

QUARTER ONE

REPORT

JAN - MARCH 2025

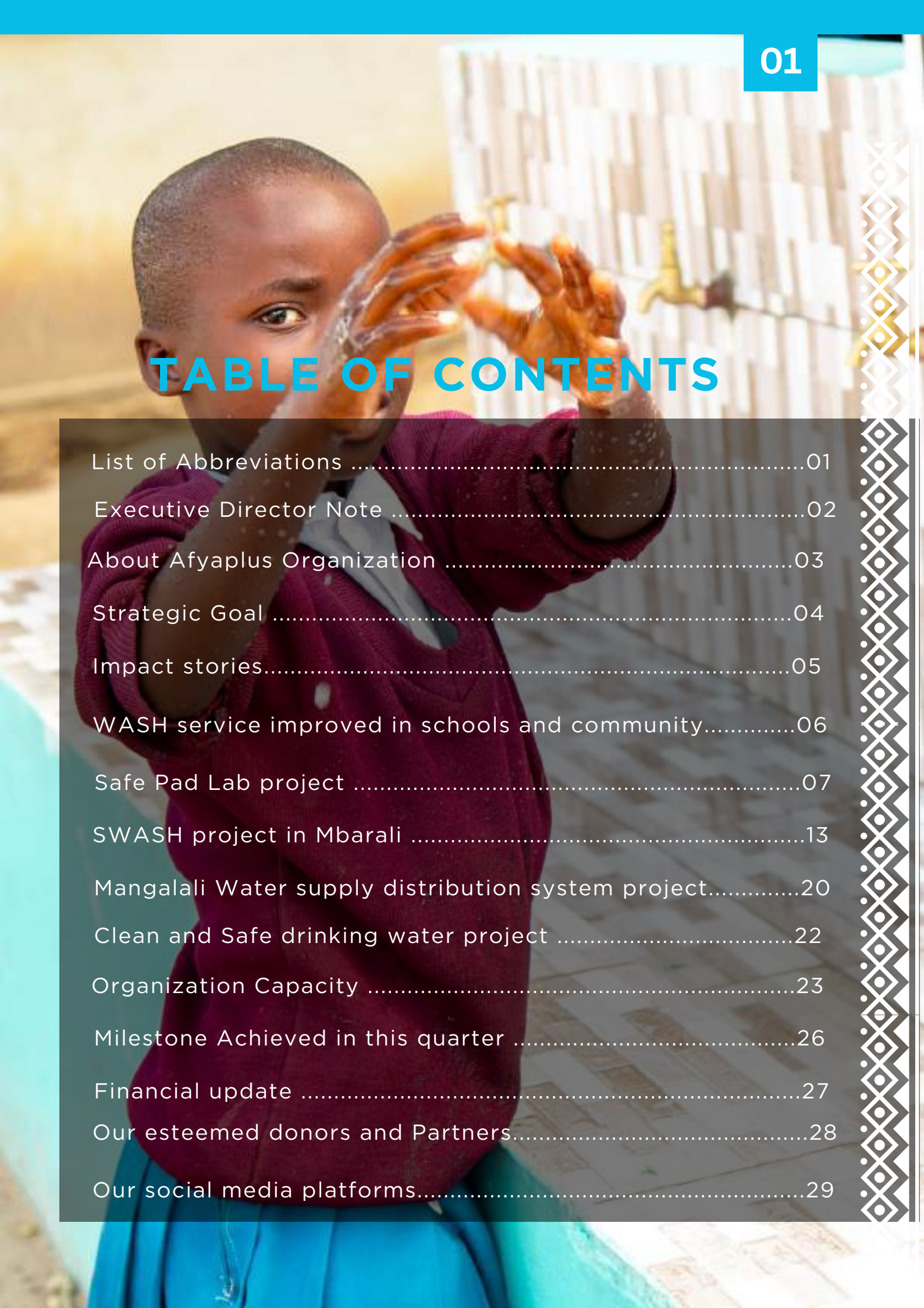


TABLE OF CONTENTS

List of Abbreviations 01
Executive Director Note 02
About Afyaplus Organization 03
Strategic Goal 04
Impact stories.....05
WASH service improved in schools and community.....06
Safe Pad Lab project 07
SWASH project in Mbarali 13
Mangalali Water supply distribution system project.....20
Clean and Safe drinking water project 22
Organization Capacity 23
Milestone Achieved in this quarter 26
Financial update 27
Our esteemed donors and Partners.....28
Our social media platforms.....29

LIST OF ABBREVIATIONS

ASRHR	Adolescents Sexual Reproductive Health and Rights
AGYWS	Adolescents Girls and Young women's
APO	Afyaplus Organization
DC	District Council
EWB	Engineers Without Borders
MHH	Menstrual Health Hygiene
MSU	Michigan State University
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 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, poor hygienic practices, Nutrition and empowerments 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, hygiene services, Nutrition 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, hygiene and nutrition services; and where adolescent girls and young women are empowered.

Our areas of interventions

We operate in the Iringa, Pwani and Dodoma regions, specifically within the following councils:

- Iringa District Council
- Kilolo District Council
- Mafinga Town Council
- Mkuranga District Council
- Mbarali District Council
- Dodoma City Council
- Chamwino District Council
- Bahi District Council





OUR STRATEGIC GOALS

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

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

Afyaplus Organizational Capacity Improved.

Nutrition

IMPACT STORIES

"Honestly, it has been such a relief and a reason to be grateful. Water is everything in life, especially in institutions like schools. For us, the water challenge has been very serious. We've had to fetch it from far away. Our school also runs a feeding program, which relies heavily on the availability of clean and safe water.

Having water will help us in so many ways – maintaining environmental cleanliness, proper sanitation, and especially supporting girls to manage their menstrual hygiene with dignity while at school. Truly, this project is a solution to the many challenges our school has been facing.

The availability of water will improve the quality of education, ensure students are more settled, and eliminate the long walks of nearly three kilometers to fetch water. This will increase study time and allow learners to concentrate better. We are sincerely grateful for this life-changing support."





"I am a student from Magigiwe Primary School. Before the SWASH project, we didn't have any water facilities in our school. It was very difficult to stay clean, especially after using the toilet or before eating. But now, we have handwashing stations and access to clean water in the school toilets. It has made a big difference we can easily wash our hands and stay healthy every day."

AIDA GERIAD Student, Magigiwe Primary School

The main goal of Afyaplus Organization's is to promote WASH (Water, Sanitation, and Hygiene) services in communities and schools, ensuring that children and their families can live with long-term health, strength, and comfort. This mission is being consistently advanced through focused efforts aimed at preventing and controlling diseases related to poor sanitation and hygiene, as well as by strengthening sanitation infrastructure. By improving access to clean water and proper hygiene facilities, the organization seeks to enhance health outcomes, support better educational performance, and promote gender equality in a sustainable way. Afyaplus aligns its work with key global priorities, particularly Sustainable Development Goal 6 (clean water and sanitation for all by 2030), Goal 5 (gender equality), and Goal 4 (quality education for all).



Even while access to clean water and sanitary facilities is widely acknowledged as a fundamental human right, many people still lack these resources. Tanzania's national policies place a strong emphasis on ensuring that all citizens have equitable access to high-quality WASH (Water, Sanitation, and Hygiene) services, and the country's constitution recognizes the human right to water and sanitation (UNICEF WASH Report 2020). But inadequate hygiene and sanitation practices are still common, which increases the risk of avoidable diseases like cholera, which often results in severe diarrhea and dehydration.

THE SAFE PAD LAB PROJECT

The Safe Pad Lab Project is a four years project implemented by Afyaplus and funded by the Malala Fund. The project supports adolescent girs in 92 schools across Six Districts in the Iringa region(Iringa MC, Iringa DC, Kilolo DC, and Mafinga TC) and Dodoma region (Chamwino, Dodoma and Bahi district).

This project aims to break menstrual health taboos, myths, and negative cultural beliefs that have long been barriers to girls' education. Many girls miss school due to a lack of menstrual health knowledge, stigma, and inadequate access to sanitary products.



A student from Kikuyu Secondary School practices sewing reusable sanitary pads during the training session.

So far, 15 schools have been equipped with reusable sanitary pad laboratories, allowing students to produce their own pads while gaining essential skills. The project directly contributes to Sustainable Development Goals (SDG 4 - Quality Education and, SDG 5 - Gender Equality and SDG 6 - Clean Water and Sanitation) by ensuring that menstruation is no longer a barrier to learning.

Introduction of The Safepad Lab project in Dodoma Region.

This quarter, as a result of the Safe Pad Lab Project's expansion from Iringa to Dodoma Region, AfyaPlus conducted a series of inception meetings in Dodoma and its three implementing districts Bahi, Chamwino, and Dodoma City Council to introduce the project to key stakeholders and partners. The meetings brought together key stakeholders, including representatives from the Departments of Education, Health, Planning and Development, Social Welfare, and the NGO Registrar. The main goal was to prepare for the implementation of the project, which aims to tackle challenges that affect girls' education such as stigma, limited knowledge about menstrual health, and lack of access to sanitary products by setting up Safe Pad Labs and providing Menstrual Health Management (MHM) education. A total of 20 schools will benefit from the project: 4 in Dodoma City Council and 8 each in Bahi and Chamwino. Out of these, 10 schools will be equipped with Safe Pad Labs (4 in Bahi, 4 in Chamwino, and 2 in Dodoma City), while the other 10 will receive focused MHM education sessions.



The meetings were successful, with all stakeholders showing strong commitment and willingness to support the smooth and effective implementation of the project in the region.

Training of Trainers (TOT)

Also in This quarter, a Training of Trainers (TOT) session was conducted at the AfyaPlus offices in Iringa and Dodoma, where Community-Based Trainers (CBTs) from all four districts of Iringa Region and Dodoma were equipped with the skills and knowledge necessary to effectively deliver key thematic sessions, including Sexual and Reproductive Health and Rights (SRHR), Menstrual Health Management (MHM), Gender-Based Violence (GBV), HIV and AIDS, and reporting systems.



A total of 18 CBTs participated in the training and will be responsible for delivering these sessions across 40 schools in Iringa and Dodoma. In addition to the core content, the CBTs were trained in facilitation techniques, ensuring they are well-prepared to engage students and effectively implement the sessions.





Inception Meeting at School level

As part of the initial phase of the Safe Pad Lab Project, Afyaplus conducted several inception meetings across 40 newly enrolled schools 20 in Dodoma and 20 in Iringa. These meetings introduced the project's objectives, including breaking menstrual health taboos, dispelling myths, and providing access to reusable sanitary products, with the goal of reducing school absenteeism among adolescent girls. The meetings also outlined the role of Community-Based Trainers (CBTs), who will lead menstrual health education sessions within the schools. Afyaplus engaged with headteachers and school representatives, who showed strong support for the project and committed to working closely with the team for its successful implementation.



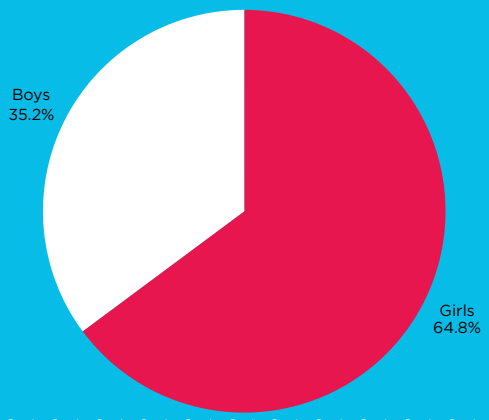
These meetings were key in aligning stakeholders, establishing communication channels, and ensuring smooth coordination for the project's start.

MHH and ASRHR Awareness Session in Iringa

The Safe Pad Lab Project continues with the delivery of awareness sessions across 20 schools in Dodoma Region, specifically in Bahi, Chamwino, and Dodoma City Council. The sessions focus on Menstrual Health Hygiene (MHH), addressing taboos, myths, and stigma, while promoting access to sanitary products. Trained Community-Based Trainers (CBTs) are leading these sessions, which aim to improve menstrual health knowledge and reduce school absenteeism among adolescent girls. The project is being implemented in the following schools: Dabalo Secondary School, Dabalo Primary School, Machali Secondary School, Chibulunje Primary School, Mvumi Mission Secondary School, Mvumi Mission Technical Primary School, Mpwayungu Secondary School, Chilanjililo Primary School, Bahi Secondary School, Chiona Primary School, Mundemu Secondary School, Mundemu Primary School, Chikopelo Secondary School, Chikopelo Primary School, Ibulunge Secondary School, Mazengo Primary School, Kikuyu Secondary School, Mkonze Secondary School, Chidachi Primary School.



A total number of 6205 students have been reached, including 4023 girls and 2182 boys, contributing significantly to the empowerment of adolescents through accurate information and supportive learning environment.

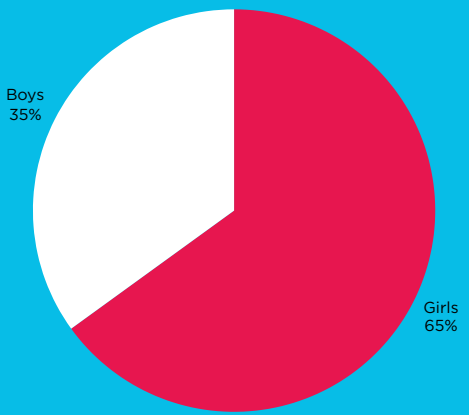


MHH and ASRHR Awareness Session in Iringa

The Safe Pad Lab Project continues with the delivery of awareness session sessions across 20 schools in Iringa Region, focusing on Menstrual Health Hygiene (MHH), addressing taboos, myths, and stigma, and promoting access to sanitary products. These sessions, facilitated by trained Community-Based Trainers (CBTs), aim to improve menstrual health knowledge and reduce school absenteeism among adolescent girls. The project is being implemented in the following schools: Kwakilosa Secondary School, Mivinjeni Secondary School, Itamba Primary School, Ilambilole Secondary School, Ilambilole Primary School, Kidamali Secondary School, Lukwambe Primary School, Mandalali Primary School, Kitowo Secondary School, Mtitu Primary School, Kitowo Primary School, Lukani Primary School, Makwema Secondary School, Upendo Secondary School, Upendo Primary School, Mwongozo Primary School, Mjimwema Primary School, Kinyanambo Secondary School, Boma Secondary School, and Kinyanambo Primary School.



A total of 6767 students have been reached, including 4400 girls and 2367 boys, contributing significantly to the empowerment of adolescents through accurate information and supportive learning environment.



SWASH PROJECT IN MBARALI

Afyaplus Organization, in partnership with Nawiri Foundation, is implementing a School Water, Sanitation, and Hygiene (SWASH) Project in Miyombweni Ward, Mbarali District. The project aims to support progress toward SDG 6 and SDG 4 by improving access to safe water, sanitation, and hygiene services in four primary schools. Through the rehabilitation and construction of essential WASH infrastructure, the project seeks to enhance student health, promote hygiene practices, and create safe, inclusive, and supportive learning environments for all learners.



Additionally, the project will deliver SWASH (School Water, Sanitation, and Hygiene) education to equip students with essential knowledge on proper hygiene practices, environmental cleanliness, gender equality in WASH, disease prevention, and water conservation. These educational sessions play a crucial role in preventing hygiene-related diseases and ensuring the sustainability of the WASH infrastructure installed in schools.

Magigiwe Primary School

At Magigiwe Primary School, Afyaplus and the Nawiri Foundation focused on improving the school's sanitation and hygiene facilities to enhance student well-being. The school's pit latrines were renovated, ensuring safe and dignified sanitation facilities for both boys and girls. In addition, a changing room and an incinerator were constructed to support menstrual hygiene management, providing a safe and private space for girls. To secure a reliable water supply, a raised platform was built to support a 10,000-liter water tank.



The image above shows the renovated toilet block at Magigiwe Primary School, a key outcome of the SWASH Project in Miyombweni Ward. The facility now includes eight improved pit latrines with separate sections for boys and girls each equipped with a reliable water supply for flushing and personal hygiene.

A significant upgrade in this renovation is the addition of a private, well-equipped changing room for girls, designed to provide a safe and dignified space for managing menstruation during school hours. This room is furnished with running water, soap, and hooks for hanging bags or clothes, creating a comfortable and hygienic environment.



To support proper disposal of menstrual hygiene products, an incinerator has also been installed next to the changing room. This allows for the safe and eco-friendly burning of used sanitary pads, helping to maintain cleanliness and reduce stigma around menstrual health.

These improvements directly contribute to better attendance and participation of girls in school, especially during their menstrual periods, and are a critical step toward achieving inclusive, gender-sensitive WASH services in schools.



The image shows the interior view of the newly renovated toilet facilities at Magigiwe Primary School. The building includes eight pit latrines, with four rooms designated for girls and four for boys. Each toilet room is equipped with a reliable water supply, ensuring improved hygiene and sanitation for all students.

Two handwashing stations, with a total of 16 taps, were installed to promote good hygiene practices among students. Alongside these infrastructure improvements, a SWASH education session was conducted for all 300 students, reinforcing knowledge on proper hygiene and sanitation. These efforts aim to create a sustainable and healthier school environment that enables students to focus on their education without the burden of inadequate WASH facilities.

A tank raiser structure has been constructed at Magigiwe Primary School to support a 10,000-liter water storage tank. This elevated platform ensures the tank is securely positioned at a height that enables reliable gravity-fed water distribution to various points within the school, including toilets, handwashing stations, and the newly added girls' changing room.





The tank provides a sustainable and consistent water supply for both students and school staff, significantly improving access to clean water for drinking, handwashing, and sanitation needs. This infrastructure is crucial in maintaining daily hygiene routines, supporting WASH-related health outcomes, and reducing time spent fetching water during learning hours.

Training of Trainers in SWASH Project in Mbarali DC

As part of this quarter's achievements under the SWASH Project, Afyaplus successfully conducted Community-Based Trainer (CBT) training sessions at Magigiwe Primary School, equipping three CBTs with practical knowledge and facilitation skills. The training focused on key topics essential for improving sanitation and hygiene among students, including proper handwashing, safe water usage, Menstrual Health Hygiene (MHH), and Adolescent Sexual and Reproductive Health and Rights (ASRHR).



Following the training, the CBTs are now scheduled to conduct student sessions twice per week, ensuring consistent engagement and reinforcing learning outcomes. This initiative is a vital part of Afyaplus' continued efforts to empower students with life-saving health knowledge and promote a cleaner, safer, and more supportive school environment. The trained CBTs will play a key role in reaching and educating students, contributing to long-term behavior change and improved well-being at the school level.

Mapogoro B Primary School

At Mapogoro B Primary School, the project aimed on improving water access, addressing a long-standing challenge that had impacted the health and well-being of students. The school, which has a student population of 504 (261 boys and 243 girls), previously relied on a single water tap, making access to safe water highly insufficient. To mitigate this issue, a raised platform was constructed to support two 5,000-liter water tanks. This intervention ensures a more consistent and reliable water supply, helping students maintain better hygiene practices, particularly in handwashing and sanitation.



Mlungu Primary School

At Mlungu Primary School, where a total of 461 students (235 boys and 226 girls) have struggled with inconsistent and expensive water access, the SWASH Project provided a much-needed solution. The school had long been reliant on purchased water for essential activities such as handwashing, drinking, and toilet maintenance. This situation often compromised basic hygiene practices and increased the risk of waterborne diseases. Through the project, a raised platform was constructed to support two 5,000-liter water tanks, ensuring that the school now has a more sustainable and reliable water supply.



Msangaji Mpya Primary School

At Msangaji Mpya Primary School, where 141 students (90 boys and 51 girls) had limited access to safe water, the project worked to improve the availability and reliability of water resources. The inconsistent water supply had previously hindered the school's ability to maintain proper sanitation, making handwashing and other hygiene practices difficult. To address this, the project constructed a raised platform to hold two 5,000-liter water tanks, ensuring a more stable water supply for daily school activities.



Afyaplus, in partnership with Engineers Without Borders (EWB) Michigan State University Chapter, is implementing the Mangalali Water Supply Distribution System Project in Mangalali Village, Iringa, Tanzania. Mangalali currently relies on the Tanangozi water scheme, a system over 60 years old that serves nine villages. Due to population growth and increasing demand, water is available in Mangalali only once a week for just 2–3 hours, either during the day or at night, with significant seasonal fluctuations.

To address these challenges, the project aims to install water distribution stations in schools, health centers, and residential areas, ensuring improved and reliable access to clean water. This project supports Afyaplus' commitment to sustainable WASH (Water, Sanitation, and Hygiene) solutions, strengthening community health, resilience, and advancing progress toward Sustainable Development Goal (SDG) 6: Clean Water and Sanitation.



ACTIVITIES CONDUCTED

Mapping Key water points and coordinates of the existing DANIDA Water station in Mangalali Village

In this quarter, Afyaplus, in collaboration with local leaders from Mangalali Village and the Head of the Department of Environmental Health Sciences at Ruaha Catholic University, carried out a mapping exercise to identify key water points and collect the geographic coordinates of the existing Danida water stations in the village.

These stations are part of the Tanangozi water scheme, a system established over 60 years ago to serve nine villages, with Mangalali located at the farthest end of the distribution line. Over time, population growth and increasing water demand have placed significant strain on the system, making it difficult to ensure a consistent water supply. As a result, Mangalali residents currently receive water only once a week for a limited duration of 2–3 hours, posing serious challenges to their daily lives and wellbeing.



This assessment is a vital step toward identifying practical and sustainable solutions to improve water access in the community. Afyaplus remains committed to advocating for stronger WASH services and continues to engage with relevant stakeholders to ensure that every household has access to safe and reliable water.

Afyaplus is planning to implement a Clean and Safe Water Project in the Dodoma Region, aimed at establishing access points for clean and safe water in public schools. The project seeks to improve the health and well-being of students by reducing waterborne diseases and promoting hygiene practices. The overall goal is to ensure that every child in targeted schools has reliable access to safe drinking water, contributing to a healthier learning environment. This project is generously funded by World Centric.

Baseline assessment on clean and safe drink water in five school from Dodoma region

The Afyaplus Dodoma team conducted an in-depth assessment of the pilot project on Clean and Safe Drinking Water in five schools across Chamwino District. This important phase of the project was carried out in collaboration with engineers from W & E Solutions Ltd, a company specializing in water treatment technologies and installation services. Assessment was further supported by health officials from the Chamwino District, whose input was crucial in aligning the intervention with public health and sanitation standards at the school level. The schools involved in the pilot project include Buigiri Secondary School, Buigiri Primary School, Chamwino Primary School, Chamwino Secondary School, and Uguzi Primary School.



The primary objective of the project is to improve access to safe drinking water by setting up water stations equipped with filtration systems, reliable storage units, and water-saving mechanisms. These systems are designed to ensure sustainable and efficient water use while contributing to better hygiene, health, and learning outcomes for students.

During the assessment phase, the Afyaplus team and its partners visited each school to collect essential data. The assessment examined current water infrastructure, accessibility issues, daily water demand, student population, and existing hygiene practices. The findings revealed that most of the schools face considerable challenges in accessing clean and safe water, often relying on untreated sources that pose risks to students' health. These insights have been instrumental in guiding the design of the appropriate interventions.



The project is currently in the appraisal stage, where data collected is being analyzed to determine the most effective technical solutions tailored to each school's needs. This stage also includes planning the system layout, budgeting, identifying material requirements, and outlining implementation strategies. Consultations with school leadership and local government authorities are ongoing to ensure that the final systems are not only efficient but also community-owned and easy to maintain in the long term.

As part of professional capacity building efforts this quarter, I am pleased to report the successful completion of the Certified Project Officer course this quarter, offered by the Center for Project Innovation (USA) in partnership with Smart Youth Organization. This comprehensive training has significantly enhanced my skills in key areas of project management, including planning, implementation, monitoring, and evaluation. These skills directly support my role in managing AfyaPlus's community-centered programs, helping me to ensure projects are efficiently executed, aligned with organizational goals, and capable of delivering measurable, sustainable outcomes.

CENTER FOR PROJECT INNOVATION

SMART YOUTH | EFFORT FOR ADVANCED COMMUNITY



MS JACQUELINE RAPHAEL

I'm delighted to announce that I've officially kicked off my project course with the Center for Project Innovation today! This amazing opportunity will arm me with key skills in developing projects, leading teams, and finding creative solutions.

As a public health Implementation Science, I will benefit from the course by gaining skills in program design and management, data analysis, health communication, resource allocation, stakeholder collaboration, and innovation. This will strengthen their ability to lead effective public health initiatives, improve program outcomes, and address health challenges in the

Gender-Responsive Budgeting (GRB) and Social Accountability Monitoring (SAM) training

Ms. Debora, the Project Officer at Afyaplus, successfully attended the Gender-Responsive Budgeting (GRB) and Social Accountability Monitoring (SAM) training organized by TEN/MET. The training was insightful and impactful, providing a deep understanding of GRB principles and their application within the education sector. Key modules included gender-responsive budgeting concepts, sector-specific strategies for equitable education financing, budget monitoring, and effective advocacy approaches. The sessions were highly interactive, featuring case studies, group discussions, and collaborative learning activities that enriched participants' perspectives on inclusive policy development.



One of the highlights of the training was the opportunity to engage directly with the Ministry of Education. Participants shared their insights and contributed to policy dialogues aimed at promoting equitable access and quality education for all learners. The training emphasized the importance of social accountability, equipping attendees with the tools to monitor education budgets and advocate for transparent, gender-sensitive financial planning. Ms. Debora's participation not only represented AfyaPlus commitment to advancing educational equity but also strengthened the organization's ability to influence inclusive education policies in Tanzania.

1. Afyaplus implemented the SWASH Project across four primary schools, Magigiwe, Mapogoro B, Mlungu, and Msangaji Mpya, bringing vital WASH infrastructure improvements. Key achievements included renovated toilets, a girls' changing room, incinerator, a 10,000L water tank, and handwashing stations at Magigiwe; and 50,000L water storage systems at Mapogoro B, Mlungu, and Msangaji Mpya. In total, over 1,400 students have directly benefited from improved access to clean water, hygiene, and sanitation facilities, contributing to a healthier and more inclusive school environment.

2. This quarter, Afyaplus expanded the Safe Pad Lab Project to Dodoma Region, reaching 20 schools with training on ASRHR and Menstrual Hygiene Management (MHM). Additionally, 10 schools will receive sewing machines and materials to produce reusable sanitary pads, promoting sustainability and access. This initiative empowers girls through education, practical skills, and improved hygiene, supporting their health, dignity, and school attendance.

3. Afyaplus reached several key milestones through its recent CBT training initiative. A total of 21 new Community-Based Trainers were successfully trained across three regions, including the onboarding of 10 CBTs in the newly established Dodoma office. This marked the operationalization of Dodoma as a new program hub. Additionally, specialized SWASH-focused CBTs were trained, strengthening thematic coverage. All trainers are now equipped to deliver sessions on ASRHR, MHM, and SWASH, significantly enhancing Afyaplus capacity to implement programs at the community level and expanding its regional outreach potential.

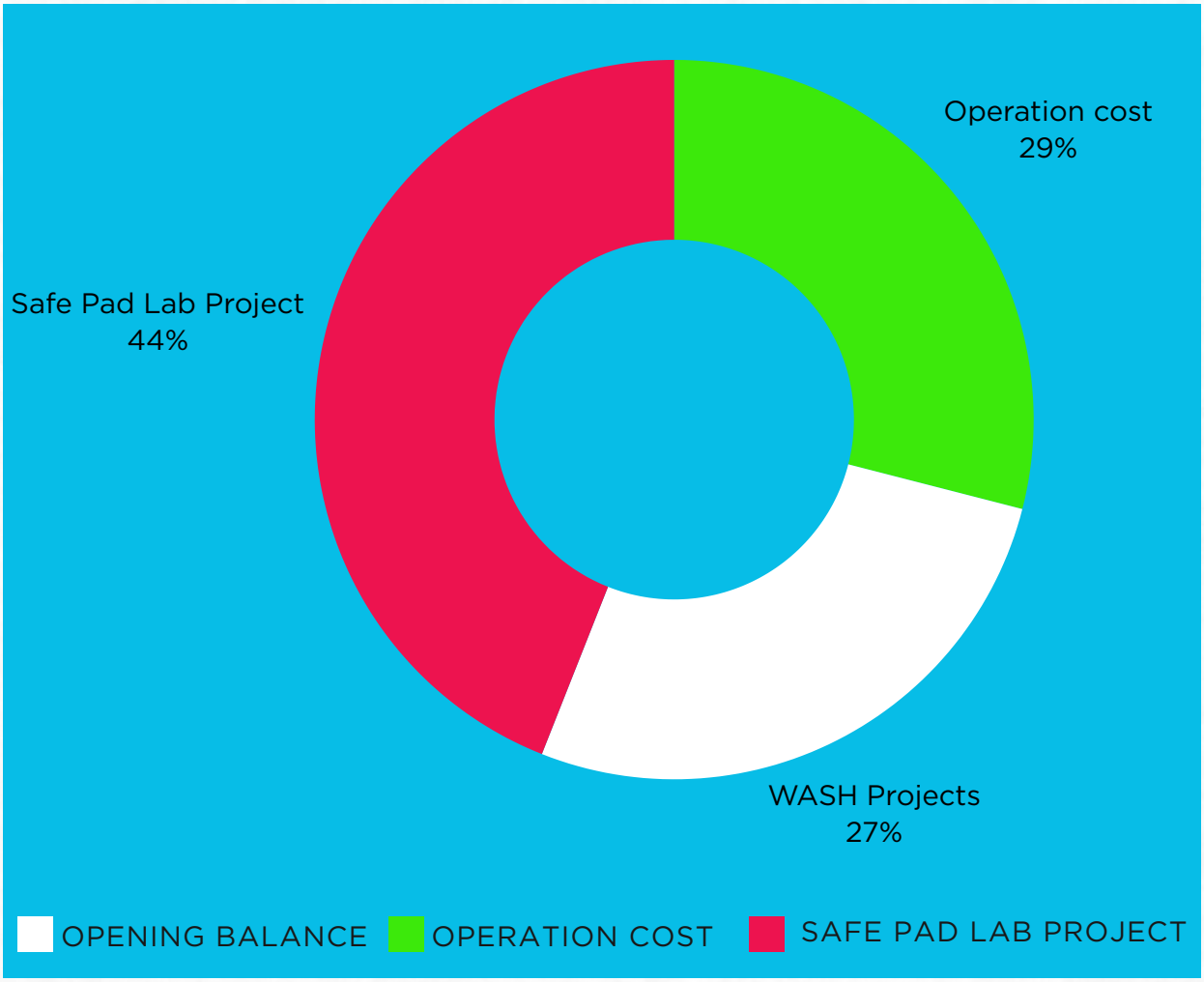


FINANCIAL UPDATES

Opening balance for Afyaplus Organization 2025 Quarter one is **172,000,000 Tsh.**

INCOME	TSH
Fund raised this quarter	

QUARTER ONE EXPSENSES



OUR ESTEEMED DONORS AND PARTNERS

Afyaplus Organization extends its sincere gratitude to our donors, development partners, government institutions, and valued stakeholders. Your steadfast support and generous contributions have been pivotal to our growth and impact, empowering us to continue advancing our mission of serving communities. Thank you for walking with us every step of the way.

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

Seqal Family Foundation

MALALA FUND

Engineers Without Borders USA

GlobalGiving

Nawiri Foundation

WORLD CENTRIC FOR A BETTER WORLD



MORE **ABOUT US**

Office Address
P.O.Box 1562 Gangilonga
Iringa, Tanzania

info@afyaplustz.or.tz

afyaplustanzania

afyaplustz

www.afyaplustz.or.tz