News Letter

A Word from the Adilisha Executive Director

The Adilisha founders observed many reasons why family life was becoming more and more difficult, why children were running from their families and becoming street children, and why there were more and more such vulnerable children. Despite a good number of NGO'S, FBO's (Faith Based Organization) and CBO's (Community Based Organization) addressing various symptoms and their effects concerning children and youths, not enough were addressing the causes. Hence, at the beginning of 1999 Adilisha founders decided to start a preventive NGO to promote the wellbeing of children, youths and parents.

The word Adilisha is not an abbreviation but a word, which stands on its own. It means to inspire, edify, instill morals, guide wisely and facilitate good mediation.



Suitbert Musiba
Executive Director

We at Adilisha put all our efforts into realizing our slogan of

"***Sowing seeds of better and more positive parenting in our society***"

Everybody is entitled to a good and happy childhood and teenage years. The Adilisha organisation for family preservation and child and youth development works together with other organisations to make this possible.
Adilisha Family Preservation is an NGO registered by the Government of Tanzania. It promotes the well-being of children, youths and parents. It increases respect for children by advocacy and presents a voice for youth through participation. We also seek to make the voice of children heard and to see that the views of children and youths are taken into account on the family level and in public decision-making. The Adilisha organisation supports parenting skills and creates links between generations. Adilisha promotes health and a good environment for children, youths and parents. We also provide counselling and psychosocial support for the most vulnerable children, youths and families. Adilisha is doing this direct and indirectly, working directly with children and youths and working indirectly with their parents.

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Background of Life Skills through "Storytelling"

Social Life Skills through 'Storytelling' is a program for children in school and out of school from 6 up to 12 years. The lessons are held once or twice a week for the duration of one year.



Children in school during story telling at Mirongo primary school

What does it take to thrive in a world with HIV and AIDS, conflict, violence, gender and ethnic discrimination? The challenges regularly faced, especially by children and young people, are many and they require more than even the best numeracy and literacy skills.

There is a need to acquire knowledge and to develop attitudes and skills, which support the adoption of healthy behaviours and coping effectively with everyday life. Many of these coping skills are developed in the formal and informal socialization processes of home and school during the time of childhood and youth, but nowadays parents and schools are facing a lot of challenges and often it can be difficult to provide all skills needed. If children are to become considerate, tolerant and capable adults, they must begin to develop these skills as a child.

That's why around the world**,** Life Skills is being adopted as a means to empower children and young people in challenging situations, and to support parents and schools in their effort to develop edifying skills and capabilities for their children.

Our method 'Storytelling'

We call our Social Life Skills Lessons for children 'Storytelling', because children can be reached easily through stories, which address their senses. While stories are the basis of every Social Life Skills lesson, we also teach games, songs and creativity.

Currently 225 children from 3 primary schools groups and from one out of school group are joining our program.



Children out of school gathered for their evening classes at Kirumba stadium

Hero Book Project for Children

A Hero Book is a document and a process, in which a child is invited to be the author, the illustrator, the main character and the editor of the book, which is designed to give them power for the specific challenges in their life

The Hero Book can be described as a process, in which groups of children are led through a series of drawing exercises and autobiographical story telling. It is designed to help them with mastery over specific problems or challenges in their life

At the end of the process the child has a self-created and hand-bound storybook, which heralds and reinforces their heroes survival and resilient qualities.



Winfrida Hussein writing her Hero Book

The Adilisha Organisation has worked with the Hero Book since 2006. We have worked with 25 children aged from 10-15 years. The participants are the children from our Memory Book clients. At the beginning the facilitator asks the children to draw something and to explain the drawing. Then the facilitator starts to explain how it works to write the hero book and help the children to look first what is their goal, what is now, what are the obstacles and problems, what rights and responsibilities they have and the solution.

They also talk about what is a hero (so they recognize that we can all be a hero), shining and sad moments of their lives and about the rules of the Hero Book .One rule of the book is, that the child can decides who to be allowed to read the book, so that it can feel safe. There is space for privacy and the creator can tell the facilitator what he don't want to be reveal led in the Hero Book.

An important part of the Hero Book is the retelling of the story, when the book is ready. That means that the child tells the story to the facilitator and then the facilitator retells it. Through this the children can reflect on the story and their own thinking.



'Hero Books'

VOLUNTEERING

ADILISHA welcomes volunteers who are willing to spend time with us and contribute to our work in Mwanza. Over the years a number of volunteers have visited us, sharing and learning as they worked along with us.

Students from Tampere University of Finland chose to do their fieldwork with us as part of their social work training.

Johanna Sele-Forster, an experienced teacher from Liechtenstein was our most recent volunteer. She worked with our organization for almost 3 years now as an institutional and pedagogical adviser.

If you are interested to work as a volunteer for ADILISHA you are please get in touch for further details.

Adilisha Staff



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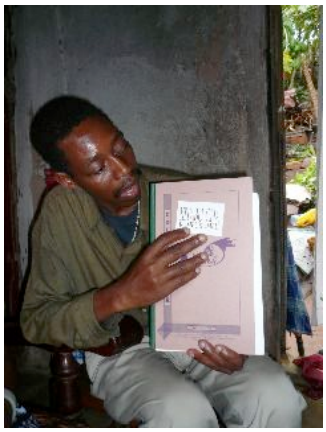
Miriam Charles
Child Educator



Athanas Evarist
Youth Educator

A Family Memory Book

The idea of writing a Memory Book comes from terminally ill patients in the United Kingdom, who wanted to pass on their memories and family background to their children. The National Association of Women Living with Aids (NACWOLA) in Uganda was the first African organisation to promote this approach, starting in 1998.
Since then hundreds of women have been encouraged to pass on their family history in this way to their children. NACWOLA came into existence as a result of HIV infected mothers finding it extremely hard to communicate to their children about their ill health. "Secrecy wears you down fast"



Mr. Benard holding a Family Memory Book during Adilisha home visiting day.

With the Family Memory Book project we focus on people living with HIV/AIDS and orphaned children. Adilisha aims to enhance the awareness of HIV/AIDS to reduce the isolation, rejection and stigma of infected people and their families.
Moreover, Adilisha facilitates the Family Memory Book programme as a written record of family life that encourages openness, including last will registration, information on nutrition and herbal medicine. It provides training on income generating activities as well as doing research on family development.
The Memory Book can keep a family together and through keeping the family histories for further generations can be used as a parenting tool.



The products like ointments, medicinal soaps, oils, tea, etc. are sold at Adilisha office. Soon they will be available in a shop in town.

Parenting Skills

The founder members of the Adilisha organization worked with the Kuleana Street children in Mwanza City centre. They observed that the most common reason for becoming street children, approximately 70% of cases, was unhealthy communication between children and parents.

From these observations the founders decided to start a preventive NGO for families, especially for facilitating parenting skills to preserve the well-being of children. Poor parenting has been largely due to the death of parents and lack of proper parenting skills among elders and youths who assume the parenting duty. Existing data shows that the death of parents diminishes parental care, because children mostly are left in the hands of youths or grandparents.
Based on these reasons, there is a need for Adilisha to empower parents and guardians with parenting skills and knowledge, as a sustainable solution to the problems of children and parents.
Accordingly, parenting skills topics are always included in the Family Memory Book program and a specific Parenting Skills program is planned in the communities.

The Life Skills Project for Youths

The old saying 'Prevention is better than cure' is very applicable to the current situation in Tanzania. We at Adilisha put all our effort into realizing our main goal of sowing seeds of better and positive parenting for the present generation to enhance future generations.
This project, started in 2002, offers free training for youth students to empower their assertiveness, to build their self esteem, to prepare them for the future and in time to become better parents

The following topics are covered during Life Skills implementation:

- Youth to adulthood
- Drug and alcohol abuse
- Gender issues, civic education
- Sexual and reproductive health
- Information about HIV/AIDS
- Relationships and early pregnancy
- Culture, rights and responsibilities
- Youth in foreign countries
- Future employment, education and family planning



Life Skills lesson for an out of school youth

Since the life skills project was established, youths engaged with Adilisha programmes have been able to get entrepreneurial skills. They have been taught how to produce clip-clap games for children and wooden key hangers, and they have participated in exhibitions to get experience in marketing



Youths engaged in income generating activities

For the last 2 years we have implemented the "Life Skills" project in two Secondary Schools, in two Vocational Training Centres and in one Out Of School group. Due to a lack of funds we could not start the sessions this year



Aziza Atuman teaching Life Skills at Mirongo Vocational Training Centre

A Word from the Adilisha Executive Director

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VISION
A responsible community with enhanced parenting skills in Tanzania.

MISSION
Adilisha is committed to sowing a seed of better parenting in Tanzania. We do this through capacity building, psychosocial support, counselling, advocacy and lobbying.

MAIN GOAL
To increase the number of families which are stable and responsible, where children have the opportunity to grow up in a supportive environment.

OBJECTIVES
- To sensitize parents and community leaders, teaching the importance of investment in children
- To make young people aware of their potential and provide support as they strive to fulfil it
- To promote respect for human rights, and to make people aware of their responsibilities
- To support the most vulnerable groups in the community, through 'Social Protection' initiatives.



The logo of Adilisha shows parents children including rightly/instilling morals while sitting around the evening fire under the tree. This is known as a "Shikome" around the Lake Victoria

Adilisha has highlighted the need to prepare parents for their responsibilities through a parenting education program, and counselling for parents to learn about child development and the evolving capacities of the child. Adilisha has highlighted the need to prepare parents for theirresponsibilities through a parenting education program, and counselling for parents to learn about child development and the evolving capacities of the child.

Our work is guarded by the United Nations Convention on Child Rights:
Article 5 on "Parental guidance and the child's evolving capacities" and article 18 on "Parents' joint responsibilities assisted by the state"

Suitbert Musiba - Executive Director

Adilisha Partners

- *Liechtenstein Development Service*
- *Swiss Tropical Institute*
- *Global Social Work of Finland*
- *MPI Mwanza Policy Initiative*
- *TENMET Tanzania Education Network*
- *SNV Netherlands Development Organization*
- *ADRA Adventist Development and Relief Agency*
- *Tanzania Early Child Development*
- *Primary and Secondary Schools in Mwanza*

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