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Centenary
Foundation

A member of Centenary Group

Connect

CENTENARY FOUNDATION

Connecting you to the Impact of our Mission

Newsletter



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Centenary Foundation



INTRODUCTION

Centenary Foundation is the Social Development and Sustainability Arm of the Centenary Group, dedicated to transforming lives in Uganda through lifelong education, health, and environmental sustainability.

The Foundation alleviates poverty, builds skills, promotes health, and encourages environmental stewardship by collaborating with public and private partners.

Its initiatives align with Uganda's National Development Plan and the Sustainable Development Goals, focusing on poverty reduction, quality education, clean energy, and climate action, ultimately creating opportunities for a brighter future.

In partnership with the Infectious Disease Institute (IDI), Baylor Uganda, and government officials at all levels in Kampala, Fort Portal, and Wakiso districts, the Foundation implements the Socio-Economic & Enterprise Development (SEED) Project under the Determined, Resilient, Empowered, AIDS-Free, Mentored, and Safe (DREAMS) initiative.

The Centenary Foundation contributes to addressing the HIV crisis by providing business skills training to economically empower adolescent girls and young women. Participants gain essential skills in entrepreneurship, financial literacy, vocational training, and business mentorship, equipping them to support their families and avoid high-risk behaviors associated with HIV/AIDS. This program not only transforms individual lives but also enhances community well-being.

Through using an HIV risk and vulnerability criteria, vulnerable adolescent girls and young women (AGYW) between the ages of 16 and 24 were identified and screened for eligibility. This newsletter highlights the positive impact of these Safe Spaces and our work in Kampala, Wakiso, Fort Portal city, and Kabarole District.



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Centenary Foundation Impact Chart



*Kazingo Safe Space AGYW with their certificate of Business Training completion/
Photo: CF Files*



NOTE FROM THE CEO CENTENARY FOUNDATION



Welcome to our first Newsletter

Welcome to the *Centenary Foundation Connect*, the first newsletter from the Centenary Foundation. In this issue, we are excited to share inspiring stories and impactful updates from our SEED/DREAMS project, which is transforming lives across Uganda by empowering youth, promoting education, enhancing health, and driving sustainability.

As CEO of the Centenary Foundation, I am filled with pride and hope as I reflect on the transformative impact the SEED/DREAMS project has had in our communities. Every story of young women overcoming adversity, gaining entrepreneurial skills, finding new purpose, and contributing to their families and society demonstrates the power of empowerment and opportunity.

Centenary Foundation is the Social Development & Sustainability Arm of the Centenary Group. We are dedicated to transforming lives in Uganda through lifelong education, health, and environmental sustainability.

Our work not only alleviates poverty and builds skills, but also promotes good health and fosters environmental stewardship by collaborating with both public and private partners.

Our initiatives are closely aligned with Uganda's National Development Plan and the Sustainable Development Goals. We focus on critical areas such as poverty reduction, quality education, clean energy, and climate action, ultimately creating opportunities for a brighter future for all.

The achievements shared here are the result of dedicated partnerships between Centenary Foundation, local leaders, civil society, and our resilient young women. Together, we are nurturing a generation that embraces health, independence, and a brighter tomorrow.

I commend each participant, trainer, and supporter of this journey. Let us continue to stand together to ensure that every adolescent girl and young woman in Uganda has the chance to thrive and shape their own destiny. Our work is not just changing lives, it is building a stronger nation.

Annabel Ogwang Okot
CHIEF EXECUTIVE OFFICER

**SEED/ DREAMS PROJECT IN
FORT PORTAL CITY & KABAROLE DISTRICT**

Map of Uganda showing Kabarole District



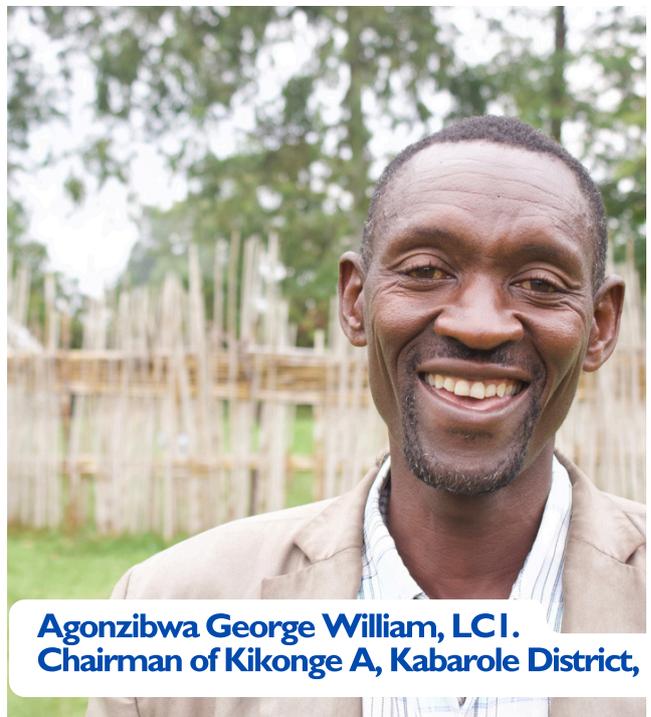
Poverty & HIV Alleviation for Ugandan Adolescent Girls & Young Women in Kabarole District

Agonzibwa George William, LCI Chairman of Kikonge A, Kabarole District, raised concern over young girls being involved with multiple older partners.

“In Kabarole District, some girls as young as 14 have up to five partners, aged between 18 and 50 years. This contributes to our district having one of the highest HIV and AIDS rates in Uganda,” he said.

With support from the Centenary Foundation, these girls received vocational, business, and entrepreneurship training, and access to free STI, HIV, and PrEP screening, in partnership with local health centers and government officials.

“These skills give them real alternatives,” Agonzibwa said. “One girl shared that, without money, many resort to relationships for essentials like hair, clothes, or even shelter.”



Agonzibwa George William, LCI.
Chairman of Kikonge A, Kabarole District,

“With support from the Centenary Foundation, these girls received vocational, business, and entrepreneurship training, and access to free STI, HIV, and PrEP screening, in partnership with local health centers and government officials.”

“These skills give them real alternatives,” Agonzibwa said.

Most of these girls dropped out of school as early as age 10 and found themselves in risky peer circles, lacking direction.

“I believe the training and education will help them find dignified work and build better futures. I am committed to grouping and supporting them in starting village businesses and connecting them to youth programs and banks such as Centenary and Equity,” Agonzibwa added.

He called on the government to focus more on supporting vulnerable girls.

“Now, these girls have hope and new skills. They are excelling and building better lives,” he said.





Imagine a nation where adolescent girls and young women thrive, empowered by the collaborative spirit of organizations like Centenary Foundation and Baylor.

Through the SEED/DREAMS project, Centenary Foundation and Baylor joined hands to uplift the most vulnerable AGYW in Fort Portal and Kabarole district.

Baylor's expertise in identifying and supporting Adolescent Girls and Young Women (AGYW) groups paved the way for Centenary Foundation to provide enhanced Social Economic Services (SES) to those in greatest need.



Baylor & Centenary Foundation Team

Partnership with Baylor Uganda



Baylor Program Coordinator & Centenary Foundation CEO

Together, we changed behavior and gave business short-term skilling, equipping young women with the tools to forge their own paths. As a result, jobs were created, strengthened partnerships with government and NGOs, and independent mature women who can support themselves and their families.

ACTIVITIES

Centenary Foundation

- Discussed sustainability and status of Adolescent Girls and Young Women (AGYW) groups
- Provide enhanced Social Economic Services (SES) to critically vulnerable girls.

Baylor

- Provided support in identifying Adolescent Girls and Young Women (AGYW) groups
- Contributed to Behavior Change short-term skilling programs for AGYW



AGYW Screening Process

Profiling Adolescent Girls and Young Women (AGYW) in to groups for safe spaces



SCREENING

1

BAYLOR

These criteria aim to identify those most in need of support and intervention. The screening criteria to identify vulnerable adolescent girls and young women who:

- Aged 16-24
- Lacks a supportive guardian
- Head their own households
- Have no stable income source
- Experience food insecurity
- Are not employed or earning above UGX 100,000 per month
- Are not beneficiaries of government programs
- Are exposed to risks, including transactional sex
- Have experienced an early pregnancy or marriage (pregnant by 16 years and given birth by 14)
- Have multiple sex partners
- Are out of school



PRIMARY SERVICES

2

BAYLOR

The primary services offered include:

1. Health services
 - STI screening
 - HIV screening
 - PrEP (Pre-Exposure Prophylaxis) screening
2. Socio-economic empowerment through vocational skilling in:
 - Craft shoe making
 - Candle making
 - Soap making (liquid soap)
 - Bakery
 - Basketry
 - Jewellery making



SECONDARY TRAINING

3

CENTENARY FOUNDATION

The secondary training includes

1. VSLA (Village Savings and Loan Association) Training
 - Empowering individuals to save and manage finances collectively.
2. Business Skills Training
 - Equipping individuals with essential skills to run successful businesses.
3. Asset Financing
 - Providing access to financing options for business assets.
4. Business Coaching
 - Offering personalized guidance and support to help businesses thrive.

This is the process that Baylor and Centenary Foundation followed to identify and onboard AGYWs in Kabarole District.



Ms. Evans with Centenary Foundation Staff at the Nyabuswa Health Center III Photo: CF Files



The role of Fort Portal City Health Office



**EVANS AMARA
FOCAL PERSON FOR FORT
PORTAL CITY OFFICES**

“Centenary Foundation and Baylor have done their part. We will continue to support the girls with the needed psycho-social support and encouragement.” Miss Evans Said

Evans Amara worked in collaboration with Centenary Foundation, Baylor, the Health centres, and the government to support the progress of the SEED/DREAMS project. Essentially, in linking the girls to health centres for screening and awareness and behaviour change communication talks.

Coordination

- Liaising with various stakeholders, including healthcare providers, community organizations, and government agencies, on all issues related to SEED

2. Support

- Providing guidance and support to individuals living with HIV and those affected by the virus.

3. Education

- Disseminating information about HIV prevention, treatment, and care.

4. Advocacy

- Promoting policies and programs that support HIV prevention, treatment, and care.

5. Monitoring and Evaluation

- Tracking progress and outcomes of HIV-related initiatives.



Nyangoma Irene

“For the first time, I saw a chance to change my life,” Nyangoma shares. She joined the SEED trainings and learned how to protect herself from risky behavior that could ruin her future. I learned that I can keep myself safe and plan for my tomorrow.”



At just 12 years old, Nyangoma Irene was forced to drop out of school in Kazingo Village Kabarole District. “I had nothing to do, no hope,” she remembers. The days were dark, she drank alcohol, followed bad friends, and felt lost after leaving school so young.

But everything changed when a friend told her about the DREAMS SEED project. “For the first time, I saw a chance to change my life,” Nyangoma shares. She joined the SEED trainings and learned how to protect herself from risky behaviors that could ruin her future. “I learned that I can keep myself safe and plan for my tomorrow.”

With new business skills in budgeting, accounting, and marketing, Nyangoma now trades in second-hand clothes. “I don’t just sell clothes; I build my future with every sale,” she says proudly. She joined a savings group and dreams of saving enough to grow her business.



Nyangoma receives her certificate of Business Training / Photo: CF Files

Today, Nyangoma is 19 years, she stands with 80 other young women, supported by the Centenary Foundation from her safe space. All of them have been equipped with vocational and business entrepreneurial skills and exposed to positive behaviour change to move away from risky underage sex and are now pursuing safer, more productive life paths.

Musiimeta Margret



Musiimeta with her certificate of Business Training / Photo: CF Files



The sandals made by Musiimeta

Meet Musiimeta Margret, a 20-year-old from Fort Portal. Before joining the SEED/DREAMS project, Margret's life was headed in a different direction.

"The meetings have kept me safe from bad peer influence," she says, crediting the SEED/ DREAMS project for her transformation.

Margret acquired skills in shoe-making and started crafting sandals and phone accessories for sale. Through her savings group, she is working towards expanding her business, hopeful to save enough and secure a loan to take her entrepreneurial dreams to the next level.

“The meetings have kept me safe from bad peer influence,” she says, crediting the SEED/ DREAMS project for her transformation.”

Church's Contribution to Advance

SEED/DREAMS Initiatives

"A great awakening for all stakeholders and leaders to take on and scale up the SEED project for the development of the community." Right Reverend Robert K. Muhiirwa, Bishop of Fort Portal Catholic Diocese

The Right Reverend Robert K. Muhiirwa, Bishop of Fort Portal Catholic Diocese, has thrown his weight behind the Centenary Foundation's SEED DREAMS project, calling it *"A great awakening for all stakeholders and leaders to take on and scale up the SEED project for the development of the community."*

The bishop believes that the SEED's focus on empowering youth through education and economic empowerment is crucial for the community's growth and development. "The knowledge should not go to waste," he emphasised. "This is a treasure, a means for government, the church, and local leaders to build on to empower the community, especially the adolescent girls and young women. The Bishop added.

The Bishop plans to engage the diocesan coordinator of health to explore ways to scale up the SEED/DREAMS project, utilizing the church's structure to reach more youth as part of his and the church's commitment. He also said that he will work with the Youth Coordinator to link and lobby Centenary Bank for affordable loans to support the youth's entrepreneurial ventures.

"I appreciate the tremendous achievements by Centenary Foundation. This is not the time to stop. This is the time for Centenary Foundation, through Centenary Group, to support the continuation of the SEED DREAMS project," He concluded.



THE RIGHT REVEREND ROBERT K. MUHIIRWA, BISHOP OF FORT PORTAL CATHOLIC DIOCESE,

CENTENARY FOUNDATION IMPACT IN KABAROLE DISTRICT

1 REACH

309 critically vulnerable adolescent girls and young women between the ages of 16 and 24 years have been supported, many of whom have no parents or supporting spouses.



2

HOLISTIC SKILLS DEVELOPMENT

The project has provided comprehensive skills training, including:

- Business and entrepreneurship
- Business planning and setup
- Vocational skilling
- Opening savings groups
- Linking beneficiaries to banking services



3 PARTNERSHIP FOR COMPREHENSIVE SERVICES

In partnership with Baylor Uganda, the District Local leadership, and the District Local Leadership, the project offers

- Primary Health Services, like; STI screening and treatment, HIV testing, counseling, and PrEP (Pre-Exposure Prophylaxis) screening
- Socio-Economic Skilling including Candle, Craft shoe, and Liquid soap making, Bakery establishment, and Basketry



4 EMPOWERING MINDSET CHANGE

The girls gained knowledge and built a foundation for mindset change, enabling them to make informed decisions about their lives and futures.



5

FOSTERING GROUP DYNAMICS

The project encouraged beneficiaries to work in groups, promoting peer support, collaboration, and collective empowerment.

Kansiime Teddy

Kabanyonza Lucy

Kansiime Teddy, a 20-year-old, dropped out of school when she was 13 and was forced to marry by 16. She was empowered by the SEED/DREAMS project through Centenary Foundation, which taught her valuable skills in entrepreneurship and business management. She learned basket weaving, enabling her to generate income and support her child.

Together with others, they formed a savings group where they put money aside for personal and anticipated needs. She was also provided with knowledge on protecting herself from HIV. With the skills and support gained, Teddy is now seeking capital to start a sustainable business and care for her child's needs.



Kabanyonza Lucy, Bichumbi, Kabarole District

My life has completely transformed since I went through business skills training by Centenary Foundation. I used to hang out with the wrong crowd, with no steady income or skills, just small-scale farming. But now, I know how to make liquid soap, I know how to manage my finances, and now I am very keen on my health, and to stay away from multiple partners and protect myself from contracting I desire to save, grow my soap-making business, and even open a retail shop. I am finally building a brighter future for myself, free from risky behaviors.



KitumbaSafe Space AGYW with their certificate of Business Training/ Photo: CF Files

SAVING GROUPS

Launch of Savings Groups

1

In April 2025, a savings group was launched with guidance and encouragement from the Centenary Foundation, comprising women and adolescent girls aged 16-24 who previously had no steady

Today, the group has accumulated UGX 600,000, including savings and interest profits.

2

Growth & Progress

Diverse Business Ventures

3

Members are engaged in various businesses, including: Maize brand, Clothing sales, Retail shops, and Farming

Access to Loans

4

Members can borrow UGX 90,000-150,000 at a 3% monthly interest rate, which they use to invest in their businesses.

The loans and savings have enabled members to invest in their businesses, pay for medical expenses, cover school fees, restock their retail shops, and improve their overall well-being and economic stability.

5

Positive Impact

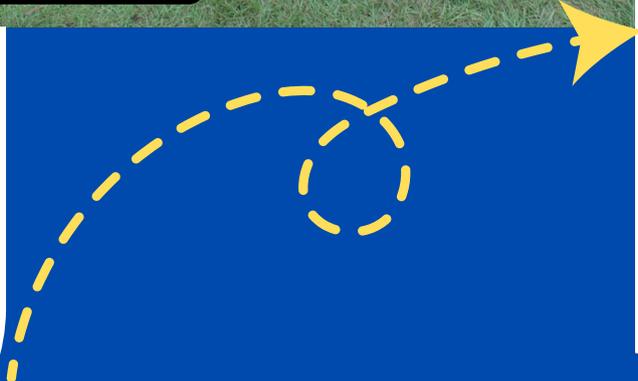


CF staff Kazingo Safe Space AGYW with their certificate of Business Training Photo: CF Files



"I didn't know how to save, but I have been matured by the training"

Kitinisa Mornica says with newfound confidence.



Women's Savings Groups

Kitinisa Mornica, a 20-year-old member of the women's savings group in Nyabukara, Kabarole, has undergone a transformative journey. "I didn't know how to save, but I have been matured by the training," she says with excitedly.

With big dreams of starting her own hair salon, Mornica is part of a group that has made significant strides since its inception in April 2025.

Just seven months in, the group has accumulated an impressive UGX 500,000 in savings, which has empowered its members to venture into various businesses. Some have already started hairdressing, retail shops, and clothing and shoe stores, marking the start of a new season for economic independence and entrepreneurship for these women.



In close collaboration with Centenary Bank, the foundation supported the AGYW to start Village Saving Schemes (VSLAs). Centenary Bank provided the initial training and necessary tools. The foundation assisted with financial literacy, as well as VSLA setup and management, including writing a constitution

Village Saving Schemes - VSLAs



A Centenary Bank and CF Staff help with VSLA startups in Fort Portal and Kabarole District : CF Files

Some of the VSLAs with respective AGYW in Fort Portal and Kabarole District :Photo / CF Files





**Centenary Bank Manager – Fort Portal
OSHABE CAROLINE** in red jacket
with the CF staff and CEO

Leveraging Centenary Bank's Role

The Foundation works closely with Centenary Bank, our sister subsidiary. The bank has played a key role in connecting adolescent girls and young women with inclusive financial services through its linkage banking services.

The bank also provides financial literacy training in collaboration with the Foundation and facilitates the opening of bank accounts for Village Savings and Loan Schemes created by the SEED project

Working with Trainer of Trainees (ToT)

The ToTs played a crucial role in cascading training to others after they had been trained themselves. Their expertise covered:

VSLA Setup and Coordination

- Guiding start-ups in Village Savings and Loan Associations (VSLA) formation, setup, and management.

Business Skills Training

- Equipping participants with essential business skills.
- Small Business Management Training (SBMT)
- Providing training in both the North and Central Fort portal regions.



Impact of the Training on the AGYWs

- High Participant Engagement
- Trainees were receptive and eager to apply practical skills.
- Many girls were trained, and they quickly transitioned to saving and investing.
- All the ladies testified to being less dependent on their parents, with tangible results from the training.



The ToT discussion and with CF Staff (above photo)

SEED/ DREAMS PROJECT IN
WAKISO DISTRICT

Map of Uganda Showing Wakiso District







Nakato Esther

I used to blame my parents for not supporting me in furthering my schooling to a decent level.

My name is Nakato Esther, I am 24, and I dropped out at S.2 when I was still in Masaka. At just 16 years, my parents took me to work in my family members' homes in hopes I could help support them. Later, I moved to Kampala and worked in a supermarket. At 16, I was married off and had two children.

Out of desperation, I started a restaurant, but it couldn't go on. I had no business skills, couldn't cook well, and still had to take care of my children. I didn't have any workers to help me.

That's when I was introduced to the DREAMS/SEED project. Through this project, I learned how to make books, catering, and sewing.

“Didn't have any qualifications, now I have a whole profession which I didn't have before. I have done both catering and tailoring.” I am also part of a savings group now, and I hope in the future my savings will furnish me with enough capital to start my own businesses.

I save money, have been given skills at no cost, and can now financially support my family. I feel empowered and independent. With the skills I have learned, I can make books for my children and siblings, and still dream of pursuing my restaurant business one day. My journey has changed from one of blame to one of purpose and hope for my family's future.

“My journey has changed from one of blame to one of purpose and hope for my family's future.”

NAKATO ESTHER

Tailoring Classes



Tailoring classes at Masaja Safe Space in Wakiso District. Photo: CF files





Catering, & Hair Dressing Classes

Hair dressing, Catering, classes and a Group Photo Masaja Safe Space in Wakiso District. Photo: CF files

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Namubiru Mariam



My name is Namubiru Mariam, and I am 22 years old. I was raised by a single mother, who did everything she could for me. After completing Primary Seven (7), I had to stop school at just 12 years old. Life became difficult, and I was married off when I was 16. Soon after, I had children. For many years, I had no skills or employment to support myself or my family. My husband would sometimes promise to take me back to school, but those promises were always in vain.

My life began to change when I met the DREAMS/SEED Project. Through this opportunity, I learned tailoring—a skill that has given me not just hope, but a real way to dream again. “My depression is gone when I am with my fellows here at the safe space,” I often tell others. Being here, surrounded by supportive friends, I have learned to make uniforms, dresses, and now I feel confident that I can tailor anything. As I always say, “Centenary Foundation has planted seeds of hope within me, and now my dreams are truly within reach. DREAMS has given me back my dreams and the seeds to fulfil them.”

Now, I am ready to start working and stand on my own feet. I am part of a savings group, and together we are working hard to save enough money so I can buy my own sewing machine. My husband has changed for the better, and I have hope that I, too, can chip in and contribute to our family’s expenses.

*As I always say,
“Centenary
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planted seeds of
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DREAMS has given
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Soap Making Skills

These AGYW in Wakiso District were taught soap-making skills. These skills enable them to earn money quickly.



Photography, Videography & Media Studies

Nalutataya Daphine has said that I want to become the best Video editor in Uganda.

Daphine (with white sleeves) along with Five (5) other AGYWs were trained in video editing and photography, and media studies



Part of the Photography, Videography & Media class from Ndejje Safe Space in Wakiso District. Photo: CF files



**Part of the
Photography,
Videography &
Media Studies class
from Wakiso &
Kampala District.
Photo: CF files**



Aisha Namugenyi Kyomuhendo

Aisha learned how to braid all kinds of hair, a skill she now uses to earn money. Every week, she contributes to her group savings, steadily preparing for her child's delivery.



Namubiru in green top with her friends, s from Bugu safe space, Wakiso District. Photo: CF files

Aisha Namugenyi Kyomuhendo (with Green Top) is a 20-year-old who stopped her education in Primary 7 to help her sister make chips. After a while, she became pregnant, and the man involved was not supportive during this challenging period. Despite these difficulties, Aisha's life began to change when she was welcomed into the DREAMS/SEED Project.

Within the SEED safe space, Aisha discovered new friends and the support of a counselor. She gained vital knowledge about family planning, HIV awareness, and received important medication. Still living with her parents and with the boda rider refusing to take responsibility, Aisha refused to give up.

She learned how to braid all kinds of hair, a skill she now uses to earn money. Every week, she contributes to her group savings, steadily preparing for her child's delivery.

Though her journey is tough, Aisha has hope. After delivering her baby, she dreams of working in a salon and saving up to either start her own or join one, ensuring she can provide for her newborn. Through resilience and determination, Aisha's story is one of strength, hope, and the courage to build a brighter future.

Hair dressing Class, Bugu Safe space, Wakiso District. Photo: CF files





**Nakafero
(Standing)
from Kibiri
Safe
space,
Wakiso
District.
Photo: CF
files**

Nakafero Rashim

"Thank you, Centenary Foundation , for helping us discover our talents ," said Nakafero Rashim.

She is 19 years old and specialized in hairdressing. She acknowledged Centenary Foundation's role in empowering her with skills in hairdressing, paving the way for a bright business entrepreneurship future.

"Thank you,
Centenary
Foundation for
helping us discover
our talents"



WHAT HAPPENS IN A **SAFE SPACE ?**

What Happens in a Safe Space?

A safe space is a designated area within walking distance of Adolescent Girls and Young Women (AGYWs) in their community, where they can gather, share freely, and access various services. These spaces are equipped with the necessary materials and equipment to support learning.

KEY ACTIVITIES

Health Education

Health personnel provide information on HIV prevention, causes, services, and prevention strategies. These safe spaces cater to AGYWs at risk of HIV, including those living positively, providing a supportive environment for holistic development.

Behavior Change Communication (BCC) & Sensitization

AGYWs receive guidance on healthy behaviors and risk reduction.

HIV Testing and Screening

IDI conducts testing and screening after obtaining consent.

Skills Training

Trainers provide technical and practical skills to empower AGYWs.

Psychosocial Support

On-site counselors offer emotional support and encouragement.

Monitoring & Support

- Trainers report progress to Centenary Foundation.
- Centenary Foundation and Infectious Disease Institute (IDI) collaborate to monitor progress and provide necessary resources.

Why a Safe Space?



Why a Safe Space?

- Provides a secure and welcoming environment for vulnerable AGYWs.
- Encourages better interaction and emotional well-being among participants.
- Offers AGYWs a space to freely express themselves without fear of judgment.
- Allows them to escape stigma and negative influences from their surroundings.
- Facilitates STI prevention through treatment services provided by IDI.
- Delivers psychosocial support and counselling in partnership with IDI.



Initial Health Screening at Ndejje Zanta Safe space, Wakiso District. Photo: CF files

From Saving Boxes to Digital Banking

The Foundation works with Centenary Bank to encourage the AGYWs in all safe spaces to register their VSLAs with the bank. The bank has also provided trainers on financial literacy, and there is a specialized bank account package with no bank charges up to the age of 35 for the AGYW. Additionally, they are linked to loans at a very low interest rate. All this is aimed at transitioning to digital banking and increasing their access to credit.



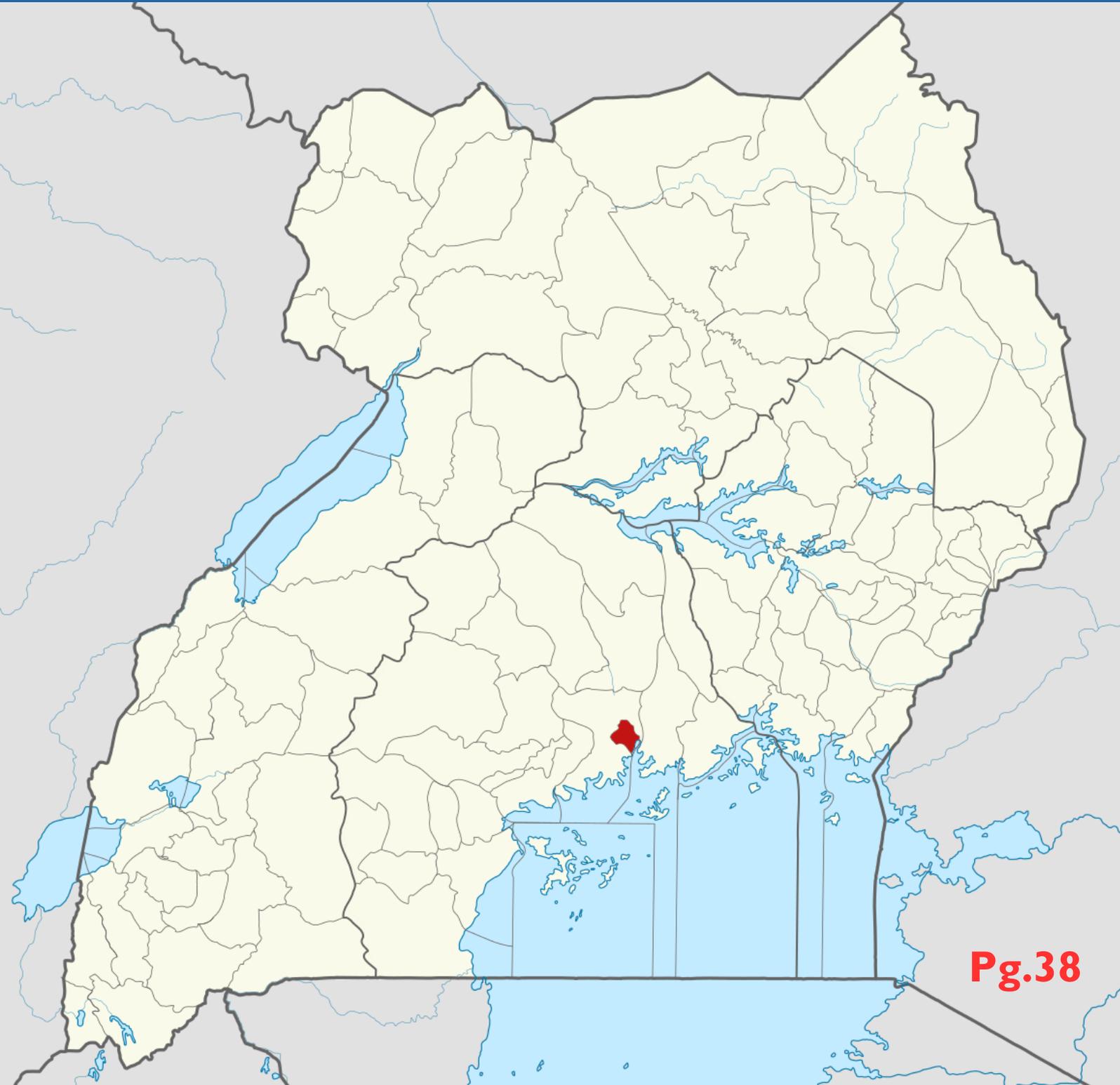
A trainer from Centenary Bank



Group Photo of Lufuka Safe space, Wakiso District. Photo: CF files

SEED/DREAMS PROJECT IN **KAMPALA**

Map of Uganda Showing Kampala District and its extract. Photo: Internet





Nankulabye Zone 7

↘ An Informal Safe Space

Empowering AGYWs through Skills Training

Located in a low-income area of Nankulabye, Kampala District, Nankulabye Zone 7 is an informal safe space. The term “informal” refers to the lack of a proper shade for conducting activities. Despite this limitation, the space has become a hub for empowering Adolescent Girls and Young Women (AGYWs).

A total of 16 AGYWs, aged 19-24, participated in training sessions for hairdressing and short-term bakery classes. These sessions equipped them with new skills, previously unknown to them. The training aimed to address a key challenge faced by these AGYWs: when they lack financial resources, they often resort to commercial sex. By acquiring skills in hairdressing and bakery, they can now generate income meaningfully, breaking the cycle of dependence on their families and reducing engagement in risky behaviors.



Hair Dressing class Nankulabye Zone 7 Kampala District Photo: CF files



Hair Dressing class Nankulabye Zone 7 Kampala District Photo: CF files

How the AGYWs In Nankulabye Zone 7 Were supported

The program provided comprehensive support to the AGYWs, including:

- **Bakery Short Course:** Equipping them with skills in baking
- **Long-term Hairdressing:** Providing comprehensive training in hairdressing.
- **Life-saving skills:** Empowering them with essential skills for a better life.
- **Family Planning:** Educating them on reproductive health and family planning options.
- **Cleanliness and Hygiene Sanitation:** Teaching them the importance of maintaining personal hygiene and sanitation.
- **HIV Prevention:** Guidance on how to prevent HIV transmission, particularly for those at risk.

Transformed Lives

The training had a transformative impact on the AGYWs, enabling them to become independent and skilled individuals. By empowering these young women with employable skills and knowledge, the program has paved the way for a brighter future, marked by financial independence, reduced vulnerability to exploitation, and improved overall well-being.

Lusazi Kasubi – Kampala

It is the hum of sewing machines that welcomes you to the Lusazi Safe Space. This is a sound not just of industry, but of determination. Here, 50 girls, ages 15 to 24, have gained more than trades; they have experienced empowerment.

These young women have learned new and practical skills: hairdressing, tailoring, bookmaking and paper clipping, bakery, videography and photography, and makeup artistry. More than just practical lessons, these skills offer safety, helping protect them from unplanned and commercial sex, which can result in unintended pregnancies, the challenge of raising children without support, and exposure to HIV/AIDS.

With new knowledge and fresh confidence, the girls are now able to make clothes for themselves, their families, and for sale. Business and entrepreneurship training, along with their Village Savings and Loan Association (VSLA), where each girl contributes a minimum of UGX 2,000 per week. This means they are not just acquiring skills but also securing their financial future. The discipline of saving, supported by partnerships with the Centenary Foundation and Centenary Bank, ensures that these girls have a safe place to build their savings and a firm financial footing.



**Tailoring class, Lusazi Kasubi Safe Space
Kampala District Photo: CF files**



Group Photo with all AGYW, CF and DREAMS Staff, Lusazi Kasubi Safe Space Kampala District Photo: CF files

The impact goes beyond individual benefits. The Centenary Foundation's work directly contributes to curbing the spread and prevention of HIV and AIDS, and also raises awareness about the importance of sanitation and hygiene.

Empowered and hopeful, the girls now see a brighter future. With money in their pockets and dreams in their hearts, they aim not only to meet their own needs and those of their children, but also to start their own businesses and continue to thrive.

Contex & Partnership

80%

Mothers in Uganda take primary responsibility for childcare compared to men



Financial stress & domestic violence.



WEE skills to AGYW's can counter this sad state

Eighty percent of mothers in Uganda take primary responsibility for childcare compared to men (UN Women, 2020). Men often have other obligations and are less involved in caring for their children. As a result, mothers, whose caregiving labor is unpaid, become more dependent, either on themselves or on partners, many of whom earn very little.

When there is insufficient support from partners and limited resources, financial stress and conflict can lead to domestic violence.

Centenary Foundation, in collaboration with partners like IDI and Baylor, is implementing the SEED project to empower Adolescent Girls and Young Women, also known as AGYW. Through these initiatives, jobs have been created, mindsets have shifted, and progress has been made in preventing the spread of HIV and AIDS.

DREAMS has operated for ten years, with Centenary Foundation implementing it for the past seven months. One champion, Nansubuga Swabula Kismat, joined DREAMS at age seventeen in 2021. Having had multiple partners, she received entrepreneurial skills training, was taught hairdressing, encouraged to save, sought support for HIV, and was motivated to work hard.

Citation: UN Women (2020). "Progress of the World's Women 2020-2021: Families in a Changing World." Available at: <https://www.unwomen.org/en/digital-library/publications/2020/06/progress-of-the-worlds-women-2020>

Nansubuga Swabula Kismat



“DREAMS gave me my dreams back. I am now a married woman and an entrepreneurial wife. I am living a meaningful life thanks to the life skills and business training I received from DREAMS.” Nansubuga Swabula Kismat says proudly, encouraging her peers.

Today, Nansubuga owns her own salon and makeup parlor in Kireka, Kampala. She employs three people and makes a net profit of UGX 1,800,000 per month. She left her previous partners, settled with one, and together they have a daughter. She now serves as the DREAMS Relations Officer.

“DREAMS gave me my dreams back. I am now a married woman and an entrepreneurial wife. I am living a meaningful life thanks to the life skills and business training I received from DREAMS.” Nansubuga Swabula Kismat says proudly, encouraging her peers.



IMPACT PHOTOS FROM KAMPALA SAFE SPACES



Group Photo, and AGYW showcasing talent in baking, tailoring: Kasubi Safe Space Kampala District Photo: CF files





**IMPACT PHOTOS
FROM KAMPALA
SAFE SPACES**

**Group Photos from Wakiso and Kampala
Safe Spaces Photo: CF files**





IMPACT PHOTOS FROM KAMPALA SAFE SPACES

One of the AGYW from Kampala Safe Space showcasing her skills and talents in plumbing works Photo: CF files



Makeup, Tailoring, and Baking skills Photo: CF files



IMPACT PHOTOS FROM KAMPALA SAFE SPACES





**IMPACT PHOTOS
FROM KAMPALA
SAFE SPACES**



**Motor Vehicle Mechanics, VSLA Meeting
from Kampala Safe Space: CF files**

IMPACT CHART

Kampala

VOCATIONAL SKILLING START-UP KITS FOR AGYW IN KAMPALA					
No.	Skill	Kampala			Total Kampala
		Kasubi	Lusaze	Nakulabye	
1	Fashion & Design	55	55	0	110
2	Catering	67	0	0	67
3	Hair Dressing	75	50	16	141
4	Make Up	10	0	0	10
5	Plumbing	1	0	0	1
6	Motor Vehicle Mechanics	3	0	0	3
7	Media Studies	1	0	0	1
8	Photography & Videography	8	0	0	8
		220	105	16	341

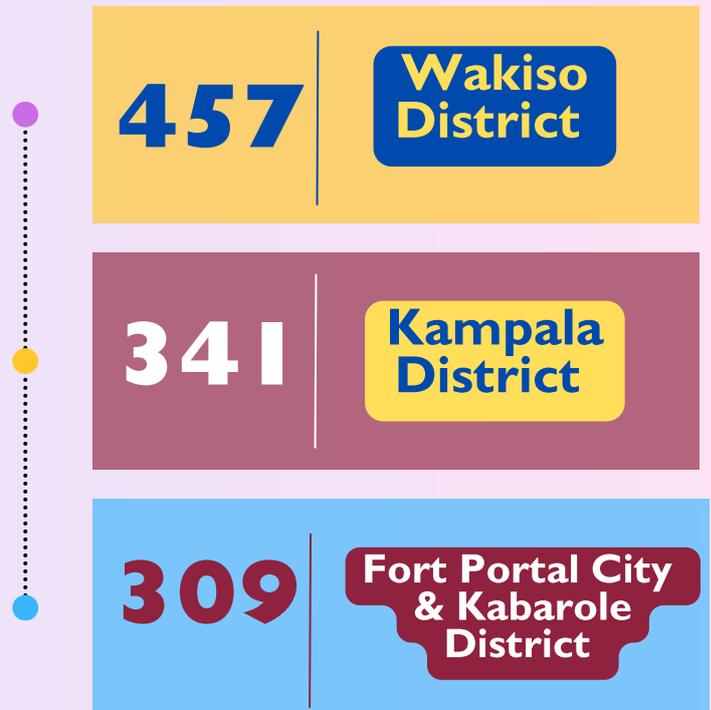
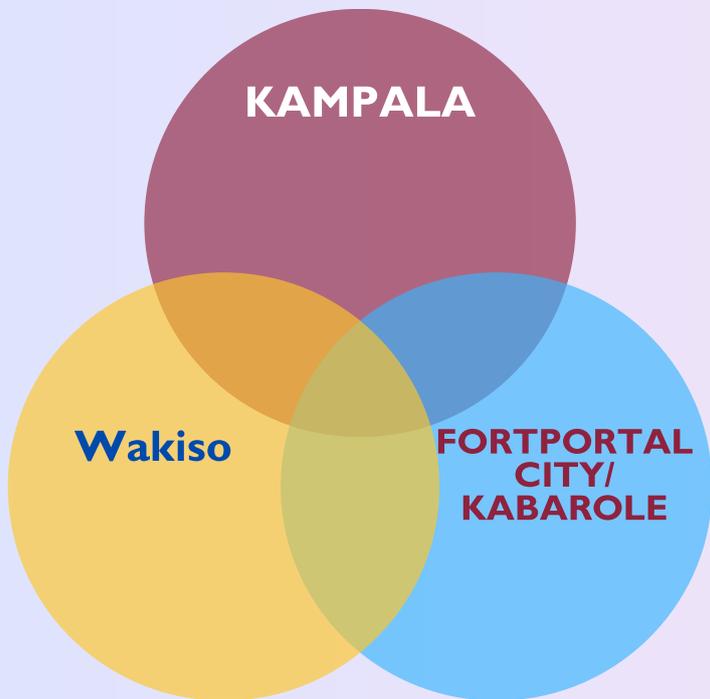
Wakiso

VOCATIONAL SKILLING START-UP KITS FOR AGYW - WAKISO							
No.	Skill	Wakiso					Total Wakiso
		Masajja	Kibiri	Lufuka	Zanta	Bugu	
1	Fashion & Design	53	28	30	33	0	144
2	Catering	30		22			52
3	Hair Dressing	70	33	64	58	28	253
4	Make Up						0
5	Plumbing						0
6	Motor Vehicle Mechanics						0
7	Media Studies						0
8	Photography & Videography			3		5	8
		153	61	119	91	33	457

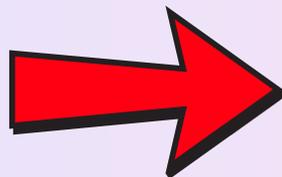
Total Kampala & Wakiso

VOCATIONAL SKILLING START-UP KITS FOR AGYW - WAKISO & KAMPALA		
No.	Skill	Overall Total
1	Fashion & Design	254
2	Catering	119
3	Hair Dressing	394
4	Make Up	10
5	Plumbing	1
6	Motor Vehicle Mechanics	3
7	Media Studies	1
8	Photography & Videography	16
		798

IMPACT CHART



**TOTAL
AGYW
REACHED**



1,107

These highlights the number of AGYWs impacted with skills in; Hair Dressing, Tailoring, MakeUp Art, Video & Photography, Plumbing, Motor Vehicle Mechanics, Media Studies, Shoe Making, Book Making, Soap Making , Business Management & Startups, HIV/ AIDS Counselling



**Centenary
Foundation**

A member of Centenary Group

A newsletter from Centenary Foundation

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