



# NEWS LETTER FIRST EDITION - MAY 2005

## DAPP - ZNAN - GLOBAL FUND HIV/ AIDS PREVENTION, CARE AND SUPPORT IN ZAMBIA



*Positive Living Advocate Training*



*Well construction and Rope Pump*



*Income generation through Jiko construction*



*Gardening to improve nutrition and health*

### Welcome to our readers.

In Zambia we have two kinds of people ... Those **infected** and those **affected** by HIV/AIDS. The consequences go far beyond human suffering. It is a national disaster, slowing development in many fields within Zambia. Today Zambia is one of the poorest countries in the world with around 80% of the population living below the poverty line; with 1 out of every 5 children suffering from stunted growth; and 1 out of every 5 adults living with HIV - to mention just a few examples. Poverty and HIV are 2 elements of the vicious cycle. HIV creates more suffering and poverty. Poverty and suffering fuel the spread of HIV.

In the fight against the spread of HIV and to assist those infected and affected by the disease we need a global partnership.

Development Aid from People to People (DAPP) in Zambia started co-operation with Zambia National AIDS Network (ZNAN) in October 2004 under the auspices of the Global Fund.

This is a partnership involving thousands of activists in the communities. A partnership that has got results which we wish to share with you in this newsletter. We look forward to your comments and contributions to this bimonthly news letter and we hope that you can use it to get information and inspiration in your work.

*Elise Soerensen, DAPP Programme Co-ordinator*

### Sub-grants to Support Groups for people living with HIV/ AIDS

“ In the Support Group we help each other. We share our problems, our dreams and our experiences. We help those who are down, those who are sick and we learn new things. To make our dreams become alive and real, we needed help and we got help in form of a small grant to our group.

Our group is situated in Kalomo district and we have got a funding to assist us with gardening. We have learned how to improve our gardens and also to grow herbs. Most of us have improved the diet and hereby our health. Recently we got a second grant. Some members in our group have been trained to run a revolving loan fund and members have already been given loans to run small businesses and make money to improve their lives.”

*- Member of the Better Life Support Group in Kalomo-*

“ I’m working with grant applications, assist to make contracts and monitor groups. I’m from Cameroon - and I enjoy working with this programme. Specifically I love coming into contact with so many committed people and I’m happy to say that most of the groups are doing well. 130 Support Groups for People living with HIV/ AIDS have been supported so far with small grants of between 300 to 4000 USD and within the coming 2 weeks we will give out another 60 grants. Projects carried out include gardening, small loans for businesses, latrine and well construction, Positive Living Advocates Courses, campaigns and keeping small livestock.



Handing grant cheques to support groups



Community counselling workshop



Tie and dye production



Awareness campaign

The groups have all have got contracts specifying the project funded and the budget approved. Often the groups apply for much more than what we can and will fund. We need to share the resources between the many good applicants.

We also want to get 2\$ value out of every 1\$ given to the groups - and we therefore fund projects that we know that the groups can manage - and projects that in the long run will benefit the members and improve their quality of life.

*- Joseph Atabong, Programme monitor-*

### **VCT - mobile testing campaigns.**

During March and April we carried out mobile Voluntary Counselling and Testing drives in 8 districts in Zambia. The programme was carried out in co-operation with the District Health Management Boards who supplied staff and technical assistance. 1,346 people have been tested through this campaign.

We have seen a very big interest in the communities for being tested. People have learned that they need to know their HIV status in order to plan their future.

An example showing the level of interest is from Hatontola Clinic in Monze district. When we arrived there 130 people were gathered and nobody wanted to go home. But we were only able to test 50 people that day. We had to make a draw and only the “winners” were tested. A major result after the testing drives is formation of around 30 support groups for people living with HIV/ AIDS.

We need more testing drives so that many more people will know their status as a tool to reduce the spread and a tool to help people infected to plan for their future and take the needed steps to live longer and healthier lives.

*Ahmard Upakila, Child Aid Project Leader in Monze*

### **Positive Living Advocates Course.**

Positive Living and Advocacy is very vital for people living with HIV/ AIDS. Here in Mongu we started to train Positive Living Advocates in November 2004. We had 40 people referred from local organisations but at the time we only had funding to enrol 20 in the Course. We were also approached by people living a bit far from our centre, who could not manage to join because of the distance.

In order to reach more people we decided to carry out a Training of Trainers. We had intensive training of 2 members from 6 groups for 7 days and hereafter each group was supported with funds for buying foods for cooking demonstrations, to buy snacks when meeting and to buy vegetable seeds and other materials for the Course.

The groups carry out the programme covering 40 tasks. These tasks involve lessons, discussions and practical work. We have visited the trained members who have improved their weight, hygiene and many have gardens. Some are also using their advocacy skills to lobby for different issues.

We have already graduated the first 20 participants trained at our centre and are looking forward to graduate 160 Positive Living Advocates trained within the Support Groups.

*Jabbez Kanyanda, Hope Project Leader in Mongu*

### **Door to door campaign in Ndola**

The Door to Door Campaign carried out by members of the New Flower Support Group in Nkwazi Compound in Ndola has definitely made an impact in the community.

New Flower Support Group was one of the first groups to receive a grant under the DAPP/ ZNAN/ Global Fund programme. The group members were supported with funds for transport and refreshments during the campaign. Members went from door to door in 4



Theater performance



Hope Station



Cooking  
Demonstration



Positive Living Advocate  
Graduation

compounds targeting 2,000 people. After the campaign a good number of people went for Voluntary Counselling and Testing and the community has experienced reduced levels of stigma towards those infected.

One of the beneficiaries of the door-to door campaign explained:

“ My name is Mary Mwansa. I am 22 years old. Following the campaign conducted by New Flower Support Group I was encouraged to go for VCT. I was tested HIV positive. At first, I could not believe the result and went for another test that was positive again. First I was so depressed and I thought this was the end of the world for me. Then, I remembered the people who had talked to me about VCT and Positive Living in the first place and I decided to share my HIV status with members of the New Flower Support Group and received a lot of support.

Because of this, I have now accepted my status and I have decided to join a support group to learn more about positive living. My vision now is to start up a youth programme to advocate for VCT and HIV/ AIDS prevention in the community.”

*Michelle Gervais- Development Instructor in Ndola*

### **Improving household income.**

In Livingstone, 13 groups have benefited from Grants given out through the DAPP/ZNAN partnership, financed by the Global Fund. With the support of the DAPP Hope Project, the groups have carried out a good number of activities including gardening, latrine construction and small loan schemes to improve household income. The total amount received by the groups in Livingstone and Kazungula reaches more than \$10,000 and has assisted around 300 people.

Most of the groups applied for and were granted money to start a revolving loan fund in their groups. The groups have chosen a few representatives to administer the loan funds and they have been trained by DAPP. The idea of the fund is to give out small loans for income generating

ventures to members of the groups. The group members are trained in their trade if needed and after creating funds they pay back the loan so that other members of the group can benefit.

Under this programme 68 people were initially given loans. Many have started to pay back and another 34 have benefited from the recycled funds. Livelihood has improved for the benefiting families.

### **Successful well project in Kabwe.**

My name is Mikel Fuller and I am a Development Instructor for DAPP Hope in Kabwe. I have visited many members with good gardens and also some that is not doing so fine.

I interviewed Mrs. Phiri from Makululu Support Group:

“I am a mother of 9 children and I’m 49 years old. I have lived in Makululu most of my life. I benefited a lot from my garden, as I now grow most of the vegetables needed to keep me healthy. This time I’m growing Chinese cabbage and Rape - but I will soon plant carrots, garlic, onions and herbs. I’m happy that the well was established only 100 m from my home, because that makes it easy for me to irrigate the garden. I’m also happy for being a member of the support group as we share many ideas.”

The group that has done most work in Kabwe is called the Tomorrow Support Group. The patron of this groups is Joseph Kalungu Kabwe and the group currently has 15 regular members.

Tomorrow Support Group received \$4,000 which amounted to approximately K20million as a grant for activities that benefited not only the group members, but also others in the community.

Activities carried out by the group include the construction of 8 wells, installation of rope pumps in 5 of



*Positive Living Advocate Training*



*Improve the income through selling of fish*



*Training in growing and utilising herbs*



*Construction of latrines.*

the wells, growing of crops such as Soya beans and cow peas at 15 plots and vegetable gardening.

In their gardens, the members grow different vegetables such as rape, tomato and onion. They also grow hers such as peppermint, pennyworth and coriander.

The group also held a cooking demonstration in which 100 people participated and has carried out VCT awareness campaigns.

*Mikel Fuller, Development Instructor in Kabwe*

### **Support to Orphans.**

145 Community Orphan Committees were trained for one day. The training included action planing, how to make applications for outside support and how to utilise own resources to the full. These committees work together with DAPP Child Aid Southern Province. DAPP received a lot of good applications from Community Orphan Committees after the training and 15 of these were approved and funded in the first quarter. An additional 25 will be funded in the second quarter and a total of 1,000 orphans will then have been supported. The rural based Committees have mainly supported families caring for orphans with small livestock such as goats and chickens and gardening. The committees assist the families to get most out of the grants received for example through training in basic livestock management.

*By Gontry Hibuka - Kalomo Child Aid Project Leader*

### **“10 Rules for Survival”**

The Hope Centre in Ndola received money to educate our Community Support Groups about a programme called the 10 Rules of Survival in times of HIV/AIDS. This programme was developed by our organisation, with special input from our Total Control of the Epidemic Medical Headquarters.

The 10 Steps include:

- 1) Clean Water
- 2) De-worming
- 3) Food
- 4) Vitamins and Micro nutrients
- 5) Control of TB
- 6) Malaria Control
- 7) Control of HIV infection
- 8) Hygiene
- 9) Cotrimoxazole
- 10) Comprehensive ARV Treatment

We reached a total of 15 Support Groups with the above information. During the training, most of the participants were very open to talk about their HIV status and their experiences. The meetings, (held mainly at the local Health Clinics) attracted not only the Support Group members, but also youths, members of the Neighbourhood Health Committees and the local Health Clinic staff. This allowed us to reach a good variety of people in addition to our initial target group of our friends living with HIV. Those reached said that they had learned a lot and would now definitely be practising the Rules 1 to 8 and would get medical advice on Rule 9 and 10 where needed.

*Wendy Dunnett-Dagg - Hope Project Leader in Ndola*

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DAPP - Development Aid from People to People  
in partnership with ZNAN - Zambia National AIDS Network.  
funded by the Global Fund

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