

## Tanzania Health Promotion Support (THPS)

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She explained that self-awareness is the ability to tune in to one's feelings, thoughts, and actions, helping individuals to understand their individuality, core purpose, and values, and how it might enhance or limit people's relationships with others.

Ms. Sinare spoke passionately about the importance of understanding oneself and how it affects relationships with others. The teams listened intently, absorbing every word as they reflected on their own self-awareness and its impact on their leadership roles.

Throughout the day, the teams participated in a series of assignments and team-building activities designed to enhance their leadership skills and foster a sense of unity.

From self-awareness to problem-solving exercises, each challenge brought the teams closer together, reinforcing the importance of teamwork and collaboration.

## THPS Throws a Retreat for Its Staff in Leadership Positions

The THPS leadership teams participated in a three-day retreat at the White Sands Resort in Dar es Salaam from February 28th to March 1st, 2024. The retreat aimed to reinvigorate and strengthen their leadership skills, enabling them to lead THPS towards success through innovation and hard work.

During the retreat, the teams had the opportunity to reflect on THPS's past achievements and project those successes into a shared future. The focus was on driving results and making a positive impact on healthcare delivery in the country.

The retreat was full of enrichment and fun activities. It started with a session on self-awareness and its impact on others, presented by the lead facilitator, Ms. Zuhura Sinare from Impact Leadership Academy.





The second day focused on managing emotions and strengthening emotional intelligence (EI) in teams. The participants discussed how EI helps to build relationships, reduce team stress, defuse conflict, and improve job satisfaction.

"EI impacts the way we do things, including the way we relate to others and make decisions," said Ms. Sinare.

The final day saw Ms. Sinare rounding off the

retreat by discussing how to create a positive work environment and ensure psychological safety.

As the retreat drew to a close, the teams felt a renewed sense of purpose and determination. They had bonded as a cohesive unit, armed with the knowledge and skills needed to lead THPS to new heights of success.

The retreat had revitalized their leadership skills, strengthened their bonds, and set them on a path towards success. It had offered the participants an opportunity to creatively draw up plans, renewing the drive to pursue THPS's values, mission, and vision.

Anderson Nollo, THPS Senior Internal Compliance Manager, said, "We relaxed, rejuvenated, and envisioned the future of THPS during those three days at the comfy and stunning White Sands Beach Resort."

THPS Executive Director, Dr. Redempta Mbatia, praised the staff for attending the event and encouraged them to continue working hard to achieve the organization's targets.



"We have learned new leadership skills that will enable us to grow, strengthen the teams we lead, and manage emotions for a thriving THPS. THPS will continue doing what it does with innovative contributions from you and your teams."

In his closing remarks, George Anatory, THPS Chief Operations Officer, said the retreat was a great success and that it not only sharpened the organization's focus but also clarified THPS's priorities and boosted team building among staff.

"We remain committed to continuing our investment in staff development initiatives, as we firmly believe that staff is the most valuable resource of THPS."



# THPS Sets Aside TZS3.9 billion For Various HIV And TB Interventions in Shinyanga Region

THPS has allocated TZS 3.9 billion to provide HIV and TB prevention, treatment, and care services in the Shinyanga region under the Afya Hatua Project, funded by the U.S. President's Emergency Plan for AIDS Relief (PEPFAR) through the U.S. Centers for Disease Control and Prevention (CDC), in the 2023/2024 financial year.

George Anatory, THPS Chief Operations Officer, announced this recently at Bulungwa Health Centre during the handover of the refurbished care and treatment (CTC) building, assorted medical equipment, and furniture to Ushetu District Council.

The budget includes TZS 731 million to support HIV and TB interventions in the Ushetu District Council alone.



The Bulungwa CTC building refurbishment, procurement of furniture and medical equipment which include laboratory refrigerators and Cryotherapy Machines for cervical cancer prevention, costed TZS768 million.

The newly refurbished building is expected to provide an improved environment for the provision of care and treatment services, leading to an increase in the number of people receiving services at the facility.

Ms. Hadija Mohamed Kabojela, Ushetu District Executive Director, officiated the handover ceremony, which was witnessed by Dr Daniel Magesa from CDC, Shinyanga Regional Medical Officer, Ushetu District Medical Officer, Bulungwa Health Centre staff, THPS staff, and local community members.

Ms. Kabojela said, "I would like to express my gratitude for the generous support of the U.S. government through CDC and THPS, towards HIV epidemic control and saving lives in the Ushetu District Council."

She pledged to maintain the necessary cooperation with CDC and THPS to continue the fight against HIV and AIDS.

Mr. Anatory praised the government for implementing effective policies that promote national and international collaboration in providing quality healthcare services.

"If it weren't for the sound policies of the government, we wouldn't even get this funding", he said.



On his part, Dr. Daniel Magesa, speaking at the event on behalf of the CDC Country Director and the American Ambassador, said that the U.S. government acknowledges and congratulates the Ministry of Health, President's Office - Regional Administration and Local Government Authority (PORALG), regional officials, local government authorities, and non-governmental and civil society organizations for their commitment to improving health outcomes in Tanzania.

"Collaboration and partnership for HIV and AIDS prevention, care, and treatment is crucial to strengthen the delivery of quality HIV health services", said Dr Magesa.

THPS supports 92 health facilities that serve over 69,000 recipients of treatment and care services. In Ushetu District Council, besides supporting 20 health facilities to provide HIV prevention, treatment, and care services, THPS has employed 75 people of various health cadres, including statisticians in all those facilities.

Bulungwa Health Center serves as a hub within the Ushetu District Council for the transportation of samples for viral load tests as well as the initial diagnosis of HIV infection to children born to mothers with HIV infection to the major laboratory located at Bugando in Mwanza.

Mr. Anatory said THPS was committed to continuing to support the government's efforts in ensuring that all Tanzanians have access to quality healthcare and contribute actively to the country's socio-economic development.

He underscored the importance of proper use and maintenance of services while promoting clients' adherence to antiretroviral treatment services.

The allocation of TZS 3.9 billion is a significant step towards achieving the goals set forth under the Afya Hatua Project. With state-of-the-art medical equipment and updated facilities, healthcare providers can now deliver quality services to those in need.

The investment in HIV and TB interventions in the Shinyanga region highlights the commitment of THPS in addressing the health challenges faced by Tanzanian communities.

As the funds are distributed across the region, it is evident that every effort is being made to reach as many individuals as possible. The impact of these interventions will not only be seen in the statistics but also in the lives of those who receive care and support.

In the fight against HIV and TB, every contribution counts. THPS's dedication to providing quality care and support is a testament to its unwavering commitment to the well-being of Tanzanians. The journey towards a healthier, happier future for the Shinyanga region continues, fueled by compassion, innovation, and a drive to make a difference.





# THPS Hands Over a Refurbished CTC Building and Assorted Items Worth TZS1.4 billion to The Government

On February 23rd, 2024, a sense of excitement filled the air in the Tanga region as the Tanzania Health Promotion Support (THPS) handed over a range of valuable medical equipment to the Tanga Regional Authority.

This equipment was made possible through the support of the CDC/PEPFAR-funded Afya Hatua project, aimed at enhancing HIV prevention, care, and treatment services.

The equipment included 50 motorbikes, 56 centrifuges, 72 laboratory refrigerators, 50 desktop computers, 50 UPS systems, and 50 printers, all collectively valued at approximately TZS800 million. This equipment was set to revolutionize healthcare delivery in the region, vastly improving the efficiency of person-centered comprehensive HIV services.



The event itself was a grand affair, with Hon. Umyy Mwalimu, the Minister of Health, gracing the occasion as the guest of honor. Alongside her was Dr. George Mgomella, CDC Associate Director of Programs, who represented the CDC country Director and the American Ambassador.

In her speech, the Minister conveyed her heartfelt gratitude to THPS and CDC for their invaluable support.

“I recognize the importance of this equipment in bolstering the government's efforts to provide high-quality healthcare services, particularly in the realm of HIV and TB treatment in Tanga region”, she said.



Hon. Mwalimu also assured CDC and THPS of the government's commitment to continued collaboration in order to further advance the healthcare sector.

The provision of this state-of-the-art equipment was a testament to the power of partnership and collaboration in driving positive change in healthcare.

With these tools at their disposal, the healthcare professionals in the Tanga region are well-equipped to make a real difference in the lives of those affected by HIV, paving the way for a brighter, healthier future for all.

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This event follows a similar one where THPS recently had handed over a refurbished Mwendapole Care and Treatment Clinic and assorted medical equipment worth TZS660 million, to Pwani regional authority.

The event was officiated by Mr. Rashid Mchatta, Pwani Regional Administrative Secretary and witnessed by Dr. Ann Buff, from the CDC.



*Mwendapole CTC handover*



Speaking at the event, Dr. Ann Buff, underscored the importance of international collaboration in tackling public health challenges.

The commitment of the government, the support of international partners, and the dedication of healthcare workers all point towards a brighter future for the region in the access to quality healthcare by citizens.



# Collaborating With Traditional Leaders to Fight HIV and TB

Like in many parts of the country, traditional healers in Kishapu district located in Shinyanga Region, have long been the guardians of health and well-being for the local community. For generations, they have used their knowledge of herbs and rituals to heal the sick and provide comfort to those in need.

In the midst of the HIV and TB crisis in the area, traditional healers are facing a new challenge as many residents are afraid or mistrustful of modern medicine due to a lack of knowledge and misinformation. This has led to a reluctance to seek testing and treatment for these deadly diseases. While the healers understand the importance of early detection and treatment, they have struggled to bridge the gap between their traditional practices and the modern healthcare system.



*THPS engagement meeting with traditional healers.*

With its deep commitment to fighting the HIV epidemic, THPS recognizes the crucial role that traditional healers can play in this fight. It is therefore in this regard that through the Afya Hatua project, THPS has been working hand in hand with the healers to break down the barriers to HIV and TB testing and treatment.

They have collaborated to create a program that motivates the healers to refer individuals who are at risk of HIV and TB to nearby healthcare facilities for diagnosis and treatment.

“The objective of the program is to develop a bond of trust and comprehension between the healers and the healthcare system so that no one in the area is left behind in their pursuit of better health”, said Lusekelo Mwakalundwa, HIV Testing and Prevention Officer at THPS.

As the healers begin to see the impact of their referrals on the health of their community, a new sense of purpose and pride has taken root. They are no longer just healers in the traditional sense - they are now champions in the fight against HIV and TB.

And as the residents start to see the healers as allies in their health journey, the walls of fear and mistrust begin to crumble. Together, they walk hand in hand towards a future where HIV and TB are no longer a death sentence, but a manageable condition.

In Kishapu district and the surrounding areas, the winds of change are blowing. With the support of THPS and the traditional healers, the seeds of hope are taking root, growing stronger with each passing day.



# THPS Staff Treated to An End of Year Party

The staff at THPS head office and all the regional offices recently celebrated the achievements made in the past year. The event was an opportunity to recognize the staff members who had performed exceptionally well.

During the event, THPS Executive Director, Dr. Redempta Mbatia, emphasized the importance of the staff and their contribution to the organization's success.

She encouraged everyone to continue being innovative and dedicated to achieving THPS's vision of a healthy society where everyone has access to quality healthcare and contribute to Tanzania's socio-economic development.

"At THPS we firmly believe that staff is the most valuable asset", she said.



After the ED's speech, everyone cheered excitedly and the party began. Staff members took turns showcasing their singing and dancing skills, in addition to enjoying the food and drinks. The atmosphere was filled with joy and camaraderie as colleagues congratulated each other on their accomplishments.



As the evening progressed, a surprise award ceremony was held to acknowledge the outstanding performance of specific individuals. The winners were met with rounds of applause and appreciation for their hard work and dedication. It was a truly memorable night for all in attendance.

The event not only celebrated past achievements but also inspired the staff to continue striving for excellence in their work. The sense of unity and teamwork that permeated the celebration reinforced the idea that together, they could achieve remarkable things.

Overall, it was a night filled with laughter, music, and gratitude. THPS staff left the event feeling motivated and proud to be a part of the organization that values and recognizes their contributions. They were ready to face the challenges of the upcoming year with renewed energy and determination.

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# CDC Impressed with THPS Support to Pwani Region

Dr. George Mgomella, the Associate Director of Programs at the Centers for Disease Control and Prevention (CDC), paid a courtesy visit to the Pwani Regional Medical Officer's office, where he had witnessed firsthand the impact of the collaborative efforts between CDC and the Tanzania Health Promotion Support (THPS) in providing much-needed support to the Pwani region.

Dr. Mgomella couldn't help but feel a sense of satisfaction at the progress that had been made in combating HIV/AIDS and substance abuse in the region. The partnership between THPS and Pwani Regional Authority, through the Regional and Council Health Management Teams (R/CHMT) had proven to be a successful one, with significant strides being made in improving access to care and treatment for those affected by these epidemics.



*Dr George Mgomella (L)*

During the visit, Dr. Mgomella had the opportunity to tour the Medically Assisted Treatment (MAT) services facility that had been set up at the Tumbi regional referral hospital. As he spoke with clients who were receiving treatment, he was struck by their stories of hope and resilience in the face of addiction. He stressed the importance of taking advantage of the services provided, emphasizing that no one should have to face these challenges alone.

In a meeting with local health officials, Dr. Mgomella highlighted the importance of Tanzania's commitment to supporting drug victims, noting that it was one of the few African countries that had dedicated programs in place to address these issues. He praised the collaborative efforts between THPS and the Pwani R/CHMT which had led to the successful implementation of HIV Care and Treatment Centers (CTC) and MAT services in the region.

Dr. Redempta Mbatia, the Executive Director at THPS, echoed Dr. Mgomella's sentiments, expressing her appreciation for the incredible collaboration that existed between THPS and Pwani R/CHMT, a partnership that had resulted into the successful implementation of crucial person centred lifesaving interventions.

One of the key initiatives that Dr. Mbatia highlighted in her speech was the plan to engage the private sector in empowering and developing skills for MAT (Medication-Assisted Treatment) clients.

"I believe that by providing these clients with the tools they need to become independent and responsible, they could not only overcome their addiction but also thrive in all aspects of their lives", said Dr Mbatia.



One shining example of the success of these initiatives was Hija Mussa, a 33-year-old man who had overcome his opioid addiction with the help of the support provided at the Tumbi MAT clinic.

Once lost in the grips of addiction, Hija was now a responsible husband and a valued member of society. He had even found a new calling as a Community Outreach Worker at a youth organization in the Pwani region, helping to spread awareness about the dangers of substance abuse.

Dr. Benedicto Ngaiza, the Regional Medical Officer for Pwani, echoed Dr. Mbatia's sentiments, pledging continued support from his office to CDC and THPS as they worked tirelessly to implement lifesaving projects in the region.



*Hija Mussa. He overcame his opioid addiction*



# Stakeholders Hold a WHYS 2024 Inception Meeting

On February 3rd, 2024, the Sea Cliff Hotel in Dar es Salaam hosted an important meeting for the Welfare and Health of Youth and Children Survey (WHYS 2024).

The meeting was a collaboration between THPS, UNICEF, the Office of the Chief Government Statistician (OCGS), and the National Bureau of Statistics (NBS). Its aim was to introduce the WHYS 2024 survey and discuss preparations for its official launch.

Dr. Dorothy Gwajima, Tanzania's Minister of Community Development, Gender, Women, and Special Groups, opened the meeting by expressing her gratitude to the attendees for their dedication to improving the well-being of Tanzania's communities.



Dr Gwajima said, "The significance of data-driven decision-making in shaping policies and initiatives aimed at improving the health and well-being of the Tanzanian populace cannot be overstated. It is therefore our expectation that the WHYS 2024 survey will serve as a valuable resource, providing comprehensive and insightful data that is critical for policy formulation."

Dr. Nandera Muhando, the Commissioner for Social Welfare at the MCDGWSG, said the WHYS 2024 survey aimed to collect data on a wide range of topics, including maternal and child health, nutrition, education, and access to key services.

She highlighted the importance of the survey in informing policies and programs that would benefit the most vulnerable members of society.



Representatives from UNICEF and THPS provided further details on the survey design, data collection methodology, and key indicators that would be measured. They highlighted the collaborative effort between government agencies and development partners in ensuring the success of the survey.

During the meeting, representatives from the Ministry of Community Development, Gender, Women, and Special Groups, and the Ministry of Community Development, Gender, Elderly, and Children from Zanzibar shared their perspectives on the survey, including the unique challenges and opportunities.

During the meeting, the participants unanimously decided to officially launch the

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WHYS2024 in April 2024. This launch will coincide with the unveiling of the National Plan of Action to End Violence Against Women and Children (NPA-VAWC), as well as the Women and Gender Development policy.

In her closing remarks, Dr. Gwajima thanked the participants for their valuable contributions and commitment to the success of the WHYS 2024 survey. She emphasized the importance of continued collaboration and urged everyone to work together towards a common goal of improving the health and well-being of all Tanzanians.

Participants left the meeting with a sense of unity and purpose. It was clear that the journey towards improving the welfare of youth and children in Tanzania had begun in earnest, with WHYS2024 leading the way towards a brighter future for the next generation.

