

GRiD COMMUNITY SOLUTIONS INITIATIVE

ANNUAL REPORT 2025



Figure 1: A GRiD facilitator leads a menstrual health awareness session at Pallisa Township Primary School, creating safe spaces for learning, dialogue, and support for adolescent girls.

My Body, My Future

Supporting Girls. Strengthening Communities. Breaking Menstrual Taboos Across Bukedi.

Reporting Period: February – November 2025

Geographic Focus: Pallisa District, Eastern Uganda

Message from the Executive Director

In many communities across Eastern Uganda, menstruation remains surrounded by silence, stigma, and misinformation. For adolescent girls, this often translates into missed learning opportunities, reduced confidence, and barriers to participation in school and community life.

In 2025, GRiD launched *My Body, My Future* to address these challenges through community-led dialogue, education, and awareness. Working alongside parents, teachers, school leaders, faith leaders, and young people, we helped create supportive environments where girls can learn, participate, and thrive with dignity.

What began as a modest awareness initiative evolved into a powerful platform for community engagement, reaching more than 400 participants across five schools and demonstrating the value of locally led solutions to deeply rooted social challenges.

A key lesson from this work is that sustainable change happens when communities themselves become part of the solution. When parents, teachers, and local leaders engage openly in conversations that were once avoided, attitudes begin to shift and opportunities emerge for lasting transformation.

We remain grateful to the Youth Empowerment Fund (YEF), Global Youth Mobilization (GYM), the European Union, local government partners, schools, and community leaders who made this work possible.

As we look ahead, we are committed to building on these foundations through practical skills training, stronger school-based support systems, and expanded engagement with *families and communities*.

David Magumba Gatwongere

Founder & Executive Director

About GRiD

GRiD Community Solutions Initiative is a community-led nonprofit organization working to strengthen education, dignity, participation, and resilience among underserved communities in Eastern Uganda.

Vision

Indigenous communities thriving with equal opportunities in a just and inclusive society.

Mission

To work alongside Indigenous communities to improve access to meaningful social and economic services that support sustainable growth and resilience.

Core Values

- Accountability and Transparency
- Equity
- Integrity
- Participation and Public-Mindedness
- Respect for Human Rights and Inclusion
- Responsibility and Sustainability

Program Overview

My Body, My Future

Why This Work Matters

Menstrual health is more than a health issue. It is an education, dignity, and gender equality issue.

Many adolescent girls continue to face barriers associated with menstruation, including stigma, misinformation, limited support systems, and restricted opportunities to discuss reproductive health openly. These barriers can undermine confidence, contribute to absenteeism, and affect participation in learning.

My Body, My Future was designed to strengthen menstrual health and reproductive health awareness while building supportive environments around girls through engagement with parents, teachers, school leaders, and community actors.

Goal

To improve menstrual health and reproductive health awareness among adolescent girls while strengthening family, school, and community support systems that enable girls to remain in school with dignity and confidence.



Figure 2: Parents and teachers participating in a GRiD dialogue session on adolescent menstrual health and school support systems

The Challenge

Despite growing global attention to menstrual health, many girls continue to experience:

- Limited menstrual and reproductive health knowledge
- Persistent cultural stigma and misinformation
- Limited communication between parents and daughters
- Inadequate support within schools and communities
- Low confidence discussing menstrual health issues

These challenges often contribute to school absenteeism, social isolation, and reduced participation in learning.

Our Approach

GRiD adopted a community-centered and dialogue-driven approach built on three pillars:

Empowering Girls Through Knowledge

Providing menstrual health and reproductive health education that strengthens confidence, awareness, and informed decision-making.

Strengthening Family Support

Engaging parents and guardians to improve communication, reduce stigma, and encourage positive support for adolescent girls.

Building Supportive Schools

Working with teachers and school leaders to strengthen school environments where girls feel safe, respected, and supported.



Figure 3: Senior Women Teacher engaging parents on menstrual myths & hygiene during a dialogue meeting

Program Reach and Results

At a Glance

402

Participants reached with menstrual health messages

5

Partner schools improving learning environment

300+

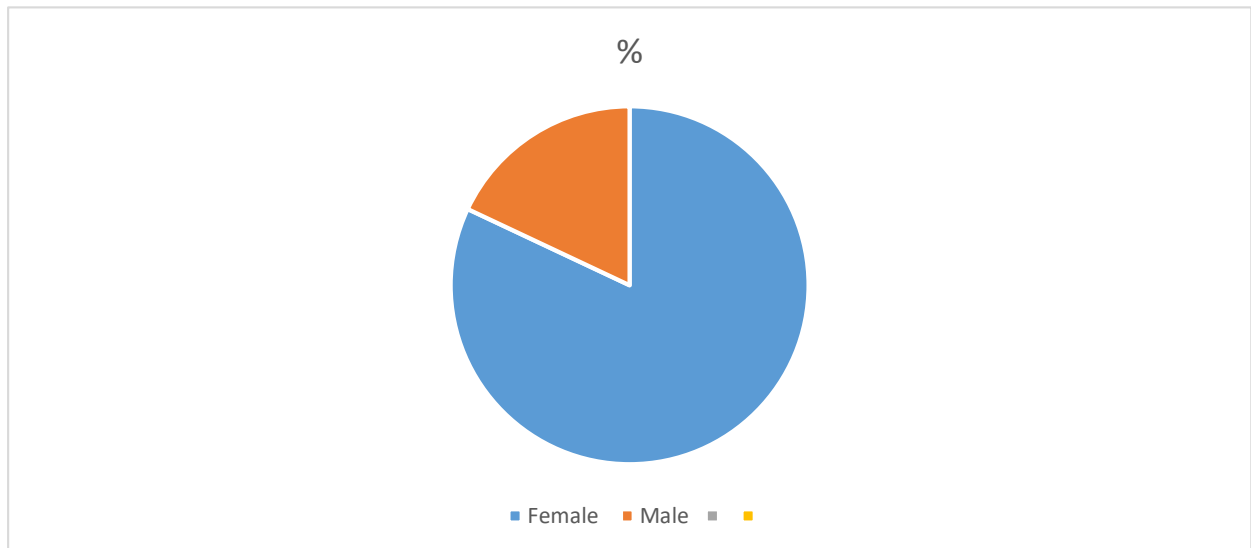
Parents and guardians sensitized

89

Youth reached with reproductive health

3

Faith institutions engaged



Pie chart showing 82% female participation.

What Changed

While this initiative focused primarily on awareness and dialogue, several positive changes were observed during implementation.

Increased Confidence Among Girls

Teachers and facilitators reported greater willingness among girls to discuss menstruation and seek support when needed.

Improved Parent Engagement

Parents demonstrated increased understanding of menstrual health and greater openness in discussing related issues with their children.

More Supportive School Environments

Teachers and school leaders reported increased awareness of their role in supporting girls' wellbeing and participation.

Reduced Stigma

Community discussions helped normalize conversations around menstruation, reducing discomfort and misinformation among participants.

Early Attendance Improvements

Participating schools reported encouraging signs of improved attendance among girls, although further monitoring is required to assess long-term trends.

Community Voices

“I now understand what my daughter goes through and how to support her.”

— Parent Participant

“Girls are more open and confident when discussing menstruation.”

— Teacher

“We feel supported, not judged.”

— Adolescent Girl Participant

Story of Change

“Now I Stay in Class with Confidence”

Amina, a 14-year-old pupil at Pallisa Township Primary School, previously missed several days of learning each month because of menstruation-related challenges and limited information.

Following participation in GRiD's awareness sessions, and through improved support from both home and school, Amina reports feeling more confident and informed.

Today, she regularly attends school and encourages fellow pupils to seek accurate information and support.

*“I feel confident now. My body is not a problem—
it is part of who I am.”*

— Amina

Learning and Adaptation

A core principle of GRiD's work is continuous learning.

During implementation, attendance at several early community sessions was lower than anticipated due to competing community activities and holiday schedules.

In response, GRiD adapted its mobilization approach by:

- Increasing school-based outreach
- Working through church announcements
- Adjusting session schedules
- Strengthening community-level engagement

These adjustments resulted in significantly improved participation rates and strengthened community ownership.

Key Lessons

- ✓ Parents are critical partners in supporting girls.
- ✓ Teacher engagement strengthens sustainability.
- ✓ Dialogue reduces stigma more effectively than one-way messaging.
- ✓ Community ownership increases participation and acceptance.
- ✓ Awareness creates the foundation for future practical interventions.

Partnerships That Made This Possible

This initiative was implemented through collaboration between local communities, schools, government structures, and development partners.

Key Partners

- Youth Empowerment Fund (YEF)
- Global Youth Mobilization (GYM)
- European Union (EU)
- District Education Office – Pallisa
- Participating Schools
- Faith Leaders and Community Structures



Governance, Safeguarding and Accountability

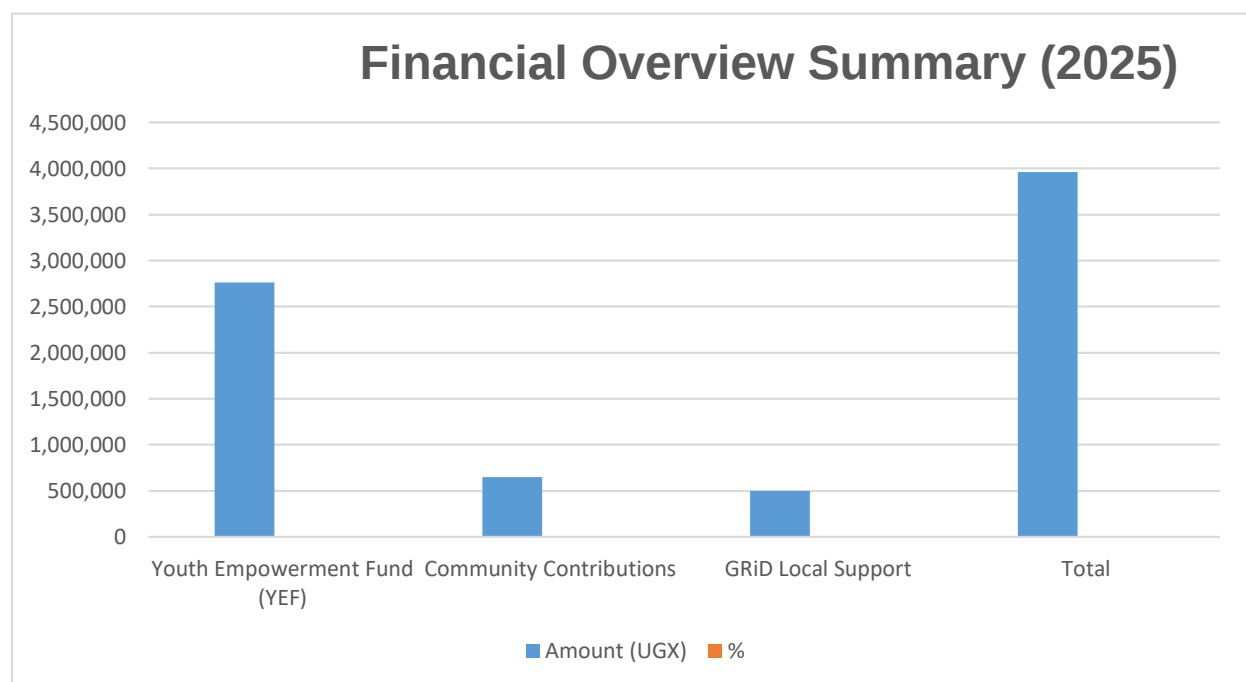
GRiD is committed to responsible and transparent program delivery.

Throughout implementation, the organization maintained:

- Board oversight and strategic guidance
- Financial accountability systems
- Community feedback and dialogue mechanisms
- Compliance with safeguarding principles
- Transparent reporting to partners and stakeholders

Learning and accountability remained central to implementation decisions throughout the project cycle.

Financial Summary



Funding Sources

Source	Amount (UGX)
Youth Empowerment Fund (YEF)	2,736,000
Community Contributions (In-kind)	500,000
GRiD Local Support (In-kind)	400,000
Total	3,636,000
Expenditure Breakdown (YEF Funds)	
Category	Amount (UGX)
Mobilization and Communication	238,500
Refreshments	1,791,000
Facilitator Costs	700,000
Bank Charges	5,280
Total	2,735,280

99.97% of grant funding was directed to program implementation and community engagement activities.

Looking Ahead

Building on lessons from 2025, GRiD plans to:

- Introduce reusable pad-making skills training
- Train youth peer educators
- Expand to additional schools and communities
- Strengthen school-based health clubs
- Increase father engagement in adolescent wellbeing
- Explore community-led pad-making enterprises

These next steps will build upon the awareness foundation established during the first phase of My Body, My Future.

Appreciation

GRiD extends sincere appreciation to:

- Adolescent girls and families
- Teachers and school leaders
- Faith leaders

- Community volunteers
- District Education Office – Pallisa
- Youth Empowerment Fund (YEF)
- Global Youth Mobilization (GYM)
- European Union (EU)

Together, we are helping create communities where girls can learn, participate, and thrive with dignity.