

QUARTER TWO NEWSLETTER

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APRIL – JUNE
2026
EDITION

WELCOME TO OUR
Quarter two Newsletter

The past three months have been a busy and meaningful season for WeCare Initiative. From April to June, we continued to grow as a youth-led organisation working at the intersection of HIV prevention, sexual and reproductive health, mental health, and climate-health. More importantly, we continued to create spaces where young people are not just participants, but contributors, leaders and voices shaping the conversations that affect their lives.

This quarter took us into new spaces and new conversations. We hosted our first-ever Climate-Health Café, brought youth perspectives to the INTEREST 2026 conference here in Dar es Salaam, and began laying the groundwork for our Be Informed (Jielimishe) podcast. Each of these moments reminded us of why we do what we do: to make information more accessible, create meaningful opportunities for young people to engage, and turn conversations into action.

We are pleased to share our second quarterly newsletter, capturing some of the work, milestones, lessons, and moments that shaped WeCare between April and June.

We also know that none of this work happens in isolation. To our partners, collaborators, volunteers, and the communities who continue to trust and work alongside us, Thank you. Your support, ideas and willingness to build with us continue to make this work possible.

So, here's a look at what we have been up to this quarter. We hope you'll follow along, celebrate the wins with us, and continue to be part of the journey.



Key Highlights

A QUARTER OF VOICES, ACTION & NEW POSSIBILITIES

Quarter Two took WeCare into different spaces, from community conversations to national and regional health platforms.

Climate & Health



We hosted our first Climate-Health Café and opened a conversation about something young people are already experiencing: the connection between climate change and our health.

Taking Community Evidence to Decision-Making Spaces.

We presented our work on STI self-testing and HIV prevention at the National Adolescent and Youth Symposium in Dodoma, bringing community-generated evidence into national conversations on adolescent health.

Young Women Leading Change



We joined feminist spaces that created room for young women to speak about leadership, funding, power, and the realities of running grassroots organisations.



Making Menstrual Health Easier to Talk About.

Through our participation in menstrual health engagements, we continued conversations around periods, dignity, access to information, and the stigma that many girls and young women still face.

A New Space to Be Informed



In May, we launched the Be Informed (Jielimishe) podcast, giving young people another way to access health information and have honest conversations about issues that affect their everyday lives.



Bringing Young Women's Experiences into Adolescent Health

At CAH-SSA 2026, we shared evidence on the barriers adolescent girls and young women face when accessing sexual and reproductive health services and called for services that are affordable, accessible, youth-friendly, and free from stigma.

PROGRAMS & ENGAGEMENTS

Climate-Health Café: Connecting climate change and Health.

In April, WeCare Initiative hosted its first Climate-Health Café, creating a space for young people to openly explore the growing connection between climate change, health, and wellbeing.

The conversation was grounded in experiences from communities themselves. Participants reflected on the health and environmental impacts they are already witnessing, including flooding following heavy rains, poor waste disposal, extreme heat, deforestation, and rising cases of disease.

The discussion also moved beyond the effects of climate change to questions of responsibility, accountability, and climate justice. We talked about something deeper: who carries the biggest burden of climate change?

A key reflection was that many communities in the Global South are experiencing some of the harshest consequences of climate change despite contributing the least to the problem.

The Café reinforced our belief that young people, particularly young women, have an important role to play in shaping climate-health solutions. It created space not only to discuss the challenges, but also to consider practical actions communities can take to protect health and build more resilient futures.

This was an important first step in creating more space for young people, to connect climate issues with the health challenges they see around them.



Regina from WeCare Initiative sharing her experiences of climate change and health during the climate health cafe.

PROGRAMS & ENGAGEMENTS.....

Taking Community Evidence to the National Adolescent & Youth Symposium

From 29-30 April, WeCare joined the National Multisectoral Adolescent and Youth Symposium in Dodoma, hosted by TACAIDS, bringing together adolescents, young people, and key stakeholders to discuss HIV, sexual and reproductive health, and adolescent wellbeing.

We presented our oral abstract:

"Integrating STI Self-Testing as a Scalable Entry Point to HIV Prevention Among AGYW in Dar es Salaam: Evidence from a Community-Led Advocacy Initiative."

The presentation shared insights from our community advocacy work and explored how STI self-testing can serve as an accessible and youth-friendly entry point to HIV prevention, particularly for adolescent girls and young women. The discussion reinforced the importance of community-led approaches in increasing awareness, demand, and uptake of integrated health services.

For WeCare, the symposium was also an opportunity to advocate for meaningful youth engagement beyond tokenism.

Our team called for greater investment in youth-led solutions, safe spaces for young people, and stronger opportunities for young people to participate in health decision-making.



WeCare Initiative Team member Presenting Our Oral Abstract



Our Team member Elizabeth Zahabu on a panel during the National Adolescent & Youth Symposium in Dodoma

PROGRAMS & ENGAGEMENTS.....

Menstrual Health, Dignity and Open Conversations

In May, WeCare participated in conversations focused on menstrual health and hygiene, including an event hosted by the Embassy of Canada in Tanzania. The engagement brought together stakeholders and advocates to discuss innovative and sustainable approaches that promote dignity, accessibility, and empowerment for women and girls.

We also joined The Red Party, convened by AfriCraft NGO in commemoration of World Menstrual Hygiene Day 2026. The discussions highlighted both the progress made in normalizing conversations around menstruation and the work that remains.

For many girls and young women, menstruation continues to be surrounded by stigma, misinformation, and barriers to accessing menstrual health products and accurate information.

These conversations reinforced an important lesson for our work: access to products matters, but education, accurate information, and safe spaces for open conversation matter just as much.

Young people also need information they can trust, people they can talk to, and spaces where they do not feel ashamed to ask questions.

That is why conversations like these matter. They help us move from simply talking about menstrual hygiene to talking about menstrual health, dignity, and rights.



Menstrual Hygiene cup - BeCup



Stakeholders in a group photo during the Red Party in commemoration of the Menstrual Hygiene Day 2026

PROGRAMS & ENGAGEMENTS.....

Launching the BE INFORMED Podcast

On 29 May, WeCare officially launched the BE INFORMED Podcast, creating a new platform for real, honest, and youth-centered conversations around health and wellbeing.

The first episode focused on menstrual health, exploring the importance of family support during menstruation and how open conversations can help reduce shame, stigma, and silence around periods.

The podcast represents another step in our commitment to making health information more accessible and creating spaces where young people can ask questions, share experiences, and learn without judgement.



Elizabeth from WeCare Initiative in a photo with Winnie Our first Guest for the Podcast

Bringing Young Women's Experiences to CAH-SSA 2026

In June, WeCare presented at the Conference on Adolescent Health in Sub-Saharan Africa (CAH-SSA) 2026 in Dar es Salaam.

Our oral abstract focused on the barriers adolescent girls and young women face when trying to access sexual and reproductive health services.

We spoke about the need for health services that are affordable, accessible, youth-friendly, and free from stigma and discrimination.

For us, presenting this work was not simply about sharing research.
It was about making sure that the experiences of young women are part of the conversations shaping adolescent health programmes and policies.

Evidence becomes more useful when it helps people understand what is happening in communities and, more importantly, when it helps improve the decisions being made.



Conference on Adolescent Health in Sub-Saharan Africa

ADVOCACY & COMMUNITY VOICES

Creating Space for Young Women to Lead

On 13 April, WeCare participated in a powerful Feminist Conversation Space hosted by Msichana Initiative, bringing together girls and young women to reflect, speak openly, and imagine the future they want to see.

The engagement also marked the launch of research examining the work and experiences of young women-led organizations across Tanzania, Kenya, and Uganda. One important finding highlighted how funding systems can themselves become barriers to grassroots organizations, with requirements such as a minimum annual income threshold excluding many smaller young women-led organizations.

The conversation was an important reminder that the systems designed to support social change must also be accessible to the organizations closest to communities. For WeCare, being part of this space was an opportunity to listen, learn, and stand alongside young women who are not only raising their voices, but actively shaping solutions.

Meaningful Youth Participation in Health Decision-Making

Our engagement at the Adolescent & Youth Symposium also created an important platform to advocate for young people's meaningful participation in health programmes and decision-making.

During a plenary panel, WeCare's Elizabeth Zahabu emphasized that youth engagement must go beyond simply having young people present in meetings or programmes. Young people need to be trusted, supported, and given genuine opportunities to influence the decisions that affect their lives.

The call was clear: invest in youth-led solutions, create safe spaces, and place young voices at the center of decision-making.

Bringing Young Women's Experiences into Adolescent Health Conversations

From Community Voices to Evidence and Advocacy

Across Quarter Two, one theme connected many of our engagements: young people already have knowledge, experiences, and solutions to contribute.

From conversations about climate and health, to menstrual health, HIV prevention, and access to SRHR services, WeCare continued to create and participate in spaces where these experiences can be heard and translated into advocacy.

Our work this quarter reminded us that meaningful change requires more than speaking about young people. It requires listening to them, creating space for their leadership, and ensuring their experiences influence the policies, programmes, and services designed for them.

QUARTER THREE OUTLOOK

LOOKING AHEAD

As we enter Quarter Three, WeCare Initiative is looking ahead to a period of increased visibility, learning, collaboration, and youth-led advocacy. Building on the community conversations, research engagement, and advocacy platforms we participated in during Quarter Two, the coming months will provide new opportunities to take our work to wider platforms while continuing to bring community priorities into the conversations that shape health policies and programmes.

AIDS 2026: Taking Community Evidence to a Global Platform

In July, WeCare Initiative will join the global HIV community at AIDS 2026 in Rio de Janeiro, Brazil, where we will share our community-led work and engage in conversations on the future of HIV prevention and care.

We will present our oral abstract, "Integrated Testing and Screening as Entry Points to HIV Care," highlighting findings from our community-led advocacy initiative exploring how STI self-testing can strengthen pathways to HIV prevention among adolescent girls and young women in Dar es Salaam, Tanzania.

For WeCare, this is an opportunity not only to present evidence, but to demonstrate how community-driven approaches can help address barriers to care and advance integrated, youth-friendly HIV and SRHR services.

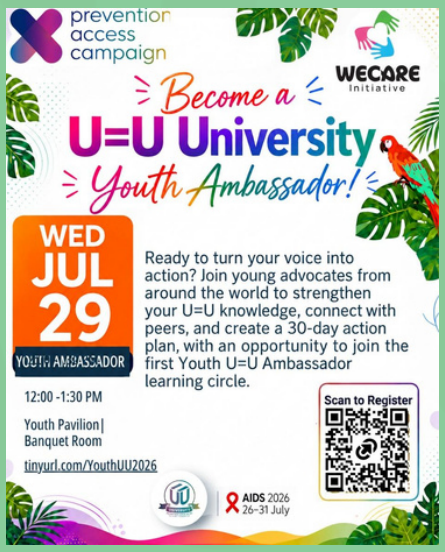


Strengthening Youth Leadership in U=U Advocacy

Together with the Prevention Access Campaign (PAC), WeCare will also contribute to the U=U University Youth Ambassadors Workshop at AIDS 2026.

The youth-led workshop will create a practical space for young people to strengthen their confidence in communicating U=U, challenge HIV-related stigma, connect with other young advocates, and develop concrete action plans for their communities.

We see this as part of a broader commitment to ensuring that young people are not only recipients of health information, but are equipped to become informed communicators, advocates, and leaders within their communities.



QUARTER THREE OUTLOOK.....

Bringing Young People's Voices to Global Conversations

Our participation at AIDS 2026 will also allow us to connect with communities, researchers, advocates, and organisations working across different areas of HIV and health. We look forward to learning from diverse experiences, sharing lessons from Tanzania, and building collaborations that can strengthen youth-centered and community-led approaches.

As we move through Quarter Three, we will continue creating opportunities for young people particularly adolescent girls and young women to influence conversations around HIV prevention, SRHR, mental health, climate-health, and wellbeing.

From Participation to Action

Quarter Three will be an opportunity to turn the knowledge, relationships, and visibility gained through these platforms into continued community action. We remain committed to taking global conversations back to the communities we serve, making information accessible, and ensuring that advocacy is grounded in the realities and priorities of young people.

WeCare Initiative looks forward to a quarter of learning, connecting, amplifying voices, and turning evidence into action.





CLOSING NOTE

As we close Quarter Two, we are proud of what we have built, but we are also reminded of how much more there is to do.

This quarter gave us the chance to start new conversations, share our community evidence, listen to other young people, and step into spaces where decisions about health and wellbeing are being shaped.

From our first Climate-Health Café to the National Adolescent and Youth Symposium, menstrual health conversations, the launch of Be Informed (Jielimishe), and our participation in CAH-SSA, each experience added something to the work we are building.

We are learning as we go. We are growing as an organisation. And we are becoming more confident about the kind of space WeCare wants to create for young people: a space where they can be informed, ask questions, speak openly, challenge systems, and lead.

We are grateful to every partner, collaborator, speaker, volunteer, advocate, and community member who continues to walk with us.

Thank you for believing in youth-led work and for giving us room to learn, try, and grow.

As we move into the next quarter, we carry the voices and lessons from these past three months with us.

We will keep listening.
We will keep learning.
And we will keep creating spaces where young people can lead.

Thank you for being part of the WeCare journey.



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