



PGWOCODE
FOUNDATION

Annual Report 2022



**PRACTICES FOR GIRLS AND WOMEN
CAREER DEVELOPMENT
FOUNDATION**

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INTRODUCTION

PRACTICES FOR GIRLS AND WOMEN CAREER DEVELOPMENT (PGWOCADE) was founded in 2015 with the mission to promote girls and women right, as a local Non-Governmental organization operating Tanzania mainland. It was found by a university student as a voluntary movement with the purpose to promote girls education in Sumbawanga through capacity building where her idea came from the education gap in her community where girls education was not a priority instead marriage, through recognize the struggle many girls have she found this organization to create change in her community.

PRACTICES FOR GIRLS AND WOMEN CAREER DEVELOPMENT (PGWOCADE) is a female led organization established in 2015 by 5 members, registered on 16th April 2018 as a Non-Governmental organization with registration number ooNGO/0009617 under NGO Act 2002 with the aim of promoting women and girl's right.

OUR OBJECT

We work to create an equal world which aid girls and women right and promote equality. In all our operations, PGWOCADÉ is guided by the following principles, which shape the internal culture

- **PROMOTE GIRL'S EDUCATION THROUGH COMMUNITY SENSITIZATION AND AWARENESS CREATION ON SIGNIFICANCE OF EDUCATING GIRLS.**
- **TO CREATE COMMUNITY AWARENESS ON DISEASE PREVENTION AND MITIGATION FOR COMMUNITY HEALTH.**
- **ENHANCE GIRL'S EDUCATION CAREERS THROUGH PROMOTING AND ENABLING ACCESS TO EDUCATION OPPORTUNITIES.**
- **TO EMPOWER YOUNG WOMEN IN ECONOMIC DEVELOPMENT THROUGH CAPACITY BUILDING AND ACCESS TO MICRO CREDIT SCHEMES.**
- **TO PROMOTE AND LOBBY INTEGRATION OF GIRLS AND WOMEN EDUCATION AGENDAS ON NATIONAL STRATEGIES, POLICIES, PLANS AND LEGISLATION.**

OUR VISION

To have a society integrating women and young girls in national development agenda.

OUR MISSION

We empower and promote young girls and women in Tanzania, through capacity building in realization of their goals for sustainable development

OUR TARGET

Our target group are adolescent girls, youth and young women between the age of 13-28 years.

OUR FOCUS

GIRL CHILD EDUCATION AND PROTECT

We work to ensure delivery of quality education through improvement of system and social norms that protects and lead girls to meet their dream. We seek to end change all system and social norms that in danger girls safety such as gender based violence and child marriage.

SEXUAL REPRODUIVE HEALTH AND RIGHT (SRHR)

We work to support adolescents girls and young women exert their sexual and reproductive health and rights (SRHR), Which including their rights to make informed decisions about their bodies and have access to friendly sexual and reproductive health services such as access to correct inform, HIV&AIDS, family planning, maternal health. Through strengthening national healthy planning h systems, improving social norms and advocating for policies supportive of services and rights deliver

COMMUNITY HEALTH

We work to support community and health centers on the expansion of health care access for all and conduct research that informs both community, government and private sectors about disease, prevention measures and treatment in relation to community awareness and service delivered . We provide training, leadership development and technical assistance to community and health center staff to support and strengthen health center operation.

WOMEN CAREER AND ECONOMIC DEVELOPMENT

We seek to advance the economic empowerment of women and girls by increasing women capacity, skills development, amplify their voice, increase visibility, increase promotion in different career and take part to lead in decision making to promote gender equality.

MESSAGE FROM OUR EXECUTIVE DIRECTOR

PRACTICES FOR GIRLS AND WOMEN CAREER DEVELOPMENT FOUNDATION since its establishment has committed itself to work towards creating opportunities and untie potential of the adolescent girls and young women around Tanzania mainland.

In the year 2022, we consolidated our past ten 7 years efforts of providing support for adolescent girls and young women to access quality health and education services . In 202 we focused on improving adolescence youth sexual reproductive health services delivery and empowerment.

This has been achieved through strong partnership with government departments, like minded local Organizations, media, Religious, traditional leaders, health centers, health workers, and the local community in the targeted communities.

The title of this Annual Report reflects not only on our work for 2022 but the entrenched future for adolescent girls and young women in the communities being served and beyond.

That is why we have deliberately expanded our work to the 4 districts of Rukwa region to contribute to this momentum in a district which is characterized by high prevalence rate of child marriages, high teenage pregnancies and school dropouts amongst girls, sexual violence and increased rate of new HIV transmission rate.

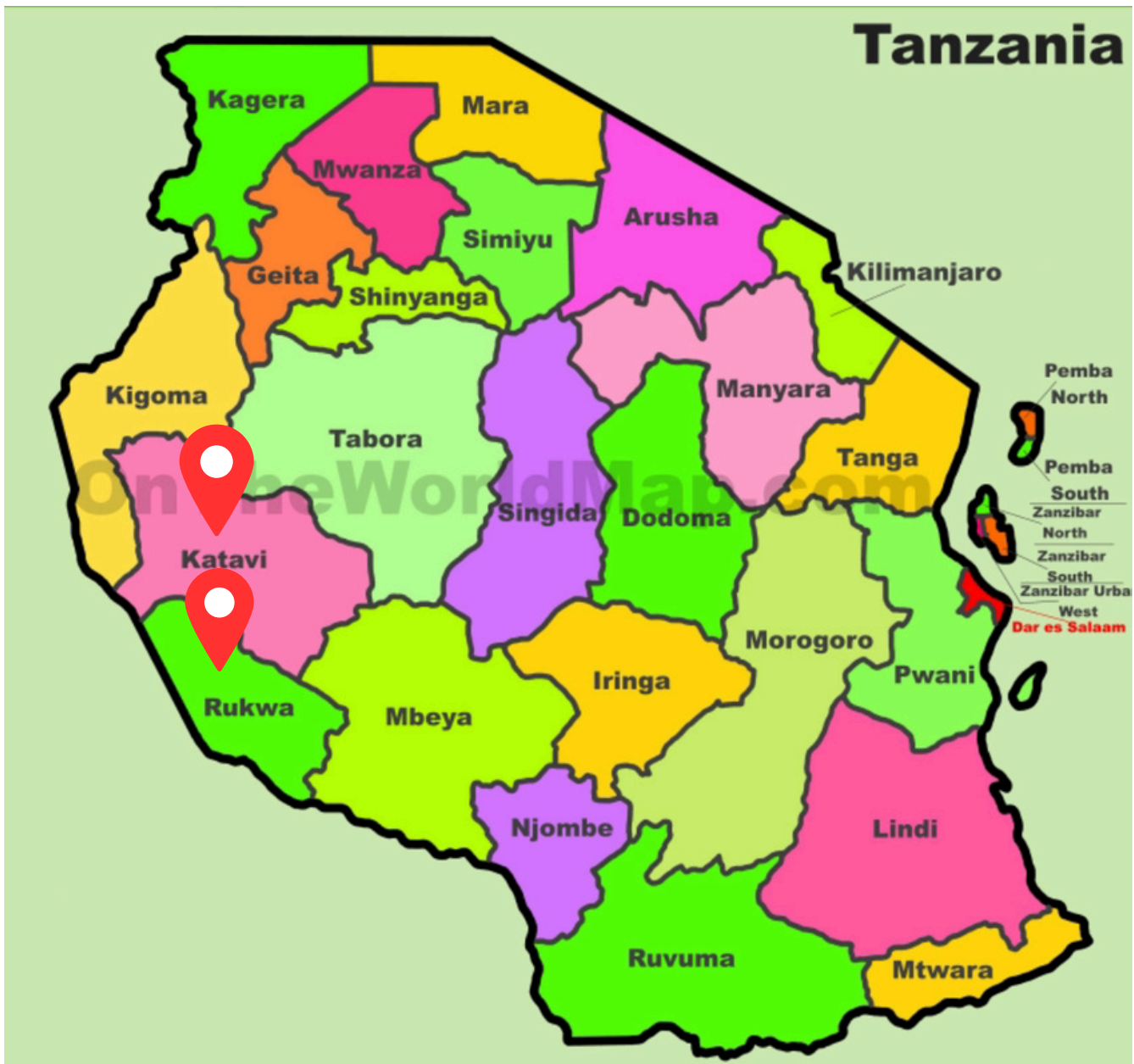
Welcome to red our milestone as we impact women and girls in Tanzania

“



“ We can do a small act of kindness today to creat an equal world, where access to health and education is granted“
Dr. Jackline Tug'ombe
EXECUTIVE DIRECTOR

OUR REACH



Our reach

We currently work in two regions of Tanzania Rukwa and katavi region

AGYW-LEAD PROJECT

AGYW LEAD project was intricately developed with the core purpose of empowering adolescent girls and young women (AGYW) in matters of Sexual and Reproductive Health and Rights (SRHR). The project's objectives were multi-fold: it aimed to amplify the voices of AGYW, particularly in relation to SRHR-friendly services, while also facilitating a comprehensive review and subsequent implementation of clear policies. Furthermore, a crucial component of the initiative was the active involvement of AGYW in decision-making processes, specifically in two districts of Rukwa region, Kalambo and Sumbawanga Village District.

By providing AGYW with the tools to vocalize their needs, the project aspired to address gaps in accessibility and quality of SRHR services. Empowered AGYW could advocate effectively, leading to services that are tailored to their specific requirements. This approach aimed to create a more inclusive and responsive SRHR ecosystem.

A significant highlight was the meticulous evaluation and implementation of policies. By critically assessing existing policies, the project aimed to identify areas for enhancement, ultimately fostering an environment where SRHR services are not only accessible but also adaptable to the unique challenges faced by AGYW.



Adolescent girls attending meetings to amplify voices, enhance policies, and address SRHR gaps for tailored services are fostering an inclusive ecosystem in Rukwa's Kalambo and Sumbawanga Village District.



Adolescent girls are reviewing and discussing their suggestions on the advocacy agenda to promote the friendly reproductive services that were shared during the meeting.

The successful completion of building the capacity of 30 Adolescent Girls and Young Women (AGYW) from two districts in SMART Advocacy and leadership was truly remarkable. This initiative showcased a dedicated effort towards empowering young women and equipping them with the necessary skills to advocate for their rights and take on leadership roles in their communities.

In a world where the voices of marginalized groups often went unheard, providing training and education to AGYW proved to be a critical step towards fostering a more inclusive society. SMART Advocacy, likely standing for Specific, Measurable, Achievable, Relevant, and Time-bound Advocacy, served as a structured framework that enabled these young women to effectively communicate their needs, concerns, and aspirations. Moreover, the leadership component of the training equipped them with the tools to initiate and manage projects, collaborate with others, and drive positive change.

The training's emphasis on AGYW was strategically chosen. The adolescent phase is a critical period of development, and the investment made in their growth during this period has led to enduring positive outcomes. By nurturing their advocacy skills, they were equipped to champion causes that held significance to them, such as education, health, and gender equality. These efforts not only benefited their immediate communities but also contributed to broader societal advancement.

In retrospect, the successful capacity-building endeavor aimed at 30 AGYW from two districts in SMART Advocacy and leadership showcases a steadfast dedication to fostering positive transformation. By arming them with the means to advocate for their rights and assume leadership roles, this initiative established a firm footing for a future marked by empowerment, inclusivity, and fairness.



Stakeholders meeting to build a collaborative effort aimed at improving SRHRS services and policy.

YOUTH FRIENDS PROJECT

The Youth Friends Project was intricately designed to heighten awareness of health-related rights among adolescent girls and women in the Rukwa region. Its primary goal was to empower them with knowledge about sexual and reproductive health rights. Focused on Kalambo district in Rukwa, the project aimed to enhance the availability and quality of friendly sexual and reproductive health services by January 2023. Through workshops and campaigns, the project educated and opened discussions about these rights, dispelling myths and overcoming stigmas. It also collaborated with healthcare providers to improve their understanding and sensitivity to the unique needs of young girls and women.



Davinemary Mandago from Angaza Center demonstrating the use of female condoms during healthcare provider capacity-building training.

The project's timeline, ending in January 2023, added a sense of urgency to its endeavors. By combining education, healthcare enhancement, and community involvement, the Youth Friends Project aimed to create an environment where these individuals could confidently exercise their sexual and reproductive health rights while receiving respectful care.

Key achievements



Enhancing Care for Adolescent Girls and Young Women. Healthcare providers undergo capacity-building training to improve service provision in their centers.

The initiative focused on enhancing the capabilities of 20 healthcare providers to proactively enhance customer care and draw more clients to reproductive health services. The training aimed to bolster understanding and engagement with Adolescent Girls and Young Women (AGYW) at stationed health facilities. This transformational training shifted the mindset of healthcare providers towards a service-oriented approach, fostering positive attitudes when dealing with AGYW seeking care. Providers developed action plans, optimizing service delivery to AGYW, resulting in sustained access to services. Progress has been evident since September 2022. In comparison to the previous months, the number of AGYW seeking Sexual and Reproductive Health and Rights (SRHR) services increased, especially for contraceptives and HIV testing. Facilities now offer female condoms, diverse family planning services, and maintain consistency in HIV testing and counseling. The introduction of client feedback boxes in select health facilities monitors ongoing progress. This initiative has translated into improved client attendance and follow-up, showcasing the positive impact of the capacity-building efforts.



Fostering Stronger Bonds. Adolescent Girls and Young Women (AGYW) bonanza with healthcare providers to strengthen their relationship and promote friendly SRHR services.

The AGYW and health care providers' sport bonanza has been a catalyst for fostering collaboration between 20 health care providers and 55 AGYW, resulting in enriched positive interactions. This event has yielded enhanced partnerships, instilling in AGYW the confidence to actively seek services without the looming shadow of stigma. The sport bonanza has effectively bridged gaps in understanding and demand for health services, erasing the apprehensions around discrimination. AGYW now experience a heightened sense of safety, rendering awareness campaigns more enduring and impactful.

Continued support remains pivotal for sustaining the success of this bonanza across local and select health facilities. It offers youth a platform to engage while accessing a comprehensive range of biomedical, structural, and behavioral services. Healthcare providers play a pivotal role by disseminating information, education, and services during the event, thus nurturing awareness and identification of available services. The commendable outcome is evidenced by the referral of 22 AGYW to health centers for additional care. This collaborative effort ensures the perpetuation of the sports bonanza's impact, effectively executed in two health facilities—Mazwi and Angaza—underscoring its potency in fostering a positive relationship between AGYW and health care providers.

Detailed training on sexual and reproductive health and products, including condoms, pills, implants, and loops, has empowered AGYW to prevent unplanned pregnancies and sexually transmitted diseases like HIV/AIDS. This initiative aims to create a safe youth society, free from street children, early pregnancies, and STDs, thereby strengthening the entire community. The Youth Friend Project bridged a gap by providing accessible and friendly health services, particularly in rural areas, where many girls lacked such resources.



Healthcare providers raising awareness, Sharing available services and information during the AGYW vs. Providers Bonanza - a halftime.

The introduction of a youth "chitchat" became a pivotal platform for AGYW and other youth. This interaction was embraced due to its social nature, allowing them to share health information and engage in meaningful discussions. "Health gossip" was ingeniously integrated into the chitchat, facilitating health-focused conversations. Youth, especially AGYW, began discussing relationship challenges, proper condom use, sexual and reproductive health and rights (SRHR), family planning, and mental health. This innovative approach encourages informed decision-making and empowers youth to lead healthier lives.



Dr. Jackline, PGWOCAD Foundation's Executive Director, facilitating training during the Providers' Capacity Strengthening meeting.

The establishment of a youth-oriented "chitchat" emerged as a transformative platform for both AGYW and other youth. Its adoption was swift, owed to its inherently social character, providing an avenue for sharing health-related information and fostering substantial conversations. A particularly ingenious addition was the integration of "health gossip" into these discussions, ingeniously catalyzing health-centered dialogues. This innovative approach enabled youth, with a special focus on AGYW, to delve into subjects such as navigating relationship complexities, adopting appropriate condom usage, understanding sexual and reproductive health and rights (SRHR), embracing family planning, and promoting mental health awareness.

This holistic and dynamic approach to communication incited informed decision-making processes among the youth, ultimately empowering them to lead lives characterized by improved health and well-being. By facilitating open dialogue on sensitive yet crucial topics, this unique initiative not only facilitated the exchange of knowledge but also emboldened youth to proactively take charge of their health. The "chitchat" concept seamlessly merged with "health gossip," fostering an environment where vital discussions could occur without reservation. As a result, youth, including AGYW, gained valuable insights, enhanced their health literacy, and gained the agency to pursue healthier lifestyles.

Most significance change



The provision of youth-friendly health services has fostered a dynamic environment where open discussions and agreements between youth and healthcare providers are possible. This collaboration ensures the availability of services and promotes sustainability, with both parties advocating for health-seeking behavior among youth. The impact is clear: prior to the project's implementation, 30 AGYW participated in capacity building, and this number grew to 55 AGYW. This expansion directly contributed to an improved health-seeking behavior and utilization of sexual reproductive health services. The project's success is evidenced by the increased number of youth who now receive sexual reproductive services from trained healthcare providers, highlighting the effectiveness of youth-friendly services in promoting better health outcomes.



Healthcare providers engage in active listening during capacity Strengthening meeting.

The transformation in the relationship between sexual health care providers and AGYW is a direct outcome of the sport bonanza initiative. Prior to its implementation, AGYW hesitated to approach health facilities and engage with health care providers. Fear of stigma and discrimination hindered them from openly expressing their needs, preferences, and concerns. This communication gap impeded access to health services without judgement.

The sport bonanza altered this landscape significantly. By creating an interactive platform, it facilitated positive interactions and understanding between AGYW and health care providers. This, in turn, empowered AGYW to confidently seek services while expressing themselves freely. The once daunting prospect of approaching health facilities has now become a more comfortable and convenient process.

Furthermore, the sport bonanza's impact on the communication barrier between AGYW and health care providers has been notable. Healthcare providers are now more attuned to the specific needs of AGYW, leading to a slight but noticeable improvement in the provision of sexual reproductive health services. AGYW can now access services without the fear of judgment, fostering a more conducive environment for open dialogue and comprehensive care. This transformation underscores the crucial role of initiatives like the sport bonanza in promoting positive relationships and improved health care experiences for AGYW.

KEY ADVOCACY PROCESS

The project's advocacy process focused on enhancing service providers' comprehension of AGYW's needs and encouraging them to integrate this understanding while offering services. This goal was accomplished through an intensive capacity-building training for 20 health providers across 10 health facilities. The training aimed to equip these providers with the skills and knowledge required to deliver friendly health services tailored to the specific requirements of AGYW.

This initiative also emphasized the concept of youth-friendly health services, stressing its importance when catering to the unique needs of youth and AGYW seeking healthcare. By fostering a deeper understanding of this concept, the project aimed to ensure that sexual reproductive health services were administered in a manner that was approachable, empathetic, and welcoming for AGYW. The ultimate objective was to amplify the number of AGYW who actively sought health services, thereby enhancing their engagement with healthcare facilities for sexual reproductive health services.



A group photo of participants at the healthcare providers capacity strengthening meeting.

By equipping health providers with the necessary tools and insights, the project aimed to bridge the gap between AGYW and health services, fostering a supportive and inclusive environment that catered to their specific needs.

KEY ADVOCACY PROCESS

The sustainability of the project was achieved through the implementation of the Sport bonanza, which brought together 55 AGYW and 20 health providers. This event played a pivotal role in ensuring the continued success of the initiative. By facilitating open discussions and interactions, the Sport bonanza served as a platform for imparting accurate and comprehensive information regarding sexual reproductive health services.

One of the key outcomes of the Sport bonanza was the establishment of a diverse and meaningful connection between health providers and AGYW. This connection paved the way for ongoing collaboration and understanding between the two groups, fostering a sustainable approach to the provision of sexual reproductive health and rights services.



AGYW vs. healthcare providers friendly match.

KEY ADVOCACY PROCESS



AgywSPORT BONANZA

By engaging in these discussions and interactions, both health providers and AGYW gained insights into each other's perspectives, needs, and challenges. This mutual understanding created a solid foundation for the sustained provision of sexual reproductive health services that were responsive to the specific requirements of AGYW. In essence, the Sport bonanza acted as a bridge that ensured the continued alignment of efforts between health providers and AGYW, contributing to the long-term success and sustainability of the project.

ADVOCACY THEME	TARGETED AUDIENCE	SMART ADVOCACY OBJECTIVES	INDICATOR OF MEASUREME NT	OUTCOMES TO DATE
Strengthening engagement of AGYW and healthcare providers in addressing friendly health services for demanding and sustainable staying on health services among AGYW and youths in Kalambo District	Kalambo District Commissioner Kalambo Health Committee Health Care providers from 10 health facilities AGYW communities	The Kalambo district Commissioner to allocate 0.5% of the district budget to support SRHR service provision. Integrating youth friendly health services available with Sport Bonanza to improve awareness of available health services and enhance demanding of health services among AGYW	● Number of meetings conducted ● Number of engaged in the meetings ● Number of AGYW reached during and after the project period in Kalambo District	The plan to locate budget to support SRHS provision was set and AGYW have been accessing improved youth friendly health services freely though some services are not yet available. Health care providers developed a consolidated friendly health provision action plan to support increasing seeking health services behaviour among AGYW in Kalambo District Engagement of AGYW through Sport Bonanza were selected to be Bonanza Champions to enhance the understanding of AGYW on information and availability of SRHS for AGYW in Kalambo District

CHALLENGES

This we're the challenges or issues you faced during this period

01

challenge

The engagement of health care provider as we need to organize health care providers from those 10 health facilities was very challenging although the challenge was altered by making a communication with medical officer in charge (MOI) who supported in providing contact and permit of the health care service providers for organization of meeting

02

Challenge

Readiness of AGYW to participate in sport bonanza making sure we are creating a sustainable mechanism of service provision. Announcing the reward motivates participants to fully participate, something that spurs most of youth to participate actively and the activity to succeed as expected.

03

Challenge

Fear of taking the reproductive health services at the health facilities providing services AGYW from the health care providers during sport bonanza; this was hotly solved by the staffs to provide the marvellous reproductive health education to AGYW so that to make them aware on the importance of using contraceptives like condoms pills and implant.

LESSON LEARNED

01

AGYW are highly demanding sexual reproductive health education were in the community. In the future we need to ensure that AGYW are included and their ideas are adopted to be able to have a well-coordinated and informed communities to ensure that the sexual reproductive health education provided to the AGYW is consolidated to sustainably meet the requirement of the health care providers to ensure its is sustainable by making sure in every facility there is a youth friendly health services that can accommodate AGYW seeking health services by having a glimpse through looking on the statistical data of the number of AGYW participated provided with the reproductive health services.

02

In providing services we need to ensure good relationship between AGYW and the health care providers is maintained this very important; as it stimulate the friendly environment for the AGYW to attend and enjoy the sexual reproductive health freely and fairly. There is a need to create a sustainable mechanism to ensure that we have high volume of AGYW reached and provided with health services from time to time through a socialization and interactive activities to retain youth health information/services seeking behaviour and support the health care providers to be readily available and mobile in reaching high number of the beneficiaries from the community level where the AGYW are found (in the community).

03

Adolescent Girls and young women are the key figures in the issue of reproductive health services they are mostly affected by patriarchy systems so we need to have women with appropriate information and educate them where necessary and this should go along educating a man to challenge the patriarchy system.

Women are mostly affected by the existing myths and believe and this is added by individual perceptions and remoteness of the communities, accessibility to education and health information has added the challenges to many AGYW. We need intervention that can be able to reach more AGYW especially in remoteness areas because we need to create a conducive environment where they be flexible and open about how they feel and how they want to be treated and be ready to take steps and leading in fighting against sexual transmitted diseases (STDs), HIV, and unplanned pregnancies. Also increase service demanding habit and improve sustainability to those on services available to prevent infection and improve quality of life of AGYW living with HIV/AIDS

RECOMMENDATIONS

The project's objective was specifically tailored for AGYW within the designated geographical area. While progress has been made in increasing their awareness, education, and economic empowerment training, there remains a need to extend these benefits to more individuals who were not initially targeted. To achieve this, an increase in funding is necessary, particularly to reach remote regions. This expansion aims to create a society that comprehends the needs of AGYW and is ready to offer support through awareness campaigns.

Enhancing beneficiaries' and AGYW's acceptance to demand services hinges on improved economic empowerment and development initiatives. Efficient fund disbursement with a clear timeline is essential for timely project implementation, allowing for effective monitoring and progress review. This mechanism aids in making necessary adjustments to ensure activities align with desired outcomes. A comprehensive follow-up plan further strengthens implementation by providing insights into areas needing improvement. Overall, these strategies contribute to maximizing the project's impact and success.

Most reports conclude with a page acknowledging the contributions of the people who worked tirelessly on the projects mentioned within. Below, list down the names of those committed to these projects, such as:



We thank you for your continued support in our efforts to contribute to the PGWOCAD E FOUNDATION vision..

CONTACT US

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