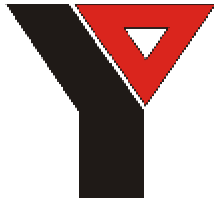


YMCA OF KABWE



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**PROJECT TITLE: YOUTH ACHIEVERS IN DEVELOPMENT
AND HIV/AIDS PROJECT.**

PROGRESS REPORT: QUARTERLY PROGRESS 1ST REPORT

PERIOD COVERED: OCTOBER TO DECEMBER 2006.

INTRODUCTION:

Zambia has the fourth highest adult HIV prevalence in the world; 17% of the adult population (15-49) is HIV positive or has AIDS. This rate has been stabilised but is not yet falling. Due to the pandemic, life expectancy at birth has dropped from 50 years to 37 years. An estimated 100,000 people died of AIDS in 2005 and over 600,000 Zambian children have been orphaned. This human tragedy has also acted as a constraint on the rates of economic growth in Zambia (*One World.net*).

*A little fewer than 40% of Zambians live in towns or cities, and HIV prevalence is considerably higher in these urban areas than elsewhere. Among pregnant women, the highest rates have been recorded in the capital, Lusaka (home to 10% of the population); the industrial towns **Kabwe** and **Ndola**; Western Province's capital, **Mongu**; and the cross-border trading centres **Chipata** and **Livingstone** (Livingstone is also a tourist resort). It has been estimated that urban areas contain 54% of all adults living with HIV or AIDS (*Avert.org-HIV & AIDS in Zambia*).*



Source: Avert

Despite the high levels of infection, the majority of people living with HIV/AIDS do not have access to life-prolonging antiretroviral therapy (ART). Only an estimated 24% of those in need in 2006 actually received the treatment. Children (who represent 10% of all people living with HIV/AIDS in Zambia) have particularly limited access to treatment facilities. Zambia has put appropriate policies into place, but these have not been translated into results as yet. The main barriers to HIV/AIDS treatment are social stigma, lack of information and costs.

'Let your light so shine before men, that they may see your good works, and glorify your father, who is in heaven' (Ps.105: 2)

In Kabwe district the prevalence still remain at the peak with young women and girls taking the larger percentage. The HIV prevalence rate for Kabwe is 23.8%. It has been found that most of the young people in Kabwe are idle. They do not engage themselves in any activity to keep them busy. This is found to increase sexual desire and will sometimes lead to unnecessary sexual intercourse that is also un-protected at times.

Other factors leading to high prevalence in Kabwe are: high unemployment rates due to the closure of mines and privatization of parastatal companies, lack of parental care and support pushes orphaned youths into risky behaviour with health consequences such as prostitution and drug abuse. All these factors combined together make Kabwe have a very high prevalence.

At present the programme of Prevention has led to several changes especially in the local rural places of Kabwe whereby several young people have turned up to take responsibility over their own lives. It was difficult to find that young people could sit together to discuss AIDS. Though from the time we started sensitising the community up to this time youth community groups (organisations) are coming up.

ACTIVITIES IMPLEMENTED FOR THIS QUARTER

Contact

Have contacted seven soccer teams and prepared them for a peer education programme. The coaches had also been informed of the programme dealing with prevention of HIV infection in communities. YMCA Karate Instructors were also informed to mobilize youths. Churches were asked to identify young people and women living with HIV/AIDS for skills training in tailoring. Some Y's men were tasked to distribute recruitment forms for tailoring to churches while other Y's men were sent to Ndola to do market research for timber prior to investment.

1.0 PEER EDUCATION (HIV PREVENTION THROUGH SPORTS)

In this activity we made use of the YMCA youth facilitators who had been trained in behaviour change communication with financial help from Zambia YMCA national office and Community Response to AIDS (CRAIDS).

1.1 SOCCER

In this activity the YMCA youth group managed to reach different soccer teams with information on HIV prevention. Youth facilitators conducted sessions of about 40 minutes before starting the games. They used participatory teaching methodology where every youth had an opportunity say or do something. They were seven soccer teams two of which were female teams. Each team consisted of 22 youths making up a total of 154 participants per day. However, each team was coming with its supporters (on-lookers). In fact this program was designed to use sports so that more youth could be attracted and receive information on HIV. These soccer activities were taking up the whole day. The winners were given prizes at the end of the games. This excited youths and motivated them for the next matches. The groups already met include Sables team, Kasanda Police team, Mines Stars, Mulungushi Stars, Momba Stars (female team), Makululu Girls Stars and Kasanda Junior Stars. In all these places the people were sensitised to take part in the activities pertaining to prevention of the spread of HIV virus. With this activity 4'000 youths were reached (male-3'300, female-700).

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1.1.1 CONCERNED WITH ADOLESCENTS

Most Zambians become sexually active at quite a young age. In 2003, among young people 15-19 years old, 28% of boys and 44% of girls reported having had sex within the last twelve months. The average age for first sex is around 17 years in females and 17.5 in males.

It is normal for men to be older than their partners; the average age difference is around 5 years. Many girls have their first sexual encounters with older boys or elderly men, often in exchange for money or gifts. This is one reason why girls aged 15-19 are six times more likely to have HIV than are boys of the same age.

1.1.2 CONCERNED WITH GENDER

Gender inequality greatly hampers HIV prevention efforts. Traditionally in Zambia, as in many other parts of the world, men play a dominant role in most relationships, while women and girls are generally expected to be submissive. Females also have less access to education and mass media. As a result, women can lack the confidence, skills and knowledge necessary to negotiate safe relationships with men and to make independent lifestyle choices. Often a woman is taught that she must obey her husband and that it is wrong to refuse sex with him. Less than two-thirds of adults (of either gender) believe that a woman can refuse sex if she suspects that her husband has HIV.

Various aspects of traditional Zambian culture may make women more vulnerable to HIV infection. Among these is sexual cleansing - a not uncommon ritual in which a deceased man's relative has sex with his widow, in the belief that this will dispel evil forces; the HIV status of either person involved is not always taken into account. Various alternatives, risk-free rituals exist, and are becoming more popular in some areas.

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1.2 KARATE

The YMCA Karate group managed to invite 20 Karate groups from various communities around Kabwe to participate in Karate tournament. Karate students included both male and female. The total of 380 (80 female and 300 male) young people gathered and YMCA behaviour change youth facilitators provided information on HIV prevention and sexually transmitted infections.

Sports made young people to spend time productively thereby delaying sexual activity. The YMCA youth facilitators provided tools for practicing safer sex to their peers and provided information on how fight against child sexual abuse in their communities.

1.2.1 ABUSED CHILDREN

Many of the most tragic stories connected with HIV transmission involve the sexual abuse of children. The high prevalence of HIV has increased the level of sexual violence and coercion, and not just because many of the victims are vulnerable AIDS orphans. Men are targeting increasingly younger sexual partners whom they assume to be HIV-negative, and the "virgin cure" myth (which wrongly claims that sex with a virgin can cure AIDS) fuels much of the abuse. An increased proportion of the abusers are HIV-positive and many transmit their infection to their victims.

Like most countries, Zambia does have laws against child abuse. However, orphans who inform against their guardians risk abandonment or violent punishment, and families will often go to great lengths to conceal what is going on. It is no surprise that the vast majority of perpetrators go unreported, unpunished and free to abuse again:

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"To report a crime of sexual violence or abuse, a girl would face a police department that is rarely child- or gender-sensitive, health service providers that may scold her for being promiscuous, a court system lacking any facilities for youths, and a societal structure that teaches girls to be submissive to men. Even if she did report abuse, chances that officials would act against the abuser are minimal." - Human Rights Watch 2002.

Police handled more than 200 cases of child rape in the second quarter of 2003, and some experts believe that for every case published another ten go unheard.

2.0 PROCUREMENT OF TEN COMPUTERS

We only procured one computer for administrative tasks. Nine computers would be procured in the next allocation. More than nine computers could be bought should we generate more revenues from timber sales.

3.0 IEC Materials

We have not made our own material for the young people but make re-prints of already published. This is because the National AIDS Council must approve IEC materials before they are produced. This is in accordance with the national HIV/AIDS policy. However we network with Health Communication Partnership, Kabwe District Health Management Team and Local UNV office that provided us with IEC materials. Sometimes we had to procure.

4.0 CAMPAIGNS AGAINST CHILD PROSTITUTION

This activity has not fully started as new strategies are being designed. We found that female youth engaged in sex trade were very hostile making the work risky to YMCA staff. Sex workers were and are still found in bars and nightclubs. They get fast cash from the drunken-men who also want fast sexual intercourse. We planned to work together with police if we were to be successful. Children engaged in prostitution organised themselves into groups for purposes of security, and services were almost exclusively performed in exchange for money, although girls sometimes slept with men for beer. Girls claimed they slept with as many as four men per night and their earnings were small ranging from US\$1 to US\$2 per sexual act. When interviewed whether they used condoms, they said they rarely used condoms. Some girls said the men that used condoms were not many enough. During the period under review, we managed to reach 35 girls.

4.1 What is known about sex workers in Zambia?

There are thousands of female sex workers in Zambia, and men pay a premium to engage in unprotected sex with them. The limited data available suggest that around two-thirds of such women are HIV-positive.

Besides regular sex workers, many other women are compelled by poverty to occasionally accept money or gifts in return for sex. According to a 2003 survey, 19% of women and 29% of men have taken part in commercial sex. There is a saying among desperate women in Zambia: "AIDS may kill me in months or years, but hunger will kill me and my family tomorrow".

5.0 TAILORING AND COUNSELLING SERVICES.

The impact of AIDS has gone far beyond the household and community level. All areas of the public sector and the economy have been weakened, and national development has been stifled.

Responses to HIV and AIDS in Zambia have for many years aimed to prevent HIV transmission; to care for those who are infected and affected; and to reduce the personal, social and economic impact of AIDS. Since late 2002, the state has been engaged in an ambitious antiretroviral (ARV) treatment programme. Today, HIV prevalence remains at a very high level. Reducing the number of new infections while scaling-up the provision of treatment to so many thousands in need poses a massive challenge to the government and the international community. Yet it is a challenge that must be met if Zambia is ever to have a better future.

5.1 Tailoring training skills for people living HIV/AIDS.

We managed to recruit 50 people living with the HIV. Of these, 48 were female and 2 were male. Most Y's men members were given the task to recruit these people. Without Y's men involvement, it was going to be difficult to identify HIV positive people. They would not be known that they were positive. YWCA also played a key role in recruiting women.

Counselling began with these people and it is an on-going exercise. The tailoring classes would start on 7th January 2007 up to June 2007. New classes for another 50 people from July 2007 to December 2007. After training, those without sewing machines would be retained to form post-test clubs at the YMCA. More machines would be sourced to cater for every student retained thereby creating the impact. A total of 100 people would be trained by December 2007.

6.0 TIMBER SALES

The sale of timber is the YMCA major income-generating venture. It is the activity that might make the project sustainable after Y's men International funding has come to an end.

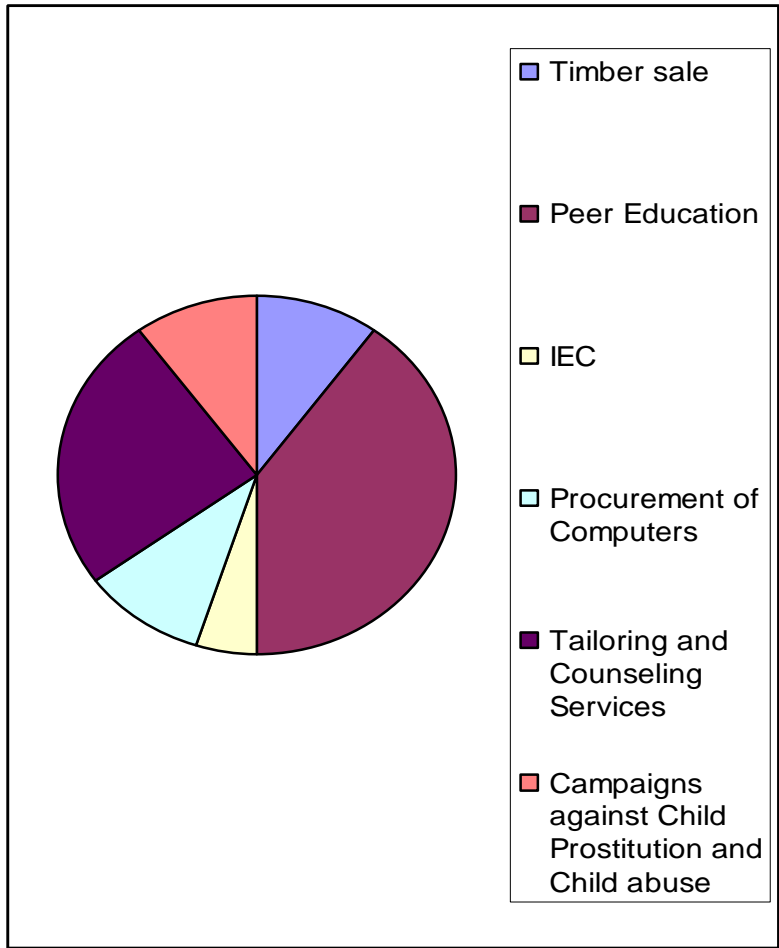
Beginning from November 2006, we managed to procure 143 trees from Zambia Forestry Industry Company. These were later cut into 600 logs and transported to sawmills for further cutting into finished planks. We expect to produce 2800 planks for sale.

The YMCA board members were and are still very much involved in implementing this activity helping the staff. Both the Treasurer and the Vice Chairperson had been tasked together with Y's men Club Secretary to monitor the activity. Below is the vice chairperson monitoring number of logs which were cut.

The initial investment money in timber was ZMK13, 120,000 which was equivalent to US\$ 3,364. When the timber is sold we expect to get as revenue (profit US\$2,097). This figure should be per month when there were no rains.

He reported that timber was a viable project. He said the more money you invest the more profit you make. He further said that with this project, it was possible to double the amount with which Y's men International had funded us within six months if there were no rains. However, the board positively commented that we had just begun on the ladder towards financial self-sustainability.

Figure 1.0
The pie chart below describes activity done in %.



Timber sale	10%
Peer Education	40%
IEC	5%
Procurement of Computers	10%
Tailoring and Counseling Services	25%
Campaigns against Child Prostitution and Child abuse	10%

Follow-ups

We have been closely following the groups we have worked with to check how much they got the information and also have been monitoring the work they are doing and it's impacts to the community. We had done two different types of follow-ups including, follow-up for sports and follow-up after the sports. The first follow-up was meant for the preparation for the mobilization of youths for sports and HIV education and the later was for potency and efficiency of the understanding and utilization of information.

Coordination and networking

We have also close collaboration with Kabwe local UNV office, Health Communication Partnership and Community Soccer. This movement is ready to offer further services to young people.

Obstacles

- ü Some school head teachers have failed to welcome our programme as it was during the time pupils were preparing to sit for examinations.
- ü It was difficult to trap child/youth sex workers from bars during the nights.
- ü Sports attracted more males than females.
- ü There was communication barrier between the churches and program staff for there might be a commitment at churches and they failed to send us the information in time, so we may be going as was planned to offer our services only to find the youth engaged in other activities.
- ü Timber activity was slow due to rains. The rate of production was higher during the days when there were no rains.
- ü Internet could not start as we were still looking for a better place. The current building would be re-used by the landlord (Boy Scouts) with effect from April 2007.

Future plans

1. We need to expand to the whole of Kabwe.
Firstly, we need to mobilise own financial resources by increasing investment in timber sales to sustain the programme.
Secondly, procure programme vehicle, which can help us reach more rural communities.
2. Offer more trainings in different schools and churches within the targeted area
3. Network at least with organizations such Health Communication Partnership doing related activities.
4. Sensitize the sluggish schools in the rural also to take part in the programme.
5. Procure or produce as many IEC materials as possible to make the youth have some thing to read and learn.
6. Organize for some entertainment, which are educative to the youth done by the youth themselves to help sensitize the community, and other youths who are not yet involved in the programme already.

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Number of youth reached disaggregated by gender and type of activity.

Activity	Youths		Young Adults		Total
	# Male	# Female	# Male	# Female	# People reached
Campaign against child prostitution	0	35	0	0	35
Peer education (sports)	3,300	700	300	80	4,380
Tailoring& counseling	0	10	2	38	50
IEC	150	50	10	40	250
Total	3,450	795	312	158	4,735

Note: 50 people taking tailoring lessons are all HIV positive. Counselling for these people is an on-going activity. From January onward they will be involved in daily devotional prayers before starting lessons. Christian emphasis first and then all things should be added (Mathew 6vs 33). Also note that IEC materials were given to everyone however the were days when facilitators specifically targeted young people with IEC materials and the number reached was 250.

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Number of IEC materials distributed by name and type

ITEM	NAME OF IEC	TYPE	NUMBER DISTRIBUTED
1	Risk reduction: Condom	Leaflet	300
2	Risk reduction: Abstinence	Leaflet	400
3	About STDs	Booklet	100
4	Introduction to ARVs	Leaflet	300
5	Prevention of mother to child transmission (MTCT) of HIV	Leaflet	200
6	What you need to know about condoms	Leaflet	400
7	Adult-Child Communication	Leaflet	400
8	Care and support for people living with HIV/AIDS	Leaflet	150
9	Know about HIV/AIDS	Leaflet	340
10	Positive Living with HIV/AIDS	Leaflet	120
11	Frequently asked questions on HIV/AIDS	Leaflet	70
12	You can't tell by looking who is HIV positive	Wall posters	100
13	Talk to your friends about the benefits of abstinence (virgin power, virgin pride)	Wall posters	90
14	Be smart free your mind go for Voluntary, Counselling and Testing	Wall posters	100
15	Do not discriminate against people living with HIV/AIDS	Wall posters	68
16	Tell your friend that trust alone is not enough, use condom.	Wall posters	50
17	You can help stop the spread of HIV by knowing your HIV status	Wall posters	100
18	The risk of getting HIV is even greater with too many girl friends, if you can't abstain, use condom every time.	Wall posters	150
Total number of IEC materials distributed			3,438

CONCLUSION

The Y's men relationship with the YMCA has so far helped Kabwe to financially be revitalized. Kabwe is heading for maximum results. The funding from Y's men has contributed to strengthening Kabwe YMCA, which has completely changed for good. We have become both socially relevant and financially stable in our community. Despite the challenges, as we look back to where we have come from, we are heading into the future with confidence.