



2024

ANNUAL REPORT



Freedom and Roam Uganda

TABLE OF CONTENTS

2

List of Abbreviations and Acronyms

3

Who is FARUG

5

Foreword

5

Message from Board chair person

7

Message from the Executive Director

9

Activities under strategic objectives

45

Achievements

46

Challenges

46

Recommendations

47

Board and Staff pictorial

LIST OF ABBREVIATIONS AND ACRONYMS

FARUG	Freedom and Roam Uganda
AWID	Association for Women's Rights in Development
ILGA	International Lesbian Gay, Bisexual, Trans and Intersex Association
CSW	Commission on the Status of Women
ICASA	International Conference on AIDS and Sexually Transmitted infections in Africa
LBQ	Lesbian, Bisexual, Queer
DIC	Drop in Center
AI	Artificial Intelligence



WHO WE ARE

Welcome to **Freedom and Roam Uganda (FARUG)**—a trailblazing organization and the first of its kind in Uganda dedicated to advocating for the rights of Lesbian, Bisexual, and Queer (LBQ) womxn. As a membership-based feminist organization, FARUG is rooted in a longstanding commitment to fostering transformative change, challenging systems of oppression, and envisioning a future where all LBQ womxn live with dignity, equity, and freedom.

Established in 2003, FARUG is more than an organization; it is a vibrant community—a sanctuary that nourishes minds, bodies, and souls. It is a space where the struggle for human rights and dignity is embraced with bold intention, offering alternatives to oppressive norms while empowering womxn to reclaim their power and agency.

For over 2 decades, we have stood as fierce defenders and advocates of LBQ womxn's rights and well-being, focusing on those who are marginalized, excluded, and exploited for simply exercising their right to love freely. FARUG promotes healing justice, intersectional feminism, and community-led advocacy to dismantle patriarchal systems, build solidarity, and amplify the voices of those silenced by systemic inequalities.

Our mission is clear: to demand, protect, and promote the inherent rights of LBQ womxn in Uganda and beyond, ensuring that every individual has access to safety, support, and opportunities to thrive. Together, we are creating a movement of resilience, liberation, and transformation.



GOAL

A healthy and vibrant LBQ community that is respected, well-informed, competent, and committed to individual and community development.

VISION

A world where being an LBQ womxn is normal.

MISSION

To strengthen and mobilize the voice, visibility, and collective organizing power of LBQ womxn in order to change the norms, institutions, policies, and practices that perpetuate inequality, homophobia, hetero normativity and violence in both the public and private arenas

VALUES

1. Team Work
2. Respect for diversity
3. Accountability
4. Equality
5. Integrity

FOREWORD

MESSAGE FROM THE BOARD CHAIRPERSON



■ Warmest 2025 greetings from FARUG board members.

Allow me on behalf of the board members to sincerely thank our dear secretariat staff under the unwavering leadership of the ED for the milestones realized in 2024 with strategic collaborations within and outside Uganda.

We are all aware that the operational environment since 2023 has been a challenging one especially for the community whose rights continue being suffocated by strokes of a pen endorsing harsh laws nationally and globally with the recent re-election of Donald Trump as the USA president, re-known human rights violator.

Many human rights violations have since been documented and the community is currently living in constant fear due to the heightened stigmatization, death threats, denial of health care and safety sexual and reproductive commodities and services thus increasing sexually transmitted infections, losing gains made and increasing sexual violence related cases.

The year starts with foreign aid cuts and deportation of immigrants by Trump and his administration causing a spike in abrupt projects closure,

loss of employment and threats to health rights, gender equity and equality rights especially around bodily autonomy and choice under sexual and reproductive health rights including HIV/AIDs, safe abortion related health care and emergency related treatment. The reinstatement of the global gag rule, foreign aid cuts and recognition of only male and female gender paints a clear picture of the direct attack on women in all their diversities and this has to be tackled fearlessly.

We need to be more united as a community, be intentional in nurturing partnerships and stakeholders willing to fold their sleeves and get their hands dirty with us to hold the regimes both nationally and globally accountable for the continuous abuse and violations of human rights particularly for the marginalized and vulnerable groups in their diversities.

The state of affairs currently leaves one speechless especially because laws are meant to protect all people, however current regimes are instead using it to harm and create more hate, the narratives out there are endangering SOGIE rights and rights of many at large as life is a web, we are all inter connected in one way or another.

On a light note, I and the board members are more than committed to supporting the secretariat and surviving the community, partners and stakeholders in every capacity humanly possible to ensure we as a community do not drawn in fear and hopelessness, we are because each one of has the right to exist and be protected.

Finally, I truly appreciate and thank our membership, for being determined to push back, the funding partners for believing in our program interventions and the partners within and out for standing in with the community when it matters most. Please show up boldly and face discrimination in the FACE and say, **we are here to stay and not even the law will intimidate us in pursuing a free and fair society for ALL!**

Wishing you all a year of courage, strength and renewed energy to stay afloat and thrive amidst all forces coming against us as a community and all human rights defenders globally.

Happy New Year of Growth!



Dorothy Amuron (Board Chair, FARUG)

MESSAGE FROM EXECUTIVE DIRECTOR



Welcome our Dear Readers,

Happy new year to you all. I am honored to present our annual report 2024. This annual report highlights FARUG's achievements, challenges and lessons learned. Furthermore, it is a demonstration of our commitment to transparency and accountability. As we reflect upon our journey, I am glad to say we have made significant strides in advancing our mission and impacting the lives of our membership.

We witnessed the US policy reforms that have significantly impacted global work, particularly in the areas of foreign aid, healthcare and human rights. The Trump administration's 90 Days Freeze on Foreign aid, for instance is having drastic consequences, including disruption to life saving programs and projects. We are inspired by the progress made in 2024, but we are still working. Nonetheless, this is an amazing opportunity to reflect upon 2024. It is a reminder that progress never comes easily but is always worth fighting for.

Despite the complexities, our team remains committed to working tirelessly to achieve its goals. I would like to extend my sincere gratitude to our devoted team,

whose hard work and dedication have been instrumental in our success. Special thanks to our partners, donors and supporters, whose trust and confidence in our organization have enabled us to continue our vital work and our esteemed membership.

As we look into the future, we remain committed to our mission and values. We will continue to innovate, adapt and respond to the evolving needs and changes happening around the globe and the LBQ community.

Thank you for your ongoing support and partnership.

A Healthy 2025

Ssenfuka Joainta Warry
(Executive Director, FARUG)

FARUG

THEMATIC STRATEGIC OBJECTIVES AND THEIR ACTIVITIES.

01

STRENGTHENED ACTIVIST LEADERSHIP

1 Training and Capacity Building Programs Feminist Leadership Training.

Strengthening activist Leadership is one of our organization's strategic objectives in building the LBQ womxn's movement. The feminist training for emerging LBQ womxn leaders was designed to offer support while expanding their knowledge and understanding of feminism, feminist principles, and practices.

The aim was to better equip them to challenge patriarchy and its norms, as well as explore diverse feminist approaches to building leadership.



Leveraging on opportunities to Strengthening Activist Leadership.

Leveraging opportunities to enhance LBQ womxn's leadership is a key element in movement building. These opportunities come in various forms, such as scholarships, fellowships, employment, funding, and leadership institutes, which provide benefits that empower recipients to share their experiences and encourage others to

seize similar opportunities. Our social informative gathering aimed to create a space where LBQ womxn could share these opportunities, inspire one another, and be encouraged to leverage and utilize them to strengthen their activist leadership and build the agency needed to compete and meaningfully participate in these opportunities.



Conduct Directors' Forum; Sharing Learnings from the 15th AWID Forum

2

We continue to strengthen the LBQ movement by building Activist Leadership through our Directors' Forums, which serve as platforms for womxn leaders to reflect on their leadership and maintain their serenity. This particular Directors' Forum provided space to share updates on FARUG's recent participation in the womxn pre-ILGA conference, as well as its involvement in other key decision-

making spaces, such as the 15th AWID Forum and the Beijing Platform for Action. These forums continue to play a crucial role in fostering leadership development and promoting engagement in critical global conversation.



Wellbeing and Self care

Well-being and self-care, on the other hand, remain essential to the day-to-day lives of LBQ leaders, especially considering the heavy toll community work can take, leading to burnout, stress, and anxiety. This forum focused on the importance of well-being and care for leaders, emphasizing the need to build boundaries as a key aspect of

The Director's forum served as a reminder for womxn leaders to prioritize their mental health and overall well-being, ensuring they can continue to thrive in their roles while navigating the demands of their work.



As part of sharing learnings, it was an honor to share key insights with our LBQ members, helping them become acquainted with such valuable opportunities. The 15th AWID Forum provided a hybrid participation space, bringing together diverse stakeholders, including policymakers, service providers, and various groups of women,

such as those living with disabilities and women who use drugs. This year's theme, Rising Together, emphasized the importance of movements uniting to address the challenges affecting all women in an ever-changing context. It was an invaluable opportunity to foster collaboration and collective action.



International Women's Day (IWD) is one of the most significant days of the year, and we were honored to celebrate it with our womxn community under the theme "Inspire Inclusion; Invest in Women, Accelerate Progress." We created a safe space for candid conversations focused on understanding the vicious cycle of poverty and its diverse environmental, legal, social, economic, and political causes and effects in preparation for the 68th Commission on the Status of Women (CSW). This day also served as a call for positive change,

highlighting the need to advance women's advocacy for accelerated gender parity. our Full statement here **[Women's day statement](#)**



International Women's Day.

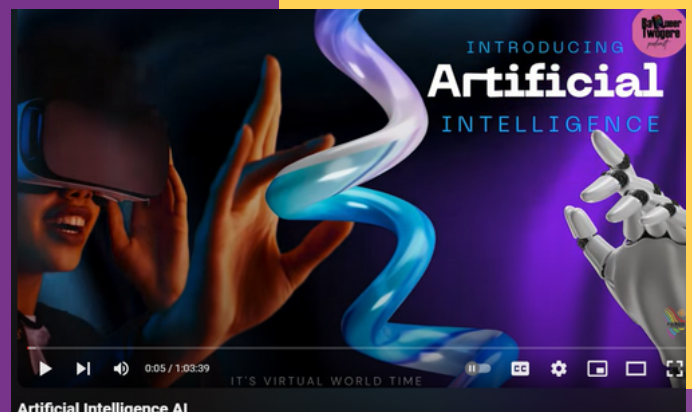
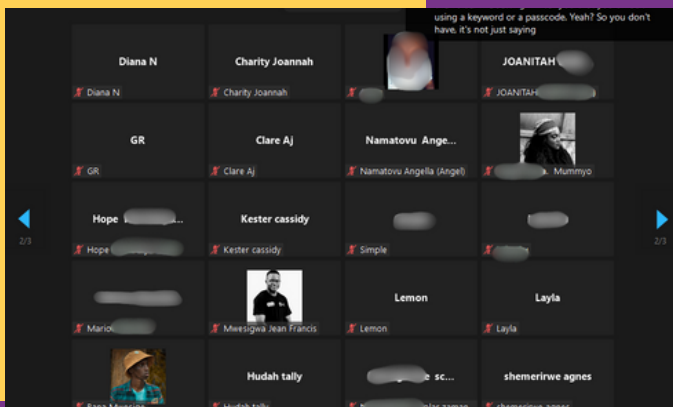


Virtual Social Informative Gathering: Conversation on AI

As the world continues to evolve with technology, AI has emerged as the latest innovation shaping trends. The LBQ members needed to spark discussions on Artificial Intelligence, understand and familiarize themselves with it, ensuring they stay relevant and enhance their creativity in an increasingly digital world

promoting digital literacy and empowerment.

Listen to our **Artificial Intelligence AI Podcast**



FREEDOM FROM VIOLENCE

FARUG is dedicated to equipping LBQ womxn with the knowledge, skills, and resources necessary to recognize, address, and avoid violence in all its forms. This strategic objective focuses on empowering LBQ womxn to navigate both their private lives and public spaces safely while continuing to advocate for their rights. Through workshops, peer support programs, and community dialogues, FARUG provides practical tools to identify and challenge various forms of violence, including physical, emotional, and structural violence.

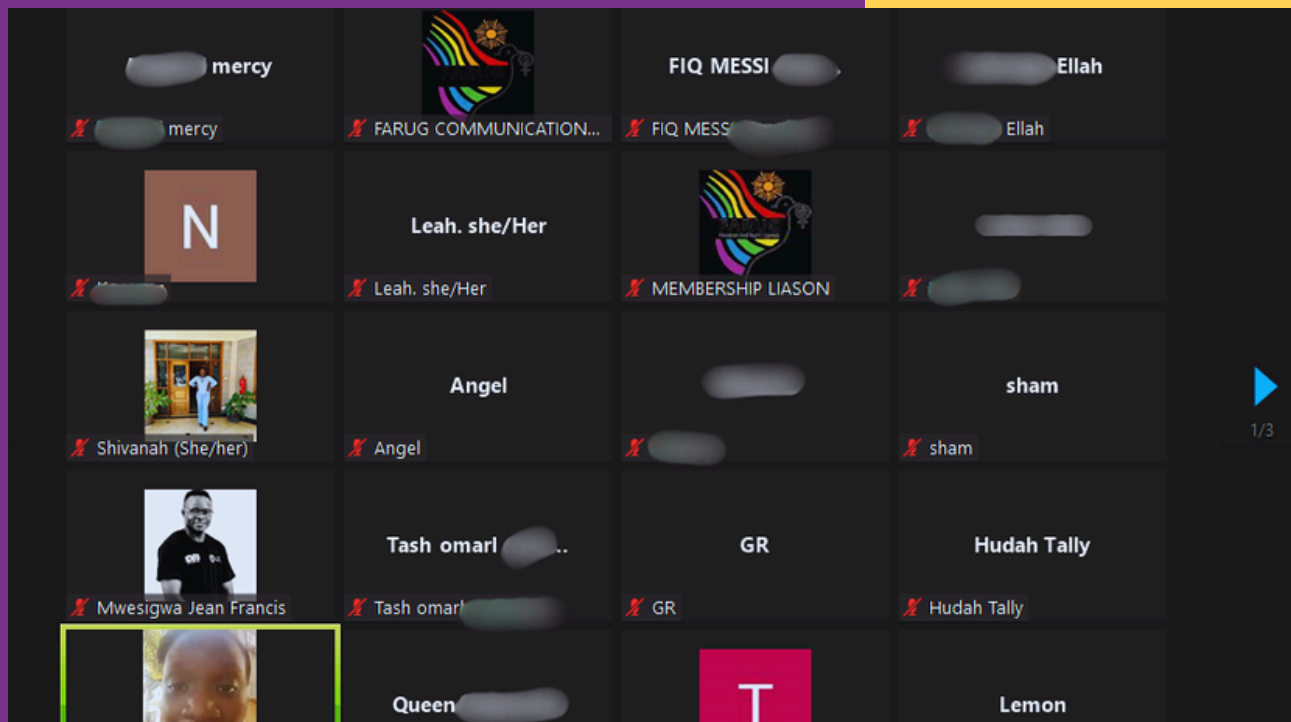
1

Training and capacity building on human rights, safety and security/Creating safe spaces for survivors of violence to share their stories and insights.

Virtual Safe Space; Updates On The Constitutional Court Ruling

In the wake of the Constitutional Court's ruling following petitions filed by LGBTIQ+ persons, lawyers and allies, on 3rd April 2024, Uganda's Constitutional Court struck down only two sections and two subsections of the Anti-Homosexuality Act and unanimously ruled that the rest of the Act was constitutional. The struck down provisions on "duty to report acts of homosexuality" requiring people including health workers and property owners to report. However, the judges upheld provisions that we had argued violate Ugandans' substantive rights to equality, dignity, speech, association and health, and freedom from discrimination. The lives of Ugandan LGBTQ individuals

are now in further peril following the ruling of the court. Virtual safe spaces have remained vital for fostering connection, sharing information, and navigating the evolving legal landscape, especially in contexts where remote and virtual engagement is the norm. Recognizing the need for timely and accurate updates, FARUG organized a virtual safe space to inform the LBQ womxn community about the implications of the court's decision on the repealed law. The session provided clarity on which parts of the law were nullified and which remained in effect. It also offered guidance on how to navigate the unpredictable socio-political environment while maintaining safety and advocacy efforts.



Conversation on How To Deal With Toxic Family Members.

Alongside discrimination and violations, blackmail, black tax, sexual abuse, and forced marriages, LBQ womxn experience different violations due to their sexual orientation and gender from their family. However, these have influenced LBQ womxn to live and express themselves unauthentically, hence poor decision-making, increasing mental health challenges and unhealthy behaviors, and drug and substance abuse as means of coping with their toxic families. Therefore, the safe space offered ground for LBQ womxn to share

experiences, receive support and gain strategies and solutions for coping with toxic family dynamics, promoting emotional wellbeing and resilience. With this, our womxn members can live authentically and be aware and conscious of how to maneuver through their families despite the toxicity.





Conversation on Safety And Security During The Festive Season

Festive seasons are moments of family gatherings and making merry, and as we embraced the festive season, we acknowledged the increased violence, both physical and emotional, that our LBQ members encounter, therefore the safe space provided a supportive and inclusive environment where they openly discussed their unique concerns, experiences and strategies for staying

safe. The space also allowed them to raise more awareness about potential risks, by addressing topics like family dynamics, social pressures and safety in public and private spaces, empowering them with knowledge, tools, resources and community solidarity needed to navigate the challenges that may arise during the festive seasons, fostering a sense of security and belonging.



2

Conduct (Online) social media campaigns to raise awareness on violence and promote positive change

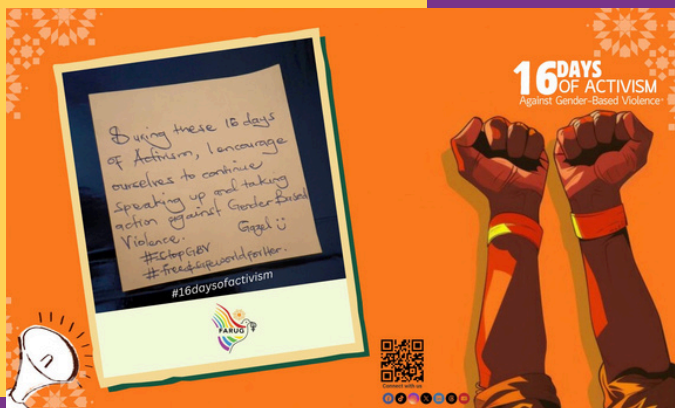
Sexual Assault Awareness Month

In commemoration of Sexual Assault Awareness Month, we utilized our **Ba Queer Twogere podcast** to amplify the voices of LBQ womxn, sharing how they collectively take action against sexual assault. This was aimed at creating visibility and inclusivity and fostering a supportive community for LBQ womxn. Listen to the full audio to hear these powerful stories and experiences.

Sexual Assault Awareness Month Podcast



16 Days of Activism; Towards Beijing+30: End Violence Against Women and Girls.



In commemoration of the 16 Days of Activism, together with the rest of the globe, we joined voices through messages of solidarity from the LBQ womxn, amplified voices, and raised more awareness of the invisible violations experienced by LBQ womxn. It was an opportunity to empower LBQ womxn, challenge stereotypes and encourage collective action to end violence and discrimination against them.

HEALTH AND WELLBEING

FARUG is committed to promoting the health and well-being of LBQ womxn by ensuring access to Sexual and Reproductive Health and Rights (SRHR) services in environments that are friendly, affirming, and free from discrimination. This objective focuses on addressing the unique health challenges faced by LBQ womxn, often exacerbated by stigma, exclusion, and systemic barriers. Through partnerships with inclusive healthcare providers, community education, and advocacy, FARUG works to create spaces where LBQ womxn can access essential health services with dignity and respect.

1 Conduct SRHR TOTs, camps and outreaches for LBQ womxn

Menstrual Health Advocacy Training

We successfully held a menstrual health advocates training for LBQ womxn, aimed at exploring and unpacking the key components of menstrual health and understanding menstruation. This training was crucial in equipping and empowering LBQ womxn to advocate for their menstrual health rights by deepening their understanding of menstrual health. Additionally, it provided an opportunity to highlight gaps in advocacy, particularly about mental health, and strengthen the overall support for their well-being.



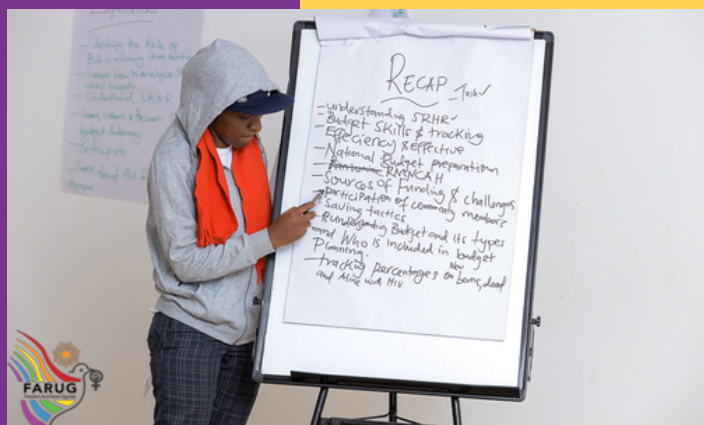
SRHR Budget Advocacy



To amplify the voices of LBQ womxn in SRHR budget advocacy efforts, we convened an SRHR Budget Advocacy training for LBQ womxn. This training aimed to build their capacities in advocacy skills and budget literacy, enabling them to analyze, identify, and engage in national budget processes. It focused on enhancing knowledge, skills, and confidence in understanding SRHR



SRHR issues, including HIV/AIDS, mental health, and sexual violence, and their impact on LBQ womxn. The training also addressed intersectionality and fostered community engagement by promoting meaningful partnerships and collaborations with community leaders and policymakers, thereby advancing SRHR advocacy and budget accountability.



Menstrual Hygiene and Practices among LBQ womxn

We created a safe space to promote awareness and understanding of menstrual health, while addressing the unique challenges LBQ womxn face in accessing information and services. The space also equipped LBQ womxn with

accurate knowledge, reduced stigma and encouraged healthy menstrual practices, ensuring they feel supported and included in discussions about menstruation.



SRHR Boot Camp; International Safe Abortion Day 28th September



In commemoration of International Safe abortion day, in reflection to the theme “uniting in solidarity for safe and legal abortion and reproductive justice, we convened a safe space, SRHR camp, that brought together LBQ womxn and health service providers who provided SRHR service and information to the LBQ womxn.



Different services included cervical cancer information and screening, HIV counselling and testing, and information on Self-testing kits. This day also promoted awareness and educated LBQ womxn on safe abortion access and reproductive rights for LBQ womxn.



3

Provide Comprehensive HIV/STI treatment, screening and prevention care for LBQ womxn specific health care.

Nutrition and Adherence Support

Under the right to health, as an organization, we ensure the provision of comprehensive HIV prevention and care, and through our GAP program, this support enhances the health outcomes of LBQ womxn living with HIV by ensuring access to proper nutrition and fostering consistent medication adherence. We continue to foster and improve immune function, reduce HIV related complications, and empower LBQ womxn

living positively to manage their health effectively. Through the Nutrition and Support initiative, LBQ womxn living positively are facilitated to access their medications, counsellor and well-balanced nutrition, while addressing any unique challenges they may face due to their sexual orientation, gender identity and HIV status. It also promotes holistic well-being and helps combat stigma and discrimination within the healthcare setting.

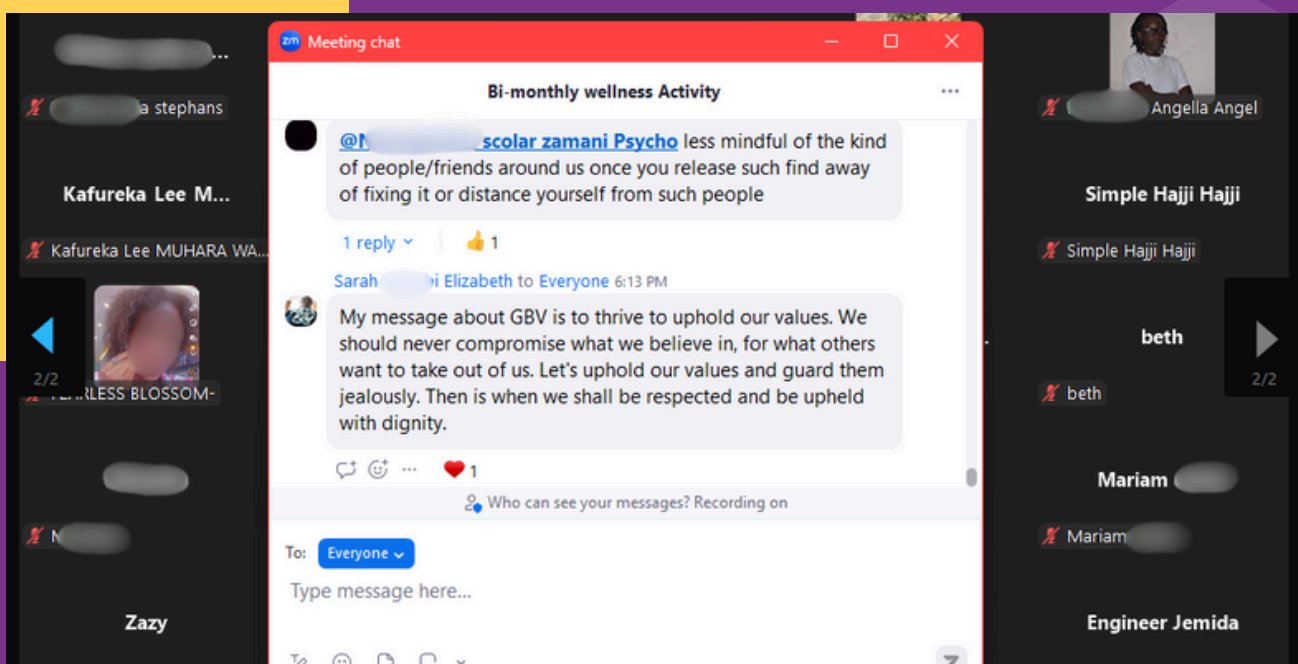


Organize physical and online series of Mental health spaces and therapy

Bi monthly wellness Engagement; Mindfulness as a tool to recognize violence; 16 Days of Activism

Violence and mental well-being are deeply interconnected. Exposure to violence can have a severe and long-lasting effect on mental health, and mental health issues can also increase the risk of experiencing or perpetuating violence. Depression, trauma, anxiety, fear, substance abuse and social isolation are some of the impacts violence has on mental wellbeing. In commemoration of the 16 days of activism, we availed a virtual safe space to discuss mindfulness as a tool for recognizing and coping with violence, promoting healing, self-care and

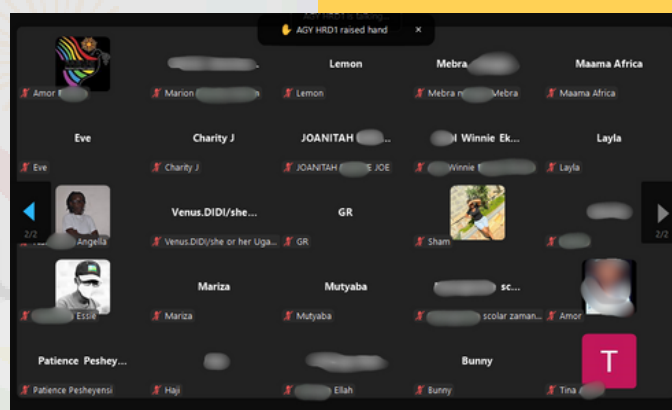
resilience, especially in the context that is criminalizing and has lured LBQ womxn in experiencing Intimate Partner violence among other forms of violence.



Menstruation And Mental Health

Menstrual experiences are intricately tied to physical, mental, and social well-being, all of which are vital components of good health. Recognizing the close link between menstruation and mental health, FARUG dedicated a bi-monthly wellness conversation to exploring this intersection. This safe space provided LBQ womxn with a supportive environment to openly discuss how menstruation affects mental health, share personal experiences, and access resources and support.

The session emphasized the importance of addressing menstrual health as a key factor in promoting holistic well-being, reinforcing the connection between physical and emotional health within the LBQ community.



Mental Check in; How Do you feel about the Supreme Court appeal.

Regarding the supreme court appeal, we convened a virtual safe mental health space, where LBQ womxn expressed their feelings, concerns and experiences related to the appeal, addressing the emotional impact of the legal decisions, the space also explored and offered updates on the appeal and its impact on their mental health and wellbeing, taking precautions on measures of safety and security hence promoting mental wellbeing and fostered solidarity within the LBQ community, ensuring that they feel heard, validated and supported

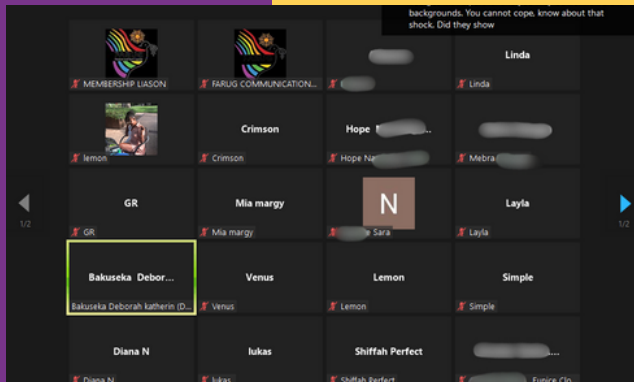
during potentially stressful times.



Virtual Mental Health space; Healing April

In reflection to the April Wellness journal, we utilized the Stress Awareness Month to provide a safe and supportive environment where LBQ womxn shared unique mental health challenges. The space facilitated a professional

counsellor who addressed stress and offered guidance on coping strategies. The space also raised the importance of mental well-being within the LBQ community, reducing stigma around seeking help and offering tailored resources and support to empower LBQ womxn in managing stress and promoting overall well-being.



Recognizing the heightened levels of anxiety, stress, and phobias within the LBQ womxn community—often exacerbated by societal challenges and discrimination—FARUG has taken proactive steps to address these critical mental health concerns. Acknowledging the association between anxiety and suicidal thoughts, we organized a virtual support space tailored specifically for LBQ womxn to share experiences and support one another. This virtual gathering provided a safe and confidential environment where participants could openly discuss their mental health challenges. To enhance the support offered, a professional

counsellor facilitated the session, offering guidance on coping strategies, increasing awareness about anxiety and suicide, and encouraging help-seeking behaviours. The counsellor also provided referrals to additional support services as needed.

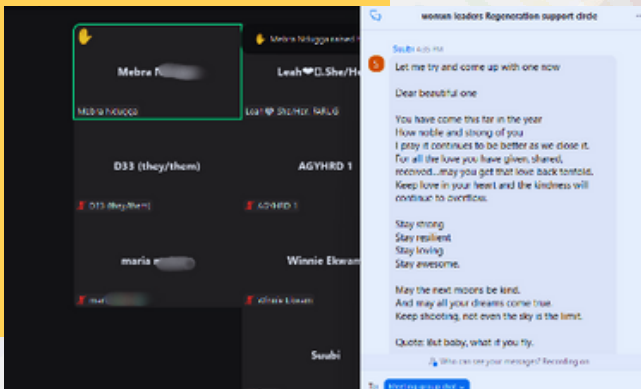
Anxiety and Suicide



Virtual Regeneration Support Circle for LBQ womxn's Leaders/Activists

The virtual circles for LBQ womxn leaders and activists help them to recharge, fostering a sense of collective healing, community and solidarity. These virtual regeneration circles continue to play a holistic approach in addressing

mental wellbeing and care especially among LBQ womxn leaders and activists, with the different virtual support circle offered, LBQ womxn leaders and activists leaders share their burdens without fear of judgement, allowing them to regenerate and refuel each other so as they can continue serving the community in a healthy and stable mental state. The different virtual support circles helped to combat burnouts, enhanced mental wellbeing and strengthened their leadership and activism efforts by offering mutual support and encouragement.



Staff and Board wellness activities and retreat.

The institutionalization of wellness has seemingly shown great importance in cultivating mental resilience among the staff and board. The staff and board wellness activities and retreats promote the physical, mental and emotional well-being of staff and board members, improving teamwork and communication. This has fostered stronger relationships and enhanced

overall organizational effectiveness. Different engagements, from physical exercise, sauna and steam, bonding over meals, among others, provided a break from work routine, encouraged relaxation and reflection and also allowed skills building that improved productivity, collaborations and leadership within the organization.



5 Development of wellness tools.

Wellness Journal

FARUG acknowledges the profound impact of wellness journals as a cornerstone of self-care and holistic well-being. These journals serve as a personalized, reflective tool for the LBQ womxn community, enabling individuals to track their mental, emotional, and physical health at their own pace.

Designed to address diverse themes, the wellness journals empower LBQ womxn by fostering self-awareness and encouraging self-care practices. They provide tools for healing, growth, and resilience, making them an invaluable resource for navigating the challenges faced by the community.

MINDFULNESS MAY						
THEME: YOU ARE THE MOTIVATION YOU NEED						
SLOWDOWN SUNDAY	MINDFUL MONDAY	TOUCHDOWN TUESDAY	WELLNESS WEDNESDAY	THANKFUL THURSDAY	FUNTIME FRIDAY	SELF-CARE SATO
1. Celebrate the new month by starting with FARUG BIRTHDAY WEEK. What are your plans?	2. Reminiscence on the first time you came to FARUG. How did you feel?	3. What has been your fondest wellness activity at FARUG?	4. FARUG IS BORN! What are you grateful for at FARUG?	5. What has been your favorite social Friday so far?	6. Write friends for a hang-out or hang-in to celebrate FARUG milestones.	7. Tune in to <i>Be Queer</i> Twoggers and listen to your favourite episodes.
8. Make some healthy juices and spend the day chilling and resting.	9. Set wellness goals for the month and break them down into smaller, achievable steps.	10. Spend time with a good book in a quiet place.	11. Digital detox. Commit to no screen time for two hours before bed.	12. Write a thank you note to someone who has helped you in some way.	13. Engage in a craft or hobby that requires focus and creativity.	14. Do simple stretches to relieve physical tension.
15. Appreciate a mother figure in your life. Happy mother's day!	16. As you hydrate, Repeat positive affirmations to boost your mood.	17. Learn to Pause. Stop, take a breath, notice the moment then, proceed with awareness.	18. Learn a new practice to help you feel happier and more connected.	19. Perform a physical activity for 30 minutes, skip rope jump.	20. Its IDAHOBIT Create something that celebrates LBQ identity, visibility, and resilience.	21. Declutter. Make time to clean your space thoroughly. It can be surprisingly meditative.
22. Prioritize sleep. go for 7-8 hours of sleep. Also track your sleep patterns.	23. Write down things that make you feel warm, and fuzzy inside.	24. Aim to drink at least 8 glasses of water daily.	25. Have meaningful conversation with a friend or loved one. CATCHUP ON LIFE	26. Do some healthy Baking, baking can be quite meditative, and the results are delicious.	27. Watch a comedy or reminisce on funny memories.	28. Try a new workout routine (YouTube workout videos, dancing, yoga, etc.).
29. Accept yourself. Treat yourself the way you would treat a good friend.	30. Practise patience, that is how we get what we want.	31. Discover the power of Trivia or Quiz Games in elevating focus.	32. Find time for meditation. Reflect on your experiences and jot down key insights.	33. Write down things you have been grateful for during this Month.	34. Track your progress throughout May and celebrate your successes.	35. Reflect on what you have achieved this month.

WELLNESS JOURNAL						
THEME: JOYOUS						
#FARUG BIRTH MONTH						
MELLOW MONDAY	TOUCHDOWN TUESDAY	WELLNESS WEDNESDAY	THANKFUL THURSDAY	FREAKY FRIDAY	SASSY SATURDAY	SUN DOWN SUNDAY
1. Celebrate the new month by starting with FARUG BIRTHDAY WEEK. What are your plans?	2. Reminiscence on the first time you came to FARUG. How did you feel?	3. What has been your fondest wellness activity at FARUG?	4. FARUG IS BORN! What are you grateful for at FARUG?	5. What has been your favorite social Friday so far?	6. Write friends for a hang-out or hang-in to celebrate FARUG milestones.	7. Tune in to <i>Be Queer</i> Twoggers and listen to your favourite episodes.
8. Plan to have wellness Mondays to meet up with friends and catch up.	9. What qualities do you think are said about you, and how does this make you feel?	10. Write down 5 things you think are said about you, and how does this make you feel?	11. Meditate with Yoga. Check in with your body. Be grateful for it.	12. Break out of your fixed routine and vow to meet new peoPle.	13. Declutter your physical and mental space. WETLEZE.	14. Send messages of love and hope to our Non-binary community.
15. Write down 10 things that make you fulfilled and 10 things that make you sad.	16. Discover what your strengths and challenges are when it comes to maintaining your relationships.	17. Take 10 minutes to think about Who are you around people?	18. What are you thankful for?	19. What things do you like about being in a relationship or relationships?	20. Build up the confidence to talk about things that aren't working out in your relationship.	21. You deserve to be loved just the way you love yourself.
22. How are you at resolving conflicts?	23. Journal about things you dislike in a relationship (what puts you off in a relationship).	24. Write down 10 things you like about interacting with people.	25. Have a silent meeting with yourself. About what is working well or not.	26. Work on your communication skills. If people know what you want, it is a compromising win.	27. What is your favourite bonding thing to do with your friends?	28. Prepare an amazing meal you could invite some friends and bond over sweet conversations.
29. Always remember to pause. Life can be overwhelming.	30. Write a note to your day ones and let them know you appreciate them.	31. Reflect on what you have achieved this month.				

VOICE AND VISIBILITY

FARUG is dedicated to equipping LBQ womxn with the knowledge, skills, and resources necessary to recognize, address, and avoid violence in all its forms. This strategic objective focuses on empowering LBQ womxn to navigate both their private lives and public spaces safely while continuing to advocate for their rights. Through workshops, peer support programs, and community dialogues, FARUG provides practical tools to identify and challenge various forms of violence, including physical, emotional, and structural violence.

1 Commemoration of Significant and International days.

LGBTIQ History month; The Evolution of the FARUG DIC

Under the theme **“Medicine; #Underthescope,”** was to celebrate the contributions of the LGBTIQ persons and organizations towards the field of medicine and healthcare both historically and day to day. We took the opportunity to showcase the amazing journey of the FARUG’s DIC in providing

healthcare, shining light on our LBQ womxn community’s experience of receiving extremely complicated health care. Did you know that it was a Health Desk before it became a Drop-in Centre? Follow the full conversation on Ba Queer Twogere **FARUG DIC**



Celebrating the Lesbian Visibility Week and Lesbian Visibility Day.

Lesbian Visibility Week is about recognizing and affirming lesbian identities. A time and opportunity to celebrate the power of sisterhood and share our contributions and achievements as we shade light to our unique experiences and challenges we still face as we forge a way to foster inclusion and Equality. Join in our

conversation in case you missed on our Ba Queer Twogere, as LBQ womxn explored the daily lives, challenges they encounter as they celebrated the Day of visibility as Lesbians. Listen to the full audio by clicking on this Listen in to the full audio by clicking on this link https://youtu.be/eUokbPA5_ns?si=9PnRkmlc6RkHvZvj



Social Gathering; Celebrating FARUG@21 with the womxn community

On the 4th July, FARUG turned 21 years, as the LBQ movement, striving amidst hostile environment, making 21 years is an undeniable achievement that should be honored and celebrated. Therefore, for our social Friday engagement, we intended to explore the members'

of resilience with FARUG, reflecting on what the challenges and success and what we want to see FARUG achieve. This was also important for the new members to know the history of FARUG thus this social Friday.



Celebrating PRIDE month

June is a long-celebrated month that recognizes the LGBTIQ+ community. It is always a time to foster a sense of community, support LGBTIQ+ rights, acknowledge and challenge discrimination and encourage allyship, all while celebrating diversity and advocating for equality and visibility for LBQ womxn. LBQ womxn through the different messages, highlighted their contributions, experiences, promoting inclusivity and solidarity.

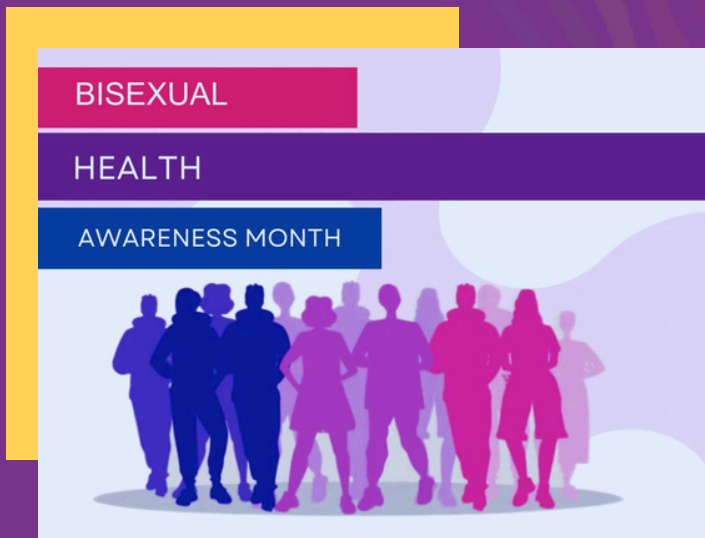
Listen to our full podcast here **PRIDE MONTH**



Bisexual Health Awareness Month

March is the bisexual Health Awareness month, dedicated to raising awareness about the bisexual community's social, economic and health disparities. Through a social media campaign, we explored the need of why Bi health matters,

bursting myths about bi individuals, mental health and best practices for health providers. This was aimed at promoting inclusivity and visibility as well as providing resources and support for the bisexual community.



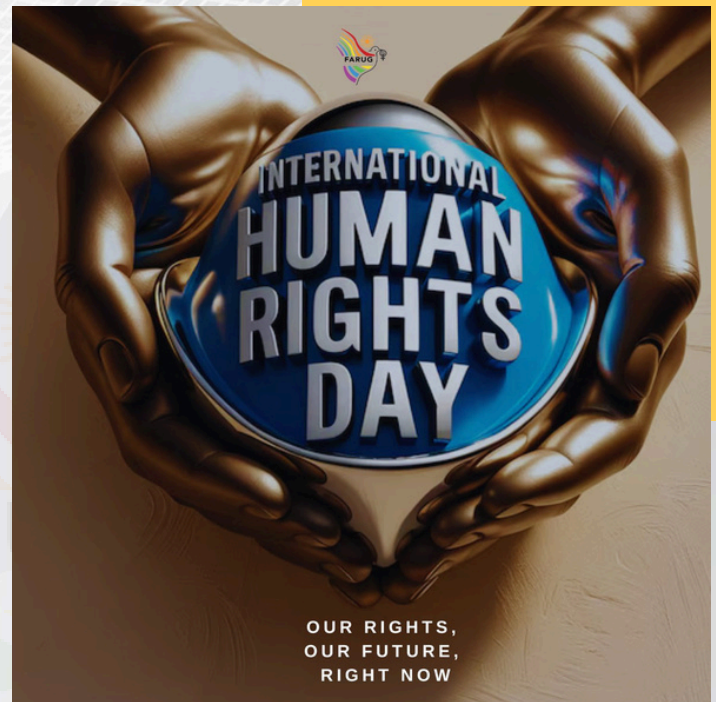
International Transgender Day Of Visibility.

On 31 March, FARUG joined the global community in commemorating the International Transgender Day of Visibility, dedicating the day to honoring the resilience and commitment of transgender individuals within and beyond our communities. This day served as a moment to celebrate their achievements, recognize their struggles, and reaffirm our collective commitment to creating an inclusive and affirming environment.



International Human Rights Day

As the LBQ community, this day stands as a significant opportunity for us to shine light on the unique human rights challenges faced by LBQ womxn, advocate for equality and amplify our voices in the global fight for justice and social change. Observing this day highlights issues like discrimination, violence and lack of legal protection while promoting solidarity, empowerment and the importance of human dignity for all, regardless of sexual orientation and gender identity.



International Asexuality Day



We celebrated Asexuality Day, a day that affirms the existence of asexual individuals. The day reaffirms the existence even in an unfriendly phobia-predominant community. Let us provide an inclusive and supportive environment to coexist as human beings and not be defined by sexuality.

LGBTIQ History Month; The Resilience Of FARUG

During the LGBTIQ History month, commemorated every February, through the podcast, we celebrated the unwavering contributions, achievements and milestones of FARUG, a journey of liberation and endless strength as they collectively break barriers, challenge norms and pave way for a future where equity knows no boundaries.

The Resilience of FARUG



Celebrating PRIDE month

Under the theme; Reflect, Unite, our **Ba queer Twogere podcast** featured voices of LBQ womxn who shared and reflected on the past and shared stories of the journey of PRIDE, how they celebrated PRIDE then and of now. **PRIDE MONTH**

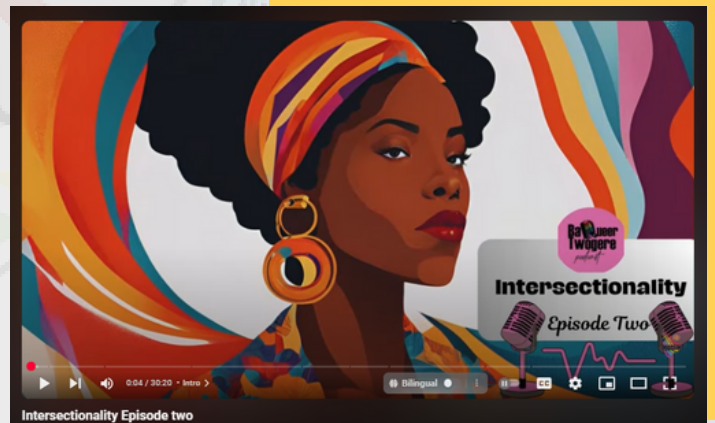
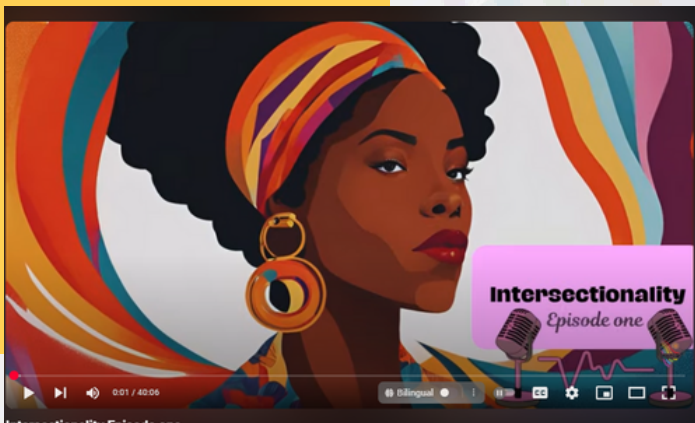


Intersectionality in relation to SRHR

Intersectionality is a concept that seeks to examine how multiple social identities such as race, gender, class, sexuality; intersect and interact to produce unique experiences of discrimination, marginalization, privileged and through the podcast, LBQ womxn voices explored the intersection of how

different identities shape unique and often complex experiences of discrimination and marginalization and importance of using an intersectional lens to foster an inclusive and equitable SRHR approach in advancing LBQ womxn SRHR.

Intersectionality Episode one
Intersectionality Episode Two



Burnout

It is important to raise awareness about the unique challenges faced by LBQ womxn in navigating burnout, particularly in personal, social and professional spaces. The podcast aimed at providing a safe platform for LBQ womxn to discuss the emotional, mental and physical toll of burnout, offering practical strategies, resources and solidarity. Also, the podcast sought to amplify LBQ voices, foster a sense of

community, and promote self-care practices that support the wellbeing of the LBQ womxn in a way that acknowledges their intersectional experiences. In this episode, we delved deep into the dynamics of burnout and its impact on mental health, addressing the root causes and creating meaningful change. Tune in to learn more and join the conversation on how we can all thrive together.



Burnout Episode one
Burnout Episode Two

3 Generate, Document And Disseminate Knowledge About Our Political And Organization Activities

Quarterly Newsletters and Monthly Articles.



Through the quarterly newsletter and monthly articles, we aimed at sharing our organization events, activities and programs, and resources and raising awareness about important issues and promoting advocacy for LBQ womxn rights and wellbeing. Through regular updates, we seek to foster a sense of belonging, keep Tour LBQ members informed and inspire action within the community while promoting voice and visibility.

EDITION TWO

APRIL - JUNE 2024

FARUG LIMITED



NEWSLETTER



Dear Reader, We are excited to take you on yet another journey through our second edition of the Newsletter, a quarterly feed and updates on our activities' progress. We have made significant strides while working virtually and remotely in promoting and ensuring access to inclusive, health care, fostering mental wellbeing and meaningful participation within our LBQ woman community. In addition, to note, it is a gentle reminder as we cultivate collective care and wellbeing. Enjoy!



MENSTRUAL HEALTH ADVOCATES TRAINING

Menstrual Health is a state of complete physical, mental and social wellbeing and not merely the absence of diseases in relation to menstruation. We successfully held a menstrual Health Advocates Training for LBQ women. [PAGE 11](#)



CELEBRATION OF PRIDE MONTH

JUNE is a long celebrated month that recognizes the LGBTQ+ community and their contributions. [PAGE 5](#)



Connect with us










0800 100 093

MENTAL HEALTH AND SOCIAL WELLBEING

Download all our wellness journals copies. [WELLNESS JOURNALS 2024](#)



EDITION THREE

JULY - SEPTEMBER 2024

FARUG LIMITED



NEWSLETTER



Our dear readers welcome to another edition of our quarterly feeds. It is yet getting to the close of the year 2024 and yes, we must applaud and appreciate the efforts each of us has contributed in overseeing our organization programmes and activities into execution. Together with our woman community, we ensured that the highlight in this issue are accomplished. Our thematic areas focus on;



Directors' Forum; Wellbeing and Care

Wellbeing and care continues to be a stimulus in the day-to-day lives for women leaders, with heavy effects from the community work and fatigue that result into burnouts, stress. [PAGE 5](#)



International Safe Abortion Day

28th September; STHR Boot Camp. This is an annual day of action in support of the rights to safe abortion. [PAGE 7](#)



Connect with us










0800 100 093

MENTAL HEALTH AND SOCIAL WELLBEING

Download all our wellness journals copies. [WELLNESS JOURNALS 2024](#)



EDITION FOUR

OCTOBER - DECEMBER 2024

FARUG LIMITED



NEWSLETTER



Dear Friends, welcome to our last edition of the year's newsletter, and as we embrace the merry season and the new year, we are delighted to have walked this beautiful journey with you, allowing our efforts as we continue to reflect on the progress made towards promoting inclusivity, safety, diversity and social justice for the LBQ woman constituency we bestow our work and passion.



FARUG at ILGA

We are proud to have been part of the Lesbian Pre-conference at ILGA World Conference, Centering [PAGE 10](#)



STHR Budget Advocacy

In amplifying the women voices in STHR budget advocacy efforts, we convened an STHR Budget Advocacy training for women which aimed at building women's capacities on Advocacy skills. [PAGE 11](#)



Connect with us










0800 100 093

MENTAL HEALTH AND SOCIAL WELLBEING

Download all our wellness journals copies. [WELLNESS JOURNALS 2024](#)



MONITORING AND EVALUATION

FARUG is committed to enhancing organizational impact and accountability through robust monitoring and evaluation (M&E) practices. By systematically assessing our programs and initiatives, we ensure that our advocacy efforts are effective and aligned with the needs of the LBQ community. M&E serves as a critical tool for measuring progress, identifying areas for improvement, and driving better program outcomes. Through continuous evaluation, FARUG upholds transparency and accountability, ensuring that our work delivers meaningful and measurable results for the communities we serve.

1 Conduct Annual General Meeting

Annual General Meeting 2022/2023

Annual General Meetings (AGMs) serve as a vital source of accountability for companies and organizations. It was a great honour to hold our AGM, especially in the current context that limits diverse organizing. Our membership truly reflects the resilience of our community. Following the Team Lead's remarks, awards were presented to the most outstanding member, staff, and board

members in recognition of their efforts and impact on the organization. In light of the ongoing challenge posed by the Anti-Homosexuality Law, we acknowledge and appreciate the adoption of new measures that ensure our community continues to access relevant services in an affirming and non-discriminatory manner.





Board and Staff meetings

To assess the progress, effectiveness and impact of our organizational activities and strategies, there is a need to have board and staff meetings. These meetings happen on a quarterly basis to provide a platform for performance review, identify challenges, ensure

accountability and make informed decisions for continuous organization improvement. Additionally, they help align the organization's goals with its operational activities, ensuring that resources are used efficiently and that outcomes meet expected standards.



Social Friday Impact and Feedback



We were thrilled to offer yet another safe space for sharing valuable insights and feedback on the impact Social Fridays has had on our members. Social Fridays have long been a cornerstone of our organizing efforts, creating autonomous and candid spaces for connection. These sessions serve as both informative and interactive opportunities, playing a key role in strengthening activist leadership by leveraging feminist leadership training and mental health support and celebrating significant events like Women's Day, among others. Our members shared how impactful and meaningful Social Fridays have



been, and how they are applying the skills and knowledge gained in their everyday lives. This particular Social Friday not only allowed us to assess and value its impact but also provided a space for suggestions on how to improve these gatherings, serving as a tool to shape our organization's activities moving forward.

MONITORING AND EVALUATION

FARUG is dedicated to building a strong and sustainable organizational foundation that supports its mission to advocate for the rights and well-being of LBQ womxn. By fostering a sound structure, FARUG ensures that it remains a resilient and effective platform for planning, implementing, and sustaining its activities. This commitment involves enhancing internal systems, cultivating a motivated and capable team, and securing resources to ensure long-term impact. FARUG aims to be a dynamic and adaptive organization that can consistently deliver on its mission while responding to the evolving needs of the LBQ community.

1

Partnerships and International Engagements

FARUG at ILGA

We are proud to have been part of the Lesbian Pre-conference at the ILGA World Conference. Centering discussions on LBQ organizing in Africa and globally, political participations and building of global Lesbian Coalition and Resistance and Renewal; Mental Health in the fight for LGBTIQ Liberation.



WE ARE AT CSW

We are glad to have been part of the panelists of the parallel session on Intersectionality, Wellbeing and Enterprise in advancing gender equality in Uganda.

FARUG AT 15TH AWID FORUM



FARUG showcased the Ba Queer Twogere Podcast, Africa's first LBQ visibility podcast, amplifying the voices, stories and the lived realities of LBQ individuals across the continent at the LBQ community safe space at AWID Forum



As part of a side event, in partnership with Womankind Worldwide, voices featured on How flexible funding leads to autonomous voices.

THE LBQ Tent

The LBQ Tent

AFLN Community Space Sessions at
15th AWID International Forum

Wednesday, 4 December 2024

11:30-12:30

How is self-care feminist?

A Feminist Approach to self-care and well-being
Queer Sista Platform

14:00-15:30

Let us Begin to address the Human Rights Violations against LBQ-GNC Individuals Arising from Climate Change

Women's Health and Equal Rights Initiative (WHER)

15:45-17:15

Q&A With Sophie Browne

LBGTIQ+ Policy Specialist of UN Women

17:15-18:15

**Popularizing Ba queer twogere podcast:
Africa's first LBQ visibility podcast**

Freedom and Roam Uganda (FARUG)

DEFENDERS DAYS IN STOCKHOLM

FARUG was present at the Defenders Days that bring together all Human Rights Defenders from around the world to exchange views and ideas on Human Rights work.



FARUG @ BEIJING+30. EAST AFRICAN CONSULTATIONS.

Strengthening Activist Leadership entails meaningful participation and engagements in decision making processing; We attended the Beijing+30 East African Consultations with other women's rights organization, youth, girls

and young women led organization, women with disability organizations feminist movements and other key stakeholders to assess the Beijing Platform for Action Implementations status in East Africa.



6TH INTERNATIONAL DIGNIFIED MENSTRUATION DAY.

The poster is for the 6th International Dignified Menstruation Day Hybrid Conference 2024, held on 8th December, 2024. It is a joint initiative by the Global South Coalition For Dignified Menstruation and the MenEngage Alliance. The theme is "Upholding Dignified Menstruation: Fundamental to Sexual and Reproductive Health and Rights". The conference is hybrid, with sessions in Boston, USA and Kathmandu, Nepal. A featured speaker is Mukoya Leah, a Queer Creative Feminist Activist and Program Associate at Freedom and Room Uganda. The poster includes a QR code to register and the website www.dignifiedmenstruation.org.

Global South Coalition
For Dignified Menstruation

MenEngage Alliance
working with men and boys for gender equality

"Upholding Dignified Menstruation: Fundamental to Sexual and Reproductive Health and Rights"

6th International Dignified Menstruation Day
8th December, 2024

HYBRID CONFERENCE-2024
Boston, USA || Kathmandu, Nepal

SPEAKER
Mukoya Leah
Queer Creative Feminist Activist, Program Associate
(Freedom and Room Uganda)

JOIN US

Boston, USA
8th December, 2024
Time: 9:00 AM ET (Eastern Time)
8th December, 2024
Time: 7:45 PM NPT (Nepal Time)

Kathmandu, Nepal
8th December, 2024
Time: 8:30 AM NPT (Nepal Time)
7th December, 2024
Time: 9:45 PM ET (Eastern Time)

Register Now

www.dignifiedmenstruation.org || www.radhapaudelfoundation.org

We joined an important conversation "upholding Dignified menstruation; Fundamental to sexual and Reproductive Health and Rights explored how Menstruation is a fundamental SRHR.

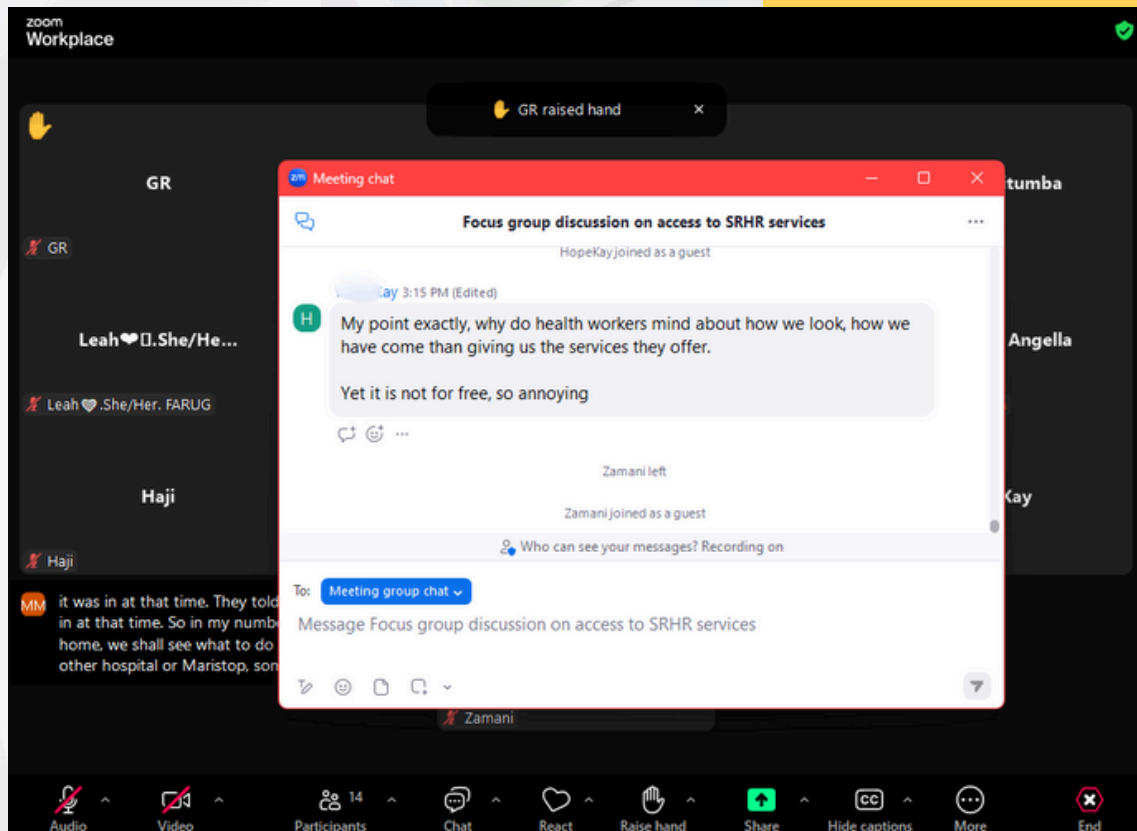
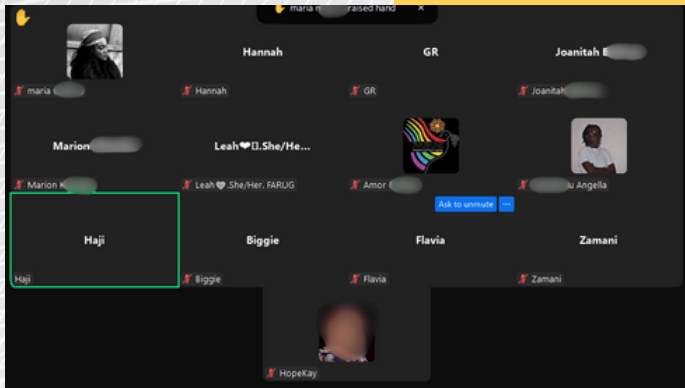
MEDIA CAFÉ

On 20th June, AWAC hosted a Media Café that aimed at strengthening public support and solidarity for human rights defenders. Under the theme, Navigating the Constricting Civic Space; The Virtual role of Human Rights Defenders in Advancing Grassroots Advocacy and Justice. The discussion centered around advancing grassroots advocacy and justice in Uganda.



MAKEWAY PROGRAM; RESEARCH ANALYSIS ON THE IMPACT OF THE AHA ON SRHR ACCESSIBILITY.

Under the MakeWay Programs, we conducted a research analysis on the Impact of the Anti-Homosexuality Law 23, on access of SRHR services and information for LBQ womxn in Uganda. With the shift in work and closure of a physical Drop-in Center, there was need to assess the impact this has on the accessibility, as well as provision of SRHR services and information to LBQ womxn.



ACHIEVEMENTS



HEALTH ON WHEELS

The attainment of the mobile van has made the Home-based Care mode easy and accessible to members.



Participation in Civic spaces.
(AWID, CSW, Beijing+30 Platform)



Host of the Pre-Lesbian Conference at the ILGA, from which we are hosting the East African LBQ movement.



Increase in Staff welfare and partnerships.



Successful Audits.

10 CHALLENGES

01

The continuous implications of the Anti-Homosexuality Law.

02

Not having a Drop in Center, continues to make it hard in provision of SRHR services for the LBQ womxn.

03

Limited funding for organization Core support.

04

The risks anticipated with the US Elections and forth coming Ugandan elections in 2026

05

The ripple effects of the Anti-Rights movements.

11 RECOMMENDATIONS

- More support towards funding.
- Support and guidance towards advancing the Drop-in center into a registered mini clinic.
- Engagements with state and non-state actors to challenge and minimize hostility.

STAFF AND BOARD PICTORIAL



CONNECT WITH US



Our Contact:



Phone Number
0800 100 093



Email
Faruginfo@gmail.com

Connect with us



Social Media
<https://linktr.ee/FARUG>

THANK YOU