



# FREEDOM AND ROAM UGANDA



## THEME

## MY BODY NOT OUR BODY

# Newsletter



### #mybody NOTourbody

**WHAT?**  
FARUG in partnership with MEND INITIATIVE, WERO and Rights4Her are running a bodily autonomy campaign to create a brave online space for LBG women to have deeply courageous and bold conversations on bodily autonomy.  
[#mybodyNOTourbody](#)

**WHY?**  
Have you ever been abused, ridiculed, judged, because of how you look? Patriarchy continues to police and shame women's bodies for their femininity and for women like US our Xpression, identity and sexuality

**HOW to be part of this campaign!**

- Use the hashtag [#MybodyNOTourbody](#) to engage in discussions via our social media platforms.
- Share an experience of a negative comment made against your body and how you felt.
- Share a story or a comment you have overheard

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

- The Camera on the back of your phone
- Use landscape mode
- Pick a quiet location for video recording
- Avoid background mess and clutter
- Write a message or caption; **ensure message is brief and to the point**
- Remember to use hashtag [#MybodyNOTourbody](#), [#XpressionisSexy](#)

**FOLLOW THE CAMPAIGN VIA OUR SOCIALS:**

- FARUG: <https://linktr.ee/FARUG>
- MEND: <https://www.facebook.com/mendinitiative/>
- WERO: <https://www.facebook.com/WERO-Uganda-100649178389396/>
- Rights4Her: [https://www.facebook.com/Rights\\_4her-106839105290073](https://www.facebook.com/Rights_4her-106839105290073)




## 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?

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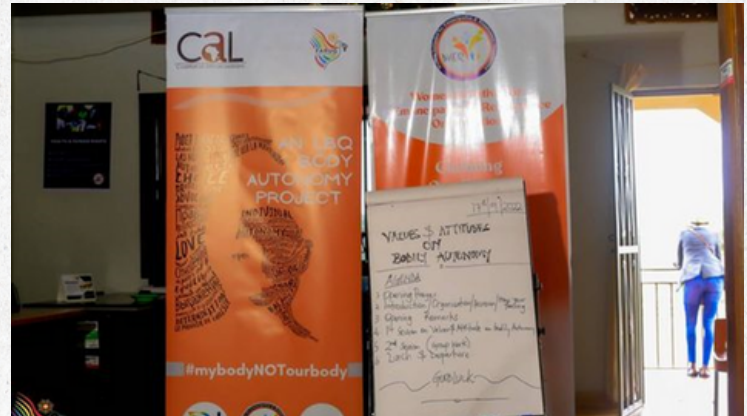
BODILY AUTONOMY CAMPAIGN
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QUEER ART PRIDE 2022

# HOW ATTITUDES AND VALUES AFFECT QUEER WOMXN BODILY AUTONOMY?

On 17th September, Women’s initiative for Emancipation and Renaissance Organization (WERO) convened a dialogue that was aimed at raising awareness on values and attitudes of womxn and queer sex worker’s bodily autonomy. This was aimed at enabling them realize their freedom from any form of violence, brutality, stigma, prejudice and bigotry

Participants from Mend Initiative, Rights for her and FARUG were encouraged to have the integrity over their bodily autonomy. This convening was under the project titled, “My body not tour body”.



# CONVERSATIONS ON ECONOMIC INJUSTICES

LBQ Womxn experience different economic injustices in relation to their bodily Autonomy. The conversation held on 26th, highlighted factors that take away our bodily Autonomy, labour laws and clauses that discriminate as well tools that protect LBQ Womxn. Thanks CAL for the support rendered to make this happen!



## TALK TO YOUR REGULATOR LAUNCH

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On 18th August, FARUG witnessed DPI, launching the "TALK TO YOUR REGULATOR" (T2R) launch. The T2R project aims at enhancing regulatory excellence and operational efficiency while at the same time mitigating the

risk of over-regulating the NGO sector and the consequences. What happens to the LGBTIQ organizing in cases where the regulatory laws and policies don't recognize their existence?



# WELLNESS JOURNALS

In the spirit of ensuring a healthy and productive living, we continue to share healing and encouraging messages on a daily basis to enable our followers thrive in a healthy manner.

These wellness journals are aimed at keeping track of LBQ womxn wellbeing, writing out thoughts, feelings and daily experiences. The tools help targets to plan their wellness journey towards self-discovery. Self-discovery is a journey that provides different challenges that help one accomplish their intended targets. Shared below are some of the messages shared in our wellness journal. Please do not forget to visit our social media platforms for more of these healing and encouraging messages.

“Self-care September has been a time to remind ourselves that in order to be at our best for those we love and care for, first we must focus on taking care of ourselves. This month was about encouraging everyone to be kinder to themselves as well as others, especially when things go wrong. How do we deal with uncertainties? Let’s just Be patient with ourselves, No pressure Because everyone of us wants to be a better person.”  
Happy frigay

To download a full pdf version please click on this link

<https://www.faruganda.org/.../FARUG-WELLNESS-JOURNAL-2022...> or visit our website”



## INTERNATIONAL SAFE ABORTION DAY 28 SEPTEMBER

The international safe abortion day is celebrated every September 28th. On this day abortion is normalised and people are sensitized on the importance of safe abortion. Many African countries Uganda inclusive take abortion as a viral practice and this forces many women carry out risky abortion practices that many times have costed people's lives.

This day supports many countries to decriminalise abortion in order to save lives lost to unhealthy abortion attempts. Below is the message we shared on that day;

*“Let’s us not shy away from the root cause, why treat already the situation yet you would have prevented it. Access to safe abortion care is a REPRODUCTIVE right”.*



## BIMONTHLY WELLNESS GATHERING

On September 14th, LBQ women came together for their bimonthly wellness gathering. This is aimed at checking on the wellness of each other through sharing lived experiences. Participants learn how to cope from the experiences of their peers.

They were encouraged to normalise open conversations, honest reflections, and share encouraging situations that can strengthen their mental resilience and wellbeing. Participants had a deliberate moment of raising their consciousness, embracing and accepting themselves amidst all uncertainties. They were further encouraged to remind themselves that they are enough just as they are.



## DIC ASSESSMENT BY IDI AND UKPC.

Aimed at improving safety and security of DICs serving key populations, on 8th September FARUG received a team from Uganda Key Populations Consortium (UKPC) and Infectious Disease Institute (IDI) where our Drop in Centre (DIC) was assessed in regards to safety and security. This exercise was aimed at supporting regional DICs to work better with CSOs in that region.



## HIV/AIDS LEGAL ENVIRONMENT LAUNCH

On 2nd/9/2022 FARUG witnessed the Launch of the HIV/AIDS Legal Environment Assessment for the Key Populations in Uganda under Makerere School of Public Health. Our participation informs the inclusivity of LBQ womxn in HIV programming as well enabling a friendly and non-discriminatory environment to access SRHR.



## THE MENTAL HEALTH ACT

What is mental health without understanding the mental health Act?

On 22/8/22, FARUG convened a session on "Understanding and contextualizing the Mental Health Act 2018", the importance of the workshop was to allow the participants review, understand and contextualize key highlights and discuss its implications on the LBQ community as well enable access to mental health services.

The MH Act 2018 plays a crucial role in providing quality and non-discriminatory care and treatment for persons with mental illness. Great thanks goes to Actif for the support rendered to see that this happens.



## MARPI ANNUAL GENERAL MEETING

On the 11th of August, Most at Risk Population Initiative (MARPI) convened its AGM, MARPI is the first KP serving facility that has continued responding to the HIV/AIDS prevention and management while availing a friendly and non-discriminatory environment to access general SRH services.

LBQ womxn participation is a foundation calling for inclusion of LBQ womxn in HIV/AIDS prevention and management and national HIV/AIDS programming. We showcased some of our IEC materials on HIV/AIDS prevention and management, handmade crafted products from GAP members, (an economic empowerment group for womxn Living with HIV). What a great meeting it was.....



## BI MONTHLY WELLNESS ACTIVITIES

On July 8th, during our Bi monthly wellness activities with members, we went gaming. Our topic was, "Can we talk", Finding home" The Art of storytelling and conversation through gaming fosters holistic wellness, personal growth and connection, giving room for individuals to comfortably build trust. Thus creating a safe space. Conversations were at the heart of connecting, they encouraged participants to expressively dream without judgement as well as strengthen resilience, reducing burn outs and therapy. Your mental health is your priority.



## STEVEN LEWIS FOUNDATION APPRECIATED FARUG ED FOR HER WORK!

FARUG Executive Director during the second week of August had opportunities to drastically speak and share about the pending critical needs for improving access towards HIV prevention, management and care for the LBQ community in Uganda.

This follows the invite availed to her by SLF aimed at further discussions on how HIV related services can be revised and improved for infectiveness.

Under appreciation for the effective work done, SLF posted and appreciated Ssenfuka J Warry and FARUG team for her/their tireless endeavors towards serving LBQ women living with HIV and the entire LBQ community members at large.

Thanks SLF for this trusted recognition!

“

*"This week, @Far\_Uganda Exec. Dir. Ssenfuka Joanita Warry (Biggie) spoke with the SLF about the critical need for improved access to #HIV prevention, treatment, and care for LBQ community members in Uganda. Thank you, Biggie, for taking the time to share your expertise with us."*

”



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

Photo provided by FARUG.



# ADVOCACY TRAINING

The two days' Advocacy training led the participants through the essential steps in understanding Advocacy, bridging the gap between the development of personal skills and the professional representation of our Womxn organization, room to practice and

develop strategic thinking, audience specific communication and interpersonal influencing.

This took place on 16th and 17th of September at FARUG office premises and participants were encouraged to always practice what they were taught.



# INTERNATIONAL PODCAST DAY SEPTEMBER 30TH

September 30th is international Podcast day. An international celebration of the power of podcast. On that day, BaQueer Twogere podcast thanked all the listeners, presenters, hosts and editors that have walked the journey from the time they created this virtual safe space

where queer womxn can learn, be entertained, laugh and love. Viewers were thanked for continuously subscribing and sharing our links. we further thanked them for their comments!  
Happy international Podcast day.



# BISEXUAL VISIBILITY DAY

FARUG recognized the bisexual visibility day that takes place every 23rd of September. Bisexuals make a big number in the LGBTI community although they have been always challenged for not deciding. It's a right to love whoever you want without being judged.  
We therefore recognise, respect and love the bisexual community in the world.



# PODCAST EPISODES AND BAQUEER TWOGERE

We continue to share experiences on different issues affecting our community through our podcast platform. Shared below are some of the episodes that have transpired during this period. We encourage you to visit our social media platforms for more episodes through listening and sharing our links.

## EPISODE THREE

### TOXIC RELATIONSHIPS

Why is it hard for us to leave toxic relationships and when do we actually say we are done?

Find out in this episode

<https://youtu.be/SQYLmkujYYU>

Subscribe, like, listen in and please share your comments on the topic.



## EPISODE TWO

### TOXIC RELATIONSHIPS

**Are you toxic or your partner is?...**

In this second episode, how do we find ourselves in them and why is it hard for us to leave these kinds of relationships.

Subscribe, listen in and please share your comments on the topic. Listen to the full audio by clicking on this link

<https://youtu.be/0SfpHL4QsQ8>

## EPISODE ONE

### TOXIC RELATIONSHIPS

We have all heard this word before and we all relate with what it means.

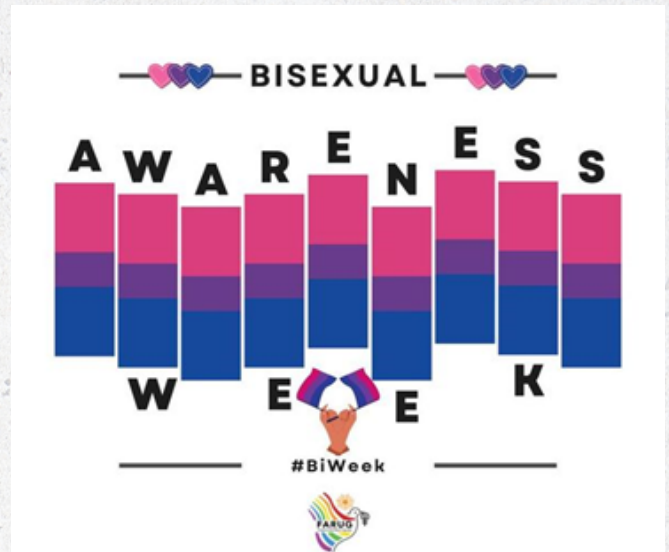
On this episode, we go deeper into understanding what toxic relationships are, how do we find ourselves in them and why is it hard for us to leave these kinds of relationships. Listen to the full audio by clicking on this link

[https://youtu.be/FRuHn\\_IP08w](https://youtu.be/FRuHn_IP08w) or visit our YouTube channel BaQueer TwoGere

# BISEXUAL AWARENESS WEEK

16th September is the day that opens the bisexual awareness week. This is the perfect time we create awareness, understand accept and respect the rights of Bisexual persons.

As a human rights oriented organisation, FARUG stood together with the rest of the world to embrace the bisexual awareness week.



# SECOND EDITION OF THE NEWSLETTER.

On Sep 6th we unleashed Our Second Edition of our newsletter. The highlight for that edition was; Our Annual General Meeting

For those who missed out on that edition, kindly visit the link below;

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

Remember to subscribe to our quarterly newsletter by signing up via our website [www.faruganda.org](http://www.faruganda.org)



## IN THIS EDITION

WE CONTINUE TO PROVIDE SERVICES UNDER OUR STRATEGIC INTERVENTIONS.

## WHAT'S NEW?

- 10 ANNUAL GENERAL MEETING
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# MY BODY NOT OUR BODY

This is a campaign where LBQ women express their bodies in a non-judgemental manner. A consortium of four LBQ organisations decided to have an area of focus in regards to bodily autonomy and this project was supported by CAL the coalition of African lesbians. Rights 4 her Uganda handled climate change in relation to body autonomy and gender based violence.

Mend initiative handled economic justice in relation to women bodily autonomy, WERO handled how attitudes and values affect bodily autonomy while FARUG concentrated on intimacy, choice and consent.

To was all intended at changing perceptions and injustices towards womxn bodies regardless of their sexual orientation or gender identity.

Shared below are some of the messages shared and posted on different days.

“  
*Being mis-gendered has not stopped me from achieving my goals through trusting my body's abilities.*  
 ”

*“I dress for me not for anyone else and I love my body”.*

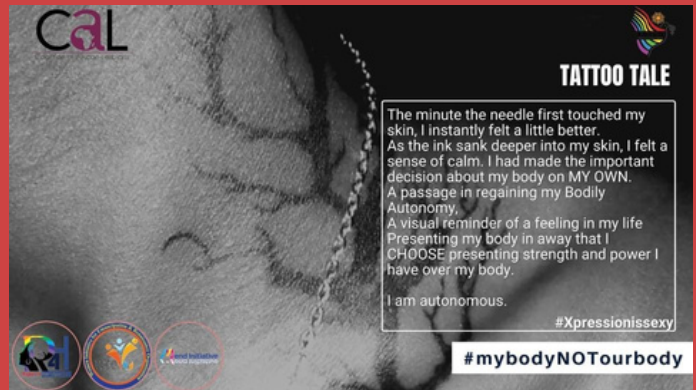
“  
*I am beautiful every day and I have the choice to express however I am comfortable*  
 ”

“  
*They chose to view my body their way as a sexual object. But I won't tolerate their verbal and physical reactions towards me.”  
 Cathy - member R4HUGanda.*  
 ”

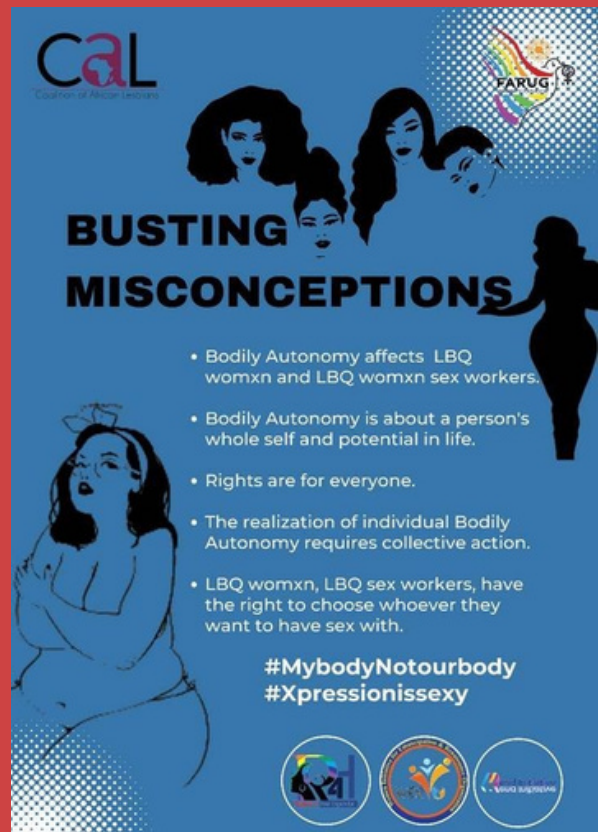
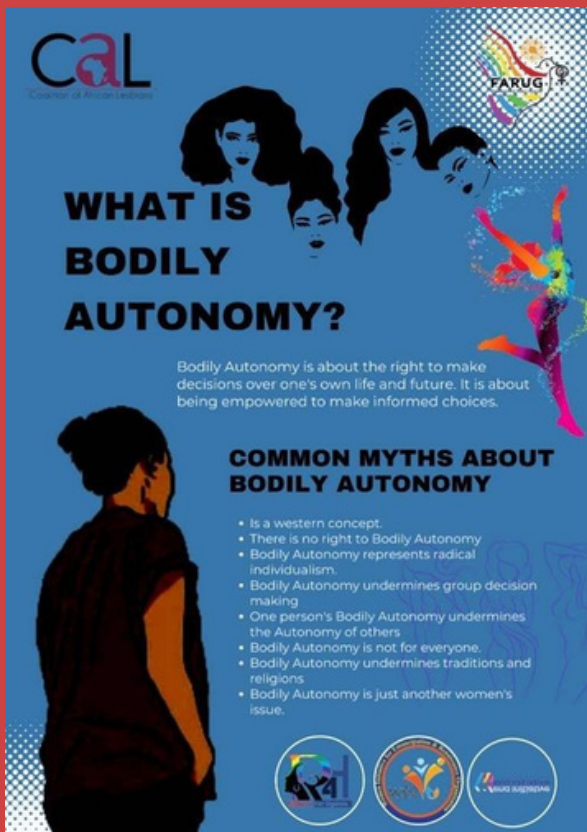
“  
*I dress for me not for anyone else and I love my body.*  
 ”



“ Embracing my beauty and my flaws. ”



“ Bodily Autonomy is about inner expression, redefining self-actualization”. ~Leah~ ”



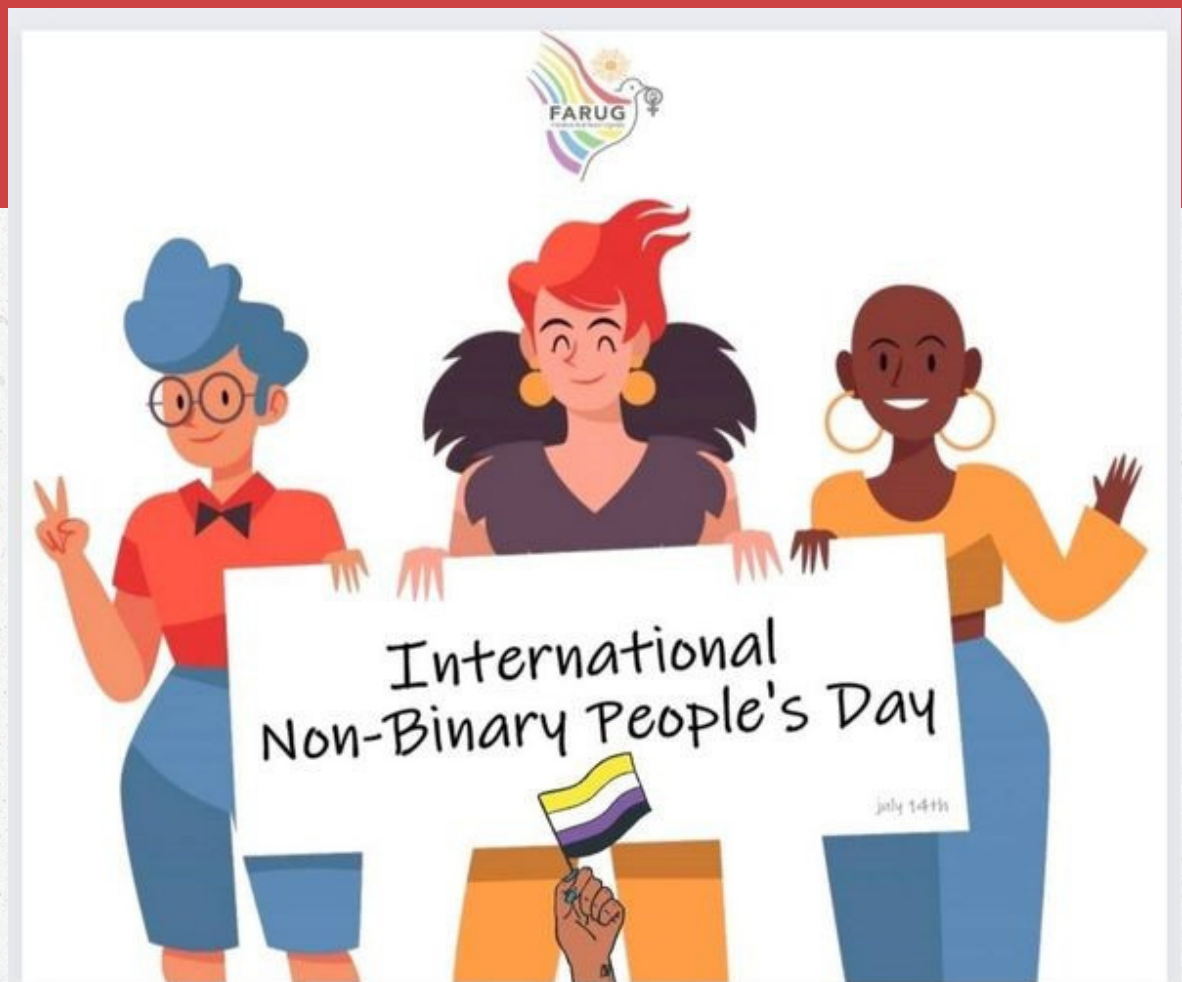
“ Bodily Autonomy is the foundation upon which other human rights are built. ”

## INTERNATIONAL NON-BINARY PEOPLE'S DAY.

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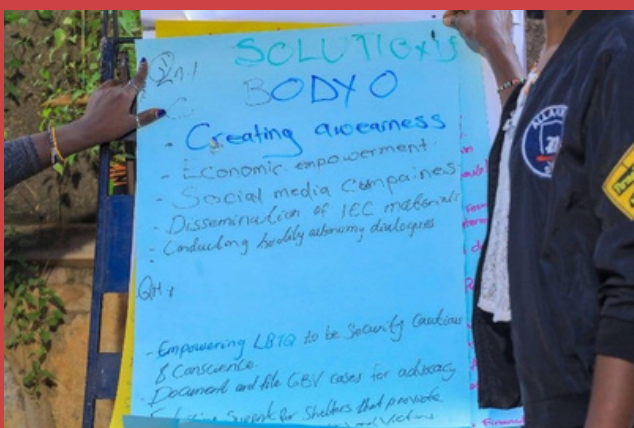
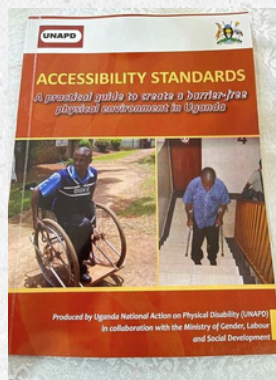
July 14th is the day we recognise and celebrate the international non-binary people's day. We celebrate and recognize those that don't conform to the binary.

As FARUG we shall Continue raising awareness as we create visibility.



# TRAINING ON ACCESSIBILITY AUDITING

On 13th August, our programs director was a beneficiary of Practical training on Accessibility Auditing by Katalemwa Cheshire Home (KCH). She was able to attain knowledge on accessibility editing. We thank katalemwa Cheshire home for the opportunity!



# CLIMATE CHANGE IN RELATION TO BODILY AUTONOMY

The climate crisis is the biggest social issue of our time and its impact disproportionately affect LBQ womxn who are already marginalized. The question is how does climate change affect/influence bodily Autonomy.

On August 15th Rights4Her took lead in unveiling Climate change in relation to bodily Autonomy. LBQ women from WERO, FARUG, Mend initiative and rights for her participated. Thanks CAL for the support.







# OUR BIG STORY

## "QUEER ART PRIDE 2022"

July is pride month. Queer persons celebrate their existence during this month. This year despite the homophobia, laws and policies that affect LGBTI persons in Uganda, the Ugandan LGBT community managed to convene and celebrate PRIDE 2022! From celebrations to music and exhibitions. Pride 2022 availed a platform

for our queer community members to showcase different unique queer talents and creativity. We celebrated pride in art and we called it the Queer Art Pride. We continue celebrating pride every day. Nothing about us without us. In case you missed we celebrated with you. Aluta continua.



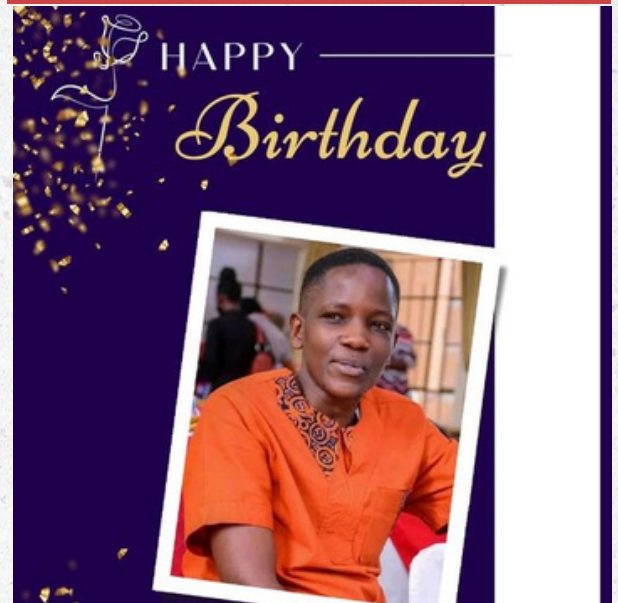
# APPRECIATING OUR PROGRAMS ASSOCIATE FOR ATTAINING ANOTHER YEAR!

On AUG 22 our programs associate SRHR was embraced with another year. The team and members wished him a happy birthday!

“

*Join us in wishing our Programs associate SRHR Arthur Mubiru very happy birthday*

”



# FARUG AT 19

FARUG was born on 4th July!  
This year she turned 19 years!  
We thank our three founder mothers for letting her experience what she is now.....  
Happy birthday FARUG.



**Thank you for reading!**

## **CONTACT US**

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### **Suggestion Box**

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



**Anchor**  
by Spotify



<https://linktr.ee/FARUG>

**'BREAK THE CHAINS'**