



SOCIO AND ECONOMIC EDUCATION TRANSFORMATION FOR HEALTH



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ABOUT SEET

Socio and Economic Education Transformation for Health, SEET, is a Tanzanian non-governmental organization founded in 2016 through a partnership of faith leaders, government, and Buguruni Anglican Health Centre (BAHC). Our mission is to equip, empower, and mobilize communities to achieve more equitable health, education, and development — especially for those who are most marginalized. We work in Buguruni, Mnyamani, and Vingunguti wards in Ilala District, Dar es Salaam, and have also implemented special projects in Rufiji District.

The people we serve are orphans and vulnerable children, widows and single teen mothers, elderly people, and individuals living with chronic illness or disabilities. SEET believes that lasting change comes when communities lead it themselves. We bring people together, provide knowledge and skills, and walk alongside them as they build healthier and more self-reliant lives.

Since our founding in 2016, SEET has grown from a small community initiative into a trusted partner for vulnerable families in Dar es Salaam. We have directly supported 154 orphans and vulnerable children (74 female) to remain in school through school fees, uniforms, learning materials, and mentorship. Twenty-one of these children (10 female) are now economically independent and supporting themselves or their own families. Ten students (7 male) exited school due to pregnancy, early marriage, and other barriers. These outcomes inform our continued focus on retention, especially for adolescent girls.

In Economic Empowerment, we have worked alongside 470 widows and single teen mothers to build financial resilience. Participants formed savings groups, gained vocational and business skills, and launched small enterprises. As a result, 241 women are now able to meet basic household needs with little or no external support. The primary constraint to further growth remains limited start-up capital. Addressing this gap is a priority for 2026.



Through our Home-Based Care program, we have provided nursing care, health education, and psychosocial support to 54 elderly and chronically ill people (25 male), including 5 children under 18 (3 male). The program restores dignity and reduces the burden on families caring for sick relatives at home.

Our Flagship Community Program is "Ukombozi" means Liberation. The program addresses three interconnected challenges: gender-based violence, substance use, and HIV. In partnership with the community, SEET developed the Ukombozi Manual and Curriculum. To date we have trained 30 Community Ukombozi Trainers who have facilitated dialogues reaching over 70,000 people in schools, places of worship, and neighborhoods. Through safe, facilitated sessions, participants discuss difficult issues, reduce stigma, and develop community action plans to prevent harm and support those affected. Through follow-up, 24 participants report they are now free from drug and alcohol use. Ukombozi returns healing and responsibility to the community.

Regarding Research and Family Medicine Partnership, SEET serves as research Centre and the community service and teaching partner for MUHAS's new Family Medicine program. Together we are establishing Tanzania's first Family Medicine specialty to strengthen primary care leadership in both rural and urban areas.

By 2025, we have presented at the National Primary Health Care Conference and Tanzania Health Summit, and engaged government stakeholders on policy and training needs. With core requirements now in place, the first cohort is expected to start within 1-2 years. This partnership will link university training directly to community health delivery.

In recent years, we also began laying the foundation for community mental health by listening to people's stories, training 388 (217 female) people, and developing tools to help communities talk about feelings, stress, and healing.

Beyond Dar es Salaam, SEET has worked in Rufiji District on two key health initiatives. First, we implemented a Malaria Screening and Treatment program combined with



community awareness creation on prevention and early care-seeking. Second, we ran a Maternal and Newborn Health program aimed at reducing mortality. Through this program we provided sterile birth kits, trained community volunteers, and created awareness on the importance of clinic visits and skilled delivery.

Each year, SEET has learned from the community, adapted our approach, and deepened our commitment to self-reliance, dignity, and hope. The work in 2025 builds directly on this foundation as we continue to walk with families toward healthier and more resilient futures.



EXECUTIVE SUMMARY

In 2025, SEET continued to serve the most vulnerable populations in Buguruni, Mnyamani, and Vingunguti wards of Dar es Salaam. Through our five core programs in Education, Health, Economic Empowerment, Mental Health, and Community-Led Prevention, we delivered direct support while building systems for long-term impact.

In Education, we supported 41 orphans and vulnerable children (18 male) with school fees, uniforms, learning materials, and mentorship. Twenty-five students (11 male) sat for and passed national exams, transitioning to secondary school, college, and university. Key barriers remain: inconsistent school meals, lack of health insurance, and limited access to vocational training. Addressing these gaps is essential to improve retention and completion rates.

Through our Home-Based Care program, we provided nursing care, health education, emergency food support, and referrals to 21 clients (11 male) living with chronic illness, disability, and old age. We celebrated milestones such as Zabula Salim being declared cancer-free, and we honored those we lost. The most urgent need identified is access to health insurance, which remains out of reach for most clients and limits continuity of care.

Our Widows Self-Help Groups program expanded. Thirteen new savings groups were formed. Three groups received training in soap making and business management. Members used savings and loans to pay school fees, improve housing, and start small businesses. Eleven widows and teen mothers received targeted support to address urgent family and individual challenges. Despite strong solidarity and repayment, inadequate start-up capital remains the primary constraint.

2025 was another successful year for Ukombozi – meaning "Liberation" – our community-led program addressing violence, substance use, and HIV. Using the community-developed Ukombozi Manual, our 30 trained community trainers facilitated dialogues that reached over 1,000 people in schools and neighborhoods. Participants developed action



plans to prevent harm and to support those affected, strengthening community ownership of solutions.

Regarding Mental Health: Building Evidence and Capacity, our focus was research and technical preparation for a mental health project funded by Bosour, Canada. In collaboration with Aga Khan University, we developed data collection tools and completed community baseline assessments to ensure future interventions are locally relevant.

With technical support from Aga Khan University, we reviewed and pre-tested the Self-Care and Resilience Manual and Training Guide. We also trained 28 community, church, and mosque volunteers, and reached 388 students (217 female) with sessions on stress management and violence prevention. Baseline data collection was initiated to inform evidence-based programming in 2026.

SEET also continued to serve as the community service and teaching partner for MUHAS Family Medicine. With support from local government, faith partners, and the US Health Tanzania Foundation, SEET strengthened monitoring systems and improved service delivery across all programs.

ORPHAN AND VULNERABLE CHILDREN PROGRAM

SEET's work with orphans and vulnerable children is guided by one goal: ensuring that loss does not mean the end of education or hope. The children we support have lost one or both parents to HIV, or live in households affected by poverty and stigma. Without support, basic costs such as school fees, uniforms, and meals become insurmountable barriers to learning.

In 2025, we conducted needs assessments and school visits to identify what children need to remain in class with dignity. As a result, 41 orphans and vulnerable children (18 male) received comprehensive support including school supplies, uniforms, shoes, school bags, transport, tuition fees, and stipends for secondary and college students.

Through closer follow-up and caregiver engagement, teachers reported improved attendance and academic performance. By removing financial barriers and providing mentorship, we are helping children stay in school and build a future beyond their circumstances.



Photo above: School Supplies & Uniform Distribution to OVC

We also prioritized children facing the greatest risk of leaving school. In 2025, when two boys stopped attending, our program coordinator conducted home visits. One child expressed interest in pursuing music. The other reported difficulty understanding classroom instruction. Caregivers had tried to support them but lacked resources. SEET worked with Ward Education Officers to address the barriers and facilitate their return to school. This case-by-case follow-up ensures that no child is lost to the system due to lack of support or guidance.



Above photo: School Visit and Student Conversations

In 2025, SEET celebrated meaningful progress with the children we serve. Twenty-five students (11 male) sat for and passed national exams. Four graduates — Samira Karim, Hamida Hashim, Siwa Kassim and Halid Jaffery — qualified for high school, and six students (3 male) transitioned from primary to secondary school. At tertiary level, Editha Thobias completed a Diploma in Transport and Logistics Management, Albentina Mathias graduated with a Degree in Banking and Finance and secured employment, and Salehe Ally, supported by SEET for over 10 years, enrolled in university to study Accountancy.

The year also highlighted critical gaps that require collective action in 2026. Forty-two children (24 male) do not receive regular school meals. Eighty-six children (46 male) lack health insurance. Eleven children (6 male) requested vocational training but we lacked funds to respond. University students like Salehe lost scholarship support and were not awarded government loans. Nine students (6 male) dropped out of school due to: pregnancy (1), early marriage (1), and other challenges (7).

To close these gaps, SEET seeks to deepen partnerships with parents, teachers, government, and donors in 2026 to ensure every learner has nutrition, health coverage, skills pathways, and financial support to complete their education



Above photo: OVC Graduates. Right: Hamida and Khairon at their graduation

Ukombozi (Violence, Drug/Alcohol Addiction and HIV) Program

In 2025, SEET's Ukombozi Program facilitated 2-hour discussions on violence in primary schools, secondary schools, colleges, and communities across Dar es Salaam. Through safe spaces for dialogue, participants learned about the effects of physical, emotional, and psychological violence and how to seek support. We trained 1,000 people through these sessions. During the discussions, many women and children bravely shared experiences of being beaten at home and at school, and of enduring emotional distress. Ukombozi gives vulnerable children and adults a voice, validates their experiences, and connects them to counselling, mentorship, and protection pathways.

HOME-BASED CARE PROGRAM

For elderly people and those living with chronic illness or disabilities, going to hospital is often a challenge. SEET's Home-Based Care team brings nursing care, health education, emotional support, and emergency food directly to their homes. In 2025, we visited all 21 (11 male) enrolled clients monthly. We checked vital signs, provided medication, and gave health education. When mpox was reported in Tanzania, we trained caregivers on prevention so they could protect both themselves and the patients they care for.

We met people like Ally Mohamed, who lost his leg in a car accident. He needed follow-up care that he could not afford. We met Margaret Lima, a former nurse who can no longer walk and dreams of starting a small business. We supported 5 (3 male) children with disabilities, some of whom still need wheelchairs. We also cared for patients living with high blood pressure, diabetes, HIV/AIDS, and tuberculosis.



Above photo: Home-Based Nursing Care and Support

The year brought both sorrow and joy. We lost Juma Manase to complications of diabetes and high blood pressure. But we also celebrated Zabula Salim, who was diagnosed with cervical cancer and, after treatment supported by US Health Tanzania Foundation, was declared cancer-free. *"I want to thank everyone who helped me with money, food and advice,". "I am now a free and happy woman again."* she told us



Photo above: Home Visit to Zabula with BAHC Nurses and SEET Staff

The greatest need in this program remains health insurance and emergency support. Most patients cannot afford treatment or even transport to hospital. With donor support, SEET can ensure no one is left to suffer alone at home.

WIDOWS AND SELF-HELP GROUPS PROGRAM

Widows in our communities carry heavy responsibilities with very little support. SEET's response is to help them come together, save, learn skills, and build businesses. In 2025 we facilitated the formation of 13 new widows' and caregivers' self-help groups and strengthened 2 existing ones. Women met regularly to save small amounts, take loans, and support each other. SEET provided training in liquid soap making and record keeping so they could earn income.

Some groups grew quickly. The Alwatan group at Malapa Mosque started with an internal shop selling sugar and rice. With SEET's support they expanded to sell salt, soap, and fabric. They now lend money to members with small interest. The Vingunguti group producing liquid soap made profit and began planning to sell to schools and businesses. Other groups saved thousands of shillings and started planning to open their own shops.



Above photo: Widows Self-Help Group Meetings

The challenges are real. Sometimes members cannot meet weekly contributions because of poverty. Some groups needed capital to start income activities. Government restrictions on gatherings also slowed meetings. But the spirit remained. Women told us the groups give them more than money. Groups give friendship, dignity, and hope.

MENTAL HEALTH AND RESILIENCY

In 2025 SEET made mental health a central focus. We know that stress, grief, violence, and substance abuse are breaking families. People need tools to understand their feelings and support each other. We initiated development of Self-Care, Mental Wellness and Resiliency manual with guidance from Mirembe National Mental Health Hospital. The manual uses local stories and focuses on emotions like anger, fear, sadness, and stress.



Above photo: SMR Manual Development Workshop with Mirembe Hospital Experts

In the year, we trained 28 church, mosque, and community volunteers to become trainers so the message can reach every home.



Above photo: Community Mental Health Trainers Training

In schools, we held discussions with 388 (217 female) students. They told us that relationships, drug use, and pressure affect how they feel and perform. They shared that they cope by talking to friends, sleeping, and exercising. In communities, we facilitated conversations about violence. Pupils and adults identified poverty, lack of knowledge about human rights, and traditional beliefs as root causes. Their solutions were simple and powerful: talk openly, report abuse, and teach children their rights.



Above Photos, facilitator leading a mental health training in class

RESEARCH AND FAMILY MEDICINE

In 2025, SEET's primary focus was research and technical preparation for the implementation of a mental health project funded by The Besroun Centre for Global Family Medicine, Canada. In partnership Health Tanzania Foundation and Aga Khan University, we co-developed data collection instruments, including a Focus Group Discussion guide, to assess community experiences of violence. Together, we also conducted community data collection to establish baseline information on mental health needs among the populations we serve. This research phase ensures that project design is evidence-based and responsive to local realities. It positions SEET to deliver targeted mental health and psychosocial support interventions when implementation begins in 2026.

PARTNERSHIPS AND REFLECTION

SEET does not work alone. Throughout 2025 we met with local government leaders who pledged support and advised us to work through neighborhood structures to identify vulnerable people. US Health Tanzania Foundation helped us improve monitoring, documentation, and storytelling. Their technical support strengthened our ability to measure impact and share results.



Above photo: Reflection Meeting with Partners and Widows

It was also a year of loss. In September we said goodbye to Dr. Wilbroad Kyejo, a colleague and friend at our Family Medicine and Research Centre. His commitment to community health inspired all of us. May he rest in peace.



In the year, our Board reminded us that sustainability depends on new partnerships and deeper community ownership. That message guides us as we look ahead.

LOOKING AHEAD

The stories of 2025 show what is possible when people are supported. Children are staying in school. Widows are building businesses. Patients are receiving care at home. Communities are learning to talk about mental health. But the work is not finished. In 2026 SEET will focus on securing school meals and health insurance for orphans, monitoring widows' groups, expanding mental health training, and ensuring home-based care clients have the medical support they need. We will also address urgent needs like wheelchairs for children with disabilities and safe sanitation for elderly clients.

APPRECIATION

To our donors, partners, volunteers, religious leaders, and community members: thank you. Because of you, a child had a uniform, a widow had a loan, a patient had food, and a student had someone to listen. This is transformation. It is slow, it is human, and it is happening.