

OCTOBER 2024



Rotary Fellowship for
Empowering Women



Blossoming together

THE

ROSES SPOTLIGHT



Roses celebrating the outgoing team at the AGM held on 21st September 2024

Inside this issue

- Message from Red Rose
- Calendar for October
- Meet the new Executive
- Roses in the Spotlight
- Health Updat
- AGM Pictorial

Empowering Girls through Education



Greetings Roses,

October is when we celebrate the girl Child. This is key to our fellowship because outside of our comfort zone, many girls have not gotten a chance to go to school. Those who have, are lucky to be regarded as children and the unlucky ones are perceived as commodity in waiting for trade off for child marriages or worse.

Recently i visited a community of teenage mothers, one frail child made me tear. She is 13 and had lost her only known parent (her mother) a few months back, as soon as her mother was buried, she was handed over to an old man for a wife. She is 6 months pregnant now, confused and resigned. What interventions can we do as RFEW or at an individual level to support such communities?

Let us get the girls back in school. According to Save the Children (2018),nearly one million child marriages in Uganda could be prevented if girls get secondary education. Education is a protective factor against child marriage. When girls are in school, they are often regarded as children and not ready for marriage. Every year of education attainment reduces the likelihood of a girl marrying and being married off before the age of 18 or have children during her teenage years. Let's celebrate the girl child this month by sponsoring girl child education and skilling. Happy New Month!



INTERNATIONAL
DAY OF THE GIRL CHILD
OCTOBER 11

Red Rose Kimberly Kasana
Chairperson -Rotary Fellowship for Empowering Women

UPCOMING EVENTS

OCT
20
24

10

Meeting USAID / Uganda - Partnership *

11

International Day of the Girl Child *

ACTIVITIES INCLUDE SKILLING INITIATIVES IN PARTNERSHIP WITH ROTARACT LADIES INITIATIVE (ROLI) IN KIINYA BUKASA

18

Virtual Launch of RFEW Atlanta US Chapter *

25

Online Fellowship *

TOPIC: MY BODY IS MY BODY PROGRAM (MBIMB) BY PDG. ANNE MARIE - ZONE COORDINATOR FOR THE EMPOWERING GIRL CHILD INITIATIVE ZONE 22.

WE LOOK FORWARD TO YOUR PARTICIPATION AND CONTRIBUTIONS AS WE MAKE A DIFFERENCE IN THE COMMUNITIES. CONTACT THE SECRETARIAT FOR MORE DETAILS *

@rfewofficial
<http://rotaryfellowshipforempoweringwomen.org/>

COMING UP IN NOVEMBER

Advocacy Clinics on:

Digital Literacy

Financial Literacy

Gender Based Violence

Women Health- Menopause Clinic

Legal Aid Clinic

Mental Health & Wellness

EDITOR'S NOTE



Dear Roses

After a brief pause, we are back in action, renewed, reenergized ready to continue shining a light on the impactful work we do as Roses. The Roses Newsletter will once again serve as a platform to share inspiring stories, updates, and content that showcases our shared commitment to empower girls and women to thrive within themselves, their communities and beyond.

I would like to take this moment to thank Outgoing Red Rose Dorcas and her incredible team for their outstanding leadership over the past two years. Under her leadership RFEW made huge strides to grow its footprint on both the national the international scene. Thank you, we truly appreciate you!

The success of this newsletter will depend on your contributions. You are therefore encouraged to submit stories, updates, and ideas that reflect the great work we are doing as an individual, our Consulates and communities. Whether it's a service project you're passionate about, your business, an inspiring Rose's journey, or creative content that uplifts, we want to hear from you!

Lastly as we welcome Red Rose Kimberly and her team, we look forward to yet another magical experience under her leadership. Let's commit to participate, engage others and support the new team achieve the fellowship goals.

Here's to the rebirth of **The Roses Spotlight** and a future filled with inspiration, connection, and action!

Warm regards,

Purple Rose –Flavia Serugo
Editor, Spotlight Newsletter

We are thrilled to introduce the RFEW Executive team 2024/25



RR Kimberly Kasana
CHAIRPERSON



WR Diana Atim
VICE CHAIRPERSON



WR Julie Kamuzze Musoke
EXECUTIVE SECRETARY



OR Beth Kaguma
DEP. SECRETARY



WR Edith Kakuba
FINANCE / TREASURER



WR Barbra Kitoogoo
DIRECTOR- MEMBERSHIP



WR Prossy Lukwago
DEP. DIRECTOR- MEMBERSHIP



WR Jane Kabugo
DIRECTOR -CONSULATES



WR Helen Kawesa
DEP DIRECTOR -CONSULATES



WR Jennifer Namukwaya
DIRECTOR -PARTNERSHIPS



WR Marion Natukunda
DEP DIRECTOR -PARTNERSHIPS



PR Carol Bavuga
DIRECTOR -PROGRAMS



WR Mebra Lwabaayi
DEP. DIRECTOR -PROGRAMS



WR Daphine Nafula
DIRECTOR -PUBLICITY



WR Diana Kagere
DEP. DIRECTOR -PUBLICITY

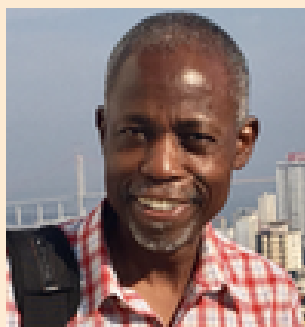
ROSES IN THE SPOTLIGHT

Did you know? That RFEW is open to both female and male members? The Male members are proudly referred to as Blue Roses. They support the Roses in various ways. As long as one is passionate about empowering girls and women to thrive within themselves, they are more than welcome to join us.

This month we celebrate our Blue Roses ! .



BR Richard Kyambadde



BR Tusu

Mental Health of Women and Girls on the rise



There is authoritative evidence that the mental health of young women and girls is deteriorating, and that the gap between men and women has widened over recent years.

According to the Mental Health Foundation UK, Today, young women are three times more likely than men to experience common mental health problems. In 1993, they were twice as likely. Rates of self-harm amongst young women have tripled since 1993, and today's young women are three times more likely than young men to experience post-traumatic stress disorder. Young women and girls from disadvantaged groups face the greatest risks, and those who have more than one risk factor (for example, black transgender women) bear a particularly complex set of challenges.

At the same time, the mental health of young women has slipped down the policy agenda. The underlying factors for the deterioration of young women and girls' mental health are complex. Analysts point to the role of domestic violence and abuse, which has risen significantly over recent years. The role of the online culture, social media and pornography also been widely pointed to as a source of increased pressure on young women and girls.

While there is no single solution for improving the mental health of young women and girls, the first step is to take action and address mental health for young women and girls by taking a whole communities approach that re-prioritizes this area by increasing awareness of mental health across genders.

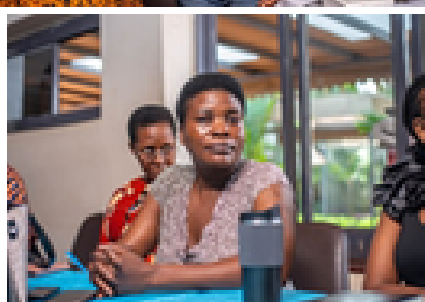
If you know of any club that would want to partner with District 9400 to do a Global grant on Mental Health, please reach out to our Mental Health Champion and Deputy Programs Chair WR Mebra Lwabaayi

TOP FITNESS TIPS FOR WOMEN



OCTOBER, 2024

AGM PICTORIAL



Behind Every Successful
Woman Is A Tribe Of
Other Successful Woman
Who Have Her Back

HAPPY NEW MONTH