

August 2026

Dear GlobalGiving Community,

Uganda continues to be a place of refuge for people fleeing some of the most severe humanitarian crises in the region.



Conflict and instability in neighboring South Sudan and the Democratic Republic of the Congo continue to force families across borders in search of safety. As of August 2026, Uganda is hosting more than one million refugees from South Sudan alone, making it the largest host of South Sudanese refugees in the region.

At the same time, humanitarian organizations are warning that the systems supporting refugees and vulnerable Ugandan communities are increasingly strained. Conflict-driven displacement is converging with food insecurity, malnutrition, disease outbreaks, climate shocks, and pressure on health, education, water, and sanitation services.

For women and girls, these overlapping challenges carry additional consequences.

Displacement can increase exposure to violence and exploitation while disrupting access to basic health information, safe sanitation, menstrual products, and other essential services. Recent reporting from UNHCR found that gender-based violence incidents recorded among refugee and host communities in Uganda increased by 26% in 2025, with women and girls accounting for 98% of recorded survivors.



Uganda has faced additional public health pressures in 2026. In June, the United Nations Population Fund activated its highest level of humanitarian response for an Ebola outbreak affecting the Democratic Republic of the Congo and Uganda. While containment efforts had prevented community transmission in Uganda at the time of the announcement, the emergency has underscored the importance of

keeping essential health and reproductive health services accessible to women and girls even during periods of crisis.

It is against this broader backdrop that your support for menstrual health in Uganda continues.

So far in 2026, Days for Girls has reached 4,636 women and girls with DfG Kits and menstrual health education, along with 33 men and boys with menstrual health education.



Menstrual health needs do not disappear during conflict, displacement, disease outbreaks, or economic hardship. In fact, these circumstances can make managing menstruation significantly more difficult. When household resources are stretched and access to basic services is disrupted, purchasing menstrual products can become one more impossible choice.

This is why access to menstrual health education and reliable, washable menstrual products remains so important.

The DfG Kits distributed through our programming provide a long-lasting menstrual product option, while accompanying education gives participants practical knowledge about menstruation, their bodies, and menstrual care. Together, they can reduce reliance on inadequate materials and help women and girls manage their periods with greater confidence and dignity.

As humanitarian needs across Uganda and the surrounding region continue to evolve, this work remains deeply relevant.

Thank you for helping us reach another 4,669 people so far this year, and for continuing to stand with women and girls in Uganda.

With gratitude,

The Days for Girls Team