



Economic Empowerment Training Report



Introduction

Economic empowerment enhances the productivity, income, and well-being of people, especially those who face discrimination due to their gender, background, level of education, disability, or other factors. It contributes to the achievement of the Sustainable Development Goals (SDGs) by reducing poverty, inequality and discrimination.

On 25th November 2023, CHAIN in partnership with the Rotary Club of Kiwenda conducted a training on economic empowerment to enable vulnerable populations to improve their quality of life and well-being. The training targeted Orphans and Vulnerable Children (OVC), their guardians, teachers from partner schools and Community Health Workers/ Village health Teams (VHTs). Thirty one (31) people participated in the training.

The goal of the training was to provide individuals with knowledge and skills necessary to start and manage income generating initiatives effectively, make informed financial decisions i.e; budgeting, saving and investing in businesses. It covered two sessions namely; Financial literacy and soap making (bar and liquid soap). The sessions were **facilitated by Mr. Ibanda Mugabi** and **Ms. Naluwenda Cissy** (TINAC INDUSTRIAL COTTAGES)

Session 1. Financial literacy

The main focus of this session was to help individuals develop a better understanding of financial concepts such as planning, investing, saving, spending and debt management.

key areas defined included;

- Assets (understanding available resources with economic value)
- Vision (defining the business goal and working towards it)
- Avenues (identifying avenues that accumulate income)

The following issues were discussed;

- Individuals should have a target of what they are saving for and realistic plans
- They should know the resources required for the business for example; labour, materials, etc.
- They should seek knowledge on the businesses they want to establish
- Individuals should network with partners dealing in the same business.
- They should conduct market survey in the area to understand products/services that are selling
- People also need to have knowledge in book keeping to track the income and expenses in their businesses.

Sharing experiences

*I do all types of work to earn a living for example; I fry pancakes, cassava and sell them at school canteens. I also have a garden where I get food for home consumption. Despite my old age, I dislike begging so I work with the little I have in order to earn a living. This training has equipped me with a lot of knowledge on how to expand and manage my business. (**Wanyibe Sarah-grandmother of 65+ years from Kiwenda village**).*

*I used to sell clothes (men's wear) in town and was not so concerned about the small costs like; money for transport, buying lunch, water and others. It is important for people to consider all costs involved in the business no matter how small they may seem. These costs can add up quickly and can eat into your capital, leading to losses (**Mugabi Ibanda-the facilitator**)*

Mr. Ibanda Mugabi facilitating the financial literacy session



Session 2. Liquid and Bar soap making

This session focused on developing skills and knowledge on liquid and bar soap making. Participants were also trained on various materials necessary and different steps followed in soap making (*liquid & bar soap*).

Materials / Ingredients for soap making

Liquid soap making

- i. Oils and Fats: Olive oil, coconut oil, and other oils of choice.
- ii. Salt (makes the liquid soap heavy)
- iii. CMS (adds more weight)
- iv. STPP (it is important when using hard water)
- v. Caustic soda
- vi. Soda ash (it is a cleaning agent)
- vii. Colour and perfume
- viii. Hand mixer/ stick blender
- ix. Protective gears -gloves
- x. stainless steel pot for heating oils

Bar soap making

- i. Costic soda (kills insects)
- ii. Sodium silicate(strengthens soap)
- iii. Carin powder
- iv. Soda ash
- v. Perfume (perfume powder)
- vi. Fats (palm oil, talo oils)
- vii. Sulphonic (removes the reddish colour)
- viii. stainless steel pot for heating oils
- ix. hand mixer / stick blender
- x. Oil base colours (Used when finishing the process)

Process for liquid soap making

- i. Put on protective gear before handling caustic soda.
- ii. Get the mother bucket (where to mix from)
- iii. Measure Ingredients: Weigh the oils and caustic soda carefully.
- iv. Mixing caustic soda and Water: Slowly add caustic soda to distilled water (never the other way around), stirring continuously. Be cautious, as this mixture will release heat and fumes. Allow it to cool down.
- v. Heat the oils in a large pot on low heat
- vi. Once both mixtures (caustic solution and oils) are at similar temperatures (around 100-110° F or 38-43° C), slowly pour the caustic solution into the oils while stirring continuously. Use a stick blender or hand mixer to combine.
- vii. Blend the mixture until it thickens and reaches a trace (when the mixture leaves a faint trail or "trace" when drizzled over the surface).
- viii. Allow the mixture to cool completely. Add more distilled water to achieve your desired consistency. Some recipes also call for glycerine at this stage for added moisture.
- ix. Pour the liquid soap into clean, dry bottles or containers.

Process for bar soap making

- i. Choose your ingredients; variety of oils and fats (coconut oil, olive oil, and shea butter) and caustic soda that is used to change the oils and create soap.
- ii. Weigh out the ingredients. Measure out the oils, caustic soda, and water precisely to ensure that your soap turns out correctly.
- iii. Get the mother bucket (where to mix from)
- iv. Mix the caustic soda and water together. This will create a chemical reaction that will heat up the mixture and create lye water.
- v. Use a slow cooker or a double boiler to heat the oils to the correct temperature.
- vi. Combine the caustic soda and oils. Slowly pour the caustic soda into the oils while stirring constantly.
- vii. Blend the mixture. Use a stick blender to blend the mixture until it reaches trace, which is when the mixture thickens and leaves a trail on the surface.
- viii. Add any fragrance or essential oils such as, lavender or peppermint oil.
- ix. Pour the mixture into a silicone container or a cardboard box lined with parchment paper
- x. Let the soap cure. Leave the soap in a silicone container or a cardboard box for 24-48 hours, then remove it from the mold and let it cure for 4-6 weeks.

Liquid soap making



Participants learning how to make liquid soap

Bar soap making



Participants learning how to make bar soap

Recommendations

- Regular follow up and support to the trainees to ensure they implement what they learned
- Conduct regular economic empowerment activities in the community
- Support the formation of groups among trainees to facilitate implementation of knowledge acquired

Pictorial



Ms. Cissy Christine facilitating the soap making session



Participants during the soap making session



The Executive Director-CHAIN addressing participants at the training



Rotary Ex-President addressing participants at the training



The Program Manager-CHAIN sharing key activities conducted in the community





