

## Bring hope to LRA victims Support for vulnerable young women

Since 2006, the "New Life" centre in Kitgum, supported by FH, helps former victims of the LRA. After a **psycho-social and medical review**, beneficiaries are assisted in **setting up a small commercial activity**, in collaboration with a local micro-finance institute.

They are trained in areas of **hygiene and disease prevention**, as well as getting medical follow up.

After a short **training period** (planning a commercial activity, basic bookkeeping, functional reading), **the women define their own activity** (raising goats, small shops, grain mills, etc). When an activity is deemed viable, they receive a **start-up capital** so that they can begin their new activity.

In parallel, a **savings and loan programme** helps the women to put money aside so that they can invest, or diversify their activities later on. To ensure quality follow up, **these women are regularly visited at home by FH volunteers**.



### Building of a maternity unit

Since 2007 a clinic is available. It is aimed at helping the women and children of the Kitgum and Lamwo districts. It specialises in questions related to HIV/Aids.

**Today, in an attempt to improve help to pregnant women and to reduce mortality in childbirth, the clinic needs a maternity unit.**

In Uganda, roughly 6,000 women die each year due to complications related to pregnancy or childbirth; and 80 % of these deaths could be avoided if the women had adequate medical follow up.

#### Support women who have been victims of the LRA, like Pauline!

- CHF 30.- could allow access to the clinic for one woman.
- CHF 100.- could buy a bicycle for a volunteer doing home visits.
- CHF 200.- could provide for training in setting up a small business for two women.

FH Switzerland is committed to the fight against poverty locally through personal and community development throughout the world. FH Switzerland is part of the international network of Food for the Hungry (FH).



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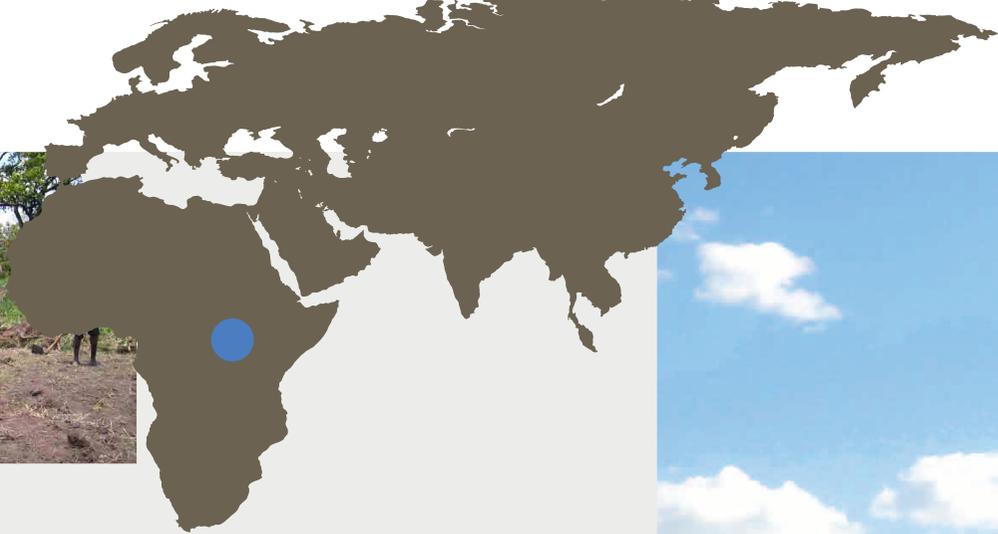
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## Northern Uganda: Hope for the victims of the Rebels

The situation in Kitgum and Lamwo  
Support for vulnerable young women  
Pauline finds hope for the future





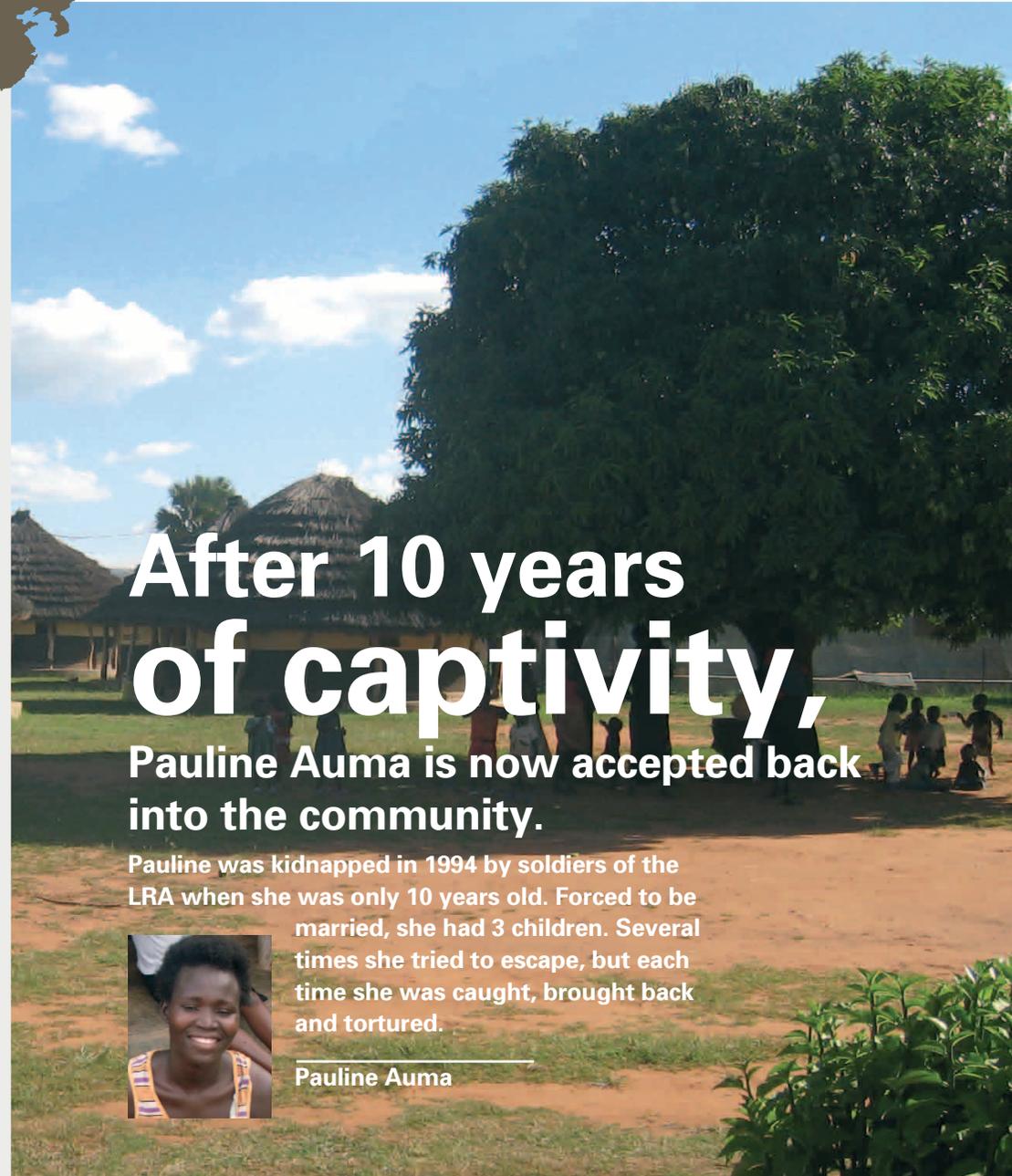
## Uganda Kitgum and Lamwo districts

Northern Uganda has a huge agricultural potential. The population of the area lives mainly off subsistence farming. The area still suffers from the effects of nearly 20 years of war, during which time the Lord's Resistance Army LRA kidnapped some 25,000 children to turn them into child soldiers or simply slaves. Some 1.6 million people were forced to move from their homes into camps where they depended on humanitarian aid.

The security situation has been improving. People have been returning to their villages, but often their houses have been destroyed and their cattle stolen. Under these conditions, taking up agriculture again is hard and many households suffer from food insecurity.

From a health point of view, the districts of Kitgum and Lamwo have a particularly high incidence of HIV/Aids compared to the rest of the country. Of the 350,000 inhabitants that populate the area, it is estimated that around 28,000 people contracted the virus, or nearly 8 %.

Since 2006, thousands of young women and children who were abducted by the LRA try to reintegrate the community. That same year, FH set up the "New Life" centre in Kitgum. This centre provides psycho-social and medical support to these women and help them to start an activity that generates an income.



# After 10 years of captivity, Pauline Auma is now accepted back into the community.

Pauline was kidnapped in 1994 by soldiers of the LRA when she was only 10 years old. Forced to be married, she had 3 children. Several times she tried to escape, but each time she was caught, brought back and tortured.



Pauline Auma

After her husband was killed in a battle and in 2004, she was able to escape with her children.

When she returned, she was looked after by an organisation which helped her find her family, only to discover that both her parents were dead. Not knowing where to go she ended up getting married a second time. She had a fourth child but shortly after, her husband left her, taking all her belongings, farm tools and household items she had been given by Uganda's Amnesty Commission.

**Pauline, like many other victims of the LRA, experienced rejection by her community. She is considered a murderer, a prostitute and a burden for her family as she doesn't have any resources or any income.**

In 2010, Pauline's path crossed that of the counsellors from our New Life centre. Pauline was in a really depressed state : her experiences while captive haunted her, she felt very lonely and lived in constant fear.

**At the New Life centre she has been able to benefit from psychological and social support for two months as part of a group of 27 women. Little by little she managed to recover some hope in carrying on in life.** She also received training which allows her to take up an economic activity. With the help of some starting capital, she has been able to open a small grocery shop.

**Today Pauline is 28 and her life has greatly changed.**

She rents a house and is capable of meeting the needs of her four children : Lakica (13 years old), Onecan Ronald (10), Komakech Robin (8) and Orca Wlater (5).

**Pauline is no longer marginalised. She says : "Thanks to the emotional support I received, I am now accepted by the community and by my family."**

