

2019

Annual Report



Wandikweza

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MESSAGE FROM THE EXECUTIVE DIRECTOR

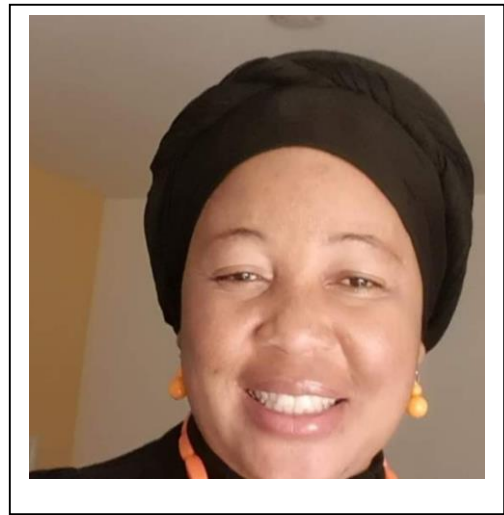
Dear Friends,

At Uplifthealth (Wandikweza) we strive to serve in underserved communities by empowering community health workers to provide quality health care to everyone closer to home. As the new decade dawns, we are so hopeful. Our hope springs from the realization mutual support can empower us to meet even the hardest challenges.

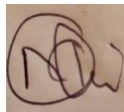
2019 was a master class in hope. With each new challenge/opportunity, partners and friends new and old showed up in huge ways to ensure that our clients weren't standing alone.

The year saw us opening doors to youths by launching our first ever Youth Health Information Center to provide youth friendly reproductive health services to the youths of Traditional Authority Chakhaza, in Dowa district. The center also houses the first community library in the community.

Thank you for making 2019 our best year yet!



Mercy C. Kafotokoza, Executive Director, Uplifthealth (Wandikweza)



INTRODUCTION

Uplifthealth (Wandikweza) engages and builds community-based approaches to addressing health issues, particularly those impacting women, children and girls in the Dowa district of Malawi. Uplifthealth works with community leaders to identify the most pressing health needs in their communities and then support them through trained Community Health Workers, thus complementing the government's efforts to strengthen the country's health system.

COMMUNITY HEALTH WORKERS

Uplifthealth (Wandikweza) trains, equips, supports and supervises 130 Community Health Workers (CHWs) in Traditional Authority Chakhaza, Dowa district. They proactively search for patients through door to door home visits. These community health workers are a bridge between the formal health system and the communities. Our CHWs work hand in hand with government CHWs. They assist in distributing vitamin A supplementation, diagnose and refer malnutrition cases in the community, and mobilize communities to increase vaccine coverage. They carry out home visits before and after birth and have been trained in essential newborn care. They counsel women about family planning and link them to needed supplies. In the last year, we had zero home birth deliveries, zero malaria related deaths in adults and increased the number of women who start antenatal care in the first trimester to 30% from 21% in 2018.



Some of Community Health Workers

TRAINING

CHWs are selected and endorsed by the community. The criteria for selection includes the ability to read and write, activeness in community affairs, particularly health-related activities, and communication skills. They are endorsed by community structures and are known and respected by community members. The CHWs are trained two times a week for nine months, on HIV and AIDS, malaria, tuberculosis, maternal mortality and childhood diseases among others.

EQUIPPING

CHWs are equipped with basic knowledge, and teaching skills and materials involving health education to mothers and babies with malaria, helping tuberculosis patients to take their treatment correctly, educating communities on HIV prevention, family planning, hygiene and nutrition. With this life-saving knowledge, they are able to quickly identify patients within their neighborhoods.



A Community Health Worker administering oral vaccine



Community Health Worker during a home visit



Growth monitoring by a community health worker



A Community Health Worker giving health education

SUPPORT

Uplifthealth (Wandikweza) believes CHWs should be compensated for their efforts. This is done through agriculture and soft loans to start income generating activities. They have group and individual projects.



CHW group farming project – corn field



CHW group farming – groundnut field



CHW farming project – individual field



CHW income generating activity – individual baking project

SUPERVISION

Uplifthealth (Wandikweza) supervises CHWs to improve the quality of service and exchange information. This is done through direct, peer, community and group supervision.

CHWs conduct home visits to access the health of their clients. Each CHW takes care of 15 – 25 households.

COMMUNITY HEALTH OUTREACH

Uplifthealth (Wandikweza) conducts health outreach to villages once a quarter as a strategy to increase access to professional health workers among the underserved populations. Malaria, scabies, pneumonia and ring worms are among the most conditions that were treated in children under five and sexually transmitted infections and non-communicable diseases among the adults.



A doctor examining a baby during an outreach program



Professional health workers during an outreach program



A nurse checking vital signs during an outreach



Clients waiting to see a doctor during an outreach

MATERNAL AND CHILD HEALTH

Uplifthealth (Wandikweza) aims at reducing maternal mortality and morbidity rate at TA Chakhaza by ensuring early antenatal care attendance among pregnancy and facility delivery by skilled personnel. 2,100 visits were conducted with pregnant women and women with new born babies.



CHW conducting a postnatal follow up at home



Home visit with a CHW



Women with their babies during a group nutrition counselling



A CHW administering Depo Provera

TULIA STORY TELLING

In collaboration with Fountain of Hope (an NGO at Dzaleka Refugee Camp) Tulia Story Telling we use creative arts to provide mental health services to the displaced people living at Dzaleka to communicate and share their lived experience. Tulia provides counselling, vocational skills like tailoring, beading and micro loans to the most vulnerable men, women and child headed households. Story telling is the main tool used. Among many activities, Tulia counselors proactively conduct door to door home visits to hear stories and provide counselling in client's households and making referrals to essential services. The project started in August, 2019 and has reached out to 210 people with mental health services. 12 women have joined the tailoring class and will be graduating in February, 2020 to start their own businesses. Post-Traumatic Stress Disorder is the main challenge of the people of Dzaleka.



Tulia Story Telling staff and volunteer counsellors



Tulia Story Telling beneficiaries learning tailoring



Mental health counsellors conducting a community visit



Tulia Story Telling Counsellors

YOUTH HEALTH INFORMATION CENTER

The Youth center is a place where youths build positive lasting changes in their lives through Educational, Creative Expression and Leadership, Health/Wellness and Work preparation services.

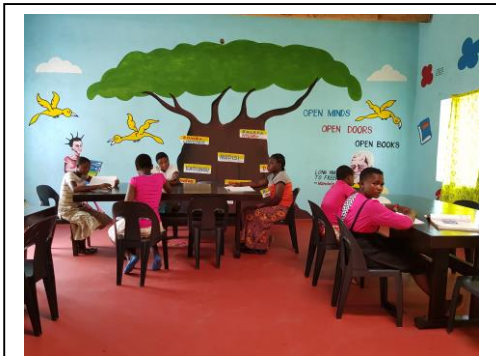
Uplifthealth (Wandikweza) working at reducing unplanned pregnancies among youth aged between 15 – 19 years, increasing positive behaviour/personal and social responsibility. The Center opened on 8th November, 2019 and has reached out to 117 youths with sexual reproductive health services. The Center has a community library that is promoting reading culture among the youths (primary and secondary school students), children and adults. The center has indoor game and health information rooms where youths access HIV counselling and testing, family planning and community case management.



The Children's corner in the library



Ebenezer Community Library



Youths reading from the library



A woman accessing family planning services from the center

WANDIKWEZA (UPLIFT HEALTH) BY NUMBERS



1,242 referrals made to public clinics



9,514 Home visits made



3,670 women accessed family planning services



1,574 people reached with outreach clinic services



130 community health workers deployed



981 cases of malaria, diarrhea, pneumonia treated in under-five children

LOOKING FORWARD

UpliftHealth (Wandikweza) is constructing and furnishing a Maternal Waiting Shelter at Chakhaza Health Center (Government clinic) in 2020 to improve maternal and neonatal outcomes in Traditional Authority Chakhaza, Dowa district.

Introduce salaries for Community Health Workers, currently the CHWs are volunteers. They are incentivized through soft loans and agricultural support.

Construction of Wandikweza Health Center by 2025 to provide quality health care to Dowa district.



Join us in bringing health care closer to the people

Support an outreach clinic

Support the work of Community Health Workers

Support with construction of Uplifthealth (Wandikweza) Health Center

Volunteer and Help Make a Difference

- Volunteer with community health education/outreach clinic
- Volunteer around the youth center at the library and other tasks
- Volunteer in a different way: _____

Please visit our website <http://www.uplifthealthmw.org> to learn more, or send this form by mail to wandikweza@uplifthealthmw.org

Name: _____ **Phone:** _____

Email: _____

We are so grateful to all our partners who made 2019 a wonderful year to us.

Thank you!



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Wandikweza

Connect With Us!

