



FROM PLOTTING REVENGE TO CHOOSING FORGIVENESS

Kenneth was living a destructive lifestyle. Eventually, his choices led to a prison sentence, but not even this could change his heart. Then a fellow inmate introduced Kenneth to Wise Choices For Life and things began to shift. Thanks to your support, Kenneth's life was transformed, and today he serves his community as a pastor and medical clinical officer.

36-year-old Kenneth's life was heading in the wrong direction. He describes himself as driven by a pursuit of wealth. Eventually, his choices landed him in prison.

'This period was marked by turmoil and lack of direction', he says. 'My behaviours created problems without lasting solutions'. Even in prison Kenneth's challenges continued, and he was plotting revenge against his girlfriend.

But then another inmate introduced Kenneth to the WCFL club. "There I learned about wonderful topics such as my identity in Christ, life skills and values, decision making, critical thinking, communication and relationship skills. I received practical knowledge that I really needed.'



Thanks to your support, Kenneth's life changed drastically.

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'To see families where every child is born into caring, healthy and loving families'

Kenneth's life changed completely and he experienced a personal breakthrough: **'I realised that the greatest thing was to forgive myself and the people who wronged me in my past missteps in life.'**

Now, Kenneth has been released from prison and is continuing his journey of lasting change. 'Wise Choices For Life gives real facts for life-change and transformation', he says. 'Now that I am released, I am happy, I make good decisions and I am serving as a pastor who values God.'

Kenneth is one of thousands of inmates who come into contact with Wise Choices For Life during their prison sentence. Over the past six months, training sessions have been held in six prisons, reaching 360 inmates.

The inmates are reporting improvements in anger management and communication. They speak of returning home as reformed fathers. One man said the training helped him counsel another inmate away from suicide. **These miracles were made possible thanks to your support. Thank you!**



JOYCE KIDULU, WCFL COUNTRY DIRECTOR

'We want to continue the trainings and transformations so that people are empowered. When they are empowered, they are able to break the poverty cycle.'

The words belong to Joyce Kidulu, country director of *Wise Choices For Life* in Uganda. For many years Joyce worked for an international child sponsorship organisation. In her role, she visited homes with the aim of easing the financial burden of poor and vulnerable families with many children.

A few months after sponsorships had been set up, Joyce would revisit the family, often discovering that the mother was pregnant again.

Joyce saw that she could help the individual child, but she wasn't ending the cycle in which large families were trapped in poverty and dependency on Western sponsorships. Today, through WCFL, Joyce helps spread the good news about family planning and reproductive health.

'We have a big challenge in Uganda with high teenage pregnancy,' Joyce says. 'Twenty percent of the girls conceive when they're still young and mothers are dying when they give birth. We also have problems with domestic violence. We empower the mothers so that they demand freedom and are able to be empowered.'

'So we want to request financial support because we cannot expand without it. If we are given more support, we can go to more schools and into more communities and they will be transformed. Thank you!'



Country director
Joyce Kidulu.

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PROJECT GOAL UPDATE

The goal of the WCFL project is to contribute to national efforts to improve access to sexual and reproductive health information and life skills across Uganda. Below are some highlights from the latest six-monthly report.

Young and teenage mothers

150 young and teenage mothers were trained in reproductive health, life skills and economic empowerment. One of the young mothers who participated in the training said: **'If I had this information earlier, I would not have made the same mistake.'**

Training new champions

Twenty new *Champions* have been identified and trained. (7 male and 13 females.) They have been equipped in areas such as child protection, safeguarding, financial literacy, complaints and justice mechanisms.

Training of men and women with disabilities.

114 people with disabilities, (46 women, 68 men) were trained in reproductive health, safeguarding, and child protection. The training has improved the participants confidence and social dignity. They are now better equipped to advocate for their own safety and to provide for their families.

Trainings at local schools

Training has been conducted across 20 schools. Pupils report better self-esteem, less risky behaviour and more

disclosure of abuse and unhealthy relationships. One Primary School teacher reported that after losing three pupils to pregnancy-related deaths, pupils are now opening up about relationships.

Training on menstrual hygiene

40 menstrual hygiene management sessions were conducted involving 13 groups consisting of young mothers, single mothers, widows, teenagers and those with disabilities.

One group expressed appreciation for reusable pads made of locally available material, stating they were cheaper and more affordable compared to disposable ones. The training also cleared misconceptions about menstruation, like how 'menstruating women should not go to the garden' or that the 'blood was rotten'.

One participant stated that she had previously **'felt unprepared and had withdrawn from others when she first started her period.'**

The training combats the lack of information, improves knowledge, reduces stigma and provides women with lower cost options for sanitary products.

'If I had this information earlier, I would not have made the same mistake.'

Young mother after having participating in WCFL training.



Wepukulu and Nafula (pseudonyms) are two of the student leaders and participants in a WCFL program at a school for deaf students in Uganda.

LEAVING A LEGACY

Have you ever considered including Wise Choices For Life in your will? A bequest can be a lasting expression of compassion and faith - with the potential to make a difference for generations.

Many people are surprised to learn that you do not need to be wealthy to leave a meaningful legacy. Gifts of all sizes matter. Some supporters choose to leave a percentage of their estate. Others leave a specific amount, a particular asset, or a share of what remains after family and loved ones have been provided for.

Making a bequest should be easy. Simply speak with your solicitor or legal adviser about including Wise Choices For Life in your Will. We can also provide suggested wording to help ensure your wishes are clearly reflected.

For more information, or suggested bequest wording, contact our team on (03) 9495 6100, visit our website: anglicanoverseasaid.org.au/bequests.



Would you consider including WCFL in your will?

WCFL FUNDRAISING

Anglican Overseas Aid recently brought together more than 50 supporters in Melbourne to shine a light on and raise funds for Wise Choices For Life.

The event was generously hosted by Andrew and Janice Smith. Anglican Overseas Aid CEO Jo Knight shared information about how WCFL are equipping communities in Uganda to create safer, stronger futures.

A big thank you to everyone who joined in this special event, particularly members of the Docking family.

If you are interested in hosting a Wise Choices For Life fundraising event at your home or in your church, please don't hesitate to reach out to us via email aoa@anglicanoverseasaid.org.au.

WCFL founder Marg Docking's sisters - Ruth Close and Colleen Houghton - also offer WCFL presentations and events relating to the book *'The Midwife, the Plumber and the Bishop'*. If you would like to get in touch with them to book a visit, please don't hesitate to contact Ruth at ruth174@yahoo.com.



AOA CEO Jo Knight with Andrew and Janice Smith.



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wisechoicesforlife.org



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ABN: 39 116 072 050. All donations of \$2 and above are fully tax deductible in Australia.

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