

Uzima WOMEN

Relief Group International



August 2022 newsletter

About Uzima

Uzima Women Relief Group International was founded in 2012 by our current Executive Director Jacobet E. Wambayi. In 2007 she was appointed to the Ministerial Advisory Council on HIV & AIDS. The Council advises the Federal Minister of Health on the Federal Initiative on HIV & AIDS.

Edith's International experience includes assignment to Bangladesh with Canadian Public Health Association/Canadian International Immunization Initiative/WHO/CDC/UNICEF where she provided technical advice to the Ministry of Health and participated in the Polio eradication and other vaccine preventable diseases initiatives.

Our Goal

To provide care and support to families affected by the effects of war and disease in Canada in order to contribute to the global efforts to relieve poverty and improve women's health and education.



Volume 1, issue 3/August 2022

UZIMA'S UPDATES

Uzima is excited to announce some of the goals we have accomplished over the last month!

Fundraising

Uzima created a GoFundMe page, where everyone is welcomed to donate and support Uzima. Every donation counts and we fully appreciate your support. Uzima is currently planning on hosting our very first youth led fundraising event at the end of this month. Please, stay tuned for more updates on our social media pages.



Charity Status

We got charitable status in July 2021. Among the advantages of charitable status is soliciting for funding from corporates and issuing tax receipts for donations to anyone who needs one. Also, Uzima can now act as a trustee organization to support grass roots initiatives that do not have the status but need partnership and support.

Linktree

Uzima linktree was created to better help the community gain easier access to our current and upcoming workshops, fundraising events and our GoFundMe page.



Remember that it is Black Philanthropy Month so please donate to Uzima

Covid-19 Updates

Vaccinations are scientifically proven ways to fight the spread and contraction of disease. Please find your local COVID-19 vaccination resources and information here:



Bi-weekly COVID-19 Vaccination Clinic at The 519

You are our communities and your health matters to us. Access your COVID-19 vaccine at our bi-weekly low-barrier drop-in clinic. Come see us on the third floor. First come, first served.

When: Wednesdays,

- July 13 and 20
- August 10 and 24

Time: 3 to 6pm

Where: The 519
[519 Church St.]

- For ages 12+
- Moderna and Pfizer available
- Ontario Health (OHIP) Card not necessary, but good to bring
- 1st, 2nd, and 3rd doses are available; 4th dose available to folks aged 60+ and First Nation, Métis, and Inuit communities
- Limited doses

The 519 is an accessible facility with a ramp, elevator, and all-gender washrooms.

Questions? Get in touch with us at Community@The519.org



Run in partnership with a coalition of health and social service agencies in Toronto's Downtown East.

JOIN YOUR COMMUNITY GET VACCINATED STOP COVID-19



Vaccine clinic locations (For the month of July):

Keele-Rogers
1651 Keele Street
Wednesdays
5pm-7pm

1st, 2nd and 3rd dose for anyone 12+

4th doses available for those who are eligible

FREE Rapid Antigen Tests at all our clinics

No appointments required

Welcome anyone with or without health card (OHIP)

Have any questions or want more information?

Call our COVID Vaccination Hotline at 416-787-1661 ext. 3341 or email us at vaccine@unisonhcs.org



DOWNTOWN EAST TORONTO
ONTARIO HEALTH TEAM

REGENT PARK
COMMUNITY HEALTH CENTRE

fred victor

**COVID Vaccination Clinic
@ 40 Oak St. (July - 2022)**

Days	Time	Age Eligibility	Booking
Saturday	9:30 am - 12:30 pm	5+	Appointments are strongly recommended, walk-in are accepted until vaccine supplies last

Visit <https://regentparkchc.org/covid-19-vaccine-clinic/>
Or
call (416) 642-1359 for more information and to book an appointment.

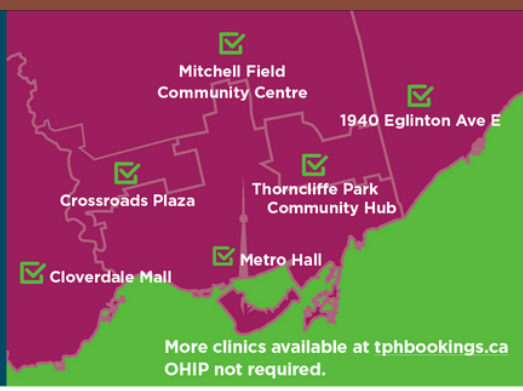
Both Pfizer and Moderna vaccines are available

- Rapid Antigen Test kits available on site
- Resources available about eligibility and PCR testing in the neighborhood
- Talk to us about information on Therapeutics (eligibility and other antiviral treatment options)
- Clients 5 and over are eligible
- 1st, 2nd, 3rd and 4th doses
- Multilingual and accessible.
- Privacy stations available.
- Open to anyone.
- People with no fixed address are welcome.



Get free school-based vaccines for grade 7-12 students

Walk-in or book an appointment at city clinics



More clinics available at tphbookings.ca
OHIP not required.

Past Uzima Events~

Here at Uzima we frequently host different events to serve the community. Here's some of what we've been up to last month

Gender-based violence

As part of our GBV initiative we have created a support group to connect seniors in the community. Part of this initiative also includes providing \$100 grocery vouchers for seniors (Age 55+) every month in an attempt to improve seniors' mental health and wellness as well as to relive some of their financial burden.



Rising Youth

As part of our Rising Youth program meant to empower youth, we conducted a STEM workshop to educate and inspire the youth in our community to pursue a career in STEM. Given that it was a youth-lead workshop, we were able to create a safe space for youth to express their concerns and share their experiences.

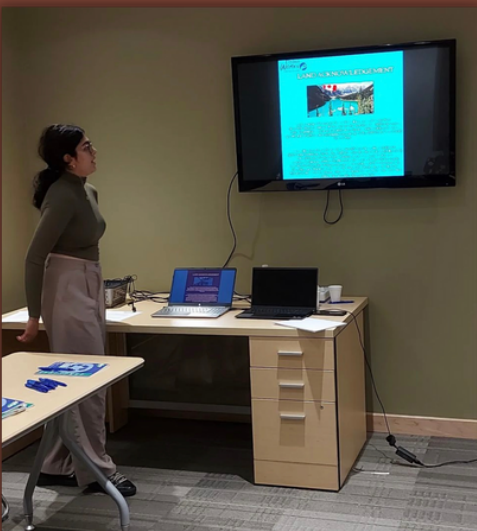


Thank you to all our youth and seniors who continue to support our events!

Seniors' Grocery Support



Rising Youth Workshop



Thank you for everyone who visited our stall during

Afrofest 2022!



Future Uzima Events

Here is some information on events we will be attending this month!

Come find our stall at these events!
Some of our activities will include:

- Selling authentic Kenyan merchandise
- Live music and cultural programs

I'm a Partner for the

Cultural Fusion Fair
Aug 20-21



Heritage Skills Development Centre (HSDC) presents

11th Annual **AFRO CARIB FEST**

Celebrating the best in African & Caribbean culture

Sat - Sun August 20 & 21, 2022
12 pm to 9 pm

Thomson Memorial Park
1005 Brimley Road
Scarborough

FREE

Activities include:
Cultural Parade
Drum & Dance
Dance competition
Live performances
Prize give aways
Vendors
Food Arts & Crafts
Kids Zone


info@afrocaribfestival.com www.afrocaribfestival.com 416-345-1613

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Future Uzima Workshops

Here is some information on some workshops we will be running this month!

Ontario Trillium Foundation



**SOCIAL ISOLATION,
PHYSICAL AND MENTAL HEALTH
TRAINING WORKSHOP**

Uzima WOMEN Relief Group International Ontario Trillium Foundation Fondation Trillium de l'Ontario Ontario

Join us on Zoom - August 26th @3-4pm
Eventbrite link to register in our bio

ENHANCING SENIOR'S
WELLNESS AND
SAFETY WORKSHOP

→ SIGN UP ON EVENTBRITE
LINK IN OUR BIO

17 AUGUST
3:00-4:00PM

Canada

TOPIC COVERED:

- BLACK SENIOR WOMEN'S ABUSE IN TORONTO
- COVID-19 EFFECTS
- SIGNS OF ELDERLY ABUSE AND NEGLECT

Uzima WOMEN Relief Group International

Enhancing seniors' wellness and safety

Uzima's Current Projects

YVHTPP

The ongoing Youth Violence and Human Protection Program has made continuous progress in targeting vulnerable populations and youth in Toronto and beyond.

Uzima recently conducted different online workshops that covered various topics such as job hunting, effective resume writing and the importance of a cover letter and how to write it. As time progresses Uzima continues to raise awareness and address more social issue topics to the youth and vulnerable population through workshops and focus groups.



SUVAT BLUE

Suvat Blue a mnemonic formed from the words, survivor and anti-trafficking

Is Uzima's way of raising awareness by conducting campaigns. Moreover, it's also planning to create a digital library to educate and raise more awareness on local and global human trafficking. Through this we are hoping to reach more youth and vulnerable communities in Toronto and the GTA.



OTF-YOF

Among the many projects that our summer youth staff have been working on, the Ontario Trillium Foundation's Youth Opportunities Fund is a great way for our youth to apply themselves in finding creative and ambitious activities to carry out throughout their term.

Their goal is ideally to find ways to facilitate up to three activities per week to connect the youth in the community to both their own cultures as well as to educate them about others. The idea is to create safe spaces for youth to delve into their own cultures in an interactive and fun way. Some of these activities would include interactive cultural workshops such as cultural folklore/mythology seminars as well as cultural painting seminars and food and nutrition cooking classes as well.



Uzima's Current Projects

Gender Based Violence (GBV) Shockproofing

The GBV project has granted Uzima an opportunity to create services and workshops that serve and reach Black women and girls in Toronto. So far Uzima had conducted one GBV workshop “causes of GBV and the effects of the pandemic” and there will be more to come.



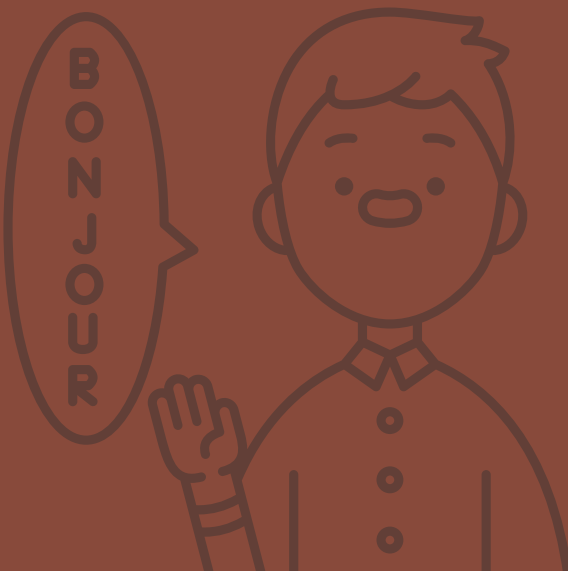
OTF RESILIENCE FUND

Some of the advantages of the charitable status Uzima gained were issuing tax receipts for donations to those who need it and requesting for funding from corporates.



French Project

The French Project is an opportunity Uzima is using to reach a different marginalized group that is, Francophones. We can provide help and teach them different ways on how to reach out to essential services and resources. To enhance the project, Uzima is also planning on conducting French classes of all levels be it beginners, intermediate or advanced. Please be on the lookout!



A message from the Director

Uzima is happy to share with you this edition of our Newsletter as we continue to enjoy the warm weather. This newsletter is just to remind you of our continued support for the most vulnerable in our society. Uzima also continues its efforts to fundraise to be able to maintain the said support. This summer Uzima is raising funds using several methods so please be on the look out when we reach out to you for your support.

Uzima is currently participating in community events in support of partner organizations particularly in Black-led events such as Afrofest. We were able to sell merchandise some from women groups we support in Kenya. We thank all community members who passed by our tents and bought items to help us raise funds. Please continue your good gesture and visit our tents at upcoming community events and at our other fundraising activities.

Uzima continues to spread awareness on the serious effects of COVID-19 and emerging infections like Monkeypox. Please listen to our ambassadors in the community and follow public health guidelines including getting vaccinated. Finally, please help publicize our current programs for youth, women, seniors, our new French language program etc.

The dedicated Board of Directors, staff, and dear volunteers and all of you wonderful supporters have kept Uzima going strong. Please keep up your invaluable support.

Jacobet Edith Wambayi, PhD
Executive Director

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