



NEWSLETTER

THE SPOT APP

2025 saw the launch of The Spot App, a dynamic digital space designed for young people to access sexual and reproductive health and rights (SRHR) information and supportive feminist content in one safe and easy-to-use platform. The app brings together trusted SRHR resources, bold conversations, and community support, making it simple for young people to learn, connect, and explore feminist ideas wherever they are. The Spot App is now available for download on the Google Play Store, expanding access to accurate SRHR information anytime, anywhere.

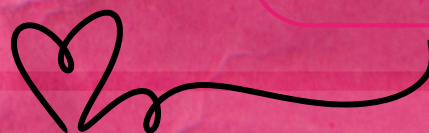


THE FEMINIST FESTIVAL

The Feminist Festival, held on 8th November, was a vibrant celebration of young women, creativity, and feminist expression under the theme "Healing Through Art." The festival brought together over 1,000 participants, creating a space for visibility, reflection, and collective learning through storytelling, visual art, and thought-provoking content, showing how creative expression can be a tool for healing and resistance.



During the festival, we also launched Legal for Her, a new initiative providing legal support for survivors of sexual and gender-based violence (SGBV), strengthening our commitment to empowerment, justice, and rights awareness. By centering lived experiences, community dialogue, and artistic expression, the festival highlighted Sistah Sistah Foundation's dedication to building inclusive spaces where young women feel seen, heard, and supported.



POUR ME A LECTURE

Sistah Sistah Foundation hosted its first-ever Pour Me a Lecture series, inviting people to “Pick a topic. Bring your unique perspective.” The series was all about creativity, learning, and sharing ideas in a space where everyone’s voice mattered. Speakers covered exciting and thought-provoking topics like Don’t Be a Lawyer, STEM is Pink, and The History of SRHR Laws in Zambia—sparking conversations about gender stereotypes, career choices, and the progress of SRHR in Zambia.



JOIN OUR FREE SRHR SERVICE PROVIDERS REGISTRY!

Are you an English-speaking organization in Southern, Eastern, or West Africa offering Sexual and Reproductive Health services? Connect with individuals seeking your services through our completely free registry for both service providers and users!



Register Here!

THE F SPOT PODCAST

2025 was an amazing year for The F Spot Podcast! This vibrant digital space gave young people a chance to dive into conversations about gender equality, sexual and reproductive health, digital safety, and women's liberation.

From thought-provoking chats to personal stories and expert insights, each episode sparked curiosity, inspired action, and got people talking. Shared widely across social media, the podcast became a go-to space for fresh ideas, bold perspectives, and meaningful feminist dialogue.



WHAT TO LOOK OUT FOR

CALL FOR FEMINIST ORGANISATIONS, MOVEMENTS & ACTIVISTS (ZAMBIA)

We're creating a registry of feminist organisations, movements, and activists in Zambia to strengthen connections, partnerships, and referrals within the feminist/CSO ecosystem.

Anyone can submit, and we encourage you to share widely, including with grassroots groups.

For questions or updates, contact:



YOUR GO-TO FOR FEMINIST CONVERSATIONS: THE F SPOT PODCAST!

The F Spot Podcast continues in 2026 as your go-to space for real, relevant conversations about sexual and reproductive health and rights (SRHR), women's health, and bodily autonomy. Each episode spotlights voices from the community, tackles stigma, and provides empowering information to help young people make informed choices. Stay tuned for more inspiring episodes next year!

THE SPOT APP ACTIVATIONS

We're excited to announce that we'll be hosting activation events to connect directly with young people and the community. These activations will showcase the app's features from SRHR education to real-life stories and access to support. Expect interactive sessions, fun giveaways, and real talk about the issues that matter most. Watch out for The Spot App activations



POUR ME A LECTURE

We'll be hosting more pour me a lecture sessions. Prepare yourself for evenings that bring together bold lectures and delicious cocktails in a relaxed, engaging atmosphere. While looking at the unique perspectives shaping different topics and issues within our communities. It's the perfect blend of learning, conversation, and good vibes. Come ready to sip, listen, and connect!

Coming soon!