



CEO's Corner

Every day, we take meaningful steps toward our vision of creating a world where every woman is empowered to reach her full potential. These incremental advancements are shaping a brighter future for women and girls. The path to empowerment for vulnerable women and families depends on the actions taken today by passionate and dedicated individuals and organizations like SustainMe.

At SustainMe, we are committed to uplifting impoverished women and girls by providing essential skills,

financial support, better health, and empowerment opportunities. Our focus areas include economic empowerment, family strengthening, women's rights and Gender Equality, and health and nutrition.

I would like to take this opportunity to express my heartfelt gratitude to all our donors and supporters for their generous contributions to our cause. Your support is invaluable to us—THANK YOU!

SAMUEL WANYAGIRA



A Year in Review



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Zam Musubika

My name is Zauma Musubika, a 58 year old grandmother responsible for caring for three children. Life for me has been extremely challenging, grappling with poverty and a lack of support for both myself and my three children.



With no income-generating activities, skills, or capital to start a business, each day felt like an uphill battle—from wondering where our next meal would come from to facing the uncertainties of aging without access to necessary medical care. I am deeply grateful to SustainMe and the generous individuals who have selflessly sacrificed to provide grandmothers like me with opportunities to acquire essential skills and capital to establish small businesses, even in our later years. Without your generosity, this transformation would not have been possible.

Thanks to your kind support, I have received the necessary training to operate a small baking business and now have the capital to sustain it.

Moreover, I have gained crucial financial management skills, enabling me to budget effectively and enhance my income. Zauma's journey stands as a powerful testament to the impact of empowerment programmes in breaking the cycle of poverty for vulnerable women, empowering them to achieve economic independence.

Who we are

SustainMe is a small Ugandan charity providing a holistic approach that enables women to access vital skills such as business and vocational training, small startup capital, better health and nutrition. We are committed to promoting women's rights and gender equality. We hope this will enable women to build resilient communities and fight for a brighter future.

Our Vision

A world where every woman is empowered to reach her full potential

Our Mission

Our mission is to transform the lives of vulnerable women and their families by fostering socio-economic opportunities through inclusive finance, skills, family support and gender equality. At SustainMe, we place women, girls and their families at the heart of everything we do, with the goal of creating a better world for women.



Founded in 2013 in Uganda, SustainMe was established to help uplift women, girls and their families out of poverty. Our work is focused on empowering women and girls to achieve self-sufficiency, and we are proud to have impacted the lives of over 10,000 women. Our programmes are designed to build the capacities of women ensuring they can lead fulfilling lives and provide for their children—covering essential needs like food, school fees, and medical care.

Our holistic approach includes access to vital skills, such as business and vocational training, small startup capital, better health and nutrition, rights and Gender Equality, and mentorship. By equipping women and girls with these tools, we ensure they can build resilient communities and fight for a brighter future.



We Work Where



Many women and girls in Uganda live in extreme poverty, making them highly vulnerable to isolation, discrimination, and abuse within their communities.

Empowering these women and girls through skills, family strengthening, health and nutrition, and business opportunities equips them with the tools they need to break free from the cycle of poverty.

What we have been up to?

At SustainMe, we are committed to making a meaningful impact in the lives of women, girls, and families. We extend our heartfelt gratitude to our donors, volunteers and supporters—your generosity enables us to achieve our goals. Without your support, our accomplishments would not have been possible.

My SustainMe Story



"I am Because of You"

Widowed at a young age, Harriet found herself shouldering the responsibility of caring for her children and grandchildren amidst economic hardship and a lack of steady income. Unable to secure employment, Harriet faced the difficult task of supporting her family on her own.

During a routine needs assessment, the SustainMe team discovered Harriet in the community and recognized her immense need. She was then enrolled in our Women's Empowerment program, where

Harriet learned valuable business skills and strategies for starting a small business. With the generous support of donors like you, Harriet received startup capital to launch a baking business specializing in half cakes and pancakes. Today, Harriet's baking business is thriving, and she reports steady progress. She's able to provide for her family with basic necessities, including daily meals and medical care. Her business has brought her comfort, peace, and joy, offering hope for a brighter future.

Nanyanzi Harriet



Volunteer's Name: **Kerry**
 Country: **Scotland**
 Memorable Verse: **The feeling is Worthwhile**

I first got involved with

SustainMe via social media and very quickly spoke to Samuel on a Zoom call - no other option really as I am in Glasgow, Scotland!! Sometimes you can feel very useless when you are not physically close to a charity that you want to volunteer with, but the team came up with the great idea of being a Global Ambassador. It has been a great experience, and I would recommend it.

OK sometimes all I am doing is sharing and promoting the charity via social media and encouraging my contacts to donate to this amazing cause, but it still feels worthwhile, and Samuel is such an inspirational person. It is good to have a global network and I am glad that I have been useful at points as I am sometimes in disbelief at what the team at SustainMe achieve, and I hope they are proud of the impact that they have.



Throughout our journey, we have implemented various impactful programmes.

Our economic empowerment program has successfully trained over 2,000 vulnerable women and girls through a one-month business course, providing them with essential skills to thrive. Our microfinance initiatives have created opportunities for more than 5,000 women and girls to access financing in the form of small startup loans, seed grants, and village banking, empowering them to build sustainable livelihoods.

Through our Women's Rights and Gender Equality Program, we have safeguarded over 2,500 women and girls from gender-based abuse. We have conducted awareness campaigns, pursued legal action, provided alternative solutions, and fostered safe and dignified spaces for women and girls to thrive with dignity and without fear.

Our Family Strengthening Programme is designed to address both the immediate needs and long-term aspirations of families in our communities.

Through this program, we empowered families to engage in vegetable gardening, fostering food security and self-sufficiency. Our Share a Meal initiative provided food to families in need, combating hunger and malnutrition. Additionally, the Give a Goat initiative offered a sustainable source of livelihood, while we also supported education for needy children, ensuring that the next generation has the opportunity to thrive.

The health and nutrition program has significantly enhanced the well-being of over 3,000 women and families by providing better medical care, timely diagnoses, and improved nutrition, resulting in transformative changes in their lives.

As we look to the future, we are focused on establishing the Women's Life Centre, a space that will offer women, girls, and families access to skills training, mentorship, medical care, and a safe haven from abuse. This Centre will serve as a preparation hub, helping them to build a brighter and more secure future.

Our Journey, Action and Impact!



Financial Access for Women

205 vulnerable women accessed finances to start up income generating activities. The inability to access finances is a very big challenge to many



poor women especially those living in the rural communities since financial institutions require collateral which they do not have.

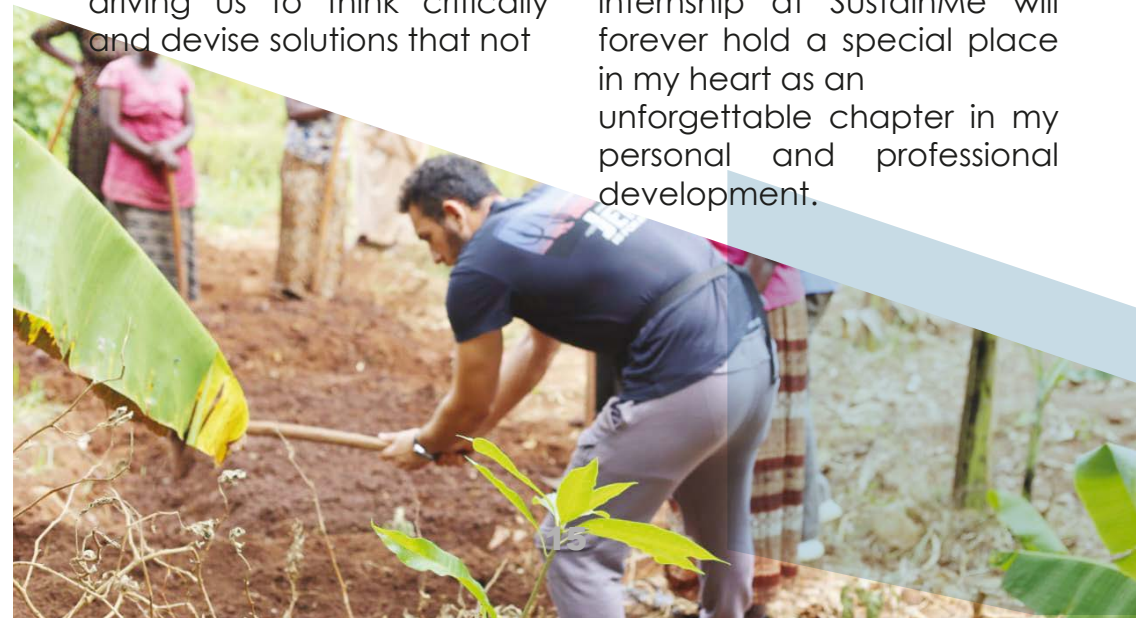
SustainMe has made it possible for the women to access collateral free small startup loans through the women's groups which help in starting up and or boost their small businesses.

During my time at SustainMe, I was immersed in an environment that thrived on creativity and innovation encouraging interns like myself to explore and implement ideas aimed at fostering sustainable development. Under the expert guidance of my mentors, I gained valuable insights into the diverse strategies and approaches required to initiate and sustain impactful projects. From project planning to community engagement and resource mobilization, I honed essential skills that are fundamental to driving sustainable change.

At SustainMe, the ethos of empowerment was tangible, driving us to think critically and devise solutions that not

only addressed immediate challenges but also fostered long term benefits for the community. Engaging in workshops and practical fieldwork further deepened my understanding of the complexities inherent in development work and underscored the importance of collaboration and inclusivity in driving meaningful progress.

As I embark on future endeavors, I carry with me the invaluable lessons and relationships forged during my stay at SustainMe. I am deeply grateful to the mentors for their unwavering support and mentorship, treating us interns as family throughout our journey. My internship at SustainMe will forever hold a special place in my heart as an unforgettable chapter in my personal and professional development.



Volunteer Connect

"A Life Changing Journey with SustainMe"

The Volunteer Connect is a special edition dedicated to capturing and sharing the impactful stories of both current and former volunteers of SustainMe. Through this segment, we aim to provide a glimpse into the life-changing experiences of our volunteers, offering insight and inspiration to future Volunteers.



Inspiring Gifts for women and families

Majority of the women and families living in the rural area live below the poverty line. The families struggle to find opportunities to thrive since they have no income, no assets and no skills.

SustainMe supported such women at the grassroots with inspiring gifts of goats, mosquito nets, seed grants among others. Access to inspiring gifts for the poor women and families enables them to create Sustainable livelihood which allows them to jump the poverty line.

What Volunteers Say

Interns' Name: **Kisaa Zehra**
Country: **Qatar**
Memorable Verse: **SustainMe home for Sustainable Development**

My name is Kisaa, and I'm currently a third-year student at Northwestern University in Qatar. Reflecting on my internship experience at SustainMe, I realized the profound impact it had on my understanding of sustainable development and the

empowerment of women within the communities. Working closely with my mentors, I delved into the intricacies of sustainable development and witnessed firsthand its ability to uplift and empower marginalized groups particularly women in Tongolo community.

Women's Rights and Gender Equality

At SustainMe, we have been and continued to be committed to upholding and defending the rights of every woman. Our work has focused on protecting and empowering women. We have helped and supported women experiencing domestic violence and children who have experienced violence and sexual abuse. We have aimed to support women to assert their rights in terms of both property and health care. We have run awareness campaigns and community dialogue sessions to reduce domestic violence overall.

We have provided women with tools, skills and resources to rebuild their lives through establishing small businesses, providing training and startup capital. We believe this is the way that we can enable the women to assert their rights and gain gender equality.





Health and Nutrition for Women and Families

Our Health and Nutrition Program has been a lifeline for many in the rural communities we serve, especially women and children who cannot afford medical care. Through this program, we have facilitated access to medical services, including diagnosis, treatment, and nutritional support for malnourished children.

Every day, we encounter malnourished children and sick women who, without our intervention, would remain ill for extended periods or, tragically, lose their lives. We are proud to see this program restoring hope and dignity, ensuring that women and children can lead healthier and more fulfilling lives.

Village banking for rural wome

Village banking is a community based microfinance model that aims to empower individuals in rural and marginalized communities to improve their economic situation. Members make regular contributions to a collective saving fund which is managed and administered by the entire community.

paying for education or healthcare or meeting other urgent needs. With a total of 4 village banks now, we have managed to serve over 350 women and girls living in rural and marginalized communities.



Village banks help women to access small loans through self-raised funds, access saving opportunities and emergency funds. These loans serve purposes such as starting or expanding small businesses,



Newsletter Pictorials



We were privileged to collaborate with extraordinary volunteers from around the globe. Their expertise and skills were instrumental in amplifying SustainMe's impact, enabling us to achieve even greater success in our mission.

We extend our heartfelt gratitude to these dedicated individuals for their invaluable contributions and sacrifices to uplift women, girls, and families from poverty. A special thank you goes to Foundation for Sustainable Community Based Development, Bridget, Monaco, Antonio, Ernesto, Justin, Kisaa, Shermeen, and Wasay, whose pivotal roles made this project a reality and left a lasting, meaningful impact.



Skills for Women and Girls



At SustainMe, our goal is to empower women and girls to create sustainable livelihoods and become employable. To achieve this, we have provided training in a variety of

skills, including business, financial literacy, entrepreneurship, and vocational skills. These programmes lay a solid foundation for Volunteers to build independence and achieve self-sufficiency.

Our business, finance, and entrepreneurship training covered critical areas such as sales and marketing, customer care, record-keeping, business positioning, and money management. Vocational training focused on practical skills like hairdressing, farming, and sewing.

To celebrate their achievements, all participants received certificates and recognition upon completing the training, affirming their readiness to take the next step towards economic empowerment.

Education for children



At the start of the academic year, school children and students returned to their respective schools and colleges. We sponsor a number of children paying for their school fees and providing equipment.

Women engage in vegetable gardening

One of the major problems faced by our local communities is food insecurities. These insecurities are crucial contributors of malnutrition in communities hence causing nutritional related illnesses. Through our family strengthening programme, rural women have been economically empowered through vegetable gardening to improve their nutrition as well as earn an extra income. Throughout the season, women planted and harvest their vegetables leading to food security, better nutrition and increase in household incomes



Volunteering



International Women's Day activities

Every year, SustainMe is always honored to participate and celebrate courageous women on the International Women's Day. This year, we were honored to give out 10 goats to vulnerable women and families for their remarkable contribution towards transforming their lives and that of their families. We aim to empower women and girls to fight poverty and reclaim their dignity through economic empowerment, women's right and gender equality for all women and promote good health through our medical, food and nutrition programmes.

