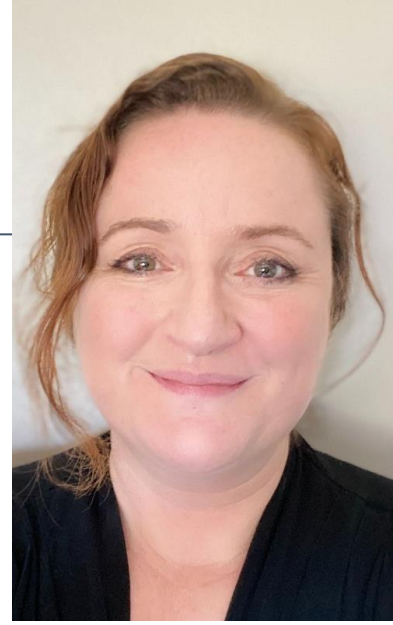




# Transforming HIV & SRHR in Prison Populations in Africa through the Power of Football & Volunteering

Tuesday 6<sup>th</sup> June, 11 am UK; 12pm CAT.





# Speakers

- Teclah Ponde – VSO Projects Implementation Lead
- Peter Dias, Programme Manager, Malawi, Tackle
- Simba Guzha – VSO Project Manager
- Tafadzwa Sekesu – SANOP Project Manager
- Charlie Gamble, CEO of Tackle
- Polly Walker – Global Technical lead, Health, VSO

# Agenda

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- Welcome
- VSO & Prison Health
- Southern Africa Network of Prisons
- Introduction to Tackle
- Live transfer to Zambia – pitch side interview
- Evaluation findings
- Feedback from inmates and peer educators
- Q&A

# Background

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- HIV and AIDS continue to be a threat to economies of countries like Zimbabwe, Zambia and Malawi and prison populations have not been spared.
- Prisoners have very high burden of HIV, drug and alcohol abuse, poor mental health and poor physical health exacerbated by poor services and conditions.
- Many inmate populations have negative beliefs about gender, are victims or are perpetrators of sexual and gender-based violence.
- VSO have been working with male and female prison populations for two decades to improve conditions, support reintegration to communities and productive crime-free lives through ***volunteering for development (VfD)***

# VSO Regional Prison Health Programme



- Duration:** October 2015 – present; supported by Swiss Agency for Development and Cooperation (SDC)
- KEY framework:** SADC Minimum Standards for HIV, TB, STIs, Hepatitis B and C and non-communicable diseases in prisons.
- Objective:** Improve access to health services and rights for prison populations and systemic transformation of prisons and correctional services.
- Coverage:** 4 countries, Zimbabwe, Zambia, Malawi and Eswatini with a technical working coordinating committee of representatives from all the Correctional Services in the region at senior level.
- Partners:** UNODC & SANOP as arm for VSO prisons work on regional advocacy and engagement. Now expanded with additional donor support including the EU, RCF, UNICEF and FCDO at country and regional level.

## Justification:

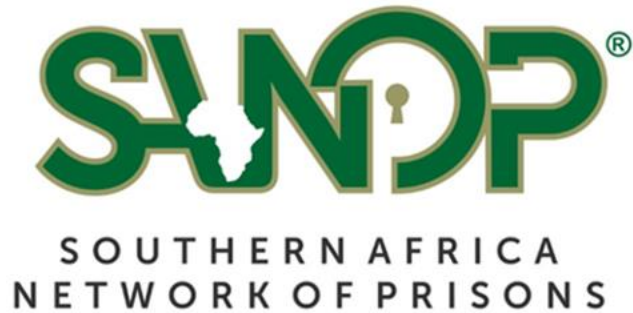
- According to Global Prison Trends Report 2022, over 1.5 million people in prison globally; highest ever, and 24% increase since 2000.
- Prison overcrowding at critical levels in many countries including southern Africa; prisons over capacity in 121 countries.
- The health of prisoners is among the poorest of any population group.
- Ripple effect of overcrowding include poor ventilation, inadequate water supply, lighting and heating, nutritional deprivation, stressed health service provision and high levels of violence fueling ill health in prisons and make this a matter of public health importance.



SOUTHERN AFRICA  
NETWORK OF PRISONS

- A network like minded organisations working with/for prison communities
- 4 National Chapter composed of at least 70 partners (government, associations, CSOs, associations)
- 4 National Steering committees
- SANOP National Coordinators in countries
- Registered in Gaborone, Botswana





**Vision:** Empowered prison populations in Southern Africa

**Mission:** To coordinate regional efforts to promote the rights of **inmates, ex-inmates** and their **families** for community re-entry and successful reintegration

**The network aims to:**

1. Have increased self-determination and governance to influence, organize, and advocate for quality and inclusive prisons health and HIV services.
2. Influence prisons' health and rehabilitation policy reforms at the national and regional levels for young people in prisons.
3. Improved access to inclusive and quality health service provision for marginalized youth in prisons.

# Youth Prison Population Alliance ; “Youth Pops”

Working with youth inmates and ex-inmates in and out of correctional facilities empowering them to demand their RIGHTS for improved health service delivery in and out of correctional facilities, and influence prison health and rehabilitation policy reforms at national and regional levels.

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Funded by: Robert Carr Fund  
Duration: 2022 – 2024  
Budget: 1.1 Million





# Scope of work and strategic approaches



1. **Network strengthening & Influence** – strengthened coordination and governance system for SANOP and consortium partners
2. **Learning and advocacy** - knowledgeable duty bearers through promotion of health and HIV policy issues to regional and continental bodies including SADC, AU & UN agencies, creating movements for change
3. **Access to services** – Capacitate prisons workforce to deliver on inclusive SRHR services, strengthen health delivery and monitoring systems for youth in prison.
  - **Peer educators and community volunteers** - addressing HIV/AIDS treatment and prevention, Covid-19;
  - **Community and family engagement** - addressing harmful social norms to enhance youth health rights e.g. sensitizations, community dialogues
4. **Promote learning and partnership: Learning** - promote a culture of learning
  - Creating spaces for reflective practice and respond and act upon our learning to constantly improve program delivery.
  - Document trends, good practices, and transformational change
  - Build synergies with like-minded networks, organizations, ISPs, youth alliances, women's rights movements, drug/substance abuse networks
  - Build partnerships - with sector-specific networks at the regional and global levels



Sexual health through football

# Who we are

- ⚽ A sport for change NGO that works across 9 countries in Africa.
- ⚽ Registered in Zambia since 2018, currently working in Southern, Lusaka, Central, and Copperbelt provinces.
- ⚽ Work with partners and government to drive demand for SRHR services, including HIV testing, FP services, and VMMC.

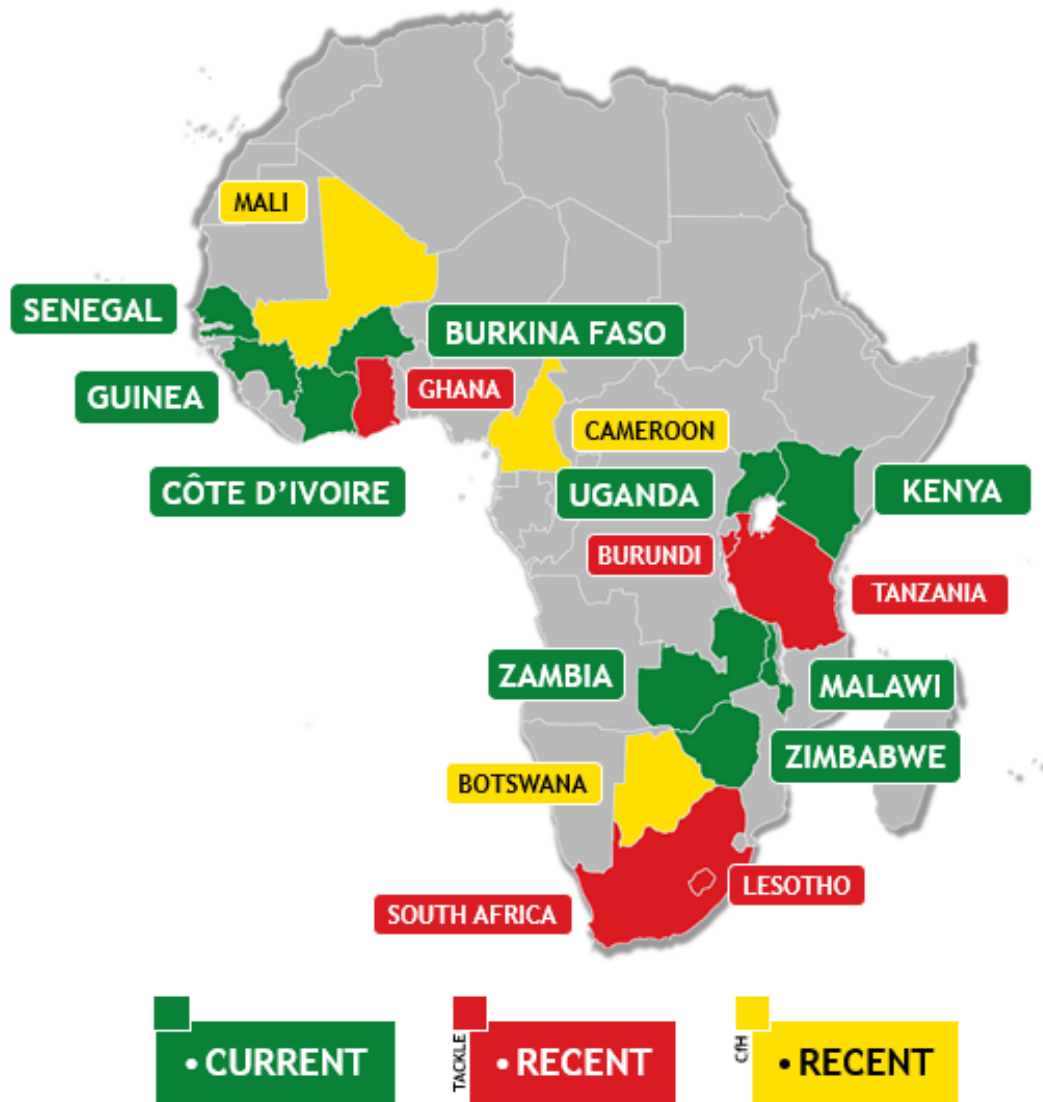


# What we do

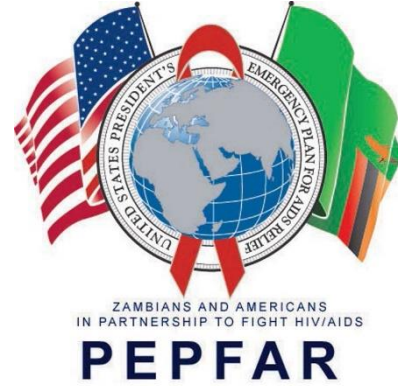
- ⚽ Use the popularity of football to deliver Sexual and Reproductive Health and Rights (SRHR) programmes
- ⚽ Train a network of African coaches, peer educators and teachers to deliver interactive, educational SRHR football sessions.
- ⚽ Provide SRHR services, e.g. contraception, HIV testing



# Where we work



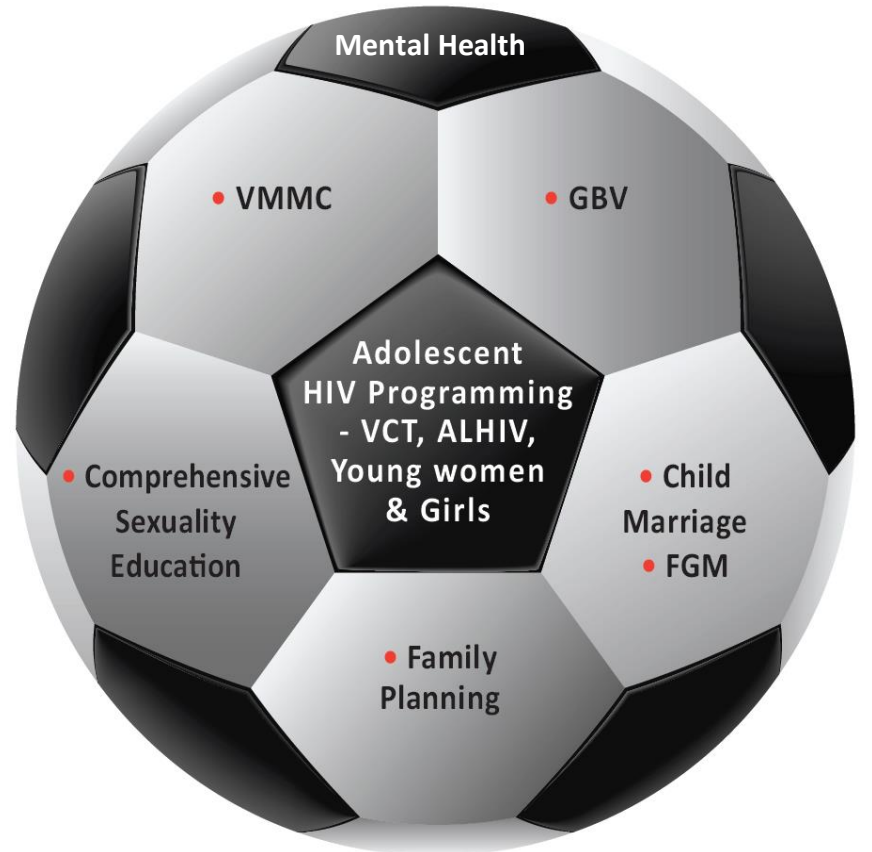
# Our partners





# TACKLE

## Our focus



# Our impact



**USAID**  
FROM THE AMERICAN PEOPLE

- 🏀 CHEKUP-I : Leading activities in 4 districts in Zambia.
- 🏀 Reached over 5,000 ABYM with age-appropriate HIV prevention and sexual violence prevention messaging



- 🏀 DREAMS Innovation Challenge : Over 1,000 15-19-year-olds underwent VMMC
- 🏀 Two-year project in Nairobi, Kenya.
- 🏀 Supported by JSI.





# Our impact



Children by choice, not chance

- ⚽ Targeting AGWY's with SRH and family planning information through football in Lusaka
- ⚽ 3006 AGWY's reached
- ⚽ 1255 contraceptives distributed and 61,000 condoms.



- ⚽ HIV and child marriage prevention in Malawi
- ⚽ 1150 HIV tests, 15 positive results and linked to care
- ⚽ 62 girls withdrawn from Child marriage
- ⚽ 140 Girls enrolled back to school





- Edson Sialutaba- Interviewer
- Banji- Ex-inmate coach
- Wamanyuma Wamanyuma - Coach
- Tamanga Academy- Football team

Live transfer  
Zambia Pitch-side



# Project Objectives

- Apply Tackle's Football for Health using Volunteering for Development
- Improve inmate's SRH, HIV prevention and treatment
- Discuss gender equality and women's rights and attitudes towards SGBV.
- At institutional level, build capacities of implementing organizations.

After implementation, an evaluation was carried out to measure the impact of the project.

# Reach

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Programme implemented over 2 years in 14 correction facilities as a 10-week intervention

- **126 inmates** were trained as peer football coaches
- **2920 male inmates** were reached with **1047 football sessions** with sexual health messaging
- The programme also reached **259 females**



# Findings

- **High awareness & participation:** 98% participated in one or more coaching sessions, 47% in 5 or more
- **Improved perceptions and attitudes:** positive changes observed in all countries, notably: i. HIV knowledge, attitudes & service uptake: an average 22% improvement in HIV-related knowledge, attitudes and service-seeking behaviour .
- **SRHR knowledge, attitudes and service uptake:** 90% and 94% disagreed that women should tolerate SGBV; 54.4% accessed SRHR services; 40% reported stopping risky sexual behaviours; 1200 inmates had HIV tests.
- **Perceptions on gender roles and safe sex:** 22-29% increase in those who did not agree that a female partner is responsible for ensuring protected sex; 95.2% agreed condom use should be a joint decision
- **Positive behaviour change:** 76.5% took an HIV test and 68.6% accessed STI screening in the past 12 months



# Findings



Most inmates (79.7%) **shared the information obtained through the project with other individuals**, while some sought HIV and/or SRH services (54.3%), and 40% self-reported that they stopped/reduced risky behaviours that exposed them to HIV and STIs infection.

**Perceptions on social norms:** High proportions of inmates exhibited positive attitudes with regards to preventing violence against women (VAW), with 94% agreeing that there is no justification for ever beating a woman. A high proportion of inmates further agreed that condom use should be a joint decision for men and women (95.2%).

Even with these positive changes, there remains work to be done in addressing gender stereotypes about the roles of women in the home. The view that men should have the final say in decision making in the home was shared among 77.8% of the inmates, and 61.9% still felt that women's most important role was of taking care of their homes – a gender stereotype that should continue to be discouraged in future efforts. A resounding 67% continued to hold women responsible for decisions leading to the prevention of a pregnancy. This is another stereotype that needs redress.

# Participants' experiences







## Recommendations

- **Recommended scale up of training:** Training more staff members to smoothen the scaling up and replication of the Football for Health Model in other VSO programming areas. Training more prison and correctional officers and inmates to cushion against loss of trained expertise through staff turnover and inmate releases
- **Recommended prison environment adjustments:** More project attention needs to turn towards female inmates, addressing gendered dynamics of HIV and AIDS, including SGBV.
- **Recommended adjustments to project design and models:** Link inmates to additional SRHR services such as male circumcision, cancer screening and others. Inmates demonstrated their increased understanding of combination programming in fighting HIV and AIDS, reporting that they needed a full complement of HIV prevention services.
- **Recommended directions for scaling up the project:** Consider strengthening community-based component through the transition to community-based coaches and by exploring possible partnerships with other organisations for inmate's post-incarceration livelihoods or income-generating activities

# Project Sustainability & remarks (ZPCS)

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**The evaluation found evidence of sustainability in correctional facilities and communities**

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Released inmates were championing Football For Health in their communities

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Trained inmates were sharing information and knowledge gained with fellow inmates, thereby building a movement to positively influence others.

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Trained coaches inside prisons were reported to be technically competent enough to drive the programme without the support of VSO and TA personnel

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Prison and correctional officers had mastered the Football for Health Approach and enjoyed using it not just for SRHR, but for the rehabilitation programs as well



Q&A

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# Key takeaways

F4H model with VfD provides a low cost, sustainable approach to working with men, inmates and key populations

- Positive impact on knowledge, attitudes and service use
- Changes in attitudes to SGBV, condom use, HIV testing
- Increased commitment to wellbeing and reducing risk of contracting/transmitting HIV
- Reduced recidivism rates, and self-reported wellbeing.
- Enjoyment, exercise, improve relationships with officers
- Community outreaches caused reduction in stigma and discrimination against former inmates
- Contributed to improved national security results
- Institutional growth for all partners involved
- VfD giving inmates a 'long term' vision contributing to society positively



This project was implemented with funding from:



and with the collaboration and support of our partners: Zambia, Zimbabwe and Malawi correctional services, and Southern African Network of Prisons



Thank you

Tinotenda

Zikomo

Toboka