



PLATFORM for the NEEDY (PLANE) THE "GOAT FOR LIFE PROJECT" REPORT 2025





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MESSAGE FROM THE EXECUTIVE DIRECTOR

The “Goat For Life Project”: Sophia’s Transformative Initiative

Waddell Steven Ainganiza

Founder & Executive Director

PLATFORM for the NEEDY (PLANE)

It is with deep gratitude and unwavering resolve that I share this message as we reflect on another impactful project **“Goat For Life Project”** at PLATFORM for the NEEDY (PLANE). As a father, journalist, and lifelong advocate for social justice, I have dedicated the last 19 years of my professional journey to giving voice to the voiceless and creating space for girls and women to thrive—especially in Uganda’s most vulnerable and under-served communities. In 2010, what began as a personal dream to support children and women in Uganda’s red-light districts grew into a transformative organization—PLANE. Since our inception, our mission has been clear: to empower those often forgotten by mainstream development, and to provide hope where there was once despair. Today, PLANE is a living testament to what passion, purpose, and partnership can achieve. I humbly acknowledge that our progress has not

been a solitary effort. The strength and growth of PLANE are the results of a collective journey—fueled by the commitment of our partners, stakeholders, friends, donors, ambassadors, and volunteers. From brand visibility and advocacy to fundraising and direct community engagement, each person involved has played a vital role in the milestones we have reached.

I extend special appreciation to our Board of Directors, management team, and dedicated staff whose energy, resilience, and professionalism have driven our mobilization, programming, and outreach efforts. Your devotion has not only steered the organization through challenges but also deepened our impact in the communities we serve.

As we look to the future, I reaffirm my commitment to amplifying PLANE’s work across the Western districts of Uganda. We will continue to champion girls’ and women’s rights, education, economic empowerment, and social justice. However, we cannot do this alone. I respectfully call upon our friends, supporters, and well-wishers to walk with us—offering your continued support, partnership, and guidance.

True and lasting change requires unity. With your unwavering backing, I am confident that PLANE will continue to be a beacon of hope and empowerment for the marginalized and vulnerable.

For God and My Country,

Waddell Steven Ainganiza

Founder & Executive Director

PLATFORM for the NEEDY (PLANE) – Uganda



Girls and Women of Nyakabira, North Division, Fort Portal Tourism City

The “Goat For Life Project”: A Transformative Initiative

With the support of American friends, Sophia has initiated the “Goat For Life Project,” a groundbreaking program designed to empower girls and women by providing them with goats and piglets. This project will enhance their income-generating capacity, enabling them to care for their families and educate their children.

A Sustainable Model: Rotational Approach

The project operates on a rotational model, ensuring sustainability and community engagement. Beneficiaries are required to return a portion of the offspring to the group, promoting sharing and collective growth. Specifically:

- After the first delivery, goat beneficiaries will provide one kid to be distributed to other group members.
- Piglet beneficiaries will provide one piglet after the first delivery, which will be shared among other group members.

Empowering Lives, Transforming Futures

Seventeen teenage mothers, both in and out of school, and women from Kiko Town Council

Kabarole district and Nyakabira in North Division, Fort Portal Tourism City, Western Uganda have already benefited from this project. PLANE has provided comprehensive training on goat and piglet care, equipping these beneficiaries with the skills and knowledge necessary to improve their lives and socioeconomic status.

Holistic Support: Education and Monitoring

Beyond the provision of animals, PLANE remains committed to educating beneficiaries on critical issues such as GBV and financial literacy. Ongoing monitoring of the project will ensure its sustainability and impact, allowing us to make adjustments as needed.

Breaking the Cycle of Poverty and GBV

By empowering these women and girls, we can break the cycle of poverty and GBV, paving the way for a brighter future. This project is a testament to the power of collaboration and the impact that can be achieved when individuals and organizations come together to support vulnerable populations in Uganda.

As we continue to support and empower these women and girls, we envision a future where they can live with dignity, free from the shackles of poverty and GBV. The “Goat For Life Project” is a inspiration of hope, illuminating the path towards a more equitable and prosperous society. With its sustainable model and focus on community engagement, this project has the potential to create lasting change and inspire others to follow suit.

GOAT FOR LIFE PROJECT INITIATOR MESSAGE



SOPHIA FREY

I was passionate to start gathering funds for women and children impacted by violence as it is a rampant issue in Uganda that deserves more attention and focus. In order to break the cycle of abuse, we must give women and children the tools to leave these stressful situations. This fundraiser was made possible with overwhelming support from the community. Many friends and family helped support by donating and spreading the word. My company I work at also spread the fundraiser which resulted in a very large donation but I did not realize \$10,000 goal. Local restaurant Olla Olla Crepes designated a day where a certain amount of proceeds would go directly to the fundraiser. An Instagram blogger who has thousands of followers posted about the foundation spreading further awareness. The fundraiser would not have been successful without the help and support of many.

I plan to continue spreading the word of helping women and children avoid gender based violence and hope to find a career someday that is in line with that initiative. Through a job I could dedicate a large part of my time and energy towards helping those in these unfortunate situations that lead them to be victims of gender based violence. I look forward to the opportunities I will have to help and educate the public in Uganda.

APPRECIATION FROM THE FOUNDER & EXECUTIVE DIRECTOR- PLANE



STEVEN WADDELL

Empowering Vulnerable Women and Girls: A Inspiration of Hope

I am Steven Waddell, Director of PLATFORM for the NEEDY (PLANE), I extend my heartfelt commendations to madam Sophia Frey for her unwavering dedication to advocating for vulnerable young girls and women affected by Gender-Based Violence (GBV) in Uganda. Sophia's passion and commitment to serving the most underprivileged women are a shining example of selflessness and compassion. "Honestly, I've not seen a passionate and committed person like Sophia! She's an amazing woman".

The "Goat For Life Project": A Transformative Initiative



With the support of American friends, Sophia has launched the “Goat For Life Project,” a groundbreaking initiative aimed at empowering girls and women by providing them with goats and piglets. This project will not only enhance their income-generating capacity but also enable them to care for their families and educate their children.

Seventeen teenage (17) mothers, both in and out of school, and women from Kiko Town Council in Kabarole district and Nyakabira in North Division, Fort Portal Tourism City have already benefited from this project. Another four (4) girls have benefited from the education sponsorship for a term, making a total of 21 beneficiaries. PLANE has provided comprehensive training on goat and piglet care, equipping these beneficiaries with the skills and knowledge necessary to improve their lives and socio-economic status.



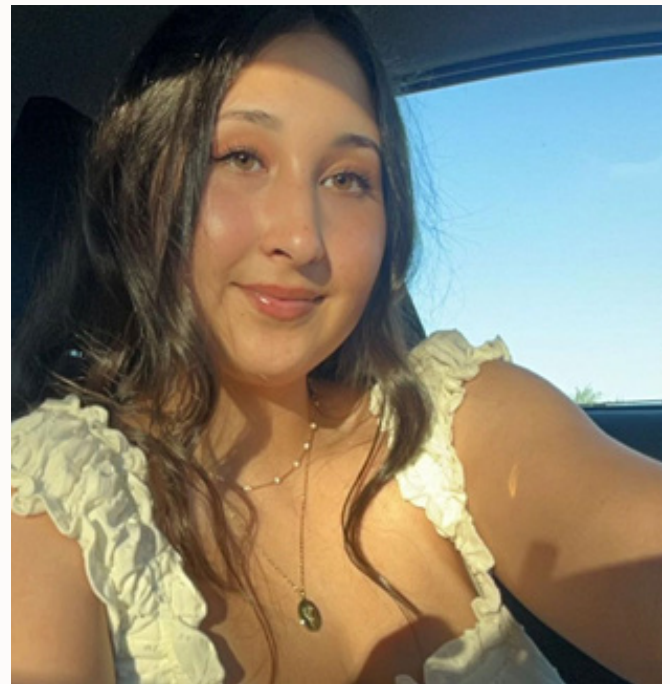
Madam Sophia Frey -PLANE USA Ambassador & Initiator of “Goat For Life Project”

FROM INTERN TO CHANGE-MAKER: SOPHIA FREY’S JOURNEY IN UGANDA

Sophia Frey, an American and dedicated Psychology student at Arizona State University, embarked on an internship at PLATFORM for the NEE DY (PLANE) in January 2025. Her two-month stint as Program Manager would forever change her life and ignite a passion for making a difference in Uganda.

Falling in Love with Uganda

During her internship, Sophia worked closely with PLANE’s programs, particularly those addressing Sexual Gender-Based Violence (SGBV). Witnessing the devastating impact of SGBV on young girls and women, Sophia knew she had to act. She saw girls dropping out of school, victims of defilement and rape, and women subjected to brutal battering.



Sophia Frey’s Call To Serve Uganda

A CALLING TO SERVE

As a Psychology student, Sophia understood the importance of addressing trauma and providing support to survivors. She envisioned a comprehensive approach, including:

1. Clinics for counseling and psychosocial support
2. Income-generating activities
3. Awareness promotion through radio



Kimuhonde Kiko Town Council Beneficiaries

Through this project, Sophia aims to:

1. Enhance income-generating capacity
2. Promote economic independence
3. Foster resilience and hope

A Lasting Impact

Sophia's journey in Uganda has been transformative, inspiring her to continue making a difference. Her dedication to empowering women and girls serves as a beacon of hope for a brighter future. As she returns to her studies, Sophia remains committed to supporting PLANE's initiatives and advocating for the rights and dignity of Ugandan women and girls.

A Delicious Way to Make a Difference: Olla Olla Crepes Restaurant Supports PLANE's Mission



Madam Lyndelle Sanjuanero-Director Olla Olla Restaurant

The Director of Olla Olla Crepes Restaurant Madam Lyndelle Sanjuanero is a passionate advocate for women and girls impacted by Gender-Based Violence (GBV). Upon learning about PLATFORM for the NEEDY (PLANE) Uganda and their "Goat for Life Project," from her friend Sophia she knew she had to take action.

Taking Action through Community Engagement

In collaboration with Sophia, the restaurant planned a special event, donating a portion of the proceeds to support PLANE's fundraiser. This initiative not only served delicious crepes but also raised awareness and funds to empower women and girls affected by GBV.

The "Goat for Life Project" aims to provide sustainable livelihoods to vulnerable individuals, enabling them to break free from the cycle of poverty and violence. By supporting this initiative, Olla Olla Crepes Restaurant is contributing to a brighter future for Ugandan women and girls.



***A Happy Family Enjoying Lunch After Donating
A Legacy of Impact***

As a passionate advocate, Lyndelle Sanjuanero the Director of Olla Olla Crepes Restaurant believes in the importance of leaving a lasting legacy. By continuing to support PLANE and Sophia's campaigns, she aims to make a meaningful difference in the lives of women and girls, promoting a culture of empowerment and resilience.

Inspiring Others through Action

Through her restaurant's community engagement initiatives, the Lyndelle Sanjuanero inspires others to join the fight against GBV. By combining business with social responsibility, Olla Olla Crepes Restaurant sets an example for other establishments to follow, demonstrating the power of collective action in creating positive change.



She is Happy To Contribute to the fundraiser

A Brighter Future for All

The partnership between Olla Olla Crepes Restaurant and PLANE represents a beacon of hope for women and girls affected by GBV. Together, they are working towards a future where every individual can live with dignity, free from violence and exploitation.



Olla Olla At A Glance-Giving is part of our life



We're Happy to Give to the needy women and girls

Objectives of the Goat for Life Project

The Goat for Life Project aims to support 200 victims and survivors of Sexual Gender-Based Violence (SGBV) in Uganda through a comprehensive approach. The project's objectives include:

1. Economic Empowerment: Provide goats to beneficiaries, enabling them to generate income and improve their living standards. We target 200 young girls and women impacted by GBV.

2. Financial Literacy: Offer financial literacy training to equip beneficiaries with skills for managing resources and making informed financial decisions.

3. Health and Hygiene: Improve sanitation and hygiene practices among beneficiaries, promoting better health outcomes.

4. Nutrition Support: Enhance nutrition for children of beneficiaries, ensuring they receive adequate care and support for healthy development.

5. Counseling and Health Services: Provide counseling on HIV/AIDS, reproductive health,

and SGBV, and offer referral services for further medical support.

6. Education Support: Offer educational assistance to beneficiaries and their children, enabling them to access education and build a brighter future.

7. Awareness Creation: Conduct radio awareness campaigns to educate the community about SGBV, its impact, and the importance of supporting survivors.

By achieving these objectives, the Goat for Life Project seeks to empower young girls and women affected by SGBV, promoting their economic, social, and emotional well-being.



Young Mothers of Kimuhonde Kiko Town Council Being Trained about the project

Interventions Implemented by PLANE

PLANE under the Goat for Life Project has implemented several solutions to support young girls and women affected by Sexual Gender-Based Violence (SGBV) in Uganda:

1. Goat Distribution: PLANE has purchased and provided 10 goats and 07 piglets to two groups of victims and survivors of SGBV, enabling them to generate income and improve their living standards.



2. Financial Literacy Training: PLANE has mobilized the teenage mothers and women and conducted training sessions to equip beneficiaries with financial management skills, promoting economic stability.

3. Sanitation and Hygiene Improvement: Implemented initiatives to improve sanitation and hygiene practices among beneficiaries, reducing health risks.

4. Nutrition Support for Children: Provided nutritional support to children of beneficiaries, ensuring they receive adequate care for healthy development.

5. Counseling Services: Offered counseling on HIV/AIDS, reproductive health, and SGBV, promoting emotional well-being and health.

7. Education Support: Offered educational assistance providing fees and educational materials to four beneficiaries, enabling them to access education and build a brighter future.

8. Radio Awareness Campaigns: PLANE has conducted three radio talkshows to amplify campaigns to educate the community about SGBV, its impact, and the importance of supporting survivors.

These solutions aim to empower young girls and women affected by SGBV, promoting their economic, social, and emotional well-being.



PLANE Staff and the District Probation Officer pose in a photo after a radio talk show on GBV



PLANE Staff and District Official in a Radio Talk show creating more awareness about GBV and its impact on families



Basigara Robert believes that sensitizing the people can minimize on Gender Based Violence cases



PLANE intensifying the radio campaign against Gender Based Violence

Appeal for Partnerships to Ensure the Success of the Goat for Life Project

PLANE Uganda would like to thank madam Sophia and her friends and relatives for the passion and support given to young girls and women in Uganda to uplift their lives socially and economically.

To ensure the success and sustainability of the Goat for Life Project, which supports young girls and women affected by Sexual Gender-Based Violence (SGBV) in Uganda, the following recommendations can be made to potential partners:

1. Collaborate on Funding: PLANE would like to partner with individuals and organizations to secure sustainable funding, ensuring the project's financial stability and long-term impact.

2. Technical Expertise: Provide technical assistance in areas such as animal husbandry, financial literacy, and reproductive health to enhance the project's effectiveness.

3. Capacity Building: Support capacity-building initiatives for project staff and beneficiaries, enabling them to manage the project efficiently and effectively.

4. Community Engagement: Partner in community awareness and mobilization efforts, promoting understanding and support for SGBV survivors and the project's objectives.

5. Monitoring and Evaluation: Collaborate on monitoring and evaluation efforts, tracking progress and impact to inform future project improvements.

6. Radio Partnerships: Source funding and Partner with local radio stations to amplify awareness about SGBV, financial literacy, and the project's impact, reaching a wider audience.

7. Holistic Support: Provide comprehensive support services, including counseling, education, and health services, to address the multifaceted needs of SGBV survivors.

By partnering in these areas, organizations can contribute to the success and sustainability of the Goat for Life Project, ultimately enhancing the lives of young girls and women affected by SGBV in Uganda.



Join us in the fight against Gender Based Violence. Let women and children be free Violence! Providing us education, you're providing us the vaccine to overcome violence"



A HEARTFELT APPRECIATION TO MADAM NOLL JASMIN



Madam Noll Jasmin -PLANE Mentor and Coach

PLATFORM for the NEEDY (PLANE) would like to extend our deepest gratitude to Madam Noll Jasmin from Germany, our esteemed coach and mentor, for her invaluable guidance and support in organizational management, financial management, corporate partnerships, budgeting, and resource mobilization. Her expertise has significantly enhanced our organization's administration and performance.

We're also grateful for her generous donation to PLANE during the Global Giving matching grants campaign early this year. Jasmin contribution has made a tangible impact on our initiatives, including:

GoatforLifeProject: Empowering communities through sustainable livestock farming.

Empowering Young Mothers: Providing piglets to young mothers, enabling them to generate income and improve their economic stability.

“Empowering others is the key to unlocking their potential.”

PLANE's Director Steven Waddel expresses heartfelt appreciation for Madam Noll Jasmin's passion and commitment to supporting needy communities. We pledge to keep you updated on the progress of our projects, ensuring transparency and accountability.

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more.”

Thank you, Madam Jasmin, for your kindness, generosity, and dedication to creating positive change. Your support inspires us to continue striving for excellence and making a meaningful difference in the lives of those we serve in Uganda.



We thank Jasmin for the piggery project support. Our Lives will be changed!

PLANE BOARD MEMBER'S MESSAGE



Madam Caroline Kabaliisa-Board Treasurer PLANE

Empowering Vulnerable Communities: Kabaliisa's Perspective

Caroline Kabaliisa, a teacher and treasurer of PLATFORM for the NEEDY (PLANE) Uganda, appreciates the organization's donors for their support. Despite challenges in reaching all vulnerable children, PLANE Uganda has made a significant impact through its programs, including providing school fees and scholastic materials.

Challenges and Opportunities

Caroline acknowledges the difficulties faced by the organization, including the loss of a donor for children sponsorship due to job loss, which has impacted the provision of scholastic materials. However, she highlights the positive impact of the "Goat for Life Project" and other initiatives aimed at empowering marginalized women and girls.

Empowering Women and Girls

Caroline thanks Sophia for her support in empowering vulnerable communities through the "Goat for Life Project." She also appreciates Jasmin Noll for supporting the women and girls in the piggery project.

Caroline expresses optimism about the project's potential to transform the lives of women and girls, enabling them to build a brighter future.

Addressing Challenges in Education

Caroline sheds light on the challenges faced by children in Fort Portal City and Kabarole District, including school dropouts due to lack of fees and educational materials. The school dropouts have led to early marriages and teenage pregnancies with the associated problems. She emphasizes the importance of continued support to address these challenges and promote education, particularly for girls.

A Commitment to Progress

We promise to continue monitoring the "Goat for Life Project" and keeping donors updated on its progress. I acknowledge the organization's commitment to empowering vulnerable communities and promoting education, despite the challenges faced.



BENEFICIARIES TESTIMONIES

From Poverty to Hope: Karungi Violet's Story



Karungi Violet, a resident of Nyakabira cell, North Division, Fort Portal Tourism City, has found a new lease on life thanks to the "Goat for Life Project" initiated by Madam Sophia and supported by PLATFORM for the NEEDY (PLANE). As a pig beneficiary, Karungi expresses her heartfelt gratitude to Madam Sophia, Jasmin and PLANE for providing her with a pig, which she believes will uplift her from poverty and support her grandchildren living with HIV.

As a grandmother, she is committed to caring for her grandchildren, but poverty had left her with limited options. The pig provided by PLANE will enable her to generate income, educate her children, and improve their living standards.

Karungi also thanks PLANE for providing scholastic materials to beneficiaries, highlighting the organization's commitment to supporting vulnerable communities. However, she appeals to PLANE for further support, specifically sponsorship for her children's education, as lack of fees is forcing them to drop out of school.

From Dropout to Empowered: Karungi Ester's Story



Karungi Ester, a Senior Four dropout from Nyakabira, North Division, Fort Portal Tourism City, has found new hope through the "Goat for Life Project" initiated by Madam Sophia. As a beneficiary of the project, Karungi expresses her gratitude to PLANE and its sponsors for providing her with a goat, which she believes will be a stepping stone to lifting her out of poverty.

Karungi plans to take good care of the goat, and with the expected support and income, she hopes to either return to school or pursue a vocational course to acquire skills that will empower her. This project has instilled in her a sense of purpose and determination to improve her life.

Karungi extends her heartfelt thanks to Madam Sophia for initiating this life-changing project and to PLANE Uganda for its support. She is confident that the project will have a significant impact on her life and the lives of other beneficiaries, noting that "after a year, our lives will not be the same."

A Beacon of Hope: Karungi Rennet's Story



Karungi Ronnet

Karungi Ronnet, a school dropout from Nyakabira, North Division, Fort Portal Tourism City, expresses heartfelt gratitude to the Director of Olla Olla Crepes Restaurant and Sophia for their kindness and support. As a beneficiary of the "Goat for Life Project," I am optimistic about the positive impact it will have on my life and my child's future.

Despite facing challenges as a school dropout and a young mother, I remain hopeful that the goat project will empower me to improve my life and provide for my child. The support from Olla Olla Crepes Restaurant and Sophia has brought a sense of relief and optimism to my life.

I would love to meet Sophia and the Director of Olla Olla Crepes Restaurant in person, expressing my appreciation for their kindness and generosity. This meeting would not only be a moment of gratitude but also an opportunity for me to share my story and the impact of the project on my life.

A Story of Resilience and Gratitude: Mbabazi Gorretti's Journey



Mbabazi Gorretti, a young mother and survivor of sexual gender-based violence from Nyakabira, North Division, Fort Portal Tourism City, sends her appreciation to Sophia, Noll Jasmin their supporters, and PLATFORM for the NEEDY (PLANE) Uganda for the "Goat for Life Project." I thank them for the pig I've received, which I believe will enable me to generate income, care for my family, and educate my child.

Despite facing the challenges of being a young mother and a survivor of sexual gender-based violence, I remain hopeful and grateful for the support I have received. The "Goat for Life Project" has brought a sense of purpose and opportunity to my life.

I would like to extend my gratitude to Steven Waddell, the Director of PLANE Uganda, for his efforts in lobbying for educational items for the children of beneficiaries. I appreciate the organization's commitment to supporting vulnerable communities and empowering them to build a better future.

A Miracle of Hope: Kansiime Margaret's Story



Kansiime Margaret, a resident of Nyakabira, North Division, Fort Portal Tourism City, is thankful for the "Goat for Life Project." I believe that this initiative will provide her with a means to generate income, enabling her to access basic necessities and improve her living situation.



Previously, I felt abandoned and without support, but the arrival of Sophia and the “Goat for Life Project” has brought new hope to my life. I view Sophia as a savior, acknowledging the positive impact of her efforts.

As a school dropout, I see the project as an opportunity to gain skills and independence. I express interest in pursuing vocational courses, such as bakery or sewing, if given the chance. This initiative has instilled in me a sense of purpose and determination to build a better future.

A New Beginning: Kobusinge Juliet's Story



Kobusinge Juliet, a resident of Kimuhonde cell, Kasisi ward, Kiko Town Council, Kabarole district, is grateful to PLANE Uganda and its supporters Sophia and Jasmin for providing pigs and goats to the young girls and women. As a school dropout, I see this initiative as a vital opportunity for economic empowerment and personal growth.

I believe that caring for the animals will bring positive change to my life. The support from PLANE Uganda has instilled a sense of hope and determination, enabling me to envision a brighter future.

The provision of pigs and goats represents more than just a material gift; it symbolizes a chance for me and others to build resilience and stability. As young mothers we need support to go for vocational training to gain skills.

A Story of Resilience and Determination: Kembabazi Dorcus's Journey



Kembabazi Dorcus, a student at Kigarama Secondary School in Kimuhonde cell, Kasisi ward, Kiko Town Council, Kabarole district, shares her inspiring story of overcoming adversity. As a victim of Sexual Gender-Based Violence, I faced significant challenges, yet I demonstrate remarkable resilience and determination. With the support of PLANE Uganda, I have received assistance with school fees and a piglet through the “Goat for Life Project.”

I express heartfelt gratitude to Sophia for the financial support that enable me to continue my education. I promise to take good care of the piglet, recognizing the potential for economic empowerment it represents.

I would like to thank PLANE Uganda for identifying me and other vulnerable girls in the community and providing us with essential support. I acknowledge the organization's efforts in empowering girls through education, financial literacy, and leadership development.



Tusiime Rosemary's Journey

I am Rosemary Tusiime aged 18 and a S.6 six student at Kahinju senior secondary school. .Despite struggling with my education since Senior One, I've faced an even greater challenge as a victim of gender-based violence. However, my life took a positive turn when I discovered PLANE, an organization that provided me with hope and emotion support.

A Helping Hand: Madam Sophia's Education Support

My gratitude goes out to Madam Sophia Frey, who has provided me with education support. This financial assistance has been a game-changer for me, enabling me to settle and focus on my studies and push forward, especially during the second term 2025.

My passion lies in agriculture, and I aspire to become an Agriculture Officer after completing Senior Six this year. My determination is evident, but I experience a significant challenge: securing tuition for university.

As I navigate my educational journey, I hope to find a way to overcome the financial hurdles that stand between me and my university dreams.

Kemigisa Resty's Story



I am Resty Kemigisa aged 17 and a senior three student at St. Paul's Senior Secondary School. My eyes sparkle with determination as I share my story, a testament to the human spirit's capacity to persevere. I am a victim of Gender-Based Violence (GBV), I've faced unimaginable challenges, yet my dreams remain unbroken.

A Struggle for Education

Born to peasant parents Imelda and Byaruhanga, my educational journey has been marked by struggle. From primary school to secondary education, the lack of fees has often forced me to miss classes, sometimes for weeks at a time. Despite these obstacles, my resolve to succeed has never wavered.

My passion is to become a nurse, driven by a desire to care for others and make a difference in my community. My dream is a beacon of hope, illuminating a path forward, even in the darkest moments.

A Turning Point: Madam Sophia's Support

This term, my life taken a positive turn when Madam Sophia through PLANE Uganda provided me with fees support. The relief was palpable, enabling me to focus on my studies without the weight of financial uncertainty.

"Your kindness has given me hope,"* Resty says, her voice filled with gratitude. "I'm blessed to have your support. Thank you so much madam Sophia for the love and support"



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Video links: <https://youtube/EFpPPgaaxTg>, <https://youtube/OT0n-c96ORI>, <https://youtube/8KN5-4KvjCw>