

TIME+TIDE FOUNDATION

QUARTERLY NEWSLETTER

JANUARY - MARCH 2023



3
NOSY ANKAO
CONSERVATION
PROGRAMME



4
SOUTH LUANGWA
HOME-BASED EDUCATION
PROGRAMME



5
SOUTH LUANGWA
FEMALE EMPOWERMENT
PROGRAMME



6
LOWER ZAMBEZI
FEMALE EMPOWERMENT
PROGRAMME

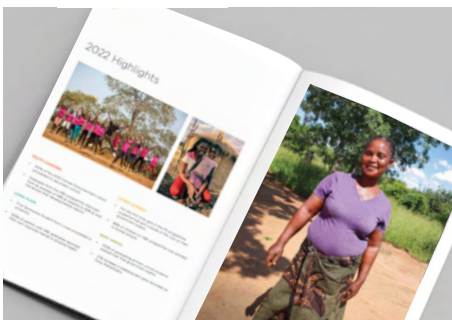


7
LIUWA PLAIN
HOME-BASED EDUCATION
PROGRAMME

2022 Annual Report



We are pleased to announce that the 2022 Annual Report has been finalised and is now [accessible online](#).



For us, 2022 was a year of refinement, and in the report we share the progress of our programme expansion areas, the final outcomes of our graduating student cohorts and our clearly defined strategic conservation focuses in Madagascar.

In addition to consolidating our data from 2022, we also welcomed new beneficiaries this quarter, including 11 sponsored students across secondary school (eight) and university (three) and 22 new female students into our Girls Clubs. We hope you enjoy reading about the learnings and adaptations to our focal programmes. As always, we appreciate your continued support of the [Time + Tide](#) communities and environments.

Nosy Ankao:

CONSERVATION PROGRAMME



Our first coral restoration pilot project was launched in November 2022 and has shown promising results in just four months, with 98% survival of the coral fragments collected and placed at the coral restoration site.

Using a rope nursery, a technique used to propagate coral fragments in a controlled environment by tying small pieces of live coral onto ropes, our team was able to grow 138 individual corals. The corals have quickly increased in size with growth rates ranging from 0.29 to 0.46 mm/day in height and from 0.11 to 0.14 mm/day in width.

During this last quarter, our conservation team devoted 15 hours to monitoring the coral nursery, collecting data on height, width and apparent health, which includes being robust

and free from physical damage or signs of stress, such as tissue recession or the presence of pests or disease. In the next phase of the project, as per the guidance of the Institut Halieutique et des Science Marines ([Institute of Fisheries and Marine Sciences](#)) advisors from Marine University of Toliara, we will transplant the corals from the nursery onto degraded reef areas. Coral restoration projects such as these provide ecological benefits such as rehabilitation of damaged coral reef habitats, the promotion of biodiversity and shoreline protection.

South Luangwa:

HOME-BASED EDUCATION PROGRAMME



During the last quarter, we hosted a workshop with our partner Mr. Robam Mwaba, former Director for [Zambia Institute of Special Education](#), who spent 21 hours meeting with teachers and teacher assistants in the schools where children with



These workshops focused on teaching methods, classroom management and stimulating activities that are accessible to all learners, such as singing, arts and crafts. Mr. Mwaba also emphasised incorporating play, song and dance into the children's daily schedules, which are important for making lessons fun and engaging and helping students retain new information. Fostering an inclusive learning environment is especially important for children whose educations have been delayed and for students who previously have not studied alongside their differently abled peers. Consistent monitoring of teachers and their learning environments helps us identify gaps in the performance of children with special needs and facilitate the necessary training to help teachers more effectively manage integrated classrooms.

South Luangwa:

FEMALE EMPOWERMENT PROGRAMME

In 2021, we expanded our Female Empowerment Programme to include women from our communities who dropped out of school. Our objective is to support these women to improve their income generation capability as well as their English literacy, financial literacy and self-confidence.



After attending over 600 hours of financial literacy and business management training in 2022, in January 2023 we awarded the seven women in our pilot cohort grants to start new or invest in their existing businesses. We have also engaged a business management trainer and mentor from [Restless Development](#) to provide business mentorship to the women. He worked closely

with all women to develop business models and will continuously advise on and help them analyse their financial records. During this quarter, we monitored the initial performance of the women's businesses and recorded an initial average monthly profit of 2000 ZMW (equivalent to \$111 USD), which is a 227% increase in monthly income from before the women enrolled in this programme.

"Before the training, I didn't know how to run my business or the importance of budgeting. The knowledge I have gained from the financial literacy and business management courses has helped me grow my business and manage my finances better. I had a small poultry business, which wasn't doing well as I was making many losses, but now I am making good profits and I am planning on expanding my business. In my free time, I share what I have learnt with other women in my community."

- Elizabeth Kumwenda



Lower Zambezi:

FEMALE EMPOWERMENT PROGRAMME

The original cohort of five women in the Lower Zambezi began English and financial literacy lessons in 2021, which evolved into practical business management training last year, including a collective business trial selling second-hand clothes.



The next phase of training involves market research and business proposal writing, after which the women will receive grants to further their existing or develop new businesses. Interestingly, two of the women have already recorded a material (50%) increase in their monthly income thanks to their newly acquired knowledge on risk assessment, budgeting, saving, and market research. One of the women, Sherry, has diversified her income by venturing into new businesses such as selling slippers, women's second-hand

clothes and cosmetics. Another woman from the pilot cohort, Hildah, has changed her approach to customers, assuming a more polite and helpful demeanour, the benefits of which she learned through a workshop on customer service. She instantly felt her popularity increase amongst her customer base, and she has reported that her income has more than doubled over the last four months.

"Previously, I wouldn't bother so much about my attitude towards customers or potential customers but now I am always welcoming towards them, I smile when greeting them and ensure that my tomatoes and vegetables are fresh. This has helped my business thrive."
- Hildah Tembo



Liuwa Plain:

HOME-BASED EDUCATION PROGRAMME



During the last quarter, our Home-based Education Programme Coordinator in Liuwa Plain and qualified Physiotherapist, Isabel Luundu, spent 72 hours providing physiotherapy to children with cerebral palsy and training both caregivers and parents.

These physio exercises include stretching limbs to help stabilise muscle tone and minimise the strain on joints and strengthening exercises to increase muscle power, posture, flexibility, and balance. Isabel also uses play to help children retain the skills learnt during the physiotherapy sessions. Further, she demonstrates to parents and caregivers the basics of

the exercises and encourages them to play similarly with the children, reinforcing the formal sessions. Physiotherapy is one of the most effective ways of helping children with physical developmental differences to improve their muscle coordination and movement, which in turn makes it easier for them to participate in everyday activities at home and at school.

For more information, please e-mail: info@timeandtidefoundation.org



www.timeandtidefoundation.org

GENEROUSLY
SUPPORTED BY:

