



PARADISO
TB PATIENTS TRUST

NEWSLETTER

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SHINES AT HIGH-LEVEL BREAKFAST HOSTED BY MALAWI'S FIRST LADY

Paradiso TB Patients Trust joined the High-Level Breakfast hosted by Malawi's First Lady, Her Excellency Madame Monica Chakwera, uniting civil society leaders, TB survivors, and global partners. TB survivors shared powerful stories, highlighting the importance of community-driven approaches to fighting the disease.



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RHODA – TB SURVIVOR IN MCHINJI



STORY ON PAGE 1

Rhoda Mbete from Mchinji overcame a challenging battle with TB, enduring stigma, isolation, and misdiagnosis. Despite setbacks, she co-founded the Kaigwazanga TB Club to support patients and raise awareness in her community.

PARADISO TB PATIENTS TRUST ENHANCES CAPACITY BUILDING

Paradiso TB Patients Trust has successfully trained field officers, DTBOs, and volunteers under the Global Fund G7 project. The capacity-building trainings equipped participants with innovative tools to enhance project efficiency and impact.



STORY ON PAGE 1

RHODA – TB SURVIVOR IN MCHINJI



Rhoda Mbete a 56-year-old lady from Menyani village TA Kawere is a member and TB survivor at kaigwazanga TB club. In 2010 she had prolonged cough and flue, when she went to hospital doctors advised her to get screened for TB. she felt that there was no need for her to get tested for TB, instead of getting sputum containers from HSA, she got cough and flue medicine and went home. In her mind she thought that TB is a hereditary disease and she cannot be found with it since her family has no history of TB. After series of treatment for cough and flue with no effect, she decided to go back to hospital and get screened for TB. Her results came out the same day and she was found with TB. Rhoda accepted the results and started first phase of her treatment. She was admitted at hospital for two weeks.

News of Rhoda's sickness did not go well with her family and community. when people heard that she was found with TB, no one wanted to associate with her. the society and most of her family members discriminated her. She stayed in hospital with no guardian and no community member visited her. Her husband and her brothers were the only people who visited her in hospital. Actions of people surrounding her made Rhoda lose hope of getting better. She felt like TB is incurable disease. With the way people treated her she was afraid to talk freely with people. her self-esteem went down

When she was out of hospital, in second phase of her medication, her husband went to get medicine for her and it happened that he was given wrong medicine. He got the pills which one is supposed to take at the end of treatment. After taking the medicine for four months, there was no change. she went back to hospital where she was told that she was taking wrong medicine all along. In November 2011 Rhoda started her medication again and she was admitted again at hospital for three months. Being Admitted to hospital for the second, all faith and hope was lost. She stayed in hospital with no guardian again, only her husband and brothers visited her. Rhoda felt like her relatives and friends were tired of her existence, they were just waiting for her death. even though her husband visited her frequently in hospital, she felt like he will soon get tired like others

Rhoda took TB medication for 10 months and also had 60 injections throughout her treatment. In the course of her treatment she had some challenges such as swollen legs and chest pain towards the end of her injections. The doctor advised her to go for scanning where they found that her lungs were affected because of the TB medication. She was told that the pain will not go away.

During the time Rhoda was sick there was no TB club at Kaigwazanga. After she got healed, she and other ten people were called by focal person for Mchinji district hospital Mrs. Kuwani and former chairperson for kaigwazanga TB club late Mrs. Patricia Weluzani, who attended World Stop TB Day in Balaka the same year. They told Rhoda and other ten people to start a TB club.

Seeing how she got helped during time of her sickness she agreed to start TB club together with her friends with the aim of helping and supporting TB patients in her community.

After forming TB club in kaigwazanga, Rhoda had the chance to join first cohort of lung rehabilitation program. This program helped to heal her chest pains. As of now Rhoda does not feel any pain in chest. looking at her life, Rhoda feels that being a TB patient has benefited her in so many ways. She and other people surrounding her now know that TB can be cured for she is a living testimony. Being sick of TB also gave her the opportunity to see true colors of people surrounding her and she now knows who trust. TB has helped her start a TB club in her community where she and community members has easy access to TB information. she is now benefiting more from TB club she started with her friends. she now has a phone which could not be possible if she had never suffered from TB.

PARADISO TB PATIENTS TRUST ENHANCES CAPACITY THROUGH GLOBAL FUND G7 TRAINING PROGRAMS

Paradiso TB Patients Trust has successfully conducted a series of training sessions as part of the Global Fund Gc7 project, where the organization plays a crucial role as a sub-recipient. These capacity-building initiatives were designed to empower field officers and volunteers with the skills and tools necessary for effective project implementation.

The training series began on October 10 with a foundational session for field officers held in Mponera. This was followed by a coordination meeting on November 8, bringing together field officers and District TB Officers (DTBOs) to align strategies and share insights. The final phase involved training sessions for volunteers conducted in Sputum collection points (SCP) centers across northern and central districts of Malawi.



The primary objective of these training was to familiarize participants with newly developed tools tailored for this project. These tools are expected to enhance efficiency and improve the overall impact of the initiative.

Thanks to the dedication of the trainers and participants, the sessions were a resounding success. A total of 15 field officers and DTBOs, along with an impressive 20,000 volunteers, have been trained and are now prepared to support the project objectives.

PARADISO TB PATIENTS TRUST SHINES AT HIGH-LEVEL BREAKFAST HOSTED BY MALAWI'S FIRST LADY



The TB survivors at High-Level Breakfast

On Monday, 18 November 2024, Paradiso TB Patients Trust proudly attended High-Level Breakfast hosted by Her Excellency Madame Monica Chakwera, the First Lady of Malawi, at Kamuzu Palace. The event brought together over civil society leaders from across Africa, members of the Global Fund Board, and Dr. Lucica Ditiu, the Executive Director of the Stop TB Partnership.

Paradiso TB Patients Trust was deeply involved in every aspect of the event's success. The organization coordinated the participation of TB survivors from various districts in Malawi, ensuring their voices were heard at this important platform. These survivors shared moving stories of their experiences with TB, shedding light on the realities of living with the disease and the critical support they have received from Paradiso. Their testimonies highlighted the importance of patient centred and community-driven approaches to fighting TB.

In addition to organizing the dialogue, Paradiso also coordinated volunteers from across the country to attend the event. The Paradiso dancing troupe added a cultural touch, performing at the gathering and showcasing the resilience and vibrancy of Malawi's communities.

Her Excellency Madame Monica Chakwera, a dedicated TB Champion, emphasized her commitment to eradicating TB in Malawi. Her leadership and advocacy gives hope for those affected by the disease. She called for strengthened efforts in TB prevention, care, and treatment, as well as partnerships and community involvement.

Paradiso TB Patients Trust extends its heartfelt gratitude to the First Lady Her Excellence Madam Monica Chakwera for her inclusive approach, which ensured the participation of TB survivors in this significant dialogue.

As Paradiso TB Patients Trust reflects on this milestone, the organization remains steadfast in its mission to improve lives through community-driven solutions and partnerships. Inspired by Her Excellency's leadership, Paradiso continues to advocate for a TB-free Malawi.

MONA AND CHRISTINA VISIT NGWENYA'S LUNG REHABILITATION PROGRAM



Lung Rehabilitation Participants after meeting with Mona and Christina

On November 21, Mona from LHLI International and Christina from NORAD visited the Ngwenya Lung Rehabilitation Center to take part in rehabilitation exercises and meet participants in the program. Their visit included various activities designed to better understand and support the center's efforts. After their time at the rehabilitation center, Mona and Christina also visited the Ngwenya TB Club.

The day began with Mona and Christina participating in a lung rehabilitation exercise alongside program participants. This hands-on activity gave them a first hand experience of the exercises that help improve the quality of life for people recovering from lung-related illnesses.

Afterward, they interviewed several participants in the program. The participants shared how the rehabilitation exercises have improved their health and daily lives. They also emphasized the importance of continuing the program, while openly discussing the challenges they face and offering ideas for improvement.

After the interview, Mona and Christina met with volunteers from Ngwenya TB Club. During this meeting, the volunteers spoke about their critical role in supporting the center's activities and the challenges they encounter. One key issue raised was the need for new uniforms, known as Paradiso cloth. The volunteers expressed their eagerness for the uniforms, which are currently being made. However, due to a shortage of cotton at Mapeto Whitex, the uniforms will only be ready in February.

The visit ended with a shared commitment to address the challenges discussed and explore ways to strengthen the program and its support system. The participants and volunteers greatly appreciated Mona and Christina's engagement, highlighting the importance of collaboration in achieving shared goals.

THE GOOD PARTNERSHIP BETWEEN PARADISO TB PATIENTS TRUST AND LHLI INTERNATIONAL

Paradiso TB Patients Trust was Founded in 2000 with the mission to provide people infected and affected by TB, HIV and AIDS the best services and information required for informed health-care seeking decisions from a rights-based perspective. Paradiso faced numerous challenges in its early years. Limited resources and funding threatened its existence, until LHL International stepped in.

It all began in 2005 when, LHL International an organization that works in countries and areas where there is a high incidence of tuberculosis and where national health authorities and other actors face major challenges in controlling this disease. extended a helping hand to Paradiso in form of partnership. Recognizing the crucial work being done by Paradiso in the fight against tuberculosis, LHLI became donors, providing vital financial support that allowed Paradiso to operate and expand its reach.



With the backing of LHLI, Paradiso has a stable organizational structure. No longer burdened by financial constraints but have more focus and put efforts on core mission of ending TB. The partnership didn't just end with financial assistance; LHLI also provided invaluable guidance and expertise, helping Paradiso streamline its operations and maximize its impact.

One of the most significant contributions from LHLI was the provision of office space for Paradiso. Paradiso now has office space equipped with all the necessary amenities. This newfound stability allowed Paradiso to serve better its community, providing a welcoming environment for TB patients and their families seeking assistance and support.

But LHLI's support went beyond just infrastructure. Recognizing the importance of a skilled and knowledgeable team, they helped in capacity building, LHLI gave educational opportunities to Paradiso staff in different levels (secondary and tertiary). This opportunity armed staff with newfound knowledge and expertise.

Over the years, the partnership between Paradiso TB Patients Trust and LHLI International blossomed into a true collaboration built on trust, mutual respect, and a shared commitment to improving global health. Together, we became warriors for TB patients, offering support, care, and compassion to those in need.

PHOTO GALLERY HIGHLIGHTING PARADISO TB PATENTS TRUST PROGRAMS



● Paradiso TB Patients Trust Dance Troupe



● Mona Director of LHLI at Nanthenje site visitation by first lady Monica Chakwera



● Mona and Christina at the high level breakfast



● Newly painted Paradiso TB Patients Trust secretariate office



● AHF Malawi laying a symbolic stone at a site where a hospital is to be built.



● World Vision handing over a vehicle to Paradiso TB Patients Trust

NGWENYA CLUB VOLUNTEERS CLOSING DAY DISCUSSIONS



Ngwenya TB Club is one of the oldest and most active clubs under Paradiso TB Patients Trust. It was started over 20 years ago, back when Paradiso was a home-based care organisation. Over the years, the club has grown into a strong and independent club, thanks to its focus on income-generating activities (IGAs).

This year, Ngwenya TB Club achieved an incredible milestone by earning over MK 800,000 through its IGAs. The club used part of this money to run its programs and support TB patients in their community and nearby areas.

One of the club's biggest successes this year was holding over ten focus group discussions. These meetings brought together different people, including traditional leaders, to discuss TB awareness and how to involve the community. These discussions helped reduce stigma and encouraged teamwork in the fight against TB.

The club also held an outreach event that reached over 100 people with information about TB. This was a big achievement because such events usually need a lot of money. That the club funded it on its own shows how strong and sustainable their efforts are.

Looking to the future, the club plans to use its remaining money for farming activities. They have already found a piece of land and planted maize. Once harvested, they will sell the maize to make more money and continue supporting their programs.

Ngwenya TB Club's success is a great example for other TB clubs under Paradiso. It shows that hard work and taking IGAs seriously can make a big difference. Their story also shows how important it is for clubs to manage and grow their own funds, which is one of the main goals of Paradiso TB Patients Trust with the TB Clubs.

PARADISO TB PATIENTS TRUST BRINGS SUPPORT TO VULNERABLE PEOPLE IN CHIKUNGU VILLAGE



Paradiso TB Patients Trust, with the support of Moreen Luba, has extended a helping hand of nutritional support to vulnerable people in Chikungu Village by providing essential food items such as maize and other necessities. The assistance reached seven individuals, including two people with disabilities, reflecting the inclusiveness of this initiative. These individuals were among those struggling with hunger and lacking food in their homes.

The food distribution event was held in the village newly built school and was attended by Group Village Headman Chikungu, who expressed heartfelt gratitude to Paradiso TB Patients Trust and Moreen Luba for their support. "This is the first time our village has received such help. We have many vulnerable people here, and this initiative gives us hope," he said.

The village leader also highlighted the ongoing challenges faced by many residents. "There are still many people in my village who lack basic necessities and knowledge about TB. This support is a significant step forward," he added.

In his closing remarks, Group Village Headman Chikungu pledged the community's support to Paradiso TB Patients Trust and promised to be volunteers under Paradiso. "We are ready to work with Paradiso to ensure our people have access to TB information and support. This partnership is vital for improving the well-being of our community," he said.

This initiative demonstrates Paradiso TB Patients Trust's commitment to addressing not only TB-related challenges but also the needs of vulnerable populations. By working with local leaders and communities, Paradiso continues to strengthen grassroots efforts to fight TB and promote healthier communities.



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