



### THE 6<sup>TH</sup> ANNUAL YOUTH CONFERENCE REPORT 2018

Kabarole Unique Stars Association (KUSA), the network uniting all the young people living with HIV in Kabarole, Bunyangabu, Kyenjonjo and Ntoroko Districts. KUSA is a community based CBO located in West Division, Fort Portal Municipality, Kabarole district. This organization promotes positive living, reduction of HIV stigma and discrimination, reproductive health services among adolescents, HIV prevention and care. It empowers young people through life skills training, entrepreneurship skills, and talent promotion through music, dance, drama and brass band trainings.

KUSA in partnership with Yawe Foundation and Perspektive für Kinder successfully organized the 6<sup>TH</sup> Annual Youth Residential Conference from 28<sup>th</sup> November to 2<sup>nd</sup> December 2018 at Kahinju Girls' Hostel in Rwengoma. This conference provides a platform for people living with HIV to address their psychosocial challenges to improve their quality of life and contribute to the reduction of new HIV infection and HIV related death.

Annually, Yawe Foundation in conjunction with KUSA organizes a residential Youth conference of young people living with HIV from Kabarole and neighboring districts. The conference targets 200 youth who are living with HIV aged between 12 to 24 years. Participants are selected from different Health facilities around the region by health facility counselors. This year 193 youth attended the conference, 76 male and 117 females. The turn up was less than expected because most of the youth were still at school doing final exams thus could not make it to the conference.

The purpose of this conference was to strengthen the network of young people living with HIV from different areas to share knowledge and experience to address their challenges and devise strategies on how they can live positively and contribute to the reduction of HIV new infection and related death.

The theme for this year's conference was: **"POSITIVE PREVENTION OUR PRIORITY"**! In relation to the theme we had different topics presented by different internal and external facilitators who took the youth through several sessions sharing with them different issues, concerns and experiences.

Topics included:

1. Stigma and discrimination



## TÄTIGKEITSBERICHT

2. Entrepreneurship skills
3. Income generating activities
4. Relationship between God and human beings
5. Disclosure
6. Goal setting
7. Violence and protection
8. Tuberculosis and Malaria
9. Adherence
10. Food and Nutrition
11. Positive prevention, among others

### Objectives:

- To promote adherence among young people living with HIV/AIDS
- To fight stigma among the positive youth
- To address stigma and discrimination concerns among young people living with HIV
- To encourage the youth to disclose and live positively
- To promote socio- economic well being of young people living with HIV

### Activities for Day 1

On 28/11/2018, it was arrival day as youth came from their respective homes and gathered at different health facilities such as Fort Portal Regional Referral Hospital (FRRH), Kabarole Hospital, Virika Hospital, Karambi Heath centre III, YOLIDA, Kagote H/C III, Kicwamba Health Centre III, Bukuku Health centre VI and YAWE Youth Center where they were picked and were taken to the conference venue. Besides arrivals there was registration of all participants, evening tea, orientation of the place and supper. Then the KUSA President H.E Kasaija Yasin, YAWE Director Mr. Akora George and KUSA executive members gave warm welcoming remarks to all participants for coming again in the 6th Annual Youth Conference and especially those who had come for the very first time. This was followed by self introductions of the participants and the facilitators, setting ground rules and lastly sharing of conference expectations whereby all participants were given a chance to share what they expect to get out of the conference.

Among the key expectations were:

1. Getting more knowledge on how to live a better positive life
2. Making strong relationships



3. Knowing how to reduce stigma and discrimination
4. Reducing stress among others

Main objective of the conference was ***promoting positive mind and positive living for HIV prevention, care and treatment*** and this was fully explained in details to the youth by the management committee.

### Activities for Day 2

On 29/11/2018, the program began as early as 5:30am with morning exercises so as to refresh the minds of the youth and later personal management. The first sessions began at 8:00am with Counselor Gilbert presenting on **positive prevention**, this was an interesting topic and it was very participatory and the youth took note of the entire responsibility upon them to reduce HIV transmission. The youth had a choice to either infect other people or to protect them against HIV. Therefore safe and responsible sex is a responsibility of both partners irrespective of one's status. The youth promised to share what was discussed during this session with their fellow youth who missed the conference and the community at large so that the prevalence of HIV can reduce by 2020.

During disclosure session, the youth said that disclosing was very difficult because it had affected their past relationships and caused violence leading to break ups. The facilitator encouraged them to always disclose at the beginning of a relationship so as to avoid future disappointments that come up when disclosure is done later in the relationship.

Adherence session was very good and the youth were advised to adhere to medication if they are to have good health and live longer.

Other topics for the day included: stigma and discrimination, food and nutrition, relationship between God and human beings, talent show and games.



## TÄTIGKEITSBERICHT



*ART In charge Kicwamba HC III (Hilda) facilitating Adherence*

### Activities for Day 3

On 30<sup>th</sup>/11/2018, the first topic was on Tuberculosis and Malaria presented by the Clinical officer (Adolf) during this session the youth fully participated and they were given preventive measures about TB and Malaria, and they were advised to always seek medical attention immediately the signs appear.

The next topic was on goal setting and having good health which was presented by Andrew (Lab technician) who explained the road to meeting your goal in life and having good health as a youth living with HIV. The youth were also advised on how they can develop a positive mind in thinking so as to be successful in life.

Other topics for the day included: Violence and Protection and Entrepreneurship skills.



## TÄTIGKEITSBERICHT



*Participants in a group discussion on having good health*

Later in the evening, the youth participated in a Candle Light Memorial Event which was held at Knowledge Room in Fort Portal town. This event is Internationally held on the eve of International World AIDS Day Commemoration.

The AIDS Candlelight Memorial Event is much more than just a memorial. It serves as a community mobilization campaign to raise social consciousness about HIV and AIDS. With 33 million people living with HIV today, AIDS Candlelight Memorial is an important intervention for global solidarity in breaking down causes of stigma and discrimination and giving hope to new generations. The candle light memorial was attended by different religious leaders who led the ecumenical prayers. The function involved lighting candles as a way of honoring the souls of people who died of HIV/AIDS before medication was discovered. The function went on well with health education and encouraging people to know their status as well as embracing people who are living with HIV/AIDS. This was followed with a procession around town while holding burning candles.



## TÄTIGKEITSBERICHT



*Procession through town holding burning candles in memory of people who died of HIV/AIDS*

### Activities for Day 4

Every 01/12/2018 is World AIDS Day Commemoration and in Kabarole district it was commemorated from Kinyankende Primary School in Mugusu Sub County. All the youth attended and fully participated in this ceremony through brass band, music, dance and drama as well as giving testimonies on positive living. The youth were very smart in their orange T-shirts hence highly recognized and felt by the public.

YAWE brass band led the procession from Nyabuswa Health centre III to Kinyankende Primary School. Thereafter the group led the 3 Anthems of Uganda, East Africa and Tooro Kingdom when the Guest of Honor arrived. YAWE drama group gave a welcoming cultural dance that made the ceremony colorful. And the Extra Dancers Crew gave a powerful presentation including messages on fighting HIV/AIDS.

The District Chairperson, Hon. Rwabuhinga Richard who was the Guest of Honor for the day greatly appreciated the participation and hard work of YAWE and KUSA in causing positive change



## TÄTIGKEITSBERICHT

in the lives of young people living with HIV. He again thanked them for reaching out to the communities with medical services like, HIV Counseling and Testing and Cancer Screening. Furthermore, other speakers also expressed the need for more efforts in the fight against HIV/AIDS and the DHO promised to work with the implementing partners in the district to extend health services in the hard to reach areas.



*KUSA Brass Band leading the procession from Nyabuswa Health centre III to Kinyankende P/S*



## TÄTIGKEITSBERICHT



*The KUSA Extra Dancing Crew on stage during World AIDS Day*

### Activities for Day 5

On 02/12/2018 was the last day of the conference and a Sunday hence the youth started it off by attending church service of 7am at Rwengoma C.O.U. Thereafter church, the youth did an evaluation of the conference including: the likes and dislikes, areas of improvement and making action plans. The youth were so happy for having attended the 6<sup>th</sup> Annual Youth Conference and they thanked YAWE and KUSA for bringing them on board to share their challenges of living with HIV and teach them how they can live a positive life.

The closing ceremony was officiated by Hon Alex Ruhunda, the Member of Parliament for Fort Portal Municipality who encouraged the youth to always work hard and acquire hands-on skills. The Honorable promised to always keep in touch with YAWE and KUSA to support the youth development projects further. The president of KUSA H.E Kasaija Yasin and the Director YAWE Foundation Mr. Akora George thanked him for the unconditional love for the youth to always come despite of his busy schedule.





## TÄTIGKEITSBERICHT

Later, the Honorable sliced his Birthday cake which he shared with all the youth and other participants.



*Hon. Alex Ruhunda slicing his Birthday cake on the closing day*



## TÄTIGKEITSBERICHT



*Group photo of participants at the venue*

### Partners

- Perspektive für Kinder, Austria
- Life+, Austria
- Baylor – Uganda
- Ruwenzori forum for peace and justice (RFPJ)
- Young and Older persons Intergraded Development Program in Africa (YOLIDA)
- Fort Portal Region Referral Hospital
- Virika Hospital
- Kabarole Hospital
- Kagote Health Centre III
- Karambi Health Centre III



## TÄTIGKEITSBERICHT

- Kicwamba Health Centre III
- Bukuku Health Centre IV
- Individuals

### Conclusion

We appreciate our partners who have supported this conference in different ways especially financially and materially.

Let us continue supporting the young people living with HIV through education, inspiration and entertainment as we struggle to have a free HIV generation.

Hoping for the same and more support in the coming 7<sup>th</sup> Annual Youth Conference 2019.

### Prepared by:

**Thomas Fuchs,**

**Mugume Crimson**

**Youth Coordinator YAWE Foundation**