



COPPER ROSE ZAMBIA

Beautiful | Valuable | Empowered



COPPER ROSE ZAMBIA ANNUAL REPORT 2023



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ACRONYMS

AGYW	Adolescent Girls and Young Women
ADH	Adolescent Health
AYP	Adolescents and Young People
CBIM	Coaching Boys Into Men
CRZ	Copper Rose Zambia
FHN	Family Health and Nutrition
GBV	Gender Based Violence
HEADSS	Home, Education, Activities, Drugs, Sexual Activity, Suicide/Depression
HIV	Human Immunodeficiency Virus
IEC	Information Education and Communication
IREX	International Research & Exchanges Board
MHH	Menstrual Health Hygiene
MHHM	Menstrual Health Hygiene Management
MoH	Ministry of Health
MCGL	MOMENTUM Country and Global Leadership
RMNCAHN	Reproductive, Maternal, Newborn, Child, Adolescent Health and Nutrition
SQA	Service Quality Assessment
SRH	Sexual Reproductive Health
SRHR	Sexual Reproductive Health Rights
STIs	Sexually Transmitted Infections
SDGs	Sustainable Development Goals
USAID	United States Agency for International Development
ZIH	Zambia Integrated Health

2023 IN PERSPECTIVE

This annual report provides a summary of the accomplishments of Copper Rose Zambia (CRZ) during 2023, highlighting our activities, insights gained, challenges faced, and our vision for 2024. As we strive for a world where every young person is happy, healthy, and lives to their full potential, we recognize the ongoing work and challenges ahead.

In 2023, we launched our strategic plan for the period 2022 to 2026, with the objective of expanding our organisational scope and achievements while ensuring greater coherence in our focus areas.

Throughout the year, we directly engaged with over 149,000 young individuals through diverse initiatives. Our social media presence reached more than 160,000 individuals across Zambia, highlighting our dedication to quality through evidence-based interventions for youth well-being.



CRZ staff commemorating World Aids Day

ABOUT COPPER ROSE ZAMBIA

CRZ stands as a youth-centred non-governmental organisation dedicated to fostering an environment where young individuals can thrive in every aspect of their lives. Our vision is anchored in a world where all youth experience happiness, health, and the realisation of their fullest potential.

CRZ transcends the conventional organisational paradigm; it represents a dedicated team of skilled, committed, and passionate young professionals. Our focus spans health and well-being, gender equity, and youth empowerment and leadership. We actively tackle pressing issues such as HIV/AIDS/Sexually transmitted infections (STIs), sexual and reproductive health and rights (SRHR), gender equality, and the advancement of youth capabilities and skills.

MISSION



Copper Rose Zambia exists to build a conducive environment for young people to thrive in all aspects of their life.

VISION



Copper Rose Zambia envisions a world in which every young person is happy, healthy, and living to their full potential

ASPIRATION



Copper Rose Zambia aspires to be the leading youth led and focused organisation in Africa driving change in gender, health, and youth sector with excellence.

VALUES



- Diversity & Inclusion
- Innovation
- Passion
- Quality
- Collaboration

A WORD FROM OUR BOARD CHAIR

Dear Donors, Partners, and Supporters,

It is with great pleasure that I present to you our annual report for the year 2023, a testament to the remarkable achievements and collective impact of CRZ. Your unwavering support and commitment have been instrumental in our journey of empowering young people and fostering positive change in our communities.

As we reflect on the past year, I am filled with immense pride in our team's dedication and hard work. Together, we have accomplished significant milestones that have propelled us toward our mission. The main highlights for me this year were as follows:



- 1. Launch of the New Organization Strategy (2023-2026):** Our team's commitment to our mission and vision has set the stage for a strategic roadmap that will guide our work over the next three years.
- 2. Opening of the New Office and Youth Hub in Kitwe:** This expansion marks a significant advancement for CRZ enhancing our ability to reach and support even more young people.
- 3. Commencement of the Zambia Integrated Health (ZIH) Project:** The initiation of this project underscores our dedication to addressing critical health issues and making a lasting impact in the communities we serve.

On behalf of the CRZ Board of Directors, we extend sincere appreciation to our staff and volunteers for the commitment and dedication towards serving our young people.

We would like to thank our donors, partners, and supporters for the generous contributions and collaborative efforts that have not only enabled us to achieve significant milestones in the past year but have also reinforced our collective vision of empowering Zambia's youth for a brighter tomorrow.

As we reflect on our accomplishments and look to the future, we are inspired by the transformative impact we have collectively made in the lives of young people across our communities. Together, let us continue this journey of empowerment and advocacy forging ahead with determination and vision, as we strive to create a future where every youth in Africa thrives and flourishes.

Yours Sincerely,

Dr. Cheswa M Vwalika,

Board Chair

A WORD FROM OUR CEO

As we reflect on the past year, I am filled with immense pride and gratitude for the incredible impact Copper Rose Zambia has made in the lives of young people. Celebrating the incredible milestones and impact we have achieved as the largest youth-led organisation in Zambia, I cannot help but feel compelled to fulminate on the dedication, passion, and hard work of our staff, partners, and supporters who have made our growth and emergent impact possible.

As the largest youth-led organisation in Zambia, we have a unique opportunity and responsibility to lead by example, to set the standard for what is possible when young people come together with a common purpose. Our impact goes beyond numbers and statistics; it is the stories of resilience, empowerment, and success that truly define Copper Rose Zambia.

I am excited about the journey ahead and the potential for even greater impact in the coming year. Together, we can continue to be a beacon of hope, inspiration, and change for the youth of Zambia and beyond.

Thank you for your unwavering support and belief in our mission. With your continued dedication and support, we can shape a brighter future for generations to come.

Sincerely,

Dr. Natasha Salifyanji Kaoma

Chief Executive Officer



NEW STRATEGIC PLAN

Building on our 2018-2021 strategic plan, we have successfully launched our 2023-2026 strategic plan, crafted collaboratively with diverse stakeholders. Our focus areas include Health and Wellbeing, Gender Equity, Youth Development and Leadership, and Organisational Development.

With a focused approach on these themes, the strategic plan outlines key issues and success benchmarks for the designated period. It details implementation strategies and resource requirements to ensure success.



STRATEGIC GOAL

To contribute to the health, gender responsive, and socio-economic viability of adolescents and young people (AYP) in Zambia.



OUR IMPACT 2023



We disseminated a total of 20,118 information, education, and communication (IEC) materials through various outreach initiatives.



We conducted training sessions for 332 peer educators and community health workers nationwide.



Our social behavioural change communication campaigns successfully reached 169,492 AYP.



We enhanced the capabilities of 154 healthcare providers through comprehensive training and orientation programs.



A total of 39,948 pupils were reached through our school-based prevention intervention, where we shared HIV prevention messages.



We provided education on menstrual health management, SRHR, HIV prevention messages, and gender equality to 7,761 men and boys.



In 2023, we mobilised and engaged 116 volunteers in our initiatives and projects.

ADVOCACY WINS

In 2023, CRZ played a pivotal role in shaping various policies aimed at enhancing the well-being of AYP in Zambia.

Zambia National Adolescent Health (ADH) Strategic Plan 2022-2026

Through the USAID Family Health and Nutrition (FHN) project, CRZ played a key role in shaping the 2022-2026 Zambia National Adolescent Health (ADH) Strategic Plan. Our partnership with the Ministry of Health (MoH) spanned all levels, from national to community, providing valuable insights to improve ADH initiatives' effectiveness. This collaboration underscores our commitment to impactful contributions and strengthens our position within the USAID FHN consortium, collectively enhancing healthcare strategies in Zambia

Adolescent Health (ADH) Indaba Commitments

CRZ, through USAID FHN, led the 2023 Provincial ADH Indabas, empowering 600+ youths on HIV and sexual reproductive health (SRH) policies and programmes. These events produced youth-driven action plans, clarifying their roles in addressing priorities. CRZ offered technical assistance at 6 of 10 provincial indabas, contributing to communiqués submitted at the Regional ADH Indaba. Government, donors, civil society, and religious leaders were involved, reinforcing youth participation. High-level discussions led to government commitments to enhance outcomes. Following the indabas, CRZ guided MoH in launching 36 quality improvement projects on teenage pregnancy reduction, with one winning national recognition for effectiveness.

1.8 billion What Young People Want Campaign

Copper Rose Zambia joined the [1.8 Billion Campaign](#) to advocate for global recognition of young people's importance and prioritise their well-being and health. This initiative provided an avenue



CRZ staff and volunteers after the What Young People Want Campaign

for youth to assess progress toward the Sustainable Development Goals (SDGs) and identify areas for improvement by voicing their aspirations. The campaign reached its peak with the “What Young People Want National Event,” facilitating the dissemination and discussion of youth perspectives and opinions.

Draft 0 of the National Gender in Health Strategic Plan

CRZ, via USAID FHN, assisted MoH in convening 15 national gender and health experts to draft the inaugural National Gender in Health Strategic Plan. This plan aims to guide healthcare providers on gender-transformative approaches, including comprehensive gender-based violence (GBV) response and post-GBV care, aligning with policies like the Anti-GBV Act and National Gender Policy. A steering committee, including MoH, USAID FHN, and USAID MOMENTUM Country and Global Leadership MCGL representatives, was formed to advance this agenda.

USAID International Research & Exchanges Board (IREX) Menstrual Health Hygiene Management (MHHM) Implementation Research

To enhance MHHM programs for girls aged 10-18 in Lusaka and Copperbelt Provinces, CRZ collaborated with USAID-IREX. We assessed the effectiveness of one-time versus repeated menstrual health hygiene (MHH) outreaches to refine the curriculum and advocate for supportive policies with MoH and Ministry of General Education. Inclusivity and gender-transformative approaches were prioritised by involving boys to combat stigma. Robust monitoring and evaluation were vital for assessing impact and promoting gender equality and empowerment in schools and communities.



Our volunteers during the men's stroll for menstruation

WHERE WE WORK



Throughout our existence, CRZ has experienced significant expansion and growth, now proudly operating in 9 out of the 10 Zambian provinces. Additionally, we extend our impact beyond Zambia through our consultancy work and our involvement in the [We Trust You\(th\) Initiative](#). This initiative aims to encourage youth-focused donors and NGOs to collaborate and fund young people more deliberately and equitably. Co-led by five youth-led organisations globally (Netherlands, Malawi, USA, Mexico, and Zambia), the initiative seeks to challenge and support such partnerships.

OUR WORK

Health and Wellbeing

Under the USAID Controlling HIV Epidemic for Key and Underserved Populations (CHEKUP) I project, CRZ established multiple support groups comprising over 90 participants across 5 districts in DREAMS Centers and health facilities. These support groups aimed to enhance the continuity of PrEP and ART among adolescent girls and young women (AGYW) by fostering strategies for adherence. During these meetings, AGYW shared their medication experiences while fellow group members identified adherence strategies and addressed concerns of those considering discontinuation.



CRZ enlisted over 100 youth peer educators across multiple projects to advocate for positive living among their peers. Through their efforts, these peer educators facilitated activities that enhanced the knowledge of AYP on topics including HIV/STIs, SRH, safe abortion, and comprehensive sexual education.

Gender Equity

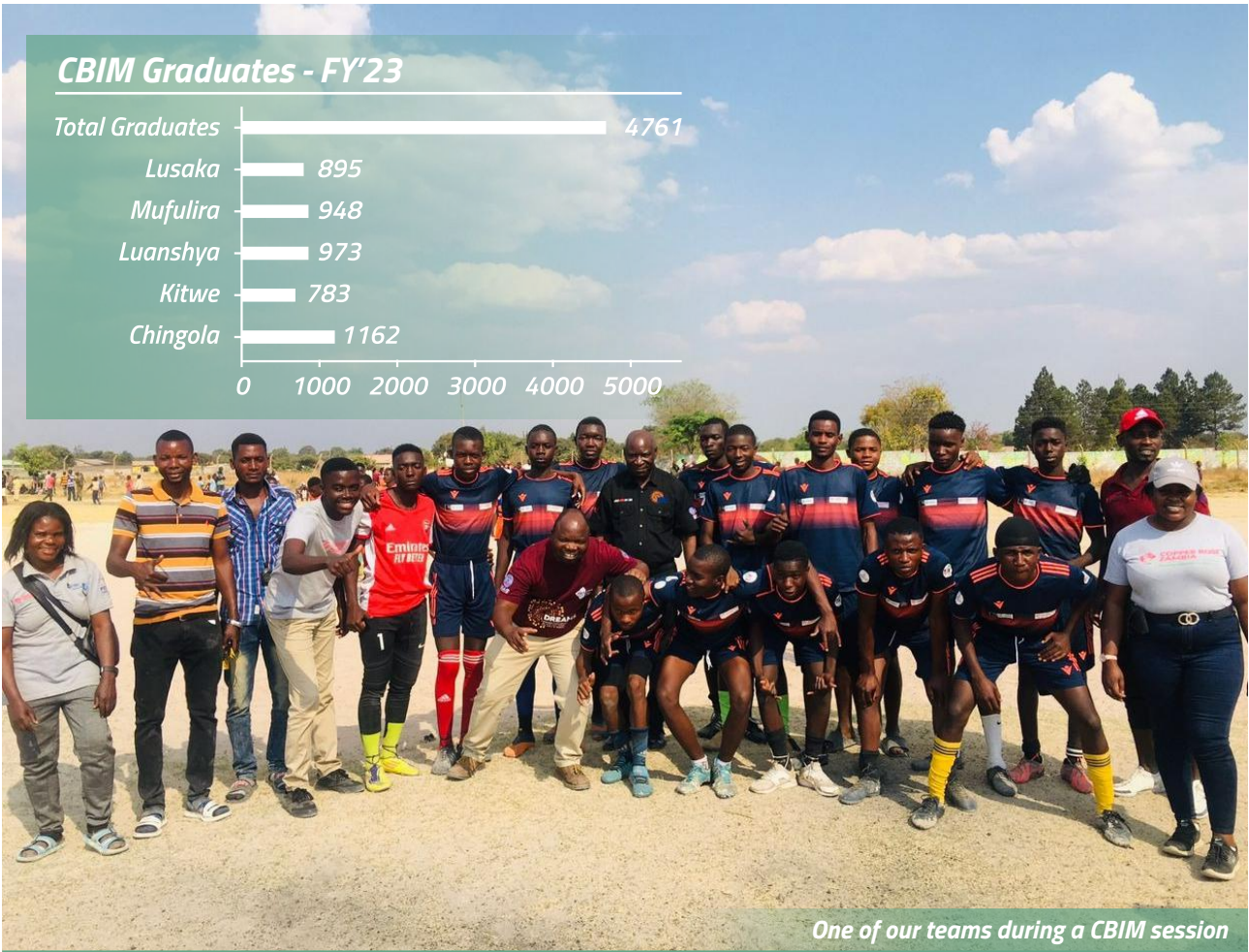
CRZ implemented GBV and HIV prevention messaging to 4,761 boys aged 9 to 14 through the Coaching Boys into Men (CBIM) program. CBIM is a comprehensive, evidence-based violence prevention initiative that encourages athletic coaches to educate young athletes that violence is never a sign of strength and that violence against women and girls is unacceptable.

Under the USAID FHN project, CRZ conducted a condensed version of the MoH's gender in reproductive, maternal, newborn, child, and adolescent health, and nutrition (RMNCAHN) training to enhance the capacity of 35 MoH staff in addressing gender-related issues. We utilised the



Our peer educators during an outreach

gender service quality assessment tool to evaluate critical areas such as service availability, male in Chingola involvement, and provider-client interaction. The training emphasised the significance of adopting a gender-transformative approach in RMNCAHN, aiming to overcome barriers to service accessibility and quality.



Youth Development and Leadership

Young people constitute a significant portion of Zambia's population. One major obstacle hindering youth engagement is their perceived lack of experience and skills. CRZ is dedicated to empowering Zambia's youth beyond their roles as future leaders.

Through our youth development and leadership initiatives, we equip young people with the skills and experience needed for active participation in economic and social activities. Our dynamic Youth Hub in Kitwe, along with digital platforms, serves as a central space for skill-building, inclusivity, and fun, reflecting our commitment to being youth-focused and demand-driven.



CRZ's CEO Dr. Natasha Kaoma conducting a Master Class session at our Kitwe Youth Hub

The Kitwe Youth Hub is committed to creating a safe and nurturing environment where open discussions and personal growth thrive. Free from judgement and discrimination, over 1000 youths have participated in facilitated discussions, workshops, and activities, promoting acceptance, understanding, and emotional well-being. The fun thematic area offers a variety of engaging activities, allowing young individuals to forge friendships, develop soft skills, and explore new interests. From sports and outdoor adventures to arts, gaming, and cultural events, the Youth Hub's activities foster relaxation, social interaction, and personal development.

The Youth Hub hosts skill development activities, such as master classes, empowering young individuals through expert-led sessions on entrepreneurship, technology, leadership, art and culture, personal development, and social impact. These inclusive and accessible sessions are designed to foster both personal and professional growth among the youth.

SUCCESS STORY

Embracing Empowerment: Bester's Journey of Self-Discovery

Within the confines of an HIV support group, adolescents and young people living with HIV find solace and hope. It is a space where they gather to share experiences, provide encouragement on adherence to medication, tackle stigma, and engage in enjoyable activities. These support groups convene regularly, often once a week, for one to two hours at the youth-friendly space shelter or a designated venue within the health facility. Discussions range from the importance of maintaining a healthy diet to strategies for managing stigma, ensuring medication adherence, and achieving viral load suppression. Furthermore, participants find joy through activities such as dancing, singing, poetry, and games.

Bester, an extraordinary member of the support group at Mt. Makulu clinic in Chilanga, Lusaka not only benefits from the group's support but also plays a vital role in facilitating sessions for her peers. Through her involvement in the You(th) Care Project, Bester has participated in various outreach sessions, meetings, and capacity-building activities. She reveals that prior to joining the You(th) Care team, she grappled with confidence and low self-esteem, especially when it came to embracing her HIV-positive status. However, her engagement with the You(th) Care Project has transformed her life.



"Being a peer educator within the You(th) Care Project has been a catalyst for boosting my self-confidence and self-esteem," shares Bester with a radiant smile. "I am now able to share invaluable information with my fellow peers, knowing that it will greatly benefit others. Moreover, I have had the privilege of creating a safe space for everyone within the facility. The support group and youth-friendly space have become a second family, where we offer unwavering support in all situations. Most importantly, they have helped me fully embrace and accept my HIV status."

Bester, Peer Educator - Mt. Makulu Clinic, Chilanga

Bester's journey exemplifies the transformative power of peer education and support. Through the You(th) Care Project, she has not only gained knowledge and skills but also discovered her inner strength and purpose. By lending her voice to the support group sessions, she contributes to a nurturing environment that fosters growth, acceptance, and empowerment. Bester's newfound confidence radiates, inspiring others within the group to embrace their own identities and to confront any challenges they may face.

The impact of Bester's involvement transcends her personal journey. As she continues to share her experiences and valuable insights with her peers, the ripple effects of empowerment extend to every member of the support group. Through unity and a shared sense of purpose, they navigate their lives with renewed resilience and determination. Bester's transformation embodies the vision of the You(th) Care Project and the essence of Copper Rose Zambia's commitment to creating safe spaces for adolescent and young people.

In conclusion, Bester's story reminds us of the immense power of support and acceptance. Within the youth-friendly spaces and support groups fostered by Copper Rose Zambia, young lives are transformed and empowered. Through their tireless efforts, adolescent and young people living with HIV are no longer confined by their circumstances but rather strengthened to live their lives to the fullest. Bester's journey is a testament to the transformative impact of compassion, peer education, and the creation of safe spaces for all.

TAKING A LEAD IN YOUTH ENGAGEMENT AND DEVELOPMENT IN ZAMBIA

Youth engagement is vital at CRZ. We've involved 1,060 young people in various empowering activities. This includes community outreach, training programs, and partnership meetings.

1. Youth-Led Initiatives: Over 329 young people have been empowered to lead their initiatives within CRZ, fostering a sense of ownership and enabling them to address issues they are passionate about, particularly through community outreach.
2. Training and Capacity Building: CRZ provides training programs to enhance youths' leadership, communication, and advocacy skills. We've trained 166 volunteers in areas such as peer education for sexual and reproductive health and rights (SRHR), menstrual health education, SMART advocacy, and values clarification for attitude transformation.



Youth who completed a Master Class at our Kitwe Youth Hub

HIGHLIGHTS OF THE YEAR

JANUARY

2023 MANAGEMENT PLANNING AND REVIEW MEETING: The review meeting was vital for setting the organisation's tone and goals for the year ahead. Ten senior CRZ members gathered to plan for the organisation's improvement.

MARCH

KITWE YOUTH HUB LAUNCH: To commemorate Youth Day, CRZ inaugurated the Youth Hub in Kitwe, with the presence of the Kitwe District Commissioner, CBU students, and other local stakeholders. This hub aims to empower youth through skill development, foster a safe environment, and encourage innovation within the community.

MAY

MEN STROLL FOR MENSTRUATION: The organisation hosted its first men's stroll event in Lusaka to challenge societal norms regarding men's involvement in menstrual hygiene. The event included a march from the post office in Cairo Road to the government complex, with interactions with the public, and concluded with a convention at the government complex.

ADH INDABAS: Additionally, we actively engaged in adolescent health indabas nationwide to contribute solutions to the challenges facing adolescents in the country

FEBRUARY

SRHR & HIV DISTRICT ADVOCACY MEETING: CRZ, in collaboration with Aidsonds (You(th) Care), convened HIV/AIDS advocacy meetings in Lusaka and Kitwe. Community leaders, policymakers, NGOs, and health leaders discussed adolescent issues, emphasising the need for an enabling environment, improved access to healthcare, and the importance of self-care for youth.

APRIL

LAUNCH OF THE CRZ STRATEGIC PLAN: A significant milestone of the year was CRZ's strategic plan launch at the Intercontinental Hotel in Lusaka, attended by the Permanent Secretary of Youth, Sports, and Art. This event highlighted our key focus areas, including health and wellbeing, gender equity, youth development and leadership, and organisational development.



Men stroll for menstruation

AUGUST

AFRICAN YOUTH SDGs SUMMIT: The African Youth SDGs Summit provided a valuable platform for our organisation and the You(th) Care consortium. Bringing together experts from various sectors, including policymakers, civil society, and media, allowed us to amplify our voices and pursue meaningful change collaboratively.



SEPTEMBER

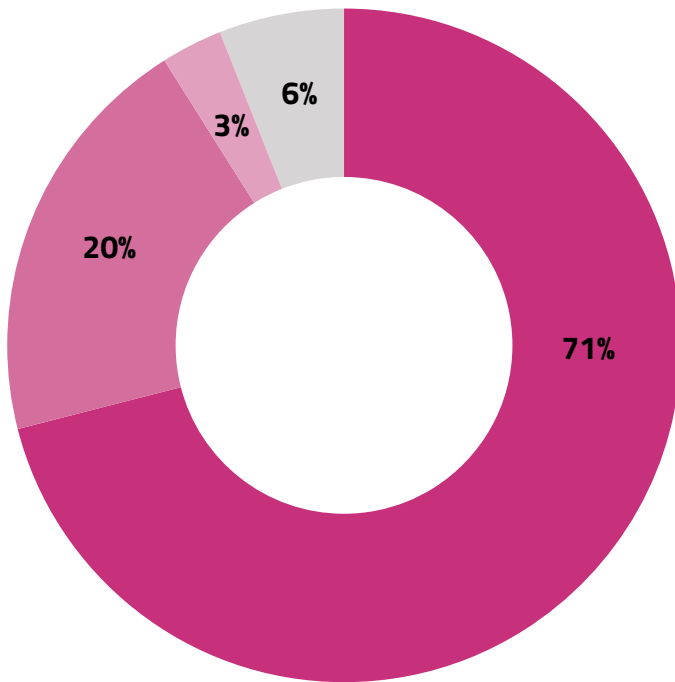
CRZ & PLAN INTERNATIONAL HOSTS THE 'WHAT YOUNG PEOPLE WANT' CAMPAIGN NATIONAL EVENT: This collaborative event between CRZ and Plan International aimed to empower youth and adolescents by providing opportunities for skills development, employment, and improved prospects for their future.

NOVEMBER

ICASA: The ICASA conference, held in Harare, Zimbabwe, focused on HIV and engaged various stakeholders dedicated to finding solutions to support adolescents and youths in improving their lives.

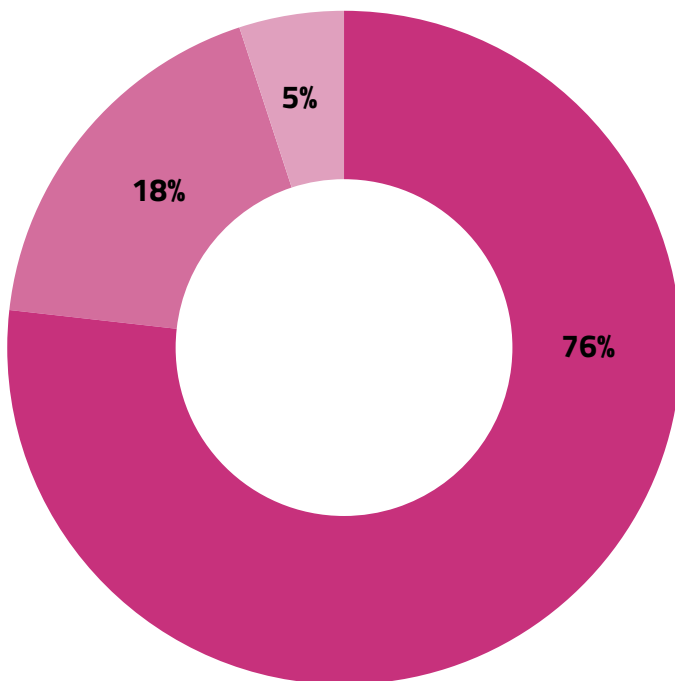


FINANCIAL SUMMARY



INCOME: K29,132,496.43

- Bilateral and Governments
- Foundations and Trusts
- Consultancies
- Income Generating Activities



EXPENDITURE: K26,038,349.07

- Direct Program Costs
- Program Support
- Administrative Cost

LOOK INTO THE NEW YEAR, 2024

USAID Zambia Integrated Health (ZIH)

CRZ is partnering with PACT-led consortium for the USAID ZIH project. This initiative aims to integrate diverse health services, including HIV, TB/HIV, maternal, newborn, and child health, family planning, and reproductive health services. The goal is to improve community access to comprehensive interventions. Other partners include the Center for Infectious Disease Research in Zambia (CIDRZ), Circles of Hope, Mothers2Mothers, Zambia Network of Young People Living with HIV, and Viamo.

Copper Rose Campus Corp Fellowship

The Copper Rose Campus Corps is a six-month fellowship program focused on developing students' professional skills and social impact. As part of our youth development and leadership initiative, we'll recruit 40 ambitious students from higher learning institutions for this program.

ABSA Ready to Work Program

The CRZ Youth Hub will collaborate with the ABSA Innovation Hub to create innovative solutions for youth. Through mentorship, innovation challenges, and entrepreneurship workshops, along with networking events, this partnership fosters idea exchange and community-building among youth, promoting innovation.

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