

Hope and Justice 🥰🥰🥰

1 message

Wells of Hope <info@wellssofhope.org>
Reply-To: Wells of Hope <info@wellssofhope.org>
To: directorfs@gmail.com

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Our utmost gratitude to you and everyone who has embarked on walking this journey of hope with us.

Your love and support make life meaningful.

This bulletin will bring you up to speed about what the organisation has been up to:

HIV & AIDs Conference 2025 For Formerly Incarcerated People



On **June 18th, 2025**, the Womens Safe Home, in partnership with TASO and Uganda AIDs Commission, held a powerful **HIV prevention seminar** at **Kolping Hotel**, themed "**Uniting to end HIV/AIDs; empowering formerly incarcerated people to take lead in preventing further transmission**", specifically designed for individuals who have experienced incarceration. The event had sensitization sessions and provided **HIV & AIDS counseling, testing, free condoms, and self-testing kits** to attendees.

The program featured a deeply moving session on **forgiveness**, as well as **testimonies from two courageous individuals living with HIV**, who shared their personal journeys to healing and acceptance.

A special highlight of the day was the presence of **Dr. Sarah Bireete, the executive director for Constitutional Governance**, whose own history of incarceration and resilience brought powerful encouragement and connection to the participants. This seminar was a reminder that **health, dignity, and second chances** are rights every person deserves no matter their past.

Foster Care & Mental Health Training



The training session was attended by 10 members and was facilitated by Jessica Naugles, a social worker from the USA, who led the first part of the session. She covered several key points, like , what fostering is, the challenges foster parents face, trauma in incarcerated children, how to support the children of incarcerated parents with trauma and how foster parents can care for themselves while dealing with a child who has trauma.

Jessica emphasized that fostering is a **deeply emotional and life-changing commitment**. She highlighted the importance of preparation and emotional resilience, encouraging participants to remain committed and compassionate. She underscored that many foster children have unmet emotional needs due to past trauma, making mental health support a critical aspect of their development and integration.

The second part of the session was led by Hilda Nabbosa, a representative from the **Ministry of Gender**, who provided additional insights. The facilitator stressed the importance of **proper documentation** and the **involvement of key stakeholders**, including community leaders, probation officers, and Child Development Officers, in the placement process. This ensures accountability and supports the well-being of children in foster care.



On June 25, 2025, foster parents participated in a training session at the Women's Safe Home. The training was facilitated by Jessica, a social worker, who focused on the topics of fostering and mental health. She expressed her gratitude to the foster parents for their commendable efforts, especially for opening their homes to children of incarcerated parents.

During the training, several important topics were covered, including foster care, self-love, the challenges faced by foster parents, the trauma experienced by children of incarcerated parents, and child protection. The significance of training for foster parents cannot be overstated; it is not just a requirement but a foundational element for success. This training helps foster parents understand the realities and responsibilities of fostering and prepares them to meet the emotional, physical, and developmental needs of the children in their care.

Project Love-Staff to Children Outreach



On Sunday, June 15, 2025, a joint staff outreach outreach was conducted at both the Junior and High School, themed "**Living a Life of Purpose**," with the main scripture taken from Colossians 2:10. The purpose of this outreach was to foster deeper relationships with students through interaction, mentorship, and shared spiritual and recreational experiences.

The outreach aimed to bond with the students through conversation, play, and direct engagement. It sought to help students understand their life's purpose and develop strategies for purposeful living, empowering them to view challenges as opportunities to discover their God-given potential. Everyone engaged in fun activities and games that promoted bonding, laughter, and enjoyment.

The outreach team also took part in a service organized and led by the students, which aligned with the day's theme, "Living a Life of Purpose." After the service, students broke into small groups for thematic sessions, where facilitators mentored them on topics such as discovering and living out their purpose, understanding the reasons God created them, and embracing life's challenges as part of their purpose journey.

Throughout the day, students and staff engaged in various games that enhanced connections and allowed for meaningful interactions within a relaxed, joyful environment. The outreach was a great success, providing spiritual, emotional, and physical nourishment to both students and staff. Participants left feeling renewed, with a clearer sense of purpose and stronger relationships.

Restoring Hope and Dignity: Stories of Justice, Healing, and New Beginnings



Viola and Jonathan (Son) posing for a picture

We are pleased to share the successful reintegration of **Viola Yikoro** and her young son, **Jonathan**, back into the community. Viola had served **one and a half years** at Luzira Women's Prison. Upon her release, our team welcomed her at the prison gate and brought her and Jonathan to the **Women's Safe Home**, where they stayed for nearly three weeks.

During their time at the Safe Home, **Jonathan received therapy from the Mukisa Foundation**. At just two and a half years old, Jonathan was unable to speak and lives with a limb disability. Thanks to the Safe Home, all therapy-related costs were fully covered.

Viola also received support, including a **new mobile phone** to reconnect with her family, **professional counseling** to support her emotional well-being, and **financial assistance for rent** to help her and Jonathan settle into a new home.



Nambi(L) posing for a picture with Jackie-Social

Worker Womes Safe Home

We recently had the opportunity to assist **Nambi Kagabane**, who had just completed a **five-year sentence at Luzira Women's Prison**. Upon her release, Nambi hoped to reunite with a friend who had been released earlier and was living in Iganga. Unfortunately, with no transport and no immediate place to stay, she found herself **stranded and uncertain of where to turn**.

Thankfully, her friend reached out to the **Wells of Hope Women's Safe Home**, and Nambi was welcomed with open arms. She stayed with us for two weeks, receiving the care and support she needed as she transitioned back into society.

After assessing her situation and reconnecting her with her family, we arranged **transportation for Nambi to return to her parents in Kayunga**,

This successful reintegration is a testament to the power of **holistic support and second chances**, ensuring that both mother and child have a renewed sense of hope and stability as they rebuild their lives.

where she could begin the next chapter of her life surrounded by loved ones.

This story is a testament to the importance of **transitional support** in helping women rebuild their lives after incarceration.



Ndagire & Namubiru Margret welcomed in the Womens Safe Home

On June 17, 2025, **Ndagire Theresa and Namubiru Margret**, two sisters who each served nearly two years in prison over charges related to their brother's death, visited the **Women's Safe Home** with hearts full of gratitude.

Their journey toward freedom was made possible through the dedicated support of the **Wells of Hope Legal Aid Clinic**. Our committed legal counsel, **Ms. Brenda Ajilong**, worked tirelessly on their case, ultimately securing their release and helping restore hope to their lives.

The sisters were accompanied by **Theresa's 15-year-old son**, who was also affected by the case and is currently still in custody. Thanks to ongoing legal efforts, he is expected to be released next month.

During their visit, Theresa and Margret expressed heartfelt thanks to **Founder Francis Ssuubi** and **Counsel Brenda Ajilong** for standing by them during one of the darkest chapters of their lives.

"We are deeply grateful for the support, encouragement, and legal expertise that brought us back to our family and freedom," said Theresa.

This case is a powerful reminder of why legal aid matters—and how justice, compassion, and second chances can transform lives.

Media Engagement



4 radio talk shows were conducted at 98.4 Impact FM and 60 people showed interest in fostering children. The talk shows are often interactive, giving opportunity for listeners to call in and ask for more clarity where need be.

In the picture, Allen Tamale Nalongo was hosted by 98.4 Impact FM radio station. During this interview 60 people showed interest and excitement about the opportunities to foster children with Wells of Hope. This opportunity to share Wells of Hope on the radio platform created a space for interactive communication and dialog for listeners to engage. We

*thank God for the opportunities to
share the gospel and other ministry
opportunities over the a larger
platform.*

Spiritual Enhancement: Church Updates



*Church service: Pr. Kyakulaga, a volunteer, preaching the word to the congregation at Wells of Hope Nabweyo
Church*

Three discipleship classes were held under the scriptures in **Matthew 4:1–11**, **1 Samuel 2**, and **Daniel 3:26**, which offer powerful insights into how we can grow in our relationship with God through fasting, worship, and unwavering trust. **The lessons learnt were to trust God's provision and guidance** in times of temptation and uncertainty, **make faithfulness and worship an essential part** of our daily lives and **stand firm in our beliefs**.

The scriptures encourage us to **deepen our faith, grow in obedience, and walk boldly with God**, no matter the circumstances.

Family Matters

Members of the life group host a weekly devotion to discuss their faith journeys in a comfortable and peaceful environment. During these meetings, they cover topics from the series Colossians, such as making the most of every opportunity, family matters, letting the peace of Christ rule in our hearts, and the virtues that truly matter. Participants learn to trust in God's provision and guidance during times of temptation and uncertainty, emphasizing the importance of faithfulness and worship in our lives. They strive to stand firm in their convictions, even in challenging circumstances.



School Updates



Jessica Naugles, a social worker, held a session with the **Champions Club** at the high school. The main objective of the meeting was to **help students identify, express, and begin to heal from traumatic experiences**.

Jessica began the session by encouraging students to **share their personal traumatic experiences**. This exercise aimed to identify common experiences within the group and to foster a sense of community and mutual

understanding.

Shared experiences included; witnessing a parent involved in an accident, seeing someone die, losing one or both parents, having parents in prison, and other various emotional hardships.

Jessica advised students that it is **okay to cry**, especially when feeling emotionally overwhelmed. She explained that **crying can be therapeutic**, helping to relieve built-up stress and emotional pain.

Jessica discussed **healthy ways of managing trauma and emotional distress**, emphasizing that healing is a process. She shared practical strategies such as; **prayer** and connecting with spiritual beliefs, engaging in **fun activities or hobbies** to distract and uplift the mind, **focusing on future goals** instead of past struggles, **talking to a trusted person** about one's challenges, avoiding emotional isolation, as **withholding emotions can worsen mental health**.

Students were encouraged to adopt the mindset that **they are not alone**, and that **many people have faced similar or even worse challenges and managed to overcome them**. Jessica reminded them that difficult life experiences often **carry hidden lessons and strength**, suggesting that such events might be part of a greater purpose to help individuals discover their **resilience and inner potential**.

The session was **interactive, empowering, and emotionally supportive**. Students responded positively and felt seen and heard in a safe space. Jessica concluded by encouraging them to remain hopeful, seek support, and believe in the value and strength within themselves despite past trauma.

In Other News: Counseling



Jessica Naugles, Social Worker interacting with some of the staff during group discussions

On June 10, 2025, Jessica-Social Worker, and Mary the Assistant Programs Officer, and a team of dedicated interns visited Wells of Hope Junior School to conduct an important mental health awareness and counseling session. The goal was to equip teachers



Steven Ssuuna, Intern interacting with some of the children during group discussions

On June 3, 2025, a group counselling session was conducted at Wells of Hope Junior School and Hope High School. The focus was on two critical areas: raising awareness about bullying among younger

and support staff with tools to better understand and support the mental well-being of their students.

Jessica engaged the staff in an interactive session that explored the meaning of mental health. Responses included concepts such as “emotional well-being” and “freedom from stress and trauma.” This opened the door for deeper discussions about recognizing mental health challenges, including behavioral changes, low self-esteem, loneliness, and hallucinations.

Together, they examined the causes of mental health struggles, such as poverty, family neglect, overthinking, and substance abuse, and how these issues affect children. Jessica introduced key mental health concepts like anxiety, trauma, schizophrenia, bipolar disorder, and depression to ensure that everyone could understand the ideas.

To enhance the impact of the session, one-on-one counseling was offered to students. These private conversations revealed personal challenges and provided a safe space for encouragement and emotional support.

“It was an eye-opening experience for many,” said one staff member. “We now feel more prepared to support our students emotionally, not just academically.” The team left with hope that the staff would apply these insights to create a more supportive and understanding school environment.

pupils and reinforcing the importance of respecting school rules and regulations among high school students. The ultimate goal was to foster a safe, respectful, and positive school environment for all learners.

The group counselling session aimed to raise awareness among junior school students about the different forms and consequences of bullying while empowering them to speak up and support their peers, and to help high school students understand and adhere to school rules and regulations, foster open communication and mutual respect, and equip them with strategies to prevent bullying and promote a positive school culture.

The session was interactive and age-appropriate, consisting of small group discussions tailored to student age and school level, educational content on the types, effects, and prevention of bullying, and role-playing activities to help students practice real-life scenarios.

The counselling session successfully met its objectives by creating awareness, opening up discussions, and equipping students with strategies to navigate challenges like bullying and rule adherence. Both schools demonstrated a commitment to cultivating a positive and respectful learning environment, and we look forward to continued collaboration and follow-up activities to strengthen these efforts.



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