



# TGGA NEWSLETTER

VOLUME 3 NO 2

**EMPOWERING GIRLS AND WOMEN TO BE SELF-RELIANT**

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# ACKNOWLEDGMENT

Welcome to the Tanzania Girl Guides Association's second quarterly newsletter! It gives me great pleasure to write some introductory remarks before you dive into the content of this newsletter. I am overjoyed that the well-planned annual calendar of exciting youth activities is being implemented. To begin, please read this TGGA Association Newsletter Vol 3 No2. Congratulations to TGGA management and the YESS family for completing all planned activities on time. I'd like to thank the Smile for Community organization for their assistance in commemorating Menstrual Hygiene Day, and I'd like to congratulate the planning team on the success of the menstrual art competition. I take this opportunity to welcome you to read this beautiful piece of work

**WINTAPA LUILA**  
**National Secretary**  
**Tanzania Girl Guides Association**



# FOREWORD

Warm Greetings from TGGGA, This third volume of the TGGGA newsletter highlights some of the incredible girl-led activities which have inspired many during the April-June quarter, I would first like to express my sincere gratitude to the TGGGA family and our ever-supportive partners who have made the quarter, a unique one. So much has been achieved during the quarter, with a successful Menstrual Art Competition and the kick-off of the Membership Growth Project being the key highlight. With a collective thrill and voice, TGGGA is determined to achieve its vision and mission. The emphasis is on recruitment and retention, fundraising, and successful program implementation with WAGGGS initiatives. We are deeply committed to empowering our girls and making the world a safer place. Please join me in applauding the TGGGA management team, staff and volunteers on their dedication and passion for achieving all planned goals and objectives and realizing the full potential of our drive.

**MARY RICHARD**

**Chief Commissioner**

**Tanzania Girl Guides Association**

# TGGA MEMBERSHIP GROWTH PROJECT

TGGA Membership Growth is a project that is involved in providing education to girls in places that we have not yet reached, this project extends the education of what is done by the Tanzania Girl Guide Association (TGGA) and the goal is to reach many girls. Tanzania Girl Guide Association (TGGA) has set ambitious goals to expand from its current 100,166 members to 916,000(3% of the female population) by the end of 2016. The vital base of this expansion will be recruiting and training new volunteer leaders who will in turn recruit new members.

Tanzania Girl Guide (TGGA) is a primarily school-based Girl Guide association. The roll-out's primary focus will be recruiting 360,000 new girls and young leaders. Tanzania Girl Guide will seek to reach new leaders among women professionals, teachers, students at colleges, universities, tertiary institutions, and young women out of school and to reach Girls within the target groups in government and private schools as well as communities and religious institutions. The roll-out will include 12 Regions with a total of 75 Districts. so far WGF project has kicked off in several regions including, Arusha, Mbeya, Dodoma, Morogoro and Dar es Salaam.



***Tanzania Girl Guides Association's Head of Programs Warida Mussa met with the Mbarali District Commissioner, Hon. Kanall Denis F. Muila, District Administrative Secretary, Hon Michael Simindu and officers from Mbarali Municipal Council in Mbarali, Mbeya to discuss the establishment of the Girl Guides Clubs in the region to ensure that the girls and women in Mbarali and Mbeya district at large are empowered***



# MENSTRUAL HYGIENE DAY



Menstrual Hygiene Day was established in 2014 by the German NGO WASH United, with the aim of creating a society where every woman and girl can manage their menstruation safely, hygienically, and with dignity. Since its inception, this day has expanded to encompass numerous organizations, governments, and people worldwide, all working together to advocate for menstrual hygiene and break taboos.

Each year, a specific theme is chosen for Menstrual Hygiene Day to focus on different aspects of menstrual hygiene management. The 2023 Menstrual Hygiene Day theme was **"Making Menstruation a normal fact of life by 2030"**. The overarching goal is to build a world where no one is held back because they menstruate by 2030.

Menstrual hygiene challenges are not confined to one region or country. Women and girls all over the world face difficulties accessing clean water, sanitation, and affordable menstrual products. Cultural barriers and stigmas further compound these issues, often leading to social exclusion and a lack of education on menstrual health.



Tanzania Girl Guides Association successfully held a Menstrual Hygiene Management art competition this year in collaboration with the non-government organization, Smile for Community to raise awareness about menstrual hygiene management and break the silence and stigma surrounding menstruation. The Menstrual Art Competition was held at Uhuru Wasichana playgrounds with girl guides from various primary schools in the Dar es Salaam region, and the girls participated in Drawing, Painting, drama, dancing, poems, and hymns that carried messages about menstrual hygiene management. A total number of 1021 girls and women were reached, and apart from the MHM Art Competition, TGGA conducted a week-long training and online advocacy campaigns.

# CAREER BRIDGER



Regardless of age or gender, mental health is one of the utmost importance to our overall health. It is inappropriate to define mental health symptoms in one specific way because they can affect any community or family. A wide range of mental health issues, such as depression, anxiety, adjustment disorders, eating disorders, and addictive behaviors, are common among girls and young women.



Better awareness of mental health problems in young people, understanding prevention strategies, early identification of problems and seeking appropriate help are the keys to good mental health for young people.

Under the auspices of the YESS Girls Movement, Tanzania Girl Guides Association successfully conducted the Career Bridger for students at the Institute of Social Work. The girls were trained on how to identify signs of stress and other mental health issues and were provided with skills needed to offer support when someone is experiencing mental health problems. In addition to the foregoing, the girls had a chance to learn about health and its correlation to wealth, self-reflection, career dreams, and a journey to financial freedom.



**Mphatso Malikita, one of the YESS girls from Malawi delivering a session on stress management**



**The Girls from the institute of social work amid the Career bridger training**

# CONNECTING WITH NATURE



Nature generates many positive emotions, such as calmness, joy, and creativity. Connection to nature is frequently used to describe our enduring relationship with nature, including emotions, attitudes, and behaviour. Research shows that people with a greater connection to nature are more likely to behave positively toward the environment, wildlife, and habitats.



Tanzania Girl Guides Association organized a one day Camp at Pugu Kazimzumbwi Nature Reserve in Kisarawe district, coastal region. More than 40 young leaders took part in different activities such as Hiking, Bird Watching, Forest walking and Bon Fire, As we all know, nature never goes out of style, so the girls had time to enjoy and connect not only with nature but also with fellow girl guides, cultivating a bond of sisterhood.







# TANZANIA GIRL GUIDES ASSOCIATION

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