WECARE Initiative

QUARTER ONE NEWSLETTER



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JAN – MAR 2026 EDITION

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WELCOME TO OUR

Quarter One Newsletter

2026 began with intention, reflection, and a renewed commitment to the communities we serve.

As a youth-led organization working at the intersection of HIV prevention, sexual and reproductive health, mental health, and climate-health, this quarter pushed us to go beyond activities and focus on creating spaces that are informative, inclusive, and empowering for young people.

We are excited to share this first edition of our quarterly newsletter, highlighting the work we have done from January to March and the conversations we have been part of both locally and globally.

From equipping young people to access global opportunities, to simplifying complex conversations around HIV research, to amplifying women’s voices and engaging in regional and global platforms, this quarter reflects our continued effort to ensure that young people are not only included but meaningfully engaged.

We are deeply grateful to our partners, collaborators, and community members who continue to walk this journey with us. Your support, engagement, and belief in our work make it possible to keep building and expanding this impact.

We hope this newsletter gives you a closer look into our work and invites you to continue being part of what we are building together.

Key Highlights

Building Capacity for Global Opportunities

In January, we partnered with organizations including the Prevention Access Campaign, Root to Rise, and AYAREP to host: AIDS 2026 Scholarship & Abstract Masterclass.
The session brought together over 100 young researchers, advocates, and community leaders.
What stood out was not just participation, but the need, many young people are actively working in their communities but lack access to guidance on how to position their work for global platforms.

Through this session, we focused on:

1. strengthening abstract writing skills
2. breaking down scholarship application processes
3. addressing common gaps that limit competitiveness



This is part of our commitment to ensuring that young people are not only doing impactful work but are also visible and represented in global spaces.

Strengthening Leadership and Reflection



In Cathy Dimarchos words:

"It is a pleasure to share a small part of what I have developed as training programs for organisations, executives and students over the past 3 decades. Leadership is not theory, it is lived through modelling in total alignment."

Thisquarter,we wereinvitedto a Conscious Leadership & Strategy Reflection session hosted by Kijana Initiative Organization (KIO) and facilitated by Cathy Dimarchos a globally recognised advisor, TEDx speaker, and founder of Solutions2You Consulting, with over four decades of experience across finance, governance, and human development.

The session created space to reflect on leadership beyond outputs and activities.
It challenged us to think about:

1. how we build trust within our teams and communities
2. the importance of accountability in sustaining impact
3. the role of courage in decision-making

Programs & Engagements

HIV Cure Research Awareness Session

In February, we hosted a virtual session focused on HIV cure research. The goal was to make complex scientific conversations more accessible to young people and community members.

The session explored:

1. Ongoing research efforts toward an HIV cure
2. Scientific and structural challenges that remain
3. The importance of continued community awareness and engagement

We were joined by over 100 participants from different age groups and backgrounds.

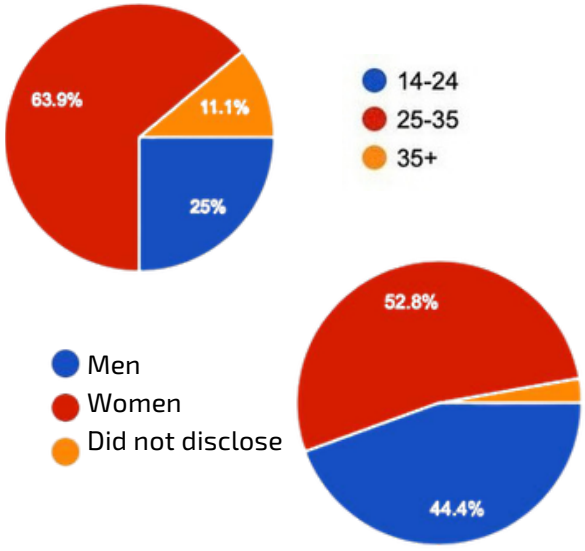
The majority of participants (63.9%) were aged 25-35, followed by 25% aged 14-24, and 11.1% aged 35 and above. In terms of gender representation, 52.8% were women, 44.4% were men, and 2.8% preferred not to disclose their gender.

Before the session, we conducted a pre-survey to understand existing knowledge and perceptions around HIV cure research. The findings revealed important gaps and misconceptions:

1. 66.7% believed that an HIV cure already exists but is being hidden
2. 16.7% believed that antiretroviral drugs (ARVs) can cure HIV
3. 8.3% believed that there is currently no cure but research is ongoing
4. 8.3% reported that they did not know

These insights highlighted the urgent need for accessible and accurate information on HIV cure research within communities.





After the session, participants demonstrated a significant increase in understanding, with 100% reporting that they understood the session very well, indicating improved clarity and knowledge gain.

This learning proved the importance of creating safe and simplified spaces where scientific research is not only shared, but understood bridging the gap between global research and community awareness.

Programs & Engagements

Global Engagement: Participating in CROI 2026



This quarter, we also participated virtually in the Conference on Retroviruses and Opportunistic Infections 2026, one of the world's leading scientific conferences focused on HIV and related infectious diseases.

Through this engagement, we followed key discussions on:

- advancements in HIV treatment and prevention
- long-acting HIV prevention options
- the evolving realities of living with HIV, including Mental health, aging and long-term health

Beyond the data and scientific progress, one reflection stood out strongly for us:

While innovation continues to advance, there is still a need to ensure that these breakthroughs are accessible, equitable, and responsive to the realities of communities especially young people. Participating in CROI allowed us to connect global research conversations with our local work, strengthening how we think about advocacy, prevention, and community engagement moving forward.

Regional Engagement: African Women & HIV Workshop



This quarter, we also participated virtually in the 3rd African Women & HIV Workshop in Cape Town. A key takeaway from the discussions was the importance of expanding prevention choices for women.

The shift toward person-centered care, the need for prevention options that align with the lived realities of women and girls.

During the workshop, we also presented our abstract on: Integrating STI testing as an entry point to HIV prevention

Emphasizing early detection and the importance of linking young people especially Adolescent Girls and Young Women (AGYW) to prevention services in a timely and accessible way.

Advocacy & Community Voices

International Women's Day Campaign





In March, we marked International Women's Day by amplifying the voices of women leading change within their communities. Our campaign focused on highlighting women leaders and reinforcing key messages around:

- Dignity and rights
- Leadership and representation
- The need to address stigma and discrimination

While we celebrate the progress and leadership of women, the reality in Tanzania reminds us that urgent action is still needed. Recent data shows that about 1 in 3 women aged 15 - 49 have experienced physical violence, while 1 in 5 girls aged 15 - 19 have begun childbearing, highlighting persistent challenges around gender-based violence and teenage pregnancy. These issues continue to limit the health, education, and economic opportunities of women and girls across the country.

This International Women's Day, aligned with the global call to accelerate action for gender equality, we urge stakeholders, partners, and communities to:

- Invest in safe spaces and protection systems for women and girls
- Strengthen prevention and response to gender-based violence
- Expand access to comprehensive sexuality education and youth-friendly health services
- Support and amplify women's leadership and decision-making.





Engaging in Women's Leadership Spaces

We also joined the launch of the Renewed Women Voices and Leadership (RWVL) Program hosted by Msichana Initiative alongside partners. The initiative focuses on strengthening women's rights organizations through:

- Participatory grant-making
- Institutional capacity support
- Long-term, flexible funding

Being part of this space reinforced the importance of investing in local, women-led movements as a pathway to sustainable and community-driven impact.



Quarter Two Outlook

Climate-Health Café Launch

In April, we will launch the first edition of our Climate-Health Café, creating space to explore the intersection between climate change and health an area that continues to gain relevance but remains under-discussed in many youth spaces.



INTEREST Conference - Tanzania

In May, we will present two of our project abstracts at the INTEREST Conference taking place in Tanzania. This is an important opportunity to:

- Share community-informed approaches
- Contribute to global conversations
- Amplify the voices and experiences of young people



Launching Our Be Informed (Jielimishe) Podcast

As we move into Quarter Two, we are also excited to begin developing a new space for open, honest, and youth-centered conversations: a Safe Space podcast.

This platform will create room for young people to speak freely about health without judgement, stigma, or barriers. The conversations will be grounded in advancing health and empowerment for Adolescent Girls and Young Women (AGYW) through:

- HIV prevention
- Sexual and Reproductive Health Rights (SRHR)
- Mental health
- Climate-health advocacy

Through this podcast, we aim to amplify lived experiences, share knowledge in accessible ways, and create a platform where young voices can lead conversations that often happen about them, but not with them. This will be a space for dialogue, learning, and connection centered on real stories, real challenges, and real solutions.

We look forward to launching this in the coming quarter and we are inviting young people, experts, and community voices to be part of it.

Closing Note

We appreciate all our partners, collaborators, and community members who continue to support and engage with our work.

Together, we will continue to contribute to a future where young people especially young women have the knowledge, access, and agency to take control of their health.

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