

**YOUNG WOMEN'S CHRISTIAN ASSOCIATION  
OF MALAWI  
(YWCA)**

**ANNUAL REPORT 2024**

### **ORGANIZATIONAL PROFILE**

The Young Women's Christian Association of Malawi (YWCA) is an affiliate association of the World YWCA, founded in Malawi in 1998<sup>1</sup> and registered with the NGO Board [*currently NGO Regulatory Authority (NGORA)*] in 2003. YWCA is a women and youth-led, membership-based, non-governmental organization (NGO) dedicated to the empowerment of adolescent girls and young women (AGYW). Our vision is a fully inclusive society where justice, peace, health, human dignity, freedom and care for the environment are promoted and sustained by women's leadership. YWCA recognizes the value of all human beings without distinction of race, nationality, class or religion and seeks to promote understanding and cooperation between people of different ethnicities, races and cultures. Towards this end, YWCAs core values include volunteerism, diversity, tolerance, mutual respect, integrity and accountability.

YWCA is committed to advocacy work centered on uplifting the quality of life of AGYW: to empower them to appraise and articulate their needs and thereafter to demand for services from relevant duty-bearers through meaningful participation in decision-making processes; to empower them to become aware of and enjoy their rights, and to perform their duties as productive citizens; and to develop self-reliance and increase their capacity for self-development through education, skills-development and economic empowerment. While YWCA primarily targets AGYW, the organization includes adolescent boys and young men (ABYM) in all interventions – albeit on a smaller scale – due to the absence of the Young Men's Christian Association (YMCA) in the country.

YWCA in Malawi provides Developmental Assistance in the thematic areas of HIV and Sexual Reproductive Health and Rights (SRHR); Mental Health and Psycho-Social Support (PSS); Child Protection (CP); Gender Based Violence/Ending Violence against Women and Girls (GBV/EVAWG); Political Empowerment of [Young] Women (PEW); Leadership, Governance and Active Citizenship; Education; Economic Empowerment and Self-Reliance (SR); and Early Childhood Development (ECD). Humanitarian assistance is provided through participation in the Protection, Health and Nutrition clusters. YWCA currently offers its services in Blantyre, Chikwawa, Machinga, Mulanje and Zomba districts.

### **KEY ACTIVITIES & OUTPUTS**

In 2024, YWCAs interventions were focused on Leadership, Governance and Active Citizenship; GBV; and HIV & SRHR. These interventions have been documented as follows:

---

<sup>1</sup> 22nd April, 1998 registration number C070/1998

## **DEVELOPMENTAL ASSISTANCE**

### **a. HER Voice Fund**

Project title: **AGYW for Active Citizenship**

Donor: Global Fund through ViiV Healthcare for Positive Action

Principal recipient: Y+ Global

Country Lead: Y+ Malawi

Implementing partner: YWCA

Project location: Blantyre - T/A Machinjiri (*Chilaweni & Mtenje Area Development Committees (ADCs)*)

Targets: Adolescent and Young People (AYP) (70% AGYW: 30% ABYM)

- AYP living with HIV
- AYP with disabilities
- AYP Key populations
- AYP in rural areas
- AYP who inject/use drugs
- AGYW who sell sex
- Pregnant AGYW and young mothers

HER Voice Fund (HVF) is a Global Fund project, funded through ViiV Healthcare-Positive Action and implemented by Y+ Global across 13 priority countries<sup>2</sup>. HER Voice Fund aims at supporting the meaningful engagement and leadership of AGYW and community-based organizations serving AGYW within Global Fund and other related national processes. Since 2020, YWCA has been responsible for implementing HVF annually in Blantyre district through a project titled “AGYW for Active Citizenship”, primarily targeting AGYW from Traditional Authority (T/A) Machinjiri – GVHs Chilaweni, Mtenje and Mwamadi.

The first 4 cycles of AGYW for Active Citizenship (2020-2023), reached at least 2095 beneficiaries; capacitating them to actively participate in local governance processes and to engage local and sub-national duty bearers in advocacy for effective and efficient policy implementation through the provision of adequate key youth-centered services - in order to change their own realities and improve their livelihoods; and also by supporting AGYW - including survivors of GBV, towards self-reliance through continued engagement with local

---

<sup>2</sup> Botswana, Cameroon, Eswatini, Kenya, Lesotho, Malawi, Mozambique, Namibia, South Africa, Tanzania, Uganda, Zambia and Zimbabwe

governance structures for access to economic empowerment programs, social protection and justice services, and Sexual and Reproductive Health (SRH) services.

The fifth cycle of “AGYW for Active Citizenship” is being implemented from June 2024 to December 2026. YWCA aims at strengthening and supporting an AGYW-led movement within T/A Machinjiri in Blantyre district in order to mobilize AGYW as well as AYP in general, to increase their uptake of key health services, while actively engaging duty bearers and stakeholders to improve the delivery of key youth development services in the area. A strong network of AGYW and AYP is being established and supported to articulate their goals and needs for wellbeing and personal development, and they will be supported to engage political leadership – taking advantage of the active elections period in Malawi – as well as key development partners in their localization efforts. They will also be supported to engage traditional leadership and its structures in order to address persistent cultural norms and negative gender attitudes that increase the risk of GBV particularly sexual abuse towards AGYW. The following are some of the key impacts for the past year:

**i) INCREASING ACCESS TO HIV/AIDS & SRH PROGRAMMES FOR AGYW AND ABYM**

YWCA has been successful in engaging both state and non-state health partners as well as key Sexual and Reproductive Health (SRH) service providers in the implementation of HER Voice Fund (HVF) interventions in Blantyre. Stakeholder’s were engaged through a meeting held with the Blantyre District AIDS Coordinating Committee (DACC) on 14th June, 2024. Aside from sharing the next scheduled plans for HVF in Blantyre, deliberations during the advocacy meeting were focused on the feasibility of the ‘key advocacy ask’ i.e. accessibility of SRHR/YFHS services in Youth Development Centres. The TWG members received the concept positively and credited it as an innovative strategy which they feel if implemented correctly will yield positive results in AGYW and ABYM Combination Prevention programming.

The ART, Family Planning (FP), and even Youth Friendly Health Services (YFHS) coordinators (who are all nurse practitioners in health facilities within the district) shared their lived experiences of working with AGYW, highlighting that AGYW do not go to access SRH information and/or services from health facilities until they are already in a compromised situation due to documented structural and behavioural barriers. They proposed that if the concept were to be implemented correctly, they would be able to significantly increase uptake of SRH services amongst youth which they believe would reduce teenage pregnancies drastically.

Additionally, the District Youth Office (DYO) also championed the ‘ask’ highlighting that SRH services are key in youth development and they should be available in spaces which are in fact ‘youth friendly’. However, TWG members also noted that the YDCs are not yet fully available locally, and of those available, some are more sophisticated than others. Therefore, there is a need to engage duty bearers in advocacy efforts towards construction and/or modernization of youth facilities which ideally, should be available within every Area Development Committee (ADC) in the country. In the meantime, the Blantyre Youth Centre was identified as the most ideal for a trial which would provide data/evidence required for policyholders to take action.

YWCA has also supported the capacity building of 20 adolescent and young people (AYP), as well as 8 supervisors, as Youth Community Based Distribution Agents (YCBDAs). The first 2 weeks (10 days) of the training focused on the YCBDAs was held from 9th to 20th September, 2024 at the Limbe Teacher’s Development Centre. Through the DYO, 10 AYP i.e. 7 AGYW; 3 ABYM – were identified from each the Mtenje ADC as well as Chilaweni ADC, through the Mtenje Youth Network and Chilaweni Youth Network respectively. The training itself was managed by the Directorate of Health and Social Services (DHSS) who were responsible for engaging the Ministry of Health (MoH) – Reproductive Health Directorate (RHD).

Following guidelines from RHD, four facilitators were engaged being: The Family Planning (FP) coordinator, the Community Based Distribution Agents (CBDA) coordinator, the Youth Friendly Health Services (YFHS) coordinator – all from Blantyre District Health Office (DHO); and 1 master trainer who was engaged from Chiradzulu DHO i.e. the Community Nursing Officer (CNO). There were two special sessions which were facilitated by the Reproductive Health Officer (who came from RHD in Lilongwe) and the Blantyre District Nursing Officer (DNO).

According to their geographical scope, the YCBDAs have been attached to 4 health facilities being AMECA/Chilaweni Health Centre and South-Lunzu Health Centre for the Chilaweni ADC; and Bangwe Health Centre as well as Limbe Health Centre for the Mtenje ADC. 8 supervisors i.e. 2 from each facility being a nurse and Health Surveillance Assistant (HSA) were also identified by DHSS and trained with the YCBDAs. An extra week (5 days) – which were covered over 3 days – were required specifically for the supervisors, and this training session was held from 14th to 16th October, 2024 at the YWCA secretariat in Blantyre.

## **ii) INCREASING ACCESS TO POLITICAL PARTICIPATION FOR AGYW**

AGYW from both the Mtenje and Chilaweni Area Development Committees were empowered to mobilize their fellow AGYW and AYP through their youth networks and youth structures to participate in the election processes of their ADCs in July 2024. For the Mtenje ADC, there were 3 AYP (2 AGYW, 1 ABYM) who actively contested as representatives for their localities. There were 7 AYP (5 ABYM, 2 AGYW) contesting in the Chilaweni elections. Only 1 AGYW was successful in Mtenje, whereas 2 ABYM and both AGYW were successful in Chilaweni. It is important to note that the AYP who were not successful lost by small margins, and overall, the results were very encouraging to the youth network members – the majority of whom were participating in the local governance elections for the first time.

YWCA has also been active in supporting and empowering the AGYW from both ADCs to engage and mobilize their peers through all networks available to them to participate in the Voter Registration Exercise carried out by the Malawi Electoral Commission (MEC), in preparation for the Malawi Tripartite Elections scheduled to be held on 16th September, 2025. The AYP are being empowered to engage their peers in a series of discussions, in order to identify and articulate key demands necessary for their development within their own localities, including improving access to SRHR information and services for youth. These processes will continue until early 2025, after which, YWCA will support them to engage with political incumbents and hopefuls.

Furthermore, YWCA and the Mtenje AYP were featured in a short documentary focused on efforts in curtailing and/or responding to corruption within their communities. Mtenje was highlighted in particular due to the concerted efforts of the youth network members in engaging their MPs office as well as the Blantyre district council officials in discussions pertaining to MK10,000,000.00 allocated annually in the Constituency Development Fund (CDF) for the development of women and youth. Herewith a link of the documentary [K146 - Citizens against Corruption](#).



### **b. NGO Gender Coordination Network (NGO-GCN)**

Project title: ***Voter Registration Observation Exercise***

Donor: UN Women

Country Lead: NGO-GCN

Implementing partner: YWCA

Project location: Blantyre rural

Targets: Michiru Ward - Mayera Primary School

Bangwe Mtopwa Ward - Namatapa Primary School; Bangwe Clinic

In September, 2024 NGOGCN - during the process of accreditation from the Malawi Electoral Commission (MEC) for election's observation; engaged its membership to nominate volunteers to be accredited as election's observers. YWCA nominated our Project Officer i.e. Ms. Vitumbiko Mkinga, who was successfully accredited as an election's observer under the NGOGCN partnership, and she participated in the observation of the second-phase of the voter registration exercise (from 9th November to 22nd November, 2024) specifically in Blantyre rural.

Of particular importance was the collection of gender and disability disaggregated data, where it was observed that there were higher figures of female registered voters as compared to their male counterparts (at least by 25-30%) across the 3 centres. It was also observed that there were drastically low figures, *if any*, of persons with disabilities (i.e. those with physical and/or visual impairments) who were being supported to participate in the registration exercise.





YWCA  
MALAWI  
by love, serve one another

**MALAWI ELECTORAL COMMISSION**  
**DAILY VOTER REGISTRATION STATISTICS FORM (DRS)**

MEC.REG.006

PHASE NO. \_\_\_\_\_ REGION CODE: 03 REGION NAME: Southern COUNCIL CODE: 32 COUNCIL NAME: Blantyre City CONSTITUENCY CODE: 201 CONSTITUENCY NAME: Blantyre City (General-Population-112)

WARD CODE: 3220103 WARD NAME: Bangwe Chipasa CENTRE CODE: 2010303 CENTRE NAME: Bangwe clinic ground DATE SUBMITTED: \_\_\_\_\_

ERIOD	DATE OF REGISTRATION	NUMBER OF PERSONS REGISTERED		TOTAL NUMBER OF PERSONS REGISTERED	PERSONS WITH PHYSICAL AND VISUAL IMPAIRMENT				TOTAL NUMBER OF PERSONS WITH PHYSICAL AND VISUAL IMPAIRMENT
		MALE	FEMALE		PHYSICAL IMPAIRMENT		VISUAL IMPAIRMENT		
		MALE	FEMALE		MALE	FEMALE	MALE	FEMALE	
Day 1	9/11/24	88	100	188	01	02	00	00	3
Day 2	10/11/24	120	105	225	2	02	00	00	3
Day 3	11/11/24	74	163	237	2	02	00	00	3
Day 4	12/11/24	77	137	214	2	02	00	00	3
Day 5	13/11/24	62	156	218	00	02	00	00	3
Day 6	14/11/24	67	107	174	00	02	00	00	3
Day 7	15/11/24	47	107	154	00	02	00	00	3
Day 8	16/11/24	110	106	216	00	02	00	00	3
Day 9	17/11/24	113	82	195	00	02	00	00	3
Day 10	18/11/24	78	118	196	00	02	00	00	3
Day 11	19/11/24	74	117	191	00	02	00	00	3
Day 12	20/11/24	83	112	195	00	02	00	00	3
Day 13	21/11/24	135	206	341	00	02	00	00	3
Day 14									
GRAND TOTALS									

Name and signature of EMD Operator 1

Name and signature of EMD Operator 2

End of phase statistics here



## **ANNEXES**



**MINISTRY OF HEALTH**

**BLANTYRE DHO**

### **REPORT ON YOUTH CBDA INITIAL TRAINING**



**VENUE:** LIMBE TEACHERS DEVELOPMENT CENTRE - BLANTYRE

**TRAINING DATES:** 9<sup>TH</sup> 20<sup>TH</sup> SEPTEMBER 2024

**SUPPORTED BY:** YWCA YOUNG WOMEN CHRISTIAN ASSOCIATION

## **INTRODUCTION**

Modern family planning methods are very reliable, effective and safe to use to all people of child bearing age including the youths (10–24yrs) as they also indulge in sexual activities. However, access to modern family planning methods has been a challenge to them owing to inadequate providers, shyness and long distances to access modern family planning methods. Most youths find it hard to open up to older providers, living a reserved life which has resulted into adolescent pregnancies, teen mothers, unsafe abortions and more sexually transmitted infections among them.

Blantyre DHO in collaboration with the Reproductive Health Directorate with funding from YWCA organized initial training for *Youth Community Based Distribution Agents (YCBDAs)* as one way of improving availability and access of information regarding family planning to youths. This would foster decision making among youths regarding their sexual and reproductive health and coherently reduce incidences of adolescent pregnancies, unsafe abortion and teen mothers. It would also contribute to increase of Contraceptive Prevalence Rate (CPR) for the district. Much as they would assist all groups of people in their work areas, YWCA project in Blantyre would focus on youths of all age category despite their marital status. Participants to the training were boys and girls 24 in total, from various health centres in Blantyre.

## **YCBDA TRAINING GOAL**

To impart knowledge and skills to Youth CBDAs on how to motivate, distribute modern family planning methods, prevention of sexually transmitted infections including HIV and AIDS to fellow youths, individuals and families.

## **SPECIFIC OBJECTIVES**

- To impart skills in communication and counseling to individuals and couples.
- To equip participants with knowledge on provision of oral contraceptives including emergency contraceptives, male and female condoms as contraceptive methods to clients
- To help participants utilize knowledge, skills and appropriate attitude on how to prevent sexually transmitted infections including HIV and AIDS in their groups, individuals and families.
- To enhance competency of participants in assisting those who are using modern family planning methods according to the Malawi Sexual and reproductive health rights Policy.
- To up-build capacity of participants so they should be able to identify indications for referral

- To demonstrate skills on how to collaborate with other health related structures within the community in order to promote use of modern family planning methods

## **Opening Remarks**

### **1. YWCA Representative**

She welcomed both trainers and participants to the training. She gave a brief background about YWCA project. Among other things, she said the project aims at supporting the health of adolescent girls and young women (AGYW) by ensuring that they realize their life goals. She highlighted that the YCBDAs belong to Ministry of health (MOH) so they should continue working even after YWCA project period.

### **2. The DNMO Blantyre district**

She welcomed participants and facilitators to the training. She expressed gratitude to YWCA for supporting the district with training. She highlighted the importance of the training it had come at a time when occurrence of unwanted pregnancies among adolescent girls and young women was very high in the district. So, she urged the participants to pay total attention to the presentations and make full utilization of the training.

### **3. Mrs. Mary Phiri National Family planning coordinator RHD**

She acknowledged for the financial support from YWCA towards the training. She extended her appreciation to all participants for coming to the training as she knew they had left other equally important things to attend to. She took time explaining why ministry of health has embarked on training youth CBDAs. She encouraged the participants to fully utilize the experienced trainers by asking wherever they needed more clarification. She finished by wishing them a very successful training.

## **TOPICS COVERED**

To achieve competence, participants were taken through the following topics:

- o History of Family Planning in Malawi
- o Benefits of Family Planning (*to the child, mother, father, community and the Nation*)
- o National Sexual Reproductive Health and Rights (SRHR) Policy
- o Needs of young persons/Youths
- o Challenges faced by young people

- o Gender and how it is related to family planning
- o Reproductive organs for males and females, their functions and how they are related to family planning
- o The Menstrual Cycle
- o All modern Family Planning methods in detail
- o Emergency contraceptives and other updates in Family planning
- o Motivation talk (in general and to the youth)
- o Family planning Counseling
- o Health benefit package (HBP)
- o Sanitation and Hygiene
- o Physical changes of both boys and girls
- o Priority health problems affecting the Youths (*STIs, early and unprotected sex, adolescent pregnancies, obstetric fistula, abortion etc*)
- o Logistics (LMIS) - (*tally sheet (form 01G), client FP card, referral form and registers*)
- o Storage guidelines for FP commodities
- o Mapping
- o Developing action plan to be used soon after the training

#### **FACILITATION METHODOLOGY**

- o Group discussions
- o Role plays
- o Field visit
- o Lecturing
- o Demonstrations

#### **FACILITATION MATERIALS USED**

- o Flip charts and markers
- o Power point presentations
- o Masking tapes
- o Samples of modern Family Planning methods
- o Family Planning/ Kulera flip charts

#### **STRENGTHS**

- o Active participation by all participants during class work and practicals
- o Participants demonstrated soberness throughout the training
- o Training venue was very conducive for learning
- o YWCA official was available throughout the training

- o Participants have been provided with materials such as manuals, counseling cards, Ubwino wokhala ndi banja lalingono flipcharts and tally sheets booklets
- o All participants practiced counseling in pairs, outside and within the classroom
- o There was knowledge gain as based on test results (*pre-test, mid-test, tally-sheet and the post- test*)
- o Readily availability of training materials *i.e., flip charts, masking tapes, markers, samples for modern FP methods*
- o Availability of primary and secondary supervisors
- o Collaborative planning and coordination with stakeholder supporting the training
- o All keys topics were covered

### **CHALLENGES**

- o Training logistics were not considerate especially on transport
- o Delayed refreshments caused loss of concentration to participants
- o Allowances were of old rates

### **RECOMMENDATIONS**

- o There is need for the implementation of new rates of allowance with subsequent trainings
- o There is need to deliver refreshments in time during other trainings
- o There is need to consider on allowance for transport

### **FIELD VISIT EXPERIENCE**

We visited CBDA at Chiwembe village under Limbe health centre. Participants had the chance of interacting with clients through counseling and providing family planning methods. Participants managed to provide family planning services to 29 clients, thus: (COCs 3, EC 2, Male condoms 3, Referred for other methods 8, and just counseled 13)

### **CLOSING REMARKS**

#### **The District CBDA focal person Millica**

She expressed appreciation to RHD for their technical support and to YWCA for the financial support. She acknowledged the good work delivered by all facilitators and the good behavior of participants through-out the training. She encouraged the YCBDAs to help their communities on issues relating to SRH. She also encouraged them to always document whatever they have done and report in time to their respective health centers.



### **The District Family Planning Coordinator Tiwonge**

She expressed appreciation to RHD for their technical support and to YWCA for the financial support. She acknowledged the good work delivered by all facilitators. She expressed happiness that Blantyre DHO has increased number of CBDAs. She encouraged the YCBDAs to help their communities on issues relating to SRH. She also encouraged them to always communicate whenever they have issues regarding family planning commodities and other working equipment. She then highlighted on importance of reporting for their work and urged them to always report for work they have performed.

### **YWCA Representative**

He was grateful to all the Trainers for the job well done. He encouraged participants to work hard and that as a project they have expectations to yield through their activities.

*Table A: List of Participants*

<b>No</b>	<b>Name</b>	<b>Position</b>	<b>Health Facility</b>	<b>Phone No</b>
1	Manesi Chanesa	YCBDA	Bangwe	0897723197
2	Faith Mbeye	NURSE	South Lunzu	0882381658
3	Alinafe Mnenula	YCBDA	AMECA	0996495596
4	Clever Chimombo	YCBDA	Bangwe	0885567357
5	Sharon Kauwah	YCBDA	South Lunzu	0990126890
6	Bertha Sambani	YCBDA	South Lunzu	0999054944
7	Petros Katopola	YCBDA	South Lunzu	0992056082
8	Ethel Nantapo	YCBDA	Limbe	0883767986
9	Grecian Ngondoma	YCBDA	Bangwe	0883245436
10	Rose Mazinga	YCBDA	Bangwe	0894375060
11	Shyreen Kadulira	YCBDA	Limbe	0885646010
12	Careen Makumba	YCBDA	Limbe	0887238576
13	Dorothy Chule	YCBDA	AMECA	0888817415
14	Teleza Salijeni	YCBDA	AMECA	0997774324
15	Felix Kankhomo	SHSA	South Lunzu	0999202122
16	Mary Monjeza	NURSE	Limbe	0884674017
17	Eunice Kayira	HSA	Bangwe	0999691265
18	Violet Phiri	NURSE	Bangwe	0999393577
19	Wedson Kenneth	YCBDA	South Lunzu	0981813475
20	Bernadetta Mangwaya	HSA	Limbe	0997188764
21	Janet Jamu	YCBDA	South Lunzu	0984295731
22	Cathy Mdala	YCBDA	South Lunzu	088878185
23	Rashid Ndalama	YCBDA	Limbe	0887025293
24	Jacqueline Kamzimbi	NURSE	AMECA	0888815298
25	Mervis Benjamin	YCBDA	South Lunzu	0880524880
26	Harriet Chipote	YCBDA	Bangwe	0897574058

27	Evance Janah	YCBDA	South Lunzu	0993056421
28	Gift Chisale	HSA	AMECA	0995499246

**Table B: Tests Results**

No.	Name	Pre Test (%)	Mid-test (%)	Tally sheet (%)	Post Test (%)
1	Manesi Chanesa	92	80	60	96
2	Faith Mbeye	88	91	60	100
3	Alinafe Mnenula	92	91	91	100
4	Clever Chimombo	84	83	60	96
5	Sharon Kauwah	92	94	63	100
6	Bertha Sautani	84	76	60	100
7	Petros Katopola	80	85	60	100
8	Ethel Nantapo	80	73	60	88
9	Grecian Ngondoma	88	76	60	100
10	Rose Mazinga	80	85	60	96
11	Shyreen Kadulira	68	82	52	88
12	Careen Makumba	80	82	55	92
13	Dorothy Chule	60	75	50	80
14	Teleza Salijeni	84	85	63	100
15	Felix Kankhomo	96	93	76	92
16	Mary Monjeza	80	97	94	96
17	Eunice Kayira	84	97	68	96
18	Violet Phiri	86	97	60	96
19	Wedson Kenneth	80	91	60	100
20	Bernadetta Mangwaya	92	88	60	88
21	Janet Jamu	72	73	60	84
22	Cathy Mdala	56	79	60	92
23	Rashid Ndalama	80	79	50	92
24	Jacqueline Kamzimbi	84	94	83	96

25	Mervis Benjamin	60	97	60	100
26	Hariet Chipole	92	82	60	92
27	Evance Janah	56	61	68	84
28	Gift Chisale	76	76	50	92

*Pretest scores ranged from 56% - 96%, Mid-test 61% - 97%, Tally sheet 50% - 94% and Post-test ranged from 84% - 100%*

**Table C: Facilitators and Their Contact Numbers**

	<b>NAME</b>	<b>SEX</b>	<b>ADDRESS</b>	<b>CONTACTS</b>
1	Lydia Mpalira	F	MOH Blantyre DHO	0888561156
2	Millica Msumba	F	MOH Blantyre DHO	0884666806
3	Tiwonge Gondwe	F	MOH Blantyre DHO	0999422734
4	Joseph Somanje	M	MOH Chiradzulu DHO	0881925592

## **CONCLUSION**

The report highlights key areas covered during the training, strengths, challenges and the recommendations. Moving forward, we are optimistic that you would take up the suggested action points for the effectiveness of future trainings.



*Mrs. Mary Phiri (National FP coordinator RHD) making opening remarks*



*Youth male CBDA doing counselling*





*Participants doing FP counseling during field visit*



*Counselling client during field visit*





*Participants doing home visit role play*



## **MINISTRY OF HEALTH**

### **BLANTYRE DHO**

#### **REPORT FOR YOUTH CBDA PRIMARY AND SECONDARY SUPERVISORS TRAINING**

**VENUE** : YWCA BLANTYRE OFFICE

**TRAINING DATES** : 14<sup>th</sup> 16<sup>th</sup> OCTOBER 2024

**SUPPORTING PARTNER** : HER VOICE FUND YWCA PROJECT

**REPORTED TO:** RHD

: YWCA

: DHSS Blantyre

: DNMO Blantyre

: FP CORD Blantyre

#### **TRAINERS**

- |                    |  |
|--------------------|--|
| 1. RABECCA SIKWESE | (MOH, FP COORD - BLANTYRE DHO)         |
| 2. LYDIA MPALIRA   | (MOH, BLANTYRE DHO)                    |
| 3. MILLICA MSUMBA  | (MOH, CBDA COORD BLANTYRE DHO)         |
| 4. JOSEPH SOMANJE  | (MOH, MASTER TRAINER - CHIRADZULU DHO) |

## **INTRODUCTION**

Modern family planning methods are very reliable, effective and safe to use to all people of child bearing age including the youths (10–24yrs) as they also indulge in sexual activities. However, access to modern family planning methods has been a challenge to them owing to inadequate providers, shyness and long distances to access modern family planning methods. Most youths find it hard to open up to older providers, living a reserved life which has resulted into adolescent pregnancies, teen mothers, unsafe abortions and more sexually transmitted infections among them.

Blantyre DHO in collaboration with the Reproductive Health Department (RHD) with financial support from YWCA conducted a training of *‘Primary and Secondary Youth Community Based Distribution Agents (YCBDAs supervisors)’* from 14<sup>th</sup> October to 16<sup>th</sup> October 2024 as one way of improving availability and access of modern FP methods to youths, as well as enhancing smooth implementation of the program in the district. There were 8 participants drawn from various facilities within Blantyre DHO

## **BROAD OBJECTIVE**

To impart knowledge and skills on YCBDA supervision, monitoring and evaluation of FP services provided by Youth CBDAs.

## **SPECIFIC OBJECTIVES**

- o To equip participants with knowledge on modern family planning methods
- o To provide knowledge and skills on YCBDA supervision
- o To enable participants, acquire knowledge and skills on how to effectively monitor and evaluate FP services provided by YCBDAs at community level
- o To reinforce participants knowledge on modern FP methods, record keeping and Counseling skills
- o To reinforce counseling skills of primary and secondary supervisors so that they support well in areas of counseling

## **PARTICIPANTS EXPECTATIONS**

- o To acquire knowledge in modern family planning methods
- o Know more about youth CBDAs
- o Friendly facilitators

## **TOPICS COVERED**

To achieve competence, participants were taken through the following topics:

- ✓ History of Family Planning in Malawi
- ✓ National Sexual Reproductive Health and Rights (SRHR) Policy
- ✓ Reproductive organs for males and females and they are related to family planning
- ✓ The Menstrual Cycle
- ✓ All modern Family Planning methods in detail
- ✓ Family planning counseling
- ✓ Supervision types of supervision
- ✓ Roles of primary and secondary supervisors
- ✓ Principles for CBDA primary supervision
- ✓ Monitoring and evaluation
- ✓ Logistics (LMIS) *(including tally sheet (form 01G) and registers*
- ✓ Three-week work plan

## **TEACHING METHODOLOGY**

- o Group discussions
- o Lecturing
- o Demonstration
- o Role plays

## **TEACHING AIDS USED**

- o Flip charts and markers
- o Masking tapes
- o Samples of modern Family Planning methods
- o Family Planning/ Kulera flip charts

## **TRAINING EVALUATION**

### **STRENGTHS**

- All objectives were achieved, i.e., we covered all modern family planning methods, YCBDA supervision, how to monitor and evaluate community FP services.
- Active participation by all participants
- All invited participants came and were available during all the training days
- Participants demonstrated soberness throughout the training

- Partner representative was available throughout the training
- Dedicated Trainers and well conversant with their work
- Adequate training materials

## **CHALLENGES**

- Subsistence allowances were of old rates
- Participants had no chance to go to the field to learn from other supervisors.

## **RECOMMENDATIONS**

- There is need to provide new rates of subsistence allowances

## **CLOSING REMARKS**

### ***Class president***

He expressed appreciation to YWCA for supporting the training. He appreciated the facilitators for their friendliness and the way they delivered FP content. He urged fellow participants to fully support YCBDAs. He requested for continuous support in the following areas

- Stationery for CBDAs (tally sheets, pens, plain papers)
- Backpacks
- Supervision from the district, partners and national level supervisors
- Review meetings where to share experiences
- Periodic refresher training
- Availability of family planning commodities

### ***Facilitators` Representative Joseph Somanje***

He expressed appreciation to participants for the active participation and good behavior demonstrated throughout the training. He urged participants to listen to YCBDA concerns, support them in areas of supervision, attend to clients sent to them by YCBDAs and make sure that they have FP commodities and other working materials all the time. He finished by wishing them safe travel back to their work places.

### ***The District CBDA Coordinator Millica Msumba***

She appreciated participants for the good behavior. She appreciated for the good work by Facilitators and expressed gratitude to YWCA for acknowledging the need to train primary and secondary supervisors for YCBDAs. She encouraged the supervisors to provide supportive supervision to the newly trained YCBDAs. She assured them that the district health office (DHO) would always be available for their support. She then requested YWCA to provide necessary working materials to all YCBDAs and primary supervisors (*back packs, drug boxes, rain suits, umbrellas, gumboots and bicycles*)



### **YWCA Representative**

She was grateful to all the Trainers for the job well done. She encouraged participants to work hard and that as a project they have expectations to yield through their activities.

*Table A: List of participants*

No	Name	Position	Health Facility	Phone No
1	Faith Mbeye	Nurse	South Lunzu	0882381658
2	Felix Kankhomo	SHSA	South Lunzu	0999202122
3	Mary Monjeza	Nurse	Limbe	0884674017
4	Eunice Kayira	HSA	Bangwe	0999691265
5	Violet Phiri	Nurse	Bangwe	0999393577
6	Bernadetta Mangwaya	HSA	Limbe	0997188764
7	Jacqueline Kamzimbi	Nurse	AMECA	0888815298
8	Gift Chisale	HSA	AMECA	0995499246

*Table B: Test results*

No.	Name	Pre Test (%)	Mid-test (%)	Tally sheet (%)	Post Test (%)
1	Faith Mbeye	88	91	60	100
2	Felix Kankhomo	96	93	76	92
3	Mary Monjeza	80	97	94	96
4	Eunice Kayira	84	97	68	96
5	Violet Phiri	86	97	60	96
6	Bernadetta Mangwaya	92	88	60	88
7	Jacqueline Kamzimbi	84	94	83	96
8	Gift Chisale	76	76	50	92

*Pretest scores ranged from 76% - 96%, Mid-test 76% - 97%, Tally sheet 50% - 94% and Post-test ranged from 88% - 100%*

*Table C: Facilitators and their contacts*

	NAME	SEX	ADDRESS	CONTACTS
1	Lydia Mpalira	F	MOH Blantyre DHO	0888561156
2	Millica Msumba	F	MOH Blantyre DHO	0884666806
3	Rabecca Sikwese	F	MOH Blantyre DHO	0999227724

**Conclusion**

We express gratitude to YWCA for supporting the training. Primary and secondary supervisors are very instrumental in CBDA program. They provide immediate supervision and facilitate availability of FP commodities to CBDAs. They are the readily available support for CBDAs. It is our hope that YWCA will continue supporting YCBDAs and their supervisors with working materials, supervision, review meetings and mentorship sessions.



*Participant delivering a presentation during class session*

*Submitted by Millica Msumba Kalolo*