

# Society for Pre and Post Natal Services SPANS

*Nurting minds, Building strong Families...*



**1st quarter report 2026**

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- Groundbreaking ceremony of the SPANS wellness centre.



On the 27th of March 2026, as SPANS we hosted the official ground breaking ceremony at Ruwa Clinic for the SPANS wellness centre. The event was graced by representatives from Lions Club zimbabwe, Dr Zvavamwe the district's Medical Officer who was represented by Dr munyanyi, District Governor Lion Bothwell Nyajeka, DNO Sr Mutsambi, Mr Mushonga the Administrator who was representing the Goromonzi District Council. The ceremony marked the beginning of a renewed commitment to health, dignity, and future of families and children

in the community. This is in line with the National Development Strategy 2 (NDS2) 2026-2030, following its pillars inclusive of macro economic stability, infrastructure development and digital transformation. The block is all about access to quality healthcare for mothers, newborns and children. Our focus begins with pregnant women because we understand that whatever affects the mother can also directly impact the child. Our dignitaries shared valuable speeches that spoke a lot about perinatal mental health and how it is important for the whole community to come together for mothers and their children.



- **Mental health education**

Health education was carried out during the first quarter of 2026. Topics covered included breastfeeding, nutrition ,emotional wellbeing amongst. It was a fruitful quarter as members of the community engaged in the sessions and were responsive. Sessions have proved to be empowering as well as creating a safe space for them to fully express themselves and give us insight on what they are experiencing and how they cope. During the quarter, we have noted a significant rise in male engagement and participation during sessions.

However, there is also a need to keep encouraging mothers to bring their spouses when they come for their antenatal routine check up and expanded immunisation program so that they can get first hand information from facilities as well.

*The table below shows the monthly statistics for health education and the total for the quarter.*

Month	Males	females	total
January	14	174	188
February	21	329	350
March	19	210	229
<b>Total</b>	<b><u>54</u></b>	<b><u>713</u></b>	<b><u>767</u></b>

- Support group for expecting mothers.

Efforts have been put in place to support expectant mothers who come for their antenatal care routine check up and scans. For the quarter a total number of 150 women were met. It has been noted with great concern, that due to the demands of the day during scans these expectant mothers have no one to prep them for whatever result they will get from the scan room. Hence, thursdays are not only for randomly educating mothers but rather provide emotional psychosocial support to them in order to create a safe and friendly environment as they await their turn for the scan. This time also serves as a platform where they can air out all their fears and concerns.

### Research

SPANS received approval from the **MRCZ/A/3375** for its research on the effectiveness of Systemic Family Therapy for women with perinatal mental disorders in Zimbabwe- A Pilot Randomized Controlled Trial. This approval represents a significant step toward evidence-based practice and policy-relevant research in family and mental health

interventions. The research ran from the 1st of December 2025 to the 1st of March 2026.

The research conducted a pilot randomized control trial (RCT) with a total of 90 participants and 15 family therapists to analyse the effectiveness of family therapists delivered intervention in addressing perinatal mental health symptoms, particularly to reduce symptoms from the Patient Health Questionnaire (PHQ-9) from moderate/severe to mild levels by comparing pregnant women who received the intervention and those who did not receive it. The Shona Symptom Questionnaire (SSQ14) and the Symptom Report Questionnaire-20 (SRQ-20) were also used. All questionnaires were used in Shona.

A total of 90 women (30 per facility) from Chitungwiza Hospital, Sally Mugabe and Parirenyatwa Hospital were invited to take part in the study in a randomised assignment assigned to the experimental or control group at a 1:1 ratio. Women who attended the obstetric clinics and understood Shona were approached for participation. Women were eligible for enrolment if they were:  $\geq 18$  years; at any gestational age, demonstrated depressive symptoms on the SSQ14 (cut off  $>9$ ), SRQ-20 (cut off  $>6$ ) and/or PHQ-9 (cut off  $>5$   $<20$ ); had no current plan to harm themselves. During the research family therapists proved how essential they were as they helped women address the issue they were facing.

### **Individual/family therapy sessions**

In our line of work it is crucial to provide counselling and therapy to individuals and their families to help them process their feelings and understand their feelings better. This quarter has shown a reduction in male engagement in therapy. Reasons include how society has made men who feel the need to vent or own up to their issues seem to be less of a man. Another reason is the difference in schedules as they do not have time to seek therapy due to their packed up schedules and when they do have the time offices are closed. Plans are underway to try and see how best that gap can be breached.

The table below shows the statistics for clients who seeked therapy.

Month	males	females	total
January	15	70	85
February	29	64	93
March	10	35	45
<b>Quarter total</b>	<b>54</b>	<b>169</b>	<b>223</b>

Most of the presented issues were associated with infidelity issues, marital affairs and family bonds.

### HIV/AIDS Education

The organisation's role in the recent public-health drive centred on expanding access to HIV and AIDS services through self-testing. Members of the community who come for testing get pre and post health education in relation to HIV and AIDS as well as SRHR. We do so to ensure the creation of a safe space for them to self test and view their results without panicking. A total number of 337 individuals received the education with 60% of them having underlying mental health issues.

The table below shows the statistics for individuals who received HIV/AIDS education in the 1st Quarter of 2026.

Month	males	females	total
January	24	50	76

February	57	99	156
March	44	61	105
<b>Quarter total</b>	<b>121</b>	<b>205</b>	<b>337</b>

- **OUTREACHES.**

4 outreaches were facilitated within the first quarter, 2 were community outreaches and the other 2 were in schools. These outreaches aimed to educate communities on mental health, mental health related issues as well as provide free mental health screening. Other topics such as Sexual reproductive health, Good hygiene and entrepreneurship were discussed. Our community outreach was done in collaboration with Chiedza Chenyika Organisation, National Aids Council, Ruwa poly clinic nurses , Yanaya and the Ministry of Women Affairs.



The table below aims to show the topics covered, number of people screened ,partners and location.

location	audience	topics	number of people screened	partners
Solomio outreach	All members of the community	- Mental health awareness and screening -HIV testing -provision of family planning pills	79 people were screened	-Chiedza Chenyika org -NAC -Min of women affairs -Ruwa poly Yanaya

Ruvheneko Sec School	Girls aged 13 to 16	-SRHR -Drugs and substance use - good hygiene	156	-Chiedza Chenyika Organisation
Caledonia Outreach	Female members of the community	- Mental health screening - Entrepreneurship - Issuing of loans -	-Over 50 people were present  - 42 people were screened for mental health	-Chiedza Chenyika Organisation ZIDISO
Ralph High School	The whole school including staff.	-SRHR -Drug and Substance abuse - awareness of laws and consent.	0 students were screened due to time constraints.	VFU Ruwa Ruwa Clinic

*Condom Distribution 1st quarter*

Month	males	females	total
January	400	0	400
February	1000	0	1000
March	500	0	500
<b>Quarter total</b>	<b>1900</b>	<b>0</b>	<b>1900</b>

● **OUTREACHES.**



### **Rmncah+n conference**

In March the Ministry of Health and Child Care successfully hosted the Reproductive Maternal, Newborn, Child and Adolescent Health + Nutrition Conference. Under the theme, “Ending Preventable Maternal and Perinatal Mortality: Lessons Learned and Future Directions”, the conference served as a platform for knowledge exchange and collective action to eliminate preventable maternal and child mortality. Participants discussed health interventions that bridge the gaps in socioeconomic status, gender, education and geography while addressing foundational drivers of change, from policy and financing to comprehensive health system transformation.

### **Mental health screening**

Mental health screenings were done during the quarter using the PHQ-9 . Responses from the members of the community show how differently individuals perceive issues relating to mental health. Despite having explained how the PHQ-9 works to individuals, we believe some still failed to understand and others feared being regarded as having depressive symptoms and gave wrong responses.

*The table below also serves to show statistics relating to mental health screenings using the PHQ-9.*

Month	males	females	total
January	5	30	35
February	26	44	70
March	12	50	62
<b>Quarter total</b>	<b>43</b>	<b>144</b>	<b>167</b>

- **OUTREACHES.**

**Conclusion**

Overall the quarter was good. The department managed to carry out most of its day to day duties as well as outreaches. We aim to push for more community engagement within the next quarter through outreaches within local shops and schools for enhanced mental health awareness and addressing myths surrounding mental health.

*Thank you.....*