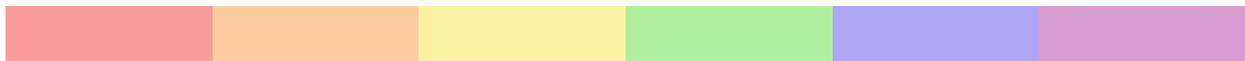




FREEDOM AND ROAM UGANDA



THEME

Disrupting narratives told against LBQ womxn

Newsletter



IN THIS EDITION

we continue to disrupt narratives told against LBQ womxn by voicing LBQ love, resilience, relationships and realities.

WHAT'S NEW?

- 01 BA-LESBICA MAGAZINE LAUNCH!
- 02 BA-QUEER TWOGERE SEASON TWO
- 08 TRAINING OF TRAINERS (T.O.T) ON SUSTAINABLE DEVELOPMENT GOALS

OUR BIG STORY

31TH MARCH



BA-LESBICA MAGAZINE LAUNCH!

On 31st march we launched " Ba lésbica", a publication disrupting narratives told against LBQ womxn by voicing LBQ love, resilience, relationships and realities.

These stories can be accessed through this link;

<https://www.faruganda.org/.../Ba-Lesbica-Diaries-Magazine...>

These stories also have an audio version which can be accessed through our podcast

https://www.youtube.com/watch?v=b_ZC3RhIt5MWe

We extend our Acknowledgment to the storytellers, the editors, partners and the entire team that worked tirelessly to make " Ba lésbica" a reality.



BA-QUEER TWOGERE SEASON TWO

In 2021 we initiated Ba-Queer Twogere, a podcast talk show through which LBQ women shared different experiences of their day today lives.

These podcasts reached a number of LBQ womxn and changed their lives. They further helped in changing the narratives and perceptions of people

who thought being LGBTQ was a curse and sin. This year we are back with a blast. catch us in the long-awaited season two. Visit our Podcast channel <https://youtu.be/bZC3Rhlt5M> to subscribe, like, and comment so that you don't miss out.



STEVEN LEWIS FOUNDATION (SLF) REPORTS ABOUT UGALEF FEB 17TH

The Stephen Lewis Foundation through their social media platforms reported about UGALEF, a conversion that brings together LBQ womxn leaders and activists to discuss how best they can advocate for change while creating a change in their day today living. Below is the message that was shared by SLF.

“In December 2021, Freedom And Room Uganda - FARUG held the Uganda Lesbian’s Forum (UGALEF). The forum was designed as a well-being and collective care space where LBQ women, activists and leaders could “politicize how they treat themselves...each other [and] how they move through, manage



A session at FARUG's Uganda Lesbian Forum (UGALEF).

and resolve conflict.” Activities at UGALEF With FARUG working at the frontlines of COVID-19 response for their community over the past 2 years, UGALEF was also an opportunity for them to come together and focus on the well-being of their organization.

LGBTIQ partners of the SLF are community-based organizations run by and for LGBTIQ communities. They build hope and solidarity among LGBTIQ individuals in sub-Saharan Africa and fight for a safer, freer and more equal future”.

TRANS DAY OF VISIBILITY

As we launched the Ba lesbica magazine, we further celebrated the trans day of visibility. This is a day where we recognise appreciate and encourage

our trans brothers and sisters to always fight for their rights. As FARUG we embrace trans people who feel comfortable in our space. The Trans Day of visibility (TDOV), reminds us to be more supportive, aware of the need to advocate gender inclusivity, justice and equal opportunities. Find the statement here;

<https://www.faruganda.org/2022/03/31/international-transgender-day-of-visibility/>

Activists shared different messages as shown below



WELLNESS JOURNALS

These journals are aimed at rejuvenating our members on a daily basis. LBQ womxn being affected with mental health issues, we realised we needed something that can keep them in shape, body, health and mind and also track their daily routines on how to relieve stress.

To download the full pdf version of the wellness journals, please click on this link <https://www.faruganda.org/wellness-journals/>

Wellness Journal
CHALLENGE: "DARE TO DO" JANUARY, 2022

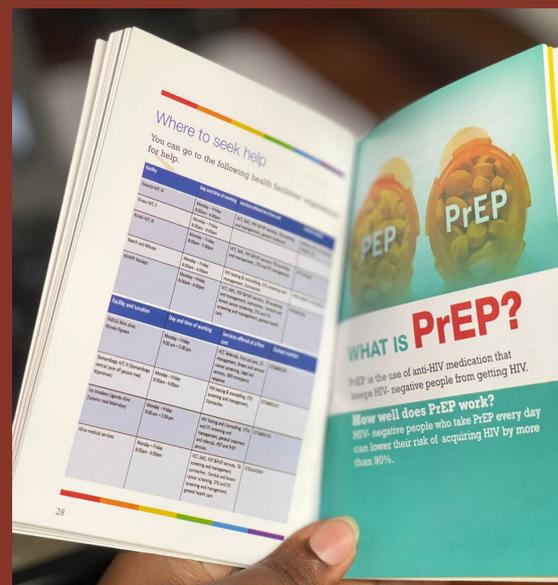
	Me-Day Monday	Tasty Tuesday	Whine Down Wednesday	Thankful Thursday	Fun-Day Friday	Sassy Saturday	Sundown Sunday
BREAKFAST	Fruit snack (banana)	Fruit snack (apple) and a glass of milk	Cereals and fruit snack (banana)	Make a fruit salad (mango, banana, berries)	Have a glass of naturally squeezed fresh juice	Make pan cakes /chapatti/ bake a cake	Defeat, healthy salad. (Avocado and cucumber)
Exercise	Stretch and Deep breath for 15 minutes	Do a deep breathing exercise before meals	20 minutes of Yoga, listen to your favorite song	Do 15 minutes of cardio	Rope skipping for 20 minutes	Take a Morning walk outside. Sun bath	Meditate with yoga
Activity challenge	Go to bed one hour earlier than usual.	Check-in with a loved one through a phone call, text, snap	Practice gratitude think of 3 things your grateful for	Give yourself a relaxing bath or with scented candles	Treat yourself to comfort food. You deserve it.	Declutter Watch the watch a favorite movie Take a mid-day nap	cook a meal and share it with somebody, friend, neighbor take a mid-day nap
Self-love quote	You are enough and you do enough	Be kind to yourself today	Just one big cup of self-love	Fall in love with taking care of yourself!	Life is way too short to spend another day	It starts with love and ends with love	Protect your peace, get rid of toxicity, cleanse your space.
Water	2 cups	3 cups	3 cups	4 cups	6 glasses	7 glasses	8 glasses

Wellness Journal
THEME: "LOVE" FEBRUARY, 2022

	Me-Day Monday	Tasty Tuesday	Whine Down Wednesday	Thankful Thursday	Fun-Day Friday	Sassy Saturday	Sundown Sunday
BREAKFAST	Millet porridge /weet banana	Fruit snack (apple) and a glass of plain yogurt	Fruit (watermelon) and cereal	mashed potatoes and beet root with avocado	Spiced tea with some ginger, cinnamon and corn	Fruit salad (Banana, apple) and a glass of milk	Drink some warm water /pear, oats porridge
Exercise	Take deep breaths, 10 sit-ups/Sneez-ups.	Meditate and stretch	Skip some rope and also do some air boxing	Do a dance workout on a Lingala track	Take a morning jog around your neighborhood	Go to the nearest gym or take a walk, or a road trip.	Zumba classes with a friend.
Activity challenge	Put on your favorite color	Give yourself a striptease before you have bath or a shower	Take a self-breast examination for any abnormality.	Write a message of gratitude of two lines to any LBQ activist you know or read about.	Invite your friends for some wine and beer tasting because its LGBT history month.	Flash yourself in the mirror and say I love me and I know it	Plan a simple date with your partner or even a friend if it's the love month and try out a new sex position.
Self-love affirmation or quotes	I am beautiful and when I smile I light up the room	Embrace the glorious mess that you are	Health without mental health is not healthy health	I am creatively inspired by the world that surrounds me	I am coming closer to my true self everyday	Let your inner child come out to play	I am free and safe to explore my sexual desires
Water	2 cups	3 cups	4 cups	5 glasses	6 glasses	7 glasses	8 glasses

HEALTH CARE IS STILL KEY FOR LBQ WOMXN HEALTH

There is a general misconception that LBQ womxn are less exposed to HIV and other STI's, because they are women who have sex with women. This has hindered a lot of work aimed to interface HIV/AIDS and SRHR for LBQ womxn. There are however a number of ways in which LBQ women are exposed and vulnerable to HIV and STI infections. Visit our website <https://www.faruganda.org/wp-content/uploads/2020/10/farug-book-edited-final-1.pdf> and read our publication



UGANDA FEMINIST FORUM (UFF) OPENING FEB 28TH 2022

We participated in the Opening of the Uganda Feminist Forum. Our slogan was; "We are here, we are queer". We thank the UFF working group for working tirelessly to put this together.

ACCESS TO SAFE ABORTION AS A REPRODUCTIVE HEALTH RIGHT. MARCH 15TH

The increased risk of unintended pregnancy among Bisexual womxn reflects structural barriers to sexual and reproductive health services. Access to safe abortion is a reproductive right we commonly understand is for Hetero persons, yet these occurrences further contribute to experiences of erasure and invisibility for bisexual individuals. Health care providers should not make harmful assumptions about pregnant bisexual

womxn, instead they must learn to take sexual histories as well as offer contraceptive counselling to bisexual womxn who want to prevent pregnancy regardless of sexual orientation thus being reason as to why bisexual womxn need to be included in our call for access to legal and safe abortion.



GLOBAL FUND STRATEGIC PLAN DEVELOPMENT PROCESS.

Organised by HRAPF in preparation for the global fund strategic plan development process, the programs associate SRHR, participated in the validation meeting programs associate SRHR is participating in a validation meeting aimed at discussing and validating a training manual to train CSOs on crisis response, the use of tools for crisis response and making effective referrals for legal and paralegal as well as relevant health services.

This meeting took place on Feb 18th 2022



SOCIAL INFORMATIVE FRIDAY 25TH MARCH 2022

On 26th March, we gathered and had a dialogue on bisexuality and biphobia as we were ending the international bisexual health month.

The "B" in the LBQ acronym stands for bisexual, and in this case its stands for

bisexual womxn regardless of their diversities. As our culture to gather every last Friday of the month, termed as "social informative Fridays", a conversation with LBQ womxn on bisexuality as a Sexuality that is greatly healthy important and existing in the country at large. These conversations are to broaden our understanding of bisexuality, stop taking it as a crime as we strongly fight the vice of BIPHOBIA in the LGBTIQ community and movement at large.



INITIATIVE FOR EQUALITY AND NON- DISCRIMINATION (INED) TRAINING

Our programs associate and communication officer took part in the training that aimed at shaping people's attitude and behaviour.

They learnt more about emotions, beliefs, values, lived experiences and identity. This exercise was called; The Opening hearts training exercise. This training took place from 16th to 18th February 2022 INED Team actively trained Uganda LGBTQ+ Activists & Allies community on ways to appeal and effectively communicate by use of the Heart wired Approach to Social Change.

WE FEATURED IN THE 3RD ISSUE OF CSW66 NEWS LETTER.

On March 25TH we were featured in the 3rd issue of the CSW66 newsletter by FEMNET.

To access this newsletter, visit the link below:
<https://femnet.org/2022/03/africa-disrupt-issue-3/>

GIRL TALK JOURNAL REPORT MARCH 17TH 2022

We were honoured to featured in the Girl talk journal report, that is a Pan African masterpiece which seeks to tell stories, facts and the status of African young women in and outside the continent. This report can be accessed from the link below;
<https://www.chooseyourself.website/.../GIRL-TALK-AFRIQUE...>



INAUGURAL AFRICA CSW66

Delicate in design, this tub has been down for generations, the classic iron or metal ones, with their vintage characteristics and detail. We made it to the inaugural Africa CSW; Convened as a space to facilitate and encourage African women's access and active participation in the CSW66. FEMNET has brought

CSW66 to Africa, hosting women and girls from each of the 5 sub regions of Africa during the first week of CSW66.

TRAINING OF TRAINERS (T.O.T) ON SUSTAINABLE DEVELOPMENT GOALS

On 27th and 28th February, we successfully conducted a training of trainers on SDG5 with and for Lesbian, bisexual, Queer, transgender womxn and transgender men from the greater central region.

SDG5 focuses on ending gender disparities, eliminating violence and discrimination, securing equal and meaningful participation and leadership opportunities of all women, eliminating forced and early marriages and universal access to SRHR. Prioritizing gender equality is one of the cross-cutting concerns in the 2030 Agenda. Women's empowerment and gender equality is integral to all dimensions of inclusive development irrespective of gender identity and orientations.



REFLECTIONS THROUGH THE BISEXUAL HEALTH AWARENESS MONTH.

March is a bisexual month, and we honored this month by sharing different messages regarding bisexual health, wellness and mental health. These messages were targeted to sensitize and create awareness about bisexual persons, bisexuality as an orientation and ending Biphobia both within and outside the LGBTQ community. Shared below are some of the messages we shared during the month.



CEDAW FINDS CRIMINALISATION OF LBQ WOMEN RIGHTS VIOLATION

On March 23rd, the UN's CEDAW Committee released its decision in a case that was challenging the criminalisation of LBQ women in Sri Lanka. The decision was a resounding victory, with the Committee finding that the criminalisation of consensual, same-sex Trust.

intimacy between women violates the UN Convention on the Elimination of All Forms of Discrimination against Women. The decision was attached in the link below for those who would like to read; <https://www.humandignitytrust.org/.../un-committee-rules.../>. This landmark decision arose from a case brought by Rosanna Flamer-Caldera, Executive Director of EQUAL GROUND in Sri Lanka, with the support of the Human Dignity

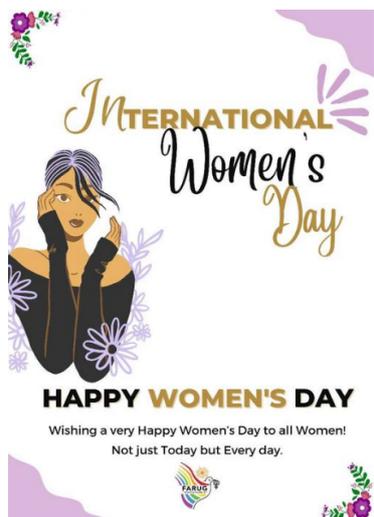


WOMEN'S DAY CELEBRATIONS

Many LBQT womxn and queer female sex workers have been subjected to sexual violence within their own homes, work place, communities and yet there remains very limited platforms and opportunities for redress for the violence they face; corrective rape, forced

marriage, sexual harassment, marital rape, incest. We live in constant fear of rape to "correct us" as well as further victimization because of our gender identity or sexual orientation. Thank you Akina Mama wa Afrika for partnering with us to create a safe space for LBQT womxn to share and unpack the pain, fears and bias of sexual violence against them.

This engagement was in partnership with Lady Mermaids Empowerment centre and Fem Alliance Uganda.



INTERNATIONAL WOMEN'S DAY

International Women's Day is celebrated every 8th of March to spread the message of gender equality and work together in making a better society where there is no gender bias. We shared a statement on this day and it can be downloaded

from the link below.
[https://www.faruganda.org/.../farug-statement-on.../...](https://www.faruganda.org/.../farug-statement-on.../)

BISEXUAL HEALTH MONTH MARCH 1ST

This year's Bisexual Health Month theme is "Connection". This theme has been chosen to highlight the importance of connecting bisexual+ people to each other, to supportive communities, and to healthcare resources that are affirming of their identities. raise awareness about the bisexual+ community's social, economic, and health disparities, advocate for resources, and inspire actions to improve bi+ people's well-being.



US AMBASSADOR LISTENS TO UGANDA LGBT COMMUNITY

On 4th February, the U.S. Ambassador Natalie E. Brown had the pleasure of joining U.S. Special Envoy to Advance the Human Rights of Lesbian, Gay, Bisexual, Transgender, Queer and Intersex (LGBTQI+) Persons Jessica Stern in listening to Uganda's LGBTQI+ community. "The United States remains committed to advocating against the discrimination of people based on who they are

or who they love," Ambassador Brown said. Our executive director was part of that meeting



UNIVERSAL PERIODIC REVIEW OF UGANDA

JOINT SUBMISSION BY CIVIL SOCIETY ORGANISATIONS UNDER THE SEXUAL MINORTIES CLUSTER

TO: THE NATIONAL UPR STAKE HOLDERS FORUM SECRETARIAT

List of Contributing Organisations	
1. Coalition for Human Rights Education	2. Uganda Network for Sex-Work Led Organisations (UNESCO)
3. Freedom and Roam Uganda	4. Come Out Positive Test Club
5. Health and Rights Initiative	6. Queer Women Leaders Uganda
7. Holistic Organisation to Promote Equality	8. The Robust Initiative For Promoting Human Rights
9. Human Rights Awareness and Promotion Forum	10. Sexual Minorities Uganda
11. Ice-Breakers Uganda	12. Resilience Uganda
13. Initiative for Rescue Uganda	14. Hope Focus Uganda
15. Kampus Liberty Uganda	16. Rwanda Network
17. Lady Mermaids Empowerment Centre	18. Alliance of Women Advocating for change
19. Let's Walk Uganda	20. Rella Women's Foundation
21. Lived Realities Uganda	22. Water Mellon (H2O Mellon)
23. Mbarara Rise Foundation	24. Eastern Region Women's Empowerment Organisation
25. Organisation for Gender Empowerment and Rights Advocacy	26. Men Of the Night Uganda
27. Serving Lives Under Marginalisation	28. Youth on Reck Foundation
29. The Taala Foundation	30. Golden Centre for Women's Rights
31. Trans Youth Initiative Uganda	32. Rainbow Shadows Uganda
33. Vijana Na Children Foundation Uganda (VINACEF)	34. Children Of The Sun Foundation (COSF)
35. VOICE Uganda	36. Community Empowerment Initiative Network
37. Youth Fraternity For Change	38. Blessed Rwenzori Uganda
39. Malukhu Women's Association to Prevent HIV/AIDS	40. Harm Reduction and Reproductive Health Initiative Mbarara
41. Sista Mbarara	42. Mbarara Rise Foundation

UNIVERSAL PERIODIC REVIEW (UPR)

On 29th January 2022, The LGBT and Sex worker cluster in Uganda led by Human Rights Awareness and Promotion Forum (HRAPF) developed a joint report detailing the respect and observance of the human rights of Sexual minorities in Uganda. The full version of the report was shared in the link attached below; <https://www.hrapf.org/.../221-sexual-minorities.../file>

LGBT HISTORY MONTH 1ST -28TH FEBRUARY 2022

During this month, we remember the LGBTIQ activists and the sacrifice they put to see that the LGBTIQ movement is where it is now. The fight ranges from access to equal justice, political representation, education, access to health care many more. As FARUG, we took a reflection through the month by sharing strong messages with our partners and members in order to strengthen their zeal and commitment in advocating for their rights while lobbying for change. We further recognised some of our partner

organisations that have been phenomenon in the LGBTIQ movement journey and growth. Shared below are some of the messages.

“For many LGBTIQ folks, having a loving family and feeling safe is just as important. Sadly many of us have been abused by those we trusted due to our sexual orientation and gender identity.

We are often left traumatised and impact on our mental health. This must end.

It’s important that lesbian, gay, bisexual, transgender people are able to find safety, form their own families of choice knowing they can be free”.

MEET FARUG

My name is **Freedom and Roam Uganda**, but feel free to call me FARUG. I was born in 2003, as a sister to the women’s movement. Conceived by three valiant radical feminist lesbians and as the first LGBT organization in Uganda, my entry into the world was not easy.....my collective mothers were isolated, each in her own corner facing profound discrimination, hatred and backlash from religious, social and political conservatives. <https://www.faruganda.org/>



COURTESY VISIT FROM UHAI EASHRI

On 9th February we were blessed with a courtesy visit from UHAI EASHRI where we were accessed on the progress of the work we do. As a donor organisation, UHAI visits different organisations in the country to see how best they can engage in the work they do.

We look forward to a great cooperation and collaboration with UHAI.

SHARING THE UGANDAN LGBTQI HISTORY

Histories are not only landmarked by organizations and movements, but also contributions, stories and journeys of individuals and community members. Dubbed as Tuli Waweru social Friday, hence we were outside, we decided to collectively put that into writing.....

The Ugandan LGBTQ history was shared by our programs associate SRHR



THE NEKO MAGAZINE LAUNCH MARCH 3RD

On 3rd March, one of our partner organisations Lady mermaids Empowerment Center launched their first magazine; The "NEKO MAGAZINE". This magazine shares stories of the day today living and challenges encountered by female sexworkers in Uganda. LMEC further partners with our DIC to

provide SRHR services to Queer womxn sexworkers. This is a great mile stone for the sexworkers community and the LBQ womxn sexworkers at large.



REMEMBERING ULRIKA MARCH 15TH

Our hearts are heavy with sympathy. During this sorrowful time, we would like to extend our heartfelt condolences to the Embassy of Sweden on the demise of Ulrika, we stand together as we embrace pain and hold her loved ones in our hearts. Her foot prints shall forever be felt. Rest in Peace.



VALENTINE'S DAY FEB 14TH 2022

In love and care towards the LBQ community, FARUG shared this message to her members; *"On this Valentine's Day we want to appreciate you and also remind you that we love you, you mean a lot to us and your valid."* Happy Valentine's Day!!

DAVID KISULE MEMORIAL LECTURE, JAN 26TH

On the National Liberation Day, David Kato Kisule was killed under unknown circumstances. He was an LGBTQ activist who fearlessly fought for LGBTQ rights in Uganda. On 26th January 2022, we celebrated David Kato whose death unknowingly liberated and still liberates many lives in the fight against homophobia. His legacy not only continues to create a liberation but a revolution as well.

We urge everyone to honour David Kato and others by recognizing their resilience, love and fight for the LGBTIQ+ community.



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'BREAK THE CHAINS'