



EMPOWER

ONE GIRL AT A TIME

Newsletter September 2026

Vol.2



HELLO EMPOWER-ERS!

10,000 girls!

It was such a joy to be back in Uganda this summer, to visit Empower and to catch up with friends! Whilst there Monica and I celebrated reaching 10,000 women and girls with pad packs! That's 40,000 pads made and given out and 10,000 women able to have safe, comfortable periods for the next 3 years.

Monica's boys are growing up and all at school! And as keen on cake as ever!



Some highlights from this summer

- Celebrating 10,000 girls with cake and singing!
- Visiting a church group and teaching 56 women to make their own washable pads



- Reflecting on success of our Train the Trainer events:
Our first Train the Trainer event was in 2024 on Lake Bunyonyi and has become an annual event! Thanks to Seeds of Hope for hosting and facilitating. Community leaders from various islands in Lake Bunyonyi gather on Itambura Island and spend the weekend learning how to make pads and how to teach women in their community to make them too.



Some challenges

- Fuel prices in Uganda have almost doubled in the last few years meaning the cost of transporting materials and travelling to various schools has increased too.
- Our tailor Grace sadly lost her son who had serve cerebral palsy, whom she had been faithfully caring and providing for as a single mother
- We are comitted to providing pads and education to our surrounding comunity and would love your help in doing so. £6 a month would buy a different girl a pad pack every month and help keeps girls in school. We've had overwhelmingly positive feedback from schools reporting higher than ever attendance levels amongst girls, and many are asking that we return to give pads to their next new intake of girls!

Thank you for joining with us,

Blessings, Heather

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For more information about how you can get involved, volunteer or generally spread the work, check out our website and socials!

website:

<http://empowerkisiizi.carrd.co>

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