

# SustainMe

ANNUAL REVIEW  
REPORT

# 2021



SustainMe  
for every woman

# OUR PURPOSE

**We achieve our purpose;**

## **Economic Empowerment**

SustainMe focuses on economically strengthening women and families through skills, mentorship, and the creation of sustainable livelihoods. Business training, vocational skills and mentorship are advanced to help vulnerable women start income generating activities, earn an income and provide for their families.

## **Microfinance**

SustainMe guarantees access to finances to the most poor women in form of small startup loans, startup seed grants and village banking which enable them to startup small businesses and income-generating activities.

## **Healthcare**

Health is a very important aspect of the family's wellbeing. Poor health has adverse effects on the performance of the vulnerable women and their families. SustainMe provides the women and their families with basic healthcare, preventive information, and support.

## **Food security**

SustainMe strives to ensure that women and their families have access to enough food and live healthy lives. With limited access to income, many families go with one meal a day, or none at all, thus leading to malnutrition and hunger. Our goal is to ensure that families have access to nutritious meals everyday so they can stay healthy and productive.



## A MESSAGE FROM THE CEO

2021 was such an amazing year with many lives of women and families impacted out of poverty.

SustainMe was able to transform the lives of **3,058** women and children.

First and foremost, I would like to take this opportunity to say a huge thank you to everyone who generously supported our work and made it possible for SustainMe to reach out and continue with its work of transforming lives of the vulnerable women and their families.

*Thank you very much for partnering with us for a positive impact!*

# OUR IMPACT

30 women accessed startup seed grants

202 Women Accessed Small Startup Loans

2 Community village banks established

House constructed for a widow

256 families received Christmas food baskets

135 accessed business skills

60 women access vocational skills in farming

60 women equipped with nutritional knowledge

10 women gardens created

## About SustainMe



**S**ustainMe located in Uganda Africa was established in 2013 to help in empowering vulnerable women and their families to fight poverty. All our work is directed towards helping women and their children, with emphasis on empowerment towards self-sufficiency. Over the years, SustainMe has touched over 6000 lives of women and children.

Our focus is to build capacities for the poor women to be able to live fulfilling lives and be able to provide for their children with food, school fees, medical care and other basic needs. Through our various programs such as economic empowerment, microfinance, food security and healthcare, women are empowered to build sustainable livelihoods for income generation and support for their families.

Our approach ensures that women and their families get access to skills including business and vocational, small startup loans and seed grants, healthcare and food security.

Women including widows, single and young mothers, grandmothers, women infected and affected by HIV/AIDS, victims of domestic violence and women living in extreme poverty are supported with priority given to those in rural communities.

# OUR WOMEN EMPOWERMENT JOURNEY

*Our journey of empowerment continues to create a positive and sustainable impact in the lives of women and their families. Here is an highlight of the accomplishments made through out the year.*

## Women Access Small Startup Loans



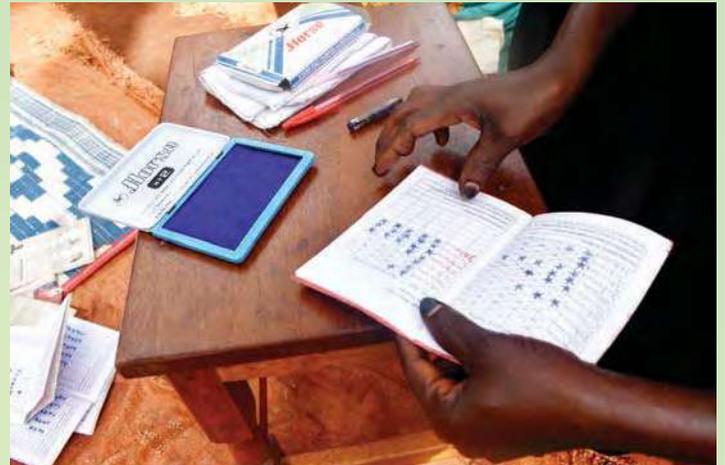
202 women accessed collateral free small startup loans which enabled them to build income generating activities. The startup loans were accessed through the women solidarity groups which gave opportunity to the women access finances and build their incomes.

## Women Access Seed Grants

Startup seed grants target the poorest of the poor women in the communities who have no resources at all but want begin an income generating activity to earn income and support their families. 30 most poorest women were awarded with startup seed grants which they used to startup different income generating activities including groceries, baking, silver fish, and charcoal and firewood businesses. Seed grants proved to be one of the best approaches to uplift the poorest women from poverty.



## Village banking for rural women



Village banks provide an opportunity to women living in isolated communities access small loans, learn a culture of savings as well as access a form of insurance. 60 women were able to access savings, loans and insurance through the village banking model including Tweekembe and Agali Awamu.

## Women access business skills

Business skills were delivered to the women in the communities.

65 women were reached and supported to access skills which enabled them to start up, run and manage their businesses.



All the 65 women attended the SustainMe 1 month Business course which equipped them with skills in record keeping, customer care, marketing, starting and maintaining a business among others.

## Volunteering & Internship



With support from our partners Foundation for Sustainable Community Development, we hosted virtual space internship with 5 interns who shared their experience and skills with the women and our organization.

The interns supported us to implement 2 successful projects including empowering vulnerable women through business skills and finance, and reduction of mortality rate through improved nutrition. We take this opportunity to appreciate our partners the FSD for working with us to make a difference in the lives of the women.

## Small Business Start-ups



Small businesses and income generating activities mean a lot to SustainMe as they help to sustain the lives of many families!

Our goal is that every vulnerable woman has a small business through which she is able to provide a meal and other basic needs to her family.

Therefore, 350 small businesses were established throughout the year and this helped mothers to earn more income and thus were able to provide for their children.

## Women participate in Vegetable Gardening



SustainMe strives to ensure that women and their families have access to enough food and live healthy lives. 35 families were skilled in vegetable gardening and supported to set up gardens, vegetables including tomatoes, carrots, egg plants and Sukuma wiki were grown. This ensured that families had enough vegetables to supplement on their meals and diets.

## Women's Health care

Health is a great contributor in helping women fight poverty.

Through our healthcare program, SustainMe reached out to the women with health information.

Women accessed training on nutrition and maternal health care.



In response to the scourge of Covid 19, the organization distributed masks to the women in order to fight the virus. In addition medical treatment was accessed by the women through our partner health institutions.

## Women Mentored in Small Business

Mentorship remains key in supporting the vulnerable women running small businesses.

Through mentorship, 45 women were supported to improve and attain profitability in their businesses.



The women entrepreneurs had the opportunity to access continuous business support and advice in record keeping, cash flow, business planning and marketing, and this increased their business profitability and hence increase in their ability to provide for their families.

## Business tools for women businesses

As an organization, we are interested in ensuring that women access all the necessary tools needed to run their small businesses. We know that once women have successful businesses, then it is easy for them to care for their families with food and other basic needs. To achieve our objective, we supported the construction of women business booth and sign posts for their businesses.



## Share a Meal



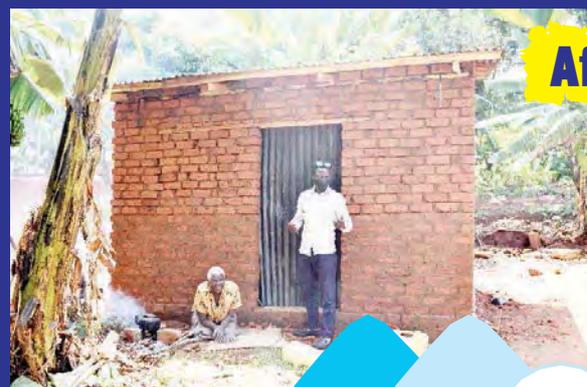
Share a Meal happens once every year where we give an opportunity to the amazing and generous people around the world to share a meal and Christmas fun with the poor families.

Without sharing a meal with such families, many would miss out enjoying the meaning of Christmas. Share a Meal 2021 saw a total of 258 lives with a meal on Christmas, families received food baskets which included meat, sugar, cooking oil, salt, soap, rice, wheat among others.

Thank you our amazing community for your generosity, because of you poor families were able to enjoy their Christmas. Share a Meal 2022 is loading and we look forward to your participation.

## Better Shelter for Cecilia

Cecilia Kafuko, a widow caring for 2 grandchildren lived under poor house for over 10 years. The house was made up of mud, rusty and leaking iron sheets with no door. Through our mission of improving the lives of vulnerable women and families, we built Cecilia and her grandchildren a new house. Now Cecilia and her grandchildren live in a better shelter and no longer have to worry about rains, and she can now focus on finding food and other basic supplies for her children.



# OUR FUTURE

SustainMe continues to build and advocate for a better space for the vulnerable women and their families to thrive. Our focus is to build the Women's Center, a place where the women will have access to a wide range of empowerment skills that will build their capacities to run sustainable livelihoods and provide for their children. The Women's Center will have a state of art Women's training space providing all set of skills including business, finance and hands on. In addition, the Center will have a medical facility providing affordable medical services to the women and children, learning space for the children and meeting place for the women.

We are excited as we get closer to the big dream! We now have a piece of land available and now looking for funds to start the construction. If you are passionate about building a better world for the vulnerable women, please consider donating towards our construction project.

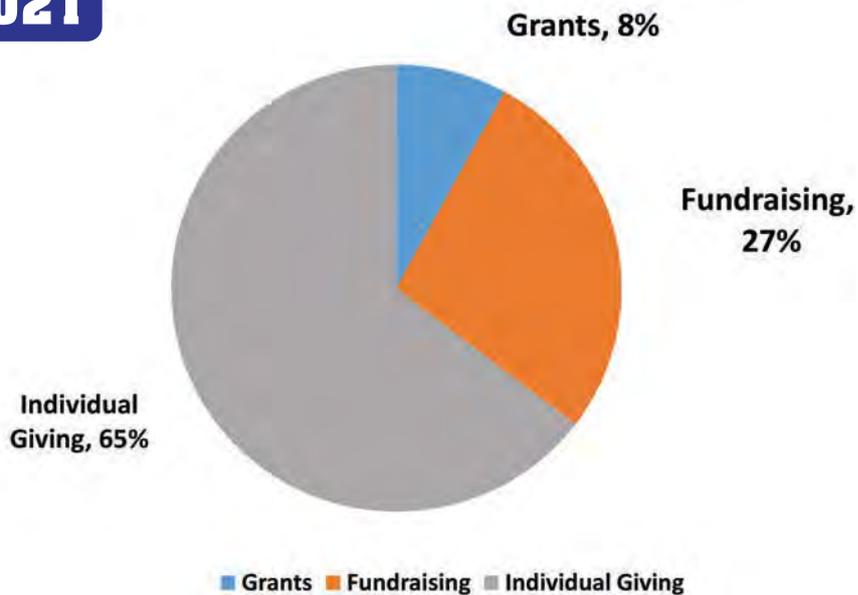
Interested in partnering with us to build the Women's Center,

please *Email :us at: [info@sustainme.org.ug](mailto:info@sustainme.org.ug) or follow the link <https://www.globalgiving.org/projects/sustainme-uganda>*

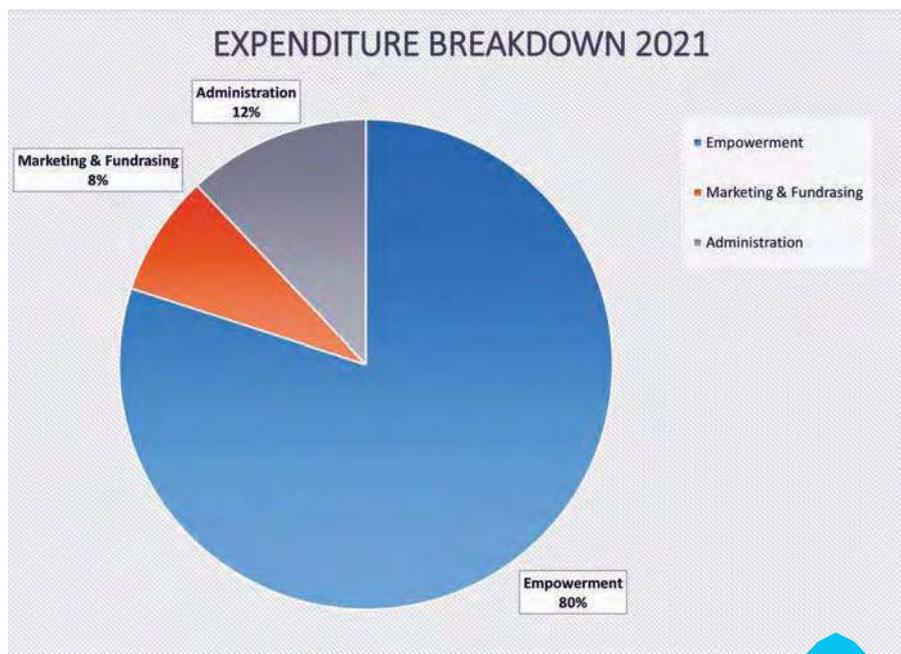


# FINANCIAL OVERVIEW 2021

## INCOMES 2021



## EXPENDITURES



# How you can help

## **Donate;**

Your gift helps create a lasting impact in the lives of women and their families.

**Partner with us** Get your community involved with us

## **Volunteer;**

Use your skills and time to support SustainMe to reach out to more vulnerable women.

## **Fundraise;**

Get creative and come up with fundraising ideas and event that can help us raise resources to support our work

## **Become a Global Ambassador;**

Lead the way, create a community and raise support and represent our charity in your local community.

## **Thank You**

We take this opportunity to thank everyone and organizations that supported us to empower and give hope to the vulnerable women and their families. We couldn't have achieved such impact without your involvement.

# OUR PARTNERS



# SustainMe

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