

## 1<sup>ST</sup> QUARTERLY NEWSLETTER



**‘Sometimes real superheroes live in the hearts of small children fighting big battles’ \_ Anonymous**

### **Letter from Khanya Africa Team**

*We are happy to share our first newsletter with you. As a dream was turned into reality, Khanya Africa was brought into action. We recently established Khanya Africa in Zimbabwe, with a vision to create a society that is open and supportive of young women and girls mental and sexual health. We would love to share our developments in our journey to creating the change needed.*

## **KEY ACTIVITIES**

### ***1. Field Visit***



In the beginning of January, while planning for what would be our first school workshop, we travelled to a secondary school in Mabika village in Mrewa, Mashonaland East. The visit however was disappointing as we came to a completely abandoned school, no students in sight. This was no doubt the effects brought upon by the COVID pandemic. It forced schools to close down and students having to stay home. Their only means of education taken away from them with no access to internet or 'online' programs. We can only imagine the toll this has taken on the student's

mental health, with school being their source of comfort in some ways, the only place where social interactions help forget the troubles at home. For rural communities, there is a gap that needs to be filled in terms of having resources available to continue with their education and catering for their mental wellness in these times.

### ***2. Mental Wellness Workshop***

We had our very first Mental wellness workshop in Norton, a town located outside of Harare. We



had 14 girls between the ages of nine to twenty as participants in the workshop. This project brought together young girls who were struggling to keep up with the pressures of their daily lives from both the school and homes.

We had an activity where the participants shared what was on their plate, meaning they described what their normal day looks like, what they hated, enjoyed and wished was different about their day. The sessions included topics about team work, support systems, critical thinking and being observant. We ended the day with a conversation on red flags and self-love.

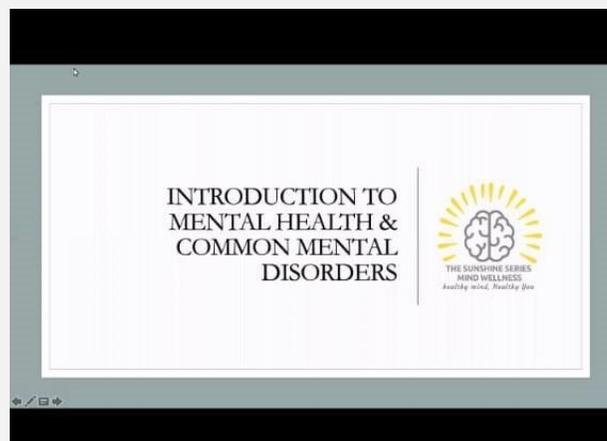
The goal was not only to help them understand how to deal with the challenges and find healthy coping mechanisms, but to allow them to reflect on themselves and be able to be vulnerable with each other. This created a friendship amongst them, being able to recognize how similar their lived experiences and situations were. They were excited to go back into their communities and share their learnings as well as provide each other with peer support.

### **3. Child Rights Coalition**



Khanya Africa was able to integrate and be part of the Child right Coalition whose mission is the promotion and protection of child rights in Zimbabwe through advocacy, public education, capacity building of members and networking. We had the opportunity to attend the 1<sup>st</sup> Quarter Child Rights meeting in February where we discussed the policies and strategic plans on child welfare. The platform gave us the opportunity to network as well as get more understanding on key issues affecting children in Zimbabwe.

### **4. Capacity Building Lay Counselling Training**



Khanya Africa was provided with lay counselling training for 4 of its team members who were interested more in understanding how to be able to offer the adequate support to beneficiaries who seek help. With the training, we are able to go into our different communities and offer support to our peers as well as individuals who would be seeking counselling. We hope that in due time,

we are able to scale up and cover more gaps in terms of access to mental health services in our communities. This training was made possible through the sponsorship and support of Idimma, an NGO in Nigeria that is working towards bringing mental wellness to every community in Nigeria and Africa. [Click here](#) for more info about idimma

### **Success story**

Ruvimbo (name has been changed) is 18 years old, she was able to share her story on the sexual abuse that she experienced. She had never had the opportunity to talk to someone about what she had been going through. After attending the workshop, she has been motivated to not make herself a victim but she also wants to help girls who have been in the similar situations. It is more inspiring to listen to how she is driven and has bold ideas. With her bravery and courage, she will be successful in changing the lives of other girls who need the support.

### **Media**



Sabriye Tenberken, the co-founder of kanthari, wrote a blog about our founder, Miranda Tiri and her journey in the developments of Khanya Africa since arriving back in Zimbabwe from her leadership training in kanthari, India. To read more about the kanthari leadership training programme [click here](#)

## **TO SUPPORT**

There are several ways in which you can contribute towards changing the lives of young women and girls in the rural communities of Zimbabwe. This can be providing services, skills, or donations in kind.

You can reach us at [founder@khanyafrica.org](mailto:founder@khanyafrica.org)

To follow our social media, click on the [icons below](#)





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