

TIME+TIDE FOUNDATION

QUARTERLY NEWSLETTER

APRIL - JUNE 2026



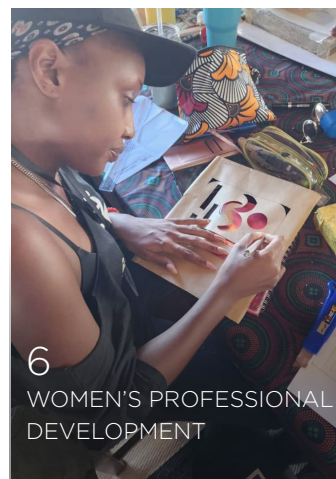
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GIRLS CLUB



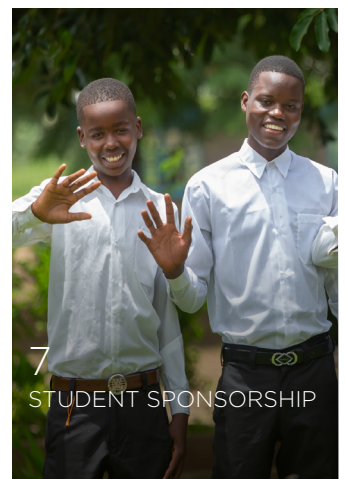
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Women Together Exchange Visit

Last quarter, we embarked on a learning exchange with Women Together, a like-minded organisation working to empower women and girls in rural communities through education and economic empowerment.

Following Women Together's trip to Zambia in April 2025, our visit to Malawi provided another opportunity for our two organisations to exchange experiences, learn from one another's approaches and strengthen collaboration. Among the key learnings for us was Women Together's model of working with existing community groups, building on established relationships and trust. We observed how women balance individual income-generating activities with shared group enterprises, enabling them to meet household needs while creating opportunities for mutual support. Another notable feature was their peer mentorship model, through which experienced programme participants train and mentor new members, building leadership by leveraging the lived experience of women who were further along in their economic empowerment journey. The learning exchange showed how women's economic empowerment ripples outward, with one group using enterprise profits to support vulnerable community members, including children's education. Going forward, we'll continue sharing resources, like empowerment guidebooks and Girls Club curricula, through quarterly online learning sessions.





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Female Empowerment:

GIRLS CLUB

On the 28th of May, we joined Project Luangwa and Chipembele Wildlife Education Trust to celebrate International Menstrual Hygiene Day. The event brought together girls and boys from participating organisations to showcase their talents and learn from one another.



Our Girls Club members performed poems to an audience of over 200 people, which shared their perspectives on sexual health and menstrual hygiene management. Across Zambia, menstruation is still surrounded by myths and taboos, from beliefs that menstrual blood is unclean or dangerous to touch, to restrictions on girls cooking, attending church, or interacting normally with others during their period. These misconceptions, combined with limited access to sanitary products and poor school sanitation facilities, contribute to high rates of absenteeism. This further leads to many girls dropping out altogether due to shame, discomfort, or lack of support. By creating safe spaces for open conversation and equipping girls with knowledge and menstrual health supplies, events like this help break the public silence and challenge harmful myths around menstruation. This in turn contributes towards ensuring girls attend school with confidence, supporting their right to education and long-term empowerment.





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Community Engagement



This quarter, Patrick Kazadi, our Theatre Facilitator from Lower Zambezi, spent over 60 hours conducting theatre training for 80 Community Engagement Committee members in South Luangwa. The training aimed to equip the committee with creative arts skills that can be used to effectively reach communities and promote positive social change.

Through the sessions, participants learned how to develop and deliver drama performances that communicate messages in a way that is engaging, culturally relevant and easy for community members to understand. Other skills participants received, included costume selection, voice projection and stage management. Following the training, the Community Engagement Committee conducted five community awareness activities focused on promoting the importance and benefits of education for all children. They also sensitised the communities on biological causes of disabilities such as poor prenatal care, untreated infections during pregnancy, alcohol and drug use during pregnancy as well as the use of harmful traditional medicines to induce labour. Each awareness event ended with a dialogue between the Community Engagement Committee and the community members to assess knowledge retention from the skits showcased. Through performances and discussions, the committee successfully engaged and mobilised over 250 community members across five villages, helping to raise awareness on disabilities, the value of education and the importance of having inclusive communities for every child.





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Home-based Education



For many parents of children with disabilities, mealtimes can be a source of quiet anxiety. Concerns about positioning, food texture, swallowing safety and nutrition often go unanswered, especially in communities where specialised guidance is hard to access.

This quarter, we partnered with [Access to Health](#) to conduct a dedicated training on safe feeding practices targeting parents and caregivers of children with special needs. The parents gained practical, hands-on skills to support their children at mealtimes safely and confidently. The training covered essential topics including safe positioning during feeding, recognising signs of feeding difficulty and adapting food textures to meet each child's needs. Facilitators worked closely with participants, creating space for questions, demonstrations and shared experience among parents who often carry this responsibility alone. Beyond the technical skills, the training offered a support network for the parents. This initiative reflects Time + Tide Foundation's broader commitment to inclusive, community-driven support, ensuring that no family is left without the tools and knowledge they need to care for their children well.

"Before the feed safe training, I did not know how to prepare balanced meals using local foods. Now I know how to prepare healthy meals using locally available foods. I can feed my child with confidence, and it even shows in her weight gain."

- Mildred Zulu, Kachama's mother





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Women's Professional Development

In April we hosted a Textile Design Workshop, which brought together 12 women for a creative and practical learning experience at Kasaka River Lodge.

The workshop was led by Samba Yonga and Mulenga Kapwepwe, founders of the Women's History Museum in Zambia, Nicholine Kalulu, who has over 30 years of experience as a surface designer, and Ruth Mooto, founder of My Perfect Stitch. The participants learned how culture and history can be preserved and reimaged through textile design. For generations, design in Zambia has never simply been decoration, pattern, colour and cloth have carried meaning marking identity, status, ceremony, and belonging. From woven baskets and beadwork to the vivid chitenge fabrics worn across the country today, textiles have long served as a living archive: a way of passing down stories, values and craftsmanship from one generation to the next.



Workshops like this one play an important role by creating deliberate space to study, name and preserve design traditions before that knowledge is lost. Participants were introduced to the process of creating original motifs, drawing inspiration from heritage, storytelling and visual identity. In addition to this, the women also benefited from digital design training, learning to use tools like Canva and Adobe InDesign to create and refine their motifs, building practical digital skills in addition to their craft. Their original prints were then transferred onto greeting cards and fabric and digitised for print. The workshop closed with a pitch session, where each woman presented her design on a mock-up "Kasaka"- themed tote bag, alongside training in pitching, to help them turn their craft into viable businesses.





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Student Sponsorship

The Student Sponsorship Programme continues to foster the growth of exceptional future professionals through its hands-on internship initiative. In Quarter Two, Enia, a fourth-year Bachelor of Social Work student, embarked on a three-month internship with the Time + Tide Foundation.

Placed within our Home-based Education Programme, which supports children with disabilities, Enia is working alongside families and caregivers, learning to conduct home visits assessing individual needs. She is adapting her academic training in casework and communication to the realities of each household. She has been facilitating meetings between Social Welfare Department and families and contributing to our nutritional programme for children at risk of malnutrition by distributing food supplements to the affected children. Additionally, she has been involved in growth monitoring for the children enrolled in our Count Me In sub-programme, which helps us track the progress of the children receiving nutritional food supplements. Enia was once a beneficiary of our Female Empowerment Programme's Girls Club. Her academic performance was strong enough that she was granted sponsorship for secondary school and was awarded a government bursary to attend one of the country's top universities. Now, her internship brings her full circle: she is building her professional skills and giving back in the community where she grew up.

"My internship with the Time + Tide Foundation has been an invaluable chapter in my academic and professional journey. Working directly with the Home-based Education Programme has allowed me to turn classroom social work theories into meaningful, real-world support for children with disabilities. This experience has not only fulfilled a milestone for my degree but is profoundly shaping how I show up for people in need and deepening my commitment to community well-being."





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