



## Annual Report 2024





## Message from the Board

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Dear members,

On behalf of SOWE's board, we are proud to present the annual report for 2024. This has been another year of growth, resilience, and meaningful impact through our continued partnership with Yamba Hearts for Uganda.

The center in Mpigi continues to develop at an impressive pace. Thanks to the extraordinary dedication of the team on the ground, the Yamba Hearts Center and Rise and Shine Junior School have expanded significantly. The school now serves over 200 children, all of whom receive breakfast and lunch every school day. In 2024, we constructed three new permanent brick-built classrooms, along with six additional wooden classrooms, to accommodate the growing number of students. To improve infrastructure, we also installed solar panels to make electricity more reliable and sustainable for the school and its surroundings.

Clean and accessible sanitation became a key priority as the center grew. Towards the end of the year, we raised the necessary funds to build new toilets. This was an essential improvement that will help prevent the spread of disease and support daily operations.

Our menstrual health initiative has entered a mature phase. Locally produced reusable pads are now the default solution for those who cannot afford commercial products, and we have seen a clear improvement in menstrual hygiene throughout the community.

Yamba Hearts FC, our women's football club, continues to thrive. Interest in women's football has grown steadily, with regular matches and events that engage the broader community and create real social impact.

We maintained our monthly support of 500 USD to help cover salaries and core operating costs at Yamba Hearts. These funds are vital for daily operations.

In Sweden, we continue to work hard to keep administrative costs low. These costs remained minimal in 2024, although they increased slightly due to the expanded use of Stripe. While Stripe has higher fees than Swish or traditional bank transfers, it makes donating easier and enables recurring monthly donations. This has helped us build a more stable and predictable income, which is important for the sustainability of our work.

Our support for teenage girls through the Universal Basic Income program continued in 2024. At the end of the year, the program was rebranded to Yamba Omakyala. Many of the girls who joined in 2022 have now completed their education and are beginning to earn their own income, some with support from our microloan program. In early 2025, we welcomed 10 new girls into Yamba Omakyala, bringing the total number of participants to 25. Each girl receives 15 USD per month to cover basic needs. It is a small but significant form of support.

Our microloan program has continued to grow while facing economic challenges. In early 2024, we issued a new round of loans totaling 1,000 USD with a focus on education and business development in black soldier fly farming. We also issued our largest loan to date, 2,500 USD, to support an experienced woman who is starting a farm in northern Uganda. Another round of loans for 1,000 USD was issued in early 2025. While many women have faced difficulties in making

repayments, some have achieved clear success and show that the model is working. We continue to follow our principle that at least 50 percent of future loans should be funded by repayments before any new capital is issued.

Yamba Hearts for Uganda also faced several regulatory hurdles in 2024. With our support, they made significant progress on licensing and compliance in early 2025. These steps were essential to secure their long-term operations. The improved sanitation facilities were not only important for daily life but also necessary to meet the standards required to operate at their current scale.

This report highlights the impact made possible by your support. From permanent classroom construction to sanitation, menstrual health, education, football, and entrepreneurship, your contributions are helping to build lasting change. We are sincerely grateful to Charles, Constance, and the entire team in Uganda, as well as to all of you , our members, volunteers, and donors, for your continued commitment.

*Sincerely,*  
*SOWE's Board*

## **Number of members at the end of 2024**

246

## 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.

We were happy to see Yamba Hearts Center grow bigger during 2024, with many more classrooms and in 2025 new cleaner toilets.





## Rise and Shine Junior School

With 210 students enrolled by the end of 2024, the school has been growing steadily, driven by an ever-increasing demand from the community. With our support, three additional permanent classrooms was built in 2024 as well as 6 improved wooden classrooms. 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 2024 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.





## Yamba Omakyala (Previously UBI program)

Since 2022, we have supported 24 girls with 150 SEK per month to help them complete primary school and continue their education in pursuit of their dreams.

150 SEK per month is not a lot of money for many of us in Sweden. But it is enough to help a young woman in Mpigi stay in school. We know this is crucial for her future, for her to be able to support herself and her family, and to avoid ending up in a situation where prostitution becomes the only option to put food on the table.

The best way to help a community out of poverty is to empower the women. Since 2022, we have seen incredibly positive results from this sponsorship, and the list of girls in need of support remains long.

At the beginning of 2025, we added 10 new girls to the program. We now sponsor a total of 25 young women. This expansion was made possible because many of the girls previously in the program have completed their education and are now earning their own income.





## SOWE's and Yamba Hearts Microloans Program

In our efforts to empower women and promote economic growth, we introduced our Microloans Program in February 2022. This initiative aims to support women entrepreneurs in Mpigi by providing them with interest-free loans to start or expand their businesses. We designed our loans to have no interest rate, and all repayments are returned to the community in the form of new loans, creating a social incentive for repayment. The loans are denominated in Ugandan shillings (UGX) to prevent putting the loan recipients in a disadvantageous position, as their income is in the local currency.

Our first round of microloans, totaling 2,843 USD, was issued to 17 women who already had sustainable businesses but were negatively affected by the Covid-19 restrictions. In September 2022, we issued our second round of loans, amounting to 4,700 USD, to 26 additional women. In the second half of 2023 we issued another round of microloans totalling 2145 USD, four of the participants received their second loan from us after repaying their first loan successfully.

Our microloan program has continued to grow while facing economic challenges. In early 2024, we issued a new round of loans totaling 1,000 USD with a focus on education and business development in black soldier fly farming. We also issued our largest loan to date, 2,500 USD. Another round of loans for 1,000 USD was issued in early 2025. We continue to follow our principle that at least 50 percent of future loans should be funded by repayments before any new capital is issued.





## 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 club.

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.





Resultaträkning

Räkenskapsår  
Rapportperiod  
Rapport skapad

2024-01-01 - 2024-12-31  
2024-01-01 - 2024-12-31  
2025-04-24 12:16

SOWE  
802530-7961

Konto	Ackumulerat	Perioden
Rörelseintäkter	277 805,00	277 805,00
Rörelseintäkter, lagerförändringar m.m.	277 805,00	277 805,00
Övriga rörelseintäkter	277 805,00	277 805,00
3990 - Övriga ersättningar och intäkter	277 805,00	277 805,00
Rörelsekostnader	-277 805,00	-277 805,00
Rörelsekostnader	-230 828,00	-230 828,00
Övriga externa kostnader	-230 828,00	-230 828,00
6570 - Bankkostnader	-11 428,00	-11 428,00
6993 - Lämnade bidrag och gåvor	-219 400,00	-219 400,00
Årets resultat	-46 977,00	-46 977,00
Årets resultat	-46 977,00	-46 977,00
8999 - Årets resultat	-46 977,00	-46 977,00
Beräknat resultat	0,00	0,00



Balansräkning

Rapportperiod  
Rapport skapad

2024-01-01 - 2024-12-31  
2025-04-24 12:24

SOWE  
802530-7961

Konto	Ingående balans	Förändring	Utgående balans
Tillgångar	14 409,00	46 977,00	61 386,00
Omsättningstillgångar	14 409,00	46 977,00	61 386,00
Kassa och Bank	14 409,00	46 977,00	61 386,00
Kassa och Bank	14 409,00	46 977,00	61 386,00
1930 - Företagskonto/checkkonto/affärskonto	14 409,00	46 977,00	61 386,00
Eget Kapital & Skulder	-14 409,00	-46 977,00	-61 386,00
Eget Kapital	-14 409,00	-46 977,00	-61 386,00
Fritt eget kapital	-14 409,00	-46 977,00	-61 386,00
Balanserat resultat	-14 409,00	-46 977,00	-61 386,00
2091 - Balanserad vinst eller förlust	-65 307,00	50 898,00	-14 409,00
2099 - Årets resultat	50 898,00	-97 875,00	-46 977,00
Beräknat resultat	0,00	0,00	0,00




Board Signatures

Kim Hjertquist

DocuSigned by:  
  
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Johanna Adler

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82C654774F124B6...

Kajsa Lidman



Helena Rylander



Emilia Karlsson



Lova Hallberg



Josef Carlson

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Hilma Hård af Segerstad



Jonna Hjertquist



Emil Wallenberg



Veronica Thunberg



Erik Taber



Daniel Lindahl



Josef Hughes.

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