

ZIMBABWE NATIONAL
FAMILY PLANNING COUNCIL



Family Planning: It's Your Choice

4th
Q
EDITION

16 JANUARY 2023

RESOURCE
CORNER

MAKING
INFORMED
CHOICES

YOUTH
VOICES
MATTER

YOUTH
Magazine



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Family Planning: It's Your Choice

ASRH magazine

VOLUME 1, ISSUE 1

16 JANUARY 2023

OUR SERVICES

- Quality Family Planning
- HTS
- VIAC
- STI screening
- Counselling

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Provincial Manager's acknowledgement

Zimbabwe National Family Planning Council in partnership with a number of stakeholders has transformed the health of men and women of the reproductive age and adolescents and youth through the provision of quality client friendly sexual reproductive health services. Through commitment, diversity and innovation, ZNFPC has managed to service both Matebeleland North and Bulawayo provinces ensuring availability, accessibility and affordability of quality services.

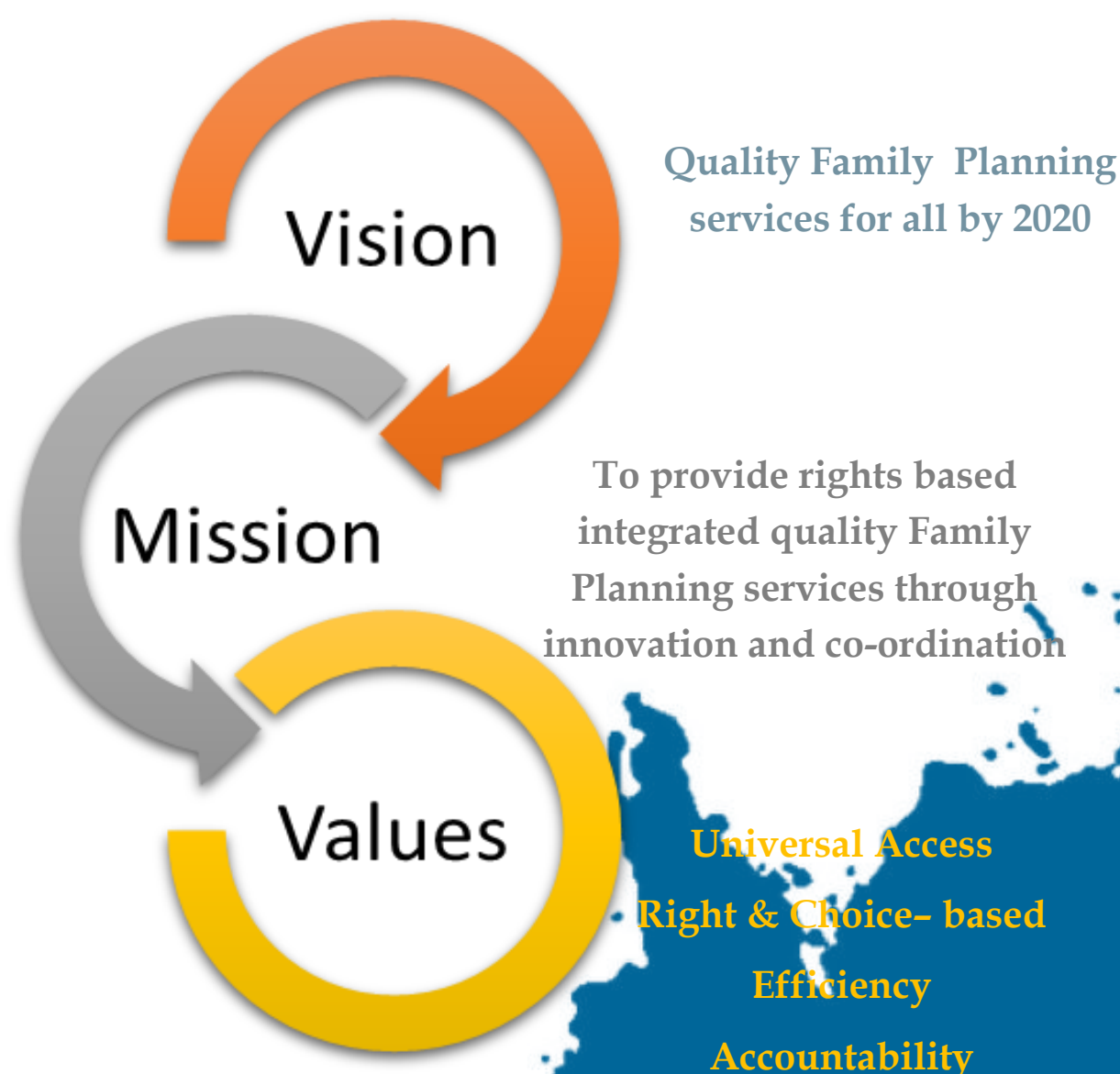
As an organization, we would like to appreciate the partnership and assistance in programming from various stakeholders that has made our services and programs a success. We value all our stakeholders and clients. A lot of appreciation goes to ZNFPC's Board of directors and the Directorate for continued guidance and support. The organization will continue to work hard to fulfill its Mandate, Vision and Mission.

Thank you.

About ZNFPC

ZNFPC is a parastatal under the ministry of child health care and it come through an act of parliament in 1985.

ZNFPC Mat-north Province and Bulawayo Metro Politian Province with its offices in Bulawayo at 88A Lister house. Mat-North has two static clinic which Mpilo and Lister. There are 7 districts in Mat-North where ZNFPC is represented by community health workers known as community based distributors (CBD). There are 2 youth center's in Mat-North and both are in Binga these offer Sexual Reproductive Health information and services to young people. Bulawayo Metro Politian has 4 districts and 29 wards.



Sexual Reproductive Health Mobile Out-reach



“When duty calls we take action”.
Ploughing back to the community has been our true existence as



people are in need of our services.

On the 5th-9th of September ZNFPC and Plan International conducted a 5 day ASRH mobile outreach program for Youth Friendly Services covering Iminyela, Magwegwe, Pumula East, Luveve and Cowdrey park.

Services offered include BP checks, all family planning methods (control, secure, jadelle, depo, Implanon), HTS, psychosocial support, sanitary wear distribution and information dissemination.

Our success stories was inclusion of minority groups (people living with disability and LGBTQI community accessing youth friendly services of Sexual Reproductive Health at a public place

In addition a lady from Pumula removing jadelle after 10 years.

“Helping young people to realize and unleash the potential”.



Resource Corner Establishment

“Young people are not future leaders of tomorrow only”, hence there is a need to focus on the now to prepare them for dear tomorrow.

There is still a paramount gap in rural programming. The mantra of leaving no one behind is just an empty vessel as programmers' are still leaving out marginalized areas. This result to be a thorn in the flesh and creates leakage in programming as targets are not being met.

Our first introductory session on Comprehensive Sexual Education outreach was conducted at Sizalendaba high School. One of peri



urban areas were there is great need of services.

A total of 256 pupils were reached,

there were more females compared to boys. Group sessions were conducted on life skills.

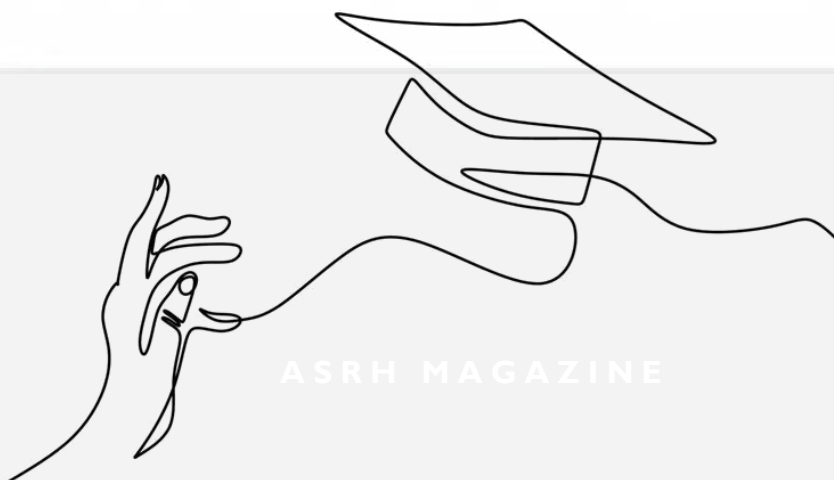
In addition, a total of 3900 condoms were dispensed at targeted hotspots of Robert Sinyoka and Mazwi.

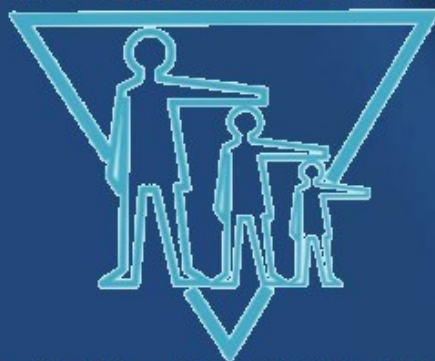
There is great need for empowering peer educators to facilitate resource corners.

We call out for other partners not only to be highly concentrated in urban programming only but consider rural or peri areas.



#Give
education
a
priority





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IT'S YOUR CHOICE

"There's no mistake repeated twice, in fact thus a habit". Make informed
choices about your health.

COMMEMORATION OF WORLD CONTRACEPTIVE DAY

Contraception is not an option only but is a basic health care necessity. Contraception is important. Making contraception available do not lead to promiscuity, but much more is needed than just contraception. On the 14th of October 2022 Zimbabwe National Family Planning Council and its partners commemorated the World Contraception Day at Isilwane Youth Centre. Our objectives were to celebrate the World Contraception Day, to empower the girl child as well as to provide quality family planning services for all.

We celebrate the World Contraception Day in style by having a mixed soccer and netball teams of both boys and girls, focus group discussion were conducted for all teams on Sexual Reproductive Health and were provided with quality family planning services such as HTS, IEC materials and distribution of condoms.

There was exhibition of services offered by different partners such as ZNFPC, AHF, Plan International, Dot Youth, YPN amongst others. A total of 206 people were reached with information, 680 condoms dispensed and 29 people accessed family planning on the day.

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**Don't use
peer
pressure
as an
excuse**

International Day of the Girl Child

When girls are given the opportunity to thrive, not only do their lives change but so do their communities. International Day of the Girl Child is celebrated every year on October 11 to raise awareness about the significance of equal opportunity that must be provided to girls. International Day of the Girl Child 2022 aims to show that girls have more power and potential than the world realizes.

ZNFPC and its partners took time to commemorate the International Day of the Girl Child at Emganwini on the 15th of October 2022. The day commenced with a 4km walkathon, soon after that activities for day were carried out inclusive of Zumba dance with the crowd and girls' soccer tournament was played.

Meanwhile the speech for the day was shared by deputy Mayoress (*Onenhlanhla Nyathi*) from Junior parliament. Solidarity messages followed and were given by partners (Aids Healthcare Foundation, ZNFPC, Dot Youth, Young Peoples Network, Zimbabwe Health Intervention, CESHAR and many others who were present. SRHR services (menstrual hygiene pads, IEC material, HTS, and so forth) were provided to the adolescent girls and community at large.

Musical entertainment was displayed to spice up the event as the magnitudes were engaged and pleased with good quality entertainment making it a memorable one. An estimation of 450+ people were reached through the event.



The PADBANK

**Donate a Pad & help to improve
the menstrual Hygiene of vulnerable
adolescent girls living in marginalized areas**

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For more information & partnership contact or App 0713 595 022



COMMUNITY BASED DISTRIBUTORS

The community Based Distributors (CBD) program is the major programming concept for contraceptive access especially in Rural areas where ZNFPC has no static clinics. With only 26 CBD,s in Mat North and Bulawayo provinces, ZNFPC manages to reach out to more than a 4000 women a month with FP information and services. Youth Friendly Services Provision standards component has improved greatly through this concept and more than 3000 adolescent and youth receive services through our professional CBD,s .

Youth Voice's

Motivational story as a Peer Educator

Peer education has been an eye opener for me. When I was trained to be peer educator by ZNFPC, I have harvested a lot of interesting life fulfilling benefits.

First and foremost, I acquired skills of self reliance such as poultry and fishing as a source of income through youth centre exchange visits with other centres in Zimbabwe.

At my youth centre station (Lusulu) there are many activities that are being runned to keep the centre busy.

Through youth centred approach, I coach a strong soccer team and a small chess club, they are surprisingly doing well and are very competitive.

I facilitate discussion forums with other young people and have further recruited my fellow peers to be peer educators.

Most interesting with the skills I have acquired of good leadership, as young people we have managed to start an organization Youth Action Movement (YAM) which offers the knowledge in all aspect of youth.

Lastly at my centre I have become a good role model who inspires other young people in the community.

Through the positive impact we are making I have witnessed a number of young people joining Peer Education.

Admire Chirumbi.
(Peer Educator).

BREAST CANCER *Awareness*

**Breast Cancer
Awareness is Not
Just a Month.**

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The pink month “Cancer Month” is celebrated every year on October to raise awareness about supporting cancer fighters, admiring the survivors and honoring the taken.

On the 28th of October ZNFPC was invited by Humanitarian Hope International for Breast Cancer Awareness Workshop under the theme “Together we rise”.

Our very own sister Ngwenya facilitated on awareness of breast Cancer, causes of breast Cancer, symptoms of breast cancer, the importance of early cancer detection and timely diagnosis. Practical session on self-breast examination was carried out as comprehensive Breast Cancer Management and Treatment.

Other stakeholders who were present on the day was Cancers Association who shared their line of work as part of the solidarity messages.





**Let's all practice
health seeking
behaviour.**

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Quality Family Planning Service for all



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