life Today and everyday".

Happy birthday Dr. Frank Mugisha



FARUG MESSAGE TO KASHA NABAGESERA ON HER BIRTHDAY.

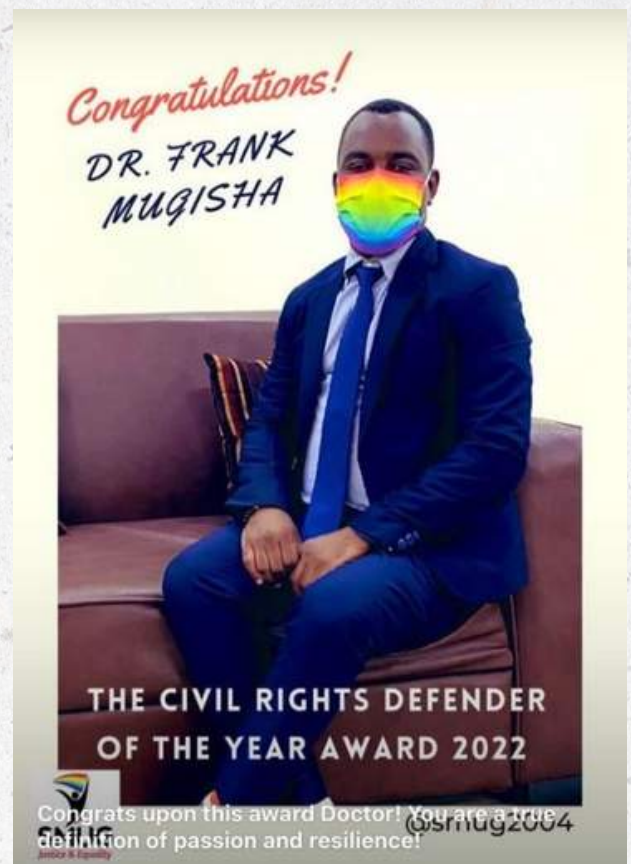
As the founding Director of FARUG, a resilient HRD, committed and passionate LGBT activist, Kasha J Nabagesera added a year onto her life journey. FARUG in respect to appreciating her work, she shared the message below;

"Your dedication and determination inspire us to be determined and dedicated on a journey that you started. On this your special day, accept our token of gratitude for always being there. We would not have reached where we are. We wishing a happiest birthday to a strong leader, a friend Kasha Jacqueline Nabagesera May you live to see all that you dream accomplished".



AND THE AWARD FOR THE CIVIL RIGHTS DEFENDER OF THE YEAR GOES TO DR. FRANK MUGISHA!

As a network, SMUG has been so fundamental in uplifting the work of FARUG towards the community regardless the FACT that SMUG sprout out from FARUG! We have continuously worked with SMUG to ensure that the community achieves the set goals. We are therefore Glad for him being nominated and awarded as the civil rights defender of the year 2021.



*We as FARUG we congratulate you!!
"Congratulations Dr. Mugisha!!
Proudly associated"*

KENYAN LESBIAN SHEILA LUMUMBA BRUTALLY MURDERED IN COLD BLOOD.

Sheila Lumumba from Kenya was gang raped and murdered in her own home. Our sincere heartfelt condolences to all the LBQ womxn in Kenya

"I just spoke to Sheila's Lumumba best friend today, and we cried together. Today Sheila is dead, six men broke into her house and gang raped her, further broke her leg according to the autopsy and killed this beautiful human in Karatina town. Why? Because she was a lesbian. My heart is beyond broken. Sheila don't rest, if you don't get justice don't rest babe, do not give them rest, curse them, that blood that you shed curse them, may they never know peace

May your blood follow them, from the raising of the sun and to the setting of the sun. Curse them. Haunt them, don't let them rest, don't let know peace. Haunt them. I hate it here. . Y'all hate women. Y'all kill us everyday and at every chance. Queer women lives matter. Your life mattered Sheila." As narrated by one of the activists from Kenya.



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