Midline update 100WEEKS programma:
Stichting Lot en Wilde Ganzen.



100WEEKS Temporary cash for permanent change

Dear Colleagues of Wilde Ganzen and Stichting Lot,

Thanks to your support, 79 women are being supported to participate in the 100WEEKS program in Mbale, Uganda. They are currently halfway through the 100 weeks and are working hard to set up income-generating activities to lift themselves out of poverty for good.

In this report, we discuss the individual and collective progress of the women, the challenges within the program, the financial annual report, and significant organizational developments.

On behalf of the women, thank you very much for your continued support!

Best regards,

Anna Theuvenet - Ssuna
Country Director Uganda





Program implementation

The women are currently in week 50 of the program. So far, they have received €400 and participated in 50 training sessions. At this stage of the program, the curriculum focuses on financial literacy, entrepreneurship, and climate-resilient agricultural techniques. During the weekly training sessions, the women learn to apply the lessons interactively in their daily lives.

With the help of coaches and weekly training, each woman is working on creating a business action plan. This plan is based on the woman's interests and intrinsic motivation. The women conduct market research, learn about accounting, and create budgets. In the second half of the 100 weeks, the business plan will be implemented to increase their income and help them escape poverty permanently.

The women have reached a phase in the program where most of their basic needs are met: there is enough food, the children can go to school, and debts are being paid off. As a result, survival stress decreases, allowing them to make long-term plans, including starting new businesses.

Our local surveyors conducted the second survey round in week 43. We are pleased to share the progress the women have made so far.







Real impact based on data

As you are now aware, 100WEEKS follows an approach consisting of three standard elements: 1) unconditional cash transfers, 2) training, and 3) savings/self-help groups over a period of 100 weeks. In these savings groups, women contribute money weekly to save in a common fund. Members can take out loans from this fund for starting a business or covering unexpected expenses. The savings cycle lasts one year, after which the women receive the saved amount for that year, minus any loans. This ‘cash-out’ moment takes place in January 2026 and is a celebratory event where the women become aware of the benefits of saving.

During the survey rounds, all women are interviewed by our local interviewers to gain a clear picture of the progress they make throughout the 100 weeks. Measuring the impact of the 100WEEKS program is crucial for us. On one hand, to effectively track how our program benefits participants and make timely adjustments if necessary. On the other hand, to show you the impact your donations have on the lives of the families of our participants.

This time, we would like to share the results of the second survey round.



A 100WEEKS enumerator

What do the women learn from the training?

Our Monitoring & Evaluation team closely tracks how valuable the women find our training sessions. We can easily adjust the modules based on their feedback. Women in the groups generally find the training sessions valuable. On the right side, you find a quote from one of the participants about the training:

In addition to this evaluation, it's important to ensure that the women can actually keep the money they earn. Sometimes, women face pressure to hand over the money to family members or their partner. In such cases, the local coach is called in to resolve the conflict. In the groups supported by you, 67% women report that they can control their own income.

As the women's prosperity increases, jealousy sometimes arises from others. We monitor this closely to prevent it from becoming an additional burden for the participants. Since the start of the 100WEEKS program in 2017, there have been no serious tensions. This success is due to 100WEEKS aligning its presence with the local community and partners, promoting understanding and acceptance. The coaches, who often come from these communities, play a significant role in this.



Viola

“With the help of the trainings, I can borrow money to pay school fees, I have expanded my business, and if I have a problem my fellow women can help me with advice”

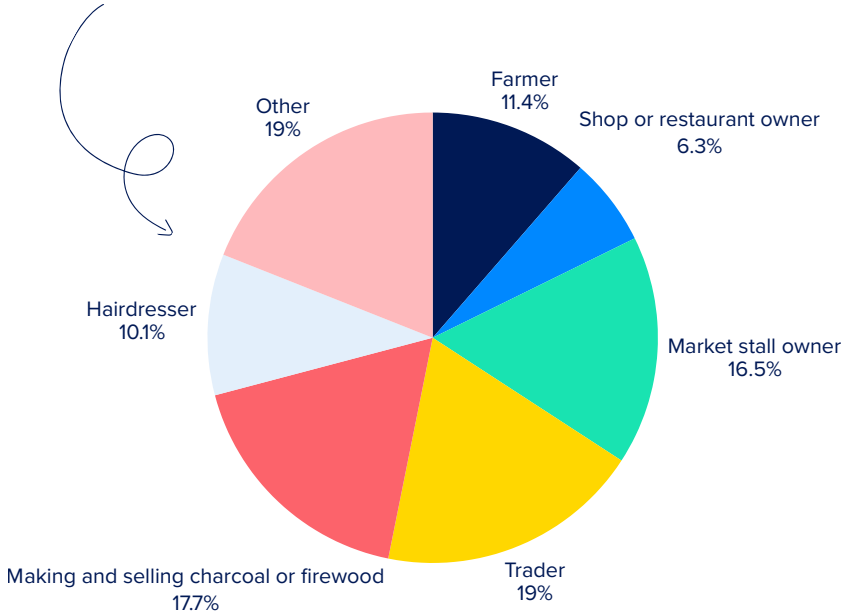
Change in occupations

As mentioned earlier, the women in this phase of the program are focusing on training modules related to entrepreneurship. This is reflected in the data regarding their investment behaviors and shifts in occupations. At the beginning of the program, 15% of the women were day laborers, but after the second survey round, this percentage has dropped to 0%. This is positive news because day laborers often earn too little to meet their basic needs. The diagram alongside this text illustrates the main occupations of the women after the second survey round.

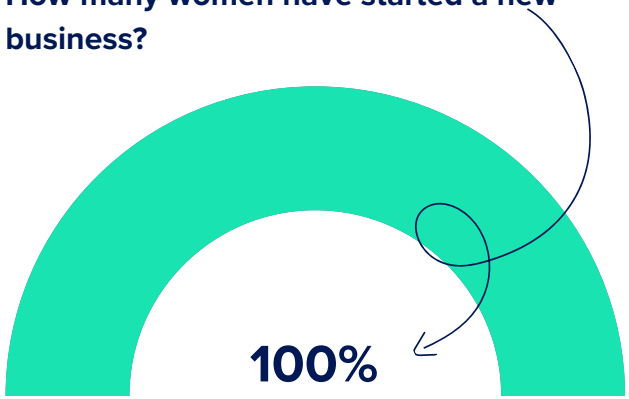
100% of the women have started new income-generating activities, and 96% have expanded their original sources of income. Almost all the women engage in multiple income-generating activities. For example, they may be farmers who also operate small shops to sell their products. This diversification helps them create more stability and a path out of poverty.

Without the weekly cash transfers, many women remain trapped in the so-called "poverty trap“. This trap is a situation where people are caught in a cycle of poverty that is difficult to break. They live day-to-day and cannot earn enough to invest in their future. The 100WEEKS program helps them break free from this cycle.

The women have the following main occupations:



How many women have started a new business?

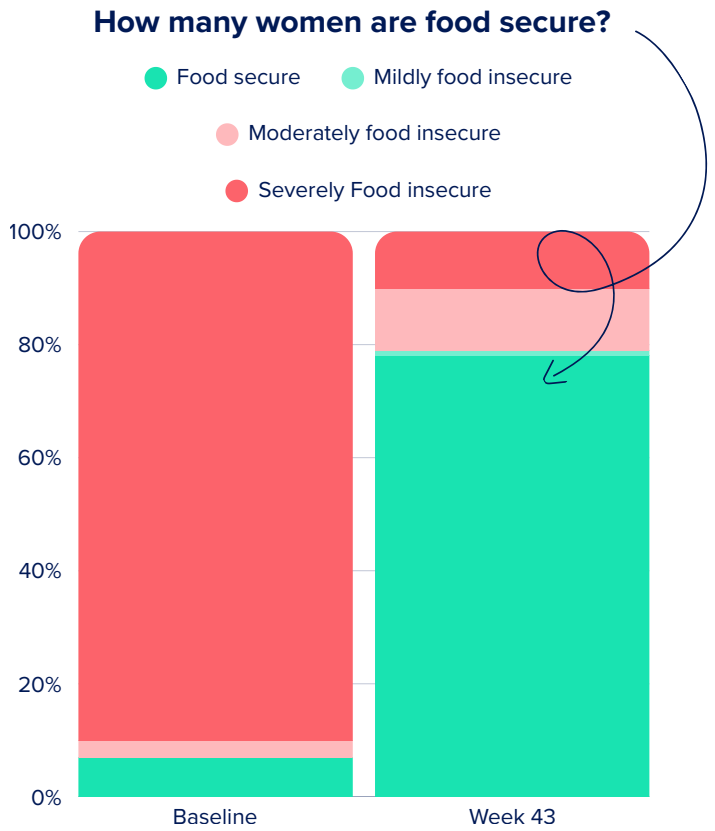


A growth in food security

Our interviews are based on internationally accredited indexes to measure the progress of the participants. One of these indexes is the HFIAS (Household Food Insecurity Access Scale). The HFIAS consists of a set of 9 questions that collectively measure the increase in food security. You can find more information about the HFIAS here.

Since the start of the program, the food security of the women and their families has significantly improved. As shown in the diagram on the right, after the second survey round, 79% of the women are food secure. 1% of the women are 'mildly food insecure,' and 11% are moderately food insecure, and 10% is severely food insecure. At the beginning of the program, 90% of the women were severely food insecure. The women also eat more meals per day. At the start of the 100WEEKS program, the women normally ate 1.7 meals per day, this has increased to 2.9 meals per day.

This significant improvement demonstrates the effectiveness of the 100WEEKS program in enhancing food security. With this progress, participants can focus better on other aspects of their lives, like starting new income-generating activities. Decreased survival stress, increased confidence, and more room for contemplating the future are some of the benefits. Additionally, children can concentrate and develop better as a result.



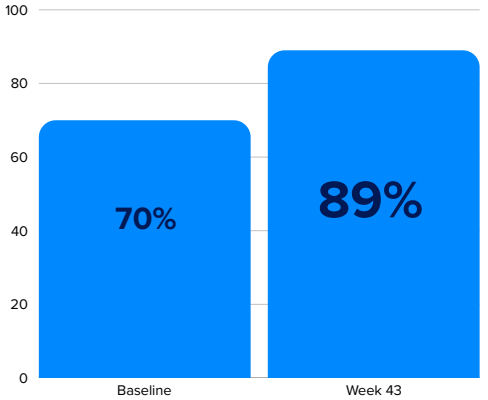
Improvements in the standard of living

The weekly cash transfers and the income from the newly established businesses have a positive impact on the standard of living of the families. By "standard of living," we mean factors such as access to clean drinking water, sanitation, and electricity. The diagram on the right shows that 89% of households have access to clean drinking water after the second survey round. Of this 89%, 19% gained access to clean drinking water during the 100WEEKS program. Access to electricity has increased from 22% at the beginning of the program to 61% after the second survey round. We expect these figures to further increase during the program.

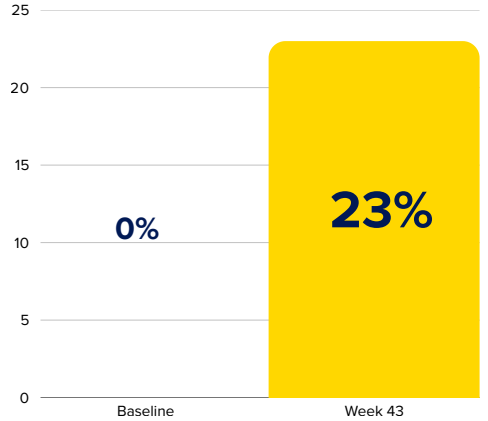
In this round, we also specifically inquire about the condition of the homes where the women and their families reside. Many women have the desire to improve their own homes. After the second survey round, it appears that 62 households have a bedframe, compared to 44 households at the beginning of the program. Additionally, 55 households have a table in the living room, compared to 36 households at the start of the program.

Such investments contribute to more comfort and convenience in the lives of the women and their families. The pursuit of improved housing not only reflects the growing self-reliance of the women but also enhances their quality of life!

How many women have access to clean drinking water?



How many women have made repairs to their house since the start of the 100WEEKS program?



Greatest experiences so far

In the surveys, the women are asked not only about their achievements but also about their dreams and most meaningful experiences.

Below, we have included some quotes from the women who are participating in the 100WEEKS program thanks to your support. They answered the question: "What is your best experience thanks to the 100WEEKS program?"

“Thanks to 100weeks, I get money every Monday and I am able to feed my 5 orphans who belong to my brother and my one child. I pay their school fees, I cloth them, buy them food and meet their medical bills. We are happy family”

“Thanks to 100weeks I am happy now. I have my own money, not from a husband or from any other person. I was able to complete my house that got stuck years back. I bought windows, and I am now staying in my house. I have a retail charcoal selling business that also helps meet a few home basic needs. I even have got some savings. I want to begin a second-hand cloth hawking business for an extra household income. I am now able to pay my children's fees, provide for them, cloth them, and pay medical in case they fall sick. I also bought clothes for myself and my children, we look better nowadays”



Mary

“Because of the 100WEEKS project I learned to adapt skills for saving money in groups. I also learned to adapt skills for being self confidence and I enjoy being with others women. I learned how to work hard, to be honest and to be self employed in order to achieve on my objectives and goals“

What is the next step?

The women are now approximately halfway through the Cash+ program. The weekly training sessions on personal empowerment and financial literacy have been completed. The women have created a budget plan and learned about their strengths and how to utilize them. In the next phase of the program, the women will focus on implementing their business action plan, aiming to increase their earnings. Additionally, over the coming months, they will learn about climate-resilient agricultural techniques.

In the upcoming weeks, the women will focus on climate-smart agriculture life skills and several flexible sessions. Topics covered will include pest control, family planning and malaria. The flexible sessions vary according to the needs of the group.

The next survey round is scheduled for week 70 in May 2026. In our next report, we will include the outcomes of survey round 3!

The women will complete the program in December 2026.

Entrepreneurship	51 Financial services	52 Planning to start your business	53 Marketing	54 Record-keeping	55 Your business action plan
Climate smart agriculture	56 Introduction climate smart agriculture	57 Intercropping and crop rotation	58 Seasoning and climate change	59 The importance of soil and seeds	60
Climate smart agriculture	61 Soil fertility	62 Pest and water control	63 Post-harvest	64 Pruning and desuckering	65
Life skills	66 Nutrition	67 Budgetting for more nutritious foods	68 Kitchen garden	69 Basic child health	70
Life skills	71 Family planning	72 Contraception	73 Family planning discussion	74 HIV / Aids	75
Life skills	76 Clean water	77 Hygienic and sanitary environment	78 Personal hygiene	79 Diarrhoea	80
Life skills	81 Malaria	82 Gender-based violence and rights	83 Mental health	84 Child labour	85
Flexible sessions	86	87	88	89	90
Flexible sessions	91	92	93	94	95
End of 100WEEKS	96 Planning for the end of 100WEEKS	97 Make a budget	98 Group dynamic after the program	99 Achievements and future goals	100


Masitula

Impact story: Racheal

Racheal is 27 years old, married with six children.

Before joining the 100WEEKS program, Racheal was a housewife with no income. She struggled to pay school fees, meet personal needs, and depended entirely on her husband for support.

Through the program, she accessed a loan and started a small grocery stall. Today, she contributes to her children's education and can afford her personal necessities, gaining confidence and independence.

Despite challenges such as family sickness and debtors who delay payments, Racheal is determined to grow.

Her future plans include opening a general merchandise shop and buying her own land.



Impact story: Margret

Magret is married is 25 years old married with two children.

Before joining the 100WEEKS program, Magret struggled to meet even the most basic needs. She could only afford one meal a day, and paying school fees was impossible because she had no source of income.

After receiving a loan from her group, she opened a small shop and began earning an income. Today, Magret can provide for her household, pay school fees, and ensure her family enjoys three meals a day. Her situation has greatly improved, bringing stability and dignity to her home.

Although she still faces challenges such as sickness in the family and slow business periods, Magret remains hopeful.

Her next goal is to buy a tailoring machine to expand her income and secure a better future.



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