



Celebrating 21 years of *Stepping Stones*

1995-2016

Stepping Stones Stories from *Uganda*.....



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Organisation: Independent Consultant (NESSA Associates)

Country: Uganda



When did you first come across Stepping Stones?

I first came across *Stepping Stones* in 1994 when I was working with REDD BARNA Masaka (Save the Children Norway) as a project officer for Social Consequences of Aids project in Masaka District. The first *Stepping Stones* workshop was organized in Uganda in Buwenda village, led by Professor Rose Mbowa, who was the lead trainer, working with Alice Welbourn, who had developed it. This was the first workshop of its kind, from which the full training package on HIV, communication and relationship skills and the accompanying film were developed.



How did you use it and where and when?

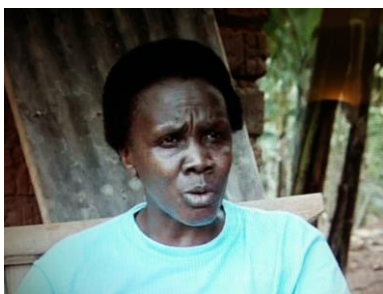
As one of the late Professor [Mbowa's](#) former students, I was fortunate to be selected to join the team. I facilitated the original young women's peer group in Buwenda and acquired the original methodology and facilitation skills from there.



Something that you liked about it:

Buwenda village was blessed to have the *Stepping Stones* workshop at the peak of HIV in the community by that time. The workshop bridged the gap by providing knowledge about HIV and AIDS.

The community worked together to promote greater harmony and good relationships in the community. Women who were mothers were able to discuss contentious issues with their children and were no longer harsh to them. There were improved relations among community members, whereby income generating activities were promoted and new ones formed. Care and support for people affected by HIV improved. People during that time had used to fear associating with them.



Professor Rose Mbowa

Many of the participants in the four groups changed their life styles. Zaituni from the young women's groups who had dropped out of school managed to continue with her studies and now owns a teacher's certificate. Others have prospered and are models in the community. People started demanding for condoms: a sign of protection and reduction of HIV spread. Some members who attended the first workshop became counselors and health workers within their villages.



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★ *How I have been using Stepping Stones*

After the first workshop in Buwenda in 1994, we trained many others to spread it to other areas. These included institutions that had programmes on HIV in Uganda organized in Masaka District. Among the participants were nurses, health and social workers, project officers from Kitovu Mobile clinic, Taso Uganda, Entebbe Virus Institute, Mulago and Villa Maria and Masaka hospitals. These were trained as trainers of trainees (TOT). We have also trained in many different parts of Uganda.

A further training was an international one, which included people from Zimbabwe, Ethiopia, Kenya, Uganda and Mozambique, organised in Kampala in 1996.

Other organisations trained included Concern Uganda and the International HIV/AIDS Alliance. The latter was a training of sub-recipients of the Global Fund HIV/AIDS Project of round 6 on participatory tools to facilitate mobilisation of in- and out-of-school youth.

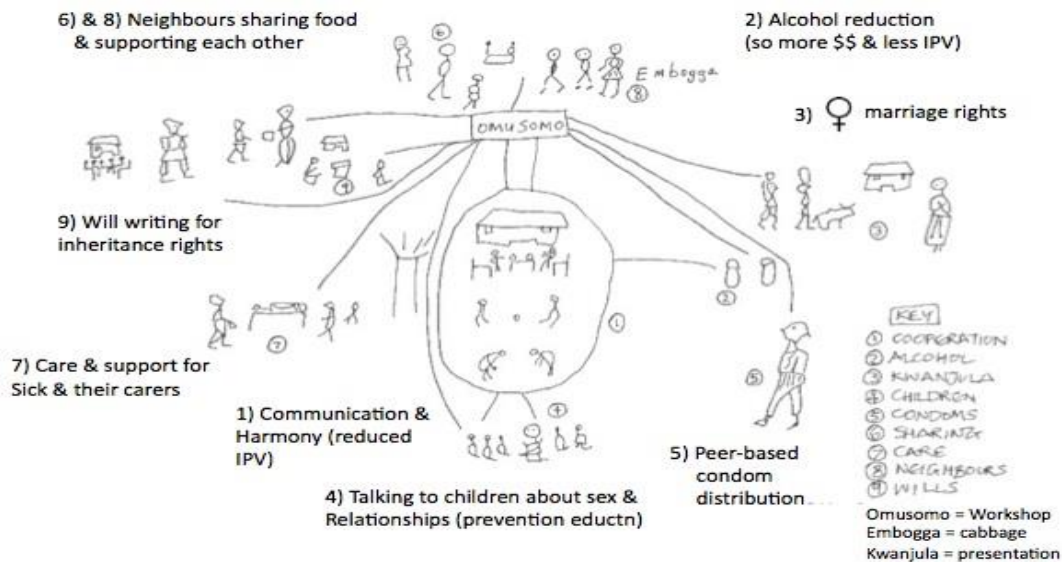
Thank you Germina!

To view a short introductory film about *Stepping Stones*, from Buwenda Village, click [here](#).

To view a longer film, which revisited the same village 12 years later, click [here](#).

★ A drawing by older women from Buwenda 16 months after the workshop

Older Women's Group, Buwenda, Uganda, 16 months after the workshop, Dec 1995



www.salamandertrust.net
www.stepsstonesfeedback.org



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