

## Activities July 2023 to July 2024

### The first year of the Uhuru Mama Collective

#### Dar es Salaam, Tanzania

1. **July 7, 2023. Establishing meeting.**
2. July 10 – 13. 2023. First data collection. PHQ9 included.
3. July 12, 2023. First board meeting.
4. August 8, 2023, items collected for tags, stories collected, preparing for Arusha.
5. Photoshoot, mothers and children.
6. Creating a book about the women and their stories from the start. Dedicated to Siv Sæbjørnsen, leader of the NOREC exchange project on Children ´s Rights.
7. **Arusha conference August 22 – 24, 2023. First sales exhibition.** Earned 1080 000 TZS = \$431. Sold dresses, woven bags, batik pieces, mkeka mats.
8. August 26: Facebook group established.
9. Sept 18, 2023. We need a weaving teacher: We cannot sell things other people have made.
10. Sept 27, 2023: Siv Sæbjørnsen, leader of the NOREC project, visits. She speaks about Empowerment.
11. Sept 20. Interest in the FB group on Woven baskets. There is a market in Norway.
12. Oct 4, 2023. Weaving of hearts in coconut leaves. Crocheting bowls in cotton.
13. Oct 15 - 16: Social crowdfunding for three sewing machines, 11,000 NOK.
14. Oct 19. Workshop with Mariaan van Zyl to create a LOGO. Drawings.
15. Oct 12. We had our first meeting with a weaving teacher, but she is more of a sewing teacher. We continue to look for teachers.
16. October. Self-help book/stories about the collective, some CBT. We read three times. Some main CBT principles.
17. Oct 24. Discussion: Wages every week? Extra money for sales? Decision: Start with distributing 3,000 TZS per day/women.
18. Oct 24. Clear that Uhuru Mama will get 30 000 from the Midsund Rotary Club
19. Oct 24. Voting for the Uhuru Mama Logo.
20. Finalize the LOGO.
21. Nov 9. Second Data Collection, PHQ 9 included.
22. November, whole month: Stories and cards produced.
23. **November 11, 2023. Sales at Christmas Market, Norway. First sales exhibition in Norway.** Sold for 4,450 NOK.
24. Sept 26. Twenty women collected; they are weaving very nicely!
25. Nov 23, 2023. Business cards produced.
26. November. Uhuru Mama on Instagram: uhurumamacollectiveofficial

27. **December 2, 2023. Artisan Market, Dar es Salaam, Tanzania.** They sold self-vowed bowls made of cotton, banana, and coconut, napkin holders, bottle holders, books covered in excellent Tanzanian materials, and cards. All products were marked with the Uhuru Mama LOGO.
28. Dec 5. Norway, sales Myratun: I went to Norway and took one suitcase with leftover things from the Artisan market to Myratun, Martha Midtbø
29. Dec 14. Christmas dinner in my house for the board.
30. Dec 1. Learning about 5,000 NOK from Gunvor Eidhamar for toys to the children
31. Dec 2. Carlyne is starting to publish nicely on the Uhuru Mama FB group.
32. Jan 9, 2024. The first meeting day in the collective will be after Christmas. We agreed to create a national NGO, and registration is needed. We started working on it immediately, but the national registration page was down until April.
33. January: The Weaving Teacher is present for two weeks.
34. January 15 – April 1, 2024: 10 Exchange students from Norway, NOREC-project, visit the collective weekly. They thrive.
35. Jan 19. Sara Mc Allister visits Uhuru Mama, “Arbeidsuke.”
36. January 23. Brazilian designer Luiza mMendlowicz Prado visited the Uhuru Mamas for feedback on things. She brought material for earrings.
37. January 30: Very much more excellent weaving.
38. January: Carlyne is active on Facebook and Instagram
- 39. Feb 3. Sales of products at Midsund Senter, Norway, Myratun**
40. Feb 4. Very nice self-made basket
41. Feb 9. Present 30,000 NOK from an anonymous sender
42. Feb 19. Nice social media pictures and videos posted by Carlyne
43. Feb 22. Visit from Midsund: Monica, Martha, Anniken, Evy Mette and Eva. Monica Tangen engaged Midsund Skule and Uhuru Mchanganyioko in exchange for songs and letters between students. In collaboration with Midsund Skule and Rotary Midsund, they brought 33 smartphones. They also brought hearts and other gifts from Heimastadkjær in Midsund. Uhuru Mama showed a play about recruiting mothers to bring their children to school. They sold their products,
44. March 2024, first week: Leaders on a trip to Iringa. One week.
45. March 6. The Constitution is written
46. March 13 and 21. Bente Malones, Anne Gutteberg, and Veila Barsnes, exchange staff in the NOREC project, were teaching about nutrition and reproductive health
47. March 14. New styles of weaving after Iringa. Neema Craft. Fabric!! Goal: 300 000 per person per month.
48. March 21. Leadership system change: One is the leader for sewing, one for waving in coconut, and one for weaving in grass.
- 49. March 30, 2024. Myratun on Midsund Sentre. Sold for 6390,- NOK on one day**
50. April 18. Electricity is needed. The process starts.

51. April 11. Luce posts on the FB page.
52. April 20. Nice kayak-bowl woven, good social media response.
53. May 10. Photoshoot with a Professional photographer. Dress up and show self-made products.
54. May 21. Digital learning. How to use a smartphone? With a Japanese engineer, Nobuku.
55. May 20. The first receipt was written (presents for the Norwegian Embassy's celebration of Norway's Constitution's Day on May 17, 2024).
56. May 20, 2024: Tanzania Broadcast Channel 10 minutes
57. May 22. Anne Vaaga, an expat, participated in pricing the products for the Artisan Market
58. **May 25, 2024. Artisan Market, Dar es Salaam.** A sign for Uhuru Mama brought attention, and shelves and other basics for creating a lovely exhibition were used for the first time. Excellent products were sold: bowls and baskets in grass and coconut and nice tops in Kanga.
59. June 4, 2024. second digital training with a Japanese engineer, Nobuko.
60. June 6, 2024. About Uhuru Mama in a film about Open University
61. June 6, 2024. One-year party. All were dressed in orange. Went to the beach. Cakes and prizes are awarded for the best worker and best design. All got presents. Salaries. Games, sport, food & fun
62. June, the whole month. We are preparing three suitcases with products for Norway.
63. June 27. One-year follow-up data collection. All together. Questions are explained orally. Women who need help writing get help writing. Pen and pencil, PHQ9 included.

#### Media:

1. Midsundingen, Nov 10, 2023. <https://midsundingen.no/kultur/myratun-med-humanitaer-innsamling-pa-husflidsmesse/>
2. Rotary Norge, Distrikt Møre og Romsdal, Jan 20, 2024 <https://d2305.rotary.no/no/nyhetsdetaljer/367>
3. Rotary Norden, Norge, March 3, 2024, (2), p 20-22. <https://rotarynorden.e-pages.pub/titles/rotarynorge/14258/publications/69/pages/22>
4. Uhuru Mama is mentioned when recruiting for the Midsund Rotary Club. March 24, 2024, <https://acrobat.adobe.com/id/urn:aaid:sc:EU:a65a09db-2bbe-40ec-b874-65195bc73f0e>
5. Tanzania Broadcast, TBC online, May 3, 2024 <https://youtu.be/jZlQbHsTRh0?si=V94NaMfX2ooCl1KH>

6. Blog by Vincent Mpepo, April 8, 2024,  
<https://kusinikwetu.blog/2024/04/08/mazingira-wezeshi-yavutia-wenye-mahitaji-maalumu/>
7. Romsdals Budstikke, April 9, 2024.  
<https://www.rbnett.no/nyheter/i/Moxr6o/psykologens-metode-er-verdensberoemt-her-er-hennes-beste-raad>
8. Open University, May 29, 2024  
<https://youtu.be/golhi8clwEY?si=an7sB5H6jNSaQ08Y>