



Juliet Waterkeyn, founder of Africa AHEAD talking to Amy and Peter Boon, founders of Effective Interventions at a health club Graduation in Tanda ward, Makoni District Zimbabwe in October 2006



A Health Club gathers to greet visitors under a baobab tree (Tanda, Makoni, Zimbabwe 2006)



A model kitchen:

The standard of hygiene and excellence that all health club members aspire to achieve.

(Ngowe, Makoni, Zimbabwe 2006)

(photo: A. Waterkeyn)



10 Community health clubs have started a Play School for their children at Sangano Training Centre, Above: the hall which they built in 2003, making the bricks and cutting all the thatching grass.



Sustainability of the CHCS:

T-shirts bear witness that these women, singing at a ceremony to mark the Graduation of new health club members in 2006 are the original community health club members who graduated in 1997. Each year a new intake has been admitted into the health clubs and an annual competition is held to judge the best club. (Tanda Ward, Makoni District, Zimbabwe)



Mrs Haiza (centre) sings with other health club members to celebrate the recent rehabilitation of a handpump in her area. She is the proud mother of one of ZimAHEAD's most effective Project Officers who was a pioneer trainer of the health club approach in Makoni District.



A school health club present their health songs to visitors, to celebrate the new hand pump that has been upgraded for them by the community.



Using visual aids in participatory activities, held every week for at least 6 months, health club members discuss how best to have an hygienic home.





Empowering women: Women who have completed 6 months and 20 health sessions receive a certificate. Here they display their completed membership cards and sing to celebrate their success. (Ngowe, Makoni, Zimbabwe. 2006)

The winner of the best kitchen in Makoni District, proudly displays her health club certificate





The ZimAHEAD Team: Josephine Mutandiro (Project coordinator) Dorothy Toriro and Rezen (district trainers) join health club members in celebration of their achievements



Zim AHEAD trainers, Rezen and Makusha (left) taking seedlings to CHCs to start up orchards and herb gardens.

In 2002, Josephine Mutandiro (below) started to propagate seedlings from 20 herb varieties. Four years later there are 4,000 individual nutrition gardens, and over 1,000 communal gardens with over 100 types of herbs.















Pits for wells and latrines are lined with interlocking baked clay bricks that fit together without need of cement.



Local materials are used for the superstructure. The pit is ventilated too reduce odour, with a home made pipe that also acts as a fly trap if fitted with gauze at the top. (VIP design). A durable small water tank is made with cement to enable hand washing after use of the latrine, and use of soap ensures safe hygiene.





There are over 100,000 protected family wells in Zimbabwe. Each homestead is encouraged to find their own solutions to protecting their water which results in many different variations on the same principle. By capping their wells so that water is not contaminated by run off, and by using a windlass so that the rope does not trail on the ground germs are prevented from contaminating the water.





Mrs Toriro is just one of the 4000 who have their own nutrition gardens, cultivating a wide range of vegetables and herbs both for their own use and for sale. Home based carers and their clients, (People living with AIDS) are taught to use over 100 different medicinal herbs for curing opportunistic infections.

