



# AFYAPLUS ANNUAL REPORT

JANUARY - DECEMBER

[www.afyaplustz.or.tz](http://www.afyaplustz.or.tz)

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## 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

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



## MESSAGE FROM OUR EXECUTIVE DIRECTOR



### Dear Partners,

Afyaplus is pleased to announce the release of our 2022 Annual Report, highlighting significant achievements made in the past year. We express our gratitude to everyone who contributed to our primary focus of preventing WASH-related diseases through WASH and women's empowerment interventions, including the successful Safe Pad Lab project.

During the past year, Afyaplus carried out various projects, such as Safe Pad Lab, Water in Schools, and IMPROVE 100, positively impacting school-going boys and girls and out-of-school adolescent girls and young women. These initiatives raised awareness of menstrual hygiene management (MHM) and adolescent sexual and reproductive health (ASRH) for 8761 students across 8 schools. Furthermore, Afyaplus established 15 reusable sanitary pad labs, provided schools with 75 machines and 75 meters of materials, constructed 6 handwashing facilities in different schools of the Iringa region, and established 3 groups of Village Savings and Loans Associations (VSLA) for adolescent girls and young women aged 16-30 in Mseke ward, Iringa DC, benefiting 52 girls and women.

Afyaplus acknowledges the need to make community service systems more efficient, accountable, and responsive to those in need, and we actively gather feedback from various stakeholders to guide future directions. We express our sincere gratitude our donors, partners, and staff for their unwavering support and dedication, without which their mission through WASH and empowerment programs would not have been fulfilled. Afyaplus looks forward to partnering with collaborators to create more productive and robust WASH and empowerment programs in the future.

Regards,  
Suzan Yumbe

**Executive Director**

## WASH SITUATION IN SCHOOLS OF IRINGA BASED ON BASELINE SURVEY CONDUCTED BY AFYAPLUS IN 30 SCHOOLS OF IRINGA

WASH in Schools promotes hygiene and increases access to quality education and supports national and local interventions to establish equitable, sustainable access to safe water and basic sanitation services in schools.



Fig 1. AfyaPlus Project Officer Ms. Catherine Peter conducting a baseline survey to students of Mazombe Secondary School in Kilolo DC.

Afyaplus Organization managed to organize a school baseline survey before a project kicks off, to assess the understanding of MHM and ASRH issues among school girls, boys, and teachers as well as the factors affecting menstruating girls at schools including effects of unimproved MHM to girls in 30 schools of Mafinga Tc, Kilolo district, Iringa district, and Iringa Municipal.

**The following results show the current situation of WASH services in 30 schools**

**18.26%**

Of school, girls visited in Iringa stayed at home throughout the menstrual period without attending school.

**46.67%**

Of schools visited in Iringa do not have changing/resting rooms for privacy soap.

**31.29 %**

School girls visited in Iringa lack access on Sanitary materials.

**28.89 %**

Of schools visited in Iringa do not provide emergency pads at all.

**53.3%**

Of schools visited in Iringa do not have incinerators or place for destroying used sanitary pads hence it result to environmental pollution and destruction of toilet sewage system.

**42.04%**

Of students responded to lack knowledge and awareness about puberty and sexuality and this may result to have implications on their health, education as well as their economic development.



"It's not a guarantee that emergency pads are always there, the distribution is done if only we receive gifts from different stakeholders especially in the commemoration of menstrual hygiene day so it can be once or twice per year depending on the quantity received," **said by Teacher from Tagamenda secondary school during baseline survey.**

Fig 2. AfyaPlus project officer, Ms. Catherine conducting baseline survey to student of Tagamenda secondary.



"Due to insufficient sanitary materials in our school, many students tend to use old cloth (Vikanga) as an option to absorb their menstrual blood. I believe this project will reduce the problem and help girls to absorb menses in safety and hygiene" **said by student from Tagamenda Secondary School**

Fig 3: AfyaPlus community-based trainer Ms. Maria Kidava conducting baseline survey to student of Tagamenda secondary.



The above findings show that a lot has to be done to improve WASH services in Schools which will help to improve the health and learning performance of school boys and girls by reducing the incidence of water and sanitation-related diseases. Afyaplus through WASH-related projects of water in schools and the safe pad lab mobilize and involve different stakeholders like parents, communities, governments, and institutions to work together to improve hygiene, water, and sanitation conditions in schools.

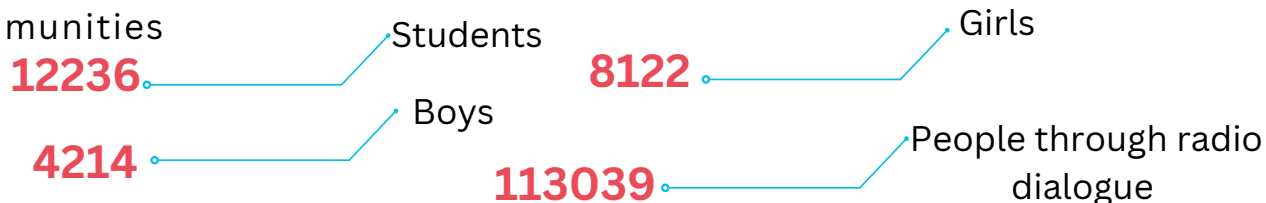


Fig 4: AfyaPlus management team and school management team of Tagamenda Secondary School posing for a photo after the inception meeting.

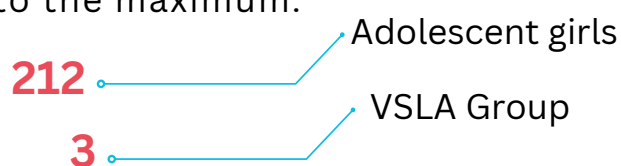
## OUR SIGNIFICANT IMPACTS

Afyaplus organization has two strategic goals and these goals are the main thematic areas of the organization. The following are the significant impacts achieved in 2022

Water, sanitation and hygiene services are improved in schools and communities



Adolescent Girls and young women are empowered to explore their the potential to the maximum.



### WATER, SANITATION, AND HYGIENE (WASH) SERVICE IMPROVED IN SCHOOLS AND COMMUNITIES.

In this reporting year of 2022, Afyaplus has continued its development agenda of Preventing WASH-related diseases through promoting WASH facilities in Schools, provision of WASH training, and promoting behavior change together with advocacy and lobbying for support from decision-makers for improved WASH services in schools and the communities through the two projects of the safe pad lab and water in schools.



Fig 5: AfyaPlus team represented by Executive director Ms. Suzan Yumbe and student of Igingilanyi Primary School posing for a photo after WASH session



## A. THE SAFE PAD LAB PROJECT

The Safe Pad Lab project is a three-year project funded by Malala Fund and implemented in 50 schools within four districts, mention their names are: Iringa Municipal Council, Iringa District Council, Kilolo District Council, and Mafinga Town Council. The Safe Pad Lab Project gives MHM greater visibility and prioritizing solutions to support adolescent girls' both primary and secondary education journey by eliminating MHM barriers to keep girls in schools and increase confidence levels and academic performance. All these can be achieved through interventions such as the provision of education on good Menstrual Hygiene Management (MHM), Adolescent Sexual Reproductive Health and Rights (ASRH) together with skills on how to make reusable sanitary pads by using locally available materials. In this reporting year, the Afyaplus organization through the safety pad lab project has been able to achieve the following progress

### **Increased government participation in improving WASH services in schools of Iringa.**

Afyaplus organization conducted inception meetings at the National level, regional level, district level, ward level, and school management level to introduce the safe pad lab project as well as advocating and lobby for support in improving WASH services in schools.



**Fig 5. Inception meeting with the management team of Mafinga Town council to share experience on how to implement the safe pad lab**

These meetings were successful as the representative from Tamisemi, MOHODEC, Iringa regional management team, district management teams, ward development committees and school management teams committed themselves to fully cooperating in addressing WASH challenges facing the school girls of Iringa.



" we are so happy to be part of the safe pad lab project as the problem still persist. We promise to cooperate in addressing this challenges"

**Said By Hon. Gerald Mwamuhimila  
Acting DED OF Iringa Mc**

Fig 6. Inception meeting with the management team of Iringa district municipal to share experience on how to implement the safe pad lab

### **Sharing the progress of the safe pad lab project with stakeholders from school management teams, district management, and regional management teams**

Additionally, Afyaplus conducted stakeholder meetings with school management teams, district management, and regional management teams with the aim of sharing project success, challenges, and planning together the way forwards. On behalf of the local government authority the guest of honor. Hon. Martha Luambano appreciates Afyaplus for their efforts and commitment to serving the community. She promised to cooperating and insisted the school management terms fully cooperate and use the safe pad labs effectively to produce sanitary pads as it will help to keep girls in school, to give them confidence and improve school performance.





Fig 7. AfyaPlus Monitoring and Evaluation Officer (M&E), Mr. Dickson Malila while sharing project progress with school management team, district team and Iringa regional team during the meeting



Fig 8: AfyaPlus community-based trainer Ms. Silvia Msola sharing her experiences while implementing the safe pad lab project in her schools.



Increased evidence-based knowledge, practices, and attitudes on adolescent sexual reproductive health and rights (ASRH) and menstrual hygiene management (MHM) among 8765 students (2614 boys and 6247 girls ) from 38 schools of Iringa has been reached with MHM and ASRH session conducted by community-based trainers.



Fig 9: Student of Nyumbatatu during MHM sessions

### **MHM awareness was conducted with the following objectives**

- To educate and increase awareness of menstrual hygiene management among adolescent girls in school
- To educate boys on menstrual hygiene and the importance of providing peer support to adolescent and menstruating girls in schools.
- To clear the wrong myth attached to MHM
- To support girls in learning and practicing good menstrual hygiene management.



Fig 10. AfyaPlus Project Officer Ms. Nelly Ponera and the community based trainer Ms. Mary Mhungulu posed for photo with students of Lipuli after MHM awareness session.



Fig 11. A Student from Nyumbatatu Primary School sharing her idea during MHM session.



AfyPlus organization through community based trainers , school teachers and other government officials are working on improving the knowledge of school boys and girls as this problem will not only affect their education but also their health and development. The following graph shows the schools reached with Menstrual Hygiene Management (MHM) and Adolescent Sexual Reproductive Health and Rights (ASRH) sessions per school per sex.

**GRAPH SHOWS ADOLESCENT SEXUAL REPRODUCTIVE HEALTH AND RIGHTS (ASRH) AND MENSTRUAL HYGIENE MANAGEMENT (MHM) SESSION CONDUCTED PER SCHOOL**

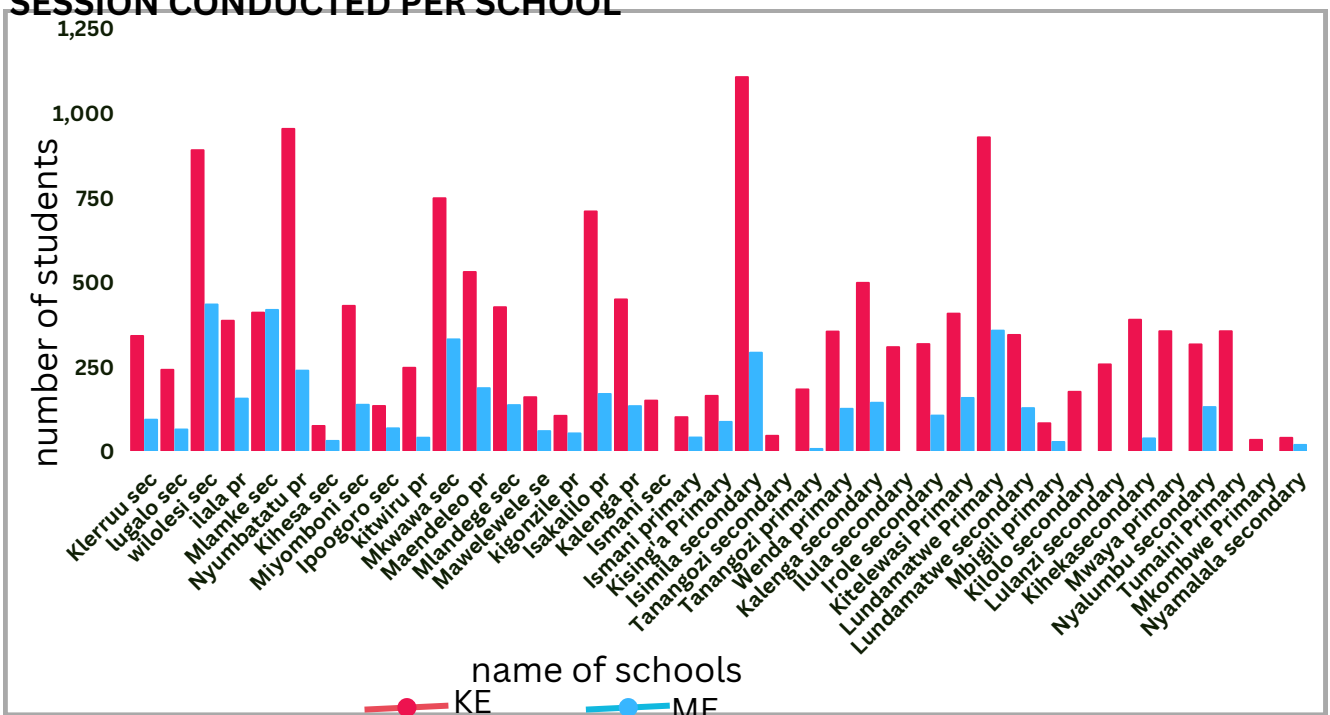


Fig 12: Afyplus community based trainer Ms. Mary Mhungulu conducting training to school girls and boys of Isakalilo primary in Iringa DC.





Fig 13: MHM awareness session conducted at Mlamke Sec. School in Iringa MC

**Increased production, access, and uptake of reusable sanitary pads among schools girls of 50 schools in the Iringa region through the establishment of the safe pad labs**

In this reporting year, AfyaPlus has been able to establish the safe pad labs in 15 schools of Iringa ( 5 schools of Iringa MC, 4 schools of Iringa DC, 4 schools of Kilolo DC, and 2 of Mafinga (TC) by supporting these schools with raw materials for producing reusable sanitary pads and 75 machines.



Fig 14 : The headmaster of Kalenga Secondary School while signing the handover agreement after receiving materials and 5 mashines for making reusable sanitary pads.



Fig 15: Assistant regional education officer (RAEO) Hon. Martha Luambano handing over the materials and 5 machines to the headmistress of Ipogolo secondary school.



**Increased knowledge and skills in the production of reusable sanitary pads to 30 students of Ipogolo sec.**

AfyaPlus through trained volunteers managed to capacitate 30 students from Ipogolo Secondary School, who have been trained in materials arrangement, material cutting procedures, sewing, and button pressing to the finished product of reusable sanitary pads. By so doing access, to and production of reusable sanitary pads will increase as a student will be able to produce their sanitary pads.



Fig. 16 AfyaPlus trainer, Ms. Irene Konga conducting a session on how cut the materials of making reusable sanitary pads.



Fig 17: A student from Ipogolo Secondary School practicing on how to make reusable sanitary pads.



## B.WATER IN SCHOOLS PROJECT

Working towards achieving sustainable development goals number 4 and 6, the Afyaplus organization implements this project which is inclusive for school children with disabilities and it's going to accommodate more than 10000 school children, teachers, and other school workers in the Iringa region. The project is none funded but it is implemented by funds generated through a fundraising event called Afyaplus WASH GALA.

In this reporting year, the Afyaplus organization through the water in school project has been able to achieve the following progress



Fig 18: Hand washing facility constructed at Luhindo Primary School of Kilolo DC.



Fig 19: AfyaPlus team together with students of Igingilanyi Primary School, in Iringa MC posing for photo after Launching the hand washing facility.

### **To cultivate behavior change among school girls and boys through the construction of hand-washing stations**

AfyaPlus organization in collaboration with the government and WASH GALA stakeholders managed to raise 7,950,000/= and other in-kind contribution that has helped to facilitate the promotion of WASH services in schools through the construction of hand washing stations in 6 schools of Iringa.



Fig 20 : Hand washing facility constructed at igumbilo Primary School in Iringa Mc



Through these hand-washing facilities 9 students from Mivinjeni secondary, Kibwabwa primary, Igumbilo Primary, Lipuli Secondary, Luhindo Primary, and Igingilanyi Primary will be able to wash their hands frequently and reduce the chance of WASH-related infections that can be spread from one person to another through contaminated hands.



Fig 21: AfyaPlus team, school management of Lipuli Secondary School and the student posed for a photo after launching of the hand washing constructed at Lipuli Secondary School of Iringa DC as a result of AfyaPlus 2nd WASH Gala.

### **Provision of education on good sanitation and hygiene practices**

During this year 2022, the organization managed to provide education on good sanitation and hygiene practices to students 3472 (boys 1696, and girls 1875) from 6 schools whereby 2 schools were secondary schools namely Mivinjeni, and Lipuli and 4 schools were primary schools namely Igumbilo, Kibwabwa, Igingilanyi and Luhindo.





Fig 22: Student from Lipuli Sec. School of Iringa DC practicing the hand wash procedures demonstrated by Afyaplus project officer Ms. Catherine Peter.

This project is going to serve a total of 3472 students (boys 1696, and girls 1875) whereby 353 students (boys 193 and 162 girls) from Mivinjeni Idunda Secondary School, 875 students (boys 435 and 440 girls) from Kibwabwa primary school, 669 students (boys 304 and 365 girls) Lipuli secondary, 409(boys 199 and 210 girls) from Luhindo Primary, 732 (boys 348 and 484 girls) from Igumbilo primary school and 434 (boys 217 and 214 girls) from Igingilanyi Primary.



Fig 23: AfyaPlus team, local government and school management team launching the hand washing facility of Igumbilo Primary in Iringa MC

## C. ADOLESCENT GIRLS AND YOUNG WOMEN ARE EMPOWERED TO EXPLORE THEIR THE POTENTIAL TO THE MAXIMUM.

The Improve 100 project is an inclusive project for adolescent girls and young women more than 200 especially those who have dropped out of school due to different reasons such as pregnancy or financial status that led them not to continue with school. Improve 100 Cohort 3 aims to empower adolescent girls and young women aged 16-30 with the necessary skills which will allow them to explore their capacities and improve their economic status.



Fig 23. AfyaPlus project improve 100 beneficiaries posing for photo while launching the IMPROVE 100 project cohort 3at Tanangozi in Mseke ward



**In this reporting year AfyaPlus organization managed to conduct the following activities through IMPROVE 100 project.**

**To empower adolescents' girls aged 16-30**

In this reporting year, 252 adolescent girls and young women aged 16-30 were empowered in different areas on the following issues; mindset growth, sexual reproductive health, nutrition, entrepreneurship, and financial management through Village Savings and Loans Associations (VSLAs) These sessions have improved their mindset, economic status as well as increased on decision-making power at household level and the community as whole.



Fig 24. AfyaPlus Project Officer Miss. Nelly Ponera conducting training of the IMPROVE 100 project cohort 3 at Wenda village in Mseke ward

**Enhancing capacity on personal financial management through village savings and loan associations (VSLA) among adolescent girls and young women.**

Adolescent girls and young women were capacitated on how to operate and manage Village Loan Savings Associations (VSLAs) through the M-KOBA Digital Platform using Mobile Phones together with personal Finance Management through Village Loan Savings Association (VLSA) by saving and accessing loans with lower interest.



Fig 25: AfyaPlus project officer, Ms. Catherine Lihokolelo conducting VSLA session to Upendo group of Mseke ward.

**To improve saving behavior and access to loans with low interest among adolescent girls and young women through the formulation of Village Savings and Loan associations.**

Through the IMPROVE 100, project 3 groups of VSLA were formulated and adolescent girls and young women of Mseke ward developed saving behavior through these groups of shares.

“Don't underestimate Small Humble Beginnings, because sometimes they can turn out to be the Greatest Success Stories. What I wanted was to be allowed to do the thing in the world that is my passion & I can do it best – which I believed then and believe now is the greatest privilege there is. When I did that, success found me; through Improve 100 training implemented by Afyaplus Org. I learnt different things such as mindset growth, MHM, SRH, nutrition, entrepreneurship & the VSLA groups. And through VSLA groups is where i managed to acquire loan of low interest and begin my business said

**Prisca Malangalila”**





## **Awarding certificate to graduates of IMPROVE 100 Cohort 3 and participate in the official launching of women's forum at Mseke ward**

Afyaplus organization managed to award certificate to graduates of IMPROVE 100 Cohort 3 for the completion of theory and practice on nutrition, entrepreneurship, reproductive health and financial management in savings and loan groups conducted by the organization in Mseke ward, Iringa District in rural areas.

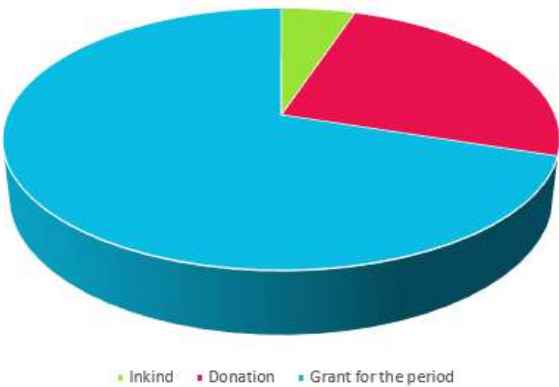


**Fig 28: IMPROVE 100 beneficiaries posing for photos after certificate awards.**

FINANCIAL UPDATES

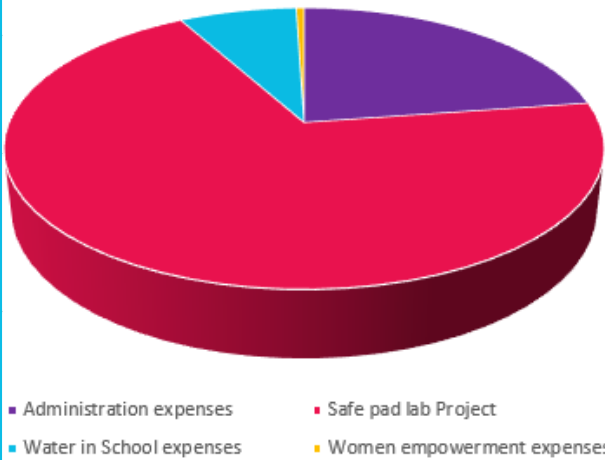
Income

In-kind	Tsh 6,280,000/=
Donation	Tsh 30,464,200/=
Grant for the period	Tsh 85,818,062.96/=
Total Income	Tsh 122,562,263/=



Expenses

Administration expenses	Tsh 27,778,400.26/=
Safe pad lab Project	Tsh 848,920,12.7/=
Water in School expenses	Tsh 9,272,050/=
Women empowerment expenses	Tsh 619,800/=
Total Expenses	Tsh 122,562,263/=





## THE FOLLOWING ARE THE MILESTONE ACHIEVED IN THIS YEAR 2022

1. 113,039 people increase their knowledge and understanding of the role of men in ensuring the availability of Safe Menstruation to girls through the dialogue conducted by Furaha FM radio and broadcasted on the radio during the “Family and Care session” during the Commemoration of world menstrual day.
2. 8761 students (6247 girls and 2518 boys) from 38 schools in the Iringa region increased their knowledge of MHM and ASRH issues.
3. Increased knowledge of ASRH and MHM among 15 Community-based trainers who work as champions.
4. The establishment of 15 labs for producing reusable sanitary pads by supporting these schools with 75 Machines and 75 Metres of materials (5 Machines and 5 meters of materials per school)
5. Manage to complete the construction of 6 hand-washing facilities at 6 schools in the Iringa region.
6. Increased knowledge of good sanitation and hygiene practices among 3472 students (boys 1696, and girls 1875)
7. Through Improve 100 project AfyaPlus manage to formulate 3 groups of Village Savings and Loans Associations (VSLA) of adolescent girls and young women aged 16-30 of Mseke ward, Iringa DC which allows 52 adolescent girls and women to access loans with low interest, save money and archive good financial returns.

## ACKNOWLEDGEMENT

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.

**MALALA**  
**FUND**



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