



I'm writing to share with you some truly uplifting work from Mothers' Union Uganda, who are changing history as I write. By supporting women and girls who have been abused to stand tall and speak out, they are breaking taboos and giving them the gift of dignity.

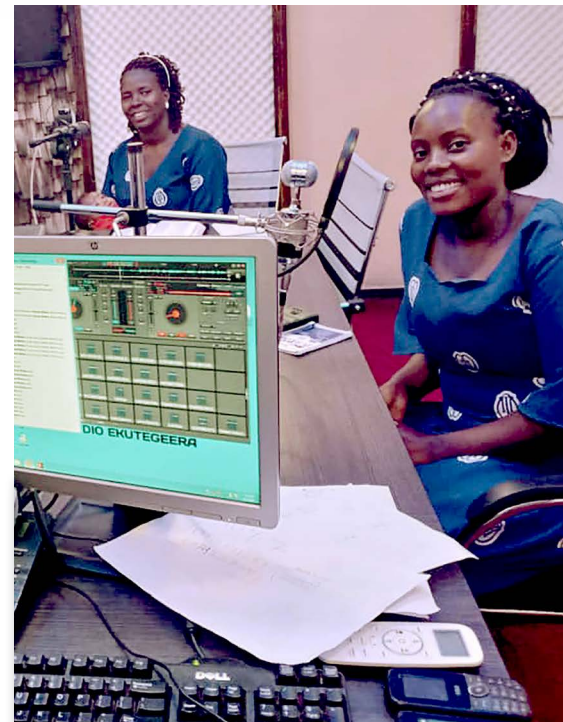
This Mothering Sunday, while we celebrate and remember the women who have supported us in life, let us also remember those who need our support, wherever they are in the world.

Every woman and girl should have the right to be respected. Yet, in some of the world's poorest communities, the local culture consistently robs them of that right. In Uganda, Mothers' Union leader Rev. Barbara T Mugisha is working with local people, schools, community leaders, police and the Church to turn this around. I'm inspired by their achievements, and I hope you will be too.

In Uganda's remote Diocese of South Rwenzori, a history of patriarchy, embedded in the community's culture stops women and girls from speaking out even when they most need to, and pushes them into vulnerable situations from which they have no escape.

"Early forced marriage is common here," says Rev. Mugisha. "This is partly because parents who need income exchange their daughters for dowry money, and partly because girls and women are viewed as inferior."

You can give women and girls their rights, voices, and the gift of dignity this Mothering Sunday. Why not dedicate your gift to someone you respect, or who has meant a lot to you when you have needed support.



A Gift of Dignity

A radio talk show in the Diocese of Central Buganda is breaking the taboo of women and girls reporting violence against them. It involves a huge amount of awareness-raising through broadcast media and in community gatherings.



Viewing women and girls as inferior has had devastating effects in South Rwenzori, so the need for change couldn't be greater. Most have endured sexual violence at home, work, school or in their neighbourhoods. With inequality crushing women's opportunities to take leadership positions, this has perpetuated girls' fear to speak out.

Together we can support the rights of women and girls. You'll find an inspiring selection of transformative gifts in the catalogue I've enclosed with my letter.

One of the families we are supporting is headed by a mother whose violent husband left her, and who now cares for her children alone. "While the mother was out at work" says Rev. Mugisha, "three men entered the house, took her daughter and defiled her. When the mother returned, she hurried her daughter to the police. The men are now in prison, mother and daughter are receiving psychosocial support, and the girl, who felt deep distress and shame, has found the courage to return to school."

The mother's decisive action, the support her daughter is receiving, and the responsible, effective police response have all come from Mothers' Union's unwavering dedication to end gender injustices and promote peace, safety and dignity for all in the community.

Mothers' Union Uganda raises awareness of gender inequality through radio talk shows and community gatherings. Its members support survivors of gender-based violence to act as spokespersons. Together, they collaborate with the police, council and local organisations to advocate for the rights of women and girls.

MU Drama groups also play a vital role, empowering women to speak in public, and sensitising men to the impact of violence on women. Some men have even become champions, advocating to other men for change. Boys too are learning how to one day become better husbands and fathers through Mothers' Union's activities. "Uganda is a young country," says Rev. Mugisha. In fact, with a median age of just 15, it's the second youngest country in Africa. "So increasing awareness in young people is helping children to open up easily in cases of abuse."

Please give your gift of dignity this Mothering Sunday and help support more ground-breaking work like this. Your support can give girls and women their voices, rights and turn the tide on gender inequality and abuse.

Thank you.



Sheran Harper
Worldwide President, Mothers' Union

PS. You can choose a Mothering Sunday Gift of Dignity from the catalogue enclosed. Why not dedicate your gift to someone you deeply respect, or who has been there for you? Thank you so much for your support.

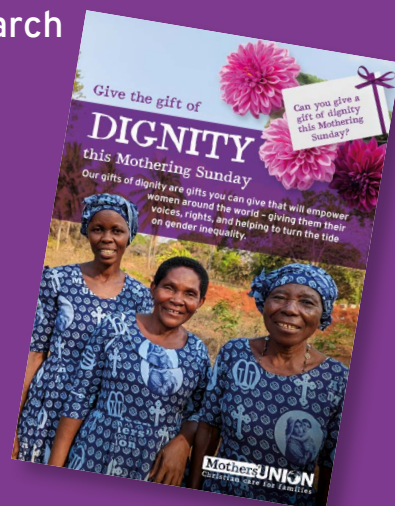
Registration charity number: 240531



Public campaign against gender-based violence. By standing together, we can empower women and girls to break the silence and exercise their rights. Your Mothering Sunday gift of dignity will help women and men make their communities safer, happier and healthier for all..

You can give a gift of dignity using the catalogue enclosed or by visiting www.makeamothersday.org

Deadline for all orders to be received is 1st March 2024



Registered with
**FUNDRAISING
REGULATOR**

Give the gift of dignity this Mothering Sunday

Mothers' UNION
Christian care for families