



2023

# QUARTER FOUR REPORT

OCTOBER- 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

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.

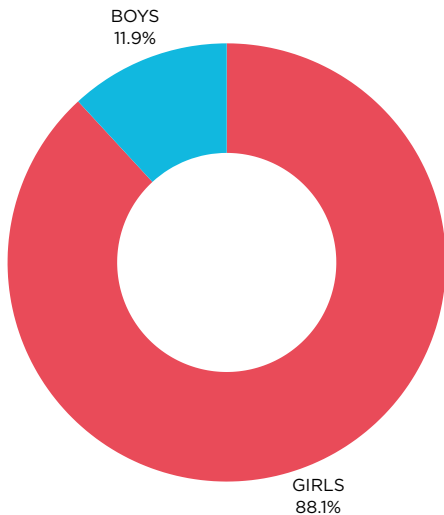
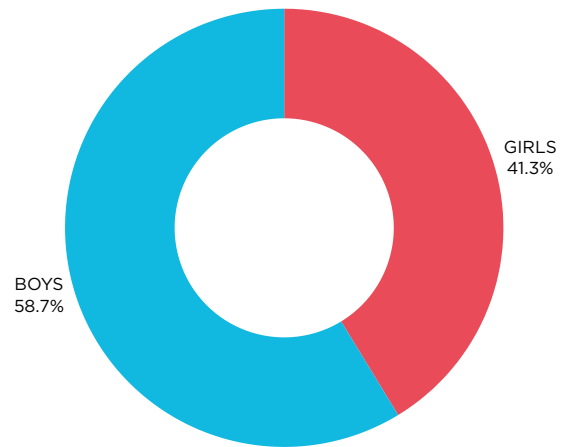
Afyaplus  
Organizational  
Capacity Improved.



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

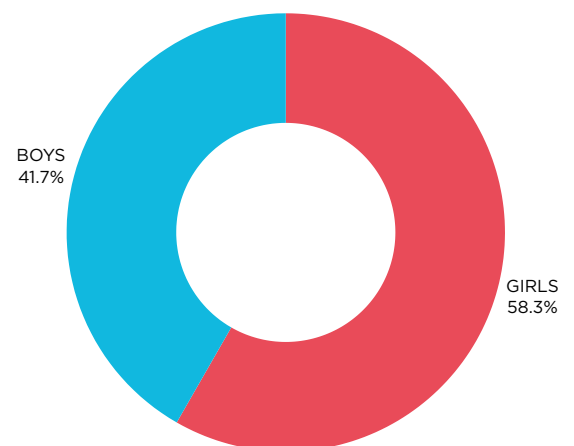
## SUMMARY OF MILESTONES ACHIEVED IN THIS QUARTER

1. The Afyaplus organization managed to conduct awareness sessions regarding good menstrual hygiene management (MHM) and Adolescent sexual reproductive and health (ASRH) issues for 2794 students (1156 girls and 1643 boys) from 7 schools of the Iringa region.



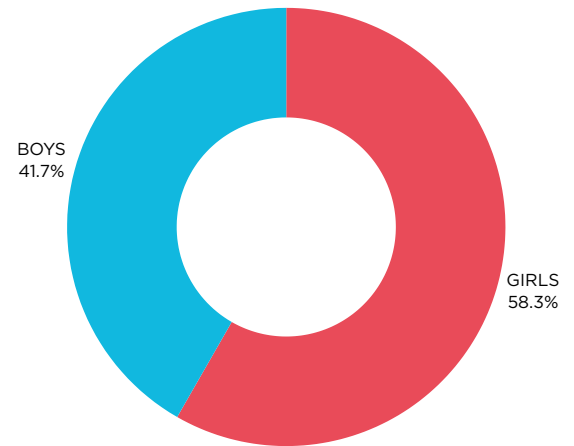
2. The Afyaplus organization managed to capacitate 1265 students (150 boys and 1115 girls) from 14 lab pad schools with skills and knowledge of how to make reusable sanitary pads.

3. Through the Water in Schools project, a total of 2364 students (986 boys and 1378 girls) from three schools namely Kalenga Secondary, Mkwawa Secondary, and Kalenga Primary School were capacitated on good sanitation and hygiene practices.



4. Implementation of the Safe Pad lab project has resulted in two new partnerships from Lyra in Africa and Warlser's Tanzania Charity.

5. In this reporting quarter Afyaplus in partnership with Tanzania Warlser's charity managed to complete an awareness program regarding good Menstrual Hygiene Management (MHM), Adolescents' Sexual Reproductive Health and Rights (ASRHR), and Gender-Based Violence (GBV) to 924 students from Lyandembela secondary school.



## A: THE SAFE PAD LAB PROJECT

Afyaplus organization with the support of the Malala Fund is implementing a three-year project called the Safe Pad Lab Project in 52 schools within four councils, mention their names are: Iringa MC, Iringa DC, Kilolo DC, and Mafinga TC. The project aims to break down barriers facing school girls' during menstruation by employing various interventions, such as awareness sessions on MHM and ASRHR, establishing safe pad laboratories, and providing capacity-building workshops on how to produce reusable sanitary pads through established reusable sanitary pad laboratories in 15 schools in the Iringa region.

We would like to express our gratitude to the Afyaplus team and other stakeholders for continuing to implement the safe pad lab project within the four districts of the Iringa region.





*Fig 1: Students of Isimila Secondary School in Iringa District Council diligently shaping and cutting materials for sewing reusable sanitary pads.*

## ACTIVITIES AND ACHIEVEMENTS

**To conduct capacity building of sewing reusable sanitary pads for 1265 students from 14 schools in the Iringa region.**

Improving access to sanitary pads increases girls' opportunity to compete as boys and also reduce the chances of girls missing classes which in the end contributes to increasing girls' performance and confidence. In this reporting quarter, Afyaplus has been working to ensure access to quality sanitary products through the provision of reusable pad sewing sessions for 1265 students (150 boys and 1115 girls) from 14 schools in the Iringa Region.



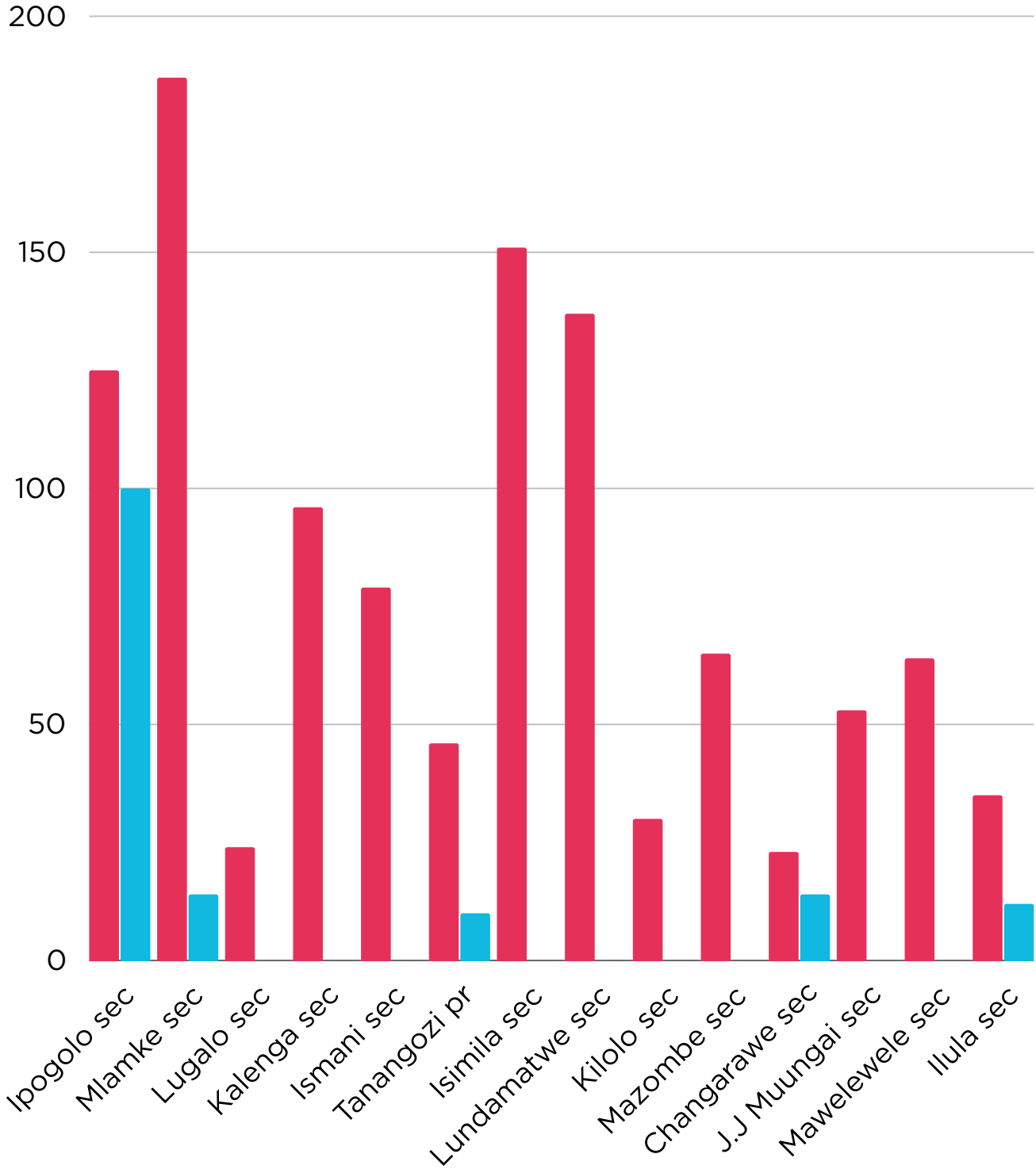
*Fig 2: Students of Ipogolo secondary school in Iringa MC practicing sewing reusable sanitary pads under the assistance of Afyaplus CBT Ms. Irene Konga during a reusable sanitary pads sewing session.*

Out of 1265 students reached, a total of 514 students (114 boys and 400 girls) are from Iringa Municipal Council, 382 students (10 boys and 372 girls ) are from Iringa District Council, 279 students (12 boys and 267 girls) are Kilolo, and 90 students ( 14 boys and 76 girls ) are from Mafinga Town Council.

So far, 84.3% of the targeted students (=1265 out of 1500 targeted students) have been trained, and a total of 792 reusable sanitary pads were produced and distributed to 264 students.



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



**To conduct awareness sessions on Adolescent Sexual Reproductive Health and Rights (ASRHR) and Menstrual Hygiene Management (MHM) for 1872 more students (775 boys and 1097 girls) from 06 schools of the Iringa region.**

Afyaplus organization has managed to conduct training on the curriculum of proper Menstrual Hygiene Management (MHM), and Adolescent Sexual Reproductive Health and Rights (ASRHR) in 6 schools in the Iringa region. A total of 2794(1156 girls and 1643 boys) have increased their awareness and information on good Menstrual Hygiene Management (MHM). Schools reached are 4 secondary schools which are Lulanzi, Kihsa, Nyamalala, and Ihongole, and 2 primary schools which are, Luhindo and Kigonzi.

The completion of these sessions in six schools makes a total of 52 schools reached whereby a total of 33676 students (15,735 boys and 17941 girls) have increased their awareness of MHM and ASRH through this project.



*Fig 3: Afyaplus CBT, Miss Mary Muhungulu leading a session on Menstrual Health Management (MHM) and Adolescent Sexual and Reproductive Health Rights (ASRHR) for students at Kalenga secondary school in Iringa DC.*

## B. WATER IN SCHOOLS PROJECT

In efforts to achieve sustainable development goals number 4 and 6, the Afyaplus organization implements a project that is inclusive for school children and profits more than 10000 school children, teachers, and other school workers in the Iringa region. The project funds depend on the fundraising events called Afyaplus WASH GALA, the main contributors are individuals, other WASH stakeholders, institutions, and business owners from Iringa Region. In this reporting quarter, the Afyaplus organization through the water in school project has been able to achieve the following progress.



*Fig 4: At the Kalenga Secondary School in Iringa District council, students are diligently washing their hands thanks to the efforts of Afyaplus WASH Gala stakeholders.*

### **Provision of education on good sanitation and hygiene practices in three schools of the Iringa region**

The Organization managed to provide education on good sanitation and hygiene practices to 2364 students (986 boys and 1378 girls), teachers, and other workers. Out of 2364 students, 528 (236 boys and 292 girls) were from Kalenga Primary School, 918(375 boys and 543 girls) were from Kalenga secondary school, and 918 (375 boys and 543 girls) from Mkwawa secondary school. The major aim of these sessions was to proceed agenda of cultivate behavior change among school boys and girls in the Iringa region.



## PARTNERSHIP WITH OTHER STAKEHOLDERS

### **Afyaplus in partnership with Walsers Tanzania Charity**

Afyaplus organization partnered with Warlser's Tanzania Charity. This partnership is based on raising awareness of Menstrual Hygiene Management (MHM), Adolescents' Sexual Reproductive Health and Rights (ASRHR), and Gender-Based Violence (GBV) for 924 students from Lyandembela secondary school.



*Fig 5: Afyaplus Community Based Trainer Ms. Emiliana Chang'a is creating awareness on MHM, ASRHR, and GBV in Lyandembela secondary school in Iringa District Council.*

In this reporting quarter, Afyaplus through trained community volunteers has managed to complete awareness sessions for 924 students (378 Boys and 546 Girls) with knowledge and skills related to Menstrual Hygiene Management (MHM), Adolescents Sexual Reproductive Health and Rights (ASRHR) and Gender Based Violence (GBV). The model of using Community-based trainers has proven to work as the knowledge stays with the community, and beneficiaries enjoy learning with their peer community members.

**To conduct post survey in 1 schools of the Iringa DC to access understanding of Menstrual Hygiene Management (MHM) and Adolescent and Sexual and Reproductive Health and Rights (ASRHR).**

After effectively finishing our sessions in Lyandembela secondary schools in the Iringa district council, a post-survey was conducted to assess the progress on the practices, attitude, and understanding of MHM and ASRHR issues among school girls, boys, and teachers as well as the factors affecting menstruating girls at Lyandembela secondary school including the effects of unimproved MHM facility on girls.



*Fig 6: Students of Lyandembela secondary school responding questionnaire distributed to gauge their understanding*

Despite the efforts impressions of the current implementation of the awareness session in this school, still there is a need to increase awareness among students because promoting menstrual health and hygiene is an important means of safeguarding women's dignity, privacy, bodily integrity, and, consequently, their self-efficacy. Awareness of MHH contributes to building an enabling environment of non-discrimination and gender equality in which female voices are heard, girls have choices about their future, and women have options to become leaders and managers.



## Lyra in Africa visits at Afyaplus Organization

On November 8, 2023 we were happy to welcome a delegation from Lyra in Africa Organization, led by Maria Spink, the Founder and Executive Director. The team, including Cikay Richards, Sarah Lewis, Clementine Fox, Amelie Klingspar, and Petronia Kimizye, visited us, marking a significant milestone in our thriving partnership. This occasion provided a valuable opportunity to exchange insights and updates on our recent project.



*Fig 7: The Afyaplus acting Executive Director miss Namkunda Mbwambo shares the feedback of the (ASRHR, and MHM) conducted by the Afyaplus organization with the Lyra in Africa support.*

Through this visit, we have shared the success stories of our collaborative project with Lyra in Africa, specifically, the outcomes of our partnership that was based on training Students in Menstrual Hygiene Management and Adolescents' Sexual Reproductive Health and Rights in 9 schools across the Iringa region. Beyond that, we have also shared the critical issues/challenges that will play a pivotal role in empowering young individuals both academically and personally.

Lyra in Africa promises to have future thought to support the implementation of the other Afyaplus projects such as improving 100 projects.



*Fig 8: from the Right side is Miss Cikay Richard a Lyra in Africa Country Director with Miss Sarah Lewis the Lyra supporter, listen to the comments during the visit.*



*Fig 09: Afyaplus team together with the Lyra in Africa Staff in Afyaplus Head quarter office in Gangilonga Iringa- Tanzania.*



## Dignity For Daughters Visit

On November 7, 2023 Afyaplus welcomed esteemed representatives from Dignity for Daughters, a prominent arm of the Dignity for Daughters Organization. The gathering, attended by Juli Skillman, Karen, and Natahaika Msuya, marked a significant moment of collaboration and knowledge-sharing. The engaging dialogue delved into a diverse range of experiences and insights, centering on the implementation of impactful projects. The shared commitment revolved around addressing and overcoming the various challenges faced by girls during their growth journey, placing a particular emphasis on fostering awareness and support for menstrual hygiene. The exchange served as a catalyst for strengthening collaborative efforts in the pursuit of empowering girls and ensuring their holistic well-being.



*Fig 10: Afyaplus team together with Dignity for daughters team posing for photo after a meeting.*

## Representatives from the Ministry of Community Development, Gender, Women, and Special Groups visiting Afyaplus Office

On November 13, 2023 representatives from the Ministry of Community Development, Gender, Women, and Special Groups visited our organization to assess its performance, ongoing projects, beneficiaries, and challenges. Issues discussed were organization strategies, policies, projects implemented, and sustainability plans. The delegation explored our impactful school projects, including a visit to the Mkwawa Secondary water station, witnessing its vital role. The visit provided a platform to engage with the school community, receiving valuable feedback on how our projects positively impact them.



*Fig 11: Afyaplus team together with representatives from the Ministry of Community Development, Gender, Women, and Special Groups*



This interaction enhances our understanding of project effectiveness, enabling ongoing improvements. We appreciate the ministry's interest in our work, and the visit reaffirms our commitment to addressing community needs and maintaining transparency in our endeavors.



*Fig 12: Afyaplus team together with representatives from the Ministry of Community Development, Gender, Women, and Special Groups. Engaging with beneficiaries at Mkwawa Secondary School in Iringa Mc, we discuss the positive impacts of the Water in School project on their lives*



## EVENTS AND CAMPAIGN

### TAWASANET annual general meeting

On November 29, 2023, AfyaPlus Project Officer, Ms. Catherine Lihokolelo, represented the Afyaplus organization at the TAWASANET Annual General Meeting, held at the Jakaya Kikwete Convention Centre in Dodoma. The primary focus of this event was to engage stakeholders in discussions regarding sector sustainability, the role of Civil Society Organization networks, the conducive environment for NGO operations, and the crucial topics of Sanitation and Water for All, alongside resource mobilization efforts. The theme for this year's meeting was **“Accountability for Water”** spanning across two informative days



*Fig 13: All are the representative from various NGOs Member of TAWASANET and the leaders from TAWASANET.*

### Lessons learned from the meeting,

- The use of a consortium approach in Fundraising allows organizations to collaborate and join forces in fundraising. The key is to have a clear vision, be precise, and have a clear understanding of donors' interests and priorities for the funding.
- Accountability is key for successful network evaluation and monitoring, adaptability, and sustainability.
- Understanding donor-driven and shifting foreign policy priorities economic conditions political change and domestic pressure.

## **Afyaplus participation in regional NGOs forums at Royal palm, iringa Tanzania**

In this quarter four, AfyaPlus participated in an important occurrence titled Regional NGO Forum, and the main theme was **"To discuss the performance of NGOs, the effectiveness and challenges they face"** This forum event serves as a vibrant platform for governments and non-governmental organizations (NGOs) to exchange valuable insights and progress updates regarding the sustainable developments of the region and country in general.

The focal point of this year's forum is NGOs focus on the organization's goals and properly utilize the available resources the NGOs have been the key informers of the challenges that are facing the community, The governments and NGOs to join efforts on resource mobilization, NGOs should provide the progress and strategic plan to the regional and district NGOs' register.

### **Action points and role of NACONGO**

- 1.To protect the interests of NGOs, a Network of non-governmental organizations, to coordinate and control the activities of NGOs.
- 2.To Collect and process various information from non-governmental organizations.
- 3.To facilitate cooperation between the government and NGOs.
- 4.To arbitrate and resolve conflicts between NGOs and the government or other stakeholders, to organize platforms for NGOs.

## 16 Days of Activism against Gender-Based Violence

The annual international campaign, known as the 16 Days of Activism against Gender-Based Violence, commences on 25 November, the International Day for the Elimination of Violence against Women, and continues until 10 December, Human Rights Day. AfyaPlus aligns with fellow stakeholders in the country to observe and participate in the 16 days of activism against sexual violence, emphasizing this year's theme, 'INVEST TO PREVENT GENDER VIOLENCE.' We stand united against all forms of violence that our community encounters, emphasizing that the Fight against sexual violence is a collective responsibility that we all share.

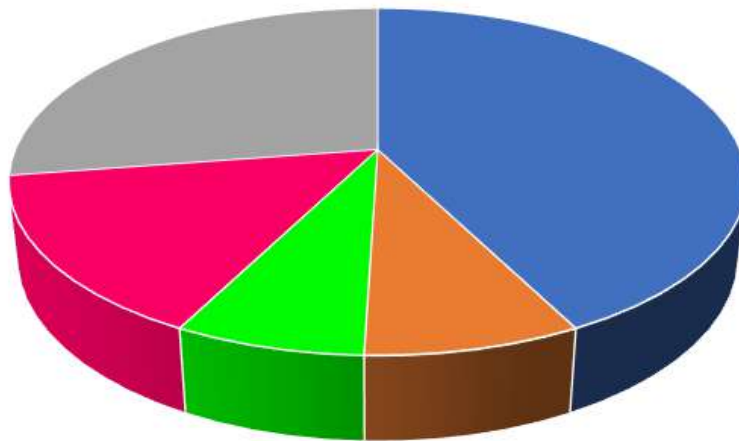


Fig 14: Afyaplus joins all stakeholders in the country in celebrating 16 days of activism against sexual violence where this year's slogan says INVEST TO PREVENT SEXUAL VIOLENCE.

## FINANCIAL BREAKDOWN

ITEM	USD (\$)	TSH
TOTAL INCOME	25,974.70	65,283,663
OPERATION EXPENSES	4,906.75	12,332,400
PROJECT COST	2,854.42	10,834,163.67
TOTAL EXPENSES	21,020.409	23,166,564
NET INCOME	9,217.38	42,117,099

### FINANCIAL BREAKDOWN



- TOTAL INCOME
- OPERATION EXPENSES
- PROJECT COST
- TOTAL EXPENSES
- NET INCOME



## Our esteemed donors and partners

Afyaplustanzania Organization recognizes and appreciates the treasured assistance and support received by Donors, Development Partners, Government, and other Stakeholders, whose considerable contributions have meaningfully contributed to the organization's growth, advancing our mission to extend and reach more communities.



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