



CARING HEART FOUNDATION (CHF)

ANNUAL PERFORMANCE REPORT



Reporting Period: July 2025 – June 2026

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1.0 ORGANIZATIONAL BACKGROUND

The Caring Heart Foundation (CHF) is a registered Non-Governmental Organization established to address pressing health and social challenges affecting vulnerable populations in Tanzania. The organization was founded on the belief that access to quality healthcare, health information, and social support is a fundamental right for every individual regardless of geographical location or socioeconomic status.

The Foundation works closely with communities, healthcare providers, local government authorities, educational institutions, and other stakeholders to implement sustainable interventions that improve health outcomes and quality of life. CHF focuses on preventive healthcare, health promotion, mental health, maternal and child health, support for vulnerable populations, and advocacy for equitable access to healthcare services.

During the 2025/2026 reporting period, the organization continued implementing community-centered interventions aimed at increasing health awareness, strengthening disease prevention efforts, supporting vulnerable individuals, and promoting healthy lifestyles among community members.

1.1 Vision

To build a healthy, resilient, and empowered society where all individuals have access to quality healthcare and opportunities to live productive lives.

1.2. Mission

To save lives and improve community health through education, advocacy, preventive healthcare interventions, research, and support services for vulnerable populations.

1.3 Objectives

1. To improve access to healthcare services among vulnerable communities.
2. To promote health education and disease prevention.

3. To strengthen mental health awareness and support services.
4. To support women, children, youth, and persons with special healthcare needs.
5. To mobilize communities for sustainable health and social development.

2.0 PROGRAM IMPLEMENTATION AND ACTIVITIES CONDUCTED

During the reporting period, Caring Heart Foundation implemented several interventions aimed at addressing community health needs. Activities focused on health education, awareness creation, disease prevention, and support for vulnerable populations.

Table 1: Activities conducted in the target area and beneficiaries reached.

Activity	Target Area	Beneficiaries	Number Reached
<i>Mental Health Awareness Campaigns</i>	Kilombero District, Morogoro Region	Youth, Adults and Community Members	250
<i>Epilepsy Awareness and Education Sessions</i>	Kilombero District	Patients, Caregivers and Community Members	180
<i>Community Health Education on Non-Communicable Diseases</i>	Ifakara Town Council	Men and Women	200
<i>Maternal and Child Health Education Sessions</i>	Kilombero District	Women and Children	220
<i>School Health and Youth Awareness Programs</i>	Secondary Schools in Kilombero District	Students and Youth	300
<i>Community Outreach and Health Promotion Activities</i>	Ifakara and Surrounding Villages	General Population	350
<i>Support to Vulnerable Individuals and Families</i>	Kilombero District	Vulnerable Community Members	100
<i>Stakeholder Engagement and Organizational Development Activities</i>	Morogoro Region	Community Leaders and Stakeholders	200

2.1. Mental Health Awareness Campaigns

The Foundation conducted community sensitization activities aimed at improving public understanding of mental health conditions. Educational sessions focused on reducing stigma, encouraging early help-seeking behavior, and promoting psychosocial wellbeing. Community members were educated on common mental health conditions, warning signs, and available treatment options.

2.2. Epilepsy Awareness and Education

CHF organized awareness sessions to address misconceptions surrounding epilepsy and promote acceptance of people living with epilepsy. Community members received education on seizure recognition, first aid during seizures, treatment adherence, and the importance of seeking medical care.

2.3. Non-Communicable Disease Prevention

Educational activities were conducted to increase awareness of hypertension, diabetes, obesity, and other lifestyle-related conditions. Participants received information on healthy diets, physical activity, regular medical check-ups, and risk reduction strategies.

2.4. Maternal and Child Health Education

Health education sessions targeted pregnant women, mothers, and caregivers. Topics included antenatal care attendance, immunization, nutrition, breastfeeding, hygiene, and early recognition of childhood illnesses.

2.5. Youth and School Health Programs

The Foundation engaged students and young people through educational sessions addressing adolescent health, mental well-being, substance abuse prevention, reproductive health awareness, and life skills development.

2.6. Community Outreach Programs

Outreach activities brought health information directly to communities, particularly underserved populations. The initiatives promoted preventive healthcare practices and strengthened community participation in health promotion efforts.

2.7. Support to Vulnerable Individuals

CHF provided support to vulnerable individuals facing health-related challenges. assistance included referral services, counseling, and direct support for individuals requiring urgent healthcare interventions.

3.0 BENEFICIARIES REACHED

The organization reached a total of 1,800 beneficiaries through various interventions implemented during the reporting period.

Table 2: Beneficiary category reached

Category		Number Reached
	<i>Women</i>	400
	<i>Men</i>	300
	<i>Children</i>	500
	<i>Youth</i>	600
	<i>Total Beneficiaries</i>	1,800

The beneficiaries represented diverse groups including students, women of reproductive age, children, caregivers, persons affected by chronic illnesses, and members of the general community.

4.0 KEY ACHIEVEMENTS

During the reporting period, the Foundation achieved several important milestones:

- Increased awareness of mental health and epilepsy among community members.
- Improved community knowledge regarding prevention of non-communicable diseases.
- Strengthened relationships with local government authorities and healthcare institutions.
- Expanded community outreach efforts reaching underserved populations.
- Enhanced public understanding of maternal and child health issues.
- Supported vulnerable individuals through healthcare-related assistance.
- Increased organizational visibility and credibility within communities served.

These achievements contributed to improved health literacy and increased community participation in health promotion activities.

5.0 FINANCIAL PERFORMANCE

5.1 Income

The organization's operations during the reporting period were primarily financed through member contributions and charitable donations. No grant funding was received during the year. Despite limited financial resources, CHF successfully implemented several community-based interventions and maintained its operational activities.

Table 3: Showing sources of income generated for operational activities

<i>Source</i>	<i>Amount (TZS)</i>
<i>Membership Contributions</i>	1,000,000
<i>Donations</i>	2,500,000
<i>Grants</i>	0
<i>Other Sources</i>	0
<i>Total Income</i>	3,500,000

5.2 Expenditure

Table 4: Showing expenditures of the income generated

<i>Item</i>	<i>Amount (TZS)</i>
<i>Community Health Outreach Activities</i>	1,200,000
<i>Health Education and Awareness Campaigns</i>	800,000
<i>Financial Assistance for Rehema's Medical Treatment</i>	600,000
<i>Administrative and Operational Costs</i>	500,000
<i>Stakeholder Engagement and Coordination Meetings</i>	250,000
<i>Monitoring, Documentation and Reporting</i>	150,000
<i>Total Expenditure</i>	3,500,000

The expenditure focused primarily on program implementation and direct community benefits. A significant portion of funds was allocated to outreach activities, health education campaigns, and support for vulnerable individuals requiring medical assistance.

6.0 CHALLENGES ENCOUNTERED

Several challenges affected implementation of activities during the reporting period:

- Limited funding restricted expansion of programs to additional districts and communities.
- Increased demand for health services and community support exceeded available organizational resources.
- Transportation and logistical constraints limited outreach coverage in some remote locations.
- Insufficient resources for recruitment of additional staff and volunteers.
- Limited access to sustainable funding opportunities affected long-term program planning.

Despite these challenges, the Foundation continued implementing priority activities using available resources.

7.0 LESSONS LEARNED

The organization gained important lessons during implementation:

- Community participation significantly improves ownership and sustainability of interventions.
- Health education remains a powerful tool for promoting positive behavior change.
- Partnerships with local authorities and healthcare facilities increase program effectiveness.
- Volunteer engagement can greatly enhance outreach efforts.
- Continuous monitoring and stakeholder engagement improve accountability and program performance.

8.0 CONTRIBUTION TO NATIONAL DEVELOPMENT AND SDGs

The Foundation's interventions contributed to Tanzania's national development priorities and the achievement of several Sustainable Development Goals (SDGs), including:

- SDG 3: Good Health and Well-being.
- SDG 4: Quality Education through health education activities.
- SDG 5: Gender Equality through support to women and girls.
- SDG 10: Reduced Inequalities through services targeting vulnerable populations.
- SDG 17: Partnerships for the Goals through collaboration with stakeholders.

9.0 PLANS FOR 2026/2027

During the next reporting period, CHF plans to:

- Expand mental health awareness programs.
- Strengthen epilepsy awareness and support services.
- Conduct larger community health screening campaigns.

- Implement health insurance support initiatives for vulnerable populations.
- Increase resource mobilization efforts through partnerships and grant applications.
- Strengthen monitoring, evaluation, and organizational governance systems.
- Expand community outreach activities to additional districts.

9.0 CONCLUSION

The 2025/2026 reporting period marked an important year of growth and service delivery for Caring Heart Foundation. Through limited but efficiently utilized resources, the organization reached 1,800 beneficiaries and implemented interventions addressing mental health, epilepsy, maternal and child health, non-communicable diseases, and community health promotion.

CHF remains committed to improving the health and wellbeing of Tanzanian communities through innovation, partnerships, accountability, and sustainable community-based interventions. The organization looks forward to strengthening its impact and contributing further to national development priorities in the coming years.

Submitted By

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