



**ZOTECA
HEALTH**

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**PROVIDING PRACTICAL AND SCALABLE HEALTH SOLUTIONS TO
VULNERABLE COMMUNITIES.**

2024 ANNUAL REPORT

STATEMENT FROM THE DIRECTORS

In the year 2024, ZOTECA HEALTHCARE in collaboration with Fountain of Hope (FOHOP) organisation continued to professionalize their charitable work to operate according to the highest standards in Malawi and Africa.

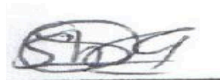
ZOTECA HEALTH CARE's 2024 focused on *HIV testing and counselling, mental health, cancer, sugar screening, blood pressure testing*



transmitted diseases testing, family planning, viral load testing, malaria testing and out patient health services. These services targeted women, young people, children, person with disabilities and key population group.

The institutions carried out its interventions in Blantyre District, specifically in Senior Chief kapeni where has direct beneficiaries and the entire Malawi population as indirect beneficiaries through awareness through media houses.

It took courage, skills and commitment from both community beneficiaries and the institutions' leadership and volunteers to achieve the 2024 plans.



Shora Kauluka

Anish Shekar.

Co- Director

Co- Director

Date: 15th January, 2025.

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Description of the year 2024 work

ZOTECA HEALTHCARE collaborated with FOUNTAIN OF HOPE(FOHOP) organisation to *partner with government health facilities in providing essential health services to the vulnerable communities.*

The overall goal of the ZOTECA HEALTHCARE in year 2024 was enhancing children, adolescents, women, persons with disabilities, the elderly and young people's HIV/AIDS prevention, Treatment, care and Support Initiative' in Blantyre district, specifically in Senior Chief Kapeni.

These interventions were planned to be achieved through health outreach services of HIV testing and counselling, mental health, cancer , sugar

screening, blood pressure testing, sexually transmitted diseases testing, family planning, viral load testing, malaria testing and out patient health services.

The organisations used integrated approach methodology where they applied a number of strategies. In this case the health facility staff were allowed to use their way of community mobilization by using their community volunteers to inform people about the events and they also used public announcement system to announce in the community during both days and nights. This ensured that everyone was aware of the events. On the other hand the organization also used its structures to mobilise the community members. It used youth club members, printed posters and fliers which were distributed to household in the area.

The idea was to enable people in rural areas access essential health services which they could not manage due to the long distance covered to reach to the health facilities. The areas had elderly persons, persons with disabilities, pregnant mothers, children who would need at least 15 USD to pay for transport and yet they earn less than 0.5 USD per day. As such it was a big challenge for them to walk 10 kilometers seeking for these health services.

There were main objectives as follows:

1. To strengthen and expand by 40%, HIV prevention and treatment services for children, adolescents and young people in Senior Chief Kapeni by December, 2024.

Objective 2: To improve by 50% HIV and reproductive health services for children, adolescents and young people by December 2024.

Objective 3: To engage communities of faith to improve understanding of the HIV epidemic and to reach men and children at HIV risk with effective, targeted Testing and HIV treatment services.

Objective 4: To support adolescents' mothers living with HIV and their children to access quality health services and to take care of their children

Objective 5: To identify those with health problems through testing and screening and put them on relevant treatment.

Objective 6: To build relationship between health service providers and the people in the rural areas

ACHIEVEMENTS

ZOTECA in partnership with FOUNTAIN OF HOEP organisation carried out interventions called 'Accelerating children, adolescents and young people HIV/AIDS prevention, Treatment, care and Support Initiative' in Blantyre district, specifically in Senior Chief Kapeni. The project targeted children, adolescents, women, persons with disabilities and young people. Activities in this project were centered on three main issues namely: HIV testing and viral load testing for all groups of people, initiating all HIV identified beneficiaries on anti retroviral treatment, conducting defaulter tracing for those who were on treatment and ensuring treatment adherence.

The institutions mobilized identified people living with HIV/AIDS to lead innovative advocacy and awareness campaigns which led to more community members being tested and treated thereby embracing a multitude of entry points to understand what worked better for the all age groups. Support groups of children, youth, adult women and men were formed categorically to strengthen the coherence in fighting against the epidemic.

This project intensified mobile testing sessions, defaulter tracing, referral system, awareness campaigns, and sexual reproductive health services. On awareness, the project used different strategies including a social football games, Information education materials (communication materials), drama and public announcement system. At every group village head level, a mobile testing services were conducted with the help of local leaders where ARV, HTC and SRH services were accessed.

In mobile health services, there was also provision of counselling, mental health, cancer , sugar screening, blood pressure testing, sexually transmitted diseases testing, family planning, viral load testing, malaria testing and out patient health services.

These institutions engaged faith and traditional leaders in the prevention of sexual violence among 0-18 year olds; through community dialogues. Strengthens systems of reporting and accountability for sexual violence against children; hold Community level activities to affect social norms and sexual practices, including: Improving social norms regarding early sexual activity, early pregnancy, and early marriage; Increase retention in school for vulnerable girls and Skills building to improve employability in young girls and boys.

Held awareness campaigns on HIV testing and treatment focusing on children, adolescents and young people. The institutions used radio talk shows, community meetings, door to door visits. Over 630,000 people were reached in this process where radio programs reached to over 600,000 people while other methods reached 30,000 people. The raised awareness also promoted access to pre-exposure prophylaxis (PrEP) services and communications.

Referral of HIV positive patients to care and support conducted: The institutions identified clients who were HIV positive and referred to the health facilities for counselling and treatment. This improved lives of the clients who saw changes when they started receiving treatment and care.

Trained adolescent mothers in HIV/sexual and reproductive health and rights: The activity aimed at reducing not only unplanned pregnancies but all HIV virus and other sexually transmitted infections spreading. They provided knowledge on prevention of transmission of sexual related diseases, access to contraceptives, how to access sexual and reproductive health services in health services, where the communities could access SRH, ART distribution, HIV/AIDS testing and counseling services including condom and HIV self-testing kits.

Condoms and HIV self testing kits distribution centres were established: As one of way improving access to health services, the organisations established 2 new centres which could enable people in rural areas access condoms, HIV testing kits, counselling and referral services. In addition, the organisations partnered with beer drinking joints' owners and sex workers' network leaders to become distribution centres of these products. This enabled More young people, young women and sex workers access these services