

Pa Mushunguti Project Annual Report – February 2026

Improving access to Sexual and Reproductive Health and Rights services

This report shares the latest developments under Temwa's Pa Mushunguti project in Nkhata Bay North, Malawi. Pa Mushunguti project wrapped up its first year of implementation in December 2025. We are pleased to report that Temwa has made strides towards confronting the sexual and reproductive health and rights (SRHR) challenges affecting young people in this remote and underserved area. By promoting access to youth-friendly services and facilitating open community engagement, the project empowers young people to make informed decisions, challenge harmful norms, protect their health and advocate for their rights.

Project Overview



Figure 1. SRHR Youth Club

Temwa's Pa Mushunguti project is designed to reduce the vulnerability of young people in Nkhata Bay North to sexual and reproductive health risks, such as early marriage, unsafe abortion, teenage pregnancies and STIs. The project is primarily targeting individuals under the age of 35, constituting 80% of the Malawi population, while recognizing the crucial role of the broader community in supporting SRHR services in rural, underserved areas.

Through our community-driven approach, Temwa is supporting youth clubs in schools and communities, empowering young people to challenge harmful cultural norms and taboos, make informed decisions about their SRHR and advocate for access to comprehensive SRHR services and rights. The project is also enhancing the capacity of healthcare providers to deliver youth-friendly SRHR services and facilitating connections between these services, young people and the wider community. The project is raising awareness of the SRHR issues young people face and encouraging dialogue between youth and community governance structures.

Key Objectives and Achievements

The Pa Mushunguti Project uses a holistic, community-driven approach across five Area Development Committees, combining individual behaviour change with broader system strengthening. It has created school and community youth clubs as safe spaces for learning and leadership, while also enhancing health workers' capacity to deliver adolescent-friendly care and building trust between youth, communities and health facilities. By engaging parents, traditional leaders and local authorities, the project promotes cultural sensitivity and local ownership. Over a 36-month period, Temwa aims to reach 30,000 people. To date, Temwa has reached 17,186 individuals through interventions in 24 schools and 4 health centres and has distributed over 500 IEC materials to support SRHR education and engagement.

During the first year of implementation the following activities have been conducted:

Outcome 1: Stakeholder Engagement

Temwa began the project with extensive consultations with Area and Village Development Committees (VDC's), health workers and head teachers to assess SRHR challenges in Nkhata Bay North, followed by a baseline survey across four health centre catchment areas that revealed major issues such as condom

stock-outs, student abortions, rising HIV cases and teenage pregnancies. These findings guided the development of targeted interventions and strengthened commitments from stakeholders to improve youth engagement, reach out-of-school youth and integrate SRHR education in schools, while discussions with service providers and the orientation of newly elected Hospital Management Committees reinforced health governance and community ownership. In November, Temwa trained youth club patrons and matrons from 28 schools, delivering refreshers on key SRHR and HIV topics and orienting new participants, which strengthened mentors' skills in safeguarding, facilitation, coordination with health personnel and record-keeping, and reaffirmed their role in supporting youth-friendly SRHR initiatives.

Outcome 2: Health System Support



Figure 2. Ruarwe SRHR Group.

Temwa trained 24 Expert Clients from remote communities around Bula, Khondowe, Ruarwe and Usisya Health Centres through a two-day programme in partnership with the District Health Office. The training equipped participants with skills in HIV prevention, ART adherence, defaulter tracing and co-infection management for TB and malaria, alongside counselling and behaviour change communication techniques. These Expert Clients, who themselves are people living with HIV but stable on ART, committed to regular follow-up visits, community sensitisation, and monthly reporting, with the goal of decentralising support to

improve treatment adherence and early detection of co-infections, thereby strengthening health outcomes in underserved areas. Training was also conducted for three health care officials per facility (5 facilities) on provision of youth friendly services.

Planning for Youth-Friendly Outreach Clinics advanced through coordination meetings with Bula, Usisya, Khondowe and Ruarwe health centres, where a readiness assessment revealed shortages of key SRHR commodities. In response, Temwa facilitated the transfer of condoms, pregnancy test kits and 200 doses of Sayana to strengthen service availability and reinforce collaboration between health facilities, youth clubs and community structures. During the December festive season, health centres delivered integrated SRHR outreach to hard-to-reach lakeshore communities, distributing 8,577 condoms, providing family planning to 1,081 adolescents and youths, and offering HIV testing and counselling to 641 individuals, with three new infections identified and linked to ART. These efforts reduced access barriers, strengthened facility-community linkages and improved early detection and management of SRHR-related health concerns.

Outcome 3: Youth Clubs

Temwa began the project by working with youth representatives to map active and inactive clubs, resulting in the creation of 28 new school-based clubs and the revitalisation of 30 out-of-school clubs. Leadership structures were strengthened through elections and committee support, and weekly sessions promoted dialogue on key SRHR topics including family planning, STI prevention, menstrual hygiene and gender-based violence, with follow-up visits showing improved knowledge and active peer-to-peer engagement. In November, patrons and matrons from 28 schools received refresher training on SRHR/HIV, safeguarding, facilitation and coordination with health personnel, and were equipped with sports materials and learning resources to enhance participatory learning



Figure 3. In-Schol Youth Group.

These strengthened structures contributed to increased participation in school SRHR clubs, with 21 schools reporting 87% active attendance compared to 54% at initial enrolment, attributed to the engaging activities now offered. At Bula Health Centre, outreach and festive-season awareness efforts led to significant improvements in SRHR outcomes: STI cases dropped from 27 to 3, teenage pregnancies fell from 43 to 6, family planning uptake increased from 271 to 570, and no post-abortion cases were recorded.

Outcome 4: Teen Clubs



Figure 4. Bula teen club

Over the past year, Temwa strengthened adolescent-focused support through Teen Clubs, providing consistent psychosocial and clinical guidance for young people living with HIV. Monthly meetings at the Usisya Teen Club brought together 34 adolescents from Khondowe, Ruarwe and Usisya for sessions on ART adherence, stigma reduction and emotional resilience. Temwa also mentored peer educators and youth leaders, improving facilitation skills and enabling more structured SRHR discussions, which strengthened their role as referral points to health services and improved collaboration between adolescents and health workers. This was reflected in better clinic attendance, stronger

engagement during follow-ups and improved treatment adherence. To expand access, Temwa supported personnel training in July that enabled the launch of the Bula Teen Club in August, addressing service gaps for adolescents living with HIV in the area. Caregiver involvement also improved following the orientation of 38 parents and guardians, with follow-up assessments showing:

1. 84% actively monitored medication adherence;
2. 79% ensured nutritious meals were provided; and
3. 74% encouraged participation in Teen Club activities and peer networks, reinforcing household-level care systems.

Outcome 5: Awareness Events



Figure 5. Community Awareness Event

Temwa delivered a series of awareness events that strengthened SRHR services by promoting HIV prevention, reducing stigma and improving access to youth-friendly support. At the World AIDS Day commemorations in Chombe, Temwa showcased project achievements, engaged community members and created a safe space where young people received confidential guidance from trained facilitators and health personnel. In September and December, a large-scale sports-based campaign combined football and netball tournaments with targeted health education and on-site youth-friendly services, including HIV testing and counselling, attracting approximately 12,000 community members across Bigha, Khondowe, Ruarwe and Usisya. In November, targeted drama performances and community dialogues across Usisya, Khondowe, Ruarwe, Bula and Bigha addressed myths and misconceptions, provided accurate SRHR information and strengthened youth leadership. These events drew over 200 participants, facilitated HIV testing and counselling, disseminated 500 IEC materials and reinforced community-level support for young people's SRHR.

Outcome 6: Defaulter Tracing

Through close collaboration between the district health facility's health surveillance assistants, community volunteers, and expert clients, the tracing exercise successfully located and re-engaged 12 out of the 14 identified clients.

Impact

The Pa Mushugungti project has improved SRHR access across five VDCs in Nkhata Bay North by combining youth platforms, service readiness and community awareness. Over the course of the projects first year, Temwa has moved from set-up to scale. We have revitalised youth clubs (in-school and out-of-school), strengthened governance and facility readiness and taken services to where young people gather through outreach.

Key Impact achievements from Year 1 include:

Direct Beneficiaries

- 38 young people living with HIV supported monthly through Youth Clubs
- 100% Viral Load suppression among 34 Youth Clubs members
- 1,081 young people reached through outreach and received youth friendly health services
- 58 functional Youth Clubs engaged in weekly SRHR sessions (28 in-school and 30 out-of-school)
- 38 guardians oriented in at-home care
- 24 expert clients trained in youth friendly health services
- Distribution of 500 IEC materials, 8,577 condoms and pregnancy tests and 200 Sayana doses

Indirect beneficiaries

- 18,200 people engaged in outreach through sports events, theatre, community events
- Learners in 28 schools were engaged in Youth Club activities
- Health facility catchment areas benefited from 5 youth-friendly activities
- Usisya Community Radio licence further extended SRHR messaging

Challenges and Lessons Learned

The project faced persistent challenges, including frequent condom stock-outs and a nationwide fuel shortage that disrupted transport to remote areas and delayed planned activities. To address commodity gaps, Temwa is exploring partnerships with private suppliers to ensure reliable availability during outreach and awareness events. Despite these constraints, several lessons emerged that strengthened SRHR delivery. Community-led activities such as sports events, drama and open dialogue proved highly effective in attracting large audiences, reducing stigma and encouraging young people to seek SRHR services. Peer support also played a critical role; at the Usisya Teen Club, all 34 adolescents maintained positive treatment outcomes, demonstrating the impact of peer-led encouragement for young people living with

Community Success Stories

Empowering Young People Through Youth Clubs

Before joining her Youth Club, Maria had very limited knowledge about sexual and reproductive health and had engaged in risky behaviour without understanding the dangers. Through regular club meetings and open discussions, she gained accurate information on HIV prevention, abstinence and condom use, helping her make informed decisions about her health and future.

Today, Maria feels more confident, disciplined and focused on her education. She shared that the club has helped her “understand the importance of helping myself.” Her parents have also noticed positive changes in her behaviour and fully support her involvement in the programme.



Figure 6. Maria at a Youth Club Meeting

Reviving Youth Clubs and Restoring Hope in Chikondo



Figure 7. The revived Umodzi Youth Club

In Chikondo, adolescents have long faced challenges, including limited access to contraceptives, high teenage pregnancy rates, child marriages and rising cases of STIs. This changed with Temwa's support, which revitalised two Youth Clubs, now serving 21 and 29 active members and meeting regularly each week. With structured mentorship, both clubs clarified their goals, strengthened leadership and began offering consistent sessions focused on transforming them into safe, supportive spaces where young people can openly discuss the challenges they face. For many members, the impact has been deeply personal. Chisomo, a 17-year-old from Umodzi Youth Club, shared that the revitalised club helped her gain confidence and essential SRHR knowledge, empowering her to make informed decisions about family planning, early marriage and her future.

Looking Forward

The Pa Mushunguti project has made progress in its first year, laying a solid foundation to deepen outreach and support access to youth-friendly SRHR services in 2026 and 2027. Temwa will continue to build on this momentum by strengthening Youth Clubs, mentoring peer educators to lead impactful SRHR dialogues, and expanding community sensitisation to sustain demand for youth-friendly services.

We are grateful for the generous support that has made this work possible so far. Thanks to our partners and donors, Temwa has been able to reach thousands of young people and community members with vital SRHR information and services. As we look ahead to the next phase, we have already secured a portion of the funding required for 2026. However, additional support is still needed to ensure we can maintain and scale these activities, continue strengthening local systems and keep the positive impact growing across Nkhata Bay North.

For further information about this project or our future plans, please contact:

Zoey Kontos – Fundraising & Programmes Officer elizabeth.kontos@temwa.org



THANK YOU SO MUCH FOR MAKING A DIFFERENCE!