



AFYAPLUS

ANNUAL REPORT

2023

www.afyaplustz.or.tz

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LIST OF ABBREVIATIONS

ASRHR	Adolescents Sexual Reproductive Health and Rights
AGYWS	Adolescents Girls and Young women's
APO	Afyaplus Organization
MHM	Menstrual Hygiene Management
WASH	Water Sanitation and Hygiene
GBV	Gender Based Violence
NGOs	Non Governmental Organizations
SDGs	Sustainable Development Goals
VSLAs	Village Saving and Loan Associations



ABOUT AFYAPLUS ORGANIZATION

AFYAPLUS is a non-profit organization that works to prevent and control sanitation-related diseases via the promotion of water sanitation and hygiene (WASH) and the empowerment of adolescent girls and young women.

The organization's major purpose is to improve school performance and establish a disease-free community through the provision of safe and clean water, sanitation, and hygiene, as well as to empower adolescent girls and young women in the 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 councils

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



Foreword from the Executive Director

We are pleased to showcase our success in project implementation. We've made substantial progress for our communities thanks to the generous support of partners, funders, and stakeholders.

The Water in School Project, financed by AfyaPlus WASH Gala partners, demonstrates our commitment to providing access to clean and safe water in four schools by constructing hand washing stations, bringing the project's overall reach to 35 schools. This success follows our spectacular third WASH Gala in March 2023.

Furthermore, our Safe Pad Lab Project has reached 52 schools in Iringa, ensuring young women and girls have access to quality menstrual hygiene products while promoting health and dignity.

Our third project, Improve 100, trains young women with valuable life skills for personal development.

In 2023, we also worked with a variety of organizations and stakeholders to develop training programs for adolescent sexual and reproductive health and rights (ASRHR), menstrual hygiene management (MHM), and gender-based violence (GBV). These agreements have expanded our



reach and stepped up our advocacy activities.

I would like to express my heartfelt gratitude to our partners, the government, stakeholders, and everyone who has donated their time, skills, and resources to advance the AfyaPlus goal.

Your assistance has been critical to our success, and we are very grateful for your continuous commitment.

As we begin another year of service, I encourage you to join us on our journey for health equity and empowerment.

We can work together to generate long-term change and improve the well-being of individuals and communities. Thank you for your continuing support.

SUZAN YUMBE

EXECUTIVE DIRECTOR



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.



TOTAL NUMBER OF BENEFICIARIES REACHED IN 2023

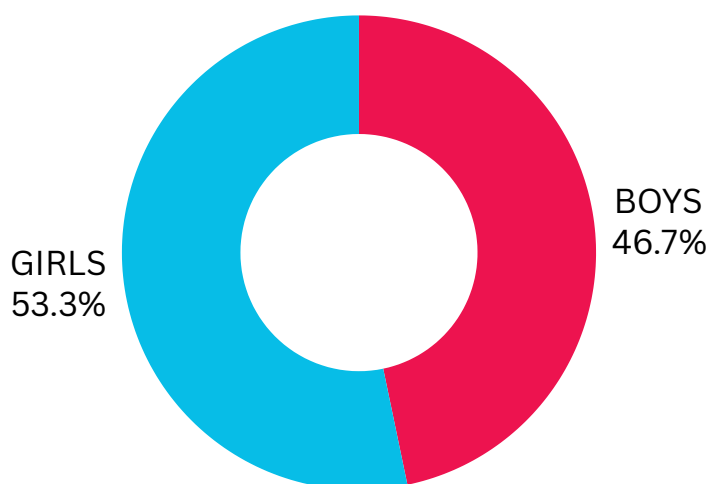
I. SAFE PAD LAB PROJECT

TOTAL NUMBER OF SCHOOLS 52

TOTAL NUMBER OF STUDENTS 33676

BOYS = 15735

GIRLS = 17941

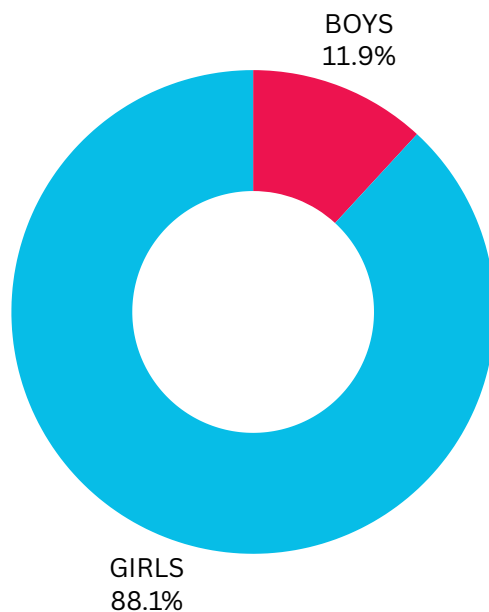


SAFE PAD LABORATORIES ESTABLISHED= 15

STUDENTS REACHED BY SEWING WORKSHOPS= 1265

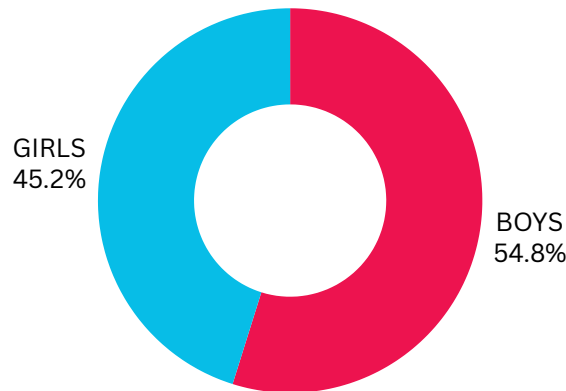
BOYS = 150

GIRLS = 1115



II. WATER IN SCHOOL PROJECT

TOTAL HAND-WASHING FACILITY CONSTRUCTED = 4
TOTAL NO. OF STUDENTS = 15,062
BOYS = 8260
GIRLS = 6802



III. IMPROVE 100

ADOLESCENT GIRLS AND WOMEN (AGYWS) = 212
AGYWS WITH INCOME-GENERATING ACTIVITIES = 10

IV. STUDENTS REACHED THROUGH PARTNERSHIP PROGRAMS

AFYAPLUS IN PARTNERSHIP WITH LYRA IN AFRICA TOTAL
NO. OF SCHOOL REACHED = 9
NO. OF STUDENTS = 3166 SCHOOL GIRLS

AFYAPLUS IN PARTNERSHIP WITH WALSER'S TANZANIA
CHARITY

TOTAL NO. STUDENT = 924
BOYS = 378
GIRLS = 546



STORIES OF CHANGE

The story of Belinda Felix Mwano a student from Isimila secondary school in Iringa District Council who benefited from Safe pad lab project

Hello, my name is Belinda Felix Mwano, and I am a Form Six student at Isimila Secondary School studying History, Geography, and Kiswahili (HGK) combination. I would like to express my profound gratitude to the government, the Malala Fund, and the AfyaPlus organization for bringing the Safe Pad Lab Project to our school. Initially, maintaining my studies in the classroom became difficult owing to multiple menstruation concerns, including severe stomach discomfort and budgetary restraints that prevented me from obtaining sanitary pads.



Currently, I enjoy playing netball with my friends and actively participating in my school activities. The implementation of this project at Isimila Secondary School has been a huge blessing, especially for females like me. I genuinely appreciate the great impact it has had on our lives.



Students at Isimila Secondary School in Iringa District Council carefully shape and cut materials for sewing reusable sanitary pads.



STORIES OF CHANGE

The story of Aneth Alone Msamba a parent from Kitelewasi village in the Kilolo District of Iringa region benefited from the Safe Pad Lab project



I am Aneth Alone Msamba, from Kitelewasi Village in Kilolo District Council of Iringa. As a parent, I liked this safe menstruation project after my daughter came with these reusable sanitary pads that were given to her for free through this project. I am happy because my daughter has been using these reusable sanitary pads, which have made her more confident and she attends her classes normally. In the beginning, she was wearing normal clothes (Kitambaa) during her menstrual period.

Thus made her stay 3 to 4 days due to financial constraints in purchasing the disposable pads but now she attends her classes for the whole month because she has found something to protect herself and she is confident. As a parent, I would like to thank you very much for this project because you have reduced the cost and my daughter attends her sessions well, she is confident, and these pads are good for her health because they do not contain chemicals.



STORIES OF CHANGE

The story of Mr. Msigwa Head master of Miyomboni

I want to extend my heartfelt thanks to our partners, government, and stakeholders for supporting Afyaplus Organization's effort to enhance school water sanitation and hygiene (SWASH) services. Previously, we faced challenges with hand hygiene due to inadequate resources. Now, with sustainable handwashing stations, we can effectively serve more students, ensuring a cleaner and healthier environment. Working closely with our school management team, we are committed to the proper utilization, management, and maintenance of these facilities. - **Mr. Msigwa, Headmaster of Miyomboni Secondary School**



The Headmaster of Miyomboni Secondary School shares how the water in school project impacted the lives of students and their performance.



STORIES OF CHANGE

The story of Mr. Emmanuel Amiri Mapembe, Academic Teacher at Ismani Secondary school

My name is Emmanuel Amiri Mapembe, I am an Academic teacher at Isimani Secondary School. Before this project, the majority of students especially those in lower grades were less aware of menstrual hygiene management and others felt uncomfortable especially when they started their first menses while in school this made them to hide due fear of attending their classes and thus made them miss classes.



The implementation of the safe pad lab project has contributed a lot in attendance from form I to VI especially for girls because as they approach their menstruation the students understand the cycles so they know how to prepare themselves and they get time to attend their school sessions as usual but also, they do not feel helpless or uncomfortable due to what happens to them.

Apart from that, this project has also helped us in protecting the environment because it is difficult to control the students on the disposal of these disposable sanitary pads, even if there is a senator. We wish you all the best and we kindly request you to continue supporting other schools in Iringa because absenteeism has decreased to a great extent, the school girls are doing well in class, their performance is increasing and now even if you ask a form on the student about safe menstruation, she/he explains it well without any fear even in the assembly and all this are possible due to the implementation of the Safe Pad Lab project.



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

This reporting year, Afyaplus continued to contribute to SDG No. 4 (access to quality education) and SDG No. 6 (clean water and sanitation) through its WASH initiatives, implementing projects such as Water in School and the Safe Pad lab. In addition, Afyaplus is advocating and campaigning for decision-makers, other WASH stakeholders, and the community at large to support enhanced WASH services in schools and communities.



Students at Miyomboni Secondary School in Iringa Municipal Council are actively washing their hands, thanks to the efforts of AfyaPLUS WASH Gala stakeholders.

According to the UNICEF MHM Report for 2022, 16.8% of children abandon school during menstruation for a variety of reasons, including a lack of menstrual hygiene products, a fear of embarrassment in the event of visible stains on the cloth, a lack of changing rooms, and a lack of clean water and appropriate bathroom facilities. Therefore, promoting excellent menstruation behaviors and access



to sanitation facilities and menstrual products is not only a matter of health but also a key factor in achieving gender equality as well as quality education.



A: THE SAFE PAD LAB PROJECT

The Afyaplus organization, with the help of the Malala Fund, is collaborating with Iringa Regional government authorities to implement the Safe Pad Lab project in 52 Iringa Regional schools, which aims to minimize the barriers that schoolgirls confront during menstruation. The project focuses on establishing safe pad laboratories for producing reusable sanitary pads in 15 Iringa schools, as well as providing capacity-building on adolescent sexual reproductive health and rights (ASRHR) and good menstrual hygiene practices for students from 52 schools, to promote behavior change.



During the pads-making workshop, students from Ipogolo Secondary School in Iringa MC practicing sewing reusable sanitary pads.



According to studies, a large percentage of schoolgirls miss their sessions while menstruating due to a lack of menstrual information, products, and facilities. This absence contributes to lower academic achievement. Empowering schoolgirls with complete menstrual services and facilities guarantees safe and dignified period management, allows for full engagement in society and education, and facilitates the pursuit of their professional goals.



ACTIVITIES AND ACCOMPLISHMENTS

Increased awareness of adolescent sexual reproductive health and rights (ASRH) and menstrual hygiene management (MHM) among 14234 adolescents from 22 Iringa Regional Schools.

In the reporting year 2023, the Afyaplus organization was able to capacitate and train 14,234 adolescents (9034 girls and 5206 boys) from 22 schools in the Iringa region on a comprehensive curriculum of good menstrual hygiene management (MHM) and adolescent sexual reproductive health and rights (ASRH). These sessions will improve knowledge, attitude, and practice (KAP) among schoolgirls and boys, and their effects will encourage schoolgirls to stay in school.



During an MHM and ASRH awareness event, schoolgirls from Lundamatwe Secondary School in Kilolo District addressed their menstruation problems.

*"Before learning about safe menstruation, I was unable to discuss the difficulties I have during menstruation with my parents, teachers, and students. After learning about safe menstruation, I can explain it to my classmates and assist them with any difficulties they are experiencing. Special thanks to the government, Malala Fund, and Afyaplus for their contributions to the project's implementation. **Said a Form 3 student from Lundamatwe Secondary School in Kilolo DC.**"*



The successful implementation of this project in 22 schools brings the total number of schools completed to 52, with 33,676 students improving their understanding of issues linked to adolescent sexual and reproductive health (ASRH) and menstrual hygiene management (MHM).

Following that, a post-survey was undertaken in 30 schools throughout Iringa, covering four councils: Iringa MC, Iringa DC, Kilolo DC, and Mafinga TC. The evaluation found that 1046 students, or 95.88% of participants, had a greater understanding of basic menstrual hygiene practices.



Access to changing rooms with privacy, soap, and sanitary pads remains a concern, with 31.53%, equal to 344 out of 1089 schoolgirls visited in Iringa, without such facilities. This outcome has resulted in the majority of pupils staying at home during their menstruation, approximately 18.97% equal to 207 out of 1089 schoolgirls staying at home throughout the menstrual period without attending school.



Ms. Namkunda Mbwambo, Afyaplus Program Coordinator, performed a post-survey on MHM and ASRHR among students at Tagamenda Secondary School.



In the category of Adolescent sexual reproductive health and rights (ASRH), it was found that 93.37% (= 1042 out of 1089 students) have increased their knowledge on adolescent sexual reproductive health and rights (ASRHR), while only 4.21% (= 47 out of 1089 interviewed students) haven't received an education in adolescent sexual reproductive health and rights (ASRHR), and on the other hand, 66.67% (= 744 out of 1089 students interviewed) have increased their knowledge early pregnancy and family planning methods, they were able to mention at least two ways of family planning, whereas 30.91% (= 345 out of 1089 interviewed students) were unaware of family planning methods.



Ms. Elina Lunyungu, an Afyaplus community-based trainer, is conducting an awareness session on ASRHR and MHM for students at Nyamalala Secondary School in Mafinga TC.

The data demonstrate the effectiveness of the Safe Pad Lab initiative, with a significant number of students displaying improved comprehension and awareness of Adolescent Sexual Reproductive Health and Rights (ASRHR). Nonetheless, there is a vital need for increased awareness programs, particularly those aimed at persons who are unfamiliar with early pregnancy, family planning methods, and ASRHR. This necessity applies to adolescents negotiating the complications of puberty, as well as those who were not directly involved in the project's outreach activities.



Safe pad labs have improved schoolgirls' access to economical and high-quality reusable sanitary pads.

In this reporting year, Afyaplus was able to establish 14 safe pad laboratories in 14 schools and train 1265 students (150 boys and 1115 girls) from 14 schools in the Iringa Region students on how to make reusable sanitary pads through sewing sessions. So far, 84.3% of the targeted students (1265 out of 1500) have received training, and 685 reusable pads have been created and handed to schoolgirls from 6 schools.



During the session, students from Lundamatwe Secondary School in Kilolo District Council practiced sewing reusable sanitary pads.

The program has been successfully implemented in 14 schools across various councils in Iringa, including Mlamke, Lugalo, Mawelewele, and Ipogolo Secondary Schools in Iringa Municipal Council; Kilolo, Mazombe, Lundamatwe, and Ilula Secondary Schools in Kilolo District Council; Changarawe and J.J Mungai Secondary Schools in Mafinga Town Council; as well as Tanangozi Primary School, and Kalenga, Ismila, and Ismani Secondary Schools in Iringa District Council.

Five of these schools have successfully completed the program, empowering students to produce their own reusable pads. These schools are Ismila, Lundamatwe, Ipogolo, Lugalo Secondary School, and Tanangozi Primary.



Increased awareness and knowledge of ASRH and MHM among 14 community-based trainers who will serve as champions in their communities.

Afyaplus, in partnership with the Regional Nursing Officer, successfully conducted 5 days of Training of Trainers (TOT) on Adolescent Sexual Reproductive Health and Rights (ASRH) and Menstrual Hygiene Management (MHM) for 14 more community-based trainers (CBTs). Through this training, 14 community-based trainers increased their knowledge and capacity to raise awareness of adolescent sexual reproductive health and rights (ASRH) and good menstrual hygiene management (MHM) among schoolgirls and boys from 15 schools out of the 52 schools covered by this project, as well as the community as a whole.



Community-based trainers from the Afyaplus organization are actively participating in an assignment linked to proper Menstrual Hygiene Management (MHM) during the training of trainers (ToT).

This year's training of 14 community-based trainers brings the total to 29 CBTs who will champion ASRH and MHM issues in their communities. The strategy of using community-based trainers has proven effective since knowledge is retained inside the community and recipients enjoy studying alongside their peers.



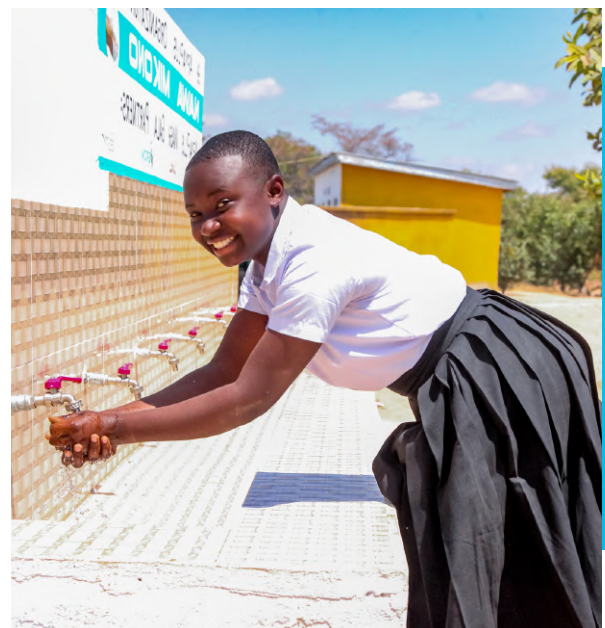
WATER IN SCHOOLS PROJECT

Towards contributing to fulfilling Sustainable Development Goals 4 and 6, the Afyaplus organization leads a project that serves school children including those with special needs, benefiting over 10,000 kids, teachers, and other school staff in the Iringa region. This initiative is sponsored by earnings from the Afyaplus WASH GALA fundraising event, as well as resource mobilization initiatives by donors, partners, and stakeholders.



The school community, comprising teachers and staff of Mkwawa Secondary School, demonstrates proper handwashing procedures to students by leading through example.

This year, Afyaplus, with the help of various partners and stakeholders, was able to hold its third WASH gala on March 24, 2023, and raise a total of USD 7352.49 (18,492,500Tsh), with USD 3451.11 (8,680,000 Tsh) in cash, USD 3690.78 (9,282,500Tsh) in in-kind contributions, and USD 2107.24 (5,300,000) in pledges. The donations raised have assisted the organization to execute the following actions to improve WASH services in 4 more schools of Iringa to make a total of 35 schools in Iringa.



Activities and accomplishment

Hand washing facilities/stations were built at four more schools in the Iringa region, to improve access to safe and clean water.

During this reporting period, the Afyaplus organization, with the assistance of WASH Gala stakeholders, completed the construction of hand-washing facilities in four schools in Iringa. The completion of these four hand-washing facilities brings the total number of schools covered by this project to 35, with 10 benefiting from hand-washing stations and 25 receiving water storage facilities.



Pupils from Kalenga Primary School in Iringa District demonstrate their clean hands after following regular hand washing procedures.

The availability of these hand-washing facilities enables 6381 students (2825 boys and 3856 girls), teachers, and other workers from ten schools to protect themselves from WASH-related infectious diseases by washing their hands frequently, reducing time spent fetching water and thus increasing school attendance and performance as more time is spent for studying.



The development of WASH training in schools resulted in better knowledge and comprehension of adequate sanitation, hygiene, and WASH-related diseases among 2909 pupils.

The Afyaplus organization, through the Water in School project, was able to provide WASH training to 3209 more students (1228 boys and 1981 girls), bringing the total number of students trained to 15,062 (8260 boys and 6802 girls) from 35 schools. The instruction focused on concerns such as appropriate sanitation, cleanliness, effective hand-washing techniques, and WASH infections.



Mr. Nickson Shoo, M&E officer, demonstrates basic handwashing practices to Kalenga Primary School students, emphasizing the importance of keeping good health.

These seminars have influenced student behavior in these four schools, and students are now washing their hands and practicing excellent sanitation and hygiene, resulting in fewer incidences of WASH diseases, which ultimately improves school performance and retention.



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

To empower adolescent girls and young women, Afyaplus launched the Inclusive Improve 100 project, which benefited over 200 people, particularly those who had stopped attending school for a variety of reasons such as pregnancy or financial restrictions. This comprehensive project seeks to provide vital skills and knowledge, allowing people to realize their full potential, pursue opportunities, and improve their economic standing. This reporting year, Afyaplus successfully implemented the following impactful initiatives under IMPROVE 100.



Hekima group, IMPROVE 100 project beneficiaries from Wenda village, poses for a photo after obtaining a certificate of completion from Afyaplus Organization's IMPROVE 100 cohort 3 training on Nutrition, Life Skills, Entrepreneurship, and VSLA.

To conduct supportive supervision of three groups of Village Saving and Loan Associations (VSLA) present in Tanangozi and Wenda villages.

This year, the Afyaplus organization took proactive steps to closely monitor recipients' progress in the Improve 100 project. Our team worked with the Furaha, Upendo, and Hekima groups, enabling talks to identify obstacles in group operation and management while also recognizing their great achievements so far.





Afyaplus Program Coordinator conducting a share-out distribution session with the Upendo group before obtaining the share and profit at the end of their financial cycle in Tanangozi on June 30, 2023.



"Village Savings and Loan Associations (VSLAs) have been extremely beneficial to young girls and women entrepreneurs, particularly in entrepreneurship and agricultural operations. It has been simple for us to obtain rapid loans with low interest. As you can see, I got my first loan from our Upendo group, and then I was able to establish

an onion garden and buy agricultural supplies like fertilizer for it. I encourage women and girls to join groups so that they can be self-sufficient and flourish economically." **Miss Batuli, a member of the Upendo group and beneficiary of the Improve 100 project.**

Ms. Batuli, a member of the Upendo group and an Improve 100 beneficiary, established an onion garden with the money obtained from her VSLA group.



NETWORKING, PARTNERSHIP AND ADVOCACY

Afyaplus in Partnership with Lyra in Africa and Walser's Tanzania Charity

The successful execution of the Safe Pad Lab initiative in 52 classrooms around Iringa has led to fruitful collaborations with Lyra in Africa and Walser's Tanzania Charity. This collaboration intends to create awareness about important themes such as Menstrual Hygiene Management (MHM), Adolescents' Sexual Reproductive Health and Rights (ASRHR), and Gender-Based Violence (GBV) in ten schools. Lyra in Africa support nine schools from Kilolo District Council, Iringa District Council, and Mufindi District Council, while Walser's Tanzania Charity supported one school, Lyandembela Secondary School in Iringa District Council.



Miss Catherine Lihokolelo is leading an awareness session on MHM, ASRHR, and GBV at Ifwagi Secondary School in Mufindi Dc.

Through this partnership program, a total of 3166 school girls from Madege, Mlowa, Ilambilole, Mazombe, Ifwagi, Maduma, Lundamatwe, Nyang'oro, and Lulanzi that are supported by Lyra in Africa, and 924 students (378 Boys and 546 Girls) from Lyandembela Secondary that is supported by Walser's Tanzania Charity have been reached with knowledge and skills related to Menstrual Hygiene Management (MHM), Adolescents Sexual Reproductive Health and Rights (ASRHR), and Gender Based Violence. This skill helps students to understand their bodies, and the girls will be able to manage their menstrual cycles safely and with respect.





Miss Susie Roddick, Managing Director of Walser's Tanzania Charity, emphasizing the importance of this program during MHM, ASRHR, and GBV sessions.



Miss Susie Roddick, Managing Director of Walser's Tanzania Charity, and Moses Madembwe, School Coordinator, joined the Afyaplus team and Lyandembela secondary school students for the MHM, ASRHR, and GBV sessions.



Menstrual Hygiene Campaign to school

As part of the WASH stakeholders working on girls' rights, we conducted an awareness campaign during Menstrual Hygiene Management Week to promote good menstrual hygiene management and raise awareness about why we celebrate Menstrual Hygiene Management Day on May 28 each year, as well as the importance of ensuring good menstrual hygiene management in schools and communities as a whole. As part of this program, we successfully engaged two secondary schools: Ipogolo and Kalenga.



Ms. Namkunda Mbwambo, Program Coordinator of the Afyaplus Organization, is conducting a Menstrual Hygiene Management Campaign at Ipogolo Secondary School in Iringa MC.

We help schoolgirls better understand and control menstruation. Together, we're tearing down boundaries and sharing inclusive ideas. Let us make talking about periods normal and support everyone!



A student from Kalenga secondary schools in Iringa District Council sharing her experience on the MHM issue.



Community awareness session for parents and caregivers on topics related to ASRHR, MHM, and how to assist and care for their pupils as teenagers.

Through this initiative, a total of 362 members (180 women and 182 men) parents, and caregivers from the Kalenga ward who are the primary contacts were trained in menstrual hygiene management (MHM) and adolescent sexual and reproductive health and rights (ASRHR). This knowledge is critical because it enables parents and caregivers to promote their children’s growth and well-being.



Ms. Catherine Lihokolelo, Afyaplus Project Officer, is conducting awareness training for parents and caregivers in the Kalenga Ward of Iringa District Council.

Through this initiative, a total of 362 members (180 women and 182 men) from the Kalenga ward who are the primary contacts were trained in menstrual hygiene management (MHM) and adolescent sexual and reproductive health and rights (ASRHR). This knowledge is critical because it enables parents and caregivers to promote their children’s growth and well-being.



Commemoration of Menstrual Health and Hygiene Day at Dodoma City

On May 28, 2023, Afyaplus Organization had the opportunity to join in the national celebrations of Menstrual Health and Hygiene (MHH) Day, which was hosted at the Jakaya Kikwete Convention Centre in Dodoma. This year's theme was **"Menstruation is a fundamental and essential aspect of health for girls and women. #Let'sEmpower"**. During the exhibition, Afyplus had an excellent opportunity to present the organization's work and coverage, as well as its achievements, particularly through the Safe Pad lab project, which is being implemented in the Iringa region, to the guest of honor, Deputy Minister for Health Dr. Godwin Mollel (MP).



Afyaplus Project Officer Ms. Catherine Lihokolelo explaining in detail to the guest of honor, the honorable Deputy Minister for Health Hon. Dr. Godwin Mollel (MP), about the work done by an organization in promoting Menstrual Health and Management through the Safe Pad Lab project.



Afyaplus Participated in National Torch ceremony in Iringa DC

On May 3rd, 2024, the Afyaplus Organization, a development stakeholder, participated in the National Torch Ceremony at Ugwachanya village, Iringa District Council. Afyaplus was able to present project achievements at this event, which included the establishment of Village Savings Groups (VSLAs) through the IMPROVE 100 Project, as well as training for VSLA members in areas such as mindset growth, entrepreneurship, personal finance, nutrition, and sexual reproductive health education. In addition, members of VSLA Groups were able to display their products and demonstrate their efforts to combat poverty. The event was attended by government officials and the national torchbearer.



During the National Torch ceremony in Ugwachanya village, an Afyaplus Project Officer and other IMPROVE 100 Beneficiaries demonstrate how IMPROVE 100 has helped them overcome poverty and improve their lives.

Furthermore, Afyaplus, in partnership with Miss Stella Moshia, Iringa District Child Desk Coordinator, was able to award certificates to beneficiaries and members of the Hekima Group from Wenda village who successfully finished the training program for IMPROVE 100 Cohort 3.



Group members were instructed in mentality, growth sessions, entrepreneurship, personal finance management, nutrition, and instruction on sexual and reproductive health and rights. .



Afyaplus presentation on activities align with SDG 6 in USA

In July 2023, AfyaPlus Organization, under the Executive Director Miss. Suzan Yumbe had the privilege of presenting the organization's activities in alignment with Sustainable Development Goal 6 - Water and Sanitation. The presentation focused on menstrual health rights, emphasizing the critical need for universal access to water and sanitation, particularly for women and girls.

Through the implementation of the Safe Pad Lab project, We developed a curriculum and conducted training sessions for 30,600 students from 52 schools. These sessions emphasized Menstrual Hygiene Management and Adolescents' Sexual and Reproductive Health and Rights. Additionally, the organization successfully established Safe Pad Labs in 15 schools across Iringa, Tanzania.



It's worth noting that our project are directly aligned with several Sustainable Development Goals, including SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), SDG 5 (Gender Equality), SDG 6 (Clean Water and Sanitation), SDG 8 (Decent Work and Economic Growth), and SDG 12 (Responsible Consumption and Production).



This presentation was organized by the Malala Fund and took place in the United States of America, providing an invaluable platform to showcase our impactful work on a global scale.



Afyaplus participated in the High-Level Political Forum (HLPF) for Sustainable Development held at the US headquarters in New York.



Afyaplus, as one of the stakeholders contributing to Sustainable Development Goals 4 and 6, had the opportunity to attend the crucial annual event known as the High-level Political Forum (HLPF) for Sustainable Development, which was held at the US headquarters in New York.

Mrs. Suzan Yumbe, Afyaplus Executive Director, had the opportunity to highlight our passion and dedication to promoting positive change on a worldwide scale.

The AfyaPlus Organization remains committed to its purpose of making a meaningful contribution to the fulfillment of sustainable development goals, particularly SDGs 4 and 6, through WASH initiatives aimed at girls and women. Our active engagement in forums such as the HLPF demonstrates our steadfast commitment to this.

Afyaplus participated in the Segal Family Foundation's Annual General Meeting in Kigali, Rwanda.

During this reporting period, the Afyaplus organization, represented by Program Coordinator Ms. Namkunda Mbwambo, attended the Segal Family Foundation's Annual General Meeting in Kigali, Rwanda, on July 12, 2023. The primary purpose of this event was to network and link African fellows with global funders to drive positive change in Africa. **"Transforming how change happens in Africa"** was this year's theme.



Miss Namkunda Mbwambo, Afyaplus Program Coordinator, poses for a photo after attending the SFF's annual general meeting in Rwanda.

Through this networking, Afyaplus was able to introduce Afyaplus to other potential donors, meet other SFF partners working in different parts of Africa to learn and re-learn how other development actors work to transform community changes, and attend various sessions such as tips for having a memorable conversation with funders, exploring grassroots coalitions and markets, fundraising, and managing large gifts.

Afyaplus participated in Tanzania's High-Level Stakeholder Dialogue on the SDGs Summit.

Afyaplus actively participated in Tanzania's High-Level Stakeholder Dialogue on the SDGs Summit on September 11, 2023, represented by our Monitoring and Evaluation Officer, Mr. Nickson Shoo. The discussions focused on including diverse sectors in reaching the Sustainable Development Goals (SDGs). Afyaplus Organization supports SDGs 4 (Quality Education), 6 (Clean Water and Sanitation), and goals 1 and 2. Our involvement confirms our commitment to the SDGs and boosts our confidence in contributing to a sustainable future.



Mr. Nickson Shoo, Afyaplus Monitoring and Evaluation Officer, poses for a photo with other partners after attending Tanzania's High-Level Stakeholder Dialogue on the SDGs Summit (on the right).



Participating at the TAWASANET annual general meeting

On November 29, 2023, the AfyaPlus organization had the opportunity to offer our thoughts and opinions on the critical themes of Sanitation, Water for All, and resource mobilization initiatives to advance WASH agendas. This year's TAWASANET Annual General Meeting, held at the Jakaya Kikwete Convention Centre in Dodoma, included the theme **"Accountability for Water"** and lasted two enlightening days. The Afyaplus group attended the TAWASANET Annual General Meeting, which was held at the Jakaya Kikwete Convention Centre in Dodoma.



All are representatives from various NGOs Members of TAWASANET and leaders from TAWASANET.

16 Days of Activism against Gender-Based Violence

The annual international campaign, known as the 16 Days of Activism against Gender-Based Violence, begins on November 25th, the International Day for the Elimination of Violence Against Women, and runs until December 10th, Human Rights Day. AfyaPlus joins other stakeholders across the country to observe and participate in the 16 days of activism against sexual violence, with this year's theme, **"INVEST TO PREVENT GENDER VIOLENCE"**. We stand united against all types of violence that our community faces, underlining that the fight against sexual assault is a shared responsibility.





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.

Afyaplus participated in regional NGOs forums at Royal Palm, Iringa, Tanzania.

Afyaplus participated in an important event titled Regional NGO Forum, and the major theme was **"To discuss the performance of NGOs, the effectiveness and challenges they face"** This forum event provides a vibrant venue for governments and non-governmental organizations (NGOs) to share vital insights and progress updates on the region's and country's long-term development.

NACONGO's action points and role

- To defend the interests of NGOs, a network of non-governmental organizations is established to coordinate and control their activities.
- To gather and process information from non-governmental organizations.
- To enhance collaboration between the government and non-governmental organizations (NGOs).
- To arbitrate and resolve problems between non-governmental organizations (NGOs) and the government or other stakeholders, as well as to manage NGOs' platforms.



Afyaplus Executive Director Dialogue at UN Swahili media

Addressing the challenges of menstruation involves providing essential resources for safe menstrual practices, including comprehensive menstrual hygiene education for communities and ensuring access to menstrual products like pads, soap, and clean water.

Afyaplus organization is actively implementing a Safe Menstruation Laboratory Project across 52 schools in the Iringa region. This project involves establishing dedicated laboratories in 15 schools to alleviate the challenges associated with menstruation in educational settings.



In July of this year, Mrs. Suzan Yumbe, the Executive Director of Afyaplus Agency, conducted an interview with United Nations reporter Mrs. Assumpta Massoi regarding this project.

The interview has been published on the United Nations website (in Swahili) <https://news.un.org/sw/story/2023/07/1164172>, shedding light on the organization's efforts to promote safe menstruation practices.



AFYAPLUS VISITORS AND PARTNERS

Malala Fund Grantees visit at Afyaplus organization

On February 19, 2023, Afyaplus hosted a group of guests from Malala Fund, led by Malala Country Director Miss Nuria Mshare, as well as fellow Malala Fund grantees PASTROL WOMEN COUNCIL (PWC), MEDEA Tanzania, KINNAPA, Msichana Initiative, and ICCAO. It was a two-day trip to share experiences with the safe pad lab project, which is being implemented in 52 schools across four municipalities in Iringa: Iringa MC, Kilolo DC, Iringa DC, and Mafinga TC.



Ms. Suzan Yumbe, Afyaplus Executive Director, is shown from left, with the Malala Country Director next to her and delegates from other Malala Fund grantees posed for photo during their visit at the Afyaplus headquarters.



During this tour, other Malala grantees and country representatives had the opportunity to view the safe pad lab project implementation in two schools as well as the offices of implementing partners at Iringa's regional office. It was an opportunity for both of us. We studied how other organizations implement water, Sanitation and

hygiene (WASH) projects in and out of schools, while other grantees learned how the Afyaplus organization monitors its projects online using a system known as the Kobo toolbox, and how it collaborate with the government through regional leaders, districts, villages, and schools.



Segal Family Foundation Donor Visit to Afyaplus Organization

On August 9, 2023, Afyaplus welcomed a donor visit from the Segal Family Foundation (SFF), which was represented by Program Officer, Ms. Carolyn Kandusi. It was a one-day visit to assess Afyaplus's work, learn about, and share experiences with the implementation of two projects: the safe pad lab project, which is implemented in 52 schools across four councils in Iringa (Iringa MC, Kilolo DC, Iringa DC, and Mafinga TC), and the water in a school project, which has currently reached 35 schools in Iringa.



At Ipogolo Secondary School, a student showcasing the process of creating reusable sanitary pads to Ms. Carolyn Kandusi, the SFF Program Officer.

Through this visit, the Afyaplus group was able to share its profile, project progress, and milestones accomplished thus far with the SFF Program Officer. On the other side, the SFF Program Officer gave insights and ideas on project management and engaging other WASH stakeholders to assist our work, emphasizing the importance of adequate documentation of project impact. Later on, the SFF Program Officer had the opportunity to visit four schools served by our project.



Lyra in Africa visits at Afyaplus Organization

On November 8, 2023, we were delighted to receive a delegation from the Lyra in Africa Organization, led by Maria Spink, Founder and Executive Director. The team, which included Cikay Richards, Sarah Lewis, Clementine Fox, Amelie Klingspar, and Petronia Kimizye, paid us a visit, marking an important milestone in our blossoming cooperation. This event presented an excellent opportunity to share insights and updates on our most recent project.



Miss Namkunda Mbwambo, acting Executive Director of Afyaplus, presenting feedback on the (ASRHR and MHM) done by the Afyaplus organization with Lyra in Africa support.

During this visit, we shared the success stories of our collaborative project with Lyra in Africa, specifically the outcomes of our partnership, which focused on training students in Menstrual Hygiene Management and Adolescents' Sexual Reproductive Health and Rights in nine schools across the Iringa region. In addition, we have presented the essential issues/challenges that will play a critical part in empowering young people both academically and personally.



Dignity For Daughters Visit

On November 7, 2023, Afyaplus hosted distinguished representatives from Dignity for Daughters, a key arm of the Dignity for Daughters Organization. The event, which included Juli Skillman, Karen, and Natahaika Msuya, was a watershed moment in collaboration and knowledge exchange. The lively discussion covered a wide spectrum of experiences and perspectives, with a focus on the implementation of effective projects. The shared commitment focused on addressing and overcoming the myriad problems that girls experience during their developmental journey, with a special emphasis on raising awareness and support for menstrual hygiene. The exchange worked as a catalyst for further collaborative efforts to empower girls and ensure their overall well-being.



The Afyaplus and Dignity for Daughters teams gather for a photo after a meeting at the Afyaplus headquarters.



Representatives from the Ministry of Community Development, Gender, Women, and Special Groups visited the Afyaplus Office.

On November 13, 2023, representatives from the Ministry of Community Development, Gender, Women, and Special Groups visited us to examine our organization's performance, ongoing initiatives, beneficiaries, and issues. The topics covered were organizational strategies, policies, completed projects, and sustainability plans. The delegation investigated our impacting school initiatives, including a visit to the Mkwawa Secondary Water Station to see its critical function. The visit allowed engaging with the school community and gather valuable input on how our projects benefit them.



The Afyaplus team, along with representatives from the Ministry of Community Development, Gender, Women, and Special Groups, gathered for a photo during the visit.

This improves our understanding of project effectiveness and enables continuous improvement. We appreciate the ministry's interest in our work, and the visit underlines our commitment to meeting community needs while remaining transparent in our efforts.



MILESTONES ACHIEVED IN 2023

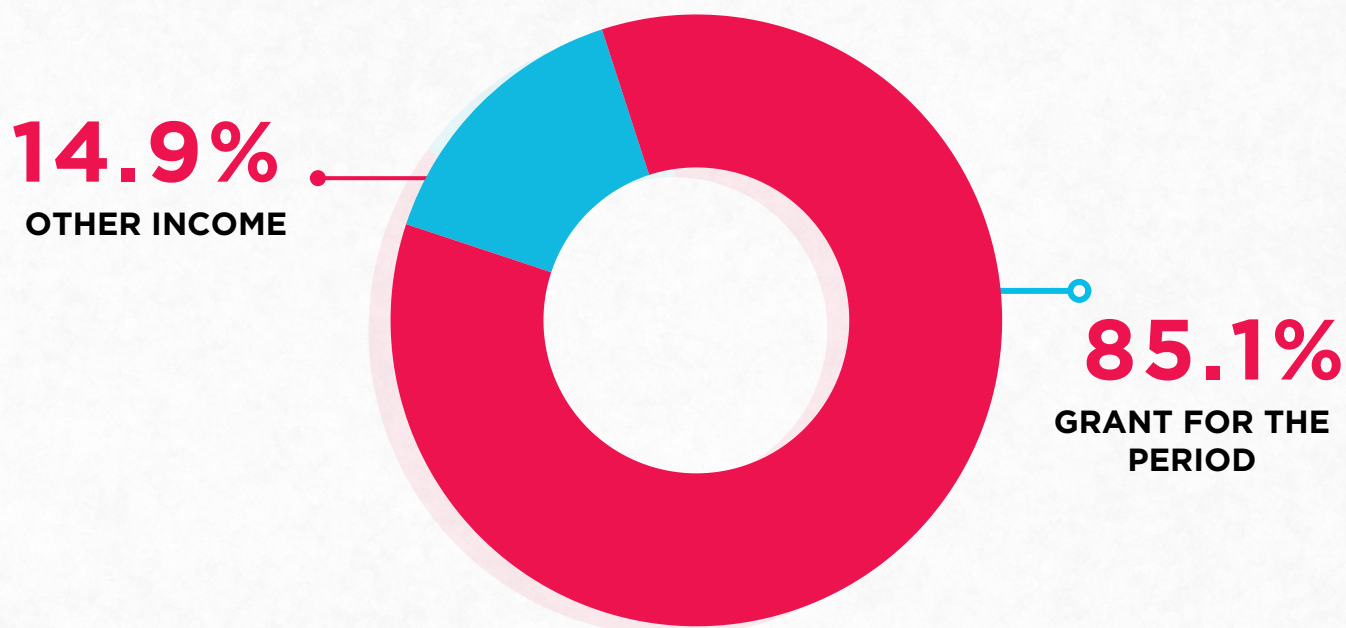
1. The Afyaplus organization has completed the training in good menstrual hygiene management (MHM) and Adolescent sexual reproductive, health and rights (ASRHR) in 22 (12 secondary schools and 10 primary schools) schools of Iringa which marks a total of 52 schools reached by this intervention.
2. The Afyaplus organization managed to capacitate 84.5% (= 1265 students out of 1500 targeted students) from 14 schools with skills and knowledge on how to make reusable sanitary pads.
3. Through the Afyaplus third WASH Gala, a total fund of USD 7352.49 (18,492,500Tsh) whereby USD 3451.11 (8,680,000 Tsh) is cash, USD 3690.78 (9,282,500Tsh) is In-kind contributions and USD 2107.24 (5,300,000) are pledges.
4. The Afyaplus organization with the support of WASH stakeholders has managed to construct 4 more hand-washing facilities in 4 schools which marks the completion of 10 hand-washing stations in total.
5. The Afyaplus organization in collaboration with government officials has managed to carry out WASH training for 3209 students (1228 boys and 1981 girls) more students which makes a total of 15,062 students (8260 boys and 6802 girls) students from 35 schools reached by the training.
6. The Afyaplus organization has managed to mobilize resources internally and externally and submit 05 project proposals to different donors.
7. The Afyaplus organization has managed to capacitate 10 more community-based trainers (CBTs) which makes a total of 29 CBTs trained with the necessary skills and knowledge of menstrual hygiene management (MHM) and Adolescent sexual reproductive and health (ASRH) issues.
8. The successful implementation of the Safe Pad Lab project has opened the door for Afyaplus Organization to partner with Walser's Tanzania Charity and Lyra In Africa for four months, whereby 3166 school girls from nine schools supported by Lyra in Africa and 924 pupils from one school supported by Walser's Tanzania Charity trained in MHM and ASRHR.



FINANCIAL BREAKDOWN

TOTAL INCOME

INCOME	USD	TSH
GRANT FOR THE PERIOD	54331.19	140231400
OTHER INCOME	9518.93	24568810
TOTAL INCOME	63850.11	164800210

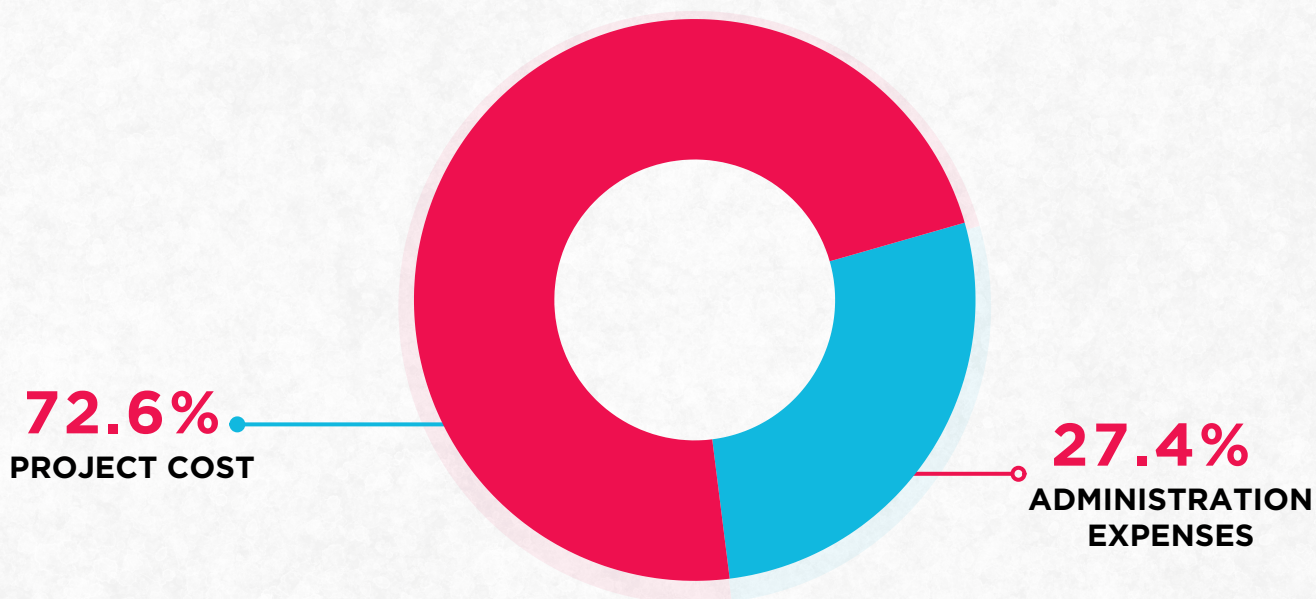


FINANCIAL BREAKDOWN

TOTAL EXPENSES

EXPENSES	USD	TSH
ADMNISTRATION EXPENSES	15049.71	38722276
PROJECT COST	39780.28	102353007
TOTAL	54830.00	141075283

TOTAL EXPENSES





Our esteemed donors and partners

Afyaplus Organization extends its heartfelt appreciation and acknowledges the support received from donors, esteemed development partners, government entities, and various stakeholders. Your commitment and contributions have played a great role in growth and success of Afyaplus Organization.

Government



- Ministry of Community Development, Gender, Women and Special Groups.
- Ministry of Education, Science and Technology.
- Ministry of Health
- Ministry of Water
- President's Office Regional Authorities and Local Government.

Developmental partners



MORE ABOUT US

