



ANNUAL REPORT 2019



Company Registration Number: 10 – A/88/4

Place of Incorporation: Male', Republic of Maldives

Office: Society for Health Education (SHE)

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Republic of Maldives

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CONTENTS

4	Preface	42	Youth Empowerment
5	Vision, Mission, Values	43	Organizational Development
6	Chairperson’s Statement	44	Contribution to Stakeholders
7	CEO’s Statement	44	Governance
8	Corporate Profile	46	Management
14	Statistics—Total Clients	46	Volunteers & Member Contribution
16	Outreach Programmes	47	Representation at Boards and Committees
18	Sexual Reproductive Health Services	50	Financial Summary
22	Thalassemia Laboratory and Diagnostics Services		
23	Counselling and Psychosocial Services		
26	Health Education & Promotion		
28	Programmatic Achievements		
36	Highlights		

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

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).

CHIEF EXECUTIVE OFFICER'S STATEMENT

While SHE has continued to maintain its track record of the notable services to the community, 2019 has been a year of review, collaboration and some significant changes.

2019, has been an year of reflection, renewal and setting the course for the future. 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. 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.



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

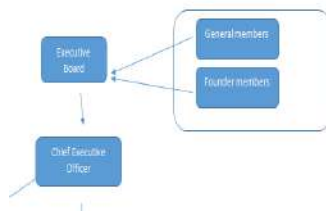
Dr. Naila Firdous

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 Thalasse-

mia 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 Thalassemia International Federation (TIF). SHE is also a project partner of Asian-Pacific Resource & Research Centre for Women (ARROW), JTF (Japna Trust Fund) UNICEF, UNFPA and UNDP.

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 Member for 2017 - 2020



Asim Mohamed (Chairperson)



Ibrahim Firushan (Vice Chairperson)



Zaha Waheed (General Secretary)



Mohamed Hassaan (Treasurer)



Aneega Adnan (General Member)



Mariyam Faraha Amjad (General Member)



Fathimath Naila (General Member)



Dr. Mohamed Shifan 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)

Thalassaemia Laboratory & Diagnostic Services

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

Counselling & Psychosocial Services

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

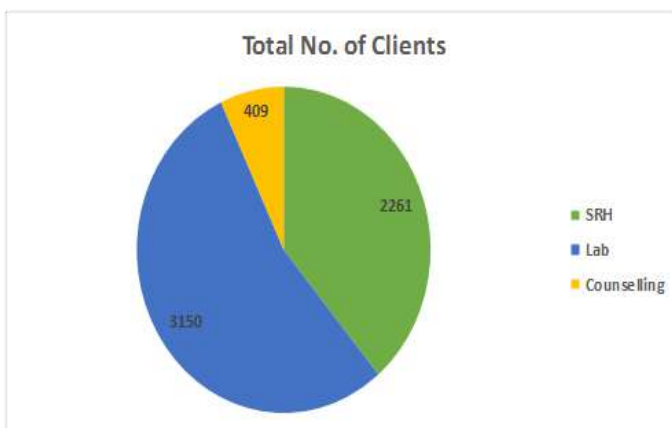
Health Education

- 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



Total Number of Clients

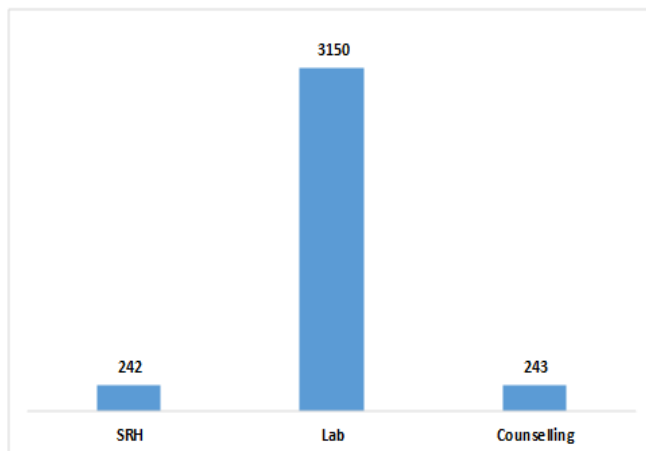
A total number of 5820 clients were provided services during 2019.





Total Number of New Clients

A total number of 3635 New Clients were reached in 2019.

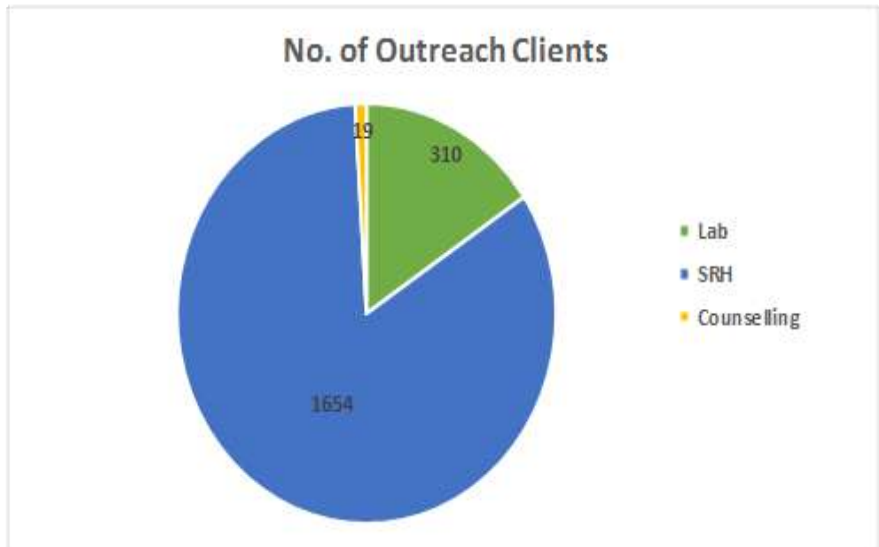


OUTREACH PROGRAMMES

Outreach programmes in the form of Multipurpose Health Trips were conducted at all the islands of Kaafu Atoll in collaboration with Island Councils, Health Centers and Schools. 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 preschool and 1 to 10, teachers, parents, youth, women and elderly community.

Total No. of Clients Reached

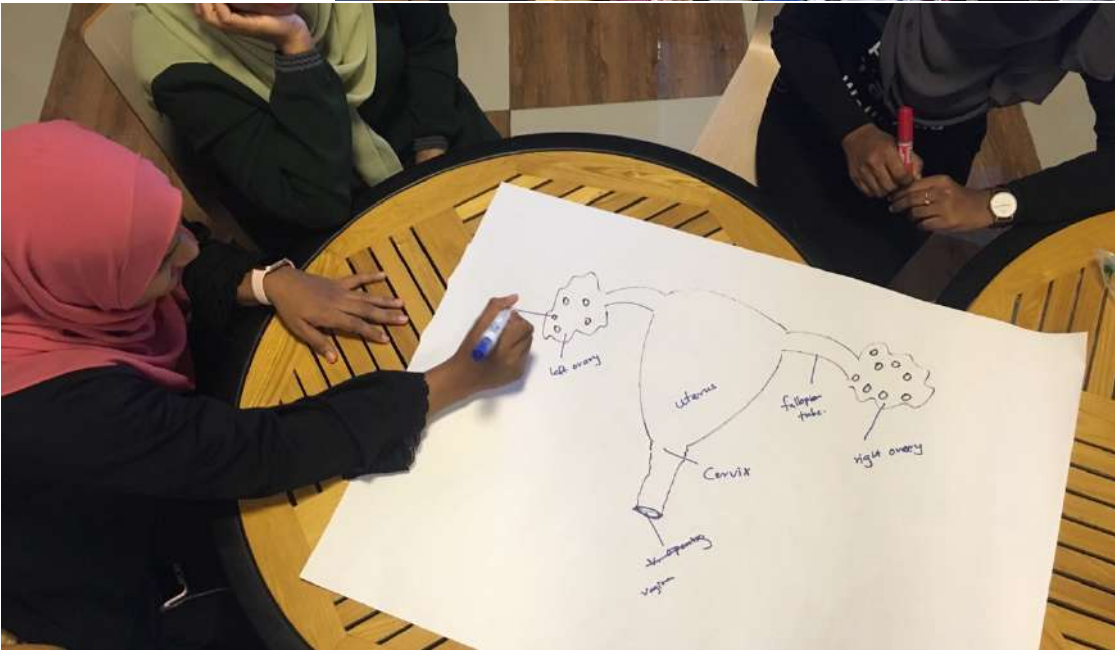
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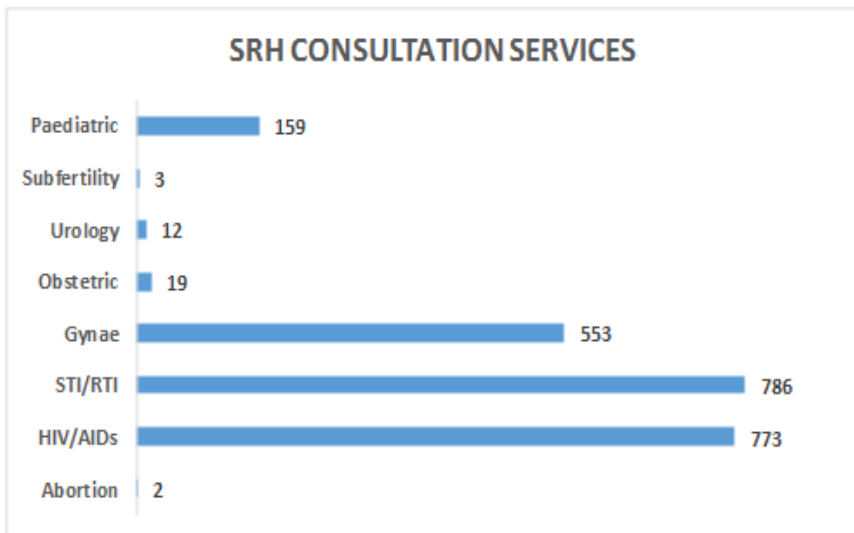
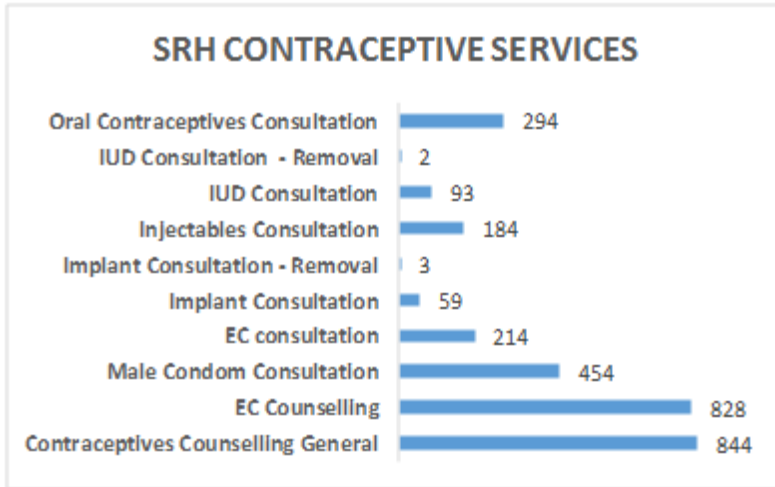
SEXUAL AND REPRODUCTIVE HEALTH SERVICES

Sexual and 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.



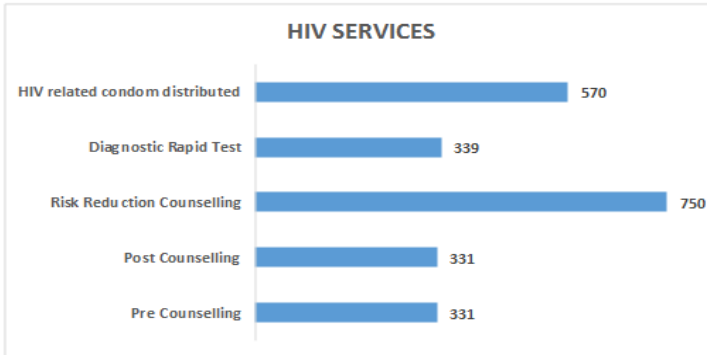
SRH Consultation and Counselling Services

During first half of 2019, Family planning center provided 2307 SRH consultation services through specialized doctors. Some of the significant services include 773 HIV & AIDS consultation, 786 STI/RTI consultation, 553 gynecological consultations and 159 pediatric consultations.



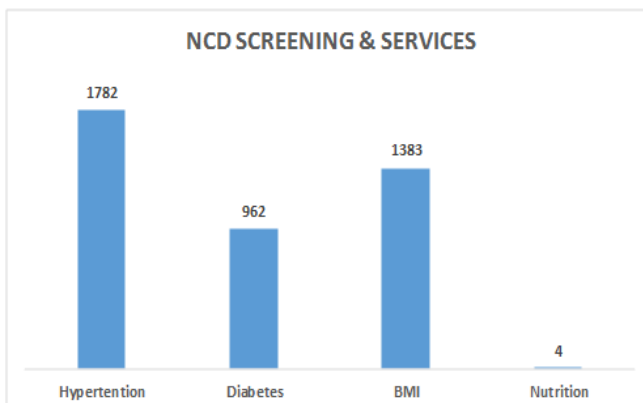
Voluntary Counselling and Testing

The VCT center established in this organization provides free VCT services and offer diagnostic and rapid testing services 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 during the year, reaching a total of 4131 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.



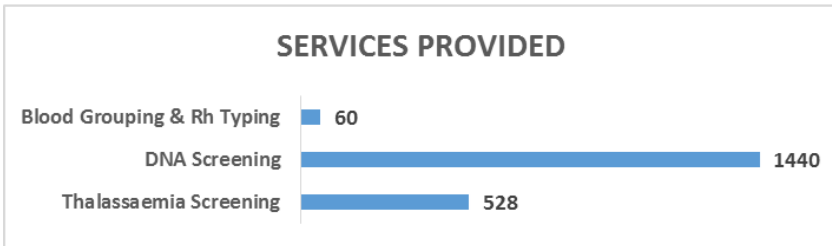
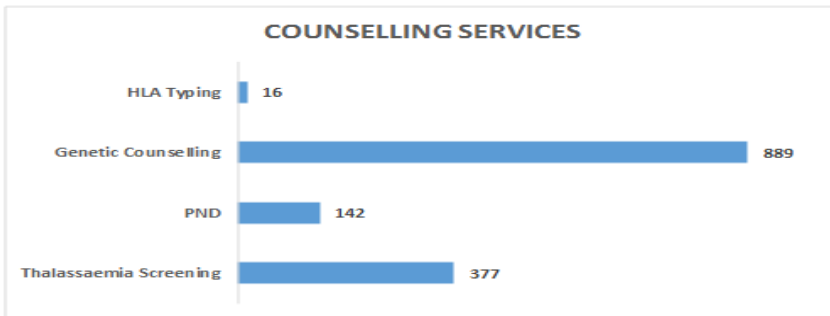
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THALASSEMIA LABORATORY AND DIAGNOSTIC SERVICES

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.

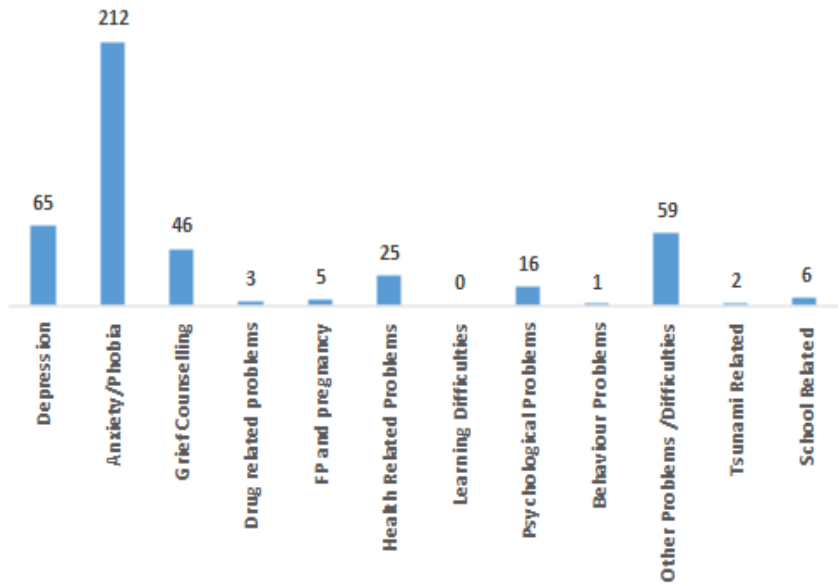


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NON SRH COUNSELLING SERVICES



HEALTH EDUCATION & PROMOTION

In 2019, 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.

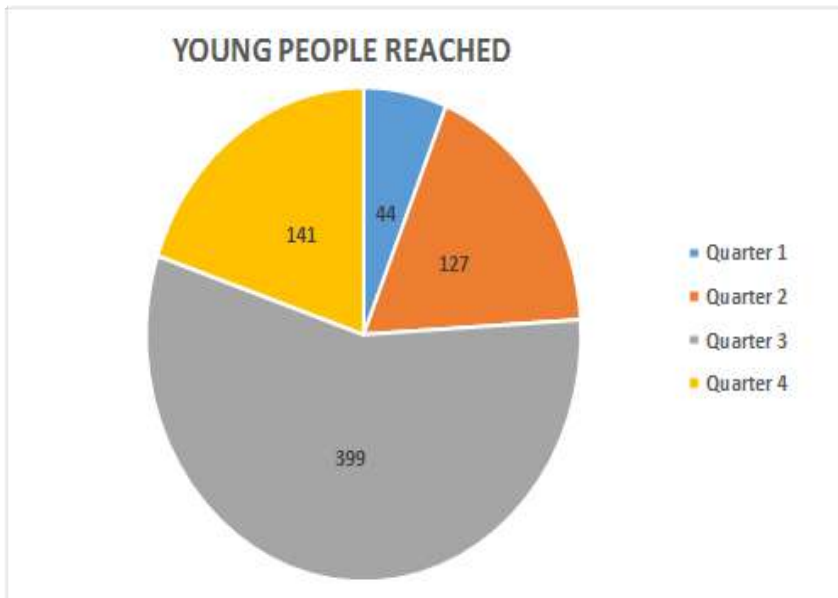




PROGRAMATIC ACHIEVEMENTS OF 2019

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.





Sexual Reproductive Health service seeking behavior among Maldivian

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.

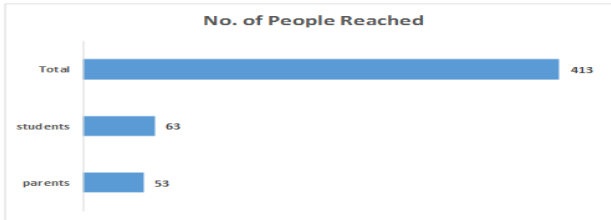






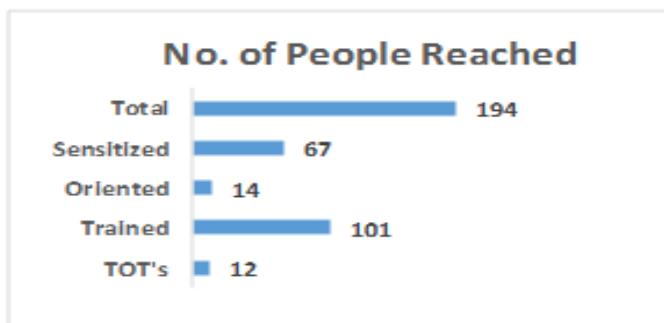
School Nutrition Project in partnership with UNICEF Maldives

From the end of year 2018 till 2019, 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. A total of 49 participants were trained from 4 islands along with 413 direct beneficiaries.



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

Under this project, many activities were successfully 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. A total of 194 beneficiaries were reached in the year through the project.





Training on the Minimum Initial Service
Package (MISP) for Sexual and Reproductive
Health in Crisis Situations

IPPF



HIGHLIGHTS OF 2019

Members Night

As part of our 31 year celebration , a members night was held for networking purposes and strengthen repo between the staff and members. Various team building activities were also conducted between the staff and members.



NGO Fair Haveli

We participated in Haveli 2019 with our services.



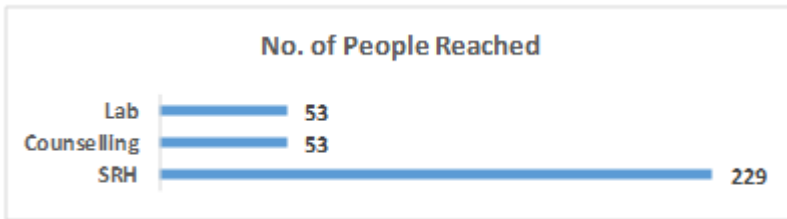
World Health Day Fair

We provided Health Screening Services in collaboration with Diabetes Society to Mark the World Health Day



Hafthares

During Hafthares event, we proved our services to 282 beneficiaries. Activities for women empowerment, stress level checking and counselling, Health screening, and blood grouping.



Tablets Donations

We received a generous donation from Maxcom Technologies that helped us enhance our services further.



Paper Presentation at Police Reform Symposium

A combined paper was presented at Police Reform Symposium with the collaborative efforts of 5 NGOs (ARC Maldives, Women on Boards, Tiny Hearts Of Maldives, Womenintechmv and Society for Health Education) working for and with women and children.



Dhiraagu Maldives Road Race

We took part in the annual Dhiraagu Maldives Road Race to support the cause of protecting children.



Safe Abortion Advocacy Initiative- A global South Engagement (SAIGE first regional meeting) conducted by ARROW

Our SRH Director Ms. Azlifa participated in the meeting on 17th and 18 September 2019, in Kuala Lumpur, Malaysia. She spoke about the Medical termination Fatwa and its implementation in the Maldives. Highlighting the strategies and learnings in our region.

Mental Health Ambassador Training Programme

A 10 day training programme targeted for nursing students of MNU featuring the topics related to Mental health and well-being mental illnesses, trauma, violence and its effect on vulnerable groups including children, coping mechanisms, emotional well-being and resilience were conducted. The First Lady awarded certificates to 18 participants who completed the training programme to become Mental Well-being Ambassadors.



Maldives Medical & Health Expo 2019

A very successful event this year in partnership with Mv Medicals. Our stall provided several fun activities that engaged the visitors.



Mental Health Service Recognition

We were honoured and grateful to be recognised by the Center for Mental Health, Indhira Gandhi Memorial Hospital (IGMH) for decades of quality contributions to mental health and wellbeing this year.



Representing Maldives at the Nairobi Summit

Our CEO Mr. Ahmed Shafeeu represented Society for Health Education at the Maldives delegation to Nairobi Summit for reaffirming commitments to #ICPD25 along with UNFPA Maldives, National Youth Council, National Bureau of Statistics - Maldives, Ministry of National Planning and Infrastructure, Maldives and independent advocates for SRHR and Gender Equality .



Peer Educator’s Training

We trained young peer educators to be leaders who would influence young people in positive ways. These young people were trained to help raise awareness, provide accurate information, and help their peers to develop skills to change behaviour and themselves often change their own behavior after becoming a peer educator.



Accelerating action for ICPD in Asia Pacific- The Nairobi summit beyond- “ICPD”25 Youth consultation

Our SRH Director Ms. Azlifa and Primary Health Care worker Ms. Shadhuna attended and participated consultation representing the organization and Maldives.



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.



Our Youth member & peer educator South East Asia Regional Youth Town Hall Conference 2019

ORGANIZATIONAL DEVELOPMENT

During the year 2019, 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.



Our staff representing SHE at APFSD Youth Forum

CONTRIBUTION TO STAKEHOLDERS

Our Chairperson, Chief Executive Officer (CEO) and Executive Committee Member represented, at Regional Council Meeting.



GOVERNANCE

Number of Executive committee members: 12 members

Number of Executive committee meetings: 6 Meetings

Number of General members: 132 active members

Extra-ordinary General Meeting

An Extra-ordinary General Meeting of Of 2019 was held on 31st January 2019 at Champa Central Hotel. Total of 49 members participated. At this meeting by-election of two EXCO general members and treasurer for the vacant posts was appointed. Ms. Fathimath Naila and Dr.Ahmed Shifan were elected as General members and Mr. Mohamed Hassaan Ismail was elected as the treasurer. In addition to this the revised constitution was also passed in this meeting.

Annual General Meeting

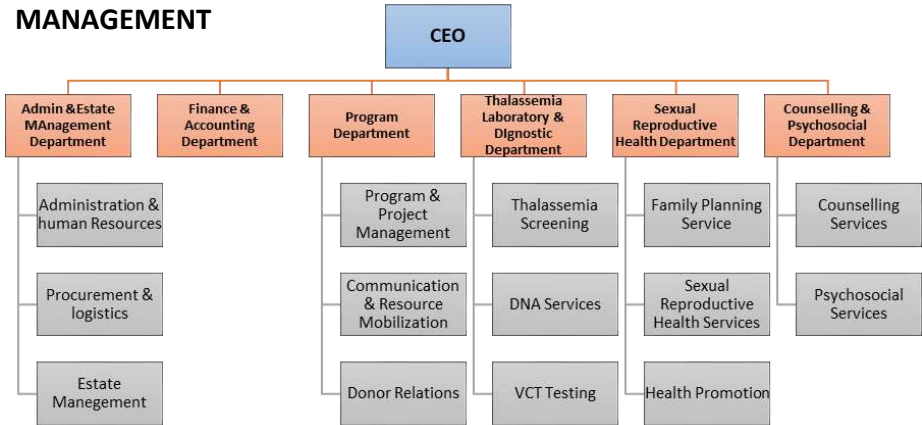
Annual General Meeting of 2019 was held on 25th April 2019 at Asaree Maalam. Total 61 members participated in the meeting. At this meeting Auditors were approved for 2019 to 2020. And discussions were held about establishing various committees. In addition Annual Report of 2018 was presented.

Members Night

A members night was held on at Asaree Maalam. Various team building fun activities were conducted.



MANAGEMENT



Administration and Human Resources

During the year 2019, there were:

- 26 full-time staff
- 2 contract staff
- 1 part-time staff
- 8 interns

In 2019, 4 new staff joined the organization and 5 staff resigned.

VOLUNTEER AND MEMBER CONTRIBUTION

Members and Volunteers contributed countless hours of service to carry out services provided by SHE. With an addition of 2 new volunteers and 5 members this year, SHE has got over 100 registered volunteers.





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

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 The main cause of Cervical Cancer is the
 Human Papilloma Virus (HPV)

WARNING SIGNS



Early Detection Save Lives!

A smear test last

5 mins.

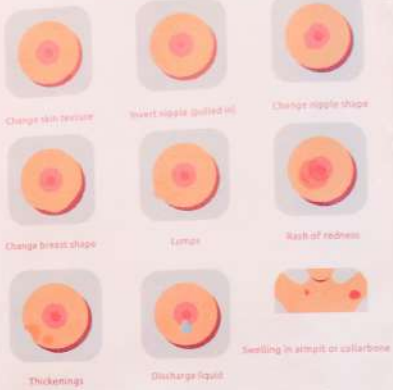
- The impact of Cervical Cancer lasts a LIFETIME.
- Attend your smear test. Reduce your risk!

For more information: +9607976326



1 IN 8 WOMEN
 will be diagnosed with breast cancer in their lifetime

Signs of Breast Cancer



Early Detection Can Save Lives!

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 Early Detection Can Save Lives!
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For more information: +9603327117 ext 125 / +9607976326



Promoting
 Health &
 Family
 Wellbeing

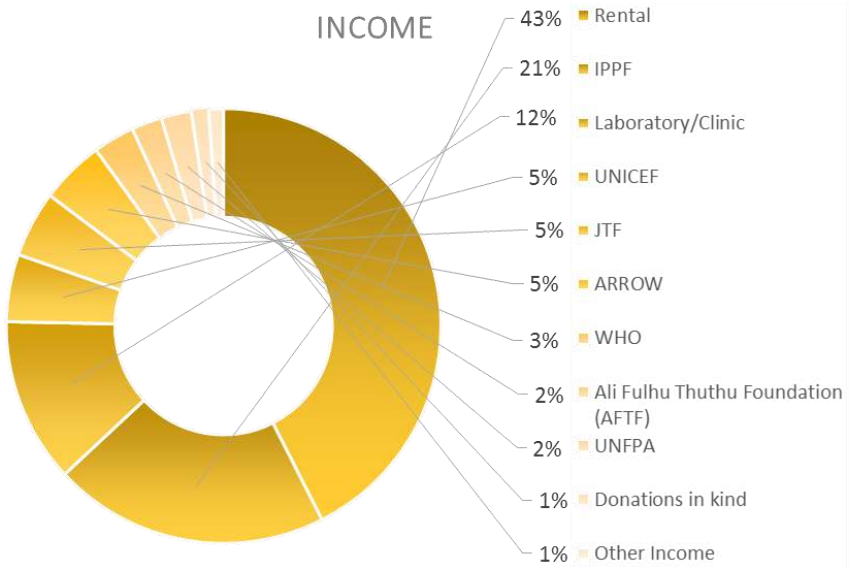


FINANCIAL SUMMARY 2019

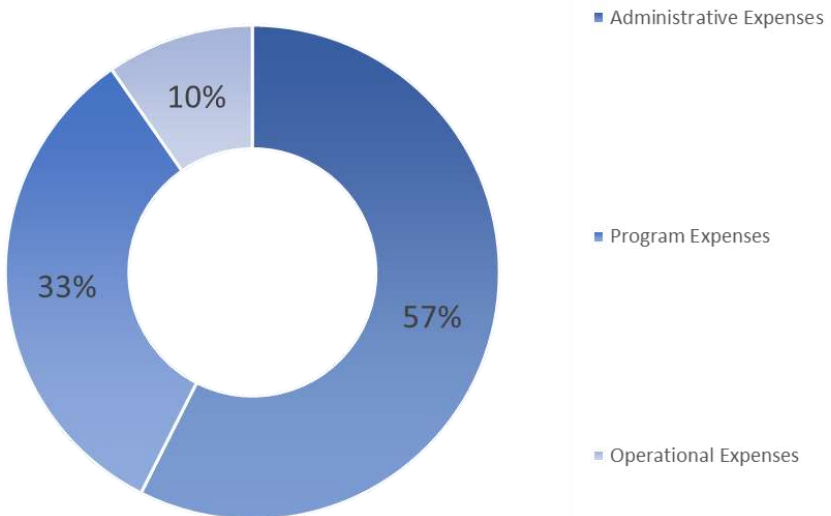
Income and Expense Report

Grant Income	MVR	USD
International Planned Parenthood Federation fund (IPPF)	2,028,194	131,530
The United Nations Children's Fund (UNICEF)	495,549	32,137
World Health Organisation (WHO)	304,545	19,750
The United Nations Populations Fund (UNFPA)	220,822	14,320
Japan Trust Fund (JTF)	486,193	31,530
Arrow Fund	469,871	30,472
Ali Fulhu Thuthu Foundation (AFTF)	224,909	14,586
Other Donations in kind	127,707	8,282
Other Income		
Rental income	4,198,435	272,272
Laboratory and clinical income	1,210,630	78,510
Other Income	107,604	6,978
Total Income	9,874,459	640,367
Expenses		
Administrative Expenses	6,006,464	389,524
Operational Expenses	1,009,781	65,485
SHE - Program	816,747	52,967
IPPF	1,120,139	72,642
UNFP	220,822	14,320
JTF	486,192	31,530
UNICEF	495,550	32,137
Arrow Project	202,421	13,127
WHO	80,756	5,237
AFTF	15,292	992
Total Expenses	10,454,164	677,961
Expenditure/Income	(579,705)	(37,594)

INCOME



EXPENSES



KULUNU VEHI



ENTRE



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