

Wild4Life
Project:
Testimonies
of Hope,
Resilience,
and
Triumphs!"
story on page
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"When I was diagnosed as HIV positive, the high level of stigma and discrimination prevailing in the community, at the time, could have led to my death due to depression. However, being part of the Wild4Life project has turned my life around. People now perceive me differently, even seeking leadership skills and guidance from me! I have a sense of self-worth within the community and among our group members."

**Pretty Masuku: Beneficiary of the Wild4Life Project
in Lupaka**

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Celebrating Impact: Egmont Awards Honour African Changemakers

The Egmont Awards, held annually, honour the exceptional and inspiring narratives of transformation achieved by grassroots Partners operating in East and Southern Africa. This year's ceremony took place at the Royal Institution of Great Britain on March 6th, 2024.

Wild4Life Health, a project under Pangaea Zimbabwe led by Latelang Ndlovu, received the prestigious award for the Best Performing program at the Egmont 2024 Awards.

Latelang highlighted that, *“The award confirms the quality of work done by the Wild4Life team and how the use of program data can impact in change among beneficiaries. It tells that the level of reporting, analysing impact and reaching out to the very needy people in the society is at it prime”*.

Their unwavering dedication and remarkable impact have garnered global recognition, marking a significant milestone in their journey. Serving as an Egmont Partner since 2018, Wild4Life focuses on addressing healthcare challenges in rural northwest Zimbabwe. Their initiatives include enhancing the capabilities of village healthcare workers and establishing local support networks for HIV-positive individuals.

This recognition underscores the profound influence of Wild4Life in enhancing healthcare accessibility for thousands of Zimbabwe's rural populace, breaking barriers of poverty and distance. To learn more about the Wild4Life Health project, visit wild4life-health.

Another notable recipient of the Egmont Awards was the Kwithu Women's Group in Malawi. Anna Msowoya-Keys, the founder, received the Most Inspiring Individual Award for her relentless



Anna Msowoya-Keys and Latelang Ndlovu posing for a photo after receiving their awards.

efforts in mitigating the impact of HIV & AIDS on children in her community in northern Malawi.

The award celebrates Anna's remarkable achievements and her selfless commitment to effecting positive change



Kwithu Women's Group in Malawi.



Latelang Ndlovu receiving an award from Rory the Egmont trustee.



Latelang Ndlovu giving a speech during the Egmont Award Ceremony

**#Wild4Life #EgmontAwards #Proud
#Grateful #Amhlope #Makorokoto**

Pretty Masusku's Journey: Embracing Group Work to Forge Stronger Community Bonds in HIV Treatment



From the left Nomuhle Gola head of programs at Egmont, Latelang Ndlovu, Wild4Life Project Director, Anna Msowoya-Keys, Kwithu Women's Group founder and Jeremy Evans, the Egmont chairman during the question-and-answer session



Pretty Masuku, 65 years, one of the beneficiaries of the Wild4Life project and her husband.

“Being part of the CARG group gave me a sense of belonging, acknowledging that I am not alone in this fight. The group members have been part of my support system, strengthening and encouraging me. I have also adequate time to take care of my other needs instead of thinking about visiting clinic more often as we rotate collecting medicines. We can face the world now, we are unfazed by our status, from the strength we draw from each other, we are equals with everyone. We have accepted our status, and we are no longer worried.

Being part of the group has helped increase awareness in the community that living with is HIV is not the end of life, one can achieve everything they put their mind to. The community now treat us as equal, for we are achieving socio-economically needs that they achieve or even better as a team. We have hope for better future, we can achieve individual and group goals in life.

I live in Lupaka village under chief Mabhikwa, Headman: Ngubo and kraal head Dumisa Msimanga. My spouse being the household head. I live with a total of 5 people in my household; this include my spouse (Mr Stansilus Msimanga) and 4 grandchildren.

My community is situated in the countryside with a dispersed settlement pattern, agro-farming region 4 which is semi-arid, that is accessible by gravel road, about 40km north of Lupane town. We access health services at Lupaka clinic, approximately 5km from my community.

Our community’s livelihood revolves around subsistent farming i.e. cattle, goat and pig breeding; poultry rearing and seasonal cropping (Maize, sorghum, millet, ground and round nuts) and gardening. The area receives low rainfall hence prone to repeated droughts with low yields.

This, therefore, means our sources of livelihoods are always under threat.

We also face challenges of reaching bigger markets when we have surplus from harvest, at the end we sell our product cheaply to the buyers available locally. We also face challenges of reaching bigger markets when we have surplus from harvest, at the end we sell our product cheaply to the buyers available locally. Some families do not have any of the mentioned live stocks, this affects their cropping ability which they resume late in the season when the charitable community members assist after they have completed in their fields. This affects their produce greatly.

I am part of the Community ART refill group (CARG group). [These are small groups of people taking ART medicines in groups instead of individually]. The group was formed firstly in 2018 and we have been taking our medicines as CARGs. We meet monthly, however if there are urgent issues arising, we call for such meeting.



Group of Women during one of the Wild4Life Project Session.

During a regular meeting, we conduct medicine adherence assessment through pill count and encourage each other to religiously take medications as prescribed.

We also evaluate our wellbeing through TB screening and asking each how we are physically and psychologically. If there's any member not feeling well or has TB signs and symptoms, we refer to village health worker or to the clinic.

If we are due for medicine refill, we submit our health cards to the one on duty that round to go and collect resupplies. As we review each other we document in the CARG monitoring and refill form and send to the clinic through village health worker. We encourage each other to have blood checks for viral load. Already all our members have had blood collected for this year.

As a group leader, I have only been trained to guide our group in TB screening, adherence assessments as well as completing monthly monitoring form.

I received advise on the needs to have livelihoods projects that help us financially as a group from W4L staff during trainings. This was part of the economic strengthening initiatives that W4L goes round training people in CARGs and other support groups.

We started a fowl run project. The cost of starting an indigenous chicken project is lower as they can easily be sourced from within the village. It was easier to contribute a hen each and a gallon of sorghum or millet for feed. Hence the cost for setting up was very minimal at individual level for all of us except one, but we were happy to accommodate her without contribution.

Many potential customers now know us, so they also place orders from time to time. Each chicken costs USD\$5. We normally deal with Lupaka restaurant operators.

In general, our customers are walk in clients and restaurants dotted around Lupaka business center. Government employees from schools and health care facilities also buy these chickens from us. We have relish, a source of good nutrition and the project has proved to be a source of unity, and an

economic springboard which will alleviate the effects of poverty, and other social ills. At one time, we sold 16 chicken to purchase maize for mealie meal for group members. We look forward to continuing assisting children going to school paying their fees. We have also undertaken task of ensuring that anyone of us who needs medical attention outside our clinic, we will fund.

As of now, we have funded a member's travel expenses to St Luke's Hospital and treatment after they were diagnosed with TB. In essence working in groups reduces competition and enables us as a community to lean on one another's strengths. I hope for a better healthy future; to be able to take care of my grandchildren. I look forward to a successful project that will impact positively to a wider community and who knows, we may be the reference point for others to come and learn from us."

Empowering Adolescent Girls and Young Women Through Sustainable Initiatives

In the wake of this year's El Niño, Southern African nations, including Malawi, Zambia, and Zimbabwe, are grappling with severe drought. This crisis underscores the urgent need for communities to address the challenges of climate change through sustainable initiatives and projects. In Zimbabwe, where the impacts of drought are keenly felt, it is imperative that communities take proactive measures to mitigate these effects and promote long-term sustainability.

Adolescent Girls and Young Women (AGYW) often bear the brunt of climate-related disasters, facing heightened risks of migration, food insecurity, and exposure to risky behaviours. Scarce resources and limited access to education and healthcare further exacerbate

their vulnerability, leaving them more susceptible to the adverse effects of climate change.

Additionally, climate change exacerbates existing gender inequalities, as AGYW face heightened risks of gender-based violence, exploitation, and displacement. Limited access to reproductive healthcare and education further compounds these challenges, undermining their ability to adapt and thrive in a changing climate.

Amidst the challenges posed by this year's El Niño-induced drought in Southern Africa, AGYW in Zimbabwe's Tsholotsho district are demonstrating resilience through sustainable initiatives.



PZ DREAMS Girl rearing the goats

Under the Determined, Resilient, Empowered, AIDS-Free, Mentored and Safe (DREAMS) program, AGYW at Dugwi safe space is a beacon of hope for the in the community. Pangaea Zimbabwe under the Zimbabwe Partnership to Accelerate AIDS Control (ZimPAAC) Consortium is supporting and empowering AGYW to be resilient through the DREAMS project.

Here, amidst the serene backdrop, a remarkable initiative has taken root – the goat project, which has not only fostered economic independence but has effectively become an initiative that is



The goat project

combating the effects of climate changes among AGYW. Young Sister Mentor (YSM), Programs and SI teams are responsible for supporting AGYW who are carrying out the goat project. Training was facilitated using Standard Operating Procedure document from Agritex and the Veterinary offices in the district to ensure sustainable livestock management.

The following AGYW are the ones in charge of the project: the spirited 19-year-old Phumuzile Moyo, a determined 20-year-old Lindinkosi Moyo, the resilient 23-year-old Nomathemba Tshangu, the steadfast 24-year-old Shelter Sibanda, and the ambitious 19-year-old Nosipho Tshangu.

As part of the goat rearing project, the girls have also started the Lablab Garden. Lablab purpures is a crop used to supplement goat feed. It is a leguminous and a nutritious feed for cattle, sheep and goats. It is a source of protein, zinc among other nutrients. The integration of the Lablab Garden into the project highlights a holistic approach to sustainability. By cultivating Lablab purpures, a nutritious crop used to supplement goat feed, the AGYW contribute to soil fertility and biodiversity conservation while reducing the environmental footprint of livestock farming.



PZ DREAMS girl posing in Lablab garden

As the project expands, with plans for breeding to increase the herd, the AGYW demonstrate a forward-thinking approach to climate-resilient agriculture.



Program Manager and Senior Strategic Information Coordinator discussing with the YSM about the goat project

With 11 goats currently under their care, the AGYW project members harbour hopes of expansion through breeding and pass on

methodology where they will give other AGYW goats to start their own projects. The prospect of increasing their herd filled them with excitement and anticipation, a testament to their commitment to the project's success.



YSM, Senior Strategic Information Coordinator and Primary Counsellor supporting the goat project at Dugwi Safe Space

Their livestock symbolized not just economic prosperity but also resilience and empowerment. This project presents a pathway towards a brighter, more prosperous future and a testament to the power of dedication and willpower to make a difference.

But beyond the tangible outcomes of their project, the AGYW found a deeper sense of fulfilment. As they reflected on their journey, the words of an old proverb echoed in their minds: "The journey of a thousand miles begins with a single step." Each day, they take strides forward, fuelled by their collective determination and unwavering sense of purpose. They appreciate PEPFAR, through CDC for funding economic strengthening interventions as part of the DREAMS program!

**#InvestingInWomen
#Accelerating Progress**

Strengthening Mental Health Initiatives: WHO's mhGAP workshop in Zimbabwe

The global burden of mental health issues is substantial, highlighting a significant gap between urgent needs and available resources. In response, the World Health Organization (WHO) emphasizes the necessity for combined action to alleviate this burden and enhance Member States' capacity to respond effectively.



To address this challenge, the World Health Organization (WHO) has initiated the Mental Health Gap Action Programme (mhGAP), focusing on expanding mental health services, particularly in low and lower-middle-income countries. This program offers a comprehensive range of interventions for prevention and management tailored to priority conditions.

In line with these efforts, Pangaea Zimbabwe's Project Director for the ZimPAAC project, Shamiso Nyakuwa, and Health Program Manager at Wild4Life, Enock Musungwini, participated in

the three-day mental health workshop organized by the Ministry of Health and Child Care (MOHCC) and WHO. The workshop was held in Kadoma from March 5th to 7th, 2024. The primary goal of the workshop was to raise awareness about the mhGAP mental health program and its planned implementation among various stakeholders, including NGOs involved in mental health initiatives and related programs across Zimbabwe.



***Shamiso Nyakuwa and Enock Musungwini
during the workshop***

The workshop attracted participation from key figures such as the Mental Health Manager from MOHCC, as well as provincial mental health officers. Additionally, representatives from organizations such as Friendship Bench, OPHID, ZimTTECH, Pamumvuri, CHAI, Soldarmed, and Grassroots Soccer were also present.

The mhGAP mental health training is tailored for clinicians, aiming to equip them with the skills necessary to manage mental health cases at the facility level, including prescribing relevant medications and reducing the need for referrals to higher levels of care.

The workshop emphasized the importance of building grassroots capacity to effectively address mental health challenges. Successful scale-up requires collaborative efforts from governments, healthcare professionals, civil society, communities, and families. Central to mhGAP is fostering partnerships to enhance mental health services and support networks across Zimbabwe for collective action. It is crucial for all stakeholders to commit to addressing this urgent public health challenge, and the time to act is now.



Group photo of WHO, MOHCC and various stakeholders who attended the workshop

Championing Mental Wellness
Strong Mind, Strong World
Mental Health Matters

Pangaea Zimbabwe's Wild4Life Health Program Fosters Mental Well-being in Communities

In response to the escalating prevalence of mental health issues, community empowerment initiatives have become crucial. From March 18th to 23rd, 2024, Pangaea Zimbabwe's Wild4Life Health Program took proactive steps by organizing a Mental Health Training in Lupane, Zimbabwe organized a Mental Health Training in Lupane, Zimbabwe. This training targeted adolescents and caregivers from Binga, Hwange, and Lupane districts, and conducted in collaboration with the esteemed Friendship Bench Project, renowned for its innovative mental health care approaches.

The training centred on Problem-Solving Therapy (PST) model. This collaboration between Pangaea Zimbabwe's Wild4Life Health Program and the Friendship Bench Project exemplifies the power of partnership in addressing complex societal issues.

By leveraging the expertise of the Friendship Bench Project team and the extensive community outreach network of Pangaea Zimbabwe, this training reached 15 health facilities across the 3 targeted districts, ensuring a wide-reaching impact.

Through engaging workshops, participants were introduced to the principles of Problem-Solving Therapy, equipping them to navigate personal and interpersonal challenges effectively. Tailored sessions addressed the specific needs of adolescents and



One of the training sessions

caregivers, empowering the participants with screening tools they could implement for early intervention within their communities to identify members with red flags and refer for further screening and management by community health workers.

The ripple effects of this Mental Health Training extend far beyond the confines of Lupane. As participants return to their respective communities armed with knowledge and skills, they become catalysts for positive change. By championing mental health awareness and resilience-building initiatives, they play a vital role in shaping healthier and more resilient societies.



Group photo consisting of Wild4Life program team, Friendship Bench trainers and Adolescents and Caregivers

The Mental Health Training organized by Wild4Life Health Program under Pangaea Zimbabwe, in collaboration with the Friendship Bench Project, represents a significant milestone in community-driven mental health care.

By empowering adolescents and caregivers with the tools to address mental health challenges,

this initiative lays the groundwork for a more inclusive and compassionate society. As we continue to navigate the complexities of mental health, let us remain committed to fostering environments where everyone can thrive.

#MentalHealthAwareness

#CommunityEmpowerment

#Wild4LifeHealthProgram

#FriendshipBenchProject #PangaeaZimbabwe



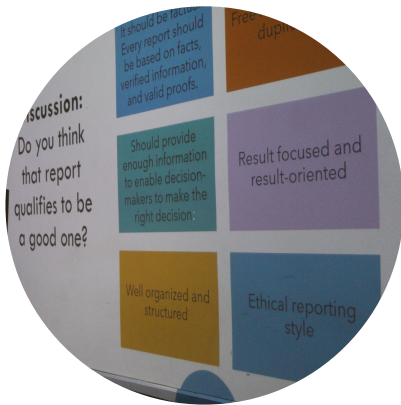
Wild4Life program team members and Friendship Bench trainers

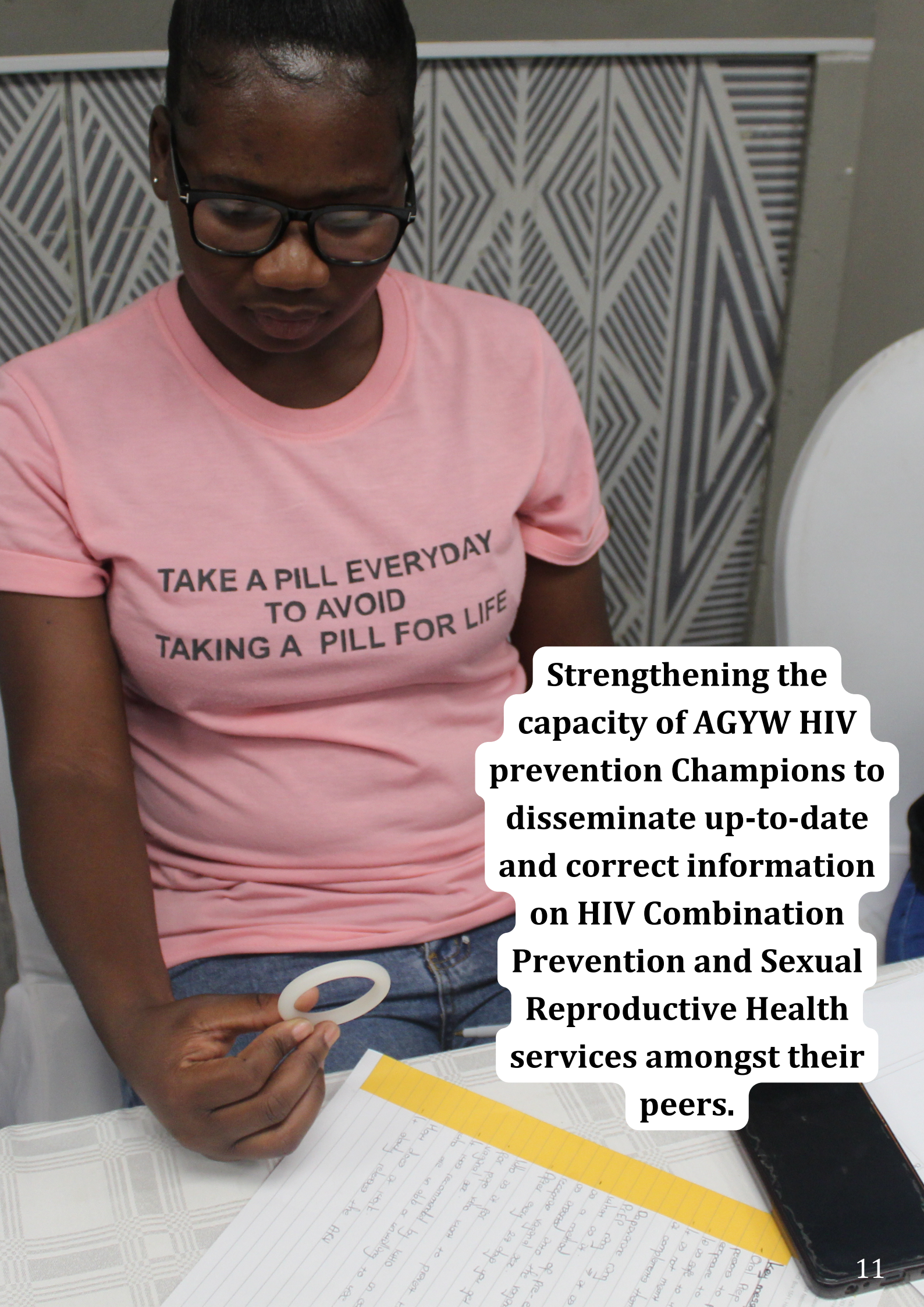
The Elevating AGYW HIV Champions: Empowering Peer Education on HIV Prevention & SRH

The CASPR project conducted an HIV Prevention Champion training to strengthen the capacity of AGYW HIV prevention Champions to disseminate up-to-date and correct information on HIV Combination Prevention and Sexual Reproductive Health services amongst their peers.

Here are the highlights in pictures:







TAKE A PILL EVERYDAY
TO AVOID
TAKING A PILL FOR LIFE

Strengthening the capacity of AGYW HIV prevention Champions to disseminate up-to-date and correct information on HIV Combination Prevention and Sexual Reproductive Health services amongst their peers.



*Pangaea Zimbabwe envisions an
environment in which all human beings
live healthy, productive, and quality lives*

