

### Vision:

A cohesive community of open minded, resourceful and self-aware individuals in Uganda.

### Core values:

Respect - Reflection - Integrity - Hard work Community Service - Empowerment.

### Mission:

Creating a safe environment, which engages children and youth to discover their identities and develop social and economical skills through arts, sports and non-formal education methodologies.

### **Curriculum Themes**

These are the participatory portals in our methodology through and with which we explore, experience, understand and reconnect to life forms on Earth.

They are the foundation on which we develop, design and implement our program activities offering an opportunity to the facilitators and participants to go on a journey to seek, debate, question, discover, remember and share their truth and new discoveries without blame or judgement.



This is the past, present and future presentation, expression and definition of our feelings, thoughts and actions in relation to the elements that support our human experience. We refer to this in our learning environment as the process not a found object. A process to remember, create and become who we desire to be.



#### ENVIRONMENT:

That which surrounds us in the physical and spiritual aspects of life. The seen and unseen elements that affect our being, thought, emotions and actions. That which offers reflections to look critically deep inside and outside to acknowledge, accept, bless and realize our purpose in life. We refer to this in our learning environment as the support.

The support for who we are now and for the realization and creation of who we want to become.



#### **HEALTH:**

Extend healing and restoration of balance to all that gives life coordination, rhythm and flow. Health is a state of being which can be achieved through attention, mindfulness, awareness, conscious choices and actions.

## The Methodology

# We use a Non-formal education methodology of learning

Our facilitation and teaching methods are based on the Creative Community Model where we engage the participants using arts/creative expression, sports tools and dialogue to cultivate resilience, self-confidence, critical thinking, creativity, compassion, effective communication, emotional inteligence for personal development, a catalyst for community building and positive social change.

In the learning environment we lay the ground for both the teacher and student to be fully present, curious, enthusiastic, motivated, safe and open to outcome.

It is very important to pay attention to the tools of engagement, the needs of the student and the teacher, the content, context and timing/season.

In our model, class doesn't necessarily refer to the four (4) walled structure, but any environment that encourages learning, fosters growth, transformation and integration.

We live in an ever-changing environment, very diverse that requires us to develop certain skills to adapt swiftly and flow with nature. This is why developing a character/attitude of lifelong learning is key to all the other skills we develop.



### Director's note

#### Sebulime Elisha Davis

It is a season of thanksgiving! Giving thanks to everything that is holding us in power, good health and protecting our lives from harm.

We acknowledge and give thanks for the support from family, friends, partners and all the different kinds of donors for our programs. We couldn't have done this without your endless belief in us, support and encouragement.

To our youth facilitators, program partners, students and their families, thank you for your full participation in the programs this year.

May the new chapter unfold with good health and vitality. Bring forth renewed creativity, awareness, compassion, enthusiasm, effort and understanding.

May we all reclaim our power, joy of living, peace, love and unity.

I invite you to take a journey through our 2023. Thank you for taking time to read on.

# 2023 in Summary

2023 has been a year of positive strides on so many levels of the organization's administration, staff capacity development and for both our creative empowerment and creative leadership programs.

There has been good progress with consistent numbers of activities and participants. We engaged over 90 children and youth in leadership, life skills and artistic/creative expression development activities.

We have had an opportunity to participate in the Afrika Mashariki Dance (AMDA) dance development project where with our partners, MUDA Africa from Tanzania and Amizero dance Kompagnie from Rwanda, managed to create spaces for 20 Ugandan dancers and 4 choreographers to develop capacity and create dance works.

Our team got trained in monitoring and evaluation, sound and audio production for dance, light designing and our dance floor has been improved into a more dance friendly environment for our dancers with a wooden floor.

Our SCRED and EMPATH projects co-funded by European Commission under Erasmus+ came to a good close where all partners were happy with the results and looking forward to new adventures. Our social media management team has been excellent. We have seen a rise in followers, engagement and interaction with our online community.







Soul-Xpressions Report 2023

## The programs and projects

### Creative empowerment program

Our creative empowerment program has been very vibrant with both our creative youth facilitators and youth/children actively engaged in the workshops for all the three (3) terms.

This year we focused on the themes of identity and health, using different art forms to facilitate a deeper awareness and understanding for our students, encouraging them to apply lessons learned from our workshops such as team work, respect, hygiene and sanitation into their lives and communities.



Creative writing: through written literature, the confidence in the English language and expression through speech improved greatly.

Dance/movement therapy; we explored body and space awareness, introduced Contemporary dance to our outreach program participants to give them a new form of dance expression. We also practiced a lot of mindfulness and meditation to allow for reflect and enhancement of our physical and mental health.

Drama and storytelling; introduced basic skills in script writing, types of plays and the different positions of the stage and roles. Many of the stories acted by the students were developed around their personal experiences in the community.

Visual Art; using their names students explored shapes, shades, colors and tones to explore and cultivate a deeper understanding of the theme of identity in relation to self and surrounding.

Sporting is one other fun way we have engaged our young participants, building a sense of togetherness and team work, highlighting the importance of healthy competition and discovering what potentials we all have in different sports.

# Creative leadership program











Dance programs: This year we focused on producing a dance theater production titled "To Belong", that was premiered on the 16th of December at the Batalo Dance Festival in Butaleja. We hosted international choreographer Muhammed Kaltuk from Switzerland who produced a dance piece with four Ugandan dancers that was featured on the East African Nights of Tolerance in Kigali, Rwanda in November.

Staff Capacity development; We have had six (6) of our team trained in Monitoring and evaluation, light designing and music/sound production for dance under the Ignite Culture project of Afrika Mashariki Dance (AMDA).

International Exchange programs: with our Ignite culture project we sent four (4) of our dance artists to Kigali, Rwanda to perform at the East African Nights of Tolerance, and we hosted four (4) Tanzanian dancers who presented their dance production at the Batalo Dance Festival



#### Governance

The board; We had four (4) board meetings, three (3) board committee meetings this year where we the emphasis was on fundraising strategies, finalizing the financial policies and renewal of our NGO permit.

The management team; The team put in the needed effort to push for all activities to happen this year. Managing the international project activities and running our outreach program of creative facilitation. A big thanks to Kanyike Edgar (administration and finance), Hassan Onegurwoth and Apio Sharon (Social media), Nakato Racheal, Mugish Frank and Shamusa Kagoya (creative facilitation).

### **Testimony corner**

### What our participants have to say about the programs.

"I've always thought of identity as owning a National ID with a name, picture, date of birth, however this year I have realized that identity is more than that. Identity is who I am and my community" - Ziiwa Ramadan - PCCP

"This year we had many meditation sessions which helped relax my mind and body whenever I felt tired and also made me more attentive in the sessions"

- Atimango Jovia - PCCP



# Social Media Summary

<b>f</b> YEAR	FOLLOWERS	LIKES	ENGAGEMENT
2022	1873	1790	1.1K - 3.6K
2023	1884+	1796+	1.4K - 4.1K

YEAR	FOLLOWERS	REACH	ENGAGEMENT	PROFILE VISITS
2022	843	901	301	
2023	1050+	4,748+	774+	499

YEAR	FOLLOWERS	EMPRESSIONS
2022	65	120
2023	74+	1,900 +

<b>▶</b> YEAR	SUBSCRIBERS	REACH
2023	9	18

in YEAR	FOLLOWERS	EMPRESSIONS
2023	95	180

The overall social media progress in 2023 is positive, with notable growth across platforms. Tailoring strategies to each platform's unique audience and characteristics will be crucial for sustained success.

Regular analysis, adaptation, and audience interaction will contribute to continued growth in the upcoming year

# **Financial Report**

AGGREGATED BUDGET	
YEAR 2023	UGX
REVENUE	
Aktion 5%	23,400,000
Patreon	2,868,911
Grants (EM(path)4Youth, Age Of Mgration, IGNITE, GLOBALAB, SCRED)	147,769,300
TOTAL REVENUES	174,038,211
EXPENDITURE	
Outcome 1: Youth and children have enhanced understanding of their unique talents and skills	
Output 1.2: Creative facilitaion	5,950,000
Outcome 2: Youth have developed creative arts and sports skills for social and economic opportunites	
Output 2.1 Training	1,830,000
Output 2.4 International Exchange programme	140,709,300
Outcome 3: Soul-Xpressions is a sustainable organisation	
Output 3.4 Marketing	820,000
Administration	7,739,400
Rent	14,400,000
TOTAL EXPENDITURE	171,448,700

### Office and Dance space rent;

Aktion 5% from German, for the past six (6) years now has been supporting us with our dance/office space rent.

### Creative empowerment and Creative leadership programs

Transportation to the centers of activities, student's snacks, art and stationary materials this year were made possible with funds from Aktion 5% and our Patreon donors.

### International project activities

Our international activities for Global Lab in Action, Age of migration, Sports Community reported (SCRED), EM(path) 4 YOU(th) and IGNITE Culture projects have all been co-funded by European Commission under the Erasmus+ programme, European Union and HEVA FUND.

### **Partners**





















# **Sponsors and Funders**



Compiled by Sebulime Elisha Davis