



# FREEDOM AND ROAM UGANDA



## THEME

USING ART AS A TOOL OF SELF-THERAPY

# Newsletter



## IN THIS EDITION

Freedom and Roam Uganda (FARUG) unlashes her fourth quarter newsletter 2022 as she continues to serve her constituency reflecting on her strategic interventions.

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## PODCASTS/ BAQUEER TWOGERE

In this quarter, we continue to use our podcast media platform to air out issues of concern towards sexual and gender minorities. Shared below are some of the

podcasts published during the quarter. Please do not forget to subscribe to our social media platforms for more interesting information on different topics.

### EPISODE 1 & 2

#### INTERNATIONAL HUMAN RIGHTS DAY

Dignity, freedom and justice for all is this year's theme for Human Rights Day, a day when we commemorate the anniversary of the adoption of the Universal Declaration of Human Rights. As usual we had to create awareness on the fact that Human Rights are for everybody, many times Gender Minority Group Rights are disregarded which has created various violations. [https://youtu.be/h7\\_hpbDY7ml](https://youtu.be/h7_hpbDY7ml). Sit back and be part of the discussion. We appreciate every Human Rights Defender in their capacity, we are grateful for the win towards achieving Justice For all and making sure all persons are treated with dignity. It's our day, and we matter.

#### Did you know that FARUG documents human rights violations against LBQ women in Uganda?

Visit our YouTube channel BaQueer Twogere or click this link <https://youtu.be/1LmCK0OXhBM> to watch the full video.

### EPISODE 1 & 2

#### AFRICAN FEMINISTS CHARTER

In this podcast <https://youtu.be/bS0T5zfTRBs>, we introduced the charter of Feminist principles for African feminists were we discussed the booklet in depth but mostly picking out what stood out the most and how we can use this charter as individuals, institutions and feminist leadership to reflect on how we organize as feminist.

Let's learn together. Visit our YouTube channel BaQueer Twogere, like, comment, share and just get ready to learn, laugh and love with us

## EPISODE 1 & 2

### 16 DAYS OF ACTIVISM

A future free from violence is the ultimatum goal. Meaning, let's unite activism to end violence against women and girls as it is the theme this year. In this podcast <https://youtu.be/MCOLIDIUj54>, we share with you why it is important for LBQ womxn to stand in solidarity and create awareness about violence against women and girls and to acknowledge the fact that we need to do more. Let's walk together and participate in this global campaign.



## EPISODE 1 & 2

### BODILY AUTONOMY IS A HUMAN RIGHT FOR ALL

LBQ bodies should be celebrated and respected because Bodily Autonomy is a human right for all. As we come to the end of the campaign we would love to appreciate all the participants and the consortium for all their submissions in creating awareness for queer womxn to have brave spaces where they can speak about their rights to have decisions about their bodies. This podcast takes you through the journey of our POWERUP media campaign #mybodyNOTourbody, how LBQ womxn engaged with it and what they had to say about it. Sit back, Listen as we take you through the end of this podcast <https://youtu.be/mccLspCsApY> of this campaign.

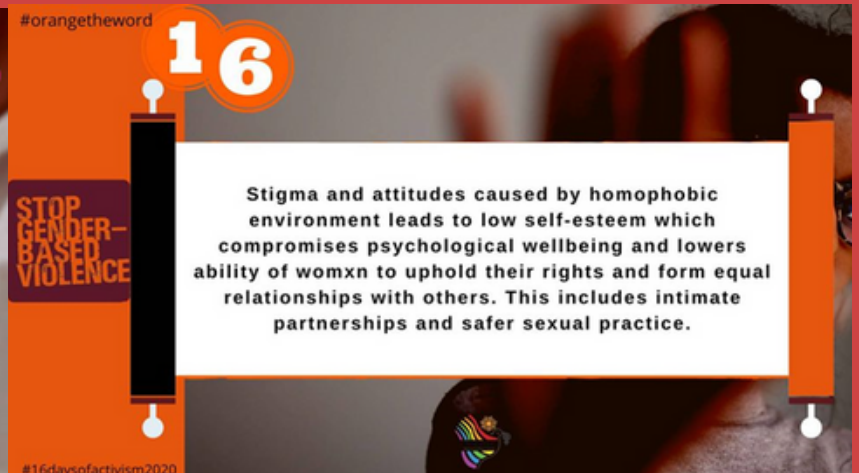
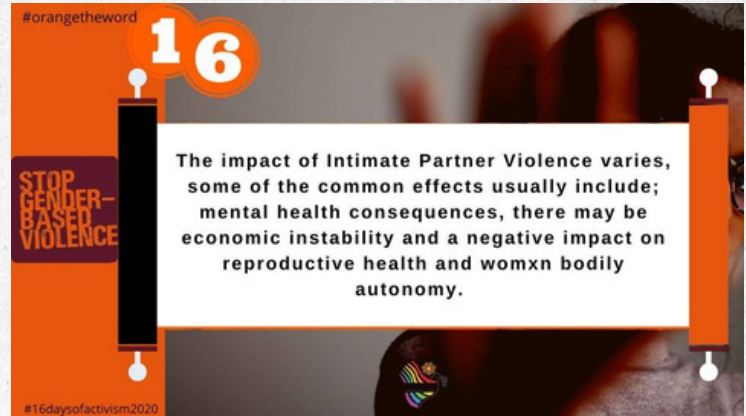




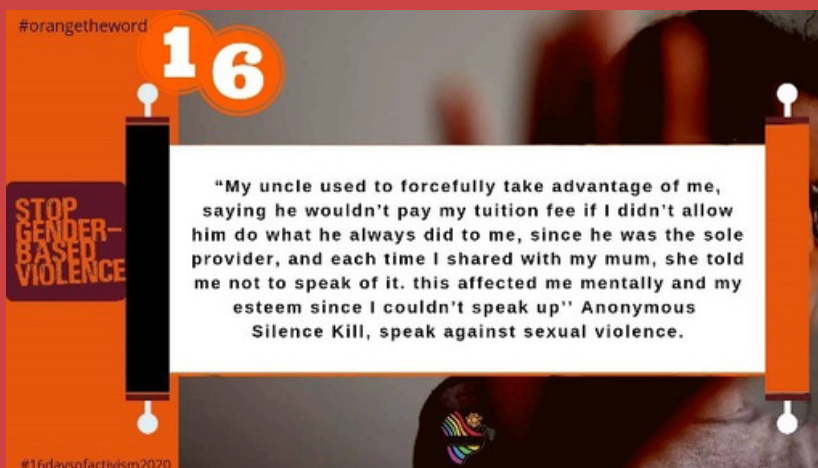
# IMPACT ON IPV

The impact of Intimate Partner Violence varies, some of the common effects usually include; mental health consequences, there may be economic instability and a negative impact on reproductive health and womxn bodily autonomy.

During the 16 days of activism, FARUG continues to end GBV against LBQ womxn through sharing different messages on the topic.



“Gender Based Violence is stated to be a high risk factor contributing to HIV/AIDS infection among LBQ Womxn.”



“My uncle used to forcefully take advantage of me.....”



## INTERNATIONAL WOMEN HUMAN RIGHTS DEFENDER'S DAY NOV 29TH

Women Human Rights Defenders face Violence, harassments and imprisonment for taking a stand for equality and human rights. When it comes to womxn Human Rights Defenders, they face unique gender specific challenges.

20th November is the Day to thank and celebrate womxn and women Human Rights Defenders as well as call for policy reforms that highly influence violence against womxn.

## INTERNATIONAL WOMEN HUMAN RIGHTS DEFENDERS DAY



## CELEBRATING INDEPENDENCE DAY

Independence means FREEDOM.  
Freedom from oppression,  
Freedom to assembly as a womxn  
community.

Freedom of expression.

Above all an independent community  
where being a womxn is Normal.

On 9th October, FARUG joined the rest of  
Ugandans to celebrate independence.

We look ahead to a queer oriented  
independent community.









# MEMBERS END OF YEAR PARTY

As the year closes, we found it important to have a gathering for our membership to emphasize HIV/AIDS safety preventions highlighting status disclosure, regular testing as key measures. General security and keeping safe in times of this festive season was important to address as well as checking on each other regularly.  
**Merry Christmas**



# WELLNESS JOURNALS

FARUG continues to share wellness journals to foster healing and self-discovery for her members. The wellness journals aim at improving both physical and mental health stability of our targets. They provide for nutrition and physical exercise challenges and with one's commitment, one can slowly achieve a relaxed system of being well both physically and mentally. Do not forget to visit our social media platforms for more encouraging, rejuvenating and healing messages! Shared below are some of the messages we shared on our social media platforms for this quarter.

Merry December marks the end of our journaling year, welcome back from the journey, we hope it was a fulfilling exercising, we appreciate you for your resilience. Please continue being well or working towards being well, body mind and soul. Remember to allow yourself feel things, we can't run away from our pain forever sometimes we need to grab these emotions by the horn and face whatever is coming for us with our head held high. To download a full pdf version please click on this link <https://www.faruganda.org/.../FARUG-WELLNESS-JOURNAL-2022...> We wish you a Merry Christmas and a vibrant new year.

*Wellness Journal*  
 MAKE IT A DECEMBER TO REMEMBER  
 THEME: MERRY DECEMBER

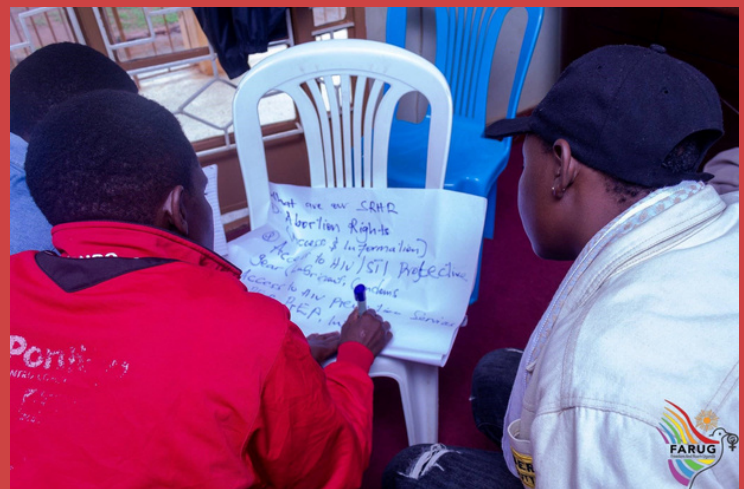
WEEKLY PLANNER	SUNNY SUNDAY	MAGICAL MONDAY	TERRIFIC TUESDAY	WILD SLOW WEDNESDAY	THIRSTY THURSDAY	FABULOUS FRIDAY	SASSY SATURDAY
<b>NUTRITION CHALLENGE</b>	Make a green smoothie	Prep your meals for the week	Try out a new recipe for your dinner	Add salad on your lunch meal	Add onions, mushrooms, garlic, sprouts, black pepper to your diet	Increase your fiber intake, vitamins, and minerals by eating an oatmeal with low-sugar veggies.	Drink at least 7 glasses of water today your body needs it
<b>WELLNESS CHALLENGE</b>	Give yourself a healthy vegan treat and make it taste merry	Digital detox, stay away from sad news plan for the week	Connect with someone you haven't spoken to in a while	Make a gratitude list, put yourself as no ONE	Take yourself out for a coffee break or popcorn, it's a festive season.	Listen to music from your favorite DJS like AMOR DJ, LETS GO DANCING	Spend the day doing a DIY project, or go attend that workshop
<b>PHYSICAL EXERCISE</b>	Take a nap or a nature walk	Wake up early and do a workout routine for 45mins	Do some meditation to rejuvenate your soul mind and body	Take a mindful walk	Skip some rope, do some breathing exercises as well	Go swimming or treat yourself to a massage	Try a new yoga class, physical and online
<b>QUOTES OF THE DAY</b>	Make today a beautiful day as you are	Be magical and extra ordinary in all that you do."	One act of kindness will rejuvenate your soul	Gratitude turns what we have into enough.	Keep taking time for yourself and you are you again."	Without music, life would be a mistake. We need rhythm	"Don't apologise for feeling something, you deserve better, you know you do"
<b>HYDRATE</b>	3 glasses	5 glasses	5 glasses	6 glasses	6 glasses	7 glasses	3 glasses



## SRHR TOT FOR LBQ WOMXN

We concluded November with an SRHR TOT for LBQ womxn, the two days were aimed at equipping our womxn community with knowledge and information about their SRHR rights in order for them to demand as well as

engage stakeholders on their SRHR specific needs. Increased awareness on SRHR services for and among LBQ womxn will inform access to SRHR services while addressing GBV against LBQ womxn.



## INTERNATIONAL WORLD AIDS DAY 1ST DECEMBER

This year's theme for world AIDS day was "Equalize"

This meant that we needed an action plan. We needed to agree that Reforming laws, policies and practices to tackle the stigma and exclusion faced by people living with HIV and by key and marginalized populations, LBQ womxn are part of this marginalized community. This is a community that is often disregarded when it comes to planning and inclusion in HIV related programs.

In this podcast [https://youtu.be/PPGn\\_Gq5bdc](https://youtu.be/PPGn_Gq5bdc), we discussed on why it's key to involve all humans in there different diversity to end HIV /AIDS.

We wore our red ribbons in solidarity and affirm our resilience in fighting to end HIV. Thanks EASHRI for making this possible





# QUEERING SRHR

There is a common misconception that sex and gender are one and the same. This is the reason we continue sharing information on SRHR in the queer perspective. Visit our social media platforms for more information on queering SRHR.

**WHAT IS GENDER?**

Gender is a societal norms and expectations of what makes a male a man and a female a woman. Therefore, gender is social construct that affects an individual's identity from birth. Gender roles and gender stereotypes are highly fluid and can shift substantially over time. Gender roles in some societies are more rigid than those in others. But are not set in stones.

**GENDER IDENTITY**

Gender identity refers to a person's internal sense of being male, female, both nor neither. Gender identity can correlate with a person's assigned sex at birth or can be differ from it.

**GENDER EXPRESSION.**

This is how a person outwardly portrays their gender identity, it includes physical expressions such as clothing, hairstyle, make up and social expression such as names and pronoun choice. Some examples of gender expression are feminine, masculine and androgynous.

**PRONOUNS**

Pronouns are words we use to refer to people's gender in conversation. For example, He or she. Some people may prefer others to refer to them in gender neutral language and use pronouns such as they/them. **NOTE:** Gender norms cast individuals such as LBQ womxn who do not adhere to expectations as different or abnormal. Gender norms may also privilege women over womxn in certain arenas such as business, politics and religion.

SOURCE: WWW.FARUGANDA.ORG

#MAKEWAYPROJECT #QUEERINGSRHR

# WORLD MENTAL HEALTH DAY

OCT 10th is world mental health day. This year's theme was "Make Mental Health and Wellbeing for All a Global Priority", LGBT persons are challenged with lots of mental health related issues due to the stigma and discrimination they face. we acknowledged the rest of the world to make sure that mental health is treated in conjunction with physical health and work towards reducing the factors known to pose a risk to people's mental health.

**WORLD MENTAL HEALTH DAY**

10 OCTOBER

www.faruganda.org



## THE STEVEN LEWIS FOUNDATION CANDLE LIGHTING CELEMONY

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On December 2nd, SSenfuka J Warry a.k.a Nkali Biggie the ED FARUG, took part in the candle lighting CELEMONY that was organised by SLF.

This occasion was blessed with activists and human rights defenders from Uganda an Kenya.

During the convening, HRDs from the two countries took a moment to reflect on the loss of families and friends lost to HIV related illnesses.

They acknowledged those struggling and still impacted by HIV to keep resiliently strong as it's the only way to push for the desired change towards this pandemic.

This occasion is a powerful reminder for all activists and HRDs to continue working in solidarity to influence the end of the HIV pandemic.

**Thanks SLF for making this happen!**





# FREE TO BE ME HARVEST WORKSHOP

FARUG Programs Director participated in the first regional outcome harvest workshop which empowered Communities of Action on reporting and outcome harvesting for the Free to Be me program. This was organised by UKPC with support from HIVOS.

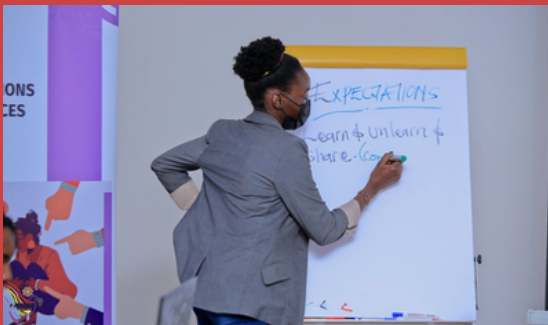


# DIALOGUE WITH KEY STAKE HOLDERS

On October 29th We had a dialogue with key stakeholders (police, religious leaders, community leaders, health workers and parents/families of LBQ womxn) regarding how to acknowledge and avoid their implicit

biases and stereotypes towards LGBTQ persons.

**Thanks to Kaleidoscope Trust for supporting this process.**





## DEFENDERS DAY OCT 17TH

We had the opportunity to be part of The Defenders' Days, celebrating 40 years of promoting human rights, recognizing and appreciating different HRDs across the

the globe. This celebration concentrated much on data for change, risk assessment and psychosocial wellbeing. We look forward to building feminist practices as well as re-imagining the future for human rights defenders across the globe.

**Our appreciation goes to Civil Rights Defenders.**



## CHARTER OF FEMINISTS PRINCIPLES FOR AFRICAN FEMINISTS.

Contextualizing Feminism involves understanding the charter of feminist principles for African Feminists. FARUG held a two-day feedback convening with LBQ womxn to share key learnings from the African Feminist Forum–East African Convening around "Movement building against Fundamentalism". A soft copy of "Charter of Feminist principles for African Feminists" can be downloaded from our website through the shared link. <https://www.faruganda.org/.../CHARTER-OF-FEMINIST...>





## FARUG ED AMONG THE GUESTS OF @TORONTO PRIDE!

Pride Toronto on 3rd December hosted guests from the African continent and among their partners was the ED of Freedom and Roam Uganda!, Ssenfuka J Warry.

Apart from learning, networking and partnership strengthening towards changing Norms and practices, this convening invited guests to different sites in Toronto. Among them was the existing trip to the famous and great Nagara falls! This was a great and memorable treat that enhanced wellness and burnout towards

participating activists/ HRDs who annually work tirelessly to influence change towards LGBTQ related human rights.

Thanks to @torontopride for this organising.



## DIGNITY NETWORK FALL 2022 ROUND TABLE MEETING.

On 29th November, all Dignity Network member organisations, partners and Allies convened and participated in the Dignity Network members fall 2022 round table meeting.

This is a meeting that brings together all member organisations to discuss different issues affecting the different constituents from different continents. It's a meeting where participants identify probable remedies towards the intended changes in respect to issues affecting communities they serve. FARUG ED was part of the Ugandan delegation that embraced the round table meeting and this doesn't only mean a lot to the Ugandan LBQ

community but the entire LGBTQ community that is currently facing challenges regarding laws and policies especially the Anti homosexuality bill that is being discussed to be re-tabled by the parliament of Uganda. As a human rights defender, this is a great step towards her journey of activism endeavors.





## FEMINIST ECONOMIC JUSTICE

Tax system tend to disadvantage women compared to men because women are more likely to earn less in paid work and more likely to do greater amounts of unpaid care and domestic work.

On 22nd November we were part of a workshop held by @amwaafrika were discussions about framing feminist taxation were held.

The Key issues raised were women lack information on current tax policies therefore civil society needs to make a lot of noise in terms of challenging tax injustices and make taxes work for women in all their diversities.

**Thanks AMwA for the opportunity.**







# OUR BIG STORY

## USING ART AS A TOOL OF SELF THERAPY

Introducing Art as a tool of self-therapy, this enables us interpret, express and resolve out emotions and thoughts. Painting and crafting can alleviate the symptoms of anxiety, depression among others.

On November 8th for our bi-monthly wellness activity, we allowed ourselves explore our emotions through expressive communication. This was through painting and crafting and participants show cased their talents in art and painting.

**We thank ACTIF for making this happen.**





# TRANSGENDER DAY OF REMEMBRANCE NOV 20TH

FARUG Programs Director participated in the first regional outcome harvest workshop which empowered Communities of Action on reporting and outcome harvesting for the Free to Be me program. This was organised by UKPC with support from HIVOS.



## TRANS AWARENESS WEEK

"Understanding transgender people's pronouns is respect and protection towards their existence"

During the trans awareness week, we learn and sensitize ourselves about transgender persons. This is aimed at creating harmony amongst each other regardless of our differences in gender and sexuality. As FARUG we continue respecting and embracing our trans sisters and brothers as they walk their journey to liberty and peace.

## WHAT IS TRANSGENDER AWARENESS WEEK?

13th – 19th November is Transgender Awareness Week, a week when transgender people

and their allies take action to bring attention to the community by educating the public about who transgender people are, sharing stories and experiences, and advancing advocacy around issues of prejudice, discrimination, and violence that affects the transgender community.





# ASSEXUAL AWARENESS WEEK OCT 24TH – 30TH

Asexuality is the lack of sexual attraction to others, or low or absent of interest in desire for sexual activities.

Asexual person is one who experiences no sexual attraction.

During the asexual week, we seek to educate and create awareness about the +A in the LGBTIQ+A spectrum.



# INTERNATIONAL PRONOUNS DAY OCT 20TH

A person's pronouns are part of a person's identity, just like a name. She/Her, He/him, they/them.

It's important that we deliberately take time to learn a person's pronoun Rather than assumptions.

If you're not sure about one's pronouns, just use their name.

We call upon people to respect, share and educate each other about these pronouns.

# NATIONAL COMING OUT DAY OCT 11

What does coming out to you mean.

It takes a while, it takes courage, resilience.

It doesn't matter how, when, where and whom you come out to.

What matters most is coming out to yourself, accepting yourself, loving yourself and above all recognizing yourself.





# INTERNATIONAL LESBIAN DAY OCT 8TH

International Lesbian Day is a celebration of lesbian culture and identity, a day to recognise the contribution of Lesbians that have fostered the understanding of their needs. The day gives an opportunity for womxn and their families and friends to connect, share issues that challenge their livelihood. Listen to the full podcast <https://youtu.be/YEdmWxinJr0>



# THIRD EDITION OF THE NEWSLETTER.

We unleashed our third Edition of our newsletter. The highlight for that edition was; Bodily autonomy campaign For those who missed out on that edition, kindly visit the link below; <https://www.faruganda.org/newsletters/> Remember to subscribe to our quarterly newsletter by signing up via our website [www.faruganda.org](http://www.faruganda.org)

EDITION THREE
JULY-SEPTEMBER 2022

FREEDOM AND ROAM UGANDA

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THEME
MY BODY NOT OUR BODY

📰 **Newsletter**

**CoL**

**#mybody NOTourbody**

**WHAT?**

**WHY?**

**HOW** to be part of this campaign

**SHARING** a photo or video to tell a story?

**FOLLOW THE CAMPAIGN VIA OUR SOCIALS:**

- FARUG: <https://linktr.ee/FARUG>
- FB: <https://www.facebook.com/faruguganda>
- WEBC: <https://www.facebook.com/WEBC-Uganda>
- RightsWatch: [https://www.facebook.com/Rights\\_Watch](https://www.facebook.com/Rights_Watch)

**IN THIS EDITION**

Freedom and Roam Uganda (FARUG) unlashes her third quarter newsletter 2022 as she continues to serve her constituency reflecting on her strategic interventions.

**WHAT'S NEW?**

- 04 BI-MONTHLY WELLNESS GATHERING
- 12 BODILY AUTONOMY CAMPAIGN
- 16 QUEER ART PRIDE 2022

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<https://linktr.ee/FARUG>



## SQLA CELEBRANT!

Building and harnessing LGBT+ leadership is one of SMUG strategic goals. Sexual Minorities Uganda (SMUG) through Quchu Leadership Academy provided capacity strengthening workshops for leaders within the LGBT+ movement in Uganda. Congratulation to one of our staff member and Appreciations to SMUG for the opportunity. We look ahead to your deliberate services!



## DIVERSE EMPOWERMENT FOUNDATION CELEBRATES @NKALI BIGGIE



On 22nd October, Diverse Empowerment Foundation celebrated FARUG ED Ssenfuka J Warry a.k.a nkali biggie for being part of the FARUG organisation since its inception in 2003.

Biggie worked as the finance officer by then. She served as a board member of sexual minorities Uganda, SMUG, a position she is still holding. SMUG is a network of LGBTQ organisation Uganda.

As the FARUG fraternity, we are delighted for this recognition and appreciation from an international foundation!

**Thanks Biggie for your enduring perseverance towards serving your community.**

“ #LGBTQHistoryMonth today celebrates @nkali\_biggie who is the Executive Director at @Far\_Uganda. She has been part of @Far\_Uganda since its inception in 2003 as the finance officer. She is also a board member at @SMUG2004 a network of #LGBTIQ organizations in #uganda. ”



## LGBT HISTORY MONTH OCTOBER

"The idea that homosexuality is western" should be revised. It is based on another western import.

In many African societies, same-sex sexuality was also believed to be a source of magical powers to guarantee bountiful crop yields and abundant hunting, good health and to ward off evil spirits. African history is replete with examples of the ancient cave paintings of the San people near Guruve in Zimbabwe, "mudoko dako",

or effeminate males among the Langi of northern Uganda were treated as women and could marry men. What really matters is the respect for human dignity and diversities. "If you say being lesbian is not African, you don't know your history!

The idea that homosexuality is 'western' is based on another western import

True African cultures celebrate diversities and acceptance. Celebrate our African queerness."





# APPRECIATING PROGRAMS DIRECTOR FOR ATTAINING ANOTHER YEAR!

On December 2nd, a queen was born! FARUG'S programs director was born on that day. As FARUG, we couldn't help it other than wishing her a happy birthday.

“ Join us in wishing our Programs Director, a very happy birthday!!! Blessing and even more blessing as you mark your special day. ”



# KASHA WEDS SANDRA

During the 16DaysOfActivism2022, on November 30th Kasha Jackeline Nabagesera wedded her long-time lover/friend. This is a mile stone in the LGBT community and below is the message she shared in regards to this achievement.



*“Many girls are forced into marriages and yet those consenting are criminalized. Many women are married but face marital rape and no one talks about it. I am sharing these moments of my life in this period because I want to bring attention to the injustices woman and girls face worldwide. So for the privileged like us who can stand up n say #EnoughIsEnough I say let's use this to speak out, to fight and say #NOToViolence Against women in any form”. ee all that you dream accomplished”.*





# APPRECIATING EXECUTIVE DIRECTOR FOR ATTAINING ANOTHER YEAR!

On NOV 19TH a Quing was born unto this world! Below is the message we shared with our new born Quing.....



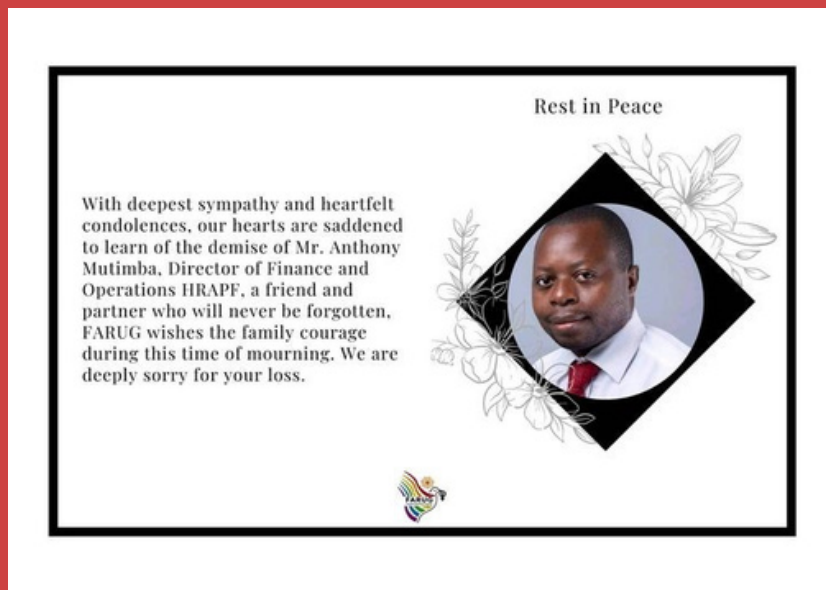
WISHING YOU A HAPPY **BIRTHDAY**

Age Gracefully.

Thank you for leading the team and making our workplace a safe haven.  
Thank you for being a mentor, seeing your leadership crop in and within our community.

*“Happy birthday to our Executive Director Nkali Biggie. Today we celebrate you!”*

# REST THEE WELL MUTIMBA ANTHONY



Rest in Peace

With deepest sympathy and heartfelt condolences, our hearts are saddened to learn of the demise of Mr. Anthony Mutimba, Director of Finance and Operations HRAPF, a friend and partner who will never be forgotten, FARUG wishes the family courage during this time of mourning. We are deeply sorry for your loss.

October 11th was a sad day in the civil society community were one of us was called by GOD. With deepest sympathy and heartfelt condolences, our hearts were saddened to learn of the demise of Mr Anthony Mutimba, who was the Director of Finance and Operations at HRAPF. Mutimba was a friend and partner who will never be forgotten, Farug wished the family courage during the time of mourning. We are deeply sorry for their loss.



## END OF YEAR MESSAGE

As we take a rest from physically serving you our beloved members, we extend our gratitude to thank you for cooperating with us throughout this entire year. We further promise to continue serving you regardless any condition and energies.

Please always visit our social media platforms for more wellness journal messages compiled by our only Gyal---- Dj Amor\*!!!



Keep safe and embrace love  
Happy festive season

Thank you for reading!

## CONTACT US

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### Suggestion Box

<https://www.faruganda.org/suggestion-box/>



<https://linktr.ee/FARUG>

**'BREAK THE CHAINS'**