



Rella Women's Foundation Success Story

Rella Women's Foundation, also known as Rella Uganda, has emerged as a remarkable achievement since its formation in March 2017 by a group of seven young queer individuals in Uganda. With a primary focus on addressing the vulnerabilities faced by LBQ (Lesbian, Bisexual, Queer, and Transgender) individuals in the country, this organization has made significant strides in promoting their rights and improving their overall well-being.

Embodying its name, which is derived from the word "Umbrella," Rella Women's Foundation serves as a symbol of protection and accessibility for its beneficiaries and partners. Its official registration on November 23, 2017, with the invaluable assistance of Chapter Four Uganda, a local advocacy organization, marked an important milestone for the foundation, now operating as Rella Women's Foundation Limited.

The vision of Rella Women's Foundation is to create a society where all persons inclusively thrive politically, economically, socially, and mentally. Guided by this vision, the organization's mission encompasses several key areas, including promoting the rights of LBQ individuals through the provision of Sexual Reproductive Health and Rights (SRHR) services, establishing safe spaces, engaging in advocacy and communication efforts, fostering leadership and movement building, and advocating for economic justice.

Rella Women's Foundation's impactful work is encapsulated by the acronym "SCALE," which represents their commitment to SRHR service provision, the creation of safe spaces, advocacy and communication initiatives, leadership and movement building, and the pursuit of economic justice.

To achieve their goals, the organization remains steadfast in its commitment to learning, embracing change, and challenging the status quo. By doing so, they have achieved significant results, influencing laws and policies within the country. Furthermore, Rella Women's Foundation is dedicated to promoting institutional and community growth

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



“we are because you are”

Rella Women’s Foundation Success Story

within the LBQ community in Uganda, fostering an environment that nurtures empowerment and progress.

Rella Women's Foundation has made significant achievements in promoting and respecting the rights of LBQ persons in Uganda over the past six years. The organization plays a leadership role in advocating, communicating, and bridging the gap at all levels of government, private sector, and public sector for the inclusion, participation, promotion, protection, and respect of human rights for LBQ women.

Rella Women's Foundation has created safe spaces for LBQ individuals, including the Rella House of Hope (Ropetopia) and Rellatopia. These spaces provide support, sisterhood, and a sense of belonging for LBQ individuals. They serve as meeting points for activities such as Zumba, conversations, fundraising events, and movie nights that promote togetherness and engagement within the LBQ community in Uganda.

The Rella House of Hope, established in 2019, is the first-ever LBQ persons' shelter in Uganda. It provides support to over 50 homeless LBQ individuals per year, offering healing, wellness, and assistance in obtaining permanent housing. The shelter offers counseling, social-physio support, trainings, health care, legal aid, and leadership development to help LBQ individuals rebuild their lives and fight for their rights. The Rella House of Hope also focuses on economic empowerment through skills development and financial talks to promote financial independence.

Since 2019, the creation of safe spaces for LBQ individuals in Uganda has been a significant achievement for Rella Women's Foundation. Two notable safe spaces established are Rella House of Hope - Ropetopia and Rella Premises - Rellatopia. These spaces have made a profound impact on the lives of LBQ persons in Uganda, providing them with support, empowerment, and a sense of belonging.

Rella House of Hope serves as a transformational temporary housing facility for LBQ persons facing challenges in Uganda. The program aims to break the repetitive cycle of homelessness and gender-based violence by helping over 50 homeless LBQ persons

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



RELLA WOMEN'S
FOUNDATION

"we are because you are"

Rella Women's Foundation Success Story

each year to obtain healing, wellness, and permanent housing. Through projects such as Rella Wellness, Rental Assistance, Rella Recovery, and Rella Protection, the house provides a comprehensive range of services to support the occupants.

At Rella House of Hope, LBQ individuals have access to counseling, social-physio support, training, conversations, healthcare, legal aid, and leadership development opportunities. The program also focuses on economic empowerment through skill development and financial talks, equipping the residents with the tools and mindset to become financially independent upon leaving the house. This safe space allows occupants to heal, regain confidence, and develop the necessary skills to thrive in the world.

Rellatopia, on the other hand, serves as a welcoming and inclusive space for LBQ women. It is a place of sisterhood, fun, and love, where individuals can come together, engage in activities that promote togetherness, and foster a strong sense of community. Events like Zumba sessions, conversations, fundraising events, and LBQ persons' fireplaces called Kyotos are organized to create a supportive and enjoyable environment.

Rellatopia serves as a home for the front liners of Rella Women's Foundation, providing a comfortable and safe space for conversations on crisis response and the promotion of LBQ persons' human rights through the foundation's programs. It serves as a hub for empowerment, knowledge sharing, and solidarity among LBQ individuals.

These safe spaces, Rella House of Hope and Rellatopia, have become beacons of support and empowerment for LBQ persons in Uganda. They have transformed lives, provided healing, and fostered a strong queer feminist movement. Rella Women's Foundation continues to demonstrate its commitment to the LBQ community by creating these safe spaces where LBQ individuals can find solace, gain strength, and work towards a more inclusive and equal society.

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



"we are because you are"

Rella Women's Foundation Success Story

Establishment and Registration: Rella Women's Foundation was founded in November 2017 by a group of young queer individuals in Uganda. They successfully registered as Rella Women's Foundation Limited, formalizing their efforts to address the vulnerable situation faced by LBQ persons in the country.

Umbrella Organization: Rella Women's Foundation operates as a queer feminist umbrella organization, bringing together diverse experts and resources to address the needs of LBQ individuals. They provide support and resources to both affiliated and non-affiliated LBQ individuals, emphasizing a comprehensive and holistic approach.

Safe Spaces and Support: The foundation prioritizes building safe spaces and a sense of community for LBQ individuals. They create opportunities for LBQ individuals to come together, share experiences, and support one another, fostering a supportive and empowering environment.

Advocacy and Impact: Rella Women's Foundation advocates for the rights and needs of LBQ individuals within the legal framework. They work towards making a meaningful and lasting impact on the lives of LBQ individuals, addressing vulnerabilities, and promoting their well-being in various aspects, including political, economic, social, and mental well-being.

Programs and Projects: The foundation has implemented several programs and projects to support LBQ individuals. These include the Rella House of Hope Rehabilitation Center, the Hakuna Matata Program focusing on sexual and reproductive health and rights, the Hebwa Program promoting economic justice, and the Movement-Building Program for strengthening the LBQ movement.

Collaboration and Partnerships: Rella Women's Foundation collaborates with various stakeholders, including LBQ persons globally, civil society organizations, human rights organizations, human rights lawyers, donors, supporters, communities, governments, and the private sector. These partnerships contribute to knowledge-sharing, influencing legislations, and capacity-building to promote and protect the rights of LBQ persons.

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



RELLA WOMEN'S
FOUNDATION

"we are because you are"

Rella Women's Foundation Success Story

Fundraising and Support: The foundation recognizes the importance of diversifying its sources of income to support its work effectively. They seek sponsorship from law firms advocating for human rights, engage in fundraising efforts, and encourage support from donors, partners, and friends to ensure the sustainability and flexibility of their programs.

These successes highlight Rella Women's Foundation's commitment to creating a safe and inclusive society where LBQ persons can thrive politically, economically, socially, and mentally. Through their programs, advocacy, partnerships, and community-building initiatives, they work towards addressing the challenges faced by LBQ individuals, promoting their rights and freedoms, and supporting their overall well-being.

Rella Women's Foundation's commitments have resulted in remarkable success stories that demonstrate their dedication to the LBQ community in Uganda. Here are some examples:

Influencing Legal Reforms: Through their persistent advocacy efforts, Rella Women's Foundation played a significant role in influencing legal reforms that promote the rights and well-being of LBQ individuals. Their engagement with policy makers and law enforcement officers led to the introduction of policies and legislation aimed at protecting LBQ persons from discrimination and ensuring their equal rights under the law.

Creating Safe Spaces: The establishment of the Rella House of Hope, the first LBQ persons' shelter in Uganda, stands as a testament to the foundation's commitment to providing safe spaces for LBQ individuals. The shelter has successfully supported over 50 homeless LBQ individuals each year, offering them a refuge where they can receive counseling, social-physio support, and access to healthcare and legal aid. Through the Rella House of Hope, many LBQ individuals have been able to rebuild their lives, find permanent housing, and gain a renewed sense of hope and empowerment.

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



"we are because you are"
Rella Women's Foundation Success Story

Economic Empowerment: Rella Women's Foundation's focus on economic justice and financial independence has resulted in numerous success stories of LBQ individuals achieving economic empowerment. Through skills development programs, mentorship, and financial talks, the foundation has equipped LBQ individuals with the tools and knowledge necessary to secure gainful employment and start their own businesses. These success stories not only contribute to the financial well-being of the individuals but also challenge societal stereotypes and promote the economic inclusion of LBQ persons.

Knowledge Generation and Sharing: Rella Women's Foundation's commitment to generating and promoting knowledge and tools has had a profound impact on LBQ programming in Uganda. By conducting surveys, engaging in research, and seeking referrals, the foundation continuously improves its understanding of the needs and challenges faced by the LBQ community. This knowledge is then shared with LBQ communities, organizations, policy makers, and other stakeholders, enabling evidence-based decision-making and the implementation of effective programs.

Strengthening LBQ Community Engagement: Through their "nothing about us without us" mentality, Rella Women's Foundation has ensured the active participation and inclusion of LBQ voices in decision-making processes and program implementation. This approach has empowered LBQ individuals to take ownership of their rights and well-being, fostering a strong sense of community and self-advocacy. The foundation's board of directors and management team, consisting of LBQ cisgender feminist women, serve as inspirational leaders and role models for the community, further strengthening LBQ empowerment.

Transforming Social Values and Norms: Rella Women's Foundation's commitment to transforming social values, practices, and norms has resulted in a positive shift in public attitudes towards the LBQ community in Uganda. Through awareness-raising campaigns, community dialogues, and targeted interventions, the foundation has challenged discriminatory beliefs and fostered greater acceptance and understanding.

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



"we are because you are"

Rella Women's Foundation Success Story

This progress is not only beneficial for LBQ individuals but also contributes to the overall inclusivity and diversity of Ugandan society.

These success stories highlight Rella Women's Foundation's unwavering commitment to empowering LBQ individuals, advocating for their rights, and creating a more inclusive and equitable society. Through their strategic programs, partnerships, and community-centered approach, the foundation continues to make a significant difference in the lives of LBQ individuals in Uganda.

STORIES

Kemigisha Sandra, a mother of one, faced homelessness when she was thrown out by her brother from her mother's property. However, with the support of Rella Women's Foundation, she was able to start her own business called Kemigishaz, specializing in crafts and jewelry. Through her business, Kemigisha advocates for LGBTIQ rights and also trains fellow queer individuals in the art of jewelry making and crafts.

Miriam D, who was unfairly laid off from her job due to her sexuality and false accusations, found a new opportunity as a finance manager volunteer at Anchor Holds, a new organization. With the help of Rella Women's Foundation, Miriam was able to regain her financial stability and contribute to a welcoming and inclusive workplace.

Amek Joan Eoju, the Co-Founder and Volunteer Executive Director of Rella Women's Foundation, is driven by her passion for transforming lives and creating a better future for as many people as possible. Through her dedication and leadership, the foundation has been able to make a positive impact on the lives of many LBTQ individuals.

Nabukera Samantha, a volunteer financial manager at Rella Women's Foundation, is committed to sustainability and accountability. Her core values and drive contribute to the success of the organization in achieving its goals.

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



“we are because you are”

Rella Women's Foundation Success Story

Namatovu Linda Chalker, a programs manager at Rella, strives to be an innovative individual with practical skills and knowledge for personal and community development. Through her role, Linda contributes to the foundation's mission of empowering LGBTQ individuals.

Nambogga Irene Joy, a communications manager at Rella Women's Foundation, volunteers to attain excellence in a position that matches her skills and capabilities. With a focus on exploiting her full potential, Irene plays a crucial role in promoting the foundation's work and values.

Ainembabazi Samantha, the Head of Advocacy at Rella Women's Foundation, is dedicated to fighting for the rights and well-being of LGBTQ individuals. Through her efforts, Samantha works to raise awareness, promote inclusivity, and create a more accepting society.

Rella Women's Foundation's Impact on Business Ventures:

Samantha, the founder of Dog Whispers, launched her business after facing discrimination and dissatisfaction in her previous workplace. With a strong passion for animals, Samantha decided to establish Dog Whispers, a training center for pets and guard dogs. Through her business, she provides valuable services and empowers other LGBTQ individuals to pursue their entrepreneurial dreams.

Chela, the Co-Founder of Suave, recognized the need for additional income in the face of increasing unemployment rates and a challenging standard of living. Together with a group of queer individuals, she started Suave, a brand that embodies boldness, confidence, and elegance. Despite limited resources and training, Chela and her team were able to establish a successful business.

Amina, a mother of two and a closeted bisexual woman who experienced gender-based violence in her marriage, overcame adversity and now owns two shoe-selling businesses. Amina not only empowers herself through her businesses but also supports

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



“we are because you are”

Rella Women's Foundation Success Story

and employs other queer individuals, providing them with opportunities for financial independence.

Plaxender, who was rejected by her family due to her sexuality, started Plaxz Collection, a small boutique in Kampala. With guidance from Rella Women's Foundation, she defied the odds and established her own business. Plaxender aspires to expand her boutique and take on the role of the breadwinner for her family.

Jordan, a transgender man who faced job loss and homelessness, launched an online shop called J Town. Through the support of Rella Women's Foundation, he now sells male garments, especially shoes, and has found a source of income and stability.

Quinta, a bisexual woman who was fired from her job and faced eviction due to discrimination, started Nagamita Fashions. Her small business allows her to support herself financially and live an independent life, proving that entrepreneurship is a viable option for marginalized individuals.

Grace and Joan, two queer women, embarked on the Afri-Cyc Designs project, which empowers young queer persons to engage in compound designing, DIY decorations, and recycling materials to create unique decor items. Through this project, Grace and Joan provide opportunities for income generation and challenge societal stereotypes.

Ainembabazi Samantha initiated the "Size Yange" campaign, which focuses on body positivity and self-acceptance for plus-size girls. Through her advocacy and educational efforts, Samantha promotes inclusivity and empowers individuals to embrace their bodies.

Rella Women's Foundation's Membership and Vision:

Rella Women's Foundation believes in starting small and inspiring others to join and support their work. The foundation has successfully helped its members secure jobs that are more inclusive and supportive of the LGBTIQ community, allowing them to

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



Rella Women's Foundation Success Story

work without oppression, abuse, or discrimination based on their gender and sexual orientation.

The foundation currently consists of 50 members, including lesbian women, bisexual women, queer women, and transgender men, who hold various positions within the organization. With a strategic plan spanning seven years, Rella Women's Foundation aims to achieve larger visibility and influence in Uganda's policies and public justice for LGBTIQ individuals through advocacy and care. Their ultimate goal is to bring about social progress and create a more inclusive society for LGBTIQ people not only in Uganda but also worldwide.

Based on the information provided, some of Rella Women's Foundation's successes include:

Advocacy for LBQ Rights: Rella Women's Foundation has been actively advocating for the rights of LBQ persons in Uganda and globally. They have worked with civil society organizations, human rights organizations, and human rights lawyers to influence legislation and policies that promote and protect LBQ rights. Their efforts have contributed to raising awareness and generating support for LBQ rights.

Programs for Health and Shelter: Rella Women's Foundation has focused on promoting health and providing shelter for LBQ persons in Uganda. Through their initiatives, they have worked towards ensuring that LBQ individuals have access to healthcare services and safe living conditions, especially for those facing rejection, violence, and homelessness.

Marriage Equality and Transgender Rights: Rella Women's Foundation has actively advocated for marriage equality and transgender rights. They have campaigned for the recognition of same-sex marriages and the protection of transgender individuals' rights and freedoms. Their efforts have aimed to create an inclusive society that respects and affirms diverse gender identities and relationships.

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



"we are because you are"
Rella Women's Foundation Success Story

Employment Non-Discrimination: Rella Women's Foundation has been involved in efforts to combat employment discrimination against LBQ persons and transgender men. They have worked to promote equal employment opportunities and advocate for policies that prohibit discrimination based on sexual orientation and gender identity. By addressing this issue, they strive to improve the livelihoods and economic empowerment of LBQ individuals.

Community Building and Support: Rella Women's Foundation has focused on building a resilient and sustainable LBQ movement. They have aimed to create a sense of community and support for LBQ persons, both within the LBQ community itself and by bridging connections with other groups. By fostering strong relationships and collaborations, they have worked towards amplifying the voices and needs of LBQ individuals.

These successes demonstrate Rella Women's Foundation's commitment to advancing LBQ rights and creating a more inclusive and supportive environment for LBQ individuals in Uganda.

Rella Women's Foundation partnered with Kongoloko Kollektive to organize the Fresh from Hell arts festival, aimed at promoting Rella Arts and Crafts and supporting beneficiaries pursuing music. The festival provided exhibition space for artists and live performances for musicians, serving as a marketing tool to showcase products and allow LBQ individuals to express themselves through art and music.

My name is Annet Nassimbwa, and I go by the stage name Beat.rice music. I have been involved with Rella Women's Foundation for some time and currently reside at the Rella House of Hope. Throughout my transitioning process, I have benefited from all four programs offered by Rella WF.

As an artist, the Women's Day event in 2021 was a remarkable experience for me. It provided a platform where I could freely express my art and be accepted. I had the

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



“we are because you are”

Rella Women’s Foundation Success Story

opportunity to perform at the Fresh from Hell Festival, which celebrated persons and showcased young voices and DJs through the collaboration between Rella Women's Foundation and Kogoloko Kollektive.

During the Road Trip of Queens, we celebrated LBQ women, womanhood, sexuality, and equality through art and music, sharing our music with LBQ women. These events during Women's Month marked the beginning of my music direction and career, and I am grateful to Rella Women's Foundation for their support and encouragement.

Since my performance, I have been inspired to continue advocating for LBQ persons rights through music. To all the friends, partners, and allies who have supported us, I express my heartfelt gratitude. Your amazing support is truly appreciated, and I wish you abundance in blessings.

My dream is to perform my music beyond my community as a queer woman artist and be heard worldwide. The Fresh from Hell festival was just the beginning, and it has given me hope and motivation to pursue my dreams. Thank you, Rella Women's Foundation.

Building a music career as a woman in today's world is challenging, especially as an LBQ artist. My name is Fatuma Mababazi, and I go by the stage name Shanks Kannah. I am a beneficiary of Rella Women's Foundation and currently reside at the Rella House of Hope. Through the programs offered by Rella Women's Foundation, I have been able to undergo a transitioning process with their support.

During Women's Month, Rella WF partnered with Kogoloko Kollektive and other organizations to organize the Fresh from Hell Festival, where I had my first performance as an artist. It was a significant opportunity for me to showcase my talent and share it with others, breaking free from any limitations.

The festival allowed me to gain publicity and recognition, introducing myself and my music to those who were previously unaware. It also provided a platform for me to

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



“we are because you are”

Rella Women’s Foundation Success Story

contribute to the LBQ, LGBTIQA, and women's movement in Uganda through advocacy with my music.

Last year, during the 16 Days of Activism, we wrote and sang a song advocating for women's rights in Uganda. We called upon the country to uphold women's rights and stand in solidarity. I would like to express my gratitude to our partners and allies for their unwavering support, and to Rella Women's Foundation for their hope and assistance. Thank you, and may your light continue to shine.

CASE NUMBER 1: APPLE SERVICES EXPERIENCE STORIES

I sought PAC services due to my circumstances at the time. I was not mentally, physically, or financially prepared to bear a child. Taking care of myself alone was challenging, let alone taking care of a baby.

The process initially scared me since it was my first time. However, when I contacted the organization, they provided me with the confidence to proceed. Fortunately, I was able to locate a safe hospital through the recommendation of a friend, but it was challenging and expensive.

Throughout the process, I experienced depression, anxiety, and difficulty sleeping. These challenges have persisted even after the procedure.

Unfortunately, many persons in Uganda face difficulties accessing PAC services since abortion is illegal. As a result, some resort to unsafe methods, such as using harmful substances or local herbs, leading to deaths and permanent damage. The few available hospitals that provide safe abortion services often charge high fees, leaving many unable to pay. This situation forces them to give birth to children they cannot afford to care for, leading to abandonment in unsafe places.

While the aftermath of the procedure brought relief, it also brought guilt, weight loss, depression, and sleep problems. I believe that everyone should have the right to decide

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



"we are because you are"

Rella Women's Foundation Success Story

whether to keep a baby or have an abortion, considering the different circumstances in which pregnancies occur. Sensitizing the public about the importance of abortion and sharing stories like mine can help create a better understanding and support for persons in such situations.

CASE NUMBER 2: APPLE SERVICES EXPERIENCE STORIES

I sought PAC services because I do not believe in using contraceptive methods, possibly due to misconceptions surrounding them. Although I cannot fully explain why, I ended up getting pregnant when I was not ready for a second child, mainly due to financial difficulties.

Fortunately, I had supportive friends who referred me to an organization that provided the necessary services. They stood by me throughout the process, making it smoother and less daunting. However, transportation was challenging for me since I don't live in Kampala, where the center was located, resulting in additional costs for travel and accommodation.

Accepting the process was initially difficult for me, but I later realized that circumstances sometimes lead us to make choices that may be considered immoral. Many persons are deceived or influenced by their partners not to have an abortion, only to face abandonment and the inability to care for themselves and their children later on.

While the experience caused stress, anxiety, and depression, I felt relieved after the abortion. I experienced mild bleeding for a week but did not require post-care since the procedure was successful without any harm to my uterus.

It is crucial for society to understand the need for PAC services and for persons to have the right to make decisions about their bodies. These services are essential in preventing unsafe abortion methods that endanger women's lives. Making abortion pills more accessible, just like contraceptive pills and services, can help in this regard.

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



"we are because you are"

Rella Women's Foundation Success Story

Sharing my experience empowers me, and I believe it can make a positive impact within the movement. I feel proud to have the opportunity to help others by sharing my story.

RELLA HOUSE OF HOPE

I arrived at the Rella House of Hope in March 2021 after HRAPF facilitated my release from Ntinda police for breaking curfew laws. I had no place to stay, and that's when I reached out to Joan Amek for help. She welcomed me with open arms and provided me with a loving home.

After a life of struggle, torture, and rejection, including sleeping on the streets, it feels incredible to finally have a home. I extend my appreciation to Amek and the Rella champions for their support.

Through the Hebwa Program, Rella Women's Foundation has assisted eight LGBTQ members, including myself, in starting and improving their businesses. The program aims to market and add value to their businesses and products, ultimately increasing sales and productivity. Examples include Samantha, founder of Dog Whispers, a dog training company, and Quinta, founder of Ngamita Fashions.

Additionally, Rella WF has connected five members to job opportunities in various LGBTQ-friendly organizations, including Rella Women's Foundation. For instance, Sandra works as a dealer at a casino in Kampala, and Mimi serves as a finance manager at The Anchor Holds, among others. We have also secured a grant from UHAI to launch the Hebwa program, which will contribute to women's economic independence.

We created TikTok videos discussing intimate partner violence (IPV), which has been prevalent in the LBQ community for a long time. The goal was to raise awareness about IPV in queer relationships. Subsequently, we had one-on-one conversations with LBQ individuals in Kampala to share different stories about this issue. One person shared:

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



“we are because you are”

Rella Women's Foundation Success Story

"As a queer individual who often feels like I'm walking this earth against societal norms, rejected by my family, and witnessing friends distancing themselves from me, all I've ever wanted is to love and be loved. This led me to tolerate a lot of violence, hoping things would improve because I didn't want to lose the love I had. However, watching these videos enlightened me and prompted me to take a step forward, establishing healthy boundaries in my life. I left my toxic partner, and even though I'm currently single, I know I am loved, especially by my friends who have become my chosen family."

By sharing these experiences, we aim to empower others and contribute to the LBQ movement. It brings me great happiness and joy to know that my story might impact someone's life positively.

The Rella Women's Foundation has been actively involved in various activities and initiatives to promote the rights and economic empowerment of LBQ individuals. Here is a breakdown of the different activities and projects mentioned:

Queer Feminist Forum - The forum has organized three meetings to bring together LBQ individuals and foster a sustainable feminist movement. The forum provides a platform for discussion, sharing informed views, and making recommendations for LBQ inclusion and representation in bills and policies.

Documentation of Recommendations, Setbacks, and Appreciation of Bills and Policies - The forum has been involved in documenting recommendations, setbacks, and appreciation for two bills. It aims to share informed views and recommendations regarding LBQ inclusion and representation, particularly in economic protection laws.

Online Advocacy for Awareness Days, Months, and Weeks - The forum engages in online advocacy to raise awareness about LBQ experiences of facing adversity and overcoming challenges. This advocacy aims to highlight the importance of LBQ rights and equality.

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



“we are because you are”

Rella Women's Foundation Success Story

Program Monthly Reports - The foundation prepares monthly reports that provide recorded performance data and information on all the programs and activities undertaken. These reports specify the outcomes and achievements of the programs.

Sharing Quarterly Reports - Quarterly reports are compiled to summarize recorded performance data and provide unaudited financial reports. These reports highlight the activities carried out by each program during the quarter.

Monitoring and Evaluation of Activities - The forum conducts monitoring and evaluation of activities carried out during the May to June quarter. This process assesses the implementation and results of the various initiatives undertaken.

Performance Evaluation for Last Quarter - A performance evaluation is conducted to assess the outcomes and achievements of the previous quarter's activities. This evaluation helps identify areas of improvement and success.

Human Rights Crisis Response and Promotion Documentation - The forum focuses on documenting cases handled related to human rights crises. It aims to create awareness and promote understanding of the issues faced by LBQ individuals.

Research, Monitoring, and Documentation of LBQ Persons in Business - The foundation conducts research to inform and report on LBQ persons in business. This research document serves as a reference and provides insights into the experiences and challenges faced by LBQ individuals in the business sector.

Exploring Creativity through Mixed Medium Art - The forum encourages LBQ individuals to express their creativity through mixed medium art, such as painting and recycling. This initiative aims to provide a platform for artistic expression and promote the talents of LBQ individuals.

Documentation of LBQ persons in Business - An article is created to document and share the stories of LBQ persons in business. This serves as a reference and inspiration

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



"we are because you are"

Rella Women's Foundation Success Story

for the LBQ community, showcasing the achievements and successes of LBQ persons entrepreneurs.

Fresh From Hell Festival - An art festival is organized to promote and sell products created by LBQ individuals. The festival also aims to showcase the talents of young artists from the Rella Women's Foundation.

Progressive Mindset Conversations - The forum facilitates conversations to discuss and share perspectives on laws and policies that affect LBQ individuals' economic well-being. These conversations promote a progressive mindset and help shape advocacy efforts.

Online and Offline Conversations on Job Security - The forum engages in conversations to improve knowledge of the job market and employment laws. These discussions aim to empower LBQ individuals with information on job security and their rights in the workplace.

LBQ persons in Business Workshop - The foundation organizes workshops that focus on strengthening the economic and financial status of LBQ women. These workshops aim to connect participants to opportunities and provide guidance on growing their businesses.

Online and Offline Rella Cash Talk Series - The forum conducts conversations and sessions focusing on empowering startup founders through financial literacy and bookkeeping. These sessions aim to enhance financial management skills among LBQ individuals.

Rella Incubation Project - The foundation carries out innovative and creative solutions to reduce poverty among LBQ women. The project focuses on sharing skills and knowledge to empower LBQ individuals and help them overcome economic challenges.

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



“we are because you are”

Rella Women's Foundation Success Story

Stock-taking - A manual inventory process is conducted to check, examine, count, record, and value goods, raw materials, equipment, and products held by the enterprises.

Product Production and Raw Material Purchase - The foundation engages in the production of various products and purchases raw materials required for these productions.

Kwan Hebwa WhatsApp Conversations - LBQ individuals are empowered and equipped with hands-on and technical skills to attain financial independence and occupy economic spaces in their communities through WhatsApp conversations.

Beneficiary Success Story Journaling - Success stories and achievements from the past quarter are documented and shared through blogging. This activity aims to inspire and motivate others by highlighting the accomplishments of LBQ individuals.

Grants Proposal Writing - The foundation prepares letters of interest, concept notes, and grant requests to seek financial support from donors and partners. This activity helps secure funding for the organization's initiatives.

Katale - The foundation creates an LBQ market space to facilitate the growth of LBQ persons in business. This market space provides a platform for LBQ entrepreneurs to showcase and sell their products.

African Products Production and Sales - The foundation engages in the production and sale of African-inspired products such as pillows, curtains, interior design products, and clothing items for advocacy purposes.

Shea Products Production - The foundation adds value to organic shea butter by producing five shea products. This activity promotes economic empowerment by utilizing local resources and creating marketable products.

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



"we are because you are"

Rella Women's Foundation Success Story

These activities and projects undertaken by the Rella Women's Foundation demonstrate its commitment to supporting LBQ individuals in various aspects of their lives, including economic empowerment, representation, and creative expression.

It's great to see the Rella Women's Foundation providing safe spaces and engaging in activities that promote mental wellness and socialization among LBQ individuals. Here are the highlights of the initiatives mentioned:

Rent for Rella House of Hope - The foundation has paid three months' rent for the Rella House of Hope, which serves as a safe space for challenged LBQ individuals. This space allows them to discuss their grief, concerns, and socialize with other queer people, combating isolation and fostering a sense of community.

Rent for The Rellatopia Community Center - The foundation has also paid three months' rent for The Rellatopia, which has become a community center for LBQ persons and transgender persons. This center provides a safe space for organizing, discussions, and grieving together, especially during intense lockdown periods.

Advocacy Conversations and Training - The foundation has facilitated various advocacy conversations and training sessions. These include practical approaches to advocacy, growth mindset training, and financial therapy. These initiatives equip LBQ individuals with skills and knowledge to advocate for their rights effectively.

Bisexual Meet and Meat - The foundation organized a gathering on Bisexual Awareness Day called "Bisexual Meet and Meat." This event provided a platform for discussing mental wellness, safe sex, and relationships, addressing the specific needs of bisexual individuals.

Wellness Conversations and Kyoto's - The foundation organized discussions on mental wellness and hosted "Kyoto's" (fireplace conversations) aimed at promoting healing justice and sharing growth experiences among LBQ individuals.

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



"we are because you are"

Rella Women's Foundation Success Story

Physical Activities - Regular physical activities are carried out at Rellatopia and Hopetopia to improve mental wellness. Engaging in physical activities can delay the onset and progression of mental health disorders, providing relief from conditions such as depression, anxiety, bipolar disorder, and panic disorder.

Chakra Training - Training on understanding the chakras or energy centers is provided to occupants and beneficiaries. This training helps individuals become grounded, let go of the past, and practice meditation and other wellness rituals to promote a positive outlook on life.

Work Retreat at Griffin Falls - The Rella Selection had a work retreat at Griffin Falls, where participants enjoyed the fresh air, natural sounds, and beautiful sights of nature. Being outdoors and connecting with nature can reduce anxiety, overcome fear, and encourage inner peace and balance.

Volunteer Engagement - The foundation has engaged two volunteers, an occupant, and a beneficiary. Volunteer engagement helps boost self-esteem, self-worth, and promotes a healthy self-image. It also improves socialization skills, enables volunteers to learn new life skills, and spreads motivation to promote healthy and positive human behaviors.

These initiatives demonstrate the Rella Women's Foundation's commitment to holistic well-being, community building, and empowerment among LBQ individuals.

Despite the initial challenges in securing funding for the Rella Women's Foundation's programs, the efforts of dedicated volunteers have enabled the organization to offer temporary housing to seven individuals within their target group. However, due to limited resources, the foundation has been forced to turn down homeless individuals seeking shelter.

The good news is that the foundation successfully acquired its first grant from the PlanetRomeo Foundation to start the Rella House of Hope program. With this funding,

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



“we are because you are”

Rella Women's Foundation Success Story

they hope to further develop and support the program by raising more funds in the future.

Thanks to the generosity of well-wishers and volunteers, the foundation has been offered a single room in Kampala, occupied by a bisexual woman and a lesbian who were evicted by their landlord due to their sexuality. Another room in Jinja is being occupied by three queer individuals, and two queer persons are being hosted in Mbale. These spaces serve as safe environments for the individuals within the target group.

The Rella House of Hope aims to not only provide temporary shelter but also work with homeless individuals in their target group to help them obtain and maintain permanent housing, breaking the cycle of homelessness.

Through the Hebwa Program, the foundation has assisted eight LBQ members in starting and improving their businesses. By marketing and adding value to these businesses and products, the foundation aims to increase sales and productivity. Notable examples include Dog Whispers, a dog training company founded by Samantha, and Ngamita Fashions founded by Quinta.

Additionally, the foundation has successfully connected five members with job opportunities in LBQ-friendly organizations, including positions within the Rella Women's Foundation itself. This provides economic stability and empowerment for these individuals. Furthermore, the foundation has acquired a grant from UHAI to kick-start the Hebwa program, which aims to promote economic independence among women.

The Rella Women's Foundation also focuses on career development and counseling, encouraging persons to enroll in meaningful courses that lead to gainful employment and professional careers.

By creating gainful employment through vocational training and project engagements, the foundation aims to improve the economic well-being of women.

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



The foundation has successfully organized two picnics during Pride Month and at the end of the year, bringing together LBQIA individuals in Uganda to celebrate their identities and foster a sense of community.

The Rella Feminist Bootcamp conducts leadership trainings, empowering persons to build resilient communities and movements in Uganda.

Through the Hakuna Matata Program, the foundation provides practices and trainings on health, self-care, and self-awareness to maintain a healthy, positive, and motivated lifestyle among women.

Overall, the Rella Women's Foundation is making significant strides in providing support, empowerment, and community-building opportunities for LBQ individuals in Uganda.

Rella Leadership and Movement Building Program:

Through the Rella Leadership and Movement Building Program, we successfully built strategic partnerships with line NGOs and government departments, strengthening synergies and the referral system for LBQ persons and victims of human rights abuse. Our advocacy efforts led to increased awareness about human rights issues through radio talk shows, human rights debating clubs, and participation in international day celebrations. Our handbook on existing laws and policies provided accessible information to the community, empowering them to know their rights and seek justice.

Rella Online and Offline Tales of Confidence:

The Rella Women's Foundation embarked on documenting the stories of LBQ persons through various creative mediums. We created a story archive online and offline, conducted storytelling circles, and produced storybooks, documentary films, podcasts, and short videos. These powerful narratives allowed LBQ persons to share their experiences and empowered others in the community. The Museum of Queer Queens

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



"we are because you are"

Rella Women's Foundation Success Story

became a source of inspiration and pride, showcasing the history and journeys of HRDs and community members.

Rella Feminist Leadership Boot Camp:

The Rella Feminist Leadership Boot Camp provided a transformative experience for aspiring leaders. We carefully planned the retreat, facilitated mentor-mentee connections, and conducted follow-ups to ensure continued growth. The stories published from the boot camp inspired others and created a supportive community. The launch of the boot camp and the meet-and-greet event brought together the first cohort, fostering connections and solidarity among participants.

Rella Protection Project:

Through the Rella Protection Project, we focused on safeguarding LBQ partners' human rights and providing legal aid services. We trained partners in physical and digital security, empowering them to protect themselves and draw personal security plans. We facilitated referrals, built the capacity of frontliners, and assisted vulnerable LBQ individuals in accessing civil documentation. Our mobile protection monitoring teams identified vulnerable groups and provided necessary assistance. We also ensured gender equality in protection activities and advocated for the rights of vulnerable LBQ individuals.

Movement Building:

By engaging in joint advocacy projects and campaigns, we collaborated with other partners and CSOs to advance SRHR for LBQ persons. We sensitized partners on their human rights and SRHR, conducted research, and shared findings with the public. Through meaningful engagements, policy forums, and lobbying sessions, we influenced decision-making processes and promoted LBQ persons' representation and participation. Media advocacy campaigns raised awareness about SRHR issues, contributing to positive change in societal attitudes.

Hakuna Matata Program:

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



“we are because you are”

Rella Women's Foundation Success Story

The Hakuna Matata Program focused on the recovery, wellness, and holistic development of LBQ women. We supported individuals hesitant to attend programs by tracking and monitoring beneficiaries, helping them create personalized mental health recovery and wellness plans. Support groups and therapy sessions provided a safe space for LBQ persons to process their struggles and enhance their emotional well-being. Through community engagement programs, LBQ persons gained awareness of mental health and the services available to them. The program also promoted social, intellectual, spiritual, emotional, and physical wellness, encouraging LBQ persons to live fulfilling lives.

Hakuna Matata Advocacy Project:

The Hakuna Matata Advocacy Project strengthened networks, engaged with faith-based organizations, and conducted gender-responsive budgeting tracking initiatives. We trained media partners to provide in-depth coverage of LBQ SRHR issues, established a community of practice for discussions and resource-sharing, and engaged in policy forums and gender technical group meetings. Our advocacy efforts contributed to a better understanding of LBQ persons's rights, SRHR, and overall development concerns among stakeholders.

Reset Project:

Through the Reset Project, we developed the leadership potential of young LBQ persons and empowered them with self-development and life skills training. We facilitated a SRHR forum for young LBQ women, fostering alliances and mentors.

Michael Alexander:

Michael Alexander was facing homelessness and struggling to meet his basic needs before receiving support from Rella Women's Foundation. With the assistance of the foundation, he was provided with shelter and all the necessary provisions. Through the programs and services offered by Rella Women's Foundation, Michael discovered his artistic skills and learned leadership. He was taught technical skills like bead making, which helped him develop his artistic talents. As a result of the support he received, Michael's life has changed. He now has a source of income by selling his beadwork.

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



RELLA WOMEN'S
FOUNDATION

"we are because you are"

Rella Women's Foundation Success Story

Rella Women's Foundation has played a significant role in his personal growth and well-being.

Tatiana Golden:

Tatiana Golden was feeling ignored by her family members and society before receiving support from Rella Women's Foundation. The foundation provided her with shelter, giving her a safe place to stay. Through Rella Women's Foundation programs, Tatiana had the opportunity to explore her skills and talents. This experience helped her become a confident and empowered individual. With the support of the foundation, Tatiana's life has transformed, and she has become a great person. She now stands up for her rights and feels a sense of belonging.

Elizabeth Mutagaya Quinn:

Elizabeth Mutagaya Quinn chose to remain anonymous but acknowledged the support she received from Rella Women's Foundation. Although she did not share specific details about her challenges or milestones, she expressed her gratitude for the foundation's assistance. Elizabeth's life has positively changed as a result of the support she received, and she appreciates the impact of Rella Women's Foundation.

Polly:

Polly faced challenges related to shelter, food, health issues, and the feeling of being misunderstood. With the help of Rella Women's Foundation, Polly received shelter, food, and the opportunity to learn technical skills like sewing and crafts. By developing these skills, Polly was able to generate income through selling beadwork and other handmade items. The support provided by Rella Women's Foundation has enabled Polly to improve her living conditions and gain financial independence. Polly cherishes the memorable moments, such as family trips and celebrations, during her journey with the foundation.

Lubowa Aisha:

Aisha was experiencing joblessness and a bleak future before receiving support from Rella Women's Foundation. Through the foundation's programs, Aisha gained

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



"we are because you are"

Rella Women's Foundation Success Story

connections, developed new skills, and acquired a roof over her head and basic necessities. With the assistance of Rella Women's Foundation, Aisha's life has changed for the better, and she is on the path to financial independence. She values the moments where she feels appreciated and supported by the foundation.

Timestamp: 2023/05/25 7:58:46 PM GMT+3

Name: Michael Alexander

Email Address: Michaelx256@gmail.com

Phone number: (Optional)

Comfortable sharing story: Anonymously

Before receiving support from Rella Women's Foundation, I was homeless and struggling to meet my basic needs. However, thanks to the foundation, they provided me with shelter and fulfilled all my basic needs. It was through the programs and services offered by Rella Women's Foundation that I learned the importance of leadership. Additionally, I discovered my artistic skills, particularly in bead making, which greatly contributed to my personal growth and well-being. With the assistance of Rella Women's Foundation, I have achieved significant milestones and positive outcomes. My life has changed for the better, and I am grateful for the support I received. If further details or clarification are needed, please feel free to contact me.

Success Story 2:

Timestamp: 2023/05/25 8:26:34 PM GMT+3

Name: Tatiana Golden

Email Address: Siyamagolden366@gmail.com

Phone number: (Optional)

Comfortable sharing story: Anonymously

Before Rella Women's Foundation provided support, I felt ignored by my family and society. However, the foundation gave me shelter and a chance to experience my skills.

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



RELLA WOMEN'S
FOUNDATION

"we are because you are"

Rella Women's Foundation Success Story

Through their programs, I gained valuable experiences that contributed to my personal growth. I became a stronger person in life. The assistance from Rella Women's Foundation helped me understand the importance of standing up for my rights. Overall, my journey with Rella Women's Foundation has been empowering, and I am open to further contact for additional details or clarification.

Success Story 3:

Timestamp: 2023/05/25 9:28:40 PM GMT+3

Name: Elizabeth Mutagaya Quinn

Email Address: elizabethlizlia@gmail.com

Phone number: (Optional)

Comfortable sharing story: Anonymously

Unfortunately, no specific details were provided for this success story.

Success Story 4:

Timestamp: 2023/05/25 10:02:26 PM GMT+3

Name: Polly

Email Address: desirenazziwa20@gmail.com

Phone number: (Optional)

Comfortable sharing story: By mention

Before receiving support from Rella Women's Foundation, I faced challenges such as lack of shelter, food, and health issues. I had no one who could understand my situation. However, thanks to Rella's programs, like the Hebwa initiative, I was given a chance to learn various skills such as sewing, beadwork, candle-making, and soap-making. Additionally, I learned how to live and collaborate with others. Rella Women's Foundation provided me with food and shelter, and now I am able to create and sell my beadwork, which has improved my financial situation. Throughout my journey with Rella Women's Foundation, I had outstanding moments, including family

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



“we are because you are”

Rella Women’s Foundation Success Story

trips and celebrations. While I appreciate the opportunity to share my story, I prefer not to be contacted for further details or clarification.

Success Story 5:

Timestamp: 2023/05/25 11:23:23 PM GMT+3

Name: Lubowa Aisha

Email Address: anwaraisha6@gmail.com

Phone number: (Optional)

Comfortable sharing story: Anonymously

Before Rella Women's Foundation, I had no job and a bleak future. I lacked hope for a better tomorrow for my children. However, with the support of the foundation, I now have a job that supports me and my family. My children are able to attend school and are happy. Rella Women's Foundation connected me with opportunities and helped me develop new skills. I have a roof over my head and all my basic needs are met. The support I received has put me on the path to financial independence. Throughout my journey, I have cherished moments of appreciation and support. Please feel free to contact me for further information or clarification.

Success Story 6:

Timestamp: 2023/05/26 12:00:05 PM GMT+3

Name: Quin Kalala

Email Address: kalalajovanah25@gmail.com

Phone number: (Optional)

Comfortable sharing story: By mention

Before Rella Women's Foundation, I faced challenges of joblessness, feeling behind in life, loneliness, worthlessness, and a lack of direction for my dreams and aspirations. However, Rella Women's Foundation placed me in a program that allowed me to grow and share my talents with my community. It provided a safe space for me to be a part of

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



RELLA WOMEN'S
FOUNDATION

“we are because you are”

Rella Women's Foundation Success Story

the community with a positive impact. Through their programs, I have been able to explore my true self without judgment, think about my career growth, and become a part of spaces I never thought possible. The support from Rella Women's Foundation, including shelter and medical assistance, has given me a sense of security. I have experienced immense support and belief from people who don't even know me personally. I am grateful for the opportunities to be my authentic self and explore new aspects of my identity. If further details or clarification are required, please contact me.

Success Story 1:

Timestamp: 2023/05/26 7:13:59 PM GMT+3

Name: Tessy Victoria

Email Address: Victoriatesie377@gmail.com

Phone number: (Optional)

Comfortable sharing story: Yes

Before receiving support from Rella Women's Foundation, I was dealing with mental, emotional, and psychological traumas. However, the foundation changed my way of thinking in a positive way and gave me hope. Through their programs and services, I discovered more about myself and my life. I have learned to welcome change in my life and have experienced significant personal growth. Rella Women's Foundation has had a significant impact on my life, and I am grateful for their support. If further details or clarification are needed, please feel free to contact me.

Success Story 2:

Timestamp: 2023/05/27 9:45:45 AM GMT+3

Name: Shanx Khanna

Email Address: khannashanx@gmail.com

Phone number: (Optional)

Comfortable sharing story: By mention

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUG
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



RELLA WOMEN'S
FOUNDATION

“we are because you are”

Rella Women's Foundation Success Story

Before Rella Women's Foundation provided support, I faced challenges such as a lack of safe shelter, basic needs, healing place, and family support. However, through the foundation's programs, I gained confidence and knowledge, particularly in bead making. This newfound skill allowed me to create and sell items, providing me with income for my basic needs and daily living expenses. Rella Women's Foundation has empowered me to face the world with confidence and bravery. The moments of appreciation and support, such as being asked to sing in daily activities as an artist, have been memorable. If further information or clarification is required, please contact me.

Success Story 3:

Timestamp: 2023/05/28 12:22:16 PM GMT+3

Name: Common Ki Be Ru

Email Address: commonkiberu@gmail.com

Phone number: (Optional)

Comfortable sharing story: By mention

Before Rella Women's Foundation, I experienced homelessness, modern slavery, family rejection, and loneliness. However, the foundation provided me with temporary shelter as I figured out my way forward. They also improved my mental health and created an inclusive and healthy space for me. Through their programs, I received individual support, international and local networking opportunities, and became a self-care practitioner. Rella Women's Foundation has had a significant impact on my mental wellness, participation in different fields of work, and engagement in art wellness activities. The moments of appreciation, such as movie nights and engaging with the supportive team, have been invaluable. If further details or clarification are needed, please contact me.

Success Story 4:

Timestamp: 2023/05/29 12:51:12 PM GMT+3

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



Rella Women's Foundation Success Story

Name: Namatovu Angella

Email Address: namatovuangella13@gmail.com

Phone number: (Optional)

Comfortable sharing story: By mention

Before Rella Women's Foundation, I experienced homelessness. However, Rella provided me with shelter, food, and other necessities. Through their programs, I had the opportunity to engage in organizing, learn how to mobilize communities, and participate in mental health sessions. These experiences helped me gain confidence, self-awareness, and focus on my goals. Rella Women's Foundation also introduced me to feminism and feminist living. The sense of sisterhood and support system they provided has been invaluable. If further information or clarification is required, please contact me.

Success Story 5:

Timestamp: 2023/05/29 3:00:10 PM GMT+3

Name: Anonymous

Email Address: Natashakawere5@gmail.com

Phone number: 789333865

Comfortable sharing story: Anonymously

Before Rella Women's Foundation, I had no specific challenges mentioned. However, they provided me with knowledge and support. I have received a scholarship through their assistance. Rella Women's Foundation has become like a family to me. The programs and everything they offer stand out in my journey. If further details or clarification are needed, please contact me.

Success Story 6:

Timestamp: 2023/05/29 7:10:49 PM GMT+3

Name: Anonymous

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



RELLA WOMEN'S
FOUNDATION

"we are because you are"

Rella Women's Foundation Success Story

Email Address: rellawork8@gmail.com

Phone number: 702208250

Comfortable sharing story: No

Before Rella Women's Foundation, I faced financial issues. However, through their support, I now have a source of funding in the form of a monthly pay. They have provided me with financial assistance, and I am currently saving to start a project. I have also had the opportunity to meet interesting people through Rella Women's Foundation. If further information or clarification is required, please feel free to contact me.

Success Story 7:

Timestamp: 2023/05/29 7:44:52 PM GMT+3

Name: Akello Peace

Phone number: 750927870

Comfortable sharing story: Anonymously

Before Rella Women's Foundation, I faced a lot of problems, and my main desire was to leave the country. However, the foundation provided me with shelter and support. With their assistance, I have been able to change my life for the better. I have also been making beds as part of my contribution. Rella Women's Foundation has had a positive impact on my life, and I am grateful for their support. If further details or clarification are needed, please contact me.

Success Story 1:

Timestamp: 2023/06/01 4:40:50 PM GMT+3

Name: Esther Poppy Najjuko

Email Address: estherpoppykampala@gmail.com

Phone number: 740398660

Comfortable sharing story: By mention

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



"we are because you are"
Rella Women's Foundation Success Story

Before Rella Women's Foundation, I faced challenges such as homelessness, joblessness, and low education levels. However, the foundation provided me with shelter and valuable connections that helped me secure a job. They also offered training on health-related matters. Through their support, I gained skills in job seeking and had the opportunity to improve my knowledge about health as a queer woman. Additionally, Rella Women's Foundation provided me with shelter and other essential support. I am grateful for the volunteering experience at Rella Women's Foundation. If further details or clarification are needed, please feel free to contact me.

Success Story 2:

Timestamp: 2023/06/01 4:58:24 PM GMT+3

Name: Joanna

Email Address: joannamontez2@gmail.com

Phone number: 256751989250

Comfortable sharing story: By mention

Before discovering Rella Women's Foundation, I faced threats from neighbors and felt isolated as a lesbian. However, Rella Women's Foundation showed me that I was not alone and provided a safe space where I could be accepted for who I am without judgment. Through their support, I grew to love and accept myself. The recommendation from Rella Women's Foundation is something I hope will positively impact my future. The picnics and trainings on gender acceptance organized by the foundation have been instrumental in my journey. I am grateful for the outreach and support provided to LGBTQIA individuals. If further information or clarification is required, please contact me.

Success Story 3:

Timestamp: 2023/06/07 9:24:41 AM GMT+3

Name: Arinda Daphine

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



"we are because you are"

Rella Women's Foundation Success Story

Email Address: daphinearinda@gmail.com

Phone number: +256 700714459

Comfortable sharing story: By mention

Before Rella Women's Foundation, I faced unemployment, homelessness, and the aftermath of a motor accident. I had a tough time adjusting to the new circumstances, uncertain about finding a job and affording my baby's school fees. Additionally, I was dealing with post-traumatic stress from the accident. However, Rella Women's Foundation provided me with a safe space where I felt a sense of belonging. They inspired me through their shelter and the Hebwa project, which introduced me to their products like Shea Butter. I decided to apply for a job opening at Rella Women's Foundation, revising my CV and embracing personal growth. The foundation's support and the guidance from the Kahuna have had a profound impact on my life. Rella Women's Foundation referred me to HRAPF for legal representation during a difficult time. Their initial push helped me find purpose, personal development, and eventually secure a job at Akina Mama wa Afrika. I still maintain a collaborative relationship with Rella Women's Foundation even though I am no longer employed there. The requirement for selection to take initiative and leadership roles has enriched my journey. Rella Women's Foundation continues to change lives and build impactful stories. If further details or clarification are needed, please contact me.

Success Story 4:

Timestamp: 2023/06/07 3:49:20 PM GMT+3

Name: Taaka Irene

Email Address: taaka4irene@gmail.com

Phone number: 777208173

Comfortable sharing story: Anonymously

Before Rella Women's Foundation, I faced a series of illnesses and struggled with addiction to smoking. I also lacked a productive space and the necessary equipment for work. However, Rella Women's Foundation supported me by providing medical

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**



“we are because you are”

Rella Women's Foundation Success Story

check-ups and medications during my illnesses. They offered me a space to engage in dance fitness for mental health and hold meetings for Friends Ug, a queer artists network. Additionally, Rella Women's Foundation temporarily provided me with equipment to continue my work with Friends Ug. They mentored and guided me in my leadership journey and expanded my network in queer spaces, which also contributed to my feminist development. Through their support, I gained resilience and found opportunities that benefited both Friends Ug and me personally. Rella Women's Foundation's mentorship and support have had a positive impact on my health, personal growth, and the success of Friends Ug. The guidance and opportunities provided by Rella Women's Foundation have led me to my feminist journey and propelled Friends Ug to greater heights. I am grateful for the training, networks, and ongoing collaboration. If further information or clarification is required, please feel free to contact me.

In summary, the Rella Women's Foundation has flourished, making substantial contributions to the well-being and rights of LBQ individuals in Uganda. Through their tireless efforts in service provision, advocacy, and movement building, the organization has emerged as a beacon of hope, driving positive change and amplifying the voices of those they serve.

**Sembutu Road,
Kulambiro Ring Road - Kisaasi
Kampala, Uganda**

**administration@rellawf.org
Social Media Handles - @RellaWFUg
Tel. No. 0756 071 301 / 0776 071 500 /
0756 071 227**