



TEMNDENI

NEWSLETTER

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THE FAMILY LIFE ASSOCIATION OF ESWATINI (FLAS)

"An empowered generation that freely accesses full SRHR Information and services as a basic human need"



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ESWATINI INTERNATIONAL TRADE FAIR 2025



NERCHA Executive Director, Dr Nondumiso Ncube, at the FLAS stand to learn more about FLAS services.

In September 2025, the Family Life Association of Eswatini (FLAS) proudly participated in the Eswatini International Trade Fair, held from 29 August to 7 September. The event provided a dynamic platform for FLAS to showcase its work by combining the Condomize Campaign, information sharing on Sexual and Reproductive Health and Rights (SRHR), and mobile clinic services. This integration not only boosted FLAS's visibility but-

-also enabled meaningful engagement with diverse audiences, ensuring that services provided had a direct and immediate impact. Over the ten-day event, FLAS distributed 51,000 male condoms, 1,000 female condoms, and 11,000 lubricants. Importantly, 577 one-on-one client interactions were recorded, reflecting the strong demand for accurate SRHR information and the trust communities place in FLAS as a reliable service provider.



FLAS Executive Director, Mr Patrick Dlamini, with the FLAS team.



FLAS stand front.

The FLAS stand went beyond service provision to become a hub of engagement. Visitors shared their voices and perspectives on key SRHR topics through six short video clips recorded at the stand. Each video, about six minutes long, captured honest views on HIV prevention, condom use, and reproductive health. These clips are now featured on FLAS social media platforms, extending the trade fair conversations to wider audiences and providing valuable insights into public perceptions.

Feedback collected during the trade fair highlighted several areas for growth. Participants emphasized the importance of expanding outreach initiatives, reviving FLAS's presence on the radio (Siswati channel), ensuring a consistent supply of commodities, and enhancing the presentation of the exhibition stand. These lessons provide a clear roadmap for strengthening future public engagement and ensuring that FLAS continues to be at the forefront of SRHR advocacy and service delivery in Eswatini.



FLAS Programs coordinator Ms Hloniphile Lokothwayo & Senior Nursing Officer Nombuso Mashwama engaging stand visitors on SRHR issues.



FLAS Nurse, Mr. Ali Mamba, being interviewed by Eswatini TV about FLAS services.



The Minister of Health, Hon. Mduduzi Matsebula, and Dr Lul Reik (Africa CDC Regional Director), spent some time at the FLAS stand to appreciate FLAS's work in Eswatini.

FLAS 44TH ANNUAL GENERAL MEETING 2025



FLAS Executive Director Mr Patrick Dlamini addressing members, stakeholders, partners, volunteers, and staff during the Annual General Meeting.

The Family Life Association of Eswatini (FLAS) held its 44th Annual General Meeting (AGM) at the Manzini Head Office, bringing together board members, FLAS members, volunteers, partners, staff, and stakeholders. The gathering was an important moment of reflection on the past year, a review of progress, and a dialogue on the way forward for the organisation.

The 2024 Annual Report was presented, showcasing FLAS's impact through service delivery, strategic partnerships, and youth leadership initiatives. In his remarks, FLAS President, Mr Ambrose Maseko, emphasised the collaborative spirit that drives the organisation's success:

"Our achievements are not ours alone. They reflect the trust of our partners, the commitment of our volunteers and members, the tireless dedication of our staff, and the confidence of the communities we serve."

Among the highlights was the Youth Action Movement's (YAM) new strategy, which is designed to strengthen the implementation of youth-led activities and deepen their role in advancing sexual and reproductive health rights (SRHR). The AGM also welcomed a special address from FLAS founder, Ms Fiona Duby, who reflected on the organisation's origins and vision. She commended the progress made over the years and reminded members of the enduring mission to advance SRHR in Eswatini.



A section of the FLAS members that attended the AGM, following the proceedings.

Among Presenting on service coverage, FLAS Executive Director, Mr. Patrick Dlamini, shared impressive achievements in service delivery: *“Through our three static clinics and mobile outreach, we provided over 226,000 services to more than 50,000 clients. Our clinics in Manzini and Mbabane, together with mobile outreach, remained the backbone of our service delivery.”*

The AGM also provided space for members to reflect on challenges and lessons learned, while adopting key resolutions to guide the organization’s future direction. The 44th AGM reaffirmed FLAS’s commitment to innovation, inclusivity, and expanding access to quality SRHR services for all communities across Eswatini.



FLAS President Mr. Ambrose Maseko addressing the AGM.



FLAS Programs Coordinator Ms. Hloniphile Lokothwayo presenting the 2024 annual report.



FLAS Treasurer Ms. Mandlondlo Msibi presenting the FLAS 2024 financial report.



FLAS Executive Director & FLAS President joined by staff.



Section of FLAS youth following proceedings during the AGM.



FLAS AGM joined by FLAS staff after the meeting.

UMHLANGA 2025



FLAS and Khulisa Umntfwana peer educators at the Umhlanga Ceremony 2025.

The Family Life Association of Eswatini (FLAS), in collaboration with Khulisa Umntfwana and partners, and with the support of UNFPA Eswatini, hosted an impactful session during the Umhlanga 2025 ceremony. The session focused on Life Skills Education (LSE) and key health issues affecting young people, blending cultural celebration with meaningful engagement and empowerment.

FLAS played a lead role under the Safeguarding Young People (SYP) programme, creating a safe and interactive space where young girls could engage in open dialogue on health, empowerment, and their future. The session featured peer-led discussions alongside artistic performances and drama pieces by the FLAS Youth Action Movement (YAM), which vividly illustrated the real-life challenges that young people face when making informed health choices.



Ministry of Education representatives presenting to the young girls.



FLAS youth rendering a poem after their drama performance about raising awareness on gender based violence & substance abuse..

Throughout the event, peer educators engaged directly with the girls, providing practical sexual and reproductive health and rights (SRHR) information aimed at equipping them with knowledge and confidence to make informed decisions.

At the same time, young participants had the chance to explore a variety of youth empowerment programs showcased by partners, gaining insights into opportunities available to support their personal and professional growth. To complement the learning and discussions, onsite health services were also provided, ensuring that

-information, services, and support were accessible in one space. This holistic approach not only promoted youth empowerment but also reinforced the importance of linking education, health, and culture in shaping the future of young people.

The Umhlanga 2025 session proved to be a highly impactful blend of performance, dialogue, and peer education, reinforcing FLAS's commitment to creating innovative platforms that empower young people and strengthen their ability to make safe, informed, and healthy choices.



FLAS peer educator having a session with the young girls on their resting day.



FLAS peer educators conducting more sessions during the day

PEER EDUCATORS TRAINING 2025



FLAS Programmes Coordinator, Ms. Hloniphile Lokothway, addressing peer educators on the first day of the training.

The Family Life Association of Eswatini (FLAS) hosted a three-day Peer Educators Training at the Head Office Conference Room in Manzini, with the support of UNFPA Eswatini. This impactful initiative also received contributions from key partners, including the Royal Eswatini Police Services, Gentlemen's Talk, Ministry of Education and the Ministry of Health, who actively participated and contributed to the training sessions.

The training brought together over 30 vibrant young leaders representing all four regions of the country, creating a rich and diverse platform for learning, networking, and growth. The primary goal of the training was to equip peer educators with essential life skills education tools, enabling them to become agents of change within their schools and communities. Through a series of interactive sessions, practical exercises, and group discussions, -



Peer educators listening to presentations during the training



Representative from the Royal Eswatini Police Services doing a presentation on Gender based violence & Substance abuse.

-participants gained in-depth knowledge on key issues affecting young people today, from sexual and reproductive health and rights (SRHR) and HIV prevention to gender-based violence (GBV), mental health, and positive youth development. The training also focused on building facilitation and leadership skills, ensuring that each peer educator is well-prepared to deliver accurate information, offer support to their peers, and foster safe, youth-friendly spaces for open dialogue.

By empowering young people to take the lead, FLAS continues to strengthen its community outreach and youth engagement efforts nationwide. Throughout the three days, participants showcased-

-exceptional enthusiasm, teamwork, and a deep commitment to making a difference in their respective communities. Their active participation highlighted the importance of youth-led approaches in advancing health education and promoting positive behavior change.

The training concluded on a high note with a certificate awarding ceremony, graced by FLAS Executive Director, Mr. Patrick Mduduzi Dlamini. In his address, Mr. Dlamini commended the participants for their dedication and encouraged them to use their newly acquired skills to inspire and support other young people across Eswatini. He further emphasized the critical role of peer educators in bridging the gap between youth and health services.



Hhhohho Region Peer educators posing with the FLAS Management after receiving their Certificates of completion.



Shiselweni Region Peer Educators with their certificates.



Lubombo Region Peer Educators with their certificates.



Manzini Region Peer Educators with their certificates.

“I CHOOSE SAFETY” CAMPAIGN



FLAS Youth Affairs Intern, Siyabonga Tsabedze, engaging with young girls who visited our stand during the campaign, equipping them with life-changing knowledge on HIV prevention and teenage pregnancy.

FLAS recently participated in the “I Choose Safety” campaign, an impactful initiative led by SAfAIDS in collaboration with the Ministry of Health and supported by UNICEF. This campaign provided an important platform to engage directly with young people and equip them with life-changing knowledge on HIV prevention, teenage pregnancy, sexual and reproductive health and rights (SRHR), and the often-overlooked area of mental health. During the engagement sessions, we placed strong emphasis on the link between mental well-being and the

choices young people make about their bodies, relationships, and futures. By creating a safe and open space, we encouraged meaningful conversations that helped youth reflect on how their emotional health influences their decision-making. Through this holistic approach, we are contributing to building a generation that is informed, confident, and resilient. Young people are empowered to make choices that protect their health, secure their future, and ultimately, choose safety over risk.



Mrs Zandile Masangane, ASRH focal person from the Ministry of Health.



Partners, community and NGO's representatives

FLAS YOUTH ACHIEVEMENT SPOTLIGHT

Through the FLAS Youth Action Movement, young people continue to build the confidence and practical skills needed to take initiative and lead meaningful change in their communities. When Soul City South Africa announced a call for youth-led community project grants, members of the movement were able to apply using the knowledge and experience they have developed over time at FLAS.

We are pleased to share that two of our youth members, Sinakokonkhe Vilakati and Luyanda Mthembu, successfully secured grants of up to E144,000 each to implement their proposed community projects. Their success reflects the growing capacity of FLAS-affiliated youth to identify community needs, design impactful interventions, and engage in opportunities that strengthen development at grassroots level.

PROJECT NAME

ENDING IMPUNITY OF ABUSE, HARASSMENT AND VIOLENCE AGAINST YOUNG WOMEN AND GIRLS AS WELL AS OTHER GENDER-DIVERSE GROUPS SUCH AS TRANS AND/OR INTERSEX.

The project mainly seeks to advocate for accountability and justice, mobilize the community by creating awareness on abuse and violence, establish clear and precise reporting channels, foster community building, and create support groups with ongoing feedback. This will ultimately empower survivors of abuse, harassment, and violence to navigate legal complexities, assert their rights, and contribute to ending impunity and promoting justice as a whole.

As part of the project, survivors will be actively sought out at local, regional, and national levels, and documentation of human rights violations will be made. The project also aims to strengthen feminism in Eswatini and empower young women and girls, as well as other genders, to challenge policies and the legal system to aid them in fighting against impunity and promoting inclusive solutions to ending abuse, harassment, and violence against all genders.



Luyanda Mthembu

PROJECT NAME

EMPOWERING YOUNG WOMEN IN HEALTH AWARENESS AND GENDER-BASED VIOLENCE PREVENTION (KNOW YOUR NO PROJECT).

The project seeks to empower young women aged 12–35 years through health awareness, entrepreneurship, and gender-based violence (GBV) prevention in the Kwaluseni Constituency. Rooted in a rights-based and feminist approach, the project aims to help women understand their right to make informed decisions, assert personal boundaries, and live free from violence.

The initiative supports the physical, mental, and social well-being of young women by providing accurate health information, GBV education, psychosocial support, and economic empowerment opportunities. It also promotes advocacy for policy reform to ensure that national laws and programs protect women's rights and promote equality.

Key Objectives

- Advocate for the adoption and enforcement of laws that protect women's rights.
- Increase GBV awareness and understanding as a human rights issue.
- Provide entrepreneurship and skills training to at least 50 GBV survivors.
- Offer psychosocial and legal support to affected women.

The project will also conduct health awareness sessions for parents and youth, intergenerational dialogues with elders and leaders to challenge harmful norms, and livelihood skills training for GBV survivors to promote economic empowerment. Additionally, referrals and linkages for GBV survivors are provided in collaboration with existing service centers. Visibility and advocacy efforts are strengthened through social media platforms, IEC materials, and participation in the 16 Days of Activism campaign.



Sinakokonkhe Vilakati



YAM NEWS

PEER EDUCATORS MONTHLY REPORTING MEETING



FLAS Youth Affairs focal person Phinda Mkhathjwa welcoming the peer educators .

Building on the momentum from last month's Peer Educators Training, FLAS convened its monthly reporting meeting yesterday with vibrant peer educators representing all four regions of the country. The meeting provided a valuable platform to review progress, celebrate achievements, and reflect on challenges encountered in the field.

Peer educators shared inspiring stories of impact, highlighting how their work continues to equip young people with life skills education, accurate information, and much-needed peer support. At the same time, the gathering encouraged open dialogue on the obstacles faced on the ground, from limited visibility in some areas to misconceptions around Sexual and Reproductive Health and Rights (SRHR).

FLAS Senior Nursing Officer Ms Nombuso Mashwama delivering her presentation on HIV prevention.

Together, participants explored strategies to close these gaps and strengthen outreach, ensuring that young people continue to access the knowledge and support they need. Each discussion reinforced the critical role of youth voices and leadership in shaping healthier, informed, and empowered communities. With every step forward, peer educators are helping to build a brighter future, one conversation, one connection, and one community at a time.





Peer educators following the proceedings.



FLAS youth affairs intern Siyabonga Tsabedze addressing the peer educators.

EKUTHULENI HIGH SCHOOL EDUCATIONAL VISIT



FLAS Youth Affairs focal person Phinda Mkhawwa welcoming the students at FLAS Manzini Facility.

FLAS Youth recently welcomed a vibrant group of learners from Ekuthuleni High School to the FLAS Manzini Facility as part of their school educational trip. The visit provided a valuable opportunity for the learners to gain deeper insight into who we are as an organization, the services we provide, and how we work hand in hand with communities across Eswatini to advance health and well-being.

FLAS During their visit, the learners were introduced to the wide range of health services offered at our facility, including sexual and reproductive health, HIV prevention and testing, counselling, and youth-friendly programs. A special highlight was the focus on youth-centred initiatives, which are designed to empower and equip young people with the knowledge and skills they need to make informed decisions, lead healthy lives, and thrive.



Royal Eswatini police services delivering their presentation.

To enrich the learning experience, FLAS Youth partnered with the Royal Eswatini Police Service to deliver a dynamic Life Skills Education Session. This session covered a series of critical and relevant topics for young people today, including: Substance Abuse Awareness, The SODV Act (Sexual Offenses and Domestic Violence Act), Gender-Based Violence (GBV) Prevention, Teenage Pregnancy, Academic Success Tips. The interactive session created a safe and engaging space for learners to ask questions, share experiences, and reflect on the real-life implications of these issues.



FLAS Youth Affairs Intern Siyabonga Tsabedze leading a discussion.



Ekuthuleni High School students taking notes during the different presentations.



FLAS Youth Affairs Focal Person, Phinda Mkhashwa, introducing FLAS Nurse, Bonisile Tsabedze, who guided the students through the clinical aspects of life skills education.

INTERNATIONAL YOUTH DAY



Dr. Basombuka delivering her session under the theme “Planning for the Future,” which encouraged young people to take charge of their financial journeys early.

As the youth was coming from celebrating International Youth Day, in one of their inspiring HealthTalk Fridays, they had the privilege of hosting Dr. Mary Basombuka, a successful businesswoman and distributor of Forever Living Products.

Under the theme “Planning for the Future,” Dr. Basombuka delivered an empowering session that encouraged young people to take charge of their financial journeys early. She highlighted the importance of setting clear goals, cultivating a culture of saving, and exploring entrepreneurship as viable pathways to achieving financial independence. Her message emphasized that with the right mindset and proactive planning, young-



-people can build sustainable livelihoods, contribute meaningfully to their communities, and break cycles of poverty and unemployment. At FLAS, we believe that empowering young people goes beyond health education; it involves equipping them with life skills and knowledge that prepare them for real-world challenges.

Through platforms such as HealthTalk Fridays and our broader youth empowerment initiatives, we continue to invest in building informed, confident, and future-ready young leaders who can shape their own destinies and inspire change in their communities.



A section of the Youth that was in attendance.



Dr. Basombuka with the youth after her presentation.

TRANSFORMING WASTE INTO WEARABLE ART



Tebenguni Mkhathjwa (Carol) in action, guiding the youth on how to create unique earrings from waste materials and incorporate them into clothing designs.

FLAS Manzini Youth had the honor of hosting Tebenguni Mkhathjwa (Carol) as the facilitator for one of their HealthTalk Friday sessions. Carol captivated everyone with her incredible journey of transforming waste materials into wearable art, proving that creativity and purpose can turn what many consider “trash” into meaningful treasures.

-where the youth learned how to create unique earrings, as well as incorporate waste materials into clothing and shoes. This hands-on activity allowed participants to apply what they learned in real time, sparking creativity and showing them how sustainable fashion can also be stylish and impactful.

Through her inspiring story, Carol reminded the youth to see value in what is often discarded, challenging them to rethink their relationship with waste. Her work not only promotes sustainability but also encourages innovative thinking, showing how everyday materials can be reimaged to create beauty, purpose, and opportunity. In addition to her motivational talk, Carol led a practical handicraft session -

The session was filled with energy, wisdom, and inspiration, leaving participants motivated to explore new ways of contributing to environmental sustainability within their communities. At FLAS, we believe in creating spaces that inspire, educate, and empower young people, and this HealthTalk was a perfect example of how creativity can spark meaningful conversations and change.



The youth showcasing the products they created from waste materials during the session.

FLAS YAM YOUTH CELEBRATE HERITAGE MONTH



FLAS Mbabane youth.

In celebration of Heritage Month, the FLAS YAM Youth came together under the powerful theme “Youthfulness in Our Culture.” The event was a vibrant blend of learning, reflection, and celebration, creating a meaningful space for young people to embrace their cultural identity while engaging in honest conversations about the challenges and opportunities they face today.

They were honored to host Mr Bheki Shabangu from Khulisa Umntfwana as a special guest speaker. His insightful session took participants on a deep dive into Swazi culture and roots, exploring traditions, values, and identity. What made his talk especially powerful was how he seamlessly wove cultural teachings together with discussions on Sexual and Reproductive Health (SRH),-



Mr Bheki Shabangu from Khulisa Umnfwana.

-highlighting that tradition and responsible choices can go hand in hand. with discussions on Sexual and Reproductive Health (SRH), highlighting that tradition and responsible choices can go hand in hand. Through music, dance, storytelling, and dialogue, the celebration evolved into more than just a cultural event; it became a platform for empowerment, encouraging young people to take pride in their heritage while making informed decisions about their lives and futures.

FLAS continues to create inclusive spaces for youth to learn, share, and grow. The Heritage Month celebration stood as a reminder that culture is not just about the past, but also about how today’s youth carry it forward with confidence, responsibility, and vibrancy.



The Mbabane Youth who attended the celebration of heritage month by the movement.



EMPOWERING YOUTH THROUGH PRACTICAL SKILLS



Siyabonga Tsabedze demonstrating the process of making the soap by mixing the ingredients.

During one of the HealthTalk Friday sessions, the youth at the FLAS Manzini Youth Centre took learning to the next level with a hands-on practical session on how to make dishwashing soap. The interactive workshop created a vibrant space where young people empowered one another through knowledge-sharing and skill-building.

More than just a useful household skill, the session highlighted soap-making as a valuable income-generating opportunity, especially for young people seeking sustainable ways to support themselves and their families.

By equipping youth with practical skills, FLAS continues to nurture a spirit of entrepreneurship, self-reliance, and innovation among young people.

The session was a testament to how HealthTalk Fridays can go beyond discussions to offer real-life, transformative experiences. By combining health education with practical skills development, the Manzini Youth Centre is creating a supportive environment where young people can learn, grow, and build better futures together.



The youth reflecting after the practical session on making dishwashing soap.



LATEST HIGHLIGHTS

INTRODUCING

SATURDAY YOUTH SPECIAL



- Every **1st Week** of the Month.
- We're **cutting consultation fees** for all youth **below 24 years**.
- Entry is **FREE**; you will only pay for medication.
- Full SRHR & HIV PREVENTION SERVICES
- FREE HPV VACCINATION (YOUTH SATURDAY ONLY).
- LAB SERVICES WILL BE AVAILABLE ON THE SATURDAY.

Breast
CANCER
AWARENESS MONTH 2025



EVERY STORY IS UNIQUE, EVERY JOURNEY MATTERS

BECOME A FLAS MEMBER

Joining the Family Life Association of Eswatini (FLAS) means becoming part of a movement that empowers individuals and communities to lead healthier, more fulfilled lives. As a member, you are not only supporting our mission to advance Sexual and Reproductive Health and Rights (SRHR), but you are also joining a family that values impact, compassion, and community service.

For More Information:

✉ info@flas.org.sz    

☎ 79103765

Join Today!



HLONIPHEKA PROJECT

AIM: To create a survivor-centred support system at FLAS that provides immediate trauma counselling and a restorative safe space, enabling survivors of gender-based violence to heal, regain autonomy, and reintegrate with dignity into academic and social life.

