



ANNUAL REPORT

2018



Society for Health Education

Annual Report 2018

Company Registration Number: 10 – A/88/4

Place of Incorporation: Male', Republic of Maldives

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Annual
Report
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Preface

Society for Health Education (SHE) proudly presents our successful journey of three decades, adding value to the lives of tens of thousands of people.

We are privileged to be one of the nation's leading NGO's providing integrated services to the community to foster family well-being in general and in particular empower families and women to make informed choices when seeking health services.

Since the organization's establishment in 1988, we have been relentlessly working, with passion and dedication, to improve the lives of Maldivians by generating health awareness and providing health services to remote parts of the country. With this great responsibility, we understand that we play a pivotal role in the community's growth and general wellness, and we take the responsibility extremely seriously.

We are firmly focused on being a professionally managed and client-centered organization that follows international best practices.

We understand that our success depends on the unreserved commitment of our Members, Management, Staff and volunteers, and we strive to raise the bar higher at every opportunity so that we could progressively add greater value to our clients and stakeholders, thereby uplifting the community's general wellbeing and their living standards.

We are more than ever committed to this goal.

VISION

An organization that is proactive in identifying and addressing crucial health and social concerns of the Maldives.

MISSION

The organization reaffirms its commitment to sustain these initiatives, and to further increasing public awareness on issues that influence family well-being. Effectiveness of health promotion initiatives will be ensured by adopting applicable service delivery mechanisms, fostering improvements in reproductive health parameters, continuing Thalassaemia prevention activities, promoting responsible parenthood concepts, facilitating empowerment of women and youth, supporting victims of abuse, extending Counselling to adolescent and families, and encouraging community ownership of development.

VALUES

Empowerment

We are passionate and try to inspire people regardless of their age, gender, sexual orientation, status and identity to be courageous and stand before the challenges to seek social justice.

Compassionate

We are dedicated to improve the overall health and family well-being of the Maldives and to treat people with love, care and respect.

Integrity

We strengthen integrity by following code of conduct, work ethics, and respect.

Respect

We respect individual human rights and privacy by eliminating all forms of discrimination. We ensure a safe workplace environment for our employees and safe and convenient service seeking environment for our clients.

CHAIRPERSON'S STATEMENT

On behalf of the Executive Committee, I am pleased to present the Annual Report of the Society for Health Education (SHE) for the year ended 31st December 2018.

Indeed, the past year has been an eventful year for SHE, with admirable programmatic achievements in all major thematic areas, particularly sexual reproductive health and psychosocial counselling services. Integrating and adding value to our services so that youth, women and families could make more informed choices when seeking health services have been a continuous and focused effort throughout the year.

The past year also marked the year SHE celebrated 30 years of service to the community, with a series of events held throughout 2018, and more to be held this year. We started the year with the adaptation of the new organizational pay structure, designed to improve performance and accountability in management. We recognized our long serving volunteers and staff members in a special annual general meeting held in April 2018. Needless to say that it was one of well attended and most memorable AGMs in recent memory.

As we move forward, the greatest challenge has been to retain SHE's iconic state as the leading non-government organization in the Maldives. To this end, the entire SHE Team has worked hard in being creative and rolling out new services and programmatic activities to attract more and reach more people in need. The Executive Committee (EXCO) held 5 formal meetings in 2018 with equal number of informal meetings to attend urgent matters of management concerns. We have proactively worked to increase and engage our membership in various ways. The "active" members have been reregistered, with a separate registry for non-active members and volunteers. Our membership now stands at more than 224, with 148 active members and more than 100 registered volunteers.

As the years before, the organization has continued to push the bar higher for health education services and advocacy for sexual reproductive health rights. We have sought to increase our





visibility and adopted innovative ways in service delivery. SHE has expanded its social media footprint in 2018 by moving to additional social media platforms thereby increasing our visibility and reach to youth groups, while expanding our scope for cross-sectoral marketability among allied NGOs. An innovative service delivery approach adopted in 2018 was the concept of Healthy Island approach where based on the needs of a selected island, multi-purpose health trips were custom designed and delivered to the island as per community's requirement. This activity along with Safe Space program for youth to strengthen accessibility of adolescent friendly information and services in an informal setting, were proven to be particularly successful in 2018.

Understandably, behind these successes, there are number of people, right in the frontline and in the backstage. The heart and soul of the organization have always been its founder members, general members and volunteers; while the backbone and pillars of the organization and its program delivery have been its valued staff members. Their unreserved commitment has always been exemplary. It gives me immense pleasure to have been a part of this family and to have accorded my small contribution to the Team.

The organization will continue to adapt and be creative in meeting the challenges ahead. It will continue to lead and partner with government in national programs and partner with other NGOs in selective programs that are mutually beneficial, as we seek to build stronger networks to remain as the leading NGO in the country. At this opportunity, I would like to welcome our new CEO, Mr. Ahmed Shafeeu to SHE family. Under Mr. Shafeeu's leadership and the Management Team fully behind him, I am confident that SHE will continue to be brave and stronger to push the bar even higher in developing and promoting health education programs and services that are in line with the changing needs of the society.

As the year 2018 ended, we have had the opportunity to have an EGM to adopt the revised constitution as per the accreditation requirements of IPPF. We also had the opportunity to have a by-election to elect new members to EXCO. I would like to thank all our past and present EXCO Members for their support over the last year and throughout my term in Office. My special thanks and sincere gratitude goes to the founder members, whose support and guidance have been invaluable throughout my tenure as Chairperson.

Thank you.

Mohamed Asim

FORMER CHIEF EXECUTIVE OFFICER'S STATEMENT

Thank you for making 2018 yet another remarkable year for SHE! This year marked 30 years of service for the organization. Our dedicated staff, members and volunteers has done an incredible job at expanding our outreach while strengthening our programs and services.

SHE has experienced and successfully navigated through establishments of several health promotion activities for the community facing definitive challenges in extreme volatile conditions. Although SHE is a non-government organization and works with very limited resources SHE works to empower the community. The institution has always prioritized to contribute long term commitment to deliver services in the main focus areas of organization which includes health education, thalassemia prevention programs, counselling and psychosocial services and sexual reproductive health services to the community.



We set ourselves a big challenge, and I am delighted with our performance, we have delivered our key strategic milestones for Year.

Our focus on providing excellent and responsible service has been crucial to the success of the organization. It was an eventful year that included 30th year celebration with recognitions awarded to members and staff for the long service, building renovations, successful events and ongoing services. We also initiated the process to audit all service sections to find that gap and to improve ourselves in service delivery.

Our success is thanks to a combination of the exceptional service provided by our staff, members and volunteers as well as strong relationships with our donors, vendors, partners and strategic and fiscally responsible implementation of activities.

I would like to take the opportunity to say a few words about our people. I am constantly impressed by the dedication, enthusiasm and expertise of our people. Our colleagues are a vital part of our journey and one of the key strengths of our organization.



Every day, I see employees across the organization doing their best to provide a responsible services to the community.

Thank you for your dedication and commitment. The organization places their trust in you, and you have proven again that you are worthy of that trust. Thank you also to our valued community who seek our service, for your feedback and support as we work together for continued success. We've been constantly growing and learning through our involvement with International organizations, National alliances and government. Our success is the community's success. Thank you donors, partners and alliances.

It has been an honor to lead such an organization as a CEO. Throughout my tenure at SHE, I have been humbled by the commitment and hard-work demonstrated by our members, volunteers and staff, and their passion for creating positive changes in the community. I am immensely grateful to have been part of the team, and thank Founder members and the Executive Board for their support and guidance.

To conclude this message, I want to end on something that encapsulates the essence of SHE: an atmosphere of mutual trust, collaboration, and continuous dialogue between the Management, and governance and Executive Board for the common goals – Betterment of the Maldivian Community. As the organization continues in improving the lives of the community, I'd like to reiterate my very *best wishes* to SHE and success in all future endeavors.

Fazna Shakir



CHIEF EXECUTIVE OFFICER'S STATEMENT

As the Society for Health Education steps into a fourth decade of its service, I feel very privileged to join and be a part of this great organization which has touched most, if not all families in the far flung islands of the Maldives and continues to reach out to individuals who are most in need of our services. More than 30 years ago a service that began very humbly with the noblest of intentions to offer a healthier and better life for the Maldivian families with unparalleled determinations and dedication of its founding members and volunteers has seen the organization grow to be the most respected and recognised NGO in the Maldives. It is therefore a great honor for me to present the 2018 Annual Report of the Society of Health Education (SHE).



While SHE has continued to maintain its track record of the notable services to the community, 2018 has been a year of celebrations, review, collaboration and some significant changes. The 30 year celebrations, acknowledged and showcased our achievements over the years through series of activities and events, some of which will continue through to this year. We applied a new approach in conducting Multi-purpose Health Trips; “Adopt an Island” concept to offer a more holistic and comprehensive service to the community and we were able to successfully reach nearly 900 people. Our collaborations with donors and partnering agencies continued and some of the notable partnerships include the “Safe Space Project” supported by UNFPA and the “Nutrition and Health Lifestyle Changes Project” with the assistance of Alifulhu Thuthu Foundation.

With these highlights of progress and expansion and to maintain the enduring position for the organisation, this current year will be a year of reflection, renewal and setting the course for the future. This is indeed is an exciting time for SHE. The future is bright, our commitment is strong and our message is clear. Yet we need to acknowledge the challenges ahead and we have to continuously adapt and be creative in facing these challenges. A greater focus needs to be given to youth empowerment, which would lead to increased participation and engagement of the youth in the community thereby creating a sustainable future to continue to fight for our



cause. A renewed focus need to be given to holistically promoting healthy lifestyles and establish social wellbeing and harmony. Our efforts to remain as the leading NGO in the country should continue. Greater partnerships and trusted relationships need to be built by closely engaging with other NGOs and strengthening ties with the government and international agencies.

I would like to take this opportunity to acknowledge and thank our amazing staff for their dedication and contribution to the organisation who has been the backbone and pillars of SHE. A special note of mention of my predecessor CEO, Ms. Fazna Shakir who deserves all complements and credit for a successful year. I wish her all the best in her current endeavor. The founding members, chairman and the Executive Committee members have been the ones through their wisdom and guidance who steered SHE to all its achievements. Similarly, SHE is what it is because of all our dedicated members and volunteers who are always willing and ready to contribute their invaluable time and skills. A big thank you for each and every one of you. Finally, I would like to acknowledge and thank our donors and partners, without whom we cannot do what we do.

I look forward for another successful year ahead. In true collaboration there is a synergy among us that can exemplify our results and the impact of our services on the community.

Ahmed Shafeeu

CORPORATE PROFILE

Society for Health Education (SHE) was established in 1988 by a small but committed team of 4 founder members who understood and felt the social and medical constraints of the community at large. These pioneers are:

Madam Nasreena Ibrahim

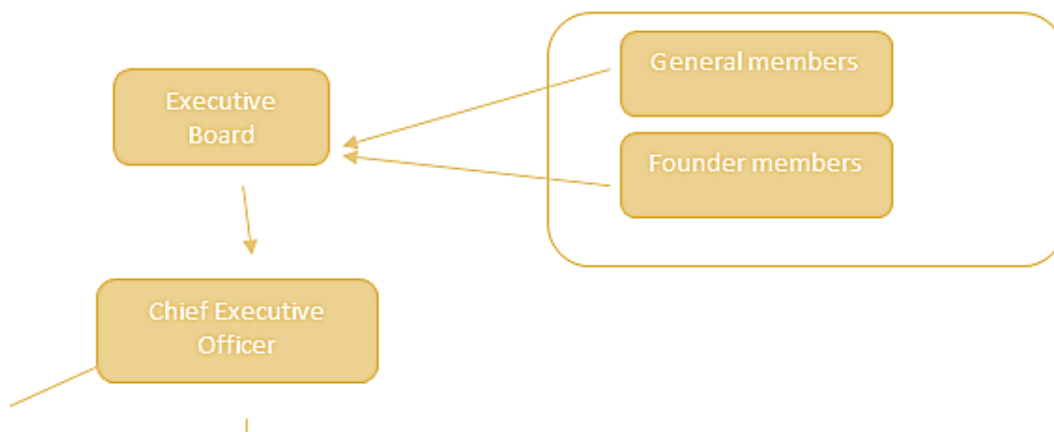
Dr. Naila Firdous

Ms. Naila Ibrahim Kaleyfaanu

Ms. Nasheeda Ahmed Riza

Their aspiration and desire to improve the lives of Maldivians by generating health awareness and providing health services to remote parts of the country paved way for the establishment of the Society for Health Education in 1988 as a Non-Profit Making Organization.

The Governance of SHE ensures that the organization is directed and managed at all levels in a fair and transparent manner. Governance is planned and implemented at the apex level by an elected Executive Committee (EXCO). The EXCO comprises of 12 members including a Chairperson, Vice Chairperson, General Secretary, Treasurer, Youth Members and General Members. The EXCO members are elected by the general members for a term of 3 years.





SHE is registered at the Ministry of Home Affairs under the Association Act. The Organization aims to foster family well-being in general and in particular empower communities to make informed choices when seeking health services. SHE has a number of pioneering initiatives to its credit including the introduction of Counselling services at service delivery level, establishment of the first family planning clinic outside the government setup, creating awareness on the actual significance and consequences of the high prevalence of Thalassemia and extension of Thalassemia screening services to all of the 200 island communities, and the establishment of the first Thalassemia DNA laboratory in the Maldives.

SHE is fostering family well-being through a wide range of awareness raising activities which comprise a wide range of activities including publication and dissemination of print materials, development of radio programmes and conducting outreach programmes, public forums, and delivering services beyond the capital Male'. It also runs a free reproductive health clinic in Male' and makes regular visits to the islands for ad-hoc free health care. Most doctors and nurses are volunteers.

The organization reaffirms its commitment to sustain these initiatives, and to further increasing public awareness on issues that influence family well-being. Effectiveness of health promotion initiatives will be ensured by adopting applicable service delivery mechanisms, fostering improvements in reproductive health parameters, continuing Thalassemia prevention activities, promoting responsible parenthood concepts, facilitating empowerment of women and youth, supporting victims of abuse, extending Counselling to adolescents and families, and encouraging community ownership of development.

Today, SHE is one of the largest, most vibrant NGOs in the Maldives which addresses issues concerning Thalassemia, Counselling and Psychosocial Support, Sexual and Reproductive Health (SRH) and Health Education.



The Thalassemia Prevention Programme undertaken by SHE, comprises an awareness component along with provision for screening. The prevention programme of SHE aims to reduce the number of thalasseemics born in Maldives by providing testing services to identify Thalassemia carrier status and raising awareness on how the disorder is inherited. The programme also includes a component on supporting the care of thalasseemics. Services established under this programme include laboratory facilities and genetic Counselling services. The first thalassemia DNA testing facility was established at SHE in 2005 to minimize the number of "inconclusive" results. The establishment of DNA testing services has contributed to a significant reduction of the number of inconclusive results.

The Counselling and Psychosocial Service department comprises of face to face counseling, telephone Counselling and play therapy. The department also conducts a variety of topic-specific workshops, and also provides information through IEC and BCC to increase public awareness on mental wellbeing, child protection and positive parenting. The department is also involved with psychosocial support tasks related to disasters and national emergencies.

Sexual and Reproductive Health clinic of SHE has a long standing reputation for client friendly and quality service provision on SRH and other various general health issues, including gynecological consultations. A Youth Kiosk has also been established as part of the SRH clinic and works as a drop-in center for youth where ASRH information is provided. Young peer educators have been trained to be part of the Youth Kiosk. The clinic also regularly conducts mobile outreach activities including awareness programmes targeted for Key Affected Populations. Under the HIV and AIDS programme of the clinic, free Voluntary Counselling and Testing (VCT) services are offered to the general public. SHE has also implemented and contributed to major other HIV and AIDS programmes initiated in the country.

Health Education is a priority area of the organization. Since its establishment in 1988, the society has been providing health education to the community on emerging issues of health and well-being. Events and activities such as outreach health camps and health festivals have been arranged over the years to promote health and family well-being as part of this programme.



Our technical expertise is broadcast through a number of radio and TV programmes to provide health information to the public and on social media platforms to reach a wider audience. In this respect SHE emphasizes on importance of healthy eating habits and nutrition to communities through workshops and live demonstration at public events.

Affiliations

SHE is a member association of International Planned Parenthood Federation (IPPF) and Thalassaemia International Federation (TIF). SHE is also a project partner of Asian-Pacific Resource & Research Centre for Women (ARROW).

EXECUTIVE COMMITTEE

The Executive Committee Board of the organization comprises of Chairperson, Vice Chairperson, General Secretary, Treasurer, Youth Members and General Members. The Executive Committee members are elected by the general members for a term of 3 years during the Annual General Meeting (AGM), and are comprised of experts from various backgrounds.

Founder Members in Executive Committee



Madam Nasreena Ibrahim (Founder member)



Dr. Naila Firdous (Founder member)

Elected Board Members for 2017 - 2020



Asim Mohamed (Chairperson)



Ibrahim Firushan (Vice Chairperson)



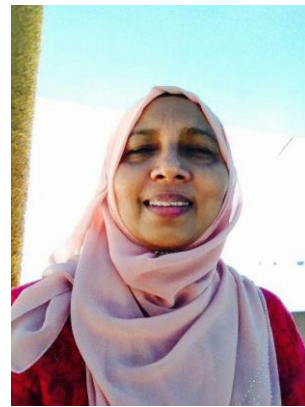
Zaha Waheed (General Secretary)



Mohamed Waheed (Treasurer)



Aneega Adnan (General Member)



Aishath Mohamed Didi (General Member)



Ahmed Shakeeb (General Member)



Mariyam Faraha Amjad (General Member)



Umar Mavee Ali (Youth Member)



Zaain Mohamed Zaheen (Youth Member)



THEMATIC AREAS

Sexual & Reproductive Health Department

- Provision of family planning methods & counselling
- Gynaecological Consultation
- Face-to-face and telephone Counselling on SRHR related issues
- Pre & Post marital counselling
- Prenatal and Post-partum Care
- Men & SRH
- Voluntary Counseling & Testing (VCT)

Thalassemia Laboratory & Diagnostic Services

- Thalassemia screening
- DNA confirmatory testing
- Genetic Counselling on Thalassemia
- Blood grouping & RH typing
- PND & HLA appointments
- Support services for thalasseemics

Counselling & Psychosocial Services

- Telephone Counselling
- Face-face counselling
- Play therapy
- Gender-based Violence screening
- Skills building training

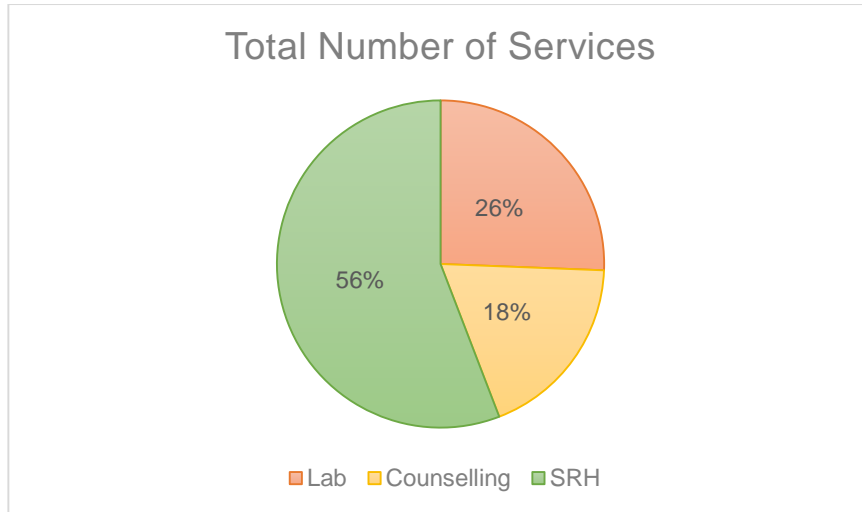
Health Education

- Provides information on issues of health and wellbeing
- Conduct events such as outreach health camps to provide information
- Promote health via radio and TV programmes
- Address emergency social concerns

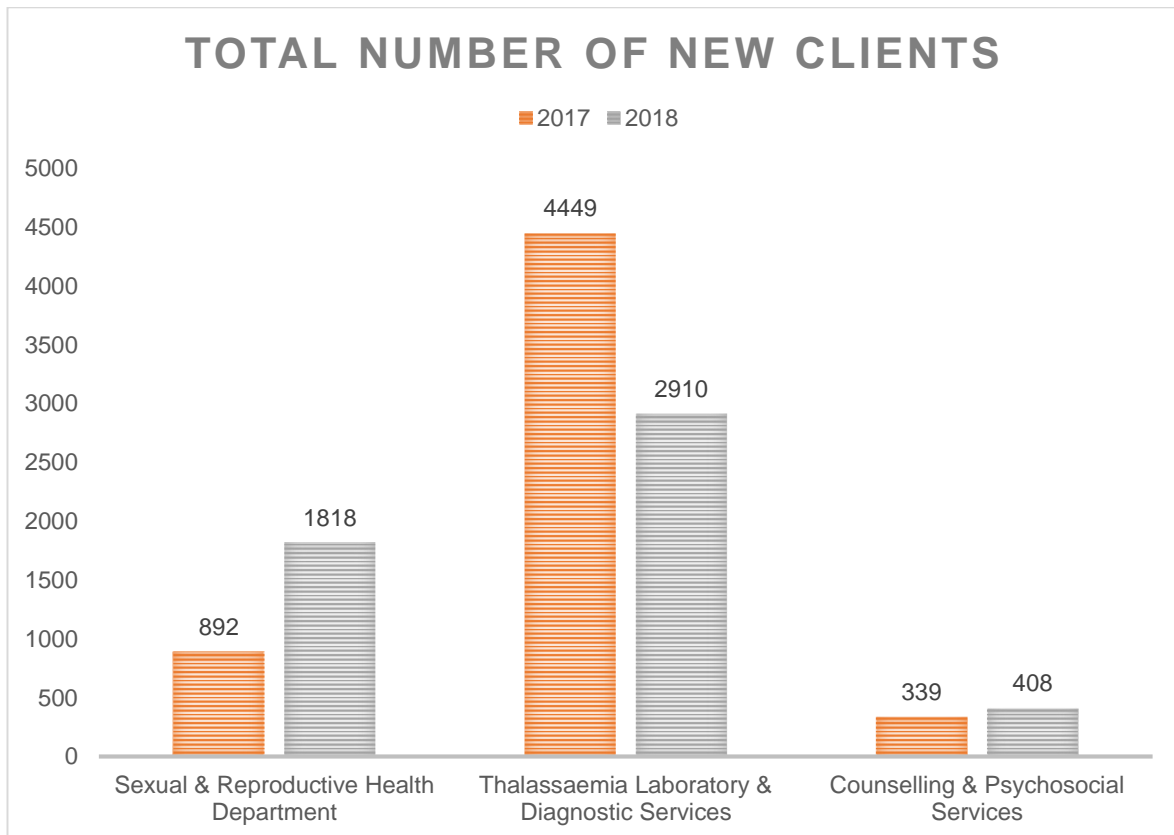


SERVICES OF SOCIETY FOR HEALTH EDUCATION

Total Number of Services Provided in 2018

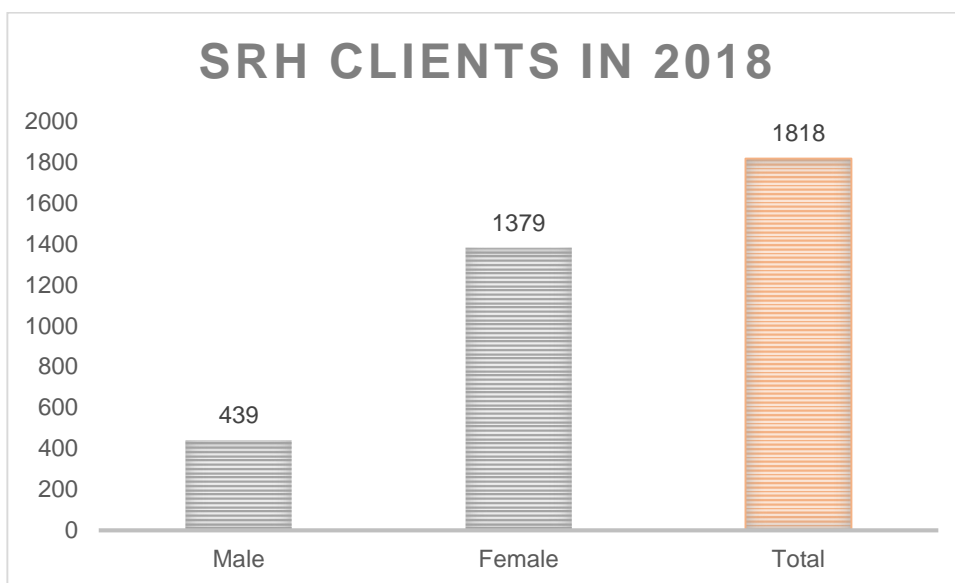


Total Number of Clients in 2017 & 2018



SEXUAL REPRODUCTIVE HEALTH SERVICES

Sexual Reproductive Health (SRH) Services of SHE has a long standing reputation for client friendly and quality service provision on SRH and other general health issues. SHE is the only organization having an established Family Planning Centre providing SRH services, including family planning Counselling and commodity provision, gynecological consultation, comprehensive SRH services for clients via telephone and face to face.

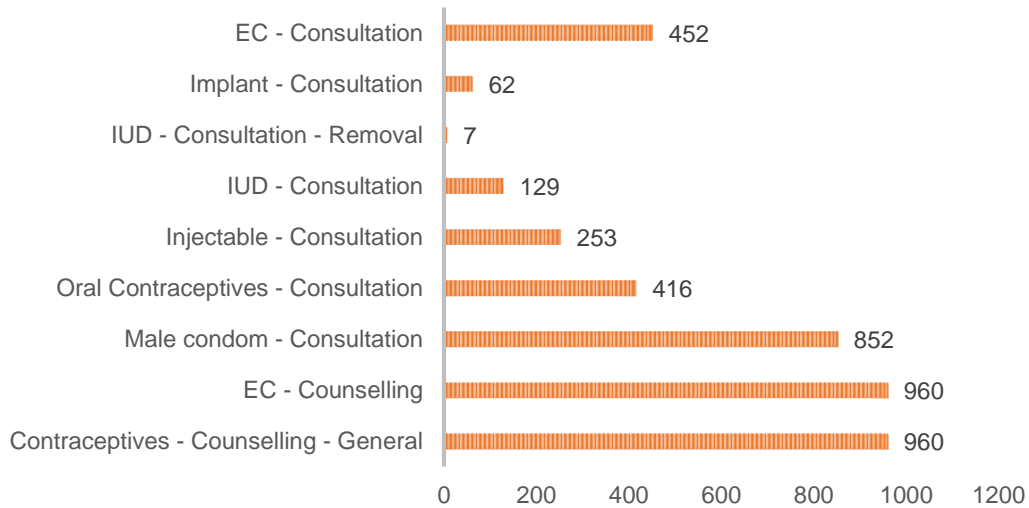


SRH Consultation and Counselling Services

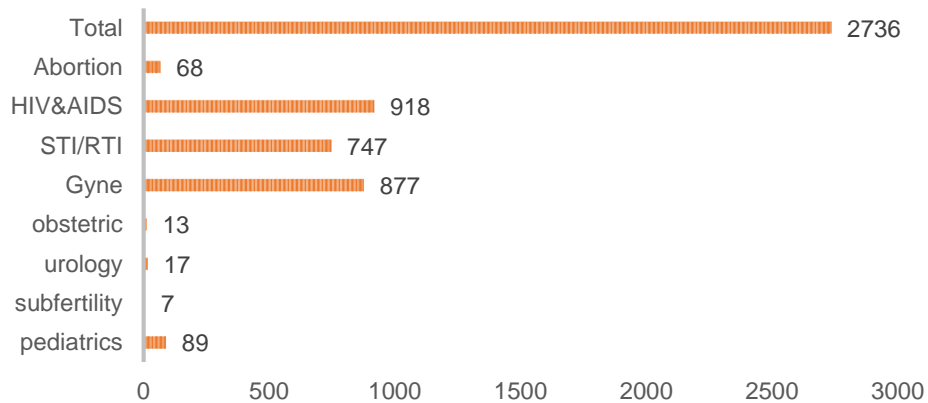
During 2018, Family planning center provided 2736 SRH consultation services through specialized doctors. Some of the significant services include 918 HIV & AIDS consultation, 747 STI/RTI consultation, 877 gynecological consultations and 89 pediatric consultations.



CONTRACEPTIVE SERVICES



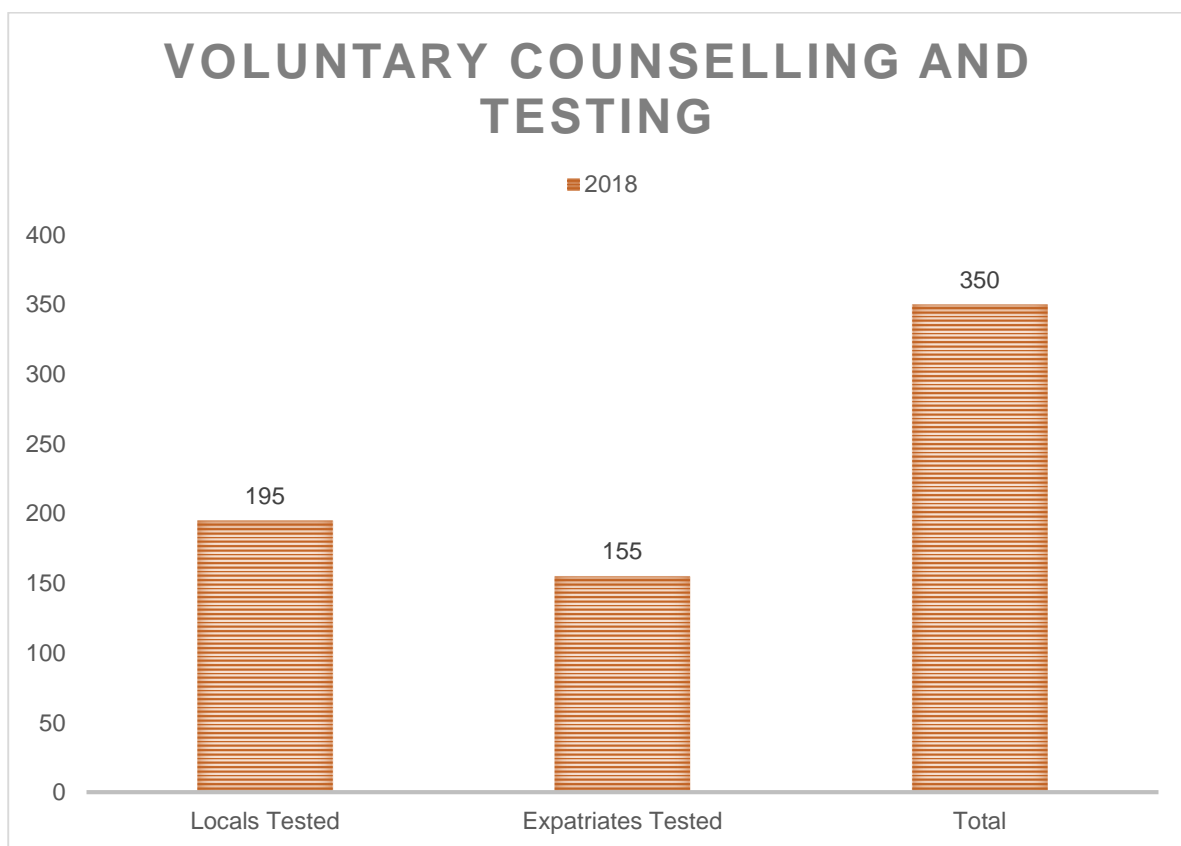
SRH CONSULTATION SERVICES





Voluntary Counselling and Testing

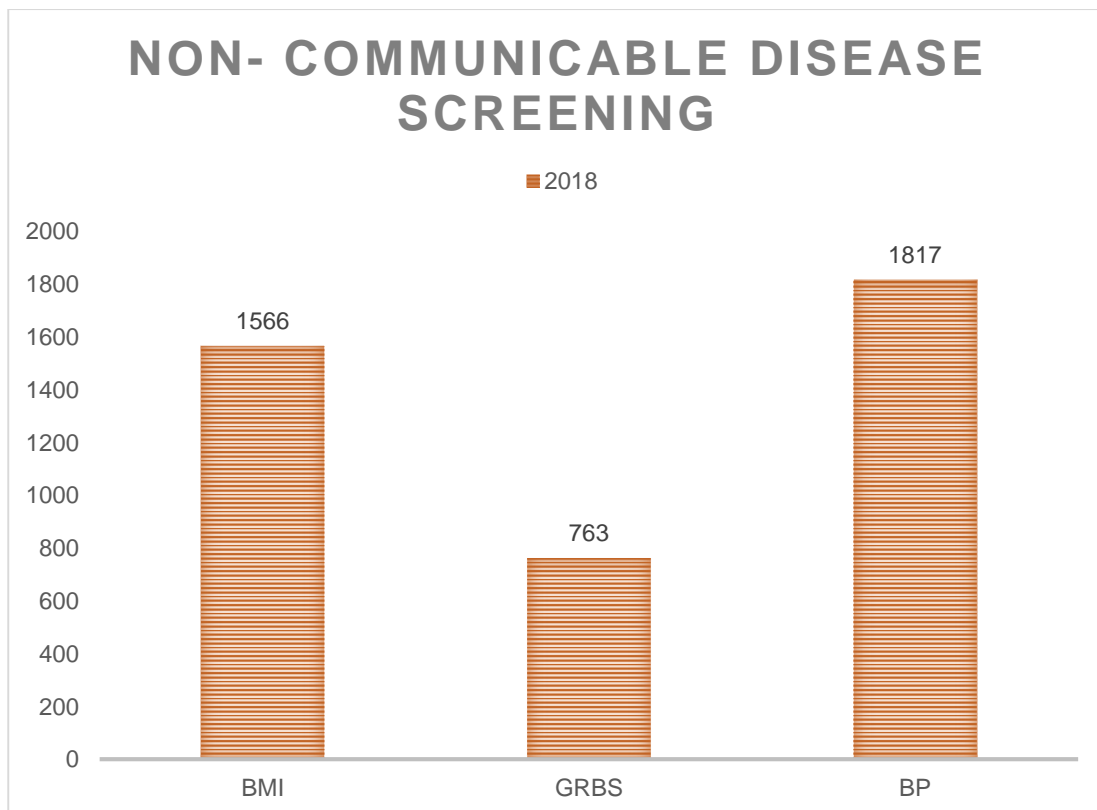
The VCT center established in this organization provides free VCT services and offer diagnostic and rapid testing services for both local and expatriates in Maldives. Additionally, this program is mostly arranged in outreach programs such as multi-purpose health camps to various atolls where vulnerable groups and mass audience could reach to seek the services.





Non-Communicable Disease screenings

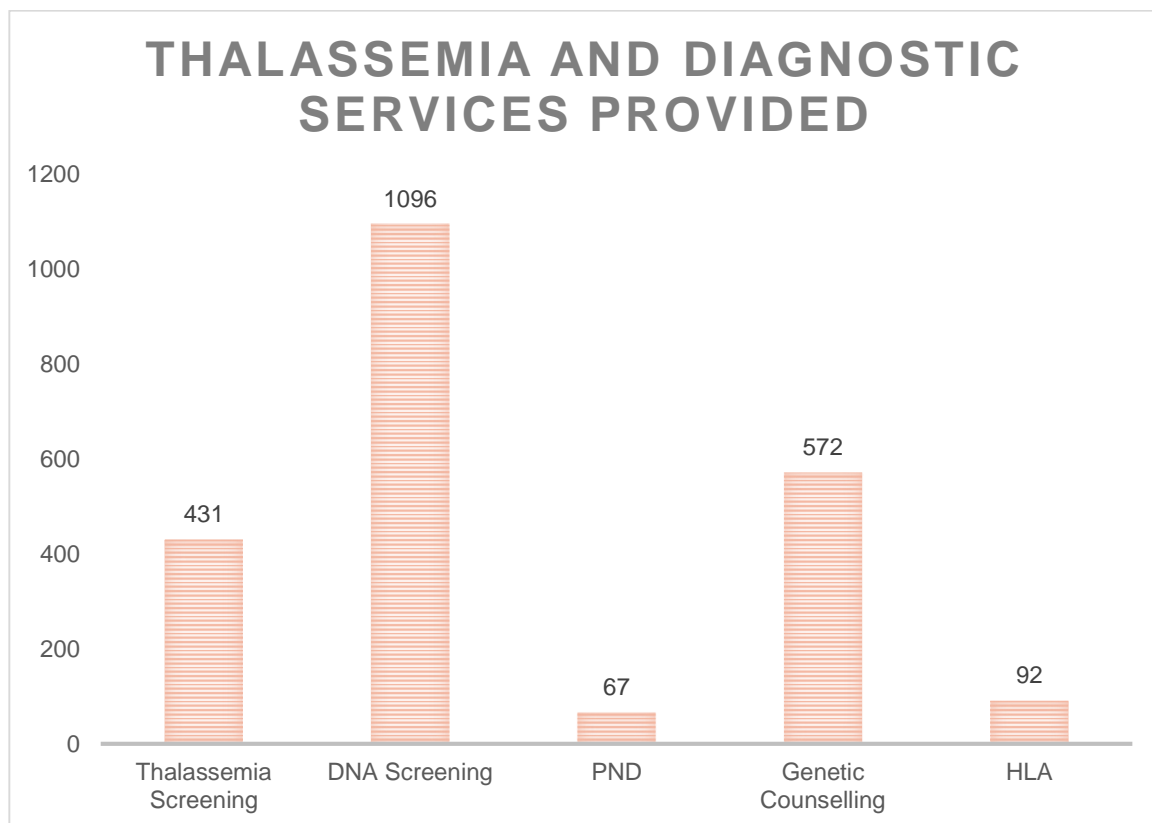
Screenings for non-communicable diseases were conducted during various events organized by SHE in the year 2018, reaching a total of 4146 recipients. The components of the screening mainly include measuring Body Mass Index (BMI), Blood pressure (BP) and General Random Blood Sugar (GRBS). Additionally, health awareness and education was provided to participants on the risk of obesity, hypertension and diabetes as a part of health screening programs. The purpose of these screenings is to providing information on risk of obesity, hypertension and diabetes and a person's health and well-being.





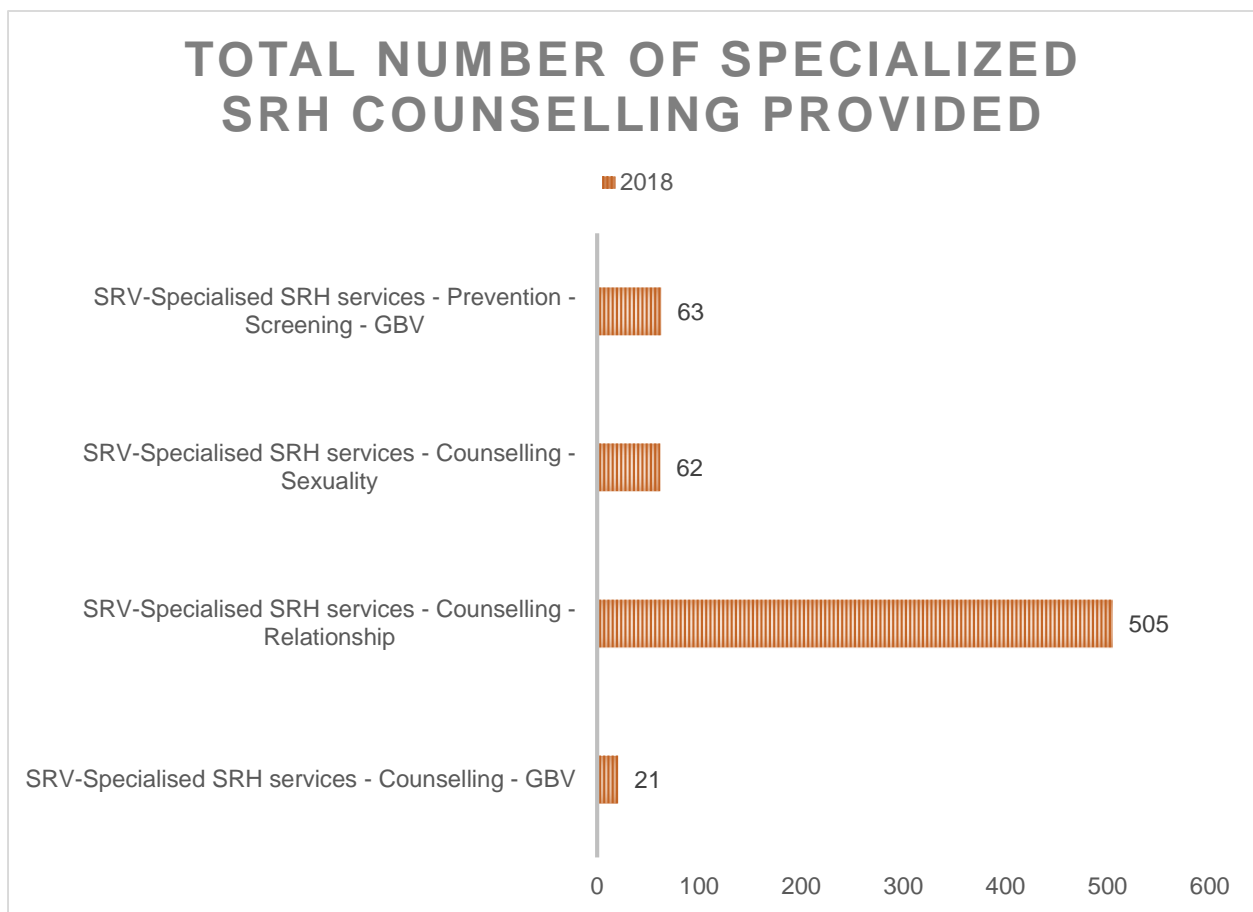
THALASSEMIA LABORATORY AND DIAGNOSTIC SERVICES

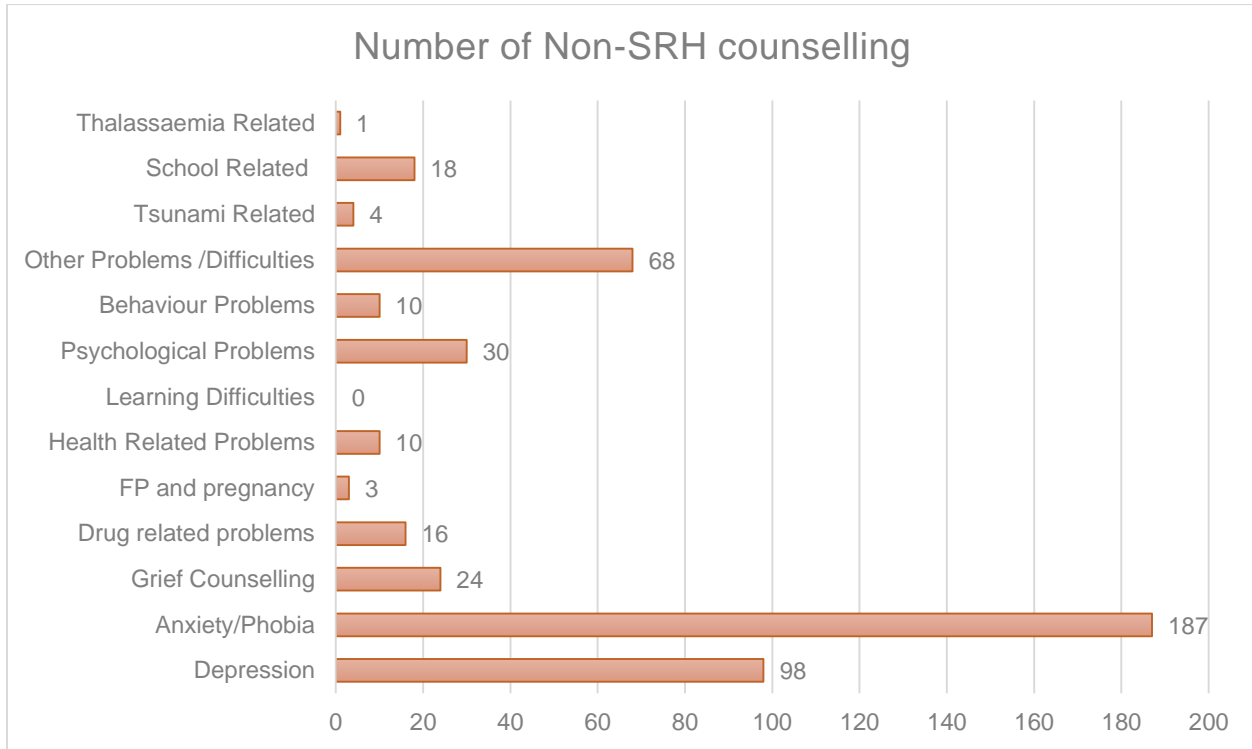
Thalassemia Prevention Programme undertaken by SHE aims to reduce the number of thalasseemics born in Maldives, by providing testing services to identify Thalassemia carrier status, and raising awareness on how the disorder is inherited. The program also includes laboratory facilities and genetic Counselling services, and also a component on supporting the care of thalassemia patients.



COUNSELLING AND PSYCHOSOCIAL SERVICES

Counselling and Psychosocial Services provided by SHE comprises of face to face counseling, telephone counseling, play therapy for young children, as well as providing information through IEC materials and behavior change communication to increase public awareness and knowledge on psychosocial issues.





HEALTH EDUCATION AND PROMOTION

Media Visibility

Throughout the year 2018, SHE has reached various platforms to strengthen public relationship and visibility of the organization. Through social media and mass media channels we have established dialogues regarding the activity plan and projects of the organization.

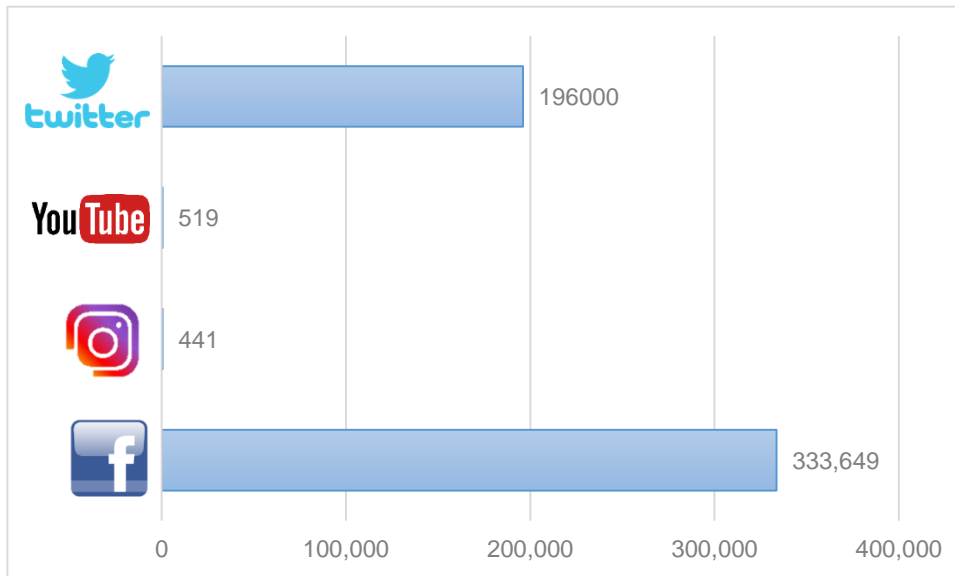
In the year 2018 we participated in the total of 14 TV programs and 4 radio programs to give information regarding the events conducted by SHE.





Social Media Reach

Social media was also utilized to promote the programmes conducted by the organization and to disseminate information on health and social issues.



MULTIPURPOSE HEALTH TRIPS

Multipurpose Health Trips were conducted at N. Landhoo and K. Guraidhoo in collaboration with Island Councils and Society for Health Education (SHE). The purpose of these trips were to provide the opportunity to consult specialist doctors from their islands, and create awareness by providing information on health and social issues in the community. The main target population consists of students of grades 1 to 10, teachers, parents, youth, and elderly community.

A mini outreach camp was also held at Adh. Mahibadhoo in collaboration with the Island Council to increase the community awareness of health and social issues.



Multi-Purpose Health Trip (MPHT) at K. Guraidhoo, 27th – 29th September 2018

A total of 444 beneficiaries were reached in K. Guraidhoo MPHT.

(1) Team Picture



(2) Awareness session on Breast and Cervical Cancer



(3) Health Fair



(4) Teaching stretching Methods



(5) VCT Testing Services



(6) Awareness on Thalassemia





(7) Awareness session for Parents



(8) Safe Space Session for Youth



Mini Outreach Camp to Adh. Mahibadhoo, 2nd – 4th August 2018

A total of 210 beneficiaries were reached in Adh. Mahibadhoo .

(1) Team Picture



(2) Awareness session on Family Planning & STIs



(3) Sensitization Workshop for WDC



(4) Migrant Fair





HEALTHY ISLAND APPROACH (N.LANDHOO)

During the year 2018, SHE conducted a MPHT by adopting a new approach. SHE focused on one island and the needs of the island were identified by conducting a needs assessment, the needs assessment identified the gaps between the services required and the services that exist. All services and sessions were provided as per the need basis.

N. Landhoo (population: 1080) was selected to conduct the Healthy Island Approach. A MPHT was conducted in the selected island, in order to introduce the services SHE provides to the island community.

Needs Assessment

An initial Needs Assessment Trip was conducted from 22nd – 24th February 2018 at N. Landhoo. During the trip, SHE met with the following stakeholders to identify their needs:

- Island Council
- School Management
- Health Center Management
- Women's Development Committee Leaders
- Teachers
- Parents
- Students and Youth
- Women Leaders
- Parent(s) of a Thalassemia Major
- Health Center Staff





Multi-Purpose Health Trip (MPHT), 4th July – 7th July 2018

A total of 844 beneficiaries were reached in N. Landhoo MPHT

(1) Awareness Session on Breast Cancer



(2) Awareness Session on Fatherhood in Islam



(3) Awareness Session on Puberty and Personal Hygiene



(4) Thalassaemia Screening



(5) Gynaecological Consultation



(6) Paediatric Consultation





(9) Dietician Consultation



(10) Positive Parenting Session



(11) Parenting in an Islamic Perspective



(12) Personal Safety & Security Session





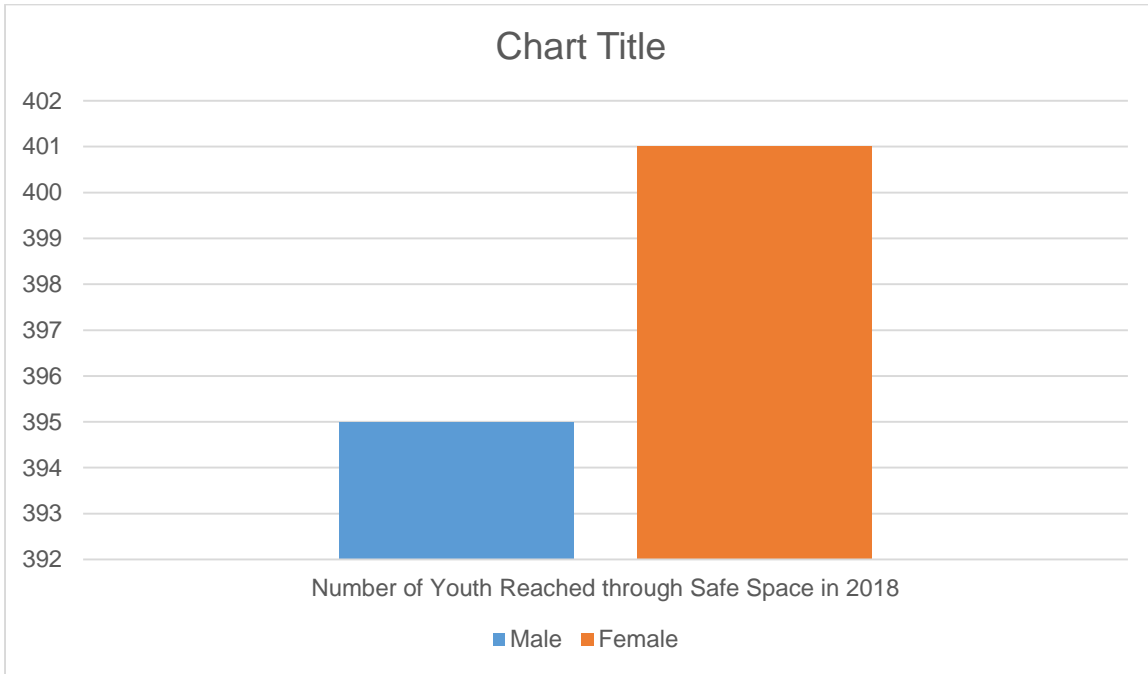
Upon the completion of the MPHT to N. Landhoo, an Impact Analysis was conducted in October 2018. Some of the changes noticed by the community included changes in diet and incorporation of Healthier Food into their everyday meals and student intervals. However, it was highlighted that these changes were noticeable for a period of few days, and that it is important to build capacity of knowledgeable people in the community to ensure continued support and monitoring in the island. Students highlighted that the information provided on Puberty and Personal Hygiene was especially informative for them, as well as awareness on Bullying and being assertive was very helpful as well. They also mentioned that they had learnt more on decision making and how to take action. The island community also expressed appreciation for conducting thalassemia screening and free doctor consultations for the public. Overall, all stakeholders and island community were highly appreciative of the services provided and look forward to collaborate more on such projects.

PROGRAMATIC ACHIEVEMENTS OF 2018

Safe Space Project in partnership with UNFPA

Safe Space is a project implemented by SHE in partnership with UNFPA to reach the youth population in Maldives and to raise awareness regarding Sexual Reproductive and Health and services among them. The main objectives of the project is to strengthen accessibility of adolescent friendly information and services for youth in an out of the school setting. Through this project SHE also works with the stakeholders and partners to increase accountability and responsiveness in Maldives to young people's right to reproductive health information and

services. As the project continues, SHE will also focus on developing youth advocates to promote Sexual Reproductive Health and Rights among their peers and to address the issues that they face to get access to health information and services in various platforms.



In the year 2018, KAP Study on Child Marriage was conducted to assess the prevalence of and factors associated with child marriage in Maldives and to formulate recommendations to combat child marriage and its underlying causes to achieve child rights and increased well-being in Maldives. During 2018, 20 enumerators were trained to collect data for the study, and the team traveled and collected data from 16 different islands of the Maldives.



School Nutrition Project in partnership with UNICEF Maldives

In the year 2018, SHE came to an agreement with UNICEF Maldives to conduct the School Nutrition project. The main objective of this project is to pilot school intervention package and school food guidelines in selected five schools of Maldives.

Sexual Reproductive Health service seeking behavior among Maldivian Youth – Asia Pacific Resource and Research Center for Women (ARROW)

A research study was conducted with support from ARROW with the objectives to assess the behavior among youth in seeking SRH services, to examine the challenges faced in accessing the services, and to contribute to advance in SRH education and services for youth.



Nutrition and Healthy

Lifestyle Changes Project – Alifulhu Thuthu Foundation (AFTF)



During the year 2018, the Nutrition and Healthy Lifestyle Changes Project was conducted with support from the Alifulhu Thuthu Foundation (AFTF) with the objectives of enhancing the knowledge on healthy eating habits and nutrition and to develop a greater understanding on the importance of good nutrition and healthy lifestyle changes. Under this project, a Training of Trainers on Nutrition and Healthy Lifestyle Changes was conducted for 14 staff and members of SHE, multiple awareness sessions and activities were conducted, reaching a total of 1117 people.

Strengthening National Preparedness for Sexual and Reproductive Health in Crisis Situations in the Maldives - JTF

Under this project during the year 2018, successful activities were completed. One of the activities include, conducting Training of Trainers on the Minimum Initial Service Package (MISP) for stakeholders to build capacity in delivering training programmes for service providers to deliver lifesaving sexual and reproductive health interventions in the emergency setting based on MISP. Representatives from 18 institutes were invited and completed the training.

Additionally, this year under the project a consultant was hired to contextualize the Minimal Initial Service Package for sexual and reproductive health in to a Maldivian context and to develop a policy brief to integrate into Emergency MISP for SRH National Operations Plan.



HIGHLIGHTS OF 2018

Celebrating 30 Years of SHE



In the year 2018, SHE celebrated its 30 years of established services to the community. To commemorate the occasion we had series of activities planned for the year. We started our day with a recitation of the Holy Quran by the participation of founder members, members, volunteers and staff.



Jumble Sale and Voluntary Counselling and Testing



To conduct the fund raising event we had a Jumble sale along with voluntary counselling testing focusing the migrant population living in male'. The second hand items donated by our staff, members and volunteers were put on a sale and through the sale we were able to raise 4000MVR. Additionally, we also have conducted VCT screening for over 50 migrants.



Diversity Fair



SHE participated in the diversity fair conducted by Maldivian Red Crescent (MRC) to provide health screening and voluntary counselling testing for the migrant population in Male'. The fair was conducted at Hulhumale' city and through the event, we reached 101 migrants for health screening and VCT testing. The participants were given information regarding the routes of HIV transmission and ways to prevent from HIV and sexually transmitted diseases with the help of VCT counsellors and translators from MRC. They were also provided with information on Nutrition and Healthy Lifestyle changes.

Dhiraagu Maldives Road Race



25 by 25 mahaasama

To support the cause of Child Protection and prevention of child abuse in our country SHE, participated in the Maldivian Road Race by Dhiraagu. Over 85 participants from SHE, actively took part in the run and 40,000MVR was donated by Dhiraagu to support our actions and activities towards child rights in Maldives.



SHE participated in the 25 by 25 Mahaasamaa conducted by Ministry of Health, Maldives in 2018 to create awareness on Nutrition and Healthy Lifestyle changes for the general population of Male'. We reached over 100 people through out event and conducted health screening followed by health information.



Dhulhayeo hashi heyo Eid



SHE actively took part in the “Dhulhaheyo hashi heyo Eid”, a health festival conducted by NCD Alliance and other NGO’s to promote health among the population. Health screening, blood group testing along with nutritional consultation and awareness regarding nutrition and healthy eating habits were conducted at the event.



GLOBALLY MARKED DAYS

World Cancer Day



On the world Cancer Day, SHE staff pledged to make policy changes, to create awareness and to work towards prevention of cancers in our country. We also pledged to create a healthy work place and to collaborate with CSO's and government to promote health awareness on cancer prevention programs.

International Women's Day

On the occasion on international women's Day 2018, Kulunu club of SHE organized a staff lunch in the honor of female staffs and appreciate the works and dedication of female staffs of SHE. Gifts were exchanged along with a staff lunch and thoughts and feelings of staffs were shared on the day.





Autism Awareness Week



In the support of Autism awareness, our staffs wore blue on the day and we shared our thoughts and awareness messages through social media.

World Health Day



To mark world health day 2018, SHE in partnership with NCD alliance of Maldives took part in the health fare

conducted at Hulhumale' to disseminate health information and health screening for the community. Through the event information regarding getting accesses to the services provided by SHE was conversed to the visitors.



International Thalassemia Day



In the year 2018, to commemorate the Thalassemia day, SHE team visited the two orphanage homes in Maldives, Kudakudhinge Hiya and Fiyavathi Hiya and conducted free thalassemia screening and awareness on prevention of thalassemia and G6PD for the children living in the orphanage homes. The service were provided for over 40 children in the orphanage.

Additionally, SHE also participated TV and Radio programs of three different media and developed a dialogue regarding the importance of thalassemia screening prior to marriage.

World Contraception Day



On world contraception day, 28th October 2018, SHE in collaboration with Club 360 café' conducted an awareness safe space sessions for youth population in Male'. With 25 youth participants in the sessions we discussed regarding different contraceptive methods available in Maldives and essentiality of utilizing the contraception methods to prevent unwanted pregnancies and sexually transmitted

diseases. Additionally, ways to get access to the family planning services via SHE is also discussed through the session.



World Mental Health Day



As this year's theme for the day was "Young people and mental health in the changing world" we in collaboration with Ministry of Gender and Family conducted empowerment sessions for young people. We also participated in different platforms and shared the thoughts regarding the day and also created dialogues regarding the importance of mental health for general well-being of people.



International Day of the Girl Child

To mark the day, SHE had a fun filled event named High Tea with SHE for girls aged between 10 to 13 years. With 35 young girls we had an interactive sessions and discussed regarding empowerment, respect and values. As part of the event, the girls were also taught about adolescent development and importance of nutrition for young girls as they grow.



Breast Cancer Awareness Month

In the year 2018, to mark the day we conducted breast cancer screening and awareness sessions for women. This activity was conducted in collaboration with Cancer Society of Maldives and we reached over 50 women for breast cancer screening and awareness.



16 Days of Activism against Gender Based violence



SHE joined the 16 Days of Activism against Gender Based Violence and celebrating the International Day for Elimination of Violence against Women. SHE staffs would always stand in solidarity with the survivors of violence, survivor advocates and women human right defenders.



International Youth Day

To celebrate the International Youth Day, a safe space session was conducted in partnership with UNFPA Maldives, and Billabong High International School. A short video was also launched to create awareness on the importance of a Safe Space for Youth.



World Diabetes Day

To mark the day, SHE staffs started the day with simple exercises and rhythmic breathing to detox our bodies. As part of the activities a healthy breakfast was arranged where all the staffs participated together and enjoyed.

We also shared our thoughts regarding the prevention of non-communicable diseases through social media.



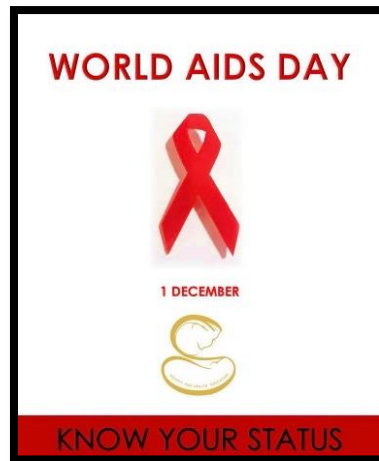
World's AIDS day

SHE collaborated with Health Maldives conducted series of

Protection Authority of



activities to commemorate world's AIDS day 2018. Health awareness sessions regarding HIV transmission and prevention of AIDs were conducted for youth through safe space. Reusable AIDS Day Brooches sold to government and private sector as a part of fundraising. The fund raising amount was donated HIV program in Maldives under Health Protection Agency.



YOUTH

EMPOWERMENT

Society of Health Education aims to increase comprehensive youth friendly, gender sensitive education to strengthen the commitment and participation of the young people within the organization. SHE ensures that all the volunteers get equal opportunities to participate in various trainings and field experiences which can aid to develop their interpersonal skills and leadership skills.



Youth Involvement at Board levels

SHE Executive Committee consists of 2 Youth members. Both of the Executive Committee Youth Members represent SHE at various International committees and advocate to strengthen the commitment and participation of young people with in the youth network.

Boards represented by Youth Member, Mr. Umar Mavee Ali and Ms. Zaain Mohamed Zaheen:

- IPPF South Asian Regional Youth Network (SARYN) (Both Members)
- Youth Executive Member - IPPF SAR Regional Executive Committee (Mr. Umar Mavee Ali)
- Elected Regional Youth Member- IPPF Global Governance Council (Mr. Umar Mavee Ali)

Training Workshop on Comprehensive Sexuality Education for Peer Educators



A twenty hour participatory CSE training workshop was held from 12-15 November 2018, a total of 12 Participants participated, and 11 completed the training. The main areas covered in the training include building confidence of the participants, and allowed them to practice and provide feedback on the effectiveness of performance. Hence, a substantial part of the training was allocated for the practice and feedback on the performance of the participants.

The training was mainly focused on delivering the background information on CSE and related issues, delivery of sessions and activities are used to help the participants to discover and explore through experience. The training was facilitated by Abdul Hameed, SHE volunteer and also a Master Trainer of CSE. At the end of the training post course evaluations were completed. The evaluations also showed that there were improvements in the participants' knowledge and skills as the result of the training.



Young-young Volunteers Training



A 30 hour participatory Youth Volunteers Training was conducted for the youth aged between 15 – 20 years. The training was conducted from 26th March – 1st April 2018 and total of 25 participants registered for the training out of which 21 successfully completed the training.





Youth Engagement in Activities

Safe Spaces for Youth – International Youth Day 2018



Youth Retreat 2018



ORGANIZATIONAL DEVELOPMENT

During 2018, staff, members and volunteers were provided with the opportunity to take part in various trainings and workshops to build capacity to improve the services of SHE and to orient on organizational policies.

Mindfulness Training for Counselling staff

Ms. Mariyam Samira, counselor of counselling and psychosocial service department took part in the Mindfulness training conducted by the Breathworks Foundation at Manchester from 27th October – 28th December 2018. The training focused on different aspects such that, mindfulness of breathing, mindful movements and introduce to micro practices that could be done in the midst of everyday life.

Orientation regarding child protection policy



To create awareness and understanding about child protection policy of SHE sensitization session was conducted for the staffs and members on 15th September 2018. 27 participants among staffs and members actively participated in the session.

Resource Mobilization Training



Director of program department, Ms. Aishath Naaz participated in the capacity building workshop on resource mobilization conducted by IPPF at Mumbai, India from 22nd to 24th January 2018. Through the training workshop it enhanced to strengthen resource mobilization skills to develop winning proposals that are donor appropriate and stay true to the SHE's

mission and process for proposal development- team and planning tools to strengthen quality.



Sangat Training for SRH staff



Ms. Aishath Mohamed Shaukath of SRH Department participated in the month-long 23rd South Asian Feminist Capacity Building Course on Gender, Sustainable Livelihoods, Human rights and Peace.

Staff Capacity Building on Addressing Sexual Gender Based Violence

An interactive session on Sexual Gender Based Violence was conducted for our staffs by counselling and psychosocial service department and Sexual and reproductive health department of SHE. All the staffs of SHE actively took part in the session.

VCT Training



Under National AIDs program of Health Protection Agency, Maldives Voluntary Counselling and Testing Training was conducted to improve the capacity of HIV training in the community. 10 participants including our staffs, youth volunteers and members completed the training held from 19th – 25th December 2018.



ToT on Nutrition and Healthy Life Style



A Training of Trainers on Nutrition and Healthy Life style was conducted for staff and members of SHE from 1st September to 5th September 2018. The training was aimed to develop advocates who would actively engage in promoting awareness regarding nutrition to improve nutritional health of the small communities of Maldives.



Through the training 14 members and staffs were trained as trainers to promote nutrition and healthy life style.

Annual Programme and Budget Review Meeting

Director of Programme, Ms. Aishath Naaz attended the APB Review meeting held at Bangkok. The objective of this meeting was to increase the understanding on the new strategic framework under which the programme and budget is presented in four outcomes with model of programming aligned with each outcome

Gender Transformative SRH programming workshop

Director of counselling and psychological services Shiyama Anwar and program officer fathimath Ana participated in the Gender Transformative SRH programming workshop facilitated by IPPF in Bangkok. Representatives from 9 other South Asian countries took part in the workshop.



Orientation session for staffs regarding GBV and SGBV

An indirective orientation session for the staffs were conducted regarding gender based violence followed by sexual gender based violence. The session was facilitated by the counselling and sexual reproductive health department. The staffs were given chance to express their thoughts and views regarding GBV and SGBV through the session.

PARTNERSHIPS

Partnership with Ministry of Education





Partnership with United Nations Populations Fund (UNFPA)



Partnership with ARC



Partnership with Alifulhu Thuhthu Foundation (ATFT)





CONTRIBUTION TO STAKEHOLDERS

Participation in 6th APPC Asia Pacific CSO Forum



Participation in 25th ICPD Meeting



Participation in Formulating communication strategy for Sustainable Development Goals (SDGs) organized by the Ministry of Environment and Energy, Maldives





Participation in the IPPF South Asia Regional Council Meeting at Bangkok, Thailand



Participation in the Executive Directors Meeting of IPPF, South Asia Region at Bangkok, Thailand



Participation in the Regional Multi-Stakeholder Dialogue on Comprehensive Sexuality Education in Bangkok, Thailand



GOVERNANCE

Number of Executive committee members: 12

Number of Executive committee meetings: 05

Number of General members: 120 active members

Annual General Meeting

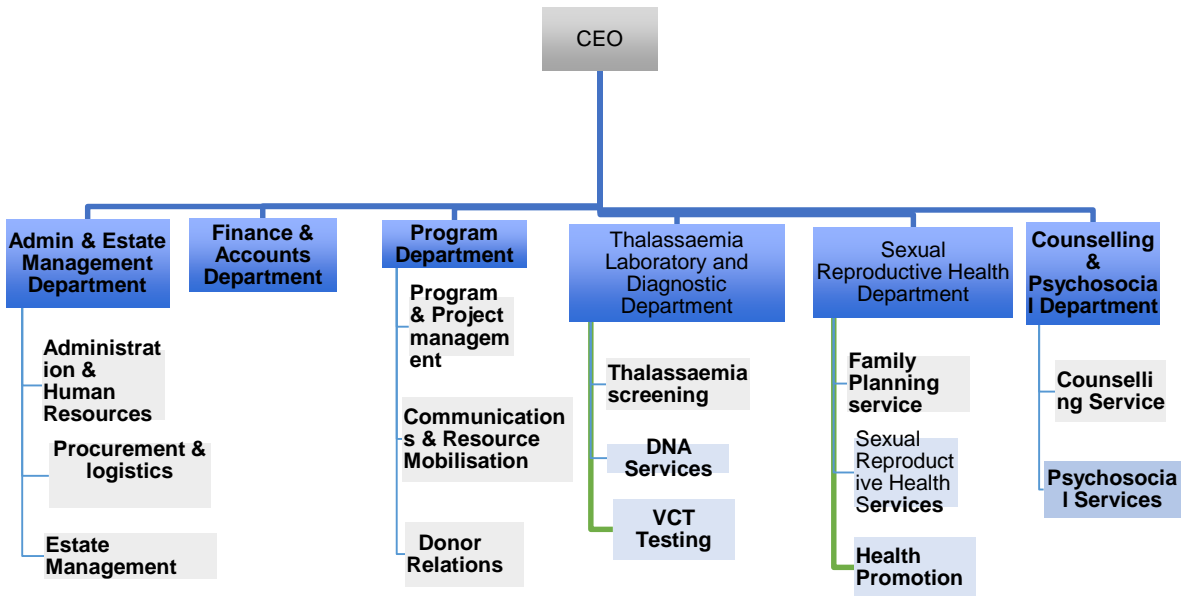
The Annual General Meeting of 2018 was held on 29 April 2018 at the Champa Central Hotel. Total 41 members participated in the meeting. At this meeting a by-election of Youth member was held since the EXCO youth post was vacant. Ms. Thizka Yoosuf resigned on 4th April 2018 and Ms. Zaain Mohamed Zaheen was selected as the Youth member.

Salary Committee

A Salary Committee was established with 4 members from executive committee to review the new salary structure. The committee consisted Chairperson Mr. Asim Mohamed, Vice-Chairperson Mr. Ibrahim Firushaan, Treasurer Mr. Mohamed Waheed and General Secretary Ms. Zaha Waheed.



MANAGEMENT



Administration and Human Resources

At the beginning of 2018 there were 27 staff. During the year 13 staff were recruited and 8 staff resigned. When the year ended the total number of staff were 28.

VOLUNTEER AND MEMBER CONTRIBUTION

Over the period of 2018, volunteers contributed countless hours of service to carry out services provided by SHE. In the year 2018, SHE has got over 83 registered volunteers.





Annual Report 2018





STAFF CONTRIBUTION AND PARTICIPATION

All staff of SHE had contributed invaluable time and dedication in implementing projects run by SHE. The unity demonstrated by staffs resulted in successful programs and are highly appreciated by Executive Committee and Management of SHE. Numerous recreational activities were



conducted this year to strengthen the team as a whole.

REPRESENTATION AT BOARDS AND COMMITTEES

- Foster Panel
- National Action & Coordinating Group (NACG)
- Country Coding Mechanism (CCM)
- Maldives Medical & Dental Council
- National AIDs Council
- Breast Milk Substitute Advisory Board
- Maldives Blood Council
- SDG Technical committee (CSO)
- National Tobacco Cessation Committee

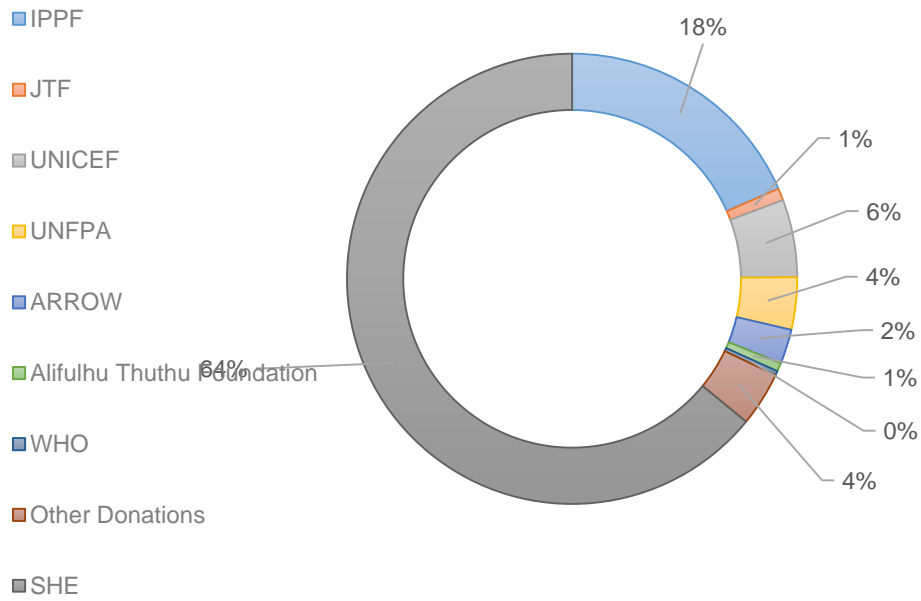
FINANCIAL SUMMARY 2018

Income & Expense Report

Grant Income	MVR	USD
International Planned Parenthood Federation (IPPF)	1,142,776	74,110
UNICEF	53,939	3,498
WHO	345,000	22,374
UNFPA/UNDP	232,273	15,063
JTF	154,200	10,000
ARROW	37,188	2,412
Alifulhu Thuthu Foundation (AFTF)	19,275	1,250
Other Donations	241,792	15,680
Other Income		
Rent	3,967,729	257,311
Sundry Income	942,467	61,120
Total Income	7,136,638	462,817
Expenses		
Administrative Expenses	4,144,489	268,774
Governance Expenses	64,095	4,157
Estate Management expenses	962,948	62,448
SHE-OUTCOME 1	200	13
SHE-OUTCOME 2	5,378	349
SHE-OUTCOME 3	7,448	483
SHE-OUTCOME 4	29,651	1,923
IPPF-OUTCOME 1	215,780	13,994
IPPF-OUTCOME 2	191,747	12,435
IPPF-OUTCOME 3	416,746	27,026
IPPF-OUTCOME 4	433,385	28,105
IPPF-OTHER/RE-IMBURSIBLES	125,393	8,132
Program expenses - JTF	218,830	14,191
Program expenses - UNFPA	90,759	5,886
Program Expenses - ARROW	64,894	4,208
Program Expenses - Alifulhu Thuthu Foundation	37,161	2,410
Program Expenses - UNICEF	139,451	9,044
Thalassemia Laboratory	1,405,749	91,164
Total Expenses	8,554,105	554,741
Expenditure/Income	(1,417,467)	(91,924)



INCOME



EXPENSE

