

Newsletter

January - December 2024

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Promoting Health & Equality
Inspiring Hope





Message from the Executive Director



I am pleased to share the GH Foundation newsletter for the year 2024 (January to December), highlighting our efforts to combat non-communicable diseases (NCDs) and gender-based violence (GBV), while promoting gender equality.

2024 has been a year of significant progress for our organization. We have focused on two Thematic areas: addressing NCDs and Advancing gender equality. In the fight against NCDs, the foundation has funded medical treatment to many affected individuals, supplied medical equipment to health facilities, and educated over 2 million people on prevention and healthy living.

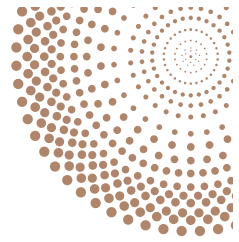
On the gender equality front, we have provided legal aid and psychosocial support to numerous GBV survivors, helped children who dropped out of school due to GBV return to their studies by covering their school fees, and advocated for child rights, women's rights, and social inclusion for marginalized communities.

The foundation has also represented these causes on both national and international platforms, working to increase awareness and promote policy changes. Our advocacy efforts focus on encouraging governments and partners to prioritize NCD prevention, while also driving legal reforms and collaborations to address GBV. We continue to empower GBV survivors, equipping them to advocate for themselves and for others.

We are committed to strengthening our institutional capacity, improving fundraising, and learning from both regional and international actors to ensure our continued growth and impact.

Thank you for your ongoing support.

Godlisten Malisa
EXECUTIVE DIRECTOR



Highlighting the progress in the fight against NCD

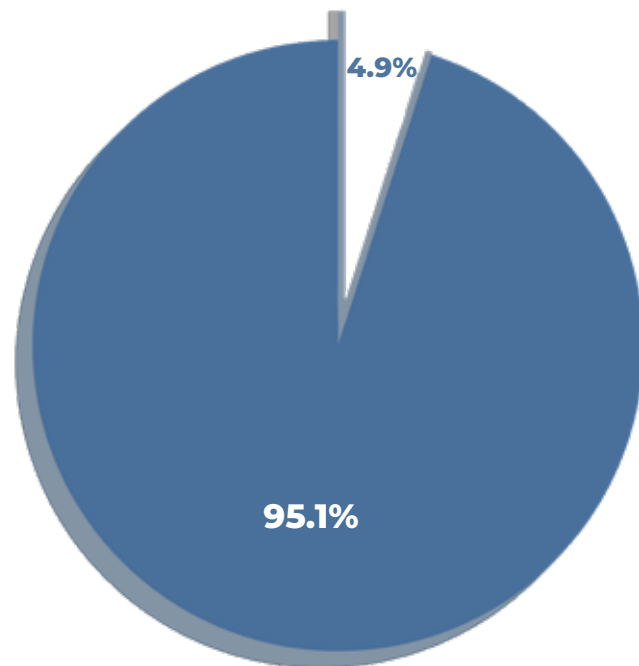
In 2024, GH Foundation made significant progress in the fight against non-communicable diseases (NCDs) through a comprehensive approach that combined treatment support, community education, and strategic partnerships. The foundation focused on both direct medical interventions and long-term prevention efforts, particularly targeting underserved groups. A major highlight was the awareness campaign conducted primarily through social media, which proved highly effective in reaching a wide audience, especially youth. The following stories showcase the foundation's impactful initiatives throughout the year.

GH Foundation Saves 41 Tanzanians' Lives Through Medical Treatment Support

In 2024, the GH Foundation made a significant impact by providing medical treatment support to 41 Tanzanians suffering from non-communicable diseases (NCDs). As part of its unwavering commitment to addressing the growing burden of NCDs, the foundation has dedicated itself to improving the lives of individuals facing health challenges due to diseases such as cancer, kidney failure, heart conditions, respiratory diseases, and neurological disorders.

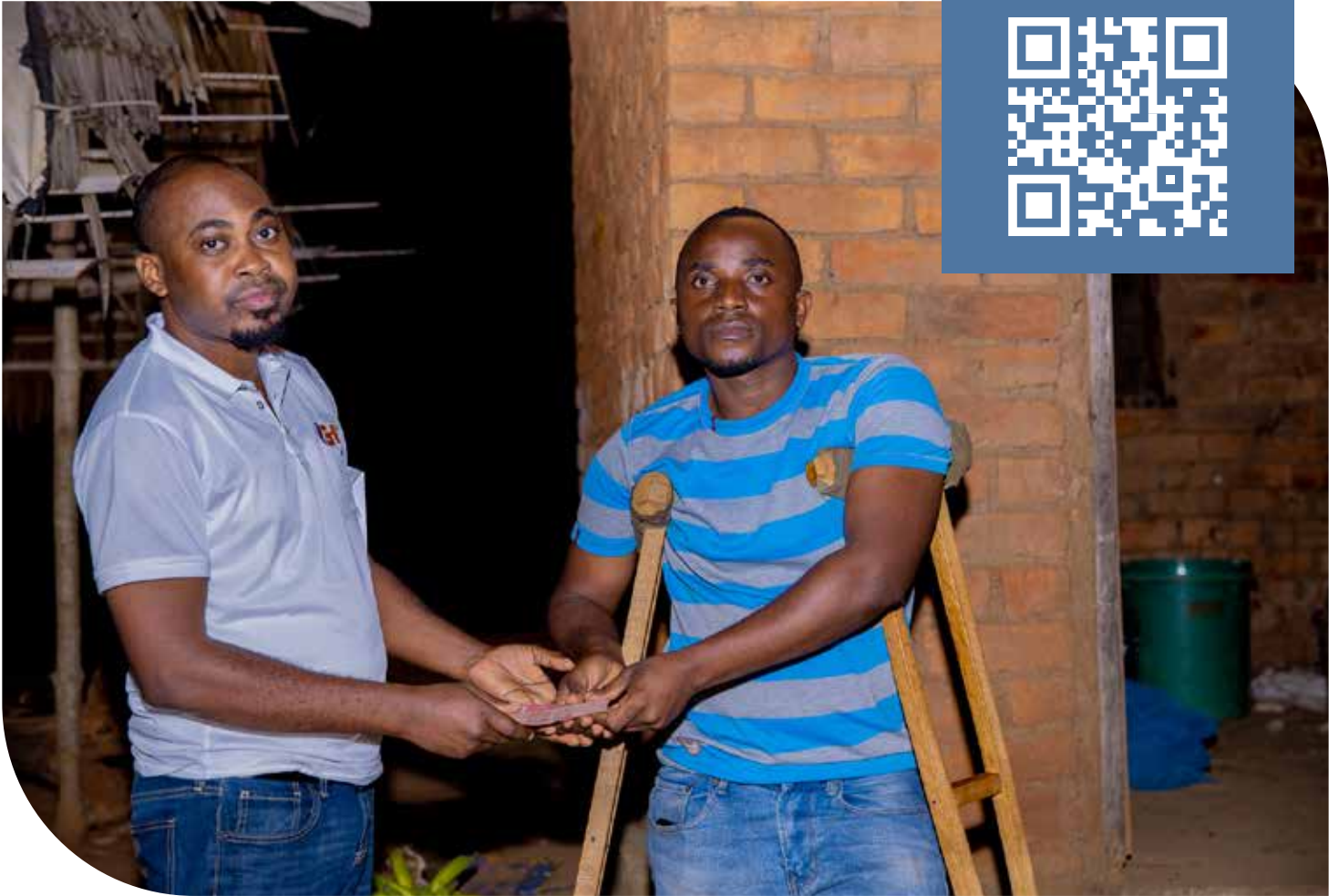
Since its inception in 2021, GH Foundation has been at the forefront of combating NCDs and promoting health awareness, with a focus on prevention and treatment. In 2024, the foundation's interventions were vital in supporting individuals who could not afford the high costs of medical treatment. Many of the patients, from economically vulnerable backgrounds, had been battling their conditions for extended periods without the necessary resources for proper care. Without this intervention, they may have faced life threatening outcomes.

The foundation invested approximately 112.9 million Tanzanian Shillings to cover the medical costs for these individuals across several hospitals. Of the 41 patients treated, 39 (95.1%) have made full recoveries and continue to thrive. Unfortunately, two patients (4.8%) passed away after receiving treatment – one due to cancer and the other following a kidney transplant procedure. However, the foundation remains steadfast in its mission to provide life-saving support to those in need.



GH Foundation NCD Support Outcomes – 2024 (Total: 41 Patients)

- Deceased 4.9%
- Recovered 95.1%

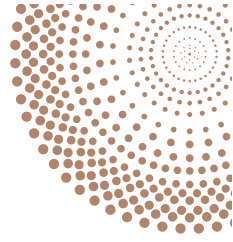


GH Foundation Administrative Manager, Dr. Chris Cyrilo (left) present TZS 1 million to Mr. Moi Kikoti to support his post-surgery clinic visits after undergoing treatment for bone cancer at St. Francis Hospital Ifakara.

Million Tanzanians Reached with NCD Prevention Education Through GH Foundation's Efforts

In 2024, GH Foundation made a strategic shift in its approach to combating non-communicable diseases (NCDs) by placing a stronger emphasis on prevention, rather than solely focusing on treatment. The foundation launched a series of educational campaigns aimed at equipping Tanzanians with the knowledge and tools to protect themselves from NCDs, promoting healthier lifestyles to prevent these diseases before they occur.

Through a variety of platforms, including social media, mainstream media, academic seminars, and participatory events, GH Foundation reached a broad audience. Social media, in particular, proved to be a highly effective tool, especially for engaging young people, who spend a significant amount of time online. This diverse approach allowed the foundation to reach 2.3 million people across the country, educating them on how to reduce their risk of NCDs by making simple but impactful lifestyle changes. These included adopting regular physical activity, following a balanced and nutritious diet, avoiding unhealthy foods, managing stress levels, and participating in regular health screenings to catch early symptoms before they develop into more serious health issues.



GH Foundation Joins Forces with Professor Jay and Genesis Foundations to Battle Cancer and Kidney Diseases



GH Foundation strengthened its efforts in combating non-communicable diseases (NCDs) by partnering with two prominent organizations: the Genesis Foundation, focused on cancer prevention, and the Prof. Jay Foundation, dedicated to addressing kidney diseases. Both cancer and kidney diseases are key components of the broader NCD category, and GH Foundation is committed to tackling the full spectrum of these chronic health conditions. By joining forces with these specialized organizations, GH Foundation aims to enhance its impact on the prevention, early detection, and management of both cancer and kidney diseases, which continue to pose significant public health challenges.

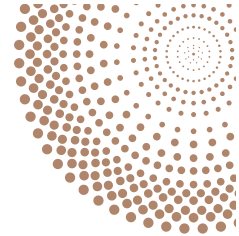
Prof. Jay Foundation Chairman, Joseph Haule (seated), alongside GH Foundation Executive Director, Godlisten Malisa, and Muhimbili National Hospital nephrology specialists, including Dr. Jonathan Mngumi (second left).



These partnerships enable a unified approach to addressing NCDs, with specific focus areas on cancer and kidney diseases. The goal is to provide comprehensive education, promote early screenings, and advocate for stronger government policies that address these health issues. By concentrating efforts on these critical areas of NCDs, GH Foundation is working to reduce the incidence and severity of these diseases through prevention and timely intervention.

Genesis Foundation Director, Dr. Hellen Makwani (second from left), alongside GH Foundation leaders during her visit to their offices in March 2025.





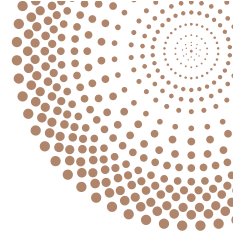
GH Foundation Launches NCD Awareness Clubs in Secondary Schools

As part of its ongoing fight against non-communicable diseases (NCDs), GH Foundation has introduced a program to establish NCD awareness clubs in secondary schools nationwide. This initiative aims to educate students on preventing NCDs and adopting healthier lifestyles, addressing the alarming statistic that over 71% of premature deaths globally are caused by NCDs. The program seeks to reduce the risk of NCDs among youth by promoting awareness of harmful behaviors like poor diet, smoking, alcohol consumption, and lack of exercises



The NCD clubs will engage students through debates, knowledge competitions, and an essay contest to foster a deeper understanding of these diseases. The top-performing clubs and essay winners will be rewarded to encourage active participation. Through this initiative, GH Foundation hopes to inspire students to adopt healthier habits and take a proactive approach to their health, contributing to a future with fewer NCD-related deaths.





Specialized Wheelchairs Donated to Help People with Mobility Impairments Caused by NCDs

In a significant effort to assist individuals with mobility impairments caused by non-communicable diseases (NCDs), GH Foundation has donated seven specially designed wheelchairs valued at TZS 6.3 million. This initiative is part of the foundation's broader strategy to address the challenges faced by people with disabilities resulting from conditions such as stroke, Parkinson's disease, spinal cord injury, cerebral palsy, diabetic neuropathy, and brain tumors.

The donated wheelchairs are custom-built to meet the specific needs of each recipient, providing more support and functionality compared to standard wheelchairs. These specially designed wheelchairs are particularly beneficial for children under the age of 15, the primary focus group of GH Foundation's medical interventions. Many of these children suffer from congenital disorders, making them more susceptible to mobility issues. At present, the foundation's resources are concentrated on providing wheelchairs and specialized medical care to children, while adults above the age of 15 receive educational resources on NCD prevention.



GH Foundation Donates Life-Saving Medical Equipment to Support Children with NCDs

As part of our ongoing commitment to strengthening healthcare systems and championing the fight against Non-Communicable Diseases (NCDs), GH Foundation has successfully donated critical medical equipment to Mwananyamala Regional Referral Hospital and Muhimbili National Hospital.

These donations were specifically directed to neonatal and infancy wards, with a focus on improving the care of children suffering from NCDs such as cancer, respiratory and cardiovascular diseases, endocrine disorders, neurological conditions, and others. The equipment provided includes:



GH Foundation Director, Godlisten Malisa (left), handed over bedside monitors and various other medical equipments to Muhimbili National Hospital Deputy Director, Dr. Julieth Magandi, during a visit aimed at supporting pediatric oncology services.

- | | | | |
|---|----------------------|------------------------------|---|
| 1 | Sunction Machines | IV poles | 5 |
| 2 | Fetal Stethoscopes | Bedside monitors | 6 |
| 3 | Infusion pumps | Pulse oximeters | 7 |
| 4 | Oxygen concentrators | Neonatal Resuscitation kits. | 8 |



Significant strides in promoting gender equality and combating GBV

In 2024, GH Foundation deepened its commitment to advancing gender equality and addressing gender-based violence (GBV) through a series of transformative initiatives. These efforts focused on empowering survivors, especially women and children, by providing shelter, legal and psychosocial support, education, and economic assistance. The foundation also expanded its advocacy and awareness efforts to promote systemic change and protect the rights of vulnerable groups. The following stories highlight the impact of these interventions across different regions in Tanzania.



New Home Provided for Widow and Children, Supporting Recovery from Gender-Based Violence

In May 2024, GH Foundation helped improve the life of Ms. Judith Ruhumbika, a widow and survivor of gender-based violence, by providing her with a newly constructed home in Chanika, Dar es Salaam. Judith, who had been evicted by her late husband's family and faced homelessness while caring for her four children and expecting a fifth, had been living at the Ubungo bus station. The foundation's intervention not only provided her with a safe and spacious home but also helped send her children back to school by securing boarding school placements.

This newly constructed home is the fourth built by GH Foundation for survivors of gender-based violence, following previous efforts in Arusha, Morogoro, and Pwani regions. The foundation's mission is to assist survivors by providing temporary communal homes while offering support for their economic, psychological, and social recovery. This holistic approach helps survivors rebuild their lives and reintegrate into society without long-term dependency.



Providing Hope and Opportunity: GH Foundation's Impact on Vulnerable Communities

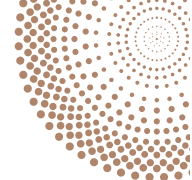
In 2024, GH Foundation strengthened its commitment to educational support for vulnerable children, recognizing the transformative power of learning in breaking cycles of poverty and hardship. Through a multifaceted approach, the Foundation provided both financial aid and essential school supplies, ensuring that children from disadvantaged backgrounds had the resources needed to continue their education and build a brighter future.

A key focus of GH Foundation's efforts was funding school fees for 43 children, many of whom are orphans or survivors of gender-based violence. These students, facing significant financial and social challenges, were given the opportunity to return to school and pursue their academic dreams. The Foundation's support extended across various educational levels, including primary and secondary schools, vocational training centers, and universities. To sustain their education, GH Foundation allocated TZS 64.3 million, covering tuition costs and ensuring these students could focus on learning without financial burdens.

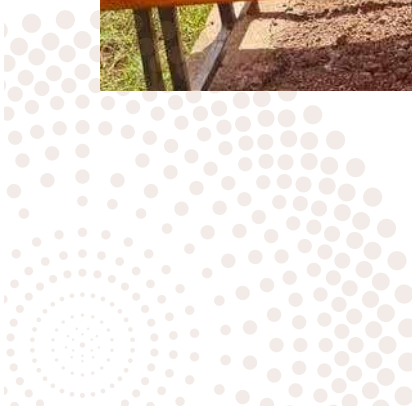
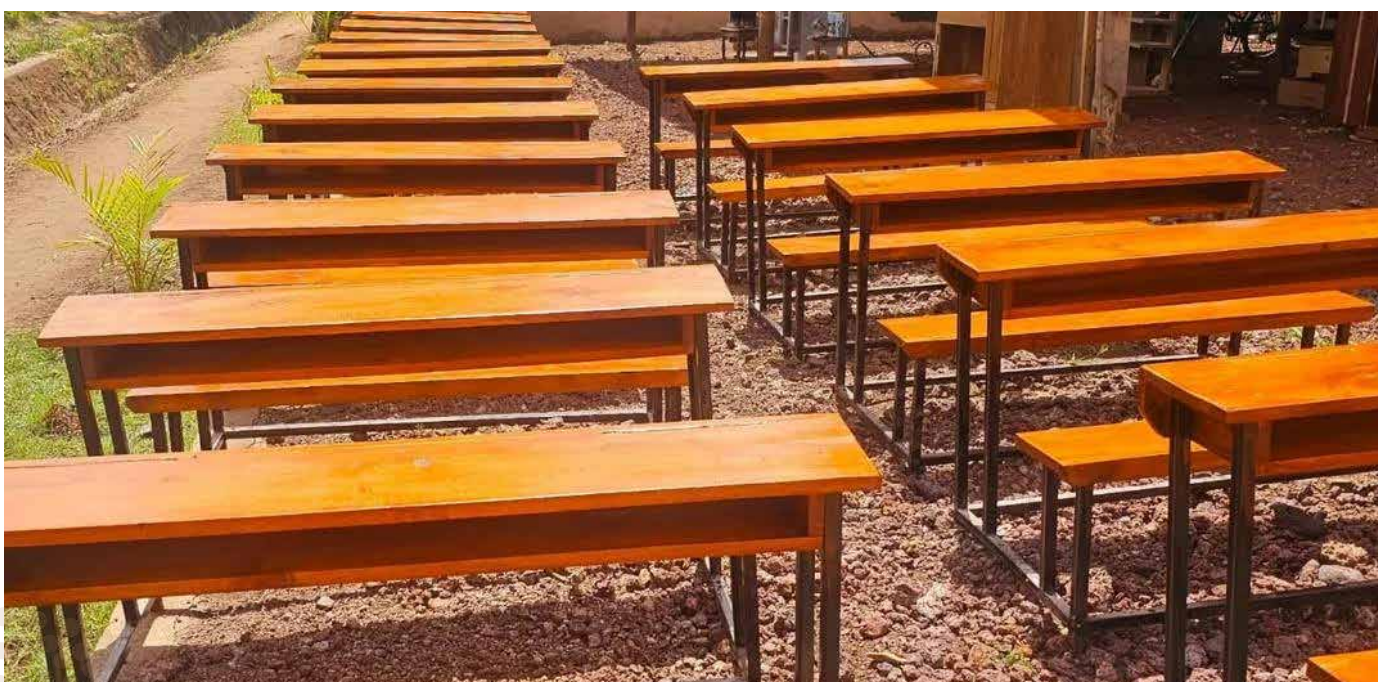


GH Foundation sponsored orphaned student Glory Gift Tumaini (standing), who dropped out of school after losing her parents, enabling her to continue her education at Ebenezer English Medium Primary School in Tanga.





To further support students in marginalized communities, GH Foundation distributed essential educational supplies—such as notebooks, school bags, shoes, and desks—to over 400 students in Ulanga District, Morogoro Region. Additionally, the Foundation donated 25 desks to Sanyahoyee Primary School in Siha District, Kilimanjaro Region, improving classroom conditions and fostering a more conducive learning environment.

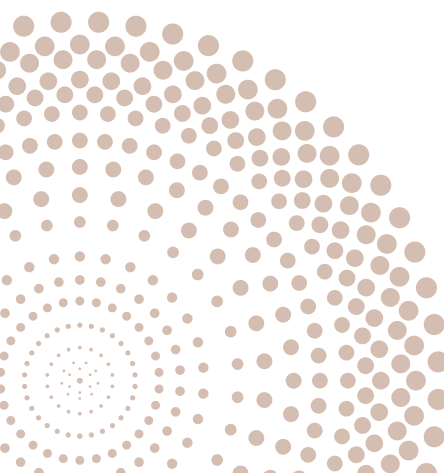


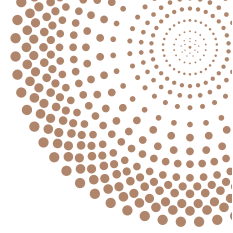


Through these targeted initiatives, GH Foundation continues to remove barriers to education, empowering children with the tools and opportunities needed for long-term success. By investing in financial assistance, educational materials, and improved learning environments, the Foundation is fostering a future where every child, regardless of their circumstances, has access to quality education. This commitment underscores GH Foundation's belief that education is not just a privilege but a fundamental right, and through strategic interventions, it is enabling vulnerable children to overcome challenges and pursue their aspirations with confidence.



GH Foundation-sponsored orphaned students from various secondary schools gathered at the Foundation's premises Kinondoni, sharing a joyful moment. They are among 43 recipients of full scholarships after losing their parents and facing challenges in continuing their education.





Provision of Legal and Psychosocial Support for GBV Survivors

The organization provided crucial legal aid to survivors of gender-based violence, helping them navigate complex legal challenges. Through consultations, formal litigation, and alternative dispute resolution, the foundation ensured that women could assert their rights and seek justice. Many of the women assisted had been deprived of their inheritance rights by their deceased husbands' families leaving them homeless and without resources. The establishment of a Legal Desk, overseen by High Court advocate Dickson Matata, played a key role in providing legal support. In 2024, 11 women benefited from this legal aid, empowering them to secure their legal rights.

In addition to legal support, the organization offered comprehensive psychosocial care to survivors of gender-based violence, addressing the emotional and mental trauma caused by their experiences. Survivors often face long-term psychological challenges, which can hinder their ability to reintegrate into society. To support their recovery, the foundation implemented a tailored program of continuous counseling and follow-up, partnering with social welfare professionals. Over 103 survivors, primarily women and children, received this vital support, helping them heal and regain emotional stability.



Judith Ruhumbika (right), a widow and gender-based violence survivor, receiving counseling from GH Foundation Communications assistant, Mozec Joseph.



Livelihood Support Program Empowers 52 GBV Survivors with Small Business Capital for Financial Freedom

GH Foundation launched a "Livelihood Support" program to assist survivors of gender-based violence, especially women and children, who often face homelessness and struggle to meet basic needs. Many survivors are left vulnerable, sometimes resorting to begging to survive. The foundation provides small business capital to help them regain their independence and improve their quality of life. The program also includes entrepreneurial training, teaching survivors how to manage small businesses and save a portion of their earnings for long-term sustainability.

In 2024, GH Foundation supported 52 survivors with financial aid ranging from 200,000 to 500,000 Tanzanian shillings each. This support has enabled many beneficiaries to secure housing, start small businesses, and break free from dependency. The program plays a crucial role in helping survivors rebuild their lives, regain control over their futures, and work towards a brighter tomorrow.



GH Foundation Finance Officer, Ndahani Mwenda (right), hands over TZS two million to Khadija Chikomanzi of Hombolo, Dodoma, enabling her to start a small business for self-sufficiency. Khadija, a gender-based violence survivor, was abandoned with four children following her husband's passing.



Cross Cutting Issues

To enhance the impact and sustainability of its programs, GH Foundation has prioritized key cross-cutting strategies that support institutional growth and operational excellence. These include strengthening staff capacity, fostering strategic partnerships, promoting accountability, and aligning with national and global standards. By embedding these approaches across its work, the foundation is better positioned to deliver high-quality interventions and drive lasting change. The stories below highlight how these efforts have reinforced GH Foundation's effectiveness and long-term vision.

Strengthens Strategic Partnerships Through National and International Forums

The foundation's strategic partnerships and collaborations have greatly enhanced its ability to achieve its goals, fostering opportunities for growth, knowledge-sharing, and networking. By strengthening relationships with umbrella organizations and like-minded institutions, the foundation has expanded its reach and effectiveness in addressing key issues such as gender equality and social justice. These collaborations have provided access to critical resources, including participation in conferences, capacity-building seminars, and networking events, which have contributed to the foundation's operational growth and its ability to collaborate on a larger scale.

For example, participation in key events such as the African Health Summit, the World Internet Governance Forum, the East Africa Grantmakers Summit, and the East Africa Philanthropy Conference has allowed the foundation to connect with other organizations and expand its partnerships. Additionally, joining networks like the Tanzania Human Rights Defenders Coalition (THRDC), Tanzania Association of NGOs (TANGO), and the East Africa Philanthropy Network (EAPN) has opened doors to further collaboration and provided valuable opportunities for staff development. These collective efforts continue to play a pivotal role in the foundation's mission to broaden its impact and achieve long-term success.



GH Foundation leaders in a group photo with partners from various African countries at the East Africa Philanthropy Summit, held in July 2024 at JW Marriott Hotel in Nairobi.



GH Foundation Director, Godlisten Malisa (center) joins civil society leaders in advancing health initiatives at the EAPN Innovation Conference, Delta Hotel, Dar es Salaam November 2024.



The Director of GH Foundation, Godlisten Malisa, met with various civil society leaders at a digital innovation conference organized by ICANN in Kigali in July 2024.



GH Foundation's leadership, including Internal Auditor CPA Yusuph Msagati, PR Coordinator James Mbowe, and Executive Director Godlisten Malisa, engaged with LSF Executive Director Lulu Ng'wanakilala and LHRC Executive Director Anna Helga at the EAPN Summit in Nairobi, August 2024.

GH Foundation and THRDC Conduct Capacity-Building Training for Staff and Volunteers

In August 2024, GH Foundation, in collaboration with the Tanzania Human Rights Defenders Coalition (THRDC), successfully conducted a comprehensive capacity-building program for its staff and volunteers. The training focused on enhancing knowledge and strengthening institutional practices in several key operational areas. These included financial management and compliance, human resources and organizational administration, monitoring and evaluation (M&E), data management and health informatics, data protection, and workplace safety (WASH). The three-day training brought together a total of 11 participants—comprising two staff members and nine volunteers—who received practical knowledge and tools to improve their performance and contribute more effectively to the organization's mission.

The sessions took place at the THRDC offices in Mikocheni, Dar es Salaam, and were officially inaugurated by Advocate Onesmo Ole Ngurumwa, Executive Director of THRDC. This capacity-building initiative marked a significant milestone for GH Foundation, being the first formal training of its kind since the organization's establishment in 2021. It served as a critical step in strengthening internal systems and processes, fostering accountability, and building a more skilled and empowered team. The training not only enriched participants' individual competencies but also enhanced the overall institutional capacity of the foundation, positioning it to deliver programs with greater impact and efficiency in line with its strategic goals.





GH holds Annual General Meeting on the Slopes of Mount Kilimanjaro

On November 22–23, 2024, GH Family convened its Annual General Meeting (GH Day), comprising a one-day retreat for staff and volunteers of GH Foundation, followed by a full assembly of members. The event took place at Kibo View Farm Lodge, nestled in the Kibosho area on the slopes of Mount Kilimanjaro, Moshi District.

Key agenda items included the review and discussion of the performance and financial reports of GH Family, the Foundation's charitable subsidiary. Members provided input, posed questions, and received clarifications from leadership. They also participated in a constitutional review and submitted several proposals for institutional improvement. In addition, leadership held strategic deliberations on the overall direction of GH Foundation and its subsidiary, GH Family.



Attendees engaged in agricultural learning through exposure to modern farming and livestock projects. Complementary recreational activities including sports, shared meals, and live performances featuring music, acrobatics, and magic enriched the experience.

The event wrapped up on Sunday, November 23, 2024, with participants feeling reenergized by the collaborative spirit and the refreshing mountain environment.



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