



Heal For All  
A better tomorrow

# NEWSLETTER

## HEAL FOR ALL FOUNDATION



### Dear friends of heal for all!

Warm greetings from all of us!  
Can you believe it's has been five months since Heal For All was born? Time has flown, and in this short period, we've already walked an incredible journey filled with learning, growth, and impact.

This is our very first newsletter-and we couldn't be more excited to share it with you. We hope this first edition gives you a glimpse of our heart and vision-and leaves you as inspired as we've felt every step of this journey. Thank you for walking with us from the very beginning. The best is yet to come!

### IN THE SPOTLIGHT



Who We Are



Our First Steps



Impact in Action



Events & Conferences



Voices from the Ground



Our Partners



What's Next

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## Our milestones

Even in the first few months, we've taken bold steps:

- Official registration as a national NGO.
- Building a passionate leadership team of health professionals and youth advocates.
- Launching our first awareness campaigns on NCDs and mental health
- Connecting with communities and growing our online presence to reach more people.

## Our impacts in Action

Our work is already reaching hearts and minds!

- **webinars:** The We hosted 3 engaging webinars exploring the links between Non-communicable diseases and mental health, reaching over **50+** participants directly. These sessions sparked conversation, reflection, and curiosity about living healthier lives.
- **Digital Reach:** Our social media campaigns have connected with more than **4000** people, spreading tips, resources, and awareness far and wide.

These milestones are just the beginning of our journey—empowering communities, raising awareness, and creating safe spaces for learning and support.

## Welcome on board David



Ladies and gentlemen, hold on to your seats because we have a health advocate who recently Joined our Team, David is a medical doctor with four years experience and currently taking his masters in international community Health in University of Oslo Norway

# HEAL FOR ALL

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## Conference and events

- Conference with @nacongatz: Our representative attended a powerful conference on “Tathmini ya Miaka 5 ya NGO na Mchango wa Sekta Binafsi.” Discussions focused on challenges, achievements, and recommendations for national development.
- EAC Meeting on SRH & RMNCAH: Our team joined leaders to advance sexual and reproductive health, maternal, newborn, child, and adolescent health policies. Focus was on access to care, stronger policies, and empowering youth with SRH education.

## Healing Together: Lessons from the Global Stage

Standing among global leaders, our Executive Director witnessed firsthand the power of collective action for health equity and gender justice. Conversations revealed NCDs as the silent epidemic and GBV as a systemic barrier to sustainable development – a striking reminder that there’s no SDG 3 without SDG 5. Beyond healthcare, the focus was on restoring dignity, building systems that protect the vulnerable, and creating spaces where everyone can thrive.

Returning home inspired by bold ideas and community-led solutions, we carry new partnerships, Turkish inspiration, and a renewed fire to heal with communities, not just for them. At Heal for All, we’re not just witnessing change – we’re shaping it, turning lessons from the global stage into action for a Better Tomorrow.

## Our partners



We are deeply grateful to Patsime Foundation and Afya Yangu Initiative for joining us on this journey. Your dedication, expertise, and collaboration help us amplify our impact on mental health and NCDs, and together, we are building healthier, stronger communities.

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### Men Mental Health Awareness Month

On June, Heal For All took men's mental health conversations to the national stage. Our Executive Director and Executive Secretary went live on TBC Radio, challenging the silent suffering too many men endure.

All too often, men hear: "Don't cry." "Man up." "Deal with it." But silence isn't strength it's suffering in the dark. On air, we explored:

- Cultural stigma: Why society stops men from opening up
- Breaking myths: Mental health is not a weakness
- Safe spaces: How we can create environments for men to feel, speak, and heal
- Taking action: How everyone can play a part in supporting men's mental wellbeing

By sharing stories, challenging stereotypes, and sparking dialogue, Heal For All is helping men step out of the shadows and into healing, hope, and community.

### WHATS NEXT:

Exciting things are on the horizon for Heal For All! 🌟

- New Projects Coming Soon: We're launching initiatives focused on mental health, NCDs, and community empowerment. Stay tuned for updates!
- Get Involved: Volunteer, advocate, or support our programs — together, we can make a real difference.
- Webinars & Workshops: Join us for interactive sessions where we share knowledge, tools, and solutions to improve health in our communities.

### Hello South Africa we are coming for you !

Our team representatives are excited to join the SDG Challenge in South Africa as official SDG Goal Keepers, bringing our passion for health equity to a global stage. We'll be sharing ideas, learning from changemakers, and exploring innovative ways to strengthen communities — and the best part? You're coming with us! Follow along as we take you behind the scenes of this inspiring journey.

### Subscribe and connect

Don't miss a moment of our journey! Follow us on Instagram for updates, stories, and behind-the-scenes glimpses: [@healforallfoundation](https://www.instagram.com/healforallfoundation).

Have questions or want to collaborate? Reach out anytime via email: [info@healforallfoundation.org](mailto:info@healforallfoundation.org) — we'd love to hear from you!