



Quarterly Progress Report April -June 2023

KWA WAZEE

Executive summary

BOX 56 MULEBA- TANZANIA

The quarterly report on the social protection program for older and young people in Kagera -Tanzania aims to provide a comprehensive overview of the activities undertaken, outcomes achieved, and lessons learned for future improvements. It summarizes and analyzes initiatives aimed at improving the livelihoods of older and young people, raising awareness about their rights, empowering them to participate in decision-making processes, and addressing issues such as discrimination, abuse, neglect, measuring changes in attitudes, policies, and practices towards older people and young people, measuring changes in perceptions towards violence and promoting a safe environment for older and young people.

Activities done and Impact observed

A cash transfer to older people and children

Equitable access to economic-responsive social protection is vital for older people's empowerment and the achievement of the Sustainable Development Goals (1.3). As a means of alleviating poverty among older people, Kwa Wazee's monthly cash transfer targets older people and their dependent children and people living with HIV/AIDS. Beneficiaries reached with monthly pensions during the reporting period in 8 pay-points are presented in the table. 12 beneficiaries were reported died in the reporting period.

	Female	Male	Total	Children
April	633	107	740	83
May	629	105	734	83
June	621	105	726	83

Also, the universal pension pilot program is continuously implemented in two villages of Nsisha and Ikondo of Muleba District as the number of older people reached is presented in the below table.

	Female	Male	Total
April	118	58	176
May	117	58	175
June	116	58	174

Psychosocial support through mutual support groups

To improve the well-being of older people in groups, we monitored groups in 16 wards of Muleba District to monitor income-generating activities progress whereby 85 groups out of 162 groups were visited. Among visited groups, 63 groups have reported having more than one IGA such as the cultivation of short-term crops ground nuts, beans, maize, millet, cassava, and vanilla, and keeping animals such as goats, sheep, and pigs.

Moreover, 164 (103 women and 61 men) older people were trained on goat keeping and 40 groups are constructing a shed waiting for goat distribution in August to increase the value chain of production. To create a sustainable environment for the project, the extensional officers were invited during training to respond to some technical questions that were asked by the participants. Extensional officers will be supporting the monitoring of goats` growth and treatment. 40 Goats will be distributed to the formed groups and 325 older people as group members will benefit from the distributed goat.



Photo taken during training in Kagoma ward.



Photo taken during training in the Ijumbi ward.

We also conducted training for 135 older people on leadership and accountability aiming at imparting knowledge on leadership skills that could help them to become more creative and competent in achieving the group's objectives. We expect the sustainability of the groups and high participation of the members in implementing group activities, good structure principle guiding the group (constitution), democratic decisions, and responsibilities of the members to achieve planned goals.

We conducted a home visit to older people who benefitted from water tanks and improved stoves in 2022. The older people shared with us the following improvement: health due to clean water and hygiene, spending fewer amounts for purchasing water and firewood, and improvement in academic study as children have less time to go to

collect firewood and water. We have supported one older person by constructing 80 improved stoves and 8 water tanks in Ngenge, Mubunda, and Kasharunga.

Advocating for and with older people

In African society, the issue of aging has been differently interpreted depending on the traditions and cultures of the respective community. For example, in Tanzanian society aging is interpreted as a wisdom tank and the society has expressions to give respect to the elderly, especially in recognition of their contribution to strengthening moral foundations, resolving conflicts at family and social levels, and giving advice to the young generation. However, the recent focus group discussions in five (5) groups of the elderly conducted by Kwa Wazee to learn more about how the elderly enjoy their old life and if they receive support from their families and society in general during emergencies, shows that over 65% of older people are not enjoying their life and have no idea on what will happen in case of emergencies.

The below statement given by one of the participants reveals older people live in society. *“You cannot compare the age of 60 or 70+ with the age of 30 years old. When you are young, you have the power to generate income. As you get older you become dependent and the situation becomes worse because you lose the ability to generate income and the health and social challenges are doubled. Your eyes stop seeing well, your ears stop hearing well, your body parts start to ache, and sometimes the community can say that you are a witch so that they can grab your property. Recently there has been a case of a child beating his father who is very old. Old age is suitable for crops and not for humans”.* **Said by Praxseda Bonifance.** This statement shows a strong relationship with recent acts of violence against the elderly, including witchcraft accusations related to climatic changes, property grabbing, exclusion from society, and even their families.

Different sessions were conducted as means of addressing such issues: We conducted an awareness campaign at Biharamulo District in Nemba, Runazi, Ruziba, Katahoka, and Bisibo wards on protecting older people against witchcraft accusations which are related to climatic changes where 150 (87 men and 63 women) influential people, youth group representatives, OPF leaders, community and religious leaders, participated and come up with a strategy on keeping raising awareness on protection of OP against violence in their respective areas. The sessions were facilitated by the District Social Welfare and the district environment Officer from Biharamulo District Council.



Advocacy session in Biharumulo district

Also, we conducted a regional session with 32 (18 men and 14 women) representatives of Older People, Government officials - district social welfare, and the regional administrative secretary (from 8 districts of Kagera Region) to enhance their advocacy capacity in dealing with different violence cases and other issues affecting older people. Kwa Wazee also supported the formation and train special advisory committees to support older people with serious depression which results in committing suicide in Mushabago, Kimwani, Ngenge, and Nyakabango wards in Muleba District. Where 50 (25 men and 25 women). Older People in all five Wards become members of the special advisory committees. We also supported 18 (7 men and 11 women) OP with different cases to attend to their case requirements at different levels of legal aid associations.

Protecting older people against violence

A self-protection refresher training was carried out in 10 wards of Ijumbi, Izigo, Kishanda, Buganguzi, Nshamba, Gwanseli, Kimwani, Burungura, Karambi, and Rulanda reaching 100 group facilitators. And in June, we conducted training in 2 new wards, Nyakatanga and Kabilizi reaching 55 groups facilitators to enable them to lead monthly trainings and learn about protecting themselves, and their assets, generating self-confidence, raising their voices in demanding their rights and fighting against acts of violence in their communities.



The picture was taken during refresher training in the Gwanseli ward

During the training in new wards, the elderly reported: 52 were accused of witchcraft, 4 were subjected to attempted rape, 46 were humiliated by being beaten and insulted and 25 elderlies reported having land disputes with relatives. However, no one had reported her case to government officials. With the provided training, we believe that participants are equipped with skills for protecting themselves and the confidence to report to the appropriate authority.

We have also visited 14 groups with 99 active members in the cluster of Nshamba, Ngenge, Rulanda, and Mubunda. It was observed that older people are struggling to learn methods to deal with an enemy; they also have strategies to manage their groups. Also, during the monitoring visit, participants reported increased confidence and cooperation among older people as 10 elders who had been subjected to acts of land conflicts, theft, accusations of witchcraft, and verbal abuse reported their cases at the local government level. However, some of the elders have reported that they took their complaints to the government level but they were not given any support until they gave up. In response to that, Kwa Wazee will organize a meeting with local leaders in respective areas to draw cooperation in dealing with violent acts against older people in their community.

Health Promotion

Health promotion and prevention among older people play a vital role in maintaining their well-being and quality of life. Strategies such as regular physical activity, maintaining a healthy diet, regular health screenings, social engagement, prevention

measures, and promoting healthy sleep habits are crucial aspects implemented by Kwa Wazee in promoting health and well-being to older people.

In June, we conducted mobile eye screening in the Bulyakashaju ward reaching 89 older people. Among them, 70 elderly people were given glasses, and 85 eye drops, and 7 older people got surgery to improve their eyesight; one of them is Diocres Karumuna aged 76 who had been blind in both eyes for about 5 years. In his five years, he has been feeling being stigmatized by his wife, his children, and members of the community as he was quoted *“I was eating alone and not knowing what am I eating. One day I heard my neighbor saying that no need of seeing again because I have seen a lot of things since I was a child”*. After the cataract, he was happy when he arrived at his home and saw his surroundings and grandchildren who were born when he was blind. Diocres story is one of many stories which we have been observing from our beneficiaries on the impact of cataract surgery.



The picture was taken during a mobile eye screening in the Bulyakashaju ward

To ensure the sustainability of health groups, In April we held a meeting with 20 group facilitators from the Nshamba cluster to discuss how older people could prevent themselves from non-communicable diseases that attack the elderly. Groups reported that within this period groups have spent Tsh. 258,000/= along with sending them food such as bananas, water, and firewood to support 35 elderly people who were suffering from different diseases at home and some of them who were admitted to the hospital.

Tatu Tano

A) Economic Empowerment

Using Solution Focused Approach during leading cluster meeting agenda has helped the groups to come up with clear goals for the planned project. 320 groups out of 408 groups came up with clear goals for agriculture and livestock and started preparing the ground for the plantation of beans, maize, sorghum, and vegetables. During monitoring 34 groups received groundnuts, maize, sunflower, and sorghum also 23 groups supported with goats. One old man living with a grandchild verified saving money for buying vegetables” 34 groups use Saturday, as a day for supporting older people by fetching water, collecting firewood and washing clothes. Also, we observed challenges where 11 goats and 17 chickens died without knowing the causes also 8 goats are not yet conceived. There was a problem of crop disease and drying. We referred them to the ward veterinary officer and the facilitators to continue monitoring them for further advice on the use of local herbs.

To support the goals of the groups which will construct a shed, 140 livestock, grain seeds, and vegetables will be purchased and distributed in August.

b) Education support.

Improving literacy in collaboration with parents / Guardians, Kwa Wazee supports scholastic materials and fees for children to access education. In this period 160 story books for primary school children were distributed during cluster meetings. The impact was that the teachers at certain schools cooperate with group facilitators to share those books because there are insufficient books in the school library. Among our supported students, 36 students have reported that they have passed the final secondary exam and 16 students have graduated from the advanced level. An effort for securing funds to support is still in progress.

c) Self-defense

Tatu-Tano has continued empowering girls to protect themselves against sexual violence through training in two Tatu-Tano groups Ngenge and Mubunda Kagondo. A total of 82 girls were trained in 12 days course. Two female teachers from Bisheke primary school and Ngenge primary school attended the training and they have reported engaging with groups during weekly trainings at schools. The involvement of teachers guarantees the sustainability of 42 group meetings and continued protection against violence in the community.

It has been observed that most cases of violence are the result of parental conflicts. However, increased confidence among girls through self-defense training has been reported to extend dialogue among family members on reducing violent cases especially reducing family conflicts as the main source of violence. As a result, our beneficiaries have reported decreased parental conflicts in their families after regular discussions with their parents. During the monitoring visit, it was reported that among

120 participants trained in 2022, 48 participants reported that no family conflicts have occurred in their families this year as they have used skills learned from self-defense groups to talk with their parents about the impacts of family conflicts on children's development.

d) Peace is a Decision

During this period, three training were conducted in April 2023, and 75 boys from Ngenge primary school, Mbatama primary school, and Bisheke secondary school were trained. During the training, participants showed that violent actions among boys are perpetuated by changes in puberty as participants reported that changes in physical size, particularly for boys, peer influence and conflict with parents, and school disengagement provide opportunities to use physical violence to assert oneself and inflict more damage on others and property. This is also revealed by a story of one participant from Ngenge Primary who shared, *“When I was in primary 5, I seduced a girl and she refused, I was upset by her answers because she did not answer how I wished, so I arranged my fellow boys and we attacked a girl when heading back home threatening her not to speak to anyone”*. Through training, participants increased their knowledge on links between puberty and antisocial behaviors including violence, social-relational aggression, and individual risk factors such as increased substance use and the way to control their actions which would lead to violent actions.

Resilient and Empowered Adolescents and Young People Living with HIV

Through CATS, Kwa Wazee has continued providing peer-led support services (one-to-one support services) at the community level in Kyerwa whereby 216 (158 female and 58 male) adolescents and young people living with HIV were reached. Key issues and topics emphasized among others were HIV care and treatment services, (ART adherence, Pill counts, nutrition, etc.), family planning, stigma, and discrimination.

A monitoring visit was held at the Facility level for verification of reports, supporting Wanda system management, and sharing best practices for the future achievement of project goals. Some of the results include: Reports were verified, CATS with issues in the Wanda system were adequately supported, and an action plan for new beneficiaries' enrollment. During the reporting period, Kwa Wazee facilitated dialogues at Kaisho Dispensary and Murongo Health Center where 60 parents and caregivers participated and 90 community leaders including faith leaders, ward and village executive officers and chairpersons, women and youth group leaders, community health workers, teachers, and health workers from nearby health facilities in Murongo, Kaisho, and Mabira wards participated in the meetings. Key issues emphasized were caregivers' and parents' roles in providing psychosocial support to AYPLHIV and protecting of their children against violence and stigma.

