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ANNUAL REPORT

GRASSROOT SOCCER ZAMBIA



GRASSROOTSOCCER
ZAMBIA

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MISSION

Grassroot Soccer Zambia (GRS) is an adolescent health organisation that leverages the power of soccer to educate, inspire, and mobilise young people to overcome their greatest health challenges, live healthier, more productive lives, and be agents for change in their communities.



EDUCATE

GRS uses soccer-based activities and lively discussions to educate participants on HIV, sexual and reproductive health and rights, and gender-related issues that affect them and their communities.

INSPIRE

GRS trains young community mentors and leaders, including local professional soccer players, to be health educators and GRS Coaches. Coaches connect personally with participants and become trusted mentors.

MOBILISE

GRS provides referrals to comprehensive sexual and reproductive health services and social support for participants who access these services. GRS provides health events, community mobilisation, and other opportunities for young people to access comprehensive health and social services. We provide young people with the life skills they need to break down harmful social norms that negatively impact their health.

OUR DELIVERY METHOD

OUR APPROACH:

3C'S



CURRICULUM

SKILLZ soccer-based health curriculum



COACHES

Caring adults and mentors



CULTURE

Vital conversation, safe spaces, inspiration, and fun

OUR IMPACT:

3A'S



ASSETS

Increased health knowledge and life skills, and the self-confidence to use it



ACCESS

Increase uptake of high quality health and social services



ADHERENCE

Adherence to medical treatment, therapy and/or healthy behaviors

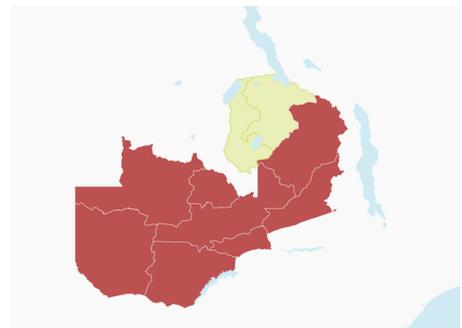


ORGANISATIONAL INFORMATION

GRS Zambia is a registered non-profit NGO with the government of Zambia, Ministry of Community Development, and the Patents and Companies Registration Agency under registration #59641

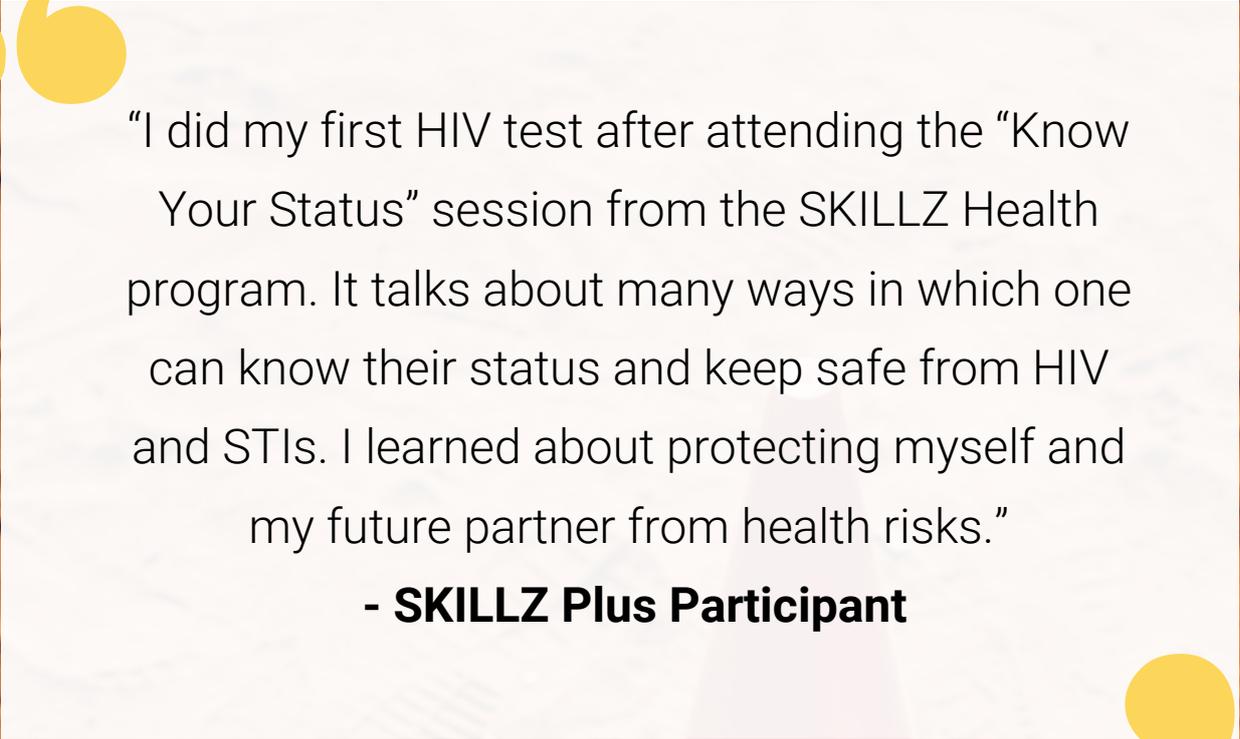
GEOGRAPHIC COVERAGE

GRS Zambia operates in seven provinces and currently implements activities in Lusaka, Central, Copperbelt, Eastern, Muchinga, Southern, Northwestern, and Western Provinces.



GRS ZAMBIA BOARD OF DIRECTORS

- Boyd Mkandawire, Zambia
- Thomas S. Clark, United States
- Fiona Shanks, United States
- Chikondi Phiri, Zambia
- Dr. Moses Sakala, Zambia
- Isabel Mukelebai (Board Chair), Zambia



“I did my first HIV test after attending the “Know Your Status” session from the SKILLZ Health program. It talks about many ways in which one can know their status and keep safe from HIV and STIs. I learned about protecting myself and my future partner from health risks.”

- SKILLZ Plus Participant

A NOTE FROM THE DIRECTOR

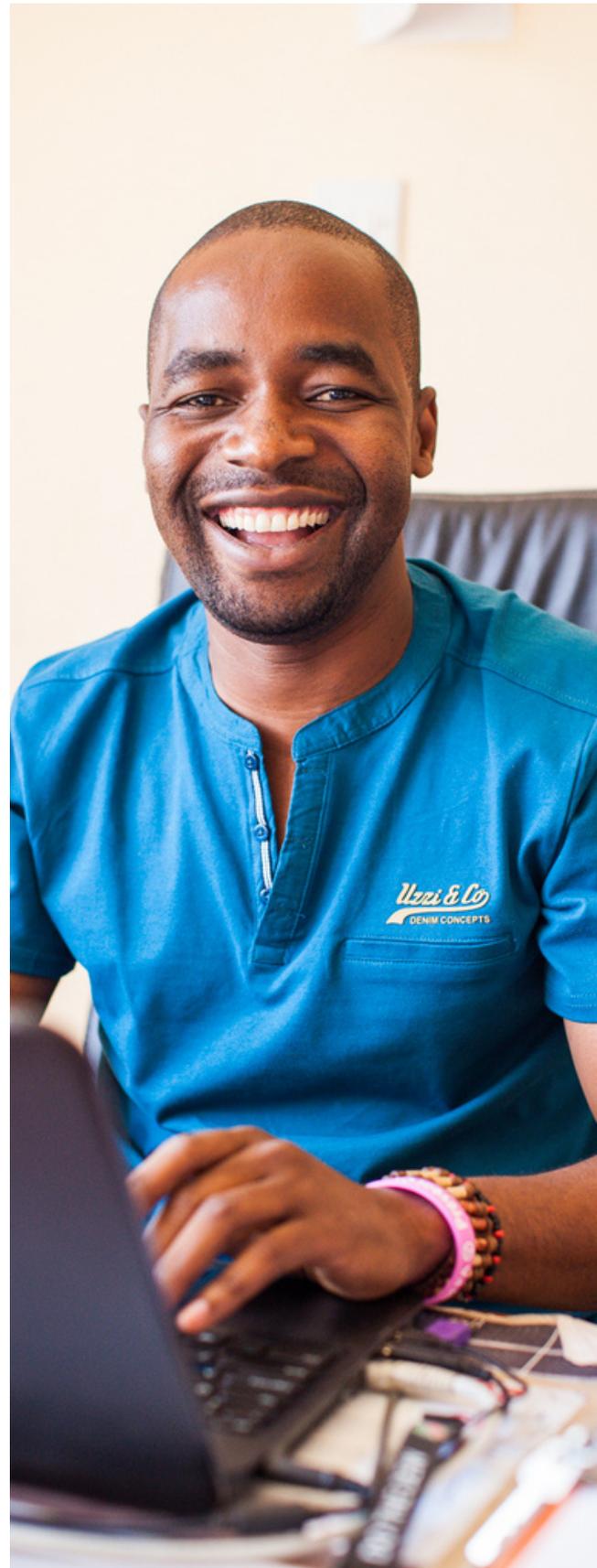
WELCOME to the Grassroot Soccer (GRS) Zambia 2020 Annual Report. 2020 was an eventful year, to say the least. I could define it as the year of evolution towards stronger innovation in difficult times. True for many other entities across the globe, COVID-19 affected every aspect of GRS Zambia, from our staff to our activities to our beneficiaries.

Despite the challenges the year 2020 came with, GRS Zambia managed to wade through these challenges, remained available, and continued in our resolve towards supporting Zambia's attainment of improved health outcomes for adolescents and young people, in line with Zambia's Health Strategic Plans.

It is my pleasure to encourage you to read through the major milestones of the year in this annual report to get a taste of our achievements.

Boyd Mkandawire

Managing Director
Grassroot Soccer (GRS) Zambia





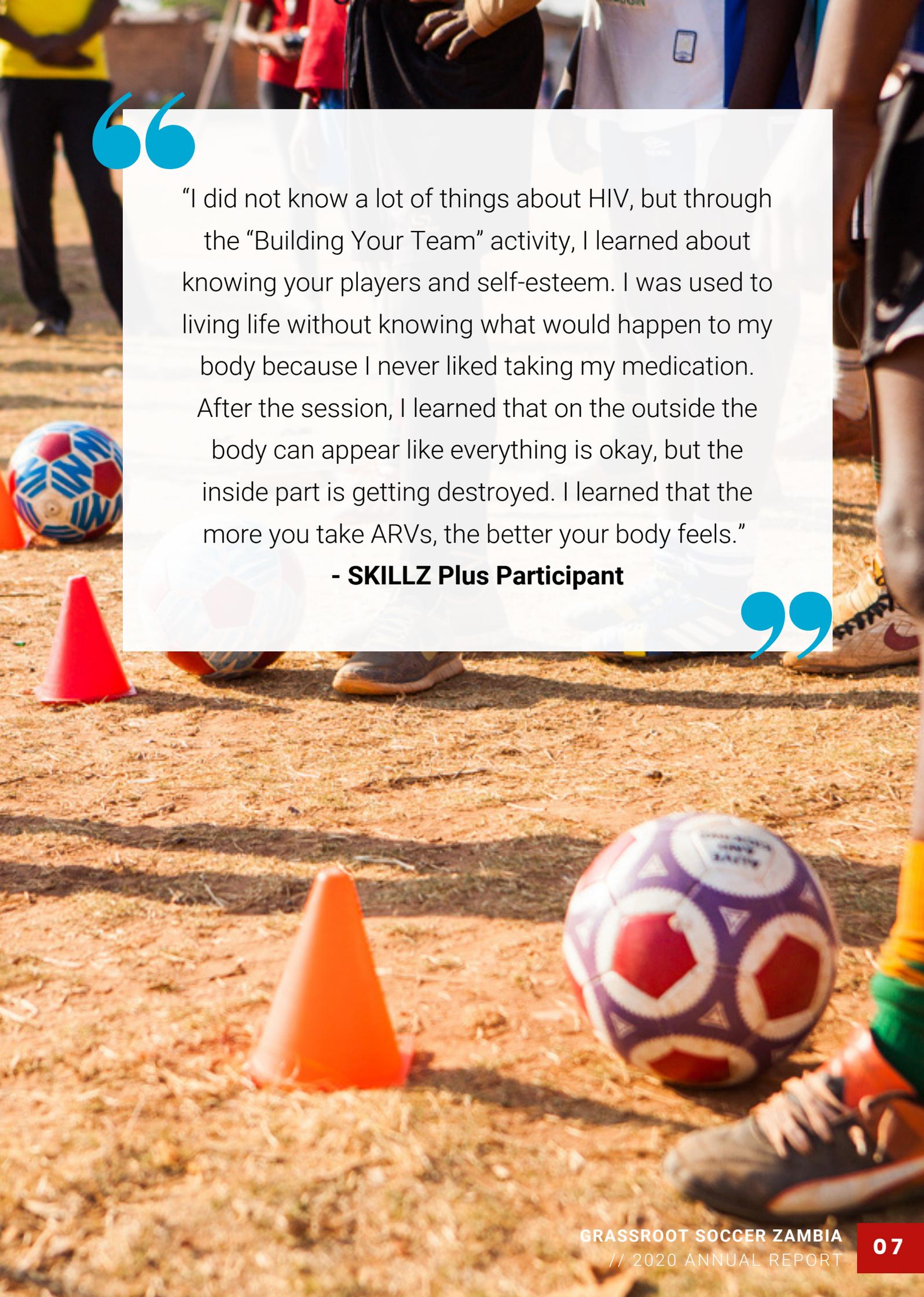
PROGRAMMING OVERVIEW

Like many other organisations, Grassroot Soccer Zambia's programs were disrupted by COVID-19 in 2020. These disruptions led to innovative ways for GRS Zambia to continuously engage young people. We developed virtual SKILLZ curricula ("5-a-Side") for all SKILLZ Health interventions, through which curriculum sessions were conducted via phones and social media platforms. With the abrupt closure of all schools and other social spaces where young people interact with their peers, this innovation proved to be an effective mechanism of engaging and linking young people to health services while adhering to Ministry of Health guidelines. As evidenced by preliminary pre/post survey results, this proved to be a very effective model of engaging young people when they have an option for when they want to attend curricula sessions, in the comfort of the safe space of their choosing. Over 50% of the total number of beneficiaries GRS Zambia reached in 2020 were through virtual interventions.

Implementation of the US National Institutes of Health (NIH) study continued in 2020 although it, like other programs, was impacted by COVID-19. In partnership with the Centre for Infectious Disease Research in Zambia (CIDRZ), GRS was able to implement the pilot component of the project in the first quarter of 2020, and it provided important lessons for the actual implementation of the study. Among the lessons learned through the pilot was the need to train Coaches (peer educators) as community-based distributors, as well as the importance of integrating mental health in SKILLZ programming.

In 2020, GRS Zambia continued to make significant progress towards its stakeholder and government engagement strategies pathway to attaining an enabling environment for the well-being of young people. GRS Zambia seeks to create this pathway by supporting sustainable health outcomes for young people through continued participation on the National-, Provincial-, and District-Level Technical Working Groups in an effort to influence adolescent health in Zambia.

17,646
YOUTH REACHED



“I did not know a lot of things about HIV, but through the “Building Your Team” activity, I learned about knowing your players and self-esteem. I was used to living life without knowing what would happen to my body because I never liked taking my medication. After the session, I learned that on the outside the body can appear like everything is okay, but the inside part is getting destroyed. I learned that the more you take ARVs, the better your body feels.”

- SKILLZ Plus Participant

RESEARCH HIGHLIGHTS

STRONG BODIES, STRONG MINDS EVALUATION

When youth living with HIV are on antiretroviral treatment and virally suppressed, they will live longer, healthier lives and be much less likely to transmit the infection to others. Adherence to treatment is a critical challenge for young people, and is even more so for HIV-positive youth who are depressed. To see if we can improve adherence by finding and treating depression, GRS Zambia is partnering with StrongMinds Zambia, with funding from Comic Relief, to integrate Interpersonal Group Psychotherapy (IPT-G) (a WHO-approved therapy for depression) with our SKILLZ Plus curriculum and support club for youth living with HIV. Utilising mental health screening (via the PHQ-9 tool) and self-reported adherence data, we are conducting a three-year mixed methods evaluation to assess the feasibility, acceptability, and effectiveness of an integrated sexual and reproductive health (SRHR), treatment adherence, and mental health support model for youth living with HIV in Zambia.

NATIONAL INSTITUTES OF HEALTH (NIH) STUDY

In 2020, GRS continued its implementation of the single-sex, school-based NIH SKILLZ Project, funded by the US National Institutes of Health (NIH) and in partners with the Centre for Infectious Disease Research Zambia (CIDRZ), University of Alabama, and University of California San Francisco. The study evaluates the impact of an enhanced SKILLZ package on girls' contraceptive uptake, HIV testing uptake, retention in HIV care and treatment, and viral load suppression. A small pilot was conducted in 2020, and baseline data collection is underway in 2021.

TECHNICAL WORKING GROUPS

- National Adolescents and HIV/AIDS Technical Working Group
- National Monitoring & Evaluation Technical Working Group
- District Technical Working Group meetings
- National Research Health Authority COVID-19 research dissemination meetings
- Ministry of Health-Stakeholder consultative meeting on the age of consent for adolescents' access to utilization of SRHR services in Zambia



A GRS ZAMBIA SUCCESS STORY: MEET WANA PHIRI

Almost a decade after attending the SKILLZ Core programme, Wana, a male youth aged 18 years old from Mtendere Compound in Lusaka, Zambia, was motivated to participate in another GRS programme – this time SKILLZ Boy, with other boys from his community using WhatsApp and teleconference calls.

Wana attributes the positive gains he made around staying healthy and his excellent academic performance to the SKILLZ Core programme, which led him to excitedly join SKILLZ Boy when invited by his Coach, Felix.

“It was not a hard decision for me to make since I have already done (SKILLZ Core),” said Wana. “In this programme, we were taught the steps one needs to put in place to achieve their goals. So for me, I remained focused by studying and staying away from unprotected sex so that I can achieve my goals. Because of this, I was able to do well in my school by getting six points in my secondary school exams.”

Wana, who has now gained admission into university to pursue a career in medicine, describes the SKILLZ Health sessions (both Core and Boy) as helpful since they mirror the health and social challenges faced by adolescents and young people.

“We were taught about issues affecting society and youths today, such as early pregnancies, drug abuse, and avoiding unsafe sex,” he said. “The sessions are clear and make it interesting for youths to understand. Our Coach would give scenarios and ask us to debate. For instance, this made me relate to the risky behaviours among youths, and I also connected with what we learned in SKILLZ Core on the effects of multiple partners. This has helped me to keep safe and healthy, because I have kept this information.”

When asked what can be done to make SKILLZ Health programmes better, Wana added that there is a need for continuity, which fits well with GRS Zambia’s SKILLZ Teen Clubs.

“I feel that after the sessions end, there should be continuity to make young people stay in touch with their Coach,” Wana said. “Some youths still are tempted to get in bad behaviours, so having these programmes for a long time is good. For me, I am privileged that I stay close to my SKILLZ Boy Coach, who I still go to if I have a personal issue that needs his advice.”

A LOOK AHEAD: 2021 OUTLOOK

In 2021, GRS Zambia will mainly be focused on sustaining the innovations and adaptations of 2020 resulting from the impact that COVID-19 had on programming. In 2021, GRS Zambia will deliver the following programmes:

- SKILLZ Health Interventions
- SKILLZ Plus
- SKILLZ Boy
- SKILLZ Girl
- SKILLZ Core
- NIH Study

GRS will continue to implement the National Institutes of Health (NIH)-funded research partnership with the Centre for Infectious Disease Research in Zambia (CIDRZ). This study is evaluating the impact of GRS's SKILLZ Girl curriculum on contraceptive uptake, HIV testing uptake, retention in HIV care and treatment, and viral load suppression. A small pilot study was completed in 2020, with baseline data collection underway in 2021 and endline data collection and final analysis to occur in 2022.

PEPFAR COMMUNITY-LED MONITORING

This initiative, funded by PEPFAR and delivered in partnership with the National AIDS Council, will be aimed at documenting community-led responses, actions, and strategies that seek to improve the health and human rights of their constituencies. These efforts will be specifically informed and implemented by and for communities themselves and the organizations, groups, and networks that represent them.

COMIC RELIEF STRONG BODIES, STRONG MINDS PROJECT (INTEGRATED HIV/MENTAL HEALTH)

In partnership with Catholic Medical Mission Board (CMMB) Zambia, GRS is a lead sub-partner on the PEPFAR-funded USAID Empowered Children and Adolescents Program 1 (ECAPI) (2020-2025), which mitigates the impact of HIV and improves the health and wellbeing of vulnerable children and adolescents, particularly those living with or at high risk of HIV. GRS delivers evidence-based health interventions to vulnerable children across Copperbelt and North-Western provinces.

GRS will continue to partner with StrongMinds Zambia in 2021 to integrate IPT-G (Interpersonal Group Psychotherapy), a WHO-approved therapy for people with depression, with its SKILLZ Plus curriculum and support club for youth living with HIV.





OUR SUPPORTERS

act:onaid

BOHEMIAN
FOUNDATION


cmmb
Healthier Lives Worldwide

**COMIC
RELIEF**

FIFA
FOUNDATION

MAC
VYAGAM

NIH 

 **Vitol**
Foundation

  **USAID**
FROM THE AMERICAN PEOPLE

 
PEPFAR

AUDITED FINANCIALS

	2020 <u>ZMW</u>	2019 <u>ZMW</u>
PROPERTY AND EQUIPMENT, NET	902,671	166,335
CURRENT ASSETS		
Grants receivable	897,099	788,657
Other receivables	154,406	13,721
Other assets	51,112	32,615
Cash and equivalents	3,542,657	310,760
Total current assets	4,645,274	1,145,753
TOTAL ASSETS	5,547,945	1,312,088
EQUITY AND LIABILITIES		
EQUITY		
Accumulated fund	1,422,587	840,528
LIABILITIES		
Accounts payable and other liabilities	3,077,349	229,304
Due to related party	1,048,009	242,256
Total liabilities	4,125,358	471,560
TOTAL EQUITY AND LIABILITIES	5,547,945	1,312,088

STATEMENT OF INCOME

Grant income	11,966,126	8,281,617
Other income	-	409,372
Operating expenses	(11,384,067)	(8,500,102)
TOTAL SURPLUS FOR THE YEAR	582,059	190,887

	<u>TOTAL</u> <u>EQUITY ZMW</u>
EQUITY	
Balance, at January 1, 2019	649,641
Net income for the year	190,887
Balance, at December 31, 2019	840,528
Net income for the year	582,059
BALANCE, AT DECEMBER 31, 2020	1,422,587

AUDITED FINANCIALS (CONT.)

	2020 <u>ZMW</u>	2019 <u>ZMW</u>
CASH FLOWS FROM OPERATING ACTIVITIES		
Net Income	582,059	190,887
Adjustments to reconcile net income to net cash provided by operating activities:		
Depreciation and amortization	155,899	82,527
Decrease (increase) in Amount due from:		
Related party	-	403,039
Other receivables	(140,685)	63,633
Other assets	(18,497)	4,744
Grants receivable	(108,442)	(788,657)
Increase (decrease) in:		
Accounts payable and other liabilities	2,848,045	(64,896)
Due to related party	<u>805,753</u>	<u>242,256</u>
Net cash provided by operating activities	<u>4,124,132</u>	<u>133,533</u>
CASH FLOWS FROM INVESTING ACTIVITIES		
Purchase of property and equipment	<u>(892,235)</u>	<u>(168,082)</u>
Net cash used by investing activities	<u>(892,235)</u>	<u>(168,082)</u>
Net increase (decrease) in cash and cash equivalents	3,231,897	(34,549)
Cash and cash equivalents at beginning of year	<u>310,760</u>	<u>345,309</u>
CASH AND CASH EQUIVALENTS AT END OF YEAR	<u>3,542,657</u>	<u>310,760</u>



“When I was about 11 years, I attended the SKILLZ Core program at my school. Also, since I am a soccer player, I would attend football tournaments hosted by GRS Coaches. But last year (2020), Coach Felix invited me to join the SKILLZ Boy program which he was running with other boys from my community using WhatsApp and teleconference calls.”

- SKILLZ Boy Virtual Participant



GRASSROOTSOCCER ZAMBIA



CONTACT US

www.grassrootsoccer.org

Office Address - Plot 232A Lake Road, Ibex Hill, Lusaka, Zambia 10101

Mailing Address - Box 371, P/Bag E10 Arcades Lusaka, Zambia

Phone - +260 977 606 570

Find us on Facebook and Twitter:

facebook.com/grassrootsoccerzambia | twitter.com/soccer_zambia