

YOU CAN BE INITIATIVE PROJECT

ABOUT YOU CAN BE INITIATIVE.

You Can Be Initiative

Introduction:

You Can Be being premised on Esther Ikessa's Story, having grown up with a father who was in and out of prison and spent 11 years on death row. And as young girl growing up in one of the most remote areas in Uganda she went through a lot of suffering due to child poverty and she almost lost her life due to poisoning. Esther was always told she would never amount to anybody in life, even herself she had lost hope.

With the Help of Wells of Hope, a charity that help Children with a parent in prison, Esther was provided an opportunity to achieve an education, provided all necessities of life and as a Hope of achieving her life dreams.

Esther is gifted at Dance and Physical fitness and she is a certified trained Zumba Instructor.

Esther Believes that given her background children who have a similar background like her can thrive and make it in life and Be What God wants them to be and achieve the dreams they have and be what God wants them to be.

The **"You Can Be Initiative"** focuses on children aged 6 to 17 years from disadvantaged communities, especially those attending under-resourced schools and living in low-income neighbourhoods. By combining the joy of dance with the benefits of regular physical exercise, we aim to create lasting positive outcomes for participants, empowering them to lead healthier and more fulfilled lives.

Current work involves the followings Ghetto communities' areas in Uganda:

1. Katwe
2. Nansana Ganda
3. Katanga , Makerere

She helps children realize their dreams through the following activities.

Activities;

- Exercises
- Dance
- Music
- Bible Stories

Mission

The mission is to contribute to the well-being, empowerment and resilience of young people through giving them access to physical fitness programs.

Objectives:

- To help young people to build a positive body confidence and self-esteem.

- To empower young people through dance fitness and exercise
- To help all kinds of disadvantaged youths to become more physically fit.
- to raise awareness about the importance of fitness and help more people become physically fit.
- To help Children of all ages to be physically active.
- To explore Children Skills, talent and gifting

We believe that every young person should be provided an opportunity to reach their full potential!

We make exercise easy and fun accessible using simple, zero-equipment workouts in a way that everyone can participate in

For children living in difficult socio-economic circumstances, physical fitness classes and workshops are a source of energy and empowerment. Organized Physical exercises boosts creativity and provides purpose with goals to be achieved, and develops discipline and team work. It also improves concentration and attention spans, enhances long-term memory and verbal skills. Regular practice positively impacts self-confidence and can even improve academic results.

ABOUT ESTHER

ESTHER grew up having a father who was in and out of prison and spent 11 years on death row. As a little girl growing up in one of the most remote villages in Uganda, she went through a lot of suffering due to child poverty and she almost lost her life due to poisoning. Esther was always told she would never amount to anybody in life, even herself she was timid, with low self-esteem, and had lost hope. With the help of **Wells of Hope Ministries**, a charity that helps Children with a parent in prison, Esther was provided an opportunity to achieve an education, to connect with her father in prison, all necessities of life, and above all an opportunity to accept Jesus as Lord and Savior, Esther receives Hope of eternal life and achieving her life dreams. Her father was released from death row in 202, however, after 11 months he lost his life due to diabetes that had gone untreated for years while he was in prison. Esther is gifted at Dance and Physical fitness and she is a trained and certified Zumba Instructor. Esther believes that given her background and achievements, children who have a similar background to her can thrive and make it in life and be what God wants them to be and achieve their God-given dreams and be what God wants them to be. Through Dance and Fitness, she tells them that even though they face challenges like she faced while she was little, they too can succeed in life! She helps children realize their dreams .

10. Contact Information

For further information , please contact: **info@wellsofhope.org**