



2022

SUSTAINME ANNUAL REVIEW
Empower. Transform. Give hope.



Our Purpose

We strive for a world where every woman is empowered!



We achieve our purpose; Economic Empowerment

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

Microfinance

SustainMe guarantees access to financial inclusion for the most poor women-inform of small startup loans, seed grants and village banking which enable them to startup small businesses and income-generating activities.

Family & Social Strengthening

SustainMe aims at empowering families to enable them to get better healthcare, have access to enough food and education. Through this program, families learn about practical health practices and they way to live healthier within their families, families gain knowledge on growing more food as well as access to education that transform their entire families' lives.



A message from the CEO



2022 has been such an amazing year with many lives of women and families transformed out of poverty. Until now, SustainMe was able to transform 7,733 lives of women, children, and their families

I would like to thank our generous donors and supporter for their amazing support and contribution to our work. Your support made it possible for SustainMe to reach out and continue with its work of transforming lives of the vulnerable women and their families.

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I also want to thank our team of staff and volunteers for their commitment and continuous efforts to reaching to the women and families, supporting them, and ultimately enabling them to raise out of poverty. Thank you for all your efforts, you do such an amazing job.

Our Impact

- 202 women accessed business skills
- 202 women accessed
- 250 women financed
- 93 women empowered through village banking
- 255 lives Shared a Meal
- 59 women access vocational skills in farming
- 75 women mentored
- 256 women graduated in business
- 59 women benefited from Vegetable gardens created



About SustainMe

(SustainMe is a non profit organization working to lift the vulnerable women and their families through skills, finance and empowerment. Our work focuses on providing business and vocational skills, inclusive financial access for women, small business development, mentorship and empowerment.

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 and mentorship, women are empowered to build sustainable livelihoods for income generation and support for their families.

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 JOURNEY OF WOMEN'S EMPOWERMENT

Women Access Small Startup Loans



25 women accessed collateral-free small startup loans which enabled them to build income-generating activities. The startup loans were accessed through the women's solidarity groups enabling them to launch their businesses and start earning an income.



Startup seed grants are a reliable tool supporting the poorest of the poor women in the communities to uplift themselves out of poverty. 25 poorest women were awarded startup seed grants which they used to startup different businesses such as grocery businesses, silverfish selling businesses, and farming businesses among others. Seed grants created an opportunity for women to start earning.



Village Banking for Women



Village Banking is improving financial inclusiveness among the most vulnerable women, especially those living in rural areas. Through the village banks, women meet weekly and make small savings together, once the savings have accumulated, the women begin to borrow from their own resources. 93 women were directly impacted by village banks in their communities, they had access to savings, small loans and some form of insurance.



Women Business Training



250 vulnerable women accessed SustainMe one-month business course. The women were equipped with skills in record keeping, customer care, marketing, and starting and maintaining a business among others. After the training, the women were able to launch their businesses and improved their household incomes which resulted in their ability to provide for their families.

551 Women-led Small Business Established



Small businesses and income-generating activities mean a lot to the work of SustainMe as they help to sustain the lives of many families! Our goal is that every woman has a small business through which she is able to provide basic needs to her family.

Vegetable Gardening for Families



SustainMe strives to ensure that women and their families have access to enough food and live healthy lives. 59 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.

Health care & support for women and children



Throughout the year, healthcare talks, medical provisions and sensitization were provided to build and strengthen family health. Preventative information was disseminated to both the women and children, issues such as family planning, prevention of malaria and typhoid, hygiene and sanitation were shared with the women. Because the healthcare programs, family health improved which enabled the mothers to save more income.



Mentorship remains key in supporting women to understand and improve their businesses and increase profitability. 75 women were mentored and greatly improved their small business performance. The women were able to have a partner on their journey as they built their businesses, they freely asked questions and interacted with their mentors, improved their record-keeping skills, and saw an increase in their business income and profitability.

Access to Business tools



Many women are still trapped in the cycle of poverty due to a lack of access to the right business tools to startup and or run businesses. SustainMe understands this and we work to bring such tools closer to the women so that they can facilitate the fight against poverty. Throughout the year, SustainMe ensured that the women had access to business tools such as business booths, and business experts, cheaper options, tools for saving, mobile communication, and space for business operations.

Share a Meal

Share a Meal give poor families an opportunity to enjoy and celebrate Christmas just like any other family, families receive different Christmas gifts. This year, Share a Meal served 51 families impacting 255 lives. Women and children received food baskets with a variety of gifts such as meat, sweets, bread, sugar, cooking oil, salt, soap, rice, and wheat

All Share a Meal gifts were made possible because of your generosity. Special thanks to Jesse, Cassey, Ember, Oaklee, Nick, Tanner, Mareike, and Kerry for donating towards this year's Share a Meal.







SustainMe and the women participated in the International Women's Day Celebration of the year. The day brought together different organizations and partners working to make hard to make a difference in the lives of women. Women participated in marching and raising voices on the issues that affect them. SustainMe also used this day to raise funds to support more women still trapped in the cycle of poverty. We are grateful to Victoria and our Global Ambassadors for collaborating with SustainMe to create a better world for women.

My Story

Hadijah's Story



Hadijah is a widow caring for 3 children. Hadijah's life and that of her children became a nightmare when her husband who was the breadwinner passed away. She had no source of income and thus providing for her children became very difficult. Because of poverty, Hadijah couldn't afford medical care for her children, and one of her children got affected with cerebral Malaria.

Through our family empowerment program and your generosity, Hadijah was supported with business skills and small startup capital which she used to start up a small business selling Groundnuts and Silverfish. Her business expanded enabling her to feed her children as well as provide other basic needs.



"I am so grateful to SustainMe for giving me hope and the opportunity to have a livelihood. As a widow life was very difficult, my children and I would sleep on an empty stomach some days, fail to pay medical bills, and lose hope. Today I am excited to have new hope, I am able to have food for my children as well as pay medical bills for my sick child."

Says Hadijah



("I could not afford books for my children. Younger children used books with remaining blank , Says ROSEMARY) pages passed on by their elder siblings." Rosemary recalls

Our Future

SustainMe continues to be the Center for women's empowerment, building and advocating for a better space for poor women and their families. Our focus is to build the Women's Center, a place where 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 sets 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, a learning space for the children, and a meeting place for the women.

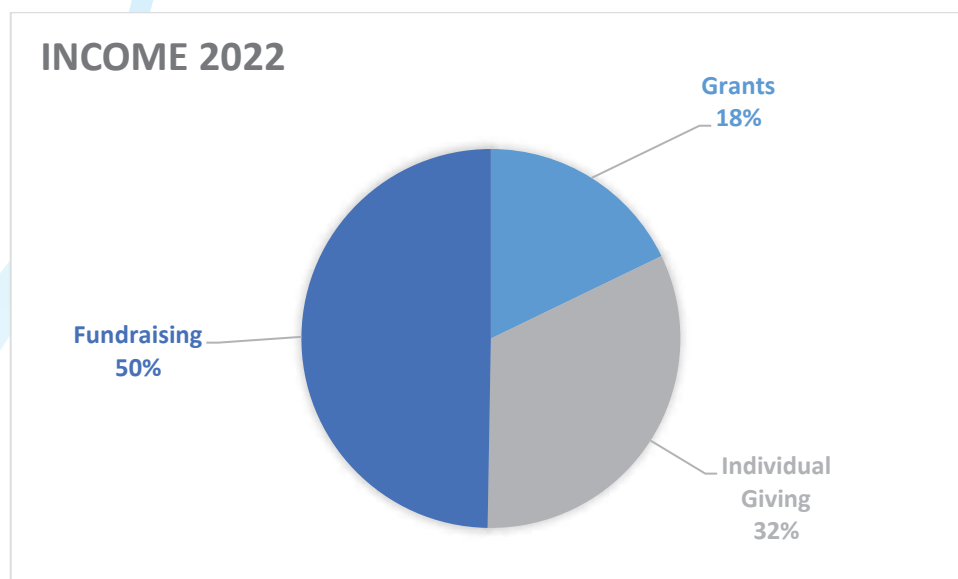
We're excited as we get closer to the big dream! We now have a piece of land available and now looking for funds to start the construction. If you are passionate about building a better world for vulnerable women, please consider donating to our construction project

Interested in partnering with us to build the Women's Center, please email us at info@sustainme.org.ug or follow the link: <https://www.globalgiving.org/projects/sustainme-uganda>

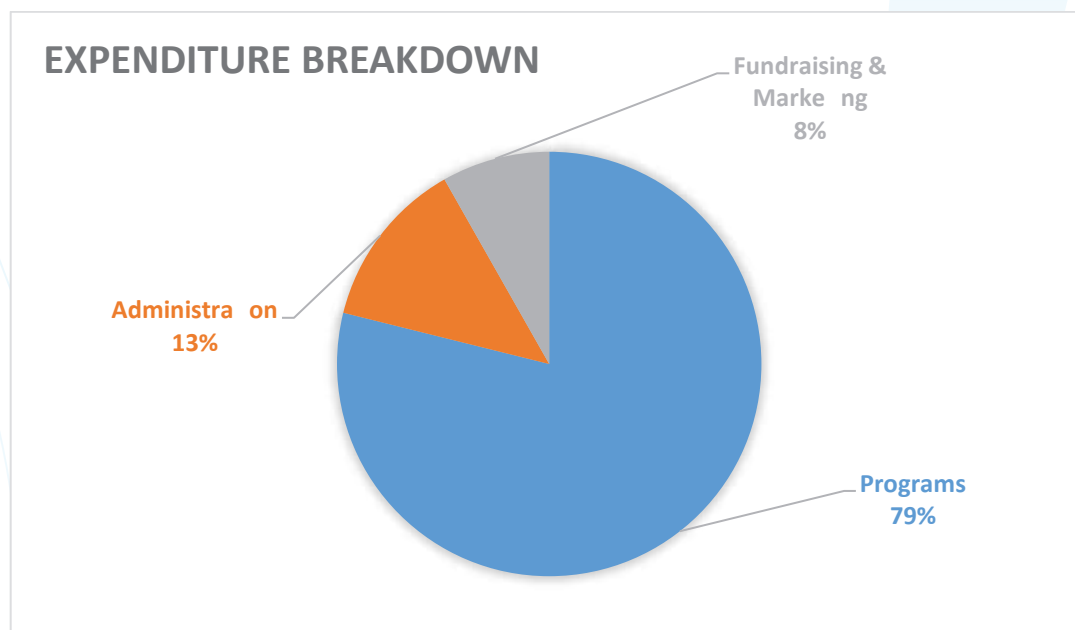


Financial Overview 2022

INCOME



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 events 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 vulnerable women and their families. We couldn't have achieved such an impact without your involvement.



SustainMe

P o Box 199, Jinja-Uganda

Plot 1, Katosi-Nyenga Rd

Tel: +256707314248 | +256 393239899

Registered Charity Number: 2770INDR142692092NB

Email: info@sustainme.org.ug

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