

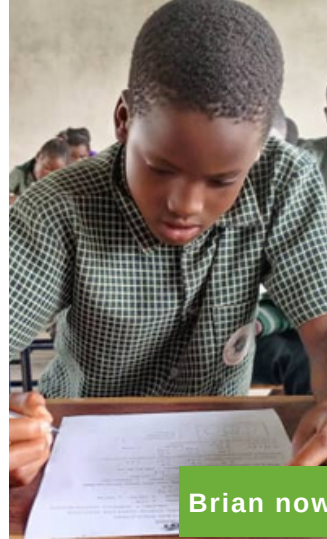


ZOA NEWS

Zambia Orphans Aid supporter newsletter



L-R: Brian, Memory



Brian now



Memory now

IN THIS ISSUE

PSYCHOSOCIAL TRAINING RESULTS

EYE CARE NEEDS IDENTIFIED

WORK TO IMPROVE SEXUAL HEALTH

FROM BENEFICIARY TO BENEFACTOR

OUR UPCOMING BBC RADIO 4 APPEAL

WHAT YOU CAN DO AND HOW TO DOUBLE YOUR IMPACT

CHANGES TO STAFF AND UK BOARD

Meet Memory and Brian

A third of Zambian children below the age of five are stunted as they have not had enough nutrients to grow properly. But, thanks to your generosity, we are able to support schools like Twavwane, which provide crucial resources to hungry children.

Meet Memory and Brian (pictured above), students at Twavwane School, who have already experienced the positive effects of your donations. Despite being 14 and 16-years-old respectively, they look younger because they lacked access to good nutrition at key stages of their development. However, since they began attending Twavwane, they have been receiving nutritious school lunches that help keep hunger at bay allowing them to focus on learning. It's remarkable to see the transformation in these children when they have access to the resources they need.

Nutrition is becoming an increasingly important part of our work with schools, as it not only improves students' health and wellbeing, but also their attendance and attainment.

The World Bank expects poverty levels in Zambia to return to pre-COVID pandemic levels by 2025. In the meantime, high inflation is continuing to make food items unaffordable. Unfortunately, sustainable food production isn't an option for urban schools like Twavwane, as they lack space to grow their own food. However, thanks to your support, we can continue to provide essential funding to schools, ensuring children have the food they need to grow and thrive.

Don't miss our BBC Radio 4 Appeal! See P4

Psychosocial counselling training

Training on Psychosocial Counselling was rolled-out to 22 frontline workers from Chibolya School. This training was facilitated by Ministry of Health approved trainers and has already proven successful with ZOA's other partners.

All 22 participants had prior experience working with children, including the school's teachers and volunteers who are involved in student welfare. The training began by increasing their understanding

of mental health issues and then proceeded to teach them about Psychosocial Counselling and how to implement it effectively. This included sections on ethics, child abuse, and HIV/AIDS. Participants demonstrating a 54% increase in knowledge after the training and are now equipped with the necessary skills to improve students' well-being by providing counselling to vulnerable students.



Psychosocial training taking place in Chibolya



22
participants



54% increase
in knowledge

Sexual health programme expands

Work to improve sexual health and reduce harassment is being expanded to new schools in Lusaka. Highlights so far this year include:

- A three-day HIV/AIDS testing workshop Twavwane School
- A new Drama & Music Coordinator is leading students' training and peer-led advocacy
- Training for teachers and other frontline workers on how to reduce HIV/AIDS, early marriage and sexual abuse amongst adolescents took place. 8 schools participated, who all work in the Kabanana or N'Gombe areas of Lusaka

New ZOA patron

We want to say a heartfelt thank you to ZOA's founding Chairperson, Lord Turnbull, who has stepped down as a UK Trustee after 16 years.



In recognition of the significant role Andrew has played in guiding ZOA during his time as a Trustee, we are delighted to appoint him as our first Patron.

Eye care needs identified

We surveyed students to understand more about their needs and discovered that only 1% of students had access to glasses or contact lenses.

The International Agency for the Prevention of Blindness has identified that 20% of Zambian school children have unmet eyecare needs, so there will be large numbers of ZOA-supported children who are unable to see properly - affecting their ability to perform in school.

We are now looking at how ZOA-supported children can access diagnostic services and affordable glasses.

From beneficiary to benefactor

ZOA's partner, Angelina Tembo School, has organised a group of ZOA-supported graduates to support Grade 8 girls through to Grade 12. This includes paying any tuition fees and providing all school necessities, such as uniforms and books. John Kamwengo has taken the opportunity; here he shares his story.



John Kamwengo

Don't miss out on a special event

On 23 May our Chairperson, Garnet Mulomo, will be hosting a special event to celebrate Africa Day and focus on the lives ZOA has changed over the past year.

When: 6:30-7:45PM, Tuesday 23 May

Where: Online

Please email Garnet at Garnet@zoa.org.uk to RSVP and receive the log in details



My name is John Kamwengo, I was born in 1994 in a family of six and I am the second born. ZOA sponsored me from 2018 to 2020 to obtain a Diploma in Electrical Engineering.

After my graduation, I was engaged to work as an Electrical Technologist with Parrogate Ginneries Company for a year contract.

Currently, I am a self-employed electrician. It's not easy out there when not in formal employment but I am able to fend for myself with the work I have.

I have a keen interest in being part of those sponsoring Grade 8s, despite not being in formal employment, because I appreciate the sponsorship I got and have realised the value it has had on my life. Thanks so much to my sponsors.



Tune in and support ZOA's BBC Radio 4 Appeal

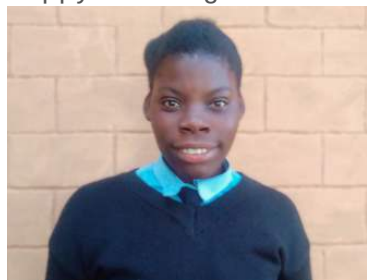
ZOA's BBC Radio 4 Appeal will be broadcast on Sunday 21 May at 7.54am, presented by our fantastic supporter, Mwaka Mudenda, who is also known as Mwaksy. Mwaksy is known to many as the presenter of long running children's TV series Blue Peter. Mwaksy has Zambian roots and is a regular visitor to the country.

Our appeal will be live for one week, the same week as Africa Day, which is celebrated annually on 25 May. This day is dedicated to celebrating the continent of Africa and finding solutions to its challenges.

Two trusts that are long term supporters of ZOA have agreed to match your donation up to £20,000, making any gift you give to the appeal go much further.



To find out more about Jennipher who is featured in our appeal, or to listen to the recording after 21 May please use the QR code to visit our webpage. Thank you and happy listening!



Jennipher

Introducing Mwaksy



Connection to Zambia? I was born in South London, but both my parents are Zambian and we visit regularly to see our family.

Best childhood memory? Going to Zambia every year with my sister and my Mum and spending time with family there.

Favourite place in Zambia? Livingstone. The waterfall!

What do you most admire about ZOA? I want everyone to have opportunities, especially children. I love the way ZOA helps children through education, but also understands how important it is for them to play and be happy.

Why are you supporting ZOA's appeal? A few years ago I wanted to raise money for a Zambian charity. I was introduced to ZOA by my Dad, who knew about your work.

How to donate

Donations can be made directly to ZOA. And don't worry, ZOA can continue to accept donations after the appeal week.

To donate:

- please visit www.zoa.org.uk to donate online
- send a cheque payable to 'Zambia Orphans Aid' to ZOA-UK, 2A Nine Chimneys Lane, Balsham, CB21 4ES.
- Alternatively, call Katy on 01223 901006 or email katy@zoa.org.uk