

# 2018 Annual Report



**GRASSROOT SOCCER ZIMBABWE**

Educate. Inspire. Mobilise.

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# OUR APPROACH

## OUR MISSION

Grassroot Soccer (GRS) is an adolescent health organisation that leverages the power of soccer to educate, inspire, and mobilise adolescents in developing countries 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 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 IMPACT

**3A'S**



### ASSETS

Increased health knowledge and the confidence to use it



### ACCESS

Increased uptake of high-quality health services



### ADHERENCE

Adherence to medical treatment, therapy, and healthy behaviors

## OUR MODEL

**3C'S**



### CURRICULUM

SKILLZ soccer-based health curriculum



### COACHES

Caring adults and mentors



### CULTURE

Vital conversation, safe spaces, inspiration, and fun

# DIRECTOR'S NOTE

As we start 2019, I am so proud that Grassroot Soccer's influence in addressing adolescents' health issues in Zimbabwe has grown beyond our traditional programming location in Bulawayo and is now reaching new areas. In 2018 we reached a total of 32,526 adolescents and young people through our various SKILLZ interventions. We continued scaling out our programs to other districts in Matabeleland North and Matabeleland South. Not only are we programming in these provinces, we have now become part of various networks that look into challenges faced by adolescents and creating empowering environments for adolescents to live healthy, productive lives and further become agents of change in their communities.



In 2018, GRS was selected as the “Best Demonstrated Impact” winner of the Demand Creation Challenge for our “Make the Cut” Voluntary Medical Male Circumcision (VMMC) demand creation program, which began in Bulawayo in 2012 and has since been implemented in seven countries throughout the region. The competition was designed to highlight best-in-class, innovative, high-impact communications-based approaches to HIV prevention, and we received the award at the 2018 International AIDS Conference in Amsterdam. Our report on the outcomes evaluation of GRS Zimbabwe SKILLZ for Youth programmes (2011-2017) was also accepted as a poster presentation at the conference.

This past year we also launched the single-sex, gender-transformative SKILLZ Boy program for in-school and out-of-school adolescents in Bulawayo, Matabeleland South, and Matabeleland North. SKILLZ Boy is part of GRS' broader strategy to reach the high-risk adolescent boys and young men that are often missing from the health system. GRS will continue to scale up its work engaging adolescent boys and young men on issues related to their health and find innovative ways to drive demand for key health services in a non-stigmatized setting; the ultimate goal is to break the cycle of HIV and gender-based violence (GBV) between them and their female partners. The program was well-received by the Zimbabwean government and local partners. I would like to thank them for being part of this initiative. Their support ensured that we designed curricula to meet all the needs of our adolescents and young people. It is because of them that this programme was accepted so well in the community.

With the support of the American people through USAID, funded by PEPFAR, GRS continued to support vulnerable adolescent girls and young women through the DREAMS initiative. As part of the Adolescent Girls and Young Women Health for Life 360 project under FHI 360, GRS shifted its focus to primary prevention of sexual violence and HIV among very young adolescents, aged 10-14. In 2018, GRS graduated over 10,700 adolescent girls through SKILLZ programmes.

Additionally, to help reduce HIV incidence among adolescent boys and young men, GRS partnered with Population Services International (PSI) under the USAID Strengthening Private Sector Services Project to generate demand for and facilitate access to VMMC and condoms in Harare Province. GRS uses a combination of soccer-based activities and Coaches to generate demand for and facilitate access to VMMC and other high-impact services. GRS is delighted to announce that it will continue to expand this partnership with PSI under the new four-year USAID Going the Last Mile for HIV Control project, which started in January 2019.

All of the above achievements could not have been possible without the hard work and the full support from all our Caring Coaches, dedicated staff, and partners. I am immensely grateful for their support. I also want to thank every supporter in advance for 2019 as we continue to work towards building the assets of our young people, enabling them to access health services, and ensuring that they adhere to positive health behaviours. Siyabonga; Tatenda – thank you so much – a huge kilo of gratitude as we look forward to an awesome year ahead.

Bhekimpilo Moyo  
Country Managing Director  
Grassroot Soccer Zimbabwe



# PROGRAMMING OVERVIEW

## OUR REACH

Grassroot Soccer Zimbabwe reached a total of **155 schools in 2018** with life-changing SKILLZ interventions, empowering youth with essential health skills and knowledge. We reached adolescents at **43 health facilities** and **5 community centres**. Community members were also reached through **5 community outreach events**.

## SKILLZ CORE

GRS's 10-12 session mixed-sex SKILLZ Core program for very young adolescents (VYA), aged 10-14, is designed within a rights-based, gender-transformative framework that considers the profound changes brought about by puberty. Delivered by a mixed-sex pair of GRS Coaches, it offers girls and boys positive role models, increases self-concept, physical health, and school performance. It creates a safe space to discuss power dynamics and challenge harmful gender norms, and introduces core sexual and reproductive health and rights (SRHR) topics, including the basics of HIV transmission, prevention, and risk, and violence prevention. Given VYA unique cognitive and physiological development characteristics, GRS's SKILLZ Core emphasizes interactive games, physical movement, and learning-by-doing.

## SKILLZ GIRL

SKILLZ Girl is an 11-session, evidence-based curriculum for adolescent girls and young women (AGYW) ages 14-19. It combines HIV prevention, soccer, SRHR, and life skills, HIV counselling and testing, and access to community services. GRS uses female Coaches (18-29) to create a safe atmosphere and space for learning. It improves girls' knowledge of key SRHR issues including GBV, HIV, puberty/menstruation, and family planning/ reproductive health, and also the social and structural drivers of violence against women and girls. Through SKILLZ Girl, GRS also works with Village Health Workers and clinical staff to improve their ability to deliver youth-friendly services to AGYW.



### SKILLZ BOY

SKILLZ Boy empowers adolescent boys and young men with the knowledge and support they need to access comprehensive sexual and reproductive health services and adhere to positive behaviours as they transition into adulthood. Facilitated by male Coaches, ages 18-29, SKILLZ Boy is a single-sex, 11-session, gender-transformative intervention for in-school and out-of-school adolescent boys. It uses soccer language, metaphors, and activities as a unique entry point to address power and gender, consent, violence, substance use, HIV prevention and treatment, and sexual health.

### GENERATION SKILLZ

Generation SKILLZ caters to both boys and girls aged 13-19 years and is delivered in ten sessions. It seeks to address the key risk factors for HIV such as multiple partners, age-disparate sex, substance abuse, and GBV. It builds participants' skills, knowledge and self-efficacy while challenging the underlying social norms that fuel HIV. It further highlights critical issues that affect young people's sexual reproductive health and rights.

### SKILLZ PLUS AND SKILLZ PLUS CLUB

SKILLZ Plus is a 12-session intervention for adolescents living with HIV implemented in partnership with local health clinics and facilitated by GRS Coaches openly living with HIV. The programme introduces participating adolescents to topics including HIV prevention and transmission, treatment adherence, and opportunistic infections. It helps them learn the importance of disclosure, healthy relationships, and maintaining a support network. The programme also provides direct referrals to psycho-social support services as needed. At the end of the 12-session curriculum, participants and Coaches continue to meet regularly through SKILLZ Plus Clubs and discuss topics related to living with HIV and the challenges of remaining on treatment. GRS designed SKILLZ Plus to be adapted to both clinical and non-clinical settings and can be flexibly implemented by young adult mentors and clinical staff.

### MAKE THE CUT

Make the Cut (MTC) is a soccer-based, cost-effective intervention to generate demand for VMMC and promote condom use among males, aged 10-35. Make The Cut is a simple 60-90-minute program in which a circumcised adult role model leads a soccer-based VMMC/condom use educational game, shares his own personal story about circumcision, and connects adolescent boys and young men to VMMC and HIV testing services providers. Make The Cut can be implemented as a stand-alone activity, integrated into longer SKILLZ interventions for adolescent boys and young men. It is utilized during high-volume community soccer tournaments to facilitate on-site access to VMMC services.

BY THE NUMBERS

2,458

GRS ZIMBABWE SUCCESSFULLY PILOTED ITS ADOLESCENT BOYS AND YOUNG MEN'S PROGRAM CALLED SKILLZ BOY AND REACHED OUT TO A TOTAL OF 2,458 YOUTH IN 15 SCHOOLS.

OFFICIALS FROM THE MINISTRY OF PRIMARY AND SECONDARY EDUCATION, SCHOOL HEADS, PARENTS, AND GUARDIANS WELCOMED THE INTERVENTION AND PRAISED IT FOR ADDRESSING ISSUES INCLUDING GENDER EQUALITY AND ALCOHOL AND SUBSTANCE ABUSE, ALL OF WHICH AFFECT ADOLESCENTS AND YOUNG MEN IN THE COMMUNITY.

"IT WAS GOOD TO SEE THE INTERVENTION ADDRESSING GENDER EQUALITY AND SEXUAL AND REPRODUCTIVE HEALTH, AS THESE ARE NOT JUST 'ISSUES' THAT COULD BE ADDRESSED BY EMPOWERING ADOLESCENT GIRLS AND YOUNG WOMEN ONLY, BUT ADOLESCENT BOYS AND YOUNG MEN TOO. THEY ARE IMPORTANT TOPICS THAT AFFECT THEIR HEALTH AND WELLBEING."

- SCHOOL HEAD TEACHER, BULAWAYO

2,355

GRS ALSO PILOTED ITS VERY YOUNG ADOLESCENTS PROGRAMME, CALLED SKILLZ CORE, AND REACHED OUT TO A TOTAL OF 2,355 ADOLESCENTS IN 12 SCHOOLS.

"I HAD A FRIEND WHO USED TO DISCRIMINATE AGAINST OTHERS, BUT AFTER I WENT THROUGH THE GRS PROGRAMME, I SHARED THE INFORMATION WITH HER AND TAUGHT HER THE IMPORTANCE OF LOVING EVERYONE - DESPITE THEIR HIV STATUS."

- SKILLZ PLUS BENEFICIARY FROM FUSI PRIMARY SCHOOL IN BULAWAYO

556

WITH THE GENEROUS SUPPORT OF BANCABC, LOCAL ROLE MODELS COORDINATED AND FACILITATED A SKILLZ HOLIDAY CAMP THAT REACHED 556 ADOLESCENTS FROM 10 BOYS' SOCCER TEAMS AND 13 GIRLS' SOCCER TEAMS.

# 32,526

**TOTAL NUMBER OF PARTICIPANTS ACROSS GRASSROOT SOCCER ZIMBABWE SKILLZ PROGRAMMING IN 2018**

# 3,129

**HIV TESTING REACH**  
1,514 COMMUNITY MEMBERS  
1,501 SKILLZ PARTICIPANTS  
94 GRS SKILLZ COACHES  
20 GRS STAFF MEMBERS

# 1,461

**INDIVIDUALS WHO WERE PROVIDED ACCESS TO SEXUAL AND REPRODUCTIVE HEALTH SERVICES (FAMILY PLANNING, VMMC, AND ADHERENCE SUPPORT CLUBS)**

Grassroot Soccer Zimbabwe conducted a total of 34 SKILLZ health events (29 graduation testing events and five Health and Wellness Soccer Tournaments) in 2018. Prior to the events, door-to-door campaigns and home visits were conducted to mobilise the community to the events.

The Community Outreach events were conducted in partnership with various service providers including Population Services International (PSI), Population Services Zimbabwe (PSZ), Zimbabwe National Family Planning Council (ZNFPC), and Rechabites.

Our partners provided services such as contraceptives (including short and long-term offerings), HIV testing services, VMMC, TB screening, blood pressure checks, referrals for PrEP, and drug and alcohol misuse. We would like to thank our partners for the crucial role they played in ensuring that adolescents and young people, including community members, were able to access a variety of services without fear of being stigmatised or discriminated against.





# SUCCESS STORY

*The reflections below are from a high school participant named Faith on her experience in a SKILLZ Girl programme in Mutare, Zimbabwe. (Pictured above: SKILLZ Girl participants.)*

The SKILLZ Girl programme really inspired me as a young girl. The way it shed light in the ways we should live, behave and act out as girls caught my attention and it motivated me. During this experience there were so many activities that were discussed and I would want to explain what I learnt because it changed my life completely. The very first activity among others that I understood was that of sex and gender. I came to realize that gender roles could be changed. As females we have been taken advantage of because of what society says but this program has taught me that any gender role can be changed.

The activity that motivated me was that of healthy and unhealthy relationships. This means that it should be healthy physically, socially, and verbally. The key terms showed me that if it's a healthy relationship then certain factors should be considered. These factors include love, respect for each other, and stating and sharing ideas. I discovered that one shouldn't suffer in silence for the sake of pleasing the person you share a relationship with but rather should be free to say how they feel about certain things. The use of threats or harmful words are not considered healthy, but rather if you face a problem you should discuss it in a respectable manner, thereby making each other feel important, considered, needed, and comfortable to share opinions.

The other activities that I learnt were on the different types of abuse, and the activity called "I am beautiful." I came to realize that I am special, unique, and beautiful. I have seen that I should not consider my feelings alone but have respect for other girls and how they feel. I also discovered that my choices are important. What I want in life has to be decided by me because other people may make the wrong decisions for me, which could affect my future for years to come. I was encouraged to go and get tested in order for me to know my status and how I can maintain it.

I had so much fun joining other fellow girls my age, playing and communicating together. I am really grateful to my Coach, Rosemary Magaya, for empowering us and shaping us to have a better tomorrow.



At Grassroot Soccer Zimbabwe, we are committed to working hand-in-hand with our partners to maximise impact and outcomes. The vision, knowledge, passion, and experience of our peers and supporters are invaluable. Working together, we can ensure that young people have the mentors, information, and health services they need to thrive. The following represents events and thought leadership initiatives we have participated in throughout 2018.

### **Technical Working Groups and Forums**

- Rural District Development Committee
- Provincial Development Committee
- Provincial and National Adolescents Sexual Reproductive Health Forum
- District AIDS Action Committee
- DREAMS Referral Working Group
- Young People, HIV and AIDS
- Young People's Network
- Ministry of Primary and Secondary Education: Lifeskills, Sexuality and HIV/AIDS Education
- Provincial AIDS Action Committee
- Community Interventions
- NAC Monitoring and evaluation Taskforce
- NAC Prevention Taskforce
- NAC Mitigation Taskforce
- Rural District Council Social Services Committee

### **Major Presentations**

- Zimbabwean Ministry of Health Best Practices in Effective Partnerships
- 2018 International AIDS Conference, Outcomes Evaluation of GRS Zimbabwe SKILLZ for Youth Programmes



## Outcomes Evaluation

A 2017 outcomes evaluation report (published in 2018) from both quantitative and qualitative results revealed that Grassroot Soccer interventions using GRS Zimbabwe SKILLZ programmes had positive outcomes related to HIV knowledge, skills, and attitudes among participating adolescents. Programmes' relevance, effectiveness, efficiency, utility, and sustainability were confirmed by the adolescents themselves, their parents, teachers, coaches, and key partners. Utilising a multi-sectoral approach – in our case involving schools, parents, and other key partners and stakeholders – is a proven method of success in ensuring uptake of HIV prevention interventions among adolescents (Ministry of Health and Child Care 2013).

The evaluation was presented at the 22nd International AIDS Conference in Amsterdam (Netherlands) by Mr. Bhekimpilo Moyo, Grassroot Soccer Zimbabwe Managing Director.

## Longitudinal Study

Grassroot Soccer embarked on a longitudinal study, which began in 2018 and will continue to 2021. The main objective of the research is to examine the impact of a sport-based comprehensive sexual and reproductive health education programme (SKILLZ Health) when paired with high-quality, youth-friendly services on key adolescent health and well-being outcomes.

The specific aims of the research are:

- Assess the knowledge, attitudes, and beliefs of adolescent participants related to SRH - seeking and risk behaviour, gender equitable norms, self-concept and future orientation
- Assess SKILLZ Health participants' attitudes towards and uptake of key SRH services, including repeat access to services and adherence to contraceptives and HIV treatment
- Estimate the impact of the programme on the incidence of HIV and pregnancy in the study population

The study will have a sample size of 810, with research respondents gathered from six schools and seven health facilities. Participating schools are located in Bulawayo, Matabeleland North, and Matabeleland South. The Nkulumane and Northend clinics serve as health facilities for Bulawayo. Matabeleland South health services are provided by Homestead, Tshelanyemba and Nswazi clinics. In Matabeleland North, both Nkayi and St Luke's hospitals provide necessary health services. Baseline information has already been collected from Mabhikwa, Sizane, and Mtshibini high schools, with the remaining baselines and programme implementation set to occur in 2019.

## Operational changes

In July 2018, we opened an office in Harare as part of our scale-up strategy. The office will enable us to engage with Harare-based stakeholders and partners and coordinate and expand programmes in Harare.

## Grassroot Soccer programming and its significant impact on adolescents across Zimbabwe would not be possible without the support of:

### Government and Public Sector Partners

- Ministry of Primary and Secondary Education
- Ministry of Health and Child Care
- Ministry of Public Services, Labour and Social Welfare
- Ministry of Local Government, Public Works and National Housing
- Bubi Rural District Council
- Umzingwane Rural District Council
- Matobo Rural District Council
- Lupane Rural District Council
- Bulilima Rural District Council
- National AIDS Council
- Bulawayo City Health Department
- Harare City Health Department
- Zimbabwe National Family Planning Council

### Referral Partners

- National AIDS Council
- Bulawayo City Health Department
- Harare City Health Department
- Zimbabwe National Family Planning Council
- Rechabites Trust
- Population Services Zimbabwe
- Childline
- Musasa Project
- Ministry of Health and Child Care

## Additionally, the work we do is powered and uplifted by generous financial support from the following organisations and foundations. Thank you!

- The Arsenal Foundation
- BancABC
- FHI360
- FIFA
- Football for Hope
- Johnson & Johnson
- MAC AIDS Foundation
- PEPFAR
- Population Services International
- Swedish Postcode Foundation
- TDH Schweiz
- USAID
- Vitol Foundation





**Building on the successes of 2018, Grassroot Soccer Zimbabwe continues to strengthen its programmes in pursuit of becoming the most sought-after adolescent health organisation in Zimbabwe in 2019.**

### **Programming**

In 2019, GRS will deepen its partnership with PSI under the new four-year USAID Going the Last Mile for HIV Control project – PEPFAR’s flagship HIV prevention program in Zimbabwe. Having launched in January 2019, GRS will continue to utilise soccer-based interventions and Caring Coaches to generate demand for and facilitate access to VMMC, condoms, and HIV self-testing for adolescent boys and young men, aged 15-29 years old, in Bulawayo and Harare Provinces.

GRS will continue implementing the three-year Total Health project which is currently in its second year. The project seeks to improve sexual and reproductive health (SRH) outcomes for adolescents in Zimbabwe by building their assets, promoting access to high-impact health services, and empowering them toward healthy behaviours while adhering to treatment and/or medication. Total Health will improve uptake of targeted and high-impact SRH services, including contraception, HIV testing and treatment, multipurpose biomedical prevention, STI screening, and HPV vaccination.

GRS will scale up its programmes in Harare. In Matabeleland South, GRS will continue scaling out in the Bulilima, Mangwe, Matobo, and Gwanda rural areas, while in Matabeleland North we will focus on the district of Hwange and expand projects in Lupane, Bubi, and Umguza.

GRS will pilot its newly-designed SKILLZ Teen Clubs for adolescent girls and boys. GRS Teen Clubs will support repeat uptake of SRH services and further support long-term adherence to positive behaviours.

### **Research**

Grassroot Soccer will continue with the longitudinal study where baselines will be collected from multiple schools (including Masotsha High School and Umzingwane High School) and seven facilities. GRS will also embark on disseminating the results of the outcomes evaluation.

In 2019, GRS has also arranged for an assessment of the effectiveness of community dialogues in addressing adolescent health issues.



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