

ORGANIZATIONAL PROFILE (2020)

PSYCHOSOCIAL WELFARE ORGANIZATION (PWO)

Introduction

Psychosocial Welfare Organization (PWO) is a nonprofit, non-governmental, non-religious and non-partisan organization registered under the Tanzanian nongovernmental organizations act no 24 of 2002 with registration No **00NGO/R/039** to operate Tanzania mainland.

The organization was founded by **Sweetbert M Anselimus**, a student at the University of Dar es salaam in March 2019. Currently a third year student pursuing B.Ed. In Psychology.

An organization currently has 426 members who are continuing students from University of Dar es salaam, Institute of Social Work and University of Dodoma. The organization has expanded further to having clubs and associations operating in various colleges and schools.

The main focus of psychosocial Welfare Organization is provide psychological, social and material support to vulnerable groups including children, women, orphans, elders, people with disabilities, people with chronic diseases and people with poor economic condition and psychology support to students.

An organization also provides free psychological consultation to other nonprofit organizations for the workers to balance their work related activities and home activities, assessments, risk managements, counselling and interventions and therapies to

organizational or project workers and beneficiaries.

Vision statement

PWO envision is to see a conducive and stable environment that allow elders, orphans, women, people with disabilities, people with chronic diseases, students and people with poor economic condition access better and quality life.

Mission statement

Improving and upgrading communities in Tanzania through provision of psychological, social and material services to people with disabilities, elders, children, people with chronic diseases and people with poor economic conditions, women and students and bring change of attitudes, beliefs and behaviors towards these groups.

Goal

Our goal is to deliver psychological, social and material services to Tanzanian vulnerable citizens, capacity building and change perceptions and behaviors towards vulnerable groups.

Specific objectives

- ✚ To provide psychological support, counselling and guidance to vulnerable citizens as to address social isolation, anxiety, depression and stress among them.
- ✚ To conduct various researches and projects based on vulnerable groups.

- ✚ To raise awareness based on vulnerable groups' concerns including gender issues, diseases, and social relationships.
- ✚ To promote students' accessibility of learning related trainings and career counselling services.
- ✚ To provide parenting and reproductive health education to girls and parents.

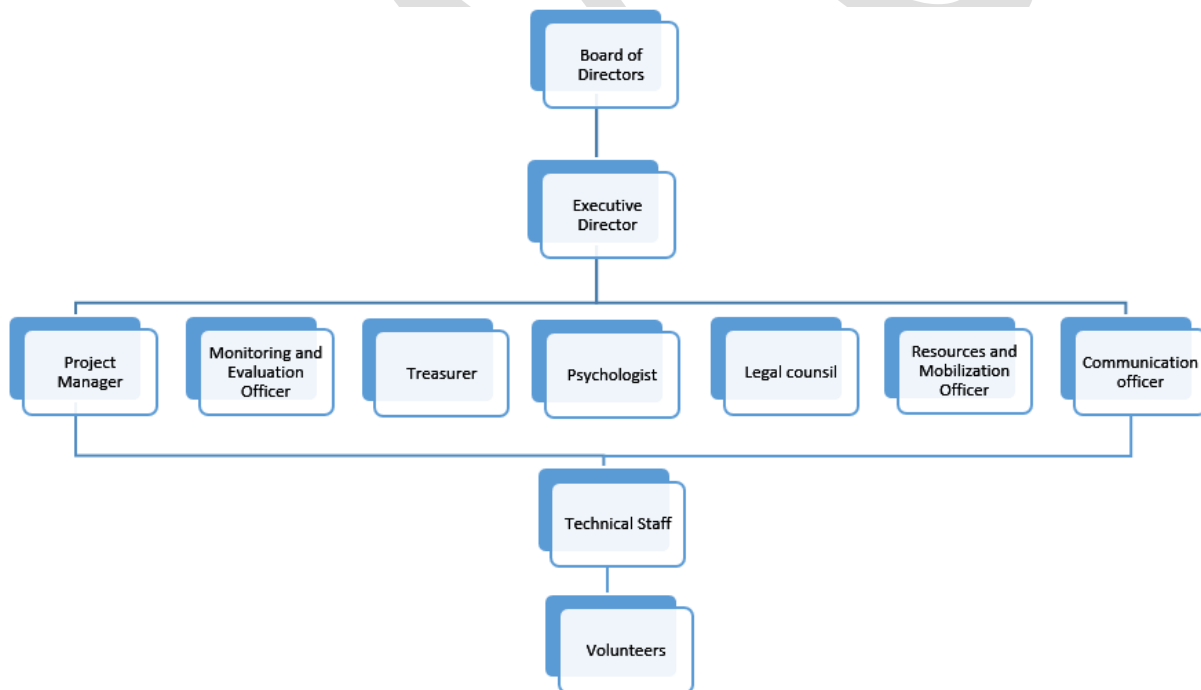
- ✚ To provide psychological consultations to nonprofits and service organizations.



Our core values: Serve – Help – Change

Motto: *“Talk with us for cure”*

Organizational structure



List of activities implemented by Psychosocial Welfare Organization.

Psychosocial Welfare Organization has been doing various activities and projects from its commencement to date among the activities done are:

- i. Psychological services to Orphans (Watoto Wetu Tanzania Orphanage Centre)
- ii. Capacity building Ubungo primary school
- iii. Psychology clubs (colleges and schools)
- iv. Panel discussion (University of Dar es salaam)

There are also ongoing projects that started from January 2020, these are:

- i. Sasa Nimekua Project (Ubungo Municipal)
- ii. Psychosocial Talent Award 1 (Poem writing competition) – Tanzania

Psychosocial services to orphans

A team of 7 staff members from Psychosocial Welfare Organization made a visit to Watoto Wetu Tanzania Orphanage center located at Mbezi Luis, Ubungo Dar es salaam. The aim was to visit orphans and impart hopes and awareness among them so that they can find meaning of life and restore the lost hope in them.

Successfully our team attended 28 children and tried to show them the real life and the required struggles. 4 children were found with depression and stress thus our four staff made counselling sessions to assist those children find the meaning of life and have hopes again.

A team had material support to support children at Watoto wetu Tanzania orphanage centre, including soap, sugar, cooking oil and stationary items.



A team from PWO and children at Watoto Wetu Tanzania orphanage centre.

Capacity building at Ubungo primary school

Our team of psychologists conducted a training at Ubungo primary school to build capacities and abilities among standard seven (7) and standard four (4) students to prepare for and take exams. The training to both classes involved study tips, forgetting and remembering and examination taking techniques in more psychological explanations.



Standard four 2019 at Ubungo primary, a class teacher and a team from PWO.



Mr. Shaban (PWO) training on a means to remember

Psychology clubs (colleges and schools)

Psychosocial Welfare Organization planned and implemented a program to establish psychology clubs in various colleges and schools. These clubs are meant to equip students in various levels of education with knowledge and skills to assist each other in different problems they face in school contexts. The clubs go far exposing students to real life in the society and prepare them for the best future roles.

The program was run from July 2019 to October 2019, it successfully reached 8 colleges and 1 secondary school. These are Katoke Teachers College (Kagera), Green bird Teachers college (Kilimanjaro), St. Bernard Teachers College (Singida), ALMC School of Nursing (Arusha), Alharamain Teachers College (Dar es salaam), St. Aggrey Teachers College (Mbeya), St. Sadock Health College (Dar es salaam) and Musoma Utalii Training College (Mara) and Dahani Secondary School (Moshi).



Mr. Nsajigwa (PWO) with club members at St. Aggrey Teachers College (Mbeya)



Club members at ALMC School of Nursing (Arusha) with Mr. Sweetbert.



Mr. Sweetbert with club members at St. Sadock Health College (Dar es Salaam)



Club Members at Green Bird Teachers College (Kilimanjaro) established by Mr. Fidel Joseph.

The program of establishing and monitoring psychology associations and clubs in colleges and schools came to an end by the mid October 2019. The program will be continued in the near future for many students to benefit from career counselling and development, networks and connections, being exposed to real world based on their careers, personalities and interests.

Panel Discussion

Psychosocial Welfare Organization held a panel discussion on 07th December 2019 that focused on the way cultural experiences affects psychology and counselling activities.

Participants were Psychology students from the University of Dar es salaam and International students taking various courses at the University of Dar es salaam. Areas of concentration were each individual to share on the way people in his or her home country/town/village perceive psychology and counselling, give some cultural motives behind the perception and suggest for way forward or recommendations to Tanzanian society.

Briefly the experiences as shared by students and teachers from China, Italy, German and Cameron and Tanzania herself showed the level of acknowledgement and psychology impacts in abroad countries to be higher compared to Tanzania. These experiences keep alerting us as PWO to offer psychology and counselling services to our society for the improved all aspects of life as they do in abroad countries.



Attendees of the culture and psychology panel discussion 7th Dec 2019 Multimedia room - UDSM.

Ongoing projects

Currently Psychosocial Welfare Organization has two ongoing programs that started this January 2020 so that to keep improving and upgrading Tanzanian communities for the desired conducive environment to vulnerable citizens.

❖ Sasa Nimekua Project

Sasa Nimekua Project is a project with two Swahili words in its title whereas “*Sasa*” means “*now*” and “*Nimekua*” means “*I have grown up*”. The title in English terms means “I have now grown up”.

The project focuses on provision of psychological support, Parenting education and economic strengthening to young mothers or teen mothers under 20 years of age, intending to reach 30 beneficiaries from each Ward among 14 wards in Ubungu Municipality. The project is of one year from January 2020 to December 2020. The project shall be lengthened, added a scope and result areas when funded.

❖ Psychosocial Talent Award 1 (Poem writing competition)

PWO has prepared a package for students with talents of composing poems from various schools, colleges and universities, where top three winners are expected to be awarded some money and books or poetry, other seven winners will be awarded poetry and other participants whose poems shall qualify to be called poems will buy the books or poetry in an offer of a decreased 75 percent of a book cost.

Psychosocial Welfare Organization's Staff

PWO has 16 staff members who work in various departments in an organization and 426 members. From both staff and members PWO has experts from Psychology field, Special needs education, Early childhood education, adult education and lifelong learning, Information and Technology (IT), Law, Social work, Monitoring and evaluation, Project planning and management and Journalism.

Organization's contacts and social media.

Mobile phone: +255763944591
Email: psychosocialwelfare@yahoo.com
Website: www.psychosocialwelfare.wordpress.com
Facebook: www.facebook.com/psychosocial.org/

