

A portrait of Sarah Mulindwa, a woman with long, wavy, reddish-brown hair, smiling broadly. She is wearing a dark, possibly black, leather jacket. The background is a solid magenta color with a diagonal split, where the upper left portion is a darker shade of magenta. The text 'Sarah' is in a large, white, serif font, and 'MULINDWA' is in a smaller, white, sans-serif font below it.

Sarah

MULINDWA

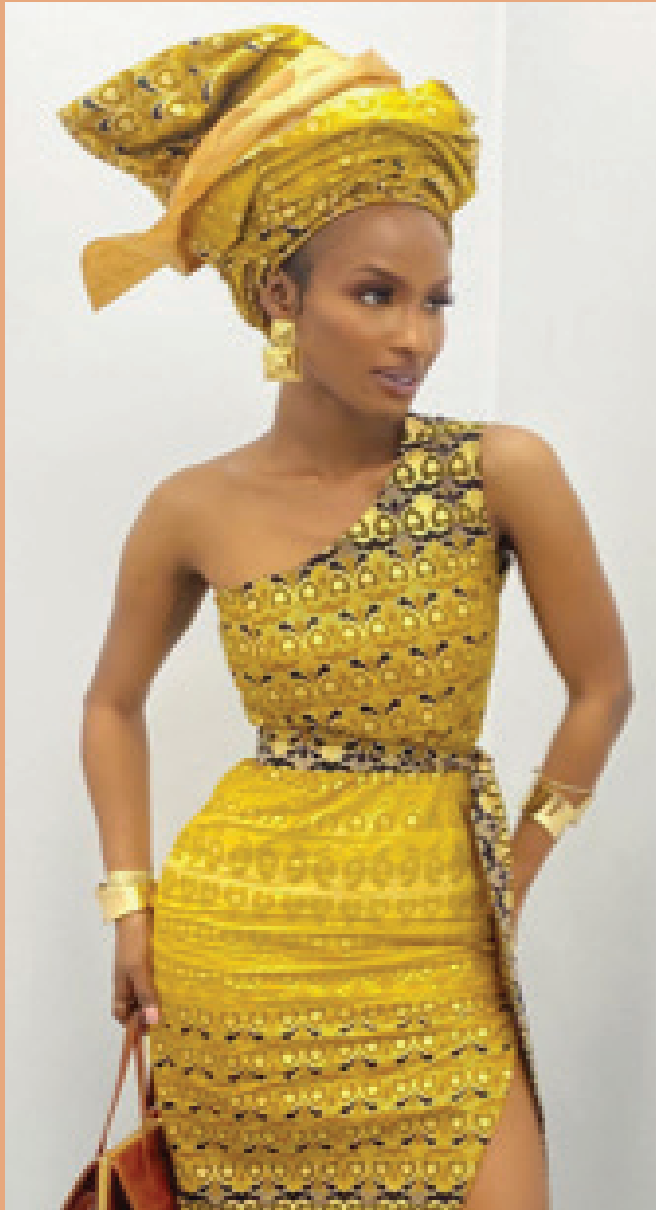
Reproductive Health,
Radio, TV & Fashion



Sarah Rita Mulindwa

is a multifaceted Ugandan born UK-based Reproductive Health nurse, media personality and fashion Influencer.

On 8th March 2022, Mulindwa was named among the few that shared their stories on Love Honey's Wall of Female Empowerment towards International Women's Day.





Education Background

Sarah attended Westminster Kingsway College (2001-2003) and completed with a distinction in Health and Social Care.

She then proceeded to Thames Valley University (2004-2007) and graduated with Bachelors of Science in Adult Nursing and a Degree from Public US State University.



Reproductive Healthcare

A combination of Sex and Reproduction can be a challenging subject for many to broach.

Interestingly, this remains an aspect worth guidance especially among the youth.

Between 2007 and 2012, Sarah practiced as a senior ward nurse in Acute Medicine.

After then, she specialized in Sexual Health and HIV/AIDS.

Across her background as a qualified nurse, Sarah Mulindwa is part of experts who cut through Britain's Sex Secrets.

She not only lectures sexual health but also encourages opening up about relationships, identity and body issues.

She specialized in acute medicine, sex education and counselling at Chelsea and Westminster Hospital.



BRAVE GIRLS FESTIVAL 202





Wellness and Style

Sarah stands 5 Ft. 7 Inches and weighs 50 kgs.

Mulindwa is witty, glamorous with a work-out and healthy-living body to match the supermodel stride.





Fashion Influencer

Sarah Mulindwa a former Editor with 1883 Magazine is a supermodel mold with a successful career as a well-respected stylist and published writer.

Her passion in fashion spans creative editorial and fashion campaigns with an extension into hair, skin care and beauty empowerment.



Radio

Sarah is an on-air and star presenter whose sultry voice contributed to pop stations such as Hoxton Radio, Talk Radio, Fubar Radio and BBC Radio London.

TV

In November 2015, Sarah lifted the lid on Channel 4's The Sex Clinic as a host of Sexual Reproductive Health (SRH), HIV prevention, relationships, safety and body.

She also made appearance on TV E4's The Sex Testers where she advised and counselled patients while administering self-test kit products.





Sarah Mulindwa Foundation

I feel most empowered when I'm making a difference in the lives of others."

Sarah's charm aesthetically extends into supporting charity. A change agent, a no slouch in the fight against HIV/AIDS,

Sarah leads a team of peer educators who teach young people on sexual health and making informed choices.

She advises women to stay inspired while embracing all of life's challenges.

In 2020, Sarah Mulindwa returned on TV NHS Frontline volunteering to combat COVID on emphasis of social distance, vaccination and PCR test.

Sarah Mulindwa on bringing sex education to Uganda

DAVID MWANJE

SARAH MULINDWA is a UK-based Ugandan sexual health nurse and TV personality. Quick Talk met with her and talked about her work and how easy it is to do that in Uganda.

Who is Sarah Mulindwa?

Well, I am a Ugandan born in the UK and a multi-gifted character. I am a professional nurse, model, actress and TV moderator.

How is all that even possible?

I am stationary and a student for life.

Okay, and what did you study?

I went to Westminster Kingsway College 2001 to 2003 and completed with distinction in Health and Social Care, then proceeded to Thames Valley University 2004 to 2007, getting a BSc (Hons) in Adult Nursing. Following graduation from university, I practiced as a ward nurse in Acute Medicine from 2007 to 2011.

In 2011, I specialised in Sexual Health and HIV and currently I'm practicing as a Specialist Nurse in this field alongside my various other work commitments in different sectors.

What influenced you to become a sexual health nurse?

I was around 14 or 15 years old and had done five years at a nurse on a hospital ward and honestly, I was exhausted. I was young, working crazy hours and though I loved the hands and hustle, government's cuts meant that we were constantly short-staffed, and my back was hurting. I needed something more light-hearted.

My mum is a nurse as well, so she knows it is a medical thing. Everyone is always bickering and able to tell my oldest story, but after eight years, what may have someone else is quite normal to me.

So, should I call you a modern nurse?

No way, we're different. I look beyond the way relationships are supposed to be run, but also how one can prioritise good sexual health and try to curb the misconceptions about sex education, more so among children, which is not the case with local nurses.

Wow!

You see I want to do much in Uganda, because comprehensive sex education is essential and vital to young people and my aim is to equip them with the knowledge, skills, attitudes and values that empower them to realise their sexual and reproductive health and well-being. My goal is to engage with people of all ages, but particularly young people who are still developing and navigating their way in an increasingly polarising generation. I plan on doing so through targeted outreach, social media campaigns, collaborating with the Ugandan media and creating

a space where they feel their needs are being listened to, met and acknowledged.

Impressive. Tell me about "the sex clinic" show.

As I told you, I am a multi-gifted character, but a few years back Channel 4 approached me to audition for the show and we have just completed Series 1 which is available to watch, and since then it's been a success.

Then how did you join radio too?

I got into radio almost four years ago, when a friend of mine who worked in PR came across a newer from Houston Radio advertising a position for a stylist to join a new fashion show. I skimmed over the tweet and assumed it was to style for an actual runway show, not realising it was actually a long-term job as a presenter on a fashion-related radio show. The director got back to me, we set up an interview, trained for a few weeks until I was ready to go live and the rest, as they say, is history.

You are lucky!

Luck comes to those that are hardworking.

That's a good one... So, how do you balance the responsibilities?

Well, in the UK, it is easy to schedule yourself on when you will



Sarah Mulindwa

perform different tasks because most of the jobs are part-time.

Have you faced any form of harassment working in the media?

No. I am principled and state my values and limits to people and if one tries to misbehave, I tell them straight that I won't entertain it.

Nursing, radio, TV, then fashion?

Fashion is a great way of self-expression and I love changing up my look according to the vibe I'm feeling at any given time. I love the creative process of putting together different looks, exploring my personal style and also inspiring others.

Who is your best designer?

Of course, Alexander McQueen.

What's your motivation?

I believe in becoming a great impacting black woman that fights for change and advocates for women development.

In other words, you are a feminist.

No. I am not, but I believe in fairness among men and women.

Do you have a man in your life?

Ha! Yes, my great dad.

Mmmm...I mean, a love interest?

Nope, I'm super independent.

Till when?

Till it's the right time.

When is the right time?

God surely knows and I am patient about it. I believe I haven't achieved enough of what is on my goals list.

Alright, so, who is your ideal man?

Must be humble, hardworking, understanding and the best thing is to be God-fearing.

White or black?

Any I'm meant to be with.

Okay, what do your parents say?

They want me to get a Ugandan man. The difference in men in the UK and Ugandan men are just race and location, but they remain men, nothing makes the other superior or inferior. It is just our mindset that creates differences; otherwise, there are some who are rich and poor which is the case in African men.

Hmm, so what is the favorite place you've visited?

Of course my second home Kampala and Uganda is the most ethnically diverse country in the world. Every day fresh like a Friday. It's an incredibly scorable city and is ranked in the top five cities in Africa for nightlife.

Where do you usually go?

A top area is the Industrial Area, although the name is misleading as it's home to Kampala's upscale nightlife; it is party after party. However, I like visiting the game parks, going to beaches and music shows.

Do you have a favourite musician?

I can say Shereba and Cindy.

Do you enjoy Ugandan food?

I actually eat matooke and g'non when I'm in the UK. Even here, I know how to prepare it despite growing up in the UK, so, when I am here, I eat local food but mostly I enjoy the meals in Mbarara.

sarahmulindwa@gmail.com

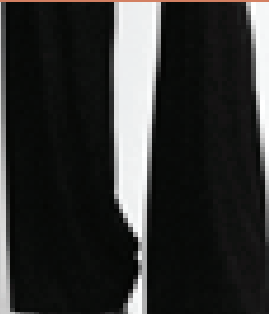




Beauty, Fashion & Editorial

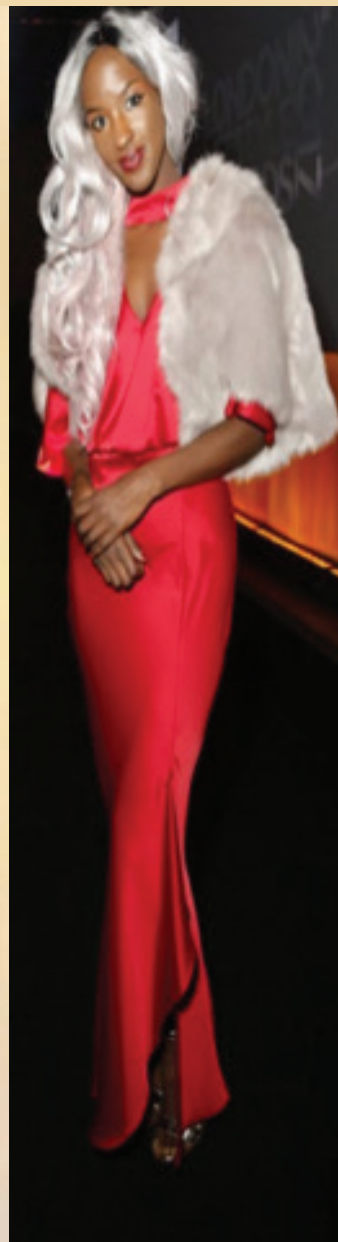
It is with casual certainty that Sarah is endowed with features not awarded enough by merit but gifted by nature with physical intelligence and elegance.

"I love the creative process of putting together different tools, simplicity, exploring personal style and inspiring others!"



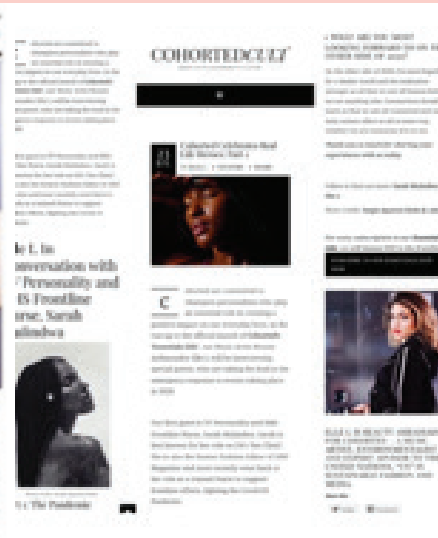


Rocky Star









International Media Presence





SM signature vibe has been featured in in-demand news such as Vogue, BBC, The New York Times, Grazia, Metro, PCIAW Awards, The Sun, Independent, The Guardian, Observer, London Fashion Week etc





SOCIAL MEDIA PRINT

She is widely known and celebrated for her witty but pleasant libraries of content on her life, family, and hobbies via Instagram, Tik Tok, YouTube and Twitter.

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**BRYAN
MOREL**

P U B L I C A T I O N S