



**Healthy Shield**  
FOUNDATION

# Annual Report

## 2022

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# Letter from the Director



**Monica Pili Bernard**  
**Founder & Director**

Quality: That's what we aim for. Quality sexual and reproductive health care services translate to better reproductive health outcomes among individuals. For the past two years, we undertook a great review of how we can be of value to our beneficiaries. Today, I am delightful to report that 2022 has been a year of milestones for HESHIF in different ways. Our dedicated staffs seasoned with a multidisciplinary environment have made this possible.

We understand that, when it comes to fund allocation, we have many options to go for. For example, from 2020 to 2022, HESHIF activities were ran by members' annual subscription fees. We did not have enough funding to expand our services. However, volunteerism spirit and collaboration among team members and partners has led us to achieve our yearly objectives. I am grateful for all the HESHIF members and partners who made this possible. Thank you for your generosity.

We continue our practice of offering great services and enhance staff growth in all spheres of life. We seek ways to secure funds to conduct training and allocate resources effectively to improve our services and save lives of the underserved populations. Our social impact model is designed to inspire donors to leverage our capacity to improve reproductive health outcomes by ensuring that each dollar matches the service provided.

Here comes an important question to all of us;

What will it take, beyond community participation and investing on health, to leave no one behind and achieve health equity for all?

As we brainstorm the question, let us put tremendous effort into serving our communities and establishing long and lasting partnerships. Every investment we make for HESHIF is an investment for the future and the nation at large.

Thank you for your continued support in improving sexual and reproductive health outcomes for all.

With Immense gratitude,

Monica Pili Bernard.

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# List of Acronyms

AGYW	Adolescent girls and young women
AIDS	Acquired Immunodeficiency Syndrome
AMREF	Africa Medical and Research Foundation
CEO	Chief Executive Officer
CHWs	Community Health Workers
CSO	Civil Society Organisation
HESHIF	Healthy shield Foundation
HIV	Human Immunodeficiency Virus
M & E	Monitoring and Evaluation
MEL	Monitoring evaluation and Learning
SRH	Sexual and Reproductive Health
SRHR	Sexual and Reproductive Health and Rights
TB	Tuberculosis
WGNRR	Women's Global Network for Reproductive Rights



# Executive Summary

Healthy Shield Foundation (HESHIF) is a National Non- Government Organisation not for profit that was formed in July 2019 to address pressing national health challenges on sexual and reproductive health and rights. The organisation works with existing government structures, communities and partners to ensure equitable and inclusive quality of sexual and reproductive health and rights to adolescent girls, young women and youth in remote Tanzania.

This year's report is the first in the series to document the work that HESHIF has been implementing in Geita region. The report explains about the organisation structure and systems, business model, activities undertaken, challenges and lesson learnt, sustainability of the projects, project environmental impacts, and provides a strategic direction for the year 2023 as captured from the organisations goals and objectives.

The report included descriptive data for the years 2020-2022 which provides a framework to enhance decision making for organisation's growth.

# INTRODUCTION

## Purpose

The purpose of this report is to inform our stakeholders on operational activities and communicate the performance, changes and evolution of activities for evaluation and decision making. The report provides suggestions, recommendations, and actions as well as a strategic growth for the year 2023.

## Our on-going vision:

Since its founding in July 2019, with its head office in Geita region. Healthy Shield Foundation's (HESHIF) has been working towards strengthening the capacity of adolescent girls, young women, people living with disability, and youth by advocating for a comprehensive sexuality education, family planning education, promote and advocate for gender equality and increase the target beneficiary's knowledge to engage in economic activities in order to increase resilience at household level.

## Organisation's objectives:

- Promote sexual and reproductive health care services in the community so to increase knowledge and accessibility of services.
- 2. To facilitate adolescent girls, young women, people living with disability, and youth to engage in economic activities and strengthen their entrepreneurship skills so as to improve livelihood of the community.
- 3. Advocate gender equality so as to increase Power, voice and contribution to the community development.

# OUR STRATEGY

Our connected approach puts young women, adolescent girls, people with disability, and youth at the centre of our services. We prepare individuals for a bright future. This is what motivates us.



SRHR Clinics



Drug shops

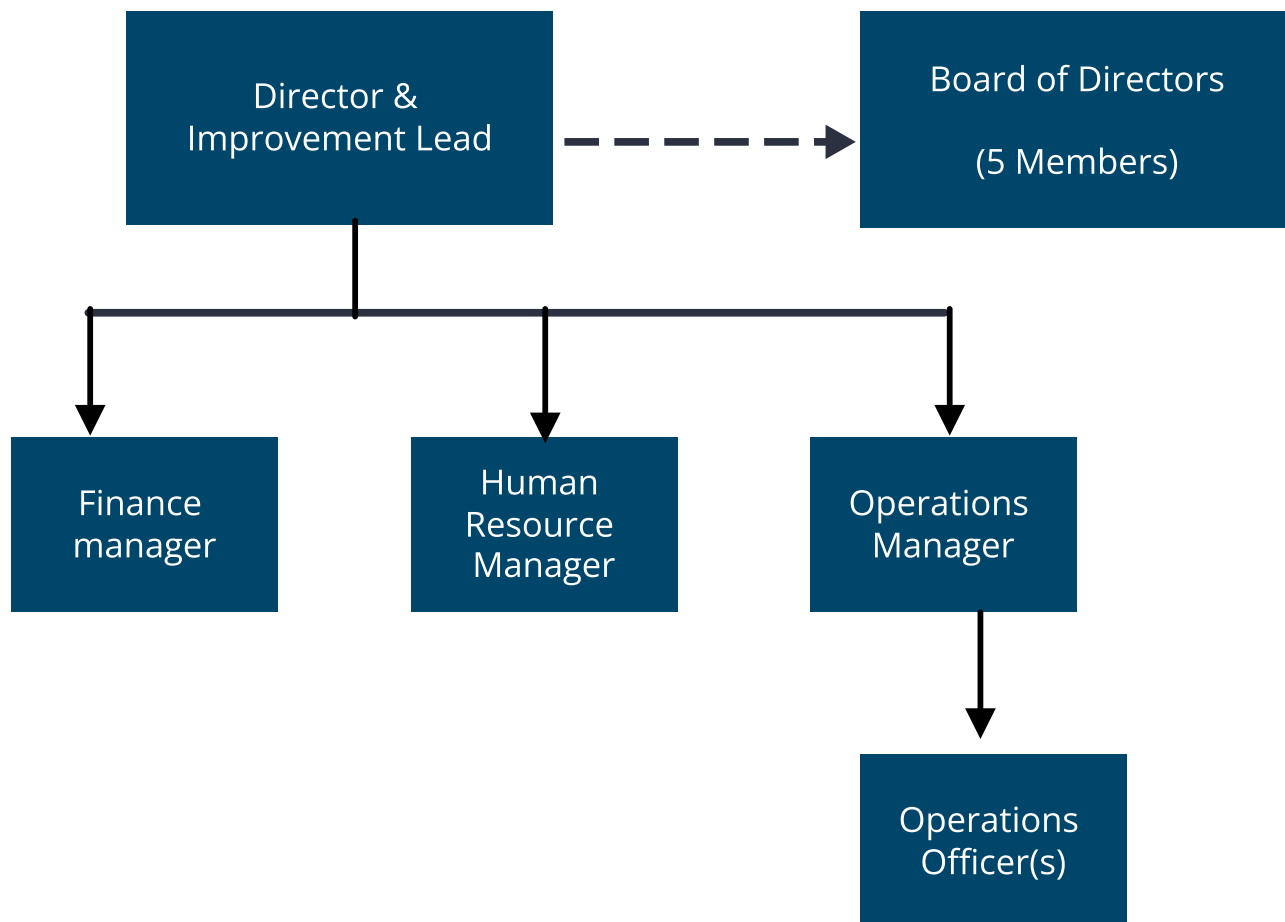


Capacity building

# Management System and Technical capacity

HESHIF has a dedicated team of employees to support implementation of the project's activities. At the Senior Management Level, based in Geita, the Director leads the Operations Manager, Finance Manager, and project officer in providing technical and strategic leadership of the project. At the district level, the Operations Manager and the project officer leads and coordinate the daily execution of project strategies and activities. The Improvement Lead give the necessary support to MLE activities. She supports the ministry of health to ensure all deserving adolescent girls, young women, people living with disability, and youth receive comprehensive sexuality education and family planning services as required.

## Organisation Structure







# Organisation's Systems and internal controls.

The CEO of Healthy Shield Foundation accepts final responsibility for the organisation's risk management and internal control systems. Assessment of risk management and internal system control is conducted by 31<sup>st</sup> December of every year.

The HESHIF management team works transparently in their respective areas of responsibility, producing and sharing the final report with the board of directors for discussion and advice. The HESHIF management team ensure that adequate internal financial and operational control systems are developed and maintained on an ongoing basis to provide reasonable assurance regarding the following:

- The effectiveness and efficiency of operations;
- The safeguarding of the organisation's assets;
- Compliance with applicable laws and regulations.
- The reliability of accounting records.
- Organisation sustainability under normal as well as adverse conditions; and
- Responsible behaviours towards all stakeholders.

Action plans emanated from the assessment to mitigate potential risks are implemented consistently. Moreover, HESHIF implements a crisis management process which forms part of a broader strategy of risk mitigation within the organisation towards ensuring the health and security of staff and the properties for organisation continuity.

# Year-End Highlights

- **Our Social Impact**

Our social impact is measured by an increased number of service users in the community. 60 drug owners and dispensers were trained on how to provide contraception knowledge, products and linkage to SHR clinics to clients who reach for services. 150 CHWs were trained on how to raise awareness on sexual and reproductive health to increase demand for service. Additionally, CHWs were trained on a referral system and keeping record for proper management and decision making. More than 250,000 have being reached with contraception services since 2020.

## Pictorial Illustration



HESHIF is planning to incorporate a digitalised referral system by 2024 for proper data management. This will easy the process for both service bearers and the clients to communication more effective and enhance client care. The digitalised referral system will assist practitioners to communicate evidence-based information on family planning services.

# Year-End Highlights

## 2. Staff Capacity Building

### 2a. Amref – Tanzania Training.

As of 17<sup>th</sup> of February 2022 to 19<sup>th</sup> of February 2022, two HESHIF staffs attended a 3-day capacity building training on advocacy strategy organised by Amref Tanzania under the “AFYA Shirikishi” project. The training aimed to equip CSOs with advocacy strategies on developing an advocacy campaign and mapping stakeholders. HESHIF was one among the eight (8) CSOs from Mwanza and Geita region invited for the training. The training took place in Nyakahoja Catholic Hall in Mwanza region. Milah Joseph and Dr. Wango (PhD) attended the training. The training feedback was shared to the HESHIF team for learning and improvement. HESHIF has developed an advocacy strategy to be adapted in all its family planning projects.

Due to great performance and participation on previous training, HESHIF was invited for a second training organised by Amref Tanzania on developing advocacy campaign strategy for easy communication to different stakeholders. The training took place from 5<sup>th</sup> of May 2022 to 6<sup>th</sup> of May 2022 Mr. Milah Joseph and Ms. Monica Bernard represented HESHIF and the training feedback and report was shared to other team members. HESHIF has managed to develop and organisation advocacy campaign tool that has been adapted in different community projects and supported the lobbying of government structures for decision making and action taking.



# Year-End Highlights

## 2b. Marie Stopes Training



On 30<sup>th</sup> September 2022, HESHIF was invited to attend a one-day training on Tanzanian legal abortion law organised by Maria Stopes. The training took place at Savannah venue in Dodoma city. 14 CSOs attended the training and Milah Joseph, who is a HESHIF staff attended the training. Safe abortion and the Tanzanian abortion law were discussed during the training. A reproductive disease specialist from Morogoro referral hospital elaborated in details the term abortion, types of abortion, difference between safe and unsafe abortion, medical reasons for abortion, negative effects of unsafe abortion and recommendation for safe abortion.

Adv. Walta Julius Carlos from WGNRR elaborated the Tanzanian abortion law. She mentioned that, in Tanzania, safe abortion is allowed however only pregnant women who manifest risks or have medical reasons as suggested by medical practioners are eligible for safe abortion services to save their lives and improve their reproductive health outcomes.

HESHIF was urged to integrate and advocate for safe and legal abortion services in its intervention to prevent maternal deaths resulting from unsafe abortions practices and improve sexual and reproductive health outcomes among women of reproductive age.



# Year-End Highlights

## 3. SRH Advocacy and advocacy campaign

HESHIF Integrated SRH services with TB services by advocating for TB screening in Geita region. HESHIF mobilised its SHR beneficiaries to show up for TB screening. 87 mine workers from Nsangano Gold mine were screened for TB. Three tested positive for TB and were linked to TB clinic at Geita regional referral hospital for confirmation tests and treatment services.

Societal myths about TB illness led some of the miners not to take the TB test. Miners believed that, TB disease is secondary to HIV/AIDS, hence getting a positive result automatically confirms positive for HIV/AIDS.

The majority of the mining population was not reached by the services due to inadequate time and resources. This was a onetime activity.

HESHIF remain committed to improving sexual and reproductive health outcomes focusing on family planing in all spheres of life.



# Year-End Highlights

## 4. Business Development

### 4a. Referral system Establishment

To increase the value of family planning services, HESHIF created a holistic and integrated referral system. The referral system targeted clients who are in need of sexual and reproductive healthcare services including family planning service. Our trained Community Health Workers (CHWs) and peer educators identify clients in their respective communities who need reproductive healthcare services. CHWs link clients to drug shops and sexual and reproductive health clinics for product refill and services. Clients visiting drug shops who need additional contraception services are linked to sexual and reproductive health clinics. This referral system not only offered but also bridge the gap for unmet need for family planning. HESHIF is researching a digitalised referral system for proper management of data and easy communication.



# Year-End Highlights

## 4b. Grant Application

HESHIF has been and is continuing to apply for grants from different donors for business development. The goal is to secure funding to support the Tanzanian government in improving sexual and reproductive health services among the marginalised, underserved, and vulnerable adolescent girls, young women and youth living in remote or hard to reach areas.

Below is the list of donors reached out for funding in the year 2022.



# Year-End Highlights

## 5. Partnerships, collaboration, and Networking

### 5a. The Government

For perceived outstanding performance of the communities, HESHIF collaborated and is continued to work closely with the local government. We have pursued joint objectives on technical support, community coordination, linkage with private sector partnership and networking, and capacity building materials on sexual and reproductive health including family planning methods. Together, our services have reached five (5) wards in Geita town council and two private sectors for collaborations.

### 5b. Private Sector

HESHIF is in conversation with Geita Gold Mining (GGM) and Barack Gold mining. The conversation emphasises on bringing in private sector actors in community projects to improve reproductive health outcomes. This aim to balance the stakeholder engagement among private sectors, the government and HESHIF as civil society organisation. The collaboration will increase resources both financial and in kind to foster implementation of activities in rural communities and save lives of the marginalised individuals.

### 5c. Academic Institutions

On November 2022, HESHIF conducted a meeting with Dr. Ritha Mutagonda from Muhimbili University of Health and Allied Sciences (MUHAS) Tanzania. The meeting aim to bring in research in our family planning implementations to identify the best practice for contraception services in different individuals to communicate evidence-based information and inform policy, practice, advocators and future research. Both parties, MUHAS and HESHIF have agreed that, once we secure funding for project implementation, we will apply for ethical clearance from the Ethical Review Board and start the research.



# Year-End Highlights

## 5d. Non Government Organisation

HESHIF has networked with the following organisations;

1. AMREF Tanzania.
2. Marie Stopes
3. Geita legal Aid
4. Acts Counsellors Tanzania
5. Women Promotion Centre

## 6. Project Reporting

HESHIF have been responsible in submitting quarterly reports to regional community development office as legally directed by the government of Tanzania



# Challenges and Opportunities

## Challenges

Limited projects



Inadequate resources (funding and staff) to run activities



Lack of commitment from one member



Negative beliefs and ideologies on health services provided



## Opportunities

Identify projects that can be implemented at a lower cost.

Continue mobilising resources both cash and inkind

Enroll more members however, trace back past history and performance

Continue to raise awareness to contribute to social behaviour change



## 7. 2023- Strategic goals.

### 7a. Organisation goals

To increase the number of SRH service users in remote areas.

1

Too often, SRH health interventions are not developed with distribution equality or gender equity in mind. There is a significant difference in access to SRH health information, and this disparity has persisted despite the increased dependence on digital devices during the pandemic.

To improve team performance and satisfaction

2

Healthy Shield Foundation (HESHIF) aims to streamline a new design thinking strategy for employees to enhance the meaningful contribution of each staff member to the project.

The plan will focus on personal development by nurturing employees' talents, allowing them to exercise their capabilities within the project, and rewarding small milestones.

To create two new organization partnerships in the project

3

HESHIF recognizes the importance of strategic partnerships in social business for growth. It is hard to provide everything under one roof in advancing intersectional digital sexual and reproductive health services and products. In 2023, we aim to partner with two new organizations that align activities and values with HESHIF. We believe that partnerships will help to fill gaps in internal resources.



# 2023- Strategic goals.

## 7b. Social impact goals

To increase uptake of quality SRH services among, adolescents, young women, and youth by addressing individual, household, institutional and community barriers to care access

To increase the knowledge base for informed decision making and practice SRH healthcare seeking behaviour and self-care behaviour among adolescent girls, young women, and youth.

To enhance a referral system to health facilities by linking pregnant mothers, nursing mothers, and adolescents to nearby sexual and reproductive health facilities for healthcare services



## 7c. Sustainability Plan

We work with existing government structures by integrating trained, equipped, and supported CHWs, sexual and reproductive health clinics, and accredited community pharmacists, ADDO dispensers and owners into the project to sustain Sexual and reproductive health including contraception services beyond grant periods. We create an enabling environment by strengthening the counselling and referral system. The community adolescent girls and young women are trained to support and sustain the project.

We, as the foundation, are always pursuing creative funding. We commit to raising funds annually from donors to support and expand sexual and reproductive health services to other remote areas while continuing to monitor performance in the areas where sexual and reproductive services already exist. Additionally, once the success and magnitude of our project reach the national media, we expect interested funders to contact us about supporting our efforts.

## 7d. Activity environmental Impact

We ensure we do good for our planet. The program manager and program officer work to safeguard that every piece of the printed training materials and IEC materials are stored in cupboards for at least 6 years. Once they are of no use, we employ a proper disposal system for recycling. Plastic water bottles used during the training are collected and taken to a recycling unit to avoid land pollution. All food wastes are collected and disposed off appropriately. We have also considered the Sector Environmental Guidelines (SEGs) <https://www.usaid.gov/environmental-procedures/sectoral-environmental-social-best-practices/sector-environmental-guidelines-resources>.

The HESHIF project environment compliance team follows the environment management and mitigation plan, including indicators and criteria for monitoring their implementation. The team collaborates with government officials from the district level.