



TEMNDENI NEWS



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OUR VISSION

A Swazi society, whose Sexual Reproductive Health and Rights are respected, supported and protected

OUR MISSION

To champion access to quality and non-discriminatory SRHR information and services in Eswatini through direct service delivery and by enabling other actors



Former Family Life Association of Eswatini (FLAS) Communications and Marketing Manager and currently Eswatini Revenue Authority (ERA) Director of Strategic Communications, elected President of FLAS.



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Family Life Association of Eswatini



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MEET THE NEW NEC



MR. VUSIE NORMAN DLAMINI 2. MR. AMBROSE MASEKO 3.MR. PATRICK DLAMINI. 4. MS.SWAZI NKONDE. 5.MRS. BONSILE NHLABATSI. 6 MR.MUZIWETHU NKAMBULE. 7.MS. THINIE MUTYABA. 8. MR MBONGENI MOTSA. 9. MS. ANDISWA NSIBANDZE. 10. DR. MAUREEN MAGAGULA

Meet the new FLAS National Executive Committee Members (NEC)

On its 40th Annual General Meeting, the Family Life Association of Eswatini elected new National Executive Committee Members (NEC), that will be in office for the upcoming three years. This committee is led by Mr.Vusie Norman Dlamini as President, preceded by Mr. Ambrose Maseko Immediate Past President.

The Committee is made up of the following positions which are; President, Immediate Past President, Treasurer, Secretary, Ministry of Health Representative, Chairperson Resource Mobilization Committee, Programs Committee Chairperson, two Youth Action Movement representatives.

The newly elected President Mr. Vusie Norman Dlamini is leading the Committee with vast experience.

President

He holds a Masters of science in Public Relations and Media Management and currently works for Eswatini Revenue Authority as the Director of Strategic Communications.

Mr. Dlamini is a former employee of FLAS, and attributes his growth and achievements to the experience he received while working for the Family Life Association of Eswatini.



President Mr. Vusie Norman Dlamini

“the roles that we are at today professionally are the result of the experience we got from the organization”.



MEET THE NEW NEC

Immediate Past President

Mr. Ambrose Maseko holds the position of Immediate Past President.

Mr. Maseko has qualifications in geography and history. He holds a Post Graduate Degree in Education and Computer Education.



Immediate Past President - Mr. Ambrose Maseko.

Treasurer

Ms. Swazi Nomfundo Nkonde is the Treasurer of Family Life Association of Eswatini (FLAS). She will oversee general financial affairs of the Association.

She holds a Masters of Business Administration, Bachelor of Commerce in accounting and Financial Management. She is currently employed by Eswatini Revenue Authority



Treasurer Ms. Swazi Nomfundo Nkonde.

Secretary to NEC

Mr. Patrick Dlamini is the Secretary of the National Executive Committee and Executive Director for Family Life Association of Eswatini. He reports to the NEC on the proceedings of the Association. He holds a Master's Degree in Business Administration and a Post Graduate Diploma in Project Management from Management College of Southern Africa (MANCOSA). He has a Bachelors in Social Sciences, Economics (Monetary and International Trade). A Bachelor of Science in Geography, Environmental Sciences and Planning from University of Eswatini.



Secretary to NEC & Executive Director - Mr. Patrick Dlamini

Mr. Patrick Dlamini is also the Executive Director for the Family Life Association of Eswatini.

MOH - Representative

Mrs. Bonsile Nhlabatsi is the Ministry of Health representative. She is the focal person for Prevention of Mother to Child Transmission (PMTCT) and currently working as Sexual Reproductive Health Programs Manager at the Ministry of Health.



MOH Representative - Mrs. Bonsile Nhlabatsi

She is a qualified Medical Practitioner as she holds a Masters of Public Health and International Health, Bachelor of Science (B.Sc.) in Nursing Midwifery, Good Clinic Practise (GCP) in Social and Behavioural Research and best Practices for Clinical Research. She is the Ministry of Health's focal person in ensuring that ethical medical practises are performed within the Association.



MEET THE NEW NEC

Chairperson Resource Mobilization Committee

Mr. Muziwethu Nkambule is the Chairperson of Resource Mobilization Committee. He is responsible for overseeing all resource mobilization activities, these include donations and other income generating initiatives.

He holds a Degree in Bachelor of Arts in Social Science, majoring Public Administration and Industrial Sociology



Chairperson Resource Mobilization Committee- Mr. Muziwethu Nkambule

YAM Representative

Ms. Nsibandze is the Youth Action Movement (YAM) representative and the YAM President.

She is the focal person for the youth and is responsible for communicating concerns and issues that arise within the YAM. She is an undergraduate at the

University of Limpopo and Creative Technology, pursuing a Degree in Public Relations



YAM President Ms. Andiswa Nsibandze

YAM Representative

Mr. Mbongeni Motsa serves as YAM representative and also the Vice President of the youth. He works closely with the YAM President.

Mr. Motsa does similar duties to that of Ms. Nsibandze of being the YAM focal person of the youth. He is pursuing a certificate in First Aid Medical response.



YAM Vice President -Mr. Mbongeni Motsa

NEC Member

Dr. Maureen Magagula is a member of the National Executive Committee. She holds a PHD and is a Medical practitioner with expertise in Health Systems Strengthening, Sexual Reproductive Health, Maternal Neonatal and Child Health.



NEC Member Dr. Maureen Magagula

Programs Committee Chairperson

Ms. Thinie Mutyaba is the Chairperson of the Programs Committee. She is entrusted with attending to the programs of the Association. She holds a Bachelor of Arts in Social Science, Bachelor of Arts in Public Administration and Sociology, Post Graduate Diploma in project Management, Diploma in Personal Training and Management.



Programs Committee Chairperson Ms. Thinie Mutyaba

Conclusion

The importance of the National Executive Committee is to govern the affairs of the Association and ensure that members of the Association work in line with the vision of the organization and that practices done, are those that promote the vision of the organization and are within the values of the organization. The National Executive Committee Members meets at least 4 times a year to review progress and receive reports on the status of the Association.



FLAS Service Providers and Support Staff during Capacity Building on Youth Friendliness and Data Quality in Healthcare

Family Life Association of Eswatini, conducted a capacity building exercise, where they educated their clinic service providers and support staff about youth friendliness. Health Care Providers were equipped with ways on how they can better understand and engage with young people to ensure that they are comfortable enough to open up about their problems.

Youth friendly services were defined as services that attract young people, that also meet their needs comfortably, responsively and succeed in retaining them for continuity of care. This exercise was conducted to encourage young people to seek clinical services and not feel embarrassed, to openly talk and seek advice on issues about their Sexual Reproductive Health and Rights (SRHR).

It was noted that Health Care Providers deal with a diverse youth, not only in their sexuality but also in their behaviour and characters which impact how receptive they are when they seek medical attention. Most of young people are not willing to open up about Sexual Reproductive issues because of the fear of being judged.

FLAS operate through a youth centred approach, meaning it works with young people, to empower them to be advocates of their Sexual Reproductive Health and Rights, making capacity building trainings important, because it bridges the gap between young people and Health Care Providers, also makes the services which FLAS provides to be relevant to the youth.

Concerns

Concerns that were highlighted during this exercise include the fact that young people fear being judged by Health Care Workers and their peers for seeking Sexual Reproductive Health services and that prevents them from seeking medical advice. Another concern was that health care centres operational hours do not favour young people especially those who are in schools, the time they knock off from their respective classes is the same time most clinics close for the day.

They also pointed to the lack of information readily available, which can be helpful to them to have prior knowledge of what might be the problem so that they can be precise on what attention they require.



Senior Nursing Officer Ms. Phindile Nkambule



Solutions

To mitigate these concerns, solutions that were raised were that; Health Care Providers should make it a point that their patient are comfortable. This is through understanding that, they are dealing with a diverse youth. Another solution which was tabled was that all the youth centres in Eswatini should have youth friendly services; this means that, there should be Gender Based Violence (GBV) assistance, counselling, Sexual Transmitted Infections (STI) screening and treatment which are available at FLAS youth centres. It was submitted that, services should always be readily available, Health Care Providers and Peer Educators should use age appropriate comprehensive sexuality education language when advising and educating young people.

It was advised that information should be available through info-graphics and charts within health centres and that there should be Information Education Communication (IEC) material.

The use of social media to disseminate information through online platforms was outlined as one of the measures that will be engaged to address the concerns.

Health Care providers tabled that in order to be effective in the work they do, they need constant capacity building exercises. They praised FLAS for having good infrastructure, as it is hard to operate within an uncondusive working environment. They encouraged support from their colleagues regarding helping clients

They appreciated the trainings from FLAS and the Ministry of Health as new information is vital to their field.

This training was conducted by the Strategic Information Unit officer Mr. Gcina Mgadula, Ms. Phindile Nkambule Senior nursing Officer and Former Youth Affairs Advocacy Clerk Ms. Primrose Msibi.



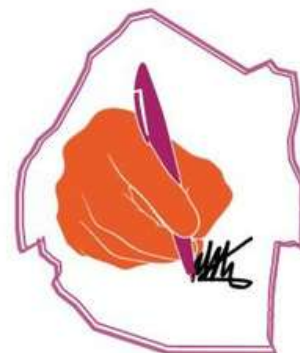
Strategic Information Officer Mr. Gcina Mgadula

Gender Based Violence Charter

The Gender-Based Violence charter is a lifelong initiative by Swazis to end (GBV) in all its facets. In this charter Swazis pledge to;

- Not to commit any form of Gender-Based Violence against another person.
- Respect all genders and challenge any form of Gender-Based Violence, wherever it occurs.
- Use only non-violent means to resolve conflict, including positive methods of disciplining children; advocate for improved awareness of mental health and anger management; and share information on supportive institutions.
- Denounce any act of Gender-Based Violence, regardless of the setting or perpetrator, including acts committed under the guise of religion or culture.
- Model gender equality and encourage positive parenting at home by sharing responsibility for child care and household chores and by making financial and family decisions together with their partners.
- Raise their children equitably, regardless of gender, and speak to them about the importance of mutual respect, consent in relationships and the right to make decisions about one's body.

- Be educated on laws and policies that promote gender equality and that guard against Gender-Based Violence, raise awareness on them, and call for their consistent implementation.
- Support people experiencing Gender-Based Violence by providing a safe and trusted space in which victims can speak about their experience, assist them to report and seek help from relevant institutions.
- Advocate that institutions develops and implements policies that promote gender equality and a culture of zero tolerance of Gender-Based Violence.
- Speak openly about commitments to prevent Gender-Based Violence and encourage others to do the same.



Eswatini GBV Charter
Ending GBV Together



The Family Life Association of Eswatini (FLAS), joins over one thousand two hundred signatories who have signed the charter and committed to end Gender-Based Violence in Eswatini. Adding on the above pledges, FLAS through its Youth Action Movement (YAM), is committed to educate young people in their communities about the forms of GBV and the measures one can take to report and to ensure that they speak up against any form of GBV.

The Organization will also partake in advocacy activities concerning GBV issues and stand in solidarity with any Gender Based Violence survivor.



Executive Director of the Family Life Association of Eswatini, Mr. Patrick Dlamini signing the GBV Charter.

Meet the 2022 FLAS Interns

The Family Life Association of Eswatini has recruited six interns for the year 2022, which are placed in three different departments; Youth Affairs, Finance Office, Strategic Information Unit department. The internship program improves the quality and experience of young people involved at FLAS, it improves employability, also assist the youth in identifying and choosing career paths.

The same program has produced competitive employees who have gone on to find employment in reputable companies nationally and internationally. For young people to be eligible to become interns they have to be active and fully paid up members of the Youth Action Movement (YAM).

The process of joining YAM includes filling an application form available at FLAS youth centres in Manzini and Mbabane or the FLAS website, then the individual will have to pay an annual subscription fee of E30.



Mbalenhle Magongo - Youth Affairs intern



Tanele Simelane - Data Intern



Given Maphalala - Youth Affairs Intern



Bandzile Dlamini - Youth Affairs Intern



Sandziso Malinga - Public Relations and Communications Intern



Takudzwa Sithole - Finance Intern



Ndzevane High School students with their menstrual hygiene day packages.

In commemorating menstrual hygiene day, the Family Life Association of Eswatini, through the Youth Action Movement (YAM), donated 240 sanitary pads to young girls at Ndzevane High School. As part of the donation were 63 dignity packs which were donated to over 60 boys in the same school. This activity was meant to break the stigma around menstruation and empower young girls not to be embarrassed by having their period but to accept it as part of life.

Common myths that were demystified included that: “when you are on your period you have started having sexual intercourse”, another misconception was that periods mean you are dirty and that women shouldn’t be around men when they have their periods. Men are not supposed to touch women during their time of the month and that it is forbidden for men to carry pads or touch them for that matter.

It was cleared that periods were a rite of passage for all young women it symbolized growth and maturity. The crowd was helpful in pointing out the stigma they faced from males. They mentioned that boys use period stains to ridicule young girls and it makes them feel ashamed of having periods.

The event started with a description of what is menstruation and how to clean yourself and better dispose of sanitary pads once you have used them. Questions from the crowd included that; “is it normal to skip your periods?”, and the prevailing question was that “is it normal to have two days of consecutive heavy flows?”.



Mbalehlehle Magongo Youth Affairs Intern handing out dignity packs



These questions were answered by one YAM Member Bandzile Dlamini, who also led the discussion in answering these questions and helping girls understand their periods. There were observations made that young girls are still not comfortable to talk about menstruation around boys and speak about periods in general.

Boys were encouraged to familiarize themselves with the topic of menstruation and what it means to women, as this does not only affect women but men are affected by this topic too. Men are the ones who perpetuate the stigma surrounding menstruation and young women get embarrassed when they are on their periods mostly when they are around men.



Ms. Bandzile Dlamini Youth Affairs Intern, handing out sanitary pads.

FLAS partnership with UNFPA

The Family Life Association of Eswatini (FLAS), has initiated nine projects through partnering with the United Nation Population Fund (UNFPA). These projects are spearheaded by nine different Organizations which operate to promote Sexual Reproductive Health and Rights (SRHR) of young women in Eswatini. The Organizations include FLAS, Shooting Stars, Ministry of Health- Sexual Reproductive Health Unit, Junior Achievement, TIMs Group, Sivusa Tive Nengcebo, Eswatini National Youth Council, Khulisa Umntfwana and Centre for Medicare and Medicaid Services (CMS). These Organizations will be heading different projects in conjunction with FLAS and all these projects have one underlying component which is to advocate for Sexual Reproductive Health and Rights.

FLAS

Engage & sensitize policy makers (parliament, inner council, Rapid Diagnostics Tests) on national, regional & continental Adolescent Sexual Reproductive Health and Rights, Gender Based Violence frameworks



Eswatini National Youth Council

Promote and expand social media platforms for adolescent engagement and information Support scale on Life Skill Education for out of school youth through community-based activities.



Shooting Stars

Support life skills through sports to address teenage pregnancy, Gender Based Violence, and Sexual Reproductive Health and Rights needs for young people



Centre for Medicare and Medicaid Services

Conduct Logistics Management Information System data verification visits to 80 health facilities. Provide Data Quality Assessments (DQAs)





Junior Achievement

Capacitate young people on resilient building through entrepreneurship education. Helping young people register and run their start-up business.



Khulisa Umntfwana

Support the implementation of the Parent-Child Communication initiative, by providing SRHR information to adolescence and young people.

MOH- Sexual Reproductive Health Unit

Capacity for Health Care Workers on integrated Maternal New born Health services, integration of Sexual Reproductive Health and Rights and Gender Based Violence.



Sivusa Tive neNgcobo

Sivusa Tive Nengcebo educate Teen mothers on Sexual Reproductive health.

Provide Sexual Reproductive Health services which include

Anti-retroviral Treatment (ART), Sexual Transmitted Infections Screening and Treatment, Family Planning. Help Teenage mothers with Economic Eempowerment, in order to sustain themselves and their babies. Facilitate documentation of the Child and the mother by helping them get their National Identity Numbers and Birth Certificates



FLAS Annual Report

SNG Grant Thornton Eswatini, conducted the Family Life Association of Eswatini’s annual audit for the 2021 fiscal year. This audit presented an unqualified report. This audit exercise is important as it proves that the Family Life Association of Eswatini preserves a transparent relationship with its stakeholders and donor community. It also promotes accountability and credibility between the management and the Board of Directors. FLAS continues to reassure its stakeholders and the donor community that Financial Statements and operations will always be thorough.





Maternal Neonate Child Health

- First Visit ANC
- Revisit ANC
- 7 days PNC
- Revisit at six weeks

Screening Services

- Pregnancy Test
- Breast Examination
- Cervical cancer screening
- Blood grouping
- Blood sugar test
- Prostate cancer screening
- Ultra sound Scan

Contraception and Family Planning Services

- The Pill
- 1 Month injectable
- 2 Months injectable
- 3 Months injectable
- Jadelle/ Implanon Insertion
- Implant Removal
- Intra- Uterine Device (LOOP) Insertion
- Intra - Uterine Device Check up
- Intra - Uterine Device Removal
- Emergency Contraception

**Sexual Transmitted Infections
Screening and Treatment**

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