

PROJECT PROPOSAL

‘MBSR and Micro-Loans for 100 Refugee women’

Project Cost: \$5,000

Project Location: Adjumani Refugee Settlement-West Nile Region, Uganda.

Project Duration: 12 Months (September 2020-August 2021)

Project Target: Refugee women whose businesses collapsed due to lockdown and those with psychological stress brought about by the effect of Covid-19 (Refugee women/girls, those living with HIV/Aids, conflict affected women and girls, survivors of rape and domestic violence, child mothers, survivors of gender based violence).

Implemented by: VOICE FOR HUMANITY UGANDA, Email: voh.humanity@gmail.com
Tel: +256774803086

Summary

This project will provide Trauma sensitive Mindfulness Practices and Micro-credit support to 100 targeted refugee women and girls at Adjumani refugee settlement of Uganda. To reduce the psychological and economic effects of the COVID-19, 100 women divided into groups of 10 participants will undergo 8 days long Trauma Sensitive Mindfulness Practices to reduce anxiety and depression. Additionally, each of the 100 women will be provided with capital to start their own small scale businesses for self reliance.

Challenge

Refugee women and girls at Adjumani have been victims of economic and psychological effects of COVID-19. 95% of those who engaged in small scale businesses prior to the pandemic have lost their livelihood resulting to increased levels of anxiety, depression, hunger, malnutrition and poor health. Since March 2020, there have been over 20 reported cases of trauma induced suicide among refugees at Adjumani, 85% of them being women and girls. WFP recently cut food rations given to refugees by 30%.

Solution

The project will facilitate 8 days Trauma sensitive Mindfulness practices to 100 targeted women and girls divided into groups of 10 at a time. Each of the women/girls will receive startup capital of \$40 to help them initiate small scale businesses. These will help improve both their mental health through mindfulness and promote self reliance through sustainable means of livelihoods.

Long-Term Impact

The long term impact of this project will be increased income levels, reduced levels of poverty, hunger and malnutrition. Additionally, there will be improved mental and physical health leading to reduction in cases of trauma induced suicide and mental illnesses among refugee women and girls.

PROJECT BUDGET BREAK DOWN

All figures in USD

S/N	ITEM	Unit Cost	Quantity	Total Cost
01	Microloans	40	100	4,000
02	MBSR Sessions	10	100	1,000
GRAND TOTAL PROJECT COST				5,000