



2023

QUARTER ONE REPORT

JANUARY - MARCH

About Afyaplus organization

AFYAPLUS is a not-for-profit organization operating its core development agenda of prevention and control of diseases through the promotion of water sanitation and hygiene (WASH) and empowerment of girls and young women.

The main goal of the organization is to improve school performance and create a community free from diseases caused by lack of safe and clean water, poor sanitation, and hygiene and empower adolescent girls and young women in a community.

Our mission

To cultivate behavior change and build a strong community through the promotion of water sanitation and hygiene services and empowerment of adolescents girls and young women through engaging relevant stakeholders

Our vision

A responsible healthy Tanzanian community free from diseases caused by unsafe water, poor sanitation and hygiene services; and where adolescent girls and young women are empowered.

Where we work

We operate within the Iringa region, specifically in the following council

- Iringa Municipal Council
- Iringa District Council
- Kilolo District Council
- Mafinga Town Council



STRATEGIC GOALS



Water, Sanitation and Hygiene (WASH) Services Improved in Schools and Community.

Afyaplus Organizational Capacity Improved.



Adolescent Girls and Young Women Empowered to Exploit their Potential to the maximum.

GOAL 1: WATER, SANITATION, AND HYGIENE (WASH) SERVICES IMPROVED IN SCHOOLS AND COMMUNITIES

Afyaplus through WASH interventions such as the safe pad lab and water in schools project has continued to promote its agenda of preventing WASH-related diseases by promoting the construction of WASH facilities in Schools, provision of WASH training to promote behavior change together, and conducting advocacy and lobbying for support from decision-makers, other WASH stakeholders, and the community as a whole for improved WASH services in schools and the communities.



Fig 1: Afyaplus Community-based trainer Ms. Maria Kidava conducted an awareness session on good Menstrual hygiene management for school girls and boys of Wilolesi primary at Iringa Municipal Council.

UNICEF MHM Report of 2022, prevails that 16.8 percent of students missed school during menstruation due to many reasons such as lack of menstrual hygiene materials, fear of embarrassment in case of visible stains on the cloth, lack of changing rooms, Lack of clean and suitable toilet facilities.

A: THE SAFE PAD LAB PROJECT

Afyaplus organization launched the Safe Pad Lab project with the goal of challenging the taboo and stigma associated with menstruation. The project seeks to educate communities on the importance of good menstrual hygiene management and sexual reproductive health, particularly among adolescent girls and women. To achieve this, the project employs various interventions, such as awareness sessions on MHM and ASRH, and capacity building workshops on how to produce reusable sanitary pads. By providing accessible and sustainable menstrual products, the Safe Pad Lab project aims to empower girls and women to manage their periods with dignity and promote their overall health and well-being.



Fig 2: Students from Ismila Secondary School in Iringa Dc together with the Community -based trainer Ms. Fausta Mmewa posing for a photo during menstrual hygiene management session.

The interventions mentioned above have been strategically designed to support adolescent girls throughout their primary and secondary education journey, with the aim of eliminating various barriers that prevent girls from staying in school, such as lack of access to resources or societal biases, and to boost their confidence levels and academic performance, ultimately leading to greater educational and economic opportunities for girls and women.

ACTIVITIES AND ACHIEVEMENTS

To conduct awareness sessions on adolescent sexual reproductive health and rights (ASRH) and menstrual hygiene management (MHM) to 16826 students (5761 boys and 11065 girls) from 43 schools of Iringa.

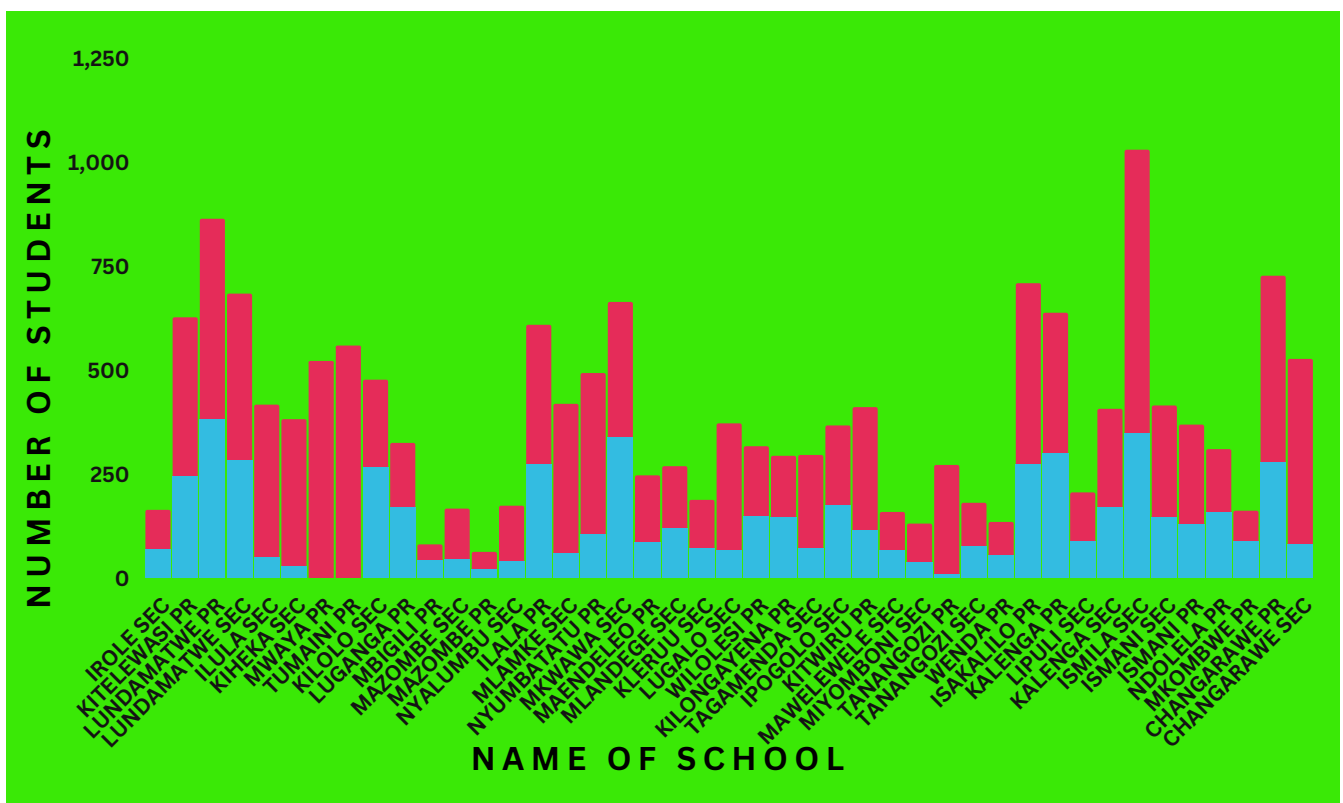
Afyaplus organization is working with community-based trainers, school teachers, and other government officials and through this collaboration has managed to conduct awareness sessions on adolescent sexual reproductive health and rights (ASRH) and good menstrual hygiene management (MHM).



Fig 3: Students from Nyamalala secondary school of Mafinga Tc participating in an awareness session on Adolescent Sexual Reproductive Health and Rights (ASRH) conducted by Afyaplus community-based trainer Ms. Anna Mbata.

In this reporting quarter, 16826 students (5761 boys and 11065 girls) of 43 Iringa schools were trained on adolescent sexual reproductive health and rights (ASRH) and good menstrual hygiene management (MHM). Out of 16826 students reached, a total of 5502 students (boys 1656 and Girls) are from Kilolo DC, 5236 students (boys 1893 and girls 3343) from Iringa Mc, 4672 students (boys 1763 and girls 2909) from Iringa DC, and 1416 students (boys 449 and girls 967) are from Mafinga Tc.

GRAPH THAT SHOWS THE NUMBER OF STUDENTS REACHED WITH ADOLESCENT SEXUAL REPRODUCTIVE HEALTH AND RIGHTS (ASRH) AND MENSTRUAL HYGIENE MANAGEMENT (MHM) EDUCATION



KEY
BOYS ■
GIRLS ■

To conduct capacity building of sewing reusable sanitary pads to 1154 students from 12 schools of Iringa region.

As a mechanism to improve access to quality sanitary products 1154 students (138 boys and 1016 girls) from 12 schools were capacitated on how to sew reusable sanitary pads. Out of 1154 students reached a total of 232 students were Girls from Kilolo DC, 382 students (boys 10 and girls 372) from Iringa Dc, 450 students (boys 114 and girls 336) from Iringa MC, and 90 students (boys 14 and girls 76) are from Mafinga Tc.



Fig 4: Sewing session of Reusable sanitary pads conducted to students of Lundamatwe secondary school of Kilolo DC.



Fig 5: Students from Isimila secondary of Iringa DC school sewing reusable sanitary pads.

THE TABLE BELOW SUMMARIZES THE NUMBER OF STUDENTS REACHED WITH TRAINING OF SEWING REUSABLE SANITARY PADS PER SCHOOL .

S/NO	NAME OF SCHOOL	BOYS	GIRLS	TOTAL
1	IPOGOLO SEC	100	125	225
2	MLAMKE SEC	14	187	201
3	LUGALO SEC	0	24	24
4	KALENGA SEC	0	96	96
5	ISMANI SEC	0	79	79
6	TANANGOZI PR	10	46	56
7	ISMILA SEC	0	151	151
8	LUNDAMATWE SEC	0	137	137
9	KILOLO SEC	0	30	30
10	MAZOMBE SEC	0	65	65
12	CHANGARAWA SEC	14	23	37
12	J.J MUNGAI	0	53	53
13	TOTAL	138	1016	1154

LESSON LEARNT

1. Access to affordable and quality reusable pads contributes a lot to improving school girls' health, retention, and performance.

MILESTONE ACHIEVED

1. 76% of the targeted students which is equal to 1154 students (138 boys and 1016 girls) from 12 schools were capacitated on how to sew reusable sanitary pads.



Fig 6: Afyaplus Community-based trainers, Ms. Rehema Matumla and Teresia Kihaga demonstrating the procedures and materials required for sewing reusable sanitary pads to Students of Ismani secondary of Iringa DC.



Fig 7: Students of Isimila secondary school posing for a photo after a sewing session conducted by Afyaplus volunteer Ms. Irene Konga.

To Conduct 5 Days of Training of Trainers (TOT) on adolescent sexual reproductive health and Rights (ASRH) and Menstrual Hygiene Management (MHM) to 10 community-based trainers.

In the last quarter, Afyaplus recruited and trained 10 community volunteers, entitled Community-based trainers (CBTs) in order to strengthen the implementation of the Safe Pad lab project in the Iringa region. The goal of this training was to equip the CBTs with the necessary skills and knowledge needed to create awareness of Adolescent sexual reproductive health and rights (ASRH) and good menstrual hygiene management (MHM) among school girls and boys from all 50 schools covered by the project.



Fig 8: Community-based trainers from Afyaplus organization actively participating in an assignment related to good menstrual hygiene management (MHM) during training of trainers(ToT) training.

To accomplish this, dynamic discussions were facilitated, which kept the forum open for queries, feedback, and suggestions, promoting participatory learning through informative PowerPoint presentations. They shared these resources in a participatory manner, which enabled the participants to engage actively in the learning process, thus ensuring the retention of the acquired knowledge. Overall, the trainers utilized a collaborative approach that promoted active learning, understanding, and retention of the information.

Participants were capacitated on MHM, safe menstruation, menstrual hygiene cycle, family planning, communication, adolescent sexual reproductive health and rights, life skills, concepts of gender, sexual diseases, etc. The training was conducted by the Principal Assistant Nursing Officer (PANO), Miss. Prisca Mutayoba at Afyaplus office, from 7th – 11th Feb 2023, and the starting time of the training was from 09:00hrs to 17:00hrs.



Fig 9: Afyaplus Community-based trainer Ms.Liberata Kihwele presenting on good communication channels.

LESSON LEARNT

- 1.Through Pre-survey and post-survey tests conducted it was discovered that 10 community-based trainers have increased their knowledge of menstrual hygiene management (MHM) and adolescent sexual reproductive health and rights (ASRH).
- 2.Community-based trainers' approach has helped the organization reach a large number of students from the different councils in a short period of time.

MILESTONE ACHIEVED

- 1.Recruitment of 10 community-based -trainers.
- 2.Conducting Training of trainers (TOT) to newly recruited community-based trainers.

WATER IN SCHOOLS PROJECT

In attempts to achieve sustainable development goals number 4 and 6, the Afyaplus organization implements this project which is inclusive for school children with disabilities and benefits more than 10000 school children, teachers, and other school workers in the Iringa region. The project is non-funded but is implemented through funds generated at a fundraising event called Afyaplus WASH GALA. In this reporting quarter, the Afyaplus organization through the water in school project has been able to achieve the following progress.

Media tour to conduct awareness sessions on the importance of constructing hand washing at the school level

During World Water Week, the Afyaplus organization's represented by Program Coordinator, Ms. Namkunda Mbwambo, and Project Officer, Ms. Catherine Likohelo, participated in radio sessions at Furaha FM and Nuru FM. The session aimed to increase awareness of the importance of having access to safe and clean water among school children as well as the conservation of water sources. We also discussed the crucial role of proper hand washing in relation to school children's health and academic performance



Fig 10: Afyaplus Project Officer, Ms. Catherine Likohelo conducted an awareness campaign during World Water week at Furaha FM radio.

To organize and conduct Afyaplus third WASH Gala

Striving to improve WASH services in schools and communities, the Afyaplus organization commemorates World water day by organizing a fundraising event known as the Afyaplus WASH Gala every year. The major aim of this event is to bring together various stakeholders to find sustainable solutions for improving WASH services in Iringa and to raise enough funds to construct handwashing stations in schools. This year the theme was "It's either water or water".



Fig 11: Mr. Innocent Sanga, a sponsorship and program facilitator from World Vision presenting their WASH services conducted in schools and the community of Iringa to the guest of honor the Deputy Minister for Water, Honorable Eng. Maryprisca Mahundi (MP).

This year, the event was aimed at constructing 30 hand-washing facilities and providing access to clean and safe water among school children of Iringa schools, where up to eight children can wash their hands simultaneously.

The initiative aims to reduce the time spent fetching water and promote good health practices, ultimately leading to improved school attendance and performance. The event took place on March 24, 2023 at Masit Grand Hall and the guest of honor was the Deputy Ministry for Water, Honorable Eng. Maryprisca Mahundi (MP).



Fig 12: The guest of honor, the Deputy Minister for Water, Honorable Eng. Maryprisca Mahundi (MP) during her speech at Afyaplu's third WASH Gala.

"I congratulate Afyaplus and other organizations for their good contributions to support this important field and I am proud to see organizations like Afyaplus taking steps to ensure that school children and the community have access to these important resources. I applaud the government's efforts in promoting a safe environment and their progress in removing taxes on feminine pads". **Said the guest of honor was the Deputy Ministry for Water, Honorable Eng. Maryprisca Mahundi (MP).**

Afyaplus organization really appreciates the panelist team, leaders from local government authorities, school management teams, representatives from NGOs, Companies, institutes, and other invitees for their valuable contribution to how we can improve Water Sanitation and hygiene (WASH) services in schools of Iringa.



Fig 13: Participants of Afyaplus' third WASH Gala sharing experiences/challenges on the issue of affordability and accessibility of quality sanitary products.

LESSON LEARNT

1. Multi-stakeholder collaboration is the key to achieving sustainable solutions for improving WASH services in schools and communities.
2. Access to affordable and quality sanitary products both disposable and reusable has a significant impact on school girls' health and performance.

MILESTONE ACHIEVED

1. Through this event we have managed to raise a total fund of 23,562,500 whereby 4,300,000 are cash, 9,282,500 are In-kind contributions and 9,980,000 are pledges.
2. Involvement of different partners and stakeholders to support WASH services in Iringa Schools.

GOAL 2. ADOLESCENTS GIRLS AND YOUNG WOMEN EMPOWERED TO EXPLOIT THEIR POTENTIAL TO THE MAXIMUM

In an attempt to empower adolescent girls and young women, the Afyaplus organization conducts Improve 100 project which is an inclusive project for young girls and women more than 200 especially those who have dropped out of school due to different reasons such as pregnancy or financial status. the project imparts necessary skills and knowledge that allows to explore potentials, opportunities and improve their economic status.

In this reporting, quarter Afyaplus organization managed to conduct the following activities through IMPROVE 100

To conduct supportive supervision of 3 groups of Village saving and loan associations (VSLA) present at Tanangozi and Wenda village

In this quarter Afyaplus organization was able to visit the beneficiaries of the Improve 100 project where they were able to meet with the Furaha Upendo and Hekima groups to explore the challenges in operating and managing the group as well as the success achieved so far.



"Village Savings and Loan Associations (VSLA), have been a great help to young girls and women entrepreneurs, especially in entrepreneurship and agricultural activities. It has been easy for us to get fast loans with low interest. As you can see I managed to get my first loan from our Upendo group and after that I was able to establish

an onion garden and purchase agricultural inputs such as fertilizers for my onion garden. I advise women and girls to join groups so that they can be independent and grow economically." Said Miss Batuli, a member of the Upendo group and beneficiary Improve 100 project

Fig 14: Ms. Batuli, a member of the Upendo group and Improve 100 beneficiary establish an onion garden with the loan acquired from her VSLA group"

EVENTS AND CAMPAIGNS

Malala Fund Grantees visit at Afyaplus organization

On the 19th of Feb 2023, Afyaplus hosted a group of visitors from Malala Fund that was represented by the Malala Country Director, Miss Nuria Mshare along with other Malala Fund grantees such as PASTROL WOMEN COUNCIL(PWC), MEDEA Tanzania, KINNAPA, Msichana initiative, and ICCAO. It was 2 days trip that aim at sharing experiences on the implementation of the safe pad lab project which is implemented in 50 schools from four councils of Iringa which are Iringa MC, Kilolo Dc, Iringa DC, and Mafinga TC.



Fig 15: Afyaplus Executive Director, Ms. Suzan Yumbe together with the Malala Country Director and other grantees of the Malala Fund during their at Afyaplus headquarters offices.

OBJECTIVES OF THE VISIT

- To explore the operation and implementation of the safe pad lab project in schools of Iringa.
- To learn how Afyaplus work with the government authorities
- To assess how the safe pad lab project has impacted the lives of students of Iringa.

The following activities were conducted during the visit

Visiting safe pad labs present at Isimila and Ismani secondary school of Iringa DC

Other Malala Fund grantees and the Malala Fund Country Director visited the safe pad labs at Ismani and Isimila Secondary schools and learn how labs operate in schools and how they can use available resources in their areas to implement the same project and remove barriers girls face during menstruation both in school and out of school.



Fig 16: Beneficiary of other Malala Fund grantees learning how to sew reusable sanitary pads during her visit Ismani secondary school of Iringa DC



Fig 17: Beneficiary of other Malala Fund grantees learning how to sew reusable sanitary pads during her visit Isimila secondary school of Iringa DC

However, the headmaster of Isimila secondary school of Iringa DC, shares how the project impacted the lives of students concerning their performance and retention to the Malala Fund Country Director, and other Malala grantees. It was found that student attendees and performance have increased because girls' confidence and dignity have been restored together with access to reusable sanitary pads at the school level.



Fig 18: Afyaplus team and other Malala Fund grantees during the meeting with the headmaster of Isimila secondary school at Iringa DC.

"I would like to take this opportunity to acknowledge Malala Fund for supporting the Afyaplus organization in establishing the safe pad lab project at Isimila secondary, as the project has helped girls to be confident, independent, and attend their classes well for all 5 days without any problem. In addition, this project has significantly contributed to increasing school attendance, especially for girls, from 92 percent to 99.9 percent". **Said, Frank Mahenge the Headmaster of Isimila Secondary**



Fig 18: Afyaplus team, and other Malala grantees during their visit at Ismani secondary school of Iringa DC.



Fig 19: Afyaplus team, Malala country director, and other Malala grantees during their visit at Ismila secondary school of Iringa DC.

VISITING THE IRINGA MANAGEMENT OFFICE.

Lastly, the Malala Fund Country Director and other Malala grantees got a chance to visit Iringa regional office and conduct a meeting with the administrative secretariat, and management team from the education and health department in order to learn how the government received the project, their commitment to it, how they cooperate with Afyaplus organization and hear from regional academic education officer on how the project has contributed to the performance of students.



Fig 19: Regional academic education officer, Mr. Wilbrod Yanga sharing how the safe pad lab project contributes to school performance.

" First of all, I would like to acknowledge the Malala Fund for funding this project and congratulate the Afyaplus organization for implementing the safe pad lab project, as it has contributed a lot in raising academic performance in both primary and secondary schools of the Iringa region as girls attend their classes well for all 5 days without any problem. Iringa was named as the second-best performing region in primary education, while in secondary education the National examination performance has increased from 91.5% to 99.98%,"
Said, Regional academic education officer, Mr. Wilbrod Yanga



Fig 20: Malala Fund Country Director, Ms. Nuria Mshare briefing the administrative secretariat, and the management team from the education and health department of the Iringa regional office on the purpose of the visit and how Malala Fund is working with other organizations to help girls achieve their dreams.

LESSON LEARNT DURING THE VISIT

- i) Other Malala grantees who visited have learned how they can use local resources available in their environment and implement the safe pad lab project in their areas.
- ii) Other Malala grantees who visited have learned how the Afyaplus organization monitors its projects online through a system known as the Kobo toolbox.
- iii) Other Malala grantees who visited have learned how Afyaplus carries out its projects in collaboration with the government through regional leaders, districts, villages, and schools.
- iv) Afyaplus has learned how other organizations implement water sanitation and hygiene (WASH) projects in schools and out of school.

MILESTONES ACHIEVED IN THIS QUARTER

- 1.The Afyaplus organization has successfully completed the training in good menstrual hygiene management (MHM) and Adolescent sexual reproductive and health (ASRH) in 22 (12 secondaries and 10 primary schools) schools of Iringa.
- 2.The Afyaplus organization managed to capacitate 76% of students which is equal to 1154 students (138 boys and 1016 girls) from 12 schools with skills and knowledge of how to make reusable sanitary pads.
- 3.The Afyaplus organization managed to conduct awareness sessions for 16826 students (5761 boys and 11065 girls) from 43 schools regarding good menstrual hygiene management (MHM) and Adolescent sexual reproductive and health (ASRH) issues.
- 4.Through the Afyaplus third WASH Gala, a total fund of 23,562,500 has been raised whereby 4,300,000 are cash, 9,282,500 are In-kind contributions and 9,980,000 are pledges.
- 5.The Afyaplus organization has managed to mobilize resources internally and externally and submit 05 projects to different donors.
- 6.Recruitment of 10 community-based -trainers who will conduct awareness sessions on menstrual hygiene management (MHM) and Adolescent sexual reproductive and health (ASRH) issues at the school level.
- 7.The Afyaplus organization has managed to capacitate 10 community-based trainers with the necessary skills and knowledge of menstrual hygiene management (MHM) and Adolescent sexual reproductive and health (ASRH) issues.

FINANCIAL UPDATES

BUDGET FOR THIS YEAR	507,380,000 Tsh
BUDGET FOR THIS QUARTER	126,845,000.00 Tsh

FUND RAISED THIS QUARTER

CASH	51,820,557.00 Tsh
IN-KIND	9,282,500.00 Tsh
TOTAL	61,103,057.00 Tsh

QUARTER 1 EXPENSES

NAME OF PROJECT	AMOUNT
WATER IN SCHOOL PROJECT	15,476,400.00 Tsh
SAFE PAD LAB PROJECT	36,637,582.00 Tsh
OPERATION EXPENSESS	13,118,819.00 Tsh
TOTAL	65,232,801.00 Tsh

Our esteemed donors and partners

Afyaplus Organization would like to recognize the support received from Donors, Development Partners, Government and other Stakeholders who have immensely contributed to the growth of the Afyaplus Organization.



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