

# Quarterly Newsletter



30 September 2025



## Here’s what has happened in the last month and what’s to come!

Welcome to the latest edition of the Mufaro Foundation Newsletter! 🌸 We are excited to share updates from the past quarter and give you a glimpse of what’s ahead in our mission to support women navigating infertility and to extend care to vulnerable children.

Firstly, we would like to express our heartfelt gratitude to all our partners, donors, and volunteers who continue to stand with us. Your generosity and dedication allow us to keep breaking the silence around infertility while also supporting the wider community. This quarter, we:

- Partnered with YARD in July for a pad campaign and clothing donation in Domboshava, reaching vulnerable children and young women.
- Held a Zumba wellness session in August, giving women living with infertility a chance to unwind, connect, and be uplifted — joined by sisters who stood in solidarity.
- Dedicated September to online counselling and interaction sessions, preparing for our next big gathering.

And now, we’re thrilled to announce what’s next: 🌟 On 4th October 2025, we will host our first-ever Braai Meetup at the Mufaro Centre — a day of fellowship, encouragement, and joy!

Finally, we’d like to shine a light on our dream project — the Mufaro Centre. The building is underway, and with your support, it will soon become a safe haven for meetups, counselling, training, and support services. We invite donors and partners to help us finish this vision and bring lasting impact to the lives of women and children.

Thank you for being part of the Mufaro journey. Together, we are breaking stigma, restoring hope, and building a future filled with possibility.

*Mufaro Team*

### In this newsletter you can expect:

- Community Outreach with YARD
- Wellness & Zumba Session
- Online Counselling & Support
- Upcoming Braai Meetup
- Mufaro Centre



## Community News

In July, Mufaro Foundation extended its care beyond infertility support by collaborating with YARD for a community outreach in Domboshava. Together, we ran a pad campaign and donated sanitary wear and clothes generously mobilized from individuals and organizations.

For many young girls in rural communities, access to sanitary wear remains a daily struggle. Without proper resources, girls are often forced to miss school during their menstrual cycles, suffer low self-esteem, and sometimes resort to unsafe alternatives that put their health at risk.

This not only affects their education but also perpetuates cycles of inequality and silence around menstrual health.

As part of our campaign, we also held a menstrual hygiene session, teaching the girls about safe, hygienic practices and empowering them with knowledge to care for their bodies with dignity.

By opening these conversations, we aim to break the stigma around menstruation and ensure that young girls grow up knowing that their periods are natural, manageable, and nothing to be ashamed of.

This initiative reflects our broader commitment to empowering vulnerable children and young women, ensuring dignity, access to basic needs, and the chance to pursue their dreams without interruption.



---

## Wellness & Zumba Session | August

At Mufaro Foundation, we believe in creating spaces where women can breathe, laugh, and simply be themselves. In August, we hosted a Zumba unwind session, which was not just about fitness but about moving away from daily struggles, releasing stress, and reclaiming joy.

For many women living with infertility, life can feel heavy — filled with unanswered questions, silent battles, and emotional strain. This session offered something different: a moment to let go, to dance, and to feel alive in the company of others who understand. Through music and movement, participants were able to release tension, boost their energy, and reconnect with their bodies in a positive way.



The event was also a chance to interact and bond outside of formal discussions, building sisterhood through laughter and shared experience. What made it even more powerful was the presence of other women who attended in solidarity, reminding us that infertility is not carried by women alone but is a journey that touches entire families and communities.



By the end of the session, the room was filled with smiles, laughter, and a renewed sense of hope. Zumba became more than an exercise routine — it was a celebration of resilience, an act of healing, and a reminder that even in difficult times, joy is still possible.

### Participant Reflection

“For the first time in a long while, I felt free. The Zumba session gave me a chance to laugh, move, and connect with other women who understand my journey. It reminded me that I am not alone — together we can carry the weight and still find joy.” - Rejoice

♥ Together, we move with purpose.

#MufaroFoundation  
#BreakingTheSilence

---

## A Few Notes To Remember

- **Breaking Stigma Together** – The words we use matter. Please uplift, encourage, and stand in solidarity as we continue to challenge myths and silence around infertility.
- **Kindness First** – Mufaro is powered mostly by volunteers. Let's continue to create an atmosphere of patience, kindness, and support for one another.
- **Come As You Are** – Whether at a meetup, Zumba session, or counselling space, you are welcome to share as much or as little of your journey as you feel comfortable. Every voice matters.
- **Stay Connected** – For urgent matters, please reach us via WhatsApp: +263 779 212 421 or by phone, as emails may sometimes delay.



## Counselling & Online Support | September

September was dedicated to online discussions and counselling sessions, creating a safe space for women to connect, share, and receive encouragement. For many navigating infertility, the journey can feel isolating, and these virtual gatherings became a lifeline of comfort and understanding. Through guided conversations and counselling, women were able to open up about their struggles without fear of judgment, receive emotional and mental health support, and learn coping strategies for dealing with stigma, rejection, and emotional strain. Most importantly, they were able to build meaningful connections with others who truly understand their experiences.

These sessions reminded us that support doesn't always have to be physical; even across digital platforms, we can build community, strengthen one another, and ensure no woman feels alone in her journey. As we closed September, we looked ahead with excitement to our upcoming Braai Meetup on 4th October at the Mufaro Centre, ready to carry this spirit of support into a joyful in-person gathering.

---

# COMING UP: OCTOBER BRAAI MEET-UP

**MUFARO** **SISTERHOOD**  
**Braai**  
BREAKING THE SILENCE

VENUE: 138 ASPINDALE PARK  
KAMBUZUMA HARARE  
TIME: 10 AM

**4TH OCTOBER 2025**

**INFO: 0779 212 421**

MUFARO SISTERHOOD BRAAI 🍖🔥

Beautiful sisters, it's that time again for us to gather ,not just around the fire, but around love, stories, and sisterhood 💖.

Be part of a powerful afternoon filled with:

- 🌸 Laughter, good food, and good vibes
- 🌸 A safe space to share your journey and be encouraged
- 🌸 Insights from professionals who will walk with us, guide us, and remind us that we are not alone in this journey
- 🌸 A chance to build deeper connections and friendships that go beyond the day

This isn't just a braai ,it's a moment of healing, empowerment, and joy. Together, we are stronger. Together, we rise.

📍 Venue: Mufaro Centre, 138 Aspindale Park, Kambuzuma, Harare

📅 Date & Time: 4 October 2025

👉 To register, inbox us or WhatsApp 📞 0779212421

#BreakingInfertilitySilence

#MufaroWomenbit

# MUFARO CENTRE IN PICTURES



At Mufaro we are committed at creating a safe and empowering space for women and vulnerable community members. Our new centre is designed to host counseling sessions, vocational training, support groups, and community activities that uplift lives.

However, the building is not yet complete. Key areas, including roofing and plastering of the main hall and offices, remain unfinished, limiting our ability to fully serve the community. Completing this safe space is crucial for providing a secure environment where people can gather, learn, and heal.

We are seeking support from generous individuals, organizations, and partners who believe in empowering communities. Your contribution, no matter the size, will bring us closer to opening the doors of this much-needed centre and changing lives for the better.

Together, we can ensure that Mufaro Foundation becomes a beacon of hope and opportunity.

## looking Ahead

As we close the third quarter of 2025, we celebrate the resilience, courage, and growth of the women who have engaged with Mufaro Foundation. Your openness, determination, and willingness to seek support inspire us every day.

This quarter, we have continued to strengthen our programs, provide counseling, and create safe spaces for dialogue, learning, and healing. Yet, the journey continues, and the need for community, understanding, and resources remains.

Together, we remain committed to breaking barriers, challenging stigma, and empowering women navigating infertility. With your continued support, we are confident that every woman can find hope, strength, and fulfillment on her path.

Thank you for walking with us and being a vital part of the Mufaro Foundation family.

*Thank you for reading*