



Annual Report 2023



Message from the Board

Dear members,

On behalf of SOWE's board, we are happy to present the annual report for 2023. It has been yet another impactful year with a focus on our organization's fundamental values and key metrics. We remain steadfast in our mission to rely on voluntary work, minimize administrative costs, and deliver as much impact as possible with every donation we receive.

Working closely with our partner organization, Yamba Hearts for Uganda, our key projects this year include:

- **Rise and Shine Junior School:** We continued our support for the school, which is growing rapidly and now hosts more than 160 students, including many children and some teachers who now live at Yamba Hearts Center full time.
- **Reusable Pad Production:** Our environmentally-friendly production of reusable pads has provided affordable menstrual hygiene products while creating local employment opportunities.
- **Universal Basic Income:** We continued to provide financial support to teenage girls. In 2023, three girls finished their education and moved from our UBI program to our microloans program, giving us the opportunity to enroll two more UBI recipients. We now support 21 girls with 15 USD per month.
- **Microloans for Women:** We issued one more round of microloans for 9 women in 2023. We have now issued microloans totaling more than 100,000 kronor.
- **Yamba Hearts FC:** With support from DP Sports Management, we kickstarted a local club for women's football. The club has, in a short time, been highly successful with high participation and engagement, also sparking interest in the broader area with regular events such as tournaments and friendly matches.
- **Donations of Sports Equipment, Phones, Laptops, Toys, School Material from Sweden:** We have received a lot of support and donations from our members over the year, and we were able to deliver these to Mpigi in the fourth quarter of 2023 as well as the first quarter of 2024.
- **CPR equipment and training:** With generous support from HLR-instruktören Ingelstad we have been able to equip Yamba Hearts Center with a heart defibrillator and CPR training equipment, and started regular CPR training for children and adults in the fourth quarter of 2023.
- **Building and Equipping the Yamba Hearts Center:** We continued to develop and improve the Yamba Hearts Center, enhancing its facilities and resources to better serve our cause. Three more classrooms were built in 2023 and an additional three in the first quarter of 2024.

After two recent visits to Mpigi in Q4 2023 and Q1 2024, we feel more thankful than ever for the incredible work done on the ground. It is astonishing how Yamba Hearts for Uganda can accomplish so much impact with the funds we provide. We are also thankful for Charles and

Constance, for their generous, selfless personalities and tireless work to serve the community in any way possible. It is amazing to see how Yamba Hearts Center has become so busy, now being called home by so many people and buzzing with life 24/7.

We are very pleased with our progress over the past year both in Sweden and in Uganda. For our operation in Sweden, we especially want to highlight that we were able to spend less than 1% on administrative costs in 2023. If we take into account that the company Paragon Nordic pays for our fees at Handelsbanken, we can proudly state that for our donors, 99.5% of their donations has been spent on our cause in Uganda. This is a metric that we are very proud of and a great achievement.

The number of active members and the overall engagement have increased over the year. We have been fortunate to welcome many new friends who have helped us in our work, without whom we would not be able to grow our income or sustain our low costs.

This report highlights the accomplishments of our dedicated team, volunteers, and supporters. We are deeply grateful for your commitment to our cause and look forward to another successful and rewarding year together.

Sincerely, SOWE's Board

Number of members at the end of 2023

138

A Shared Vision for a Brighter Future: The Partnership between SOWE and Yamba Hearts for Uganda

Yamba Hearts for Uganda is a non-government organization founded by Charles Ssegawa with the mission to empower youths and mothers in the villages of Lwanga parish, located in the Mpigi district, 40 km south of Kampala. This grassroots organization is committed to uplifting its local community through education and skill development, ultimately leading to long-term, sustainable growth.

Since 2020, SOWE and Yamba Hearts for Uganda have fostered a close and fruitful collaboration. All of SOWE's projects to date have been conducted in partnership with Yamba Hearts for Uganda, strengthening the bond between the two organizations and laying the foundation for even greater accomplishments in the years to come. The core team of Yamba Hearts for Uganda consists of Charles and Constance Ssegawa, both of whom bring extensive expertise to the organization.

In 2023 the Yamba Hearts Center has kept growing, taking in children and young adults in need and now being a home for more than 30 people, mostly children. At the end of 2023 we encouraged Charles and Constance to rent a separate apartment for their family, to be able to fully utilize the center for people in need. As we look ahead, we are excited to build upon the solid foundation of our partnership and expand our reach to more individuals in need. Together, we will continue to make a positive and lasting impact in Mpigi.



Rise and Shine Junior School

With 160 students enrolled by the end of 2022, the school has been growing steadily, driven by an ever-increasing demand from the community. With our support, six additional classrooms could be built in the last quarter of 2023 and first quarter of 2024. The Rise and Shine school primarily focuses on providing education for children from humble backgrounds who cannot afford school fees elsewhere. Charles, who grew up in a similar setting as many of the enrolled students, has made it his lifelong dream to create a school that puts children first. His personal experience has inspired him to ensure that no enrolled child is turned away from Rise and Shine Junior School due to an inability to pay fees. Instead, the school strives to work with the resources available and provide a safe, joyful learning environment for all.



Empowering Women and Girls through SOWE's Menstrual Health Initiatives

Menstrual health is a crucial aspect of overall well-being for millions of women and girls worldwide. Despite being a natural biological process, menstruation is often stigmatized and misunderstood, leading to a wide range of challenges for those who experience it. A lack of access to affordable and hygienic menstrual products, coupled with inadequate education on menstruation, can lead to negative health outcomes, social isolation, and a diminished quality of life. Poor menstrual hygiene can result in infections, reproductive health issues, and other complications that can have long-lasting consequences. Moreover, inadequate menstrual health support often results in school absenteeism and, in some cases, school dropouts among girls. This, in turn, limits their educational opportunities and future prospects, perpetuating cycles of poverty and gender inequality.

By addressing menstrual health and hosting our menstrual health workshops regularly, we seek to ensure that women and girls have the knowledge, resources, and support they need to manage their periods with dignity and confidence. This focus is essential to fostering gender equality, improving public health, and empowering women and girls to reach their full potential. SOWE is committed to making a difference in this critical area and creating lasting, positive change in the communities we serve.

Reusable pads production

In 2023 we continued our support for our reusable pad production initiative, providing employment opportunities for previously unemployed women living near the center. This project plays a crucial role in our ambition to provide accessible and affordable sanitary pads in the area. Our production facility is equipped with two sewing machines that are used for crafting the pads. Each package of pads contains three reusable pads in a waterproof bag, designed for easy washing and reuse for approximately 12 months.



Universal Basic Income (UBI) / School Sponsorship Program

In March 2022, we launched our innovative UBI program, enrolling 22 girls. To ensure the funds go directly to the girls and they maintain full control over their money, we provided smartphones to 18 of the girls who didn't have one. The phones were donated by our members in Sweden. Our UBI recipients receive payments in USD on a regular basis, empowering them to address their basic needs and pursue their dreams. The girls in the program can exchange the funds at Yamba Hearts center, but they also have the option to keep their income in their digital wallets.

Most of our participants use the UBI to buy school materials and pay for school fees, enabling them to continue their education and aspire for a brighter future. In addition to financial support, we also offer counseling, guidance, and workshops to help our participants thrive. So far, we have been very impressed by the impact the UBI has had on all participants included in the program. Although the income has been spent differently, it has undoubtedly been used for good and to improve the lives of the participants significantly.

This year we continued our support for the program and when our team visited in the last quarter of 2023 we could replace some broken phones with new ones. In 2023 three girls finished their education and moved from our UBI-program to our microloans program, giving us the opportunity to enroll two more UBI-recipients. We now support 21 girls with 15 USD per month.

At the end of the year we also decided to simplify the project to reduce the amount of work it took to distribute the UBI to the girls phones. We will reevaluate this decision in 2024 and decide if we should relaunch the UBI program with individual mobile wallets or pivot the project to a school sponsorship program.





Launch of Lifesaving CPR Training at Yamba Hearts Center

With generous support from HLR-instruktören Ingelstad, we have been able to equip Yamba Hearts Center with a heart defibrillator and CPR training equipment, and started CPR training for children and adults in the fourth quarter of 2023.

Over three days, instructors (trained by HLR-instruktören Ingelstad), together with a nurse, conducted training in CPR, Child CPR, first aid, and any other topics/questions that arose. We continued the CPR training in first quarter 2024.

The main focus was on adults whom we considered capable of sustaining the project/absorbing the knowledge. This included several teachers, a school nurse, a nursing student, and a few others.

The training sessions were held in a classroom at Yamba Hearts Center in Lwanga Parish. The defibrillator, donated by Hjärtupproret, was placed here.



Yamba Hearts FC: Empowering Women Through Football

In the fall of 2023, we launched Yamba Hearts FC, a women's football club in Uganda, with support from Sweden in the form of money, equipment, and uniforms from various sports clubs. Our mission is to empower women both on and off the field. Our main sponsor is the company DP Sports Management that has provided a majority of the financial support for the first year. We have also received a lot of sports equipment from Växjö Vipers, Alvesta GIF and Rottne IF.

On October 29, 2023, we organized Mpigi district's first women's football tournament, featuring six teams from local companies and a school. Despite the strong national interest in football, there are very few women's teams, something we aim to change. Yamba Hearts FC is currently the only official women's team in the Mpigi region, home to around 300,000 people. By hosting regular tournaments and providing ongoing support, we hope to ignite a passion for women's football in the region.

We conduct weekly training sessions for two teams and organize friendly matches with various opponents. Approximately 50 women participate regularly in our training sessions in Lwanga. Our long-term goal is to establish a regional league, which requires the formation of more teams.

The social cohesion and personal growth resulting from participation in Yamba Hearts FC have exceeded our expectations. In a community plagued by domestic violence and child marriages, football provides a sanctuary where women can improve their fitness, develop skills, and find support and friendship. Our project fosters a strong social network, reducing isolation and promoting mutual aid.

To sustain and expand Yamba Hearts FC we strive to engage football clubs and companies in Sweden as sponsors for the club. We will continue with this effort together with DP Sports Management in 2024.



Resultaträkning

Räkenskapsår
Rapportperiod
Rapport skapad

2023-01-01 - 2023-12-31
2023-01-01 - 2023-12-31
2024-05-13 13:27

SOWE
802530-7961

| Konto | Ackumulerat | Perioden |
|---|-------------|-------------|
| Rörelseintäkter | 232 442,00 | 232 442,00 |
| Rörelseintäkter, lagerförändringar m.m. | 232 442,00 | 232 442,00 |
| Övriga rörelseintäkter | 232 442,00 | 232 442,00 |
| 3990 - Övriga ersättningar och intäkter | 232 442,00 | 232 442,00 |
| Rörelsekostnader | -232 442,00 | -232 442,00 |
| Rörelsekostnader | -283 340,00 | -283 340,00 |
| Övriga externa kostnader | -283 340,00 | -283 340,00 |
| 6570 - Bankkostnader | -2 572,00 | -2 572,00 |
| 6993 - Lämnade bidrag och gåvor | -280 768,00 | -280 768,00 |
| Årets resultat | 50 898,00 | 50 898,00 |
| Årets resultat | 50 898,00 | 50 898,00 |
| 8999 - Årets resultat | 50 898,00 | 50 898,00 |
| Beräknat resultat | 0,00 | 0,00 |

Balansräkning

Rapportperiod
Rapport skapad

2023-01-01 - 2023-12-31
2024-05-13 13:26

SOWE
802530-7961


| Konto | Ingående balans | Förändring | Utgående balans |
|---|-----------------|------------|-----------------|
| Tillgångar | 65 307,00 | -50 898,00 | 14 409,00 |
| Omsättningstillgångar | 65 307,00 | -50 898,00 | 14 409,00 |
| Kassa och Bank | 65 307,00 | -50 898,00 | 14 409,00 |
| Kassa och Bank | 65 307,00 | -50 898,00 | 14 409,00 |
| 1930 - Företagskonto/checkkonto/affärskonto | 65 307,00 | -50 898,00 | 14 409,00 |
| Eget Kapital & Skulder | -65 307,00 | 50 898,00 | -14 409,00 |
| Eget Kapital | -65 307,00 | 50 898,00 | -14 409,00 |
| Fritt eget kapital | -65 307,00 | 50 898,00 | -14 409,00 |
| Balanserat resultat | -65 307,00 | 50 898,00 | -14 409,00 |
| 2091 - Balanserad vinst eller förlust | -2 036,00 | -63 271,00 | -65 307,00 |
| 2098 - Vinst eller förlust från föregående år | 0,00 | 0,00 | 0,00 |
| 2099 - Årets resultat | -63 271,00 | 114 169,00 | 50 898,00 |
| Beräknat resultat | 0,00 | 0,00 | 0,00 |

Board Signatures


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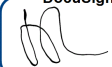
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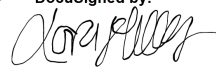
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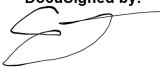
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
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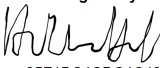
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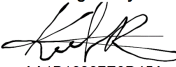
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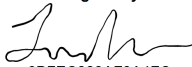
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Katarina Rylander

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Johanna Molander

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Tale Al-Sallom