

**Introduction:**

In rural areas of Uganda, women play a vital role in sustaining their households. However, many face poverty, limited access to resources, and lack of education or skills. In project area, *Hope for Children Health Foundation* launched an initiative to empower rural women economically and socially, enabling them to better support their families and communities.

**Objectives:**

- To increase women’s capacity to earn income and manage households.
- To provide skills training and access to small business opportunities.
- To strengthen women’s confidence and role in family decision-making.

**Key Activities Conducted:**

1. Skills Training Workshops: Conducted vocational training in tailoring, soap-making, farming, and crafts and 120 women trained over six months.
2. Start-up Support and Microgrants: 50 women received start-up kits (sewing machines, seeds, poultry, etc.) and 10 received small grants to start or boost home businesses.
3. Financial Literacy and Savings Groups. Formed 05 village savings and loan groups (VSLAs). 180 women trained in budgeting, saving, and small business planning.
4. Household Nutrition & Budgeting Education: Taught 100 women how to plan nutritious meals and manage household expenses and promoted kitchen gardening for food security.

**Results and achievements:**

- **85%** of trained women reported increased household income within 3 months.
- **70%** of participants started income-generating activities (e.g., poultry, tailoring).
- **95%** reported improved ability to provide basic needs for their children (food, school fees, healthcare).
- **15 new women-led businesses** registered at community level.

**Challenges:**

- High demand for training vs limited resources.
- Transport issues affecting regular attendance.
- Cultural barriers limiting some women’s participation.

**Recommendations:**

- Scale up the program to reach more villages.
- Provide ongoing mentorship and market access support.
- Engage men in awareness sessions to support women’s roles.

**Conclusion:**

The empowerment project by *Hope for Children Health Foundation* in Kyangwali area has shown that rural women, when given the right tools and knowledge, can transform their households and communities. Continued support and investment will help sustain and expand these positive impacts.

