

QUARTELY

# Newsletter

31 March 2025



*Breaking the silence*

## Here is what happened in the last quarter and what's to come!

Welcome to our Mufaro Foundation newsletter! We're excited to share our latest updates with you. Firstly we would like to extend our gratitude to Kanthari Institute for the continued support and guidance on becoming changemakers. We extend our heartfelt gratitude to our donors and volunteers who have stood by us through thick and thin. Your unwavering support enables us to continue providing vital programs and services to women living with infertility.

We're thrilled to announce our first-ever educational workshop on infertility, designed to empower women with knowledge and support. This workshop is a crucial step towards our mission to ensure the physical, emotional, and social well-being of women navigating infertility.

As we move forward, we also rely on your continued support to make a meaningful difference in the lives of these women. If you're able to donate your time or resources, please don't hesitate to reach out. Together, we can break the silence surrounding infertility and provide a beacon of hope for those who need it most.

Thank you for being part of the Mufaro Foundation community. Enjoy this month's newsletter!

*Mufaro Team*

### In this newsletter you can expect:

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Community Outreach

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Media Outreach

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Stories of Impact

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Women's Day Celebrations

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Fundraising Update

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Staff Profile Highlights

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## Community Outreach

Welcome to our Mufaro Foundation newsletter .We're excited to share with you the latest developments in our mission to support and empower women living with infertility. Firstly, we would like to express our heartfelt gratitude to all our donors, volunteers, and community supporters who participated in our campaigns in the last quarter . Your generosity, dedication, and solidarity have made a profound impact on the lives of women and living with infertility.

Our community campaigns were a powerful moment of connection and awareness, where we shared information, personal stories of our beneficiaries and messages of hope. Our founder's courageous sharing of her own infertility journey and how she found purpose in it resonated deeply with many. The campaigns created a safe space for others to open up about their struggles, and we were inspired by the courage and resilience of those who shared their stories. This has also made Mufaro a community for these women living with infertility.Thank you for being part of this journey with us.



We are going to have our first-ever educational workshop on infertility on April 5 ,2025.This interactive and informative event is specifically designed for women living with infertility, and we are excited to share that 40 women have already registered. This workshop aims to provide a safe space for learning, connection, community and empowerment. We look forward to sharing this meaningful experience with our community.



### **Infertility Awareness** Unmasking Infertility:Real Stories,Real Support

Join us for our first ever educational awareness on women living with infertility.Creating a safe space for open discussions ,storytelling and education about infertility.

Who to attend:  
Women living with infertility



**5**  
April

09:00am-12:00pm  
Food Nest ,Longcheng Plaza  
RSVP: +263  
779212421/+26377263448  
Registration Closing 3 April 2025

#BREAKING THE SILENCE

## Staff Profile Highlights



**Jestina Gandawa**

Jestina is the visionary founder of Mufaro Foundation. As the Founding Director, Jestina oversees the overall strategy and direction of the organization. Her passion for supporting women living with infertility drives the foundation's mission. With her leadership, Mufaro Foundation has become a beacon of hope for those affected by infertility.



**Nthokozo Gudu**

Nthokozo is Mufaro's Communications Officer. She is responsible for crafting and sharing the organization's message through various channels. She develops and implements communication strategies to raise awareness about infertility and the organization's work. Her creativity and expertise help amplify Mufaro's voice and impact.



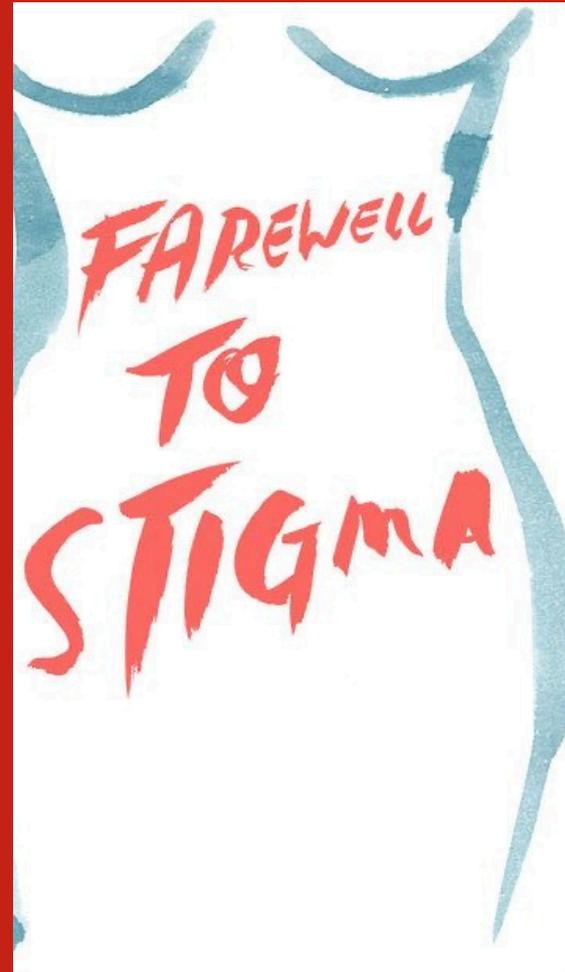
**Patience Kasaira**

Patience is a dedicated volunteer at Mufaro. With a willingness to help and a passion for the organization's mission, Patience assists with various tasks and events.



**Lee Chinyanga**

Lee serves as Mufaro's social worker. With a compassionate and empathetic approach, she provides emotional support and counseling to women living with infertility. She also connects them with relevant resources and services.



### A Few Notes To Remember

1. Break the silence surrounding infertility
2. Foster a sense of community and connection among those affected
3. Create safe spaces for women to share their stories
4. Celebrate the uniqueness of every woman's infertility journey



Our founder at Classic 263 radio

## Media Outreach

Our founder recently took to the airwaves on Classic 263, courageously sharing her personal journey with infertility and the heart behind Mufaro Foundation. In a powerful and vulnerable interview, she opened up about her experiences, shedding light on the often-stigmatized topic of infertility. By sharing her story, our founder aimed to inspire hope and resilience in others who may be facing similar challenges.

The response to the interview was overwhelming, with 15 women reaching out to Mufaro Foundation for support and connection after the broadcast. This remarkable outcome underscores the impact of sharing personal stories and the importance of creating safe spaces for vulnerable conversations. By amplifying our founder's voice and story through media platforms like Classic 263, we were able to extend our reach and foster a sense of community and solidarity among those affected by infertility.

**Infertility can be a lonely and isolating experience, but it doesn't have to be. Today, let's break the silence surrounding infertility and encourage women to share their stories. If you're living with infertility, know that you're not alone. There are women who understand your struggles and are here to support you.**

**At Mufaro Foundation, we're committed to creating safe spaces for women living with infertility. We're grateful for the positive impact of social media on our organization. By leveraging platforms like Facebook and Instagram, we've increased our reach and connected with nearly half of our beneficiaries who reached out to us through these channels.**

# International Women's Day Commemorations



**Founder demonstrates drinks making**



On 21 March 2025, Mufaro Foundation, in collaboration with Precious Hearts Haven, Girls and Women Empowerment Support Network, and Population Services Zimbabwe, hosted the International Women's Day commemorations at Kutama Day Secondary School in Zvimba District. The event was held under the global theme for 2025, "Accelerate Action," emphasizing the need for swift and impactful initiatives to empower women and girls.

Throughout the day, participants engaged in various entrepreneurship training sessions. As Mufaro Foundation, we empowered women with new skills, teaching them to make baobab fruit juice and baobab coffee. Additionally, we broke the silence around infertility, promoting awareness and support. Other organizations provided training sessions on shoe-making, detergent production, and juice making. These practical skills aimed to equip women and girls with income-generating opportunities, fostering economic empowerment.

In addition to skill-building activities, the event provided free access to essential services, including legal aid, counseling, and healthcare. This initiative ensured that women and girls could receive support and referrals without financial barriers.

A total of 350 women and girls took part in the event, benefiting from the diverse empowerment and support programs offered. This commemoration highlighted the importance of equipping women with the tools they need to thrive, reinforcing the collective commitment to advancing gender equality and economic independence.

Precious Hearts Haven, Women Power and Population Services Zimbabwe Accelerating action for women's empowerment and reproductive health.

As we commemorated International Women's Day, we also took the opportunity to share Mufaro Foundation's mission and vision with the community. We're thrilled that our message resonated with several women who reached out to us after the event, seeking support and connection. This reinforces our commitment to creating a safe and supportive community for women living with infertility.

# From Blame to Support: A Couple's Journey with Infertility



**Jestina with Mrs Chinorumba**

Tarisai and Norman Chinorumba a loving couple who have been living with infertility for 20 years. Their journey has been marked by emotional ups and downs, but thanks to Mufaro Foundation's campaigns and training, they have found a new sense of hope and support.

Before hearing about Mufaro through a friend and attending Mufaro Foundation's training, the couple struggled to cope with the emotional burden of infertility. Tarisai felt isolated and blamed herself for their inability to conceive. Norman struggled to understand his wife's emotions, often feeling helpless and frustrated.

They have visited all kind of doctors ,even tried all methods of conceiveing and nothing worked for them ,the Doctors also didn't find anything wrong with both of them .

Everything changed when they attended Mufaro Foundation's campaign on infertility. The couple was empowered with knowledge, support, and a new perspective on their journey. They learned that infertility is a shared experience, and that blame and shame only exacerbate the emotional pain.

Today, The Chinorumbas are a testament to the transformative power of support and education. They have become each other's rock, supporting and encouraging each other through the ups and downs of infertility.

They have managed to change their mindset through emotional empowerment from Mufaro. The wife no longer feels isolated, and the husband has gained a deeper understanding of his wife's emotions.

"Mufaro has been a game-changer for us. We've learned to communicate more effectively, and to support each other in ways we never thought possible. We're no longer alone in this journey," Mr Chinorumba said

Mr and Mrs Chinorumba's story is a powerful reminder that infertility is a shared experience, and that support and education can make all the difference. Mufaro Foundation is proud to have played a part in their journey, and we continue to work towards creating a supportive community for all individuals and couples living with infertility.

# Fundraising Update



Our founder with some of the partners from Flourish Events

We are thrilled to report that this quarter has been a remarkable success in terms of fundraising. Thanks to the generosity of our supporters, we have secured funding for all our campaigns, including our International Women's Day celebrations. We are also grateful to have received donations of second-hand roofing sheets materials, which will enable us to set up an office at our centre by second week of April.

We extend our heartfelt appreciation to our corporate donors, including Flourish Events, Linforth Investments, , and Journey of Faith Pilgrimage, for their kindness and commitment to our cause. Their contributions have made a significant impact on our ability to deliver our programs and services. We are also grateful to our crowdfunding supporters, whose collective efforts have helped us achieve our fundraising goals. Thank you for believing in our mission and for helping us make a difference in the lives of women navigating infertility.



Women in Zvimba during a training



Our founder demonstrating at a training



Our founder with the Member of Parliament in Zvimba



Mufaro team at Women's day celebrations



Women at a training

# Thank you

As we close this quarter, we reflect on the progress made and the lives we have reached. We are proud of the work we've done, from empowering women with skills and knowledge to creating a supportive community for those living with infertility. We are grateful for the partnerships, donations, and support that have made this work possible.

Thank you for being part of the Mufaro Foundation community. Your support, encouragement, and trust in our mission is appreciated. We look forward to continuing this journey together, accelerating action for women's empowerment and reproductive health.

Stay connected with us for more updates, stories, and opportunities to get involved.



Mufaro Team