



NEWSLETTER

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Acronyms

AA	Anticipatory Action
BEC	Branch Executive Committee
CVA	Cash Voucher Assistance
DMMU	Disaster Management and Mitigation Unit
EA	Early Action
EWS	Early Warning System
IBF	Impact Based Forecasting
ICRC	International Committee of the Red Cross
IFRC	International Federation of Red Cross and Red Crescent Societies
NFIs	Non-Food Items
NS	National Society
PEC	Provincial Executive Committee
PNS	Partner National Society
RCCE	Risk Communication and Community Engagement
RCRC	Red Cross Red Crescent
RFLs	Restoring Family Links
SDGs	Sustainable Development Goals
UN	United Nations
UNICEF	United Nation Children's Emergency Fund
VAU	Volunteer Aid Unit
WASH	Water, Sanitation and Hygiene
WFA	Workplace First Aid
ZRCS	Zambia Red Cross Society

OUR VISION

Resilient and empowered communities throughout Zambia

MISSION

To save and improve the quality of life of vulnerable communities in Zambia

OUR STRATEGIC GOALS

- 01** PEOPLE ANTICIPATE, RESPOND TO, AND QUICKLY RECOVER FROM, CRISIS
- 02** PEOPLE LEAD SAFE, HEALTHY, AND DIGNIFIED LIVES, AND HAVE OPPORTUNITIES TO THRIVE
- 03** PEOPLE MOBILIZE FOR INCLUSIVE AND PEACEFUL COMMUNITIES





A message from the National President

Welcome to the third quarter edition of Zambia Red Cross Society (ZRCS) newsletter. It is my pleasure to share with you the remarkable progress, achievements, and stories of hope that have defined our work over the past few months. Through the collective dedication of our volunteers, partners, and staff, ZRCS continues to deliver life-saving humanitarian assistance, strengthen community resilience, and uplift the most vulnerable across Zambia.

This quarter, we have deepened our commitment to building empowered and resilient communities, whether through disaster response, health promotion, supporting refugees, or pioneering innovative approaches in food security and livelihoods. Every initiative, story, and partnership showcased in this newsletter reflects our unwavering mission to serve with compassion, integrity, and excellence.

As we look ahead, let us continue to unite our efforts, guided by evidence and a spirit of collaboration, to anticipate, prepare for, and respond to the challenges facing our communities. Each step we take together brings us closer to a safer, healthier, and more dignified Zambia for all.

Thank you for your ongoing support, passion, and commitment to our mission. Together, we are building a future where no one is left behind.

Martin Ng'onga
National President



Foreword- Secretary General

It is with great pride and gratitude that I introduce this third quarter edition of the Zambia Red Cross Society newsletter. Over the past months, our teams have worked tirelessly to bring hope and practical solutions to communities facing adversity. From supporting those affected by disasters to empowering individuals through development initiatives, our commitment to humanitarian action has remained steadfast.

The achievements and stories highlighted in these pages are the result of strong partnerships, innovative thinking, and the tireless dedication of our volunteers, staff, and supporters. They underscore the value of working hand-in-hand with local authorities and community members to ensure that our assistance is not only effective but also sustainable and respectful of every individual's dignity.

At ZRCS, we believe that lasting impact is created when people are placed at the center of every effort. We strive to listen, learn, and adapt, ensuring that communities are engaged as equal partners throughout every stage of our projects. As you read through this edition, I hope you will be inspired by the resilience and determination of our collective humanitarian family. Together, we are building stronger, healthier, and more inclusive communities for all.



Cosmas Sakala
Secretary General, Chief Executive Officer



KAPIRI MPOSHI DISTRICT COMMISSIONER APPLAUDS ZRCS



Kapiri Mposhi District Commissioner, Mr. Francis Hasalama (left), officially opens the Orphans and Vulnerable Inception Meeting in Kapiri Mposhi District, Central Province, and later poses for a group photo



ZRCS team and IFRC delegates visit Mulungushi Primary School, one of five schools where ZRCS is implementing the Orphan and Vulnerable Children (OVC) project

In a heartfelt acknowledgment of the pivotal work that Zambia Red Cross Society (ZRCS) is doing in the Kapiri Mposhi district, Mr. Francis Hasalama, the District Commissioner of Kapiri Mposhi, commended our ongoing initiatives aimed at uplifting the lives of Orphans and Vulnerable Children (OVC) in the District.

Speaking at the second-phase inception meeting of the Orphans and Vulnerable Children (OVC) project, held on July 4, 2025, Mr. Hasalama highlighted the tireless efforts that ZRCS has made in collaboration with various ministries to mitigate human suffering and support community well-being.

“One notable highlight was the tree-planting exercise, which not only promoted environmental sustainability

but also served as a practical educational activity for learners,” he remarked, emphasizing how such initiatives contribute to creating a greener environment for future generations.

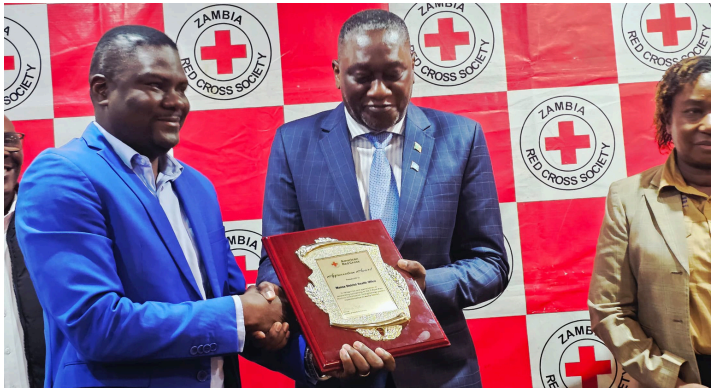
The OVC project, now well underway, has already made significant strides at the school, household, and community levels. Miyutu Caiphas, the Head Teacher of Kapiri Day Secondary School, expressed gratitude for ZRCS's impact. “The orphans and vulnerable children now have confidence and can attend classes with the help of shoes, books, and other learning materials. This has brought joy to the learners. Zambia Red Cross, you have done a lot, not just for the learners but for the entire community,” he stated.

In the first year, the OVC project has targeted five schools in the district, successfully distributing menstrual hygiene kits, essential learning materials, and training peer educators in menstrual hygiene, climate-smart agriculture, and other health-related topics.

This three-year initiative, generously funded by the Japanese Red Cross at a total cost of CHF 70,000, aims to enhance the well-being, protection, and access to essential services for vulnerable children in Kapiri Mposhi District.



KEY INSIGHTS FROM THE 5-POINT PLAN REVIEW MEETING



Ministry of Health Permanent Secretary, Dr. Kennedy Lishimpi, presents a Certificate of Implementation to ZRCS, as well as Certificates of Participation to Kabwe and Mansa District Health Officers, at the review meeting of the 5 Point Plan in Lusaka

On July 15, 2025, Zambia Red Cross Society held a review meeting to discuss the findings of the 5-Point Plan (5PP) project. The initiative aimed to enhance routine immunization for children under the age of two in the Mansa and Kabwe districts. Dr. Kennedy Lishimpi, who serves as the Permanent Secretary for Technical Services at the Ministry of Health, officiated the meeting. He highlighted the importance of strengthening immunization efforts to meet child health targets under the Sustainable Development Goals. During the meeting, Dr. Lishimpi also presented certificates of appreciation to the Mansa and Kabwe District Health Offices for their support in implementing the project. The event was attended by government officials, as well as partners including the World Health Organization, Zambia, the United Nations, the International Children's Emergency Fund (UNICEF Zambia), the Churches Health Association of Zambia (CHAZ), and other supporting organizations. The project was funded by the American Red Cross.



PHOTO HIGHLIGHTS FROM THE IMPLEMENTATION OF THE 5 POINT PLAN IN KABWE AND MANSA DISTRICTS

ZAMBIA RED CROSS SOCIETY DISTRIBUTES ZMW 600,000 WORTH OF MENSTRUAL HYGIENE KITS TO 1,006 GIRLS IN CHIKANKATA DISTRICT

In a significant step towards promoting menstrual hygiene and dignity, on July 16, 2025, Zambia Red Cross Society (ZRCS) successfully distributed menstrual hygiene kits to 1,006 adolescent girls across 14 schools in Chikankata District. This initiative underscores ZRCS's commitment to supporting orphans and vulnerable girls as part of its broader efforts to enhance community resilience in drought-affected areas. Supported by the International Federation of Red Cross and Red Crescent Societies (IFRC) under a ZMW 600,000 drought response project, this initiative is designed to ensure that young girls can manage their menstrual hygiene with dignity. Each hygiene kit includes three bars of multipurpose soap, two packets of sanitary pads, one chitenge (wrapper), and a bucket. The program reached out to the following secondary schools, providing vital support to the girl child in schools:



Some of the pupils at Chikankata Day Secondary School who received menstrual hygiene kits in Chikankata District, Southern Province

- Nansenga Secondary School – 77
- Nanduba Secondary School – 77
- Chikani Secondary School – 73
- Namalundu Secondary School – 56
- Nameembo Secondary School – 81
- Chasunta Secondary School – 10
- Kaabo Secondary School – 96
- Mulawo Secondary School – 30
- Nadenzwe Secondary School – 106
- Chikankata Day Secondary School – 106
- Chikankata Secondary School – 159
- Dundu Secondary School – 40
- Malala Secondary School – 35
- Ngangula Secondary School – 60

Mr. Hamusunse Aldin, who is the Head Teacher at Chikankata Day Secondary School, commended ZRCS for its efforts, saying, *“The school is grateful to have received these kits, which will help orphans and vulnerable girls who struggle to afford menstrual products due to their caregivers’ financial constraints.”*

A pupil from Chikankata Boarding Secondary School (name withheld for privacy) expressed her appreciation: *“This will help us girls during our periods, especially when we don’t have money to buy pads.”*



Distribution of menstrual hygiene kits in Chikankata District (as shown in the two pictures above)





HYGIENE KITS DISTRIBUTION IN SINAZONGWE WORTH K1.3 MILLION

In a significant move to enhance community hygiene practices, Zambia Red Cross Society (ZRCS) successfully distributed Non-Food Items (NFIs) to over 3,100 households in Sinazongwe District, Southern Province, on July 30, 2025. This initiative, aimed at supporting communities affected by drought, provided each household with three bars of multipurpose soap, two 750 ml bottles of chlorine, and one 20-liter water storage container.

This distribution is part of a broader drought response project funded by the International Federation for Red Cross and Red Crescent Societies (IFRC). Six wards, Maamba, Senenge, Sinazongwe, Ngandabwe, Mweemba, and Chiyabi, were beneficiaries of this vital support, which aligns with ongoing efforts to promote good hygiene practices amid challenging conditions.

In addition to the household supplies, ZRCS is also prioritizing the needs of adolescent girls in the region. The organization has targeted 1,000 girls, providing them with menstrual hygiene kits which include a wrapper (Chitenge), a bucket, and two sanitary pads. This initiative is being implemented across 10 secondary and primary schools, ensuring that young girls receive the necessary support for maintaining their health and dignity during their menstrual cycles.

The total investment for this comprehensive intervention amounted to ZMW 1.3 million, highlighting the commitment of ZRCS and its partners to uplift the community during this difficult period. The ZRCS continues to demonstrate its dedication to improving the living conditions of vulnerable populations in Zambia.



The distribution of non-food items in Sinazongwe District, Southern Province

ZRCS AND IFRC LEADERS PARTICIPATE IN WHO SESSION IN LUSAKA TO SHAPE AFRICA'S HEALTH AGENDA



ZRCS Secretary General, Mr. Cosmas Sakala, attending the WHO Regional Committee for Africa in Lusaka

ZRCS & IFRC, attended the WHO Regional Committee for Africa Conference in Lusaka Zambia. Key attendees at the Conference, included, Laurean Bwanakunu Rugambwa, IFRC Africa Regional Head of Humanitarian Diplomacy, Dr. Irene Kiiza, Head of Health and Care Africa, and our own Secretary General, Mr. Cosmas Sakala. Their presence highlighted our commitment to collaborating on health initiatives that benefit communities throughout Zambia and beyond.

Our engagement in this forum emphasizes ZRCS's dedication to improving the health and well-being of the Zambian populace. Together, we strive to ensure that every individual can lead a healthy, dignified life and has the opportunity to thrive.

From August 24th to 27th, 2025, the Zambia Red Cross Society (ZRCS) proudly participated in the 75th session of the World Health Organization (WHO) Regional Committee for Africa. This significant event took place at the esteemed Mulungushi International Conference Centre in Lusaka.

The WHO Regional Committee is a vital decision-making body that convenes annually, bringing together leaders to discuss and endorse crucial policies, activities, and financial plans to enhance health outcomes across the African continent.

ZRCS Secretary General, Mr. Cosmas Sakala, attended the event in the company of Laurean Bwanakunu Rugambwa, the IFRC Africa Regional Head of Humanitarian Diplomacy, and Dr. Irene Kiiza, the Head of Health and Care Africa. This highlights ZRCS's commitment to collaborating on health initiatives that benefit communities throughout Zambia and beyond. Together, we strive to ensure that every individual can lead a healthy, dignified life and has the opportunity to thrive.



Laurean Bwanakunu Rugambwa (left), IFRC Africa Regional Head of Humanitarian Diplomacy, and Dr. Irene Kiiza, Head of Health and Care Africa (right), at the WHO Regional Committee for Africa in Lusaka

2026-2030 STRATEGIC PLAN DEVELOPMENT

Zambia Red Cross Society (ZRCS) has embarked on an exciting new chapter as we chart our course for the next four years. From 18th to 21st August 2025, national governing board members, provincial and branch presidents, youth volunteers, and managers from various units within the National Society gathered at Mika Conference Centre in Chongwe to lay the foundation for the 2026–2030 Strategic Plan.

Guided by expert facilitation from Dr. Hakoma, this dynamic workshop brought together passionate and forward-thinking members of ZRCS. Participants engaged in deep reflection, open dialogue, and collaborative planning sharing experiences, lessons learned, and bold ideas for the future. This gathering provided a unique platform to assess the achievements and challenges of the current 2021–2025 strategic plan, and to set clear priorities that will strengthen our impact and relevance as a National Society.

This inclusive and participatory process ensured that every voice from seasoned leaders to energetic youth volunteers were heard in shaping our vision. Together, we are committed to building a resilient, adaptive, and innovative ZRCS that remains at the forefront of humanitarian action. The new strategic plan will help us scale up our lifesaving programs, enhance our reach, and continue empowering communities across Zambia.

As we look ahead to the next chapter, we reaffirm our dedication to delivering effective humanitarian services and creating lasting, positive change for the people of Zambia. Stay tuned for more updates as we finalize and launch our 2026–2030 Strategic Plan!



ZRCS National President, Mr. Martin Ng'onga, at the Strategic Plan Development Meeting held in Lusaka



The pictures above illustrate the meeting in Lusaka where ZRCS National Governing Board, ZRCS management, and other stakeholders gathered to plan the 2026–2030 strategic plan for ZRCS



WALK THE TALK: ZRCS CHAMPIONS HEALTHY LIFESTYLES

On 24th August 2025, Zambia Red Cross Society (ZRCS) proudly joined health champions from across the continent in the “Walk the Talk” program a vibrant 5KM walk dedicated to raising awareness about the critical role of exercise and healthy living in preventing non-communicable diseases (NCDs) such as diabetes, hypertension, and cancer.

Led by ZRCS Secretary General and CEO, Mr. Cosmas Sakala, our delegation walked alongside representatives from fellow humanitarian organizations, government partners, and community members. The event set the stage for the prestigious 75th Session of the World Health Organization (WHO) Regional Committee for Africa, held in Lusaka. This key gathering shapes policies and strategies to advance public health across the continent.

The “Walk the Talk” initiative was more than symbolic it was a powerful demonstration of our commitment to action. As we traversed Lusaka’s streets, we reaffirmed ZRCS’s dedication to promoting wellness at both institutional and grassroots levels. We recognize that fostering a culture of physical activity and healthy habits is fundamental not only to reducing the burden of NCDs, but also to empowering Zambians to lead more productive, fulfilling lives.



ZRCS Secretary General, Mr. Cosmas Sakala, participating in the 5KM Walk the Talk program aimed at raising awareness about the importance of exercise in preventing non-communicable disease



Stakeholders, including ZRCS, participating in the Walk the Talk program in Lusaka





ZRCS ENHANCES VACCINE ACCEPTANCE THROUGH COMMUNITY ENGAGEMENT AND TRAINING INITIATIVES IN LUAPULA PROVINCE

In support of government's efforts to enhance sustainable Risk Communication and Community Engagement to promote vaccine acceptance and immunization in rural areas, Zambia Red Cross Society (ZRCS) is implementing the Saving Lives and Livihoods (SLL) project. As part of this initiative, health workers in three districts of Luapula province are receiving training to enhance their skills at the district level. The goal is to help them effectively plan, implement, and monitor Advocacy, Communication, and Social Mobilization (ACSM) strategies. This training aims to increase immunization rates, tackle vaccine hesitancy, and boost community involvement in routine immunization efforts.

The target districts are Samfya, Mansa, and Nchelenge, where 120 health workers from various health centers are being trained in effective communication skills. This training aims to tackle vaccine hesitancy and misinformation in the communities. Additionally, these health workers will plan and implement social mobilization activities to increase immunization rates. They will also monitor and evaluate these activities to ensure continuous improvement.

This is part of the SLL project, whose goal is to strengthen Africa's ability to respond to future epidemics and pandemics. The project is funded by the Mastercard Foundation through the Africa Centres for Disease Control and Prevention (Africa CDC).



Trained health workers under the Saving Lives and Livihoods project in Mansa District, Luapula Province



Trained health workers under the Saving Lives and Livihoods project in Samfya District, Luapula Province



AfricaCDC
Centres for Disease Control and Prevention





ROLE OF ZRCS IN THE SAVING LIVES AND LIVELIHOOD PROJECT

Zambia Red Cross Society is one of the key implementers of the Saving Lives and Livelihood (SLL) project, whose aim is to strengthen Africa's ability to respond to future epidemics and pandemics by Strengthening Immunization through Advocacy, Communication, and Social Mobilization (ACSM). ZRCS's key role in this project is to develop and update Social Behavioral Change (SBC) materials for routine immunization for various vaccine diseases, such as Human papillomavirus (HPV), Rotavirus, Pneumococcal Disease, and COVID-19, among others. The other role as a national society in the SLL project is the training of Health Care Workers and ZRCS staff in the Social Behavioral Change strategies in the district of Mansa, Nchenje, and Samfya of Luapula province.

The total project budget is USD112,000, funded by the Mastercard Foundation through the Africa Centres for Disease Control and Prevention (Africa CDC). ZRCS is implementing the SLL project in collaboration with various stakeholders, including Amref Health Africa, Akros Research, the United Nations International Children's Emergency Fund (UNICEF), the International Federation of Red Cross and Red Crescent Societies (IFRC), and the Ministry of Health.



During the training of health workers under the Saving Lives and Livelihoods project in Mansa, Nchelenge, and Samfya districts, Luapula Province



ZAMBIA RED CROSS SOCIETY HANDS OVER WASH FACILITIES IN LUSAKA PROVINCE

In a significant stride towards safeguarding public health and enhancing learning environments, the Zambia Red Cross Society (ZRCS) has invested K15.6 million in the construction and delivery of new water, sanitation, and hygiene (WASH) facilities across 33 schools in Lusaka, Chilanga, Chongwe, and Kafue districts. This milestone marks a major boost in the fight against cholera and other preventable diseases, protecting both pupils and the wider communities.

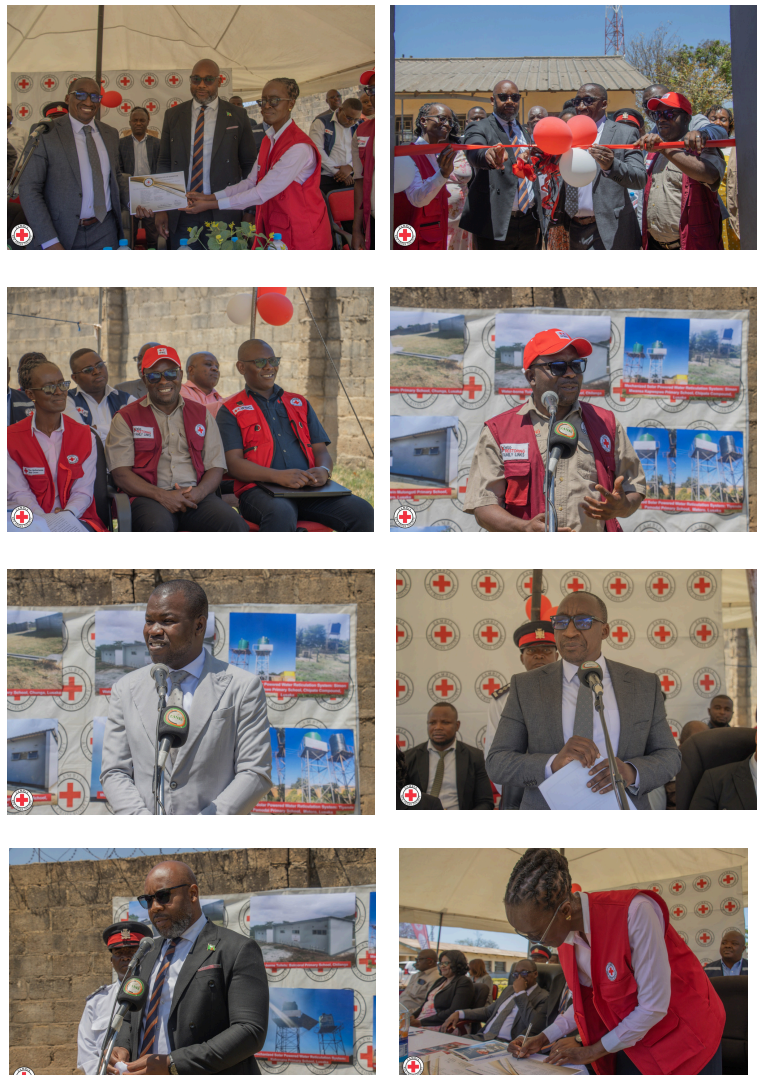
The official handover ceremony, held at Edwin Mulongoti Primary School in Matero on 2nd October 2025, was graced by Minister of Water Development (MWDS) and Sanitation Engineer Collins Nzovu, who was represented by MWDS Permanent Engineer Romas Kamanga. The Ministers stated that these facilities will not only improve hygiene standards but also contribute to a safer, more conducive environment for education.

Speaking at the event, ZRCS Health and Care Board Chairperson, Dr Muzala Kaping'a, described the WASH facilities as "investments in the well-being and future of our children." Dr Kaping'a also called upon school authorities and communities to take ownership and ensure the long-term sustainability of these vital resources.

This transformative project was made possible through funding from the International Federation of Red Cross and Red Crescent Societies (IFRC). By providing clean water and improved sanitation, ZRCS continues to create safer, healthier communities across Lusaka Province.

Other distinguished guests included Lusaka Province Deputy Permanent Secretary Mr. Alex Mapushi, ZRCS Secretary General Mr. Cosmas Sakala, IFRC Country Support Platform Coordinator Joseph Serik, Lusaka Provincial President Melody Masauka, and other government officials.

Photo highlights from the handover of WASH infrastructure at Edwin Mulongoti Primary School in Lusaka



ACUTE CRISIS PROJECT WRAPS UP, LEAVING LASTING IMPACT IN SOUTHERN PROVINCE



ZRCS Secretary General Mr. Cosmas Sakala (left), National Disaster Board Chairperson Mr. Mpingaiche Evans (center), and His Royal Highness Senior Chief Chipepo at the Acute Crisis Lessons Learned Meeting in Monze District



His Royal Highness Senior Chief Chipepo giving his remarks at the Acute Crisis Lessons Learned Meeting in Monze District

As the Acute Crisis Project came to a close in Gwembe and Siavonga districts on 31st August 2025, Zambia Red Cross Society (ZRCS) took time to reflect, during the lessons learned workshop, on the remarkable progress made in the Acute Crisis Project through strengthening food security, building resilient livelihoods, and enhancing access to clean water for thousands of families. The project, which ran from September last year to August this year, was marked by a lessons-learned meeting attended by key stakeholders including His Royal Highness Senior Chief Chipepo, ZRCS leadership, government officials, and partners.

Over the past year, ZRCS delivered critical humanitarian assistance to communities. Nearly 5,000 households received unconditional cash support, K600 per month for five months in Gwembe and for six months in Siavonga, helping families meet basic needs during difficult times. To further tackle malnutrition, 1,000 bags of high-energy protein supplements (HEPS) were distributed to improve child nutrition, while 1,000 farmers in both districts received fertilizer and seed packages to boost crop production and household resilience.

The project also invested in skills and knowledge, training more than 1,000 farmers in climate-smart agriculture and post-harvest food preservation. Sixty lead farmers were empowered to share these practices with their peers, ensuring the benefits extend well beyond the project's duration.

Access to safe water improved as ZRCS rehabilitated 20 boreholes and conducted hygiene promotion activities. Local District WASH Committees received training in water quality testing and pump maintenance, laying the groundwork for sustainable water management.

Funded by the Netherlands Red Cross with a total budget of 1,090,000 Euros, the Acute Crisis Project stands as a testament to what can be achieved through partnership and community engagement. As this chapter ends, ZRCS is committed to applying the lessons learned to future interventions, ensuring continued support for vulnerable communities across Zambia.



Launch of the Emergency Cash Assistance under the Acute Crisis Project in Siavonga District, Southern Province



Launch of the Emergency Cash Assistance under the Acute Crisis Project in Gwembe District, Southern Province



ENHANCING COMMUNITY RESILIENCE THROUGH FOOD SECURITY AND LIVELIHOODS INITIATIVE

On September 3, 2025, Zambia Red Cross Society (ZRCS), in partnership with the International Federation of Red Cross and Red Crescent Societies (IFRC), held an important meeting with communities in Sichikali and Mapanza, Choma District, Southern Province. The gathering focused on co-designing a new Food Security and Livelihoods Innovation initiative—an effort to tailor humanitarian solutions to the unique needs and priorities of local communities.

During the meeting, ZRCS actively engaged with community members, seeking their input on proposed approaches and exploring ways to adapt and test innovative ideas in real-world settings. This collaborative dialogue ensures that the initiative is rooted in community perspectives and aspirations.

The program features two innovative models. The first supports women farmers in working together to boost productivity and increase their incomes by strengthening collective access to essential services and markets. The second addresses the growing impacts of climate change by creating ‘digital pathways’—channels for delivering timely, actionable information to farmers facing climate-related challenges. These digital solutions are designed to help communities build resilience and respond more effectively to crises.

The initiative is being led by a dedicated team from ZRCS, Dr. Jack Bbabi - Director of Programs, Tawona Matenda - IFRC Senior Livelihoods Officer, Gilbert Phiri - Senior Coordinator for the Africa Zero Hunger Initiative, Neil Townsend - IFRC Innovation Consultant, and other ZRCS managers and officers.

Through this focused and collaborative approach, ZRCS and its partners are committed to empowering communities, strengthening food security, and building sustainable livelihoods for a more resilient future.



Community members engage in developing Food Security and Livelihoods Innovation model in Sichikali, Choma, Southern Province



Community involvement in developing the Food Security and Livelihoods Innovation model demonstrates a collective commitment to collaborating with vulnerable communities and customizing responses to their specific needs

Testimonials

Non-Food Items Beneficiary Testimonial- Sinazongwe

We have received soap, chlorine, and a water storage container. We are grateful to Zambia Red Cross Society for their generous assistance to us, the elderly in the community. Although this may not seem like much, it will help us for some time. I will use the chlorine to treat our water, as was advised by ZRCS, and the soap will be used for washing. The water storage container will allow me to collect & keep safe and clean water, at home. We sincerely thank ZRCS, for their generosity.

Elizabeth Maambo, 76 years old, Sinazongwe District, Southern Province



We were struggling with hunger, due to the drought. Zambia Red Cross has brought hope by providing us with cash assistance of K600 per month for four months. This support will help us feed our families and ease the burden of looking for food.

Many in our community still need help. I am grateful for the support we received and hope more families can benefit from this assistance. Your continued support makes a real difference for us in the Community.



Cosmas Kayombwe, 69 years old, Chikankata District, Southern Province

Rodaness Chipesa, Tonga Village, Mpulungu District

Hygiene Kits Beneficiary Testimonial in Mpulungu District

Our village has experienced cholera cases in the recent past, and at first, the situation was very alarming. Thankfully, Zambia Red Cross stepped in to support us. They provided chlorine to treat our water, a water storage bucket, oral rehydration salts, and soap to help us practice good hygiene. Because of this support, we have seen a noticeable reduction of cholera cases in our area. Zambia Red Cross Society has also educated us on proper hygiene practices at home, which has helped us keep our families and communities safe from cholera.





Volunteer Spotlight

Zambia Red Cross Society is proud to have dedicated volunteers working tirelessly across the country. Whether responding to emergencies, promoting health in communities, empowering youth, or supporting the most vulnerable, our volunteers are at the heart of every impact we make. Their passion and commitment drives our mission forward, reaching those who need, most help.

Volunteering with ZRCS is more than giving time; it's about making a real difference where it matters most. If you're inspired to create positive change in your community, visit any of our branches nationwide to sign up and become part of this remarkable movement. Together, we can build a safer, healthier Zambia for all.



ZRCS volunteers conducting door-to-door sensitization to raise awareness about mpox disease prevention and treatment in Kalumbila District, Northwestern Province



ZRCS volunteers participate in a wide range of initiatives across communities, reaching out to the most vulnerable, raising awareness, and championing the spirit of humanitarian service.



ZRCS PARTICIPATES IN WORLD MENTAL HEALTH DAY OPEN DAY

On 25th September 2025, Zambia Red Cross Society (ZRCS) joined the global commemoration of World Mental Health Day, celebrated under the theme **“Collaborating for a Healthier Mind: Strengthening Multisectoral Partnerships.”** As part of the day’s activities, ZRCS donated clothing items originally received from LC Waikiki to Chainama Hills College Hospital, supporting patients in need and promoting dignity in care.

According to the Ministry of Youth, Sports and Arts, Chainama Health Clinic received over 10,000 patients seeking mental health treatment between January and April this year alone, underscoring the increasing demand for robust community support and awareness.

During the event, a long-term patient shared that the word “Chainama” means “I am well, mother” in the local language, symbolizing unconditional care and reinforcing that seeking help is an act of courage and strength.

A representative from the Ministry of Health remarked, *“Mental health is a shared responsibility, and we must continue working together to ensure every person has access to care and dignity, which they deserve.”*

ZRCS Mental Health & Psychosocial Support Officer, Sera Kalumbilo, also highlighted the importance of safeguarding human dignity in every community ZRCS serves.

Through initiatives like these, ZRCS reaffirms its commitment to supporting mental health and strengthening partnerships for the well-being of all.



Participants in World Mental Health Day display signs of solidarity with mental health patients to raise awareness about the stigma surrounding mental illness



ZRCS Mental Health & Psychosocial Support Officer, Sera Kalumbilo (left), hands over a donation of clothing items to Chainama Hills Hospital in Lusaka. The middle and right pictures show scenes from the commemoration of World Mental Health Day in Lusaka

ZRCS MARKS DISASTER RISK REDUCTION DAY WITH A CALL TO INVEST IN RESILIENCE



On 13th October 2025, Zambia Red Cross Society (ZRCS) joined fellow stakeholders at the Lusaka Show Grounds to commemorate Disaster Risk Reduction Day, celebrated this year under the powerful theme **“Fund Resilience, not Disasters.”** The event brought together government leaders, partners, and community members in a united effort to spotlight the urgent need for proactive, risk-informed development.

Her Honor, the Republican Vice President of Zambia, Mrs. Mutale Nalumango, graced the occasion and reaffirmed Government’s unwavering commitment to placing disaster risk reduction at the center of national development planning. She emphasized that building resilience is not just a policy directive but a moral imperative to protect lives and secure Zambia’s progress for future generations.

ZRCS, Secretary General and CEO, Mr. Cosmas Sakala, delivered a passionate call to action: *“This theme speaks directly to the heart of disaster risk reduction. We must invest in addressing the root causes of both man-made and natural disasters, rather than only responding to their consequences.”* He underscored the importance of shifting resources towards prevention, preparedness, and community empowerment, noting that every kwacha spent on resilience, safeguards countless livelihoods and development gains.

ZRCS remains steadfast in its commitment to working collaboratively with government and partners to strengthen national resilience. Through advocacy, community engagement, and strategic investment, ZRCS continues to champion a safer, more resilient Zambia where disasters are not just responded to, but anticipated and prevented.



Her Honor, the Vice President of the Republic of Zambia, Mrs. Mutale Nalumango (left), visits ZRCS stand at World Disaster Risk Reduction Day in Lusaka



Her Honor, the Vice President of the Republic of Zambia, Mrs. Mutale Nalumango (right), interacts with ZRCS Secretary General, Mr. Cosmas Sakala (second right), at World Disaster Risk Reduction Day in Lusaka

ZRCS SUBMITS A REPORT ON DRM NATIONAL BUDGET TO PARLIAMENTARY COMMITTEE



ZRCS Director of Programs, Dr. Jack Bbabi, presenting before the Parliamentary Committee at Parliament Buildings in Lusaka



On 7th October 2025, Zambia Red Cross Society (ZRCS), led by Director of Programs Dr. Jack Bbabi, appeared before the Parliamentary Committee to present its report on Head 19, as part of the 2026 National Budget process outlined in the Yellow Book.

The meeting brought together Members of Parliament from various constituencies and officials from the Parliamentary Budget Office to review ZRCS's submission. The report detailed the Society's key priorities, planned interventions, and proposed budget allocations under Head 19.

This engagement underscores ZRCS's commitment to transparency, close collaboration with legislative stakeholders, and alignment with Zambia's National Development Plan. By actively participating in the budget process, ZRCS continues to advocate for effective humanitarian action and support for vulnerable communities.



WHO WILL HELP YOU IF YOU HAVE AN EMERGENCY AT WORK?

Accidents and emergencies can happen anywhere, especially in the workplace. Zambia Red Cross Society (ZRCS) offers comprehensive First Aid training programs tailored for professionals, non-professionals, and workplace teams. Our courses, including Basic Life Support (BLS), Workplace First Aid (WFA), and Child Care First Aid, are designed to equip individuals and organizations with the practical skills needed to respond effectively in emergencies, whether at work, home, or in the community.

ZRCS partners with organizations to train staff through hands-on lessons, interactive discussions, and real-life simulations. Our goal is to ensure that every workplace has at least one trained first aider, ready to prevent accidents and provide critical care when it matters most. In addition to training, we supply high-quality First Aid kits and refill packs, ensuring you have the right tools when you need them.

Don't wait for an emergency to happen; be prepared. Contact Zambia Red Cross Society to enroll in a First Aid training program or to secure essential First Aid supplies. Together, we can create safer workplaces and communities for everyone.



ZRCS DONATES HUMANITARIAN AID WORTH K650,000 TO SUPPORT REFUGEES

On 17th October, Zambia Red Cross Society (ZRCS) donated humanitarian aid package valued at 650,000 kwacha to the Office of Commissioner for Refugees, aimed at supporting displaced families at the Mantapala Refugee Settlement. The donation included 30 tarpaulins, 200 sleeping mats, 700 mosquito nets, 200 blankets, 6 hand-washing basins, 200 water storage containers, 50 cooking sets, 2,100 bars of soap, and 200 bottles of chlorine.

During the handover, Mr. Wina Wina, who is ZRCS Disaster Management Manager, speaking on behalf of the Secretary General, emphasized that this support is intended to help ease the growing burden on the settlement and address the increasing humanitarian needs of refugees arriving from various countries. He highlighted that the rising influx of refugees has significantly increased the demand for shelter, water, sanitation, and hygiene services.

Receiving the donation on behalf of the Ministry of Foreign Affairs and International Cooperation, Commissioner for Refugees Mr. Tovine Kaneneka expressed gratitude for ZRCS's timely and ongoing commitment to supporting refugee communities. He commended the Society's continued partnership in humanitarian response and its dedication to improving the well-being of vulnerable families.



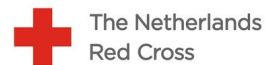
ZRCS Disaster Management Manager, Wina Wina (left), hands over the donation of assorted items to Commissioner for Refugees, Mr. Tovine Kaneneka, in Lusaka



The donated assortment of items presented to the Commissioner for Refugees



Our Partners



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MISSION

To save and improve the quality of life of vulnerable communities in Zambia

VISION

To save and improve the quality of life of vulnerable communities in Zambia

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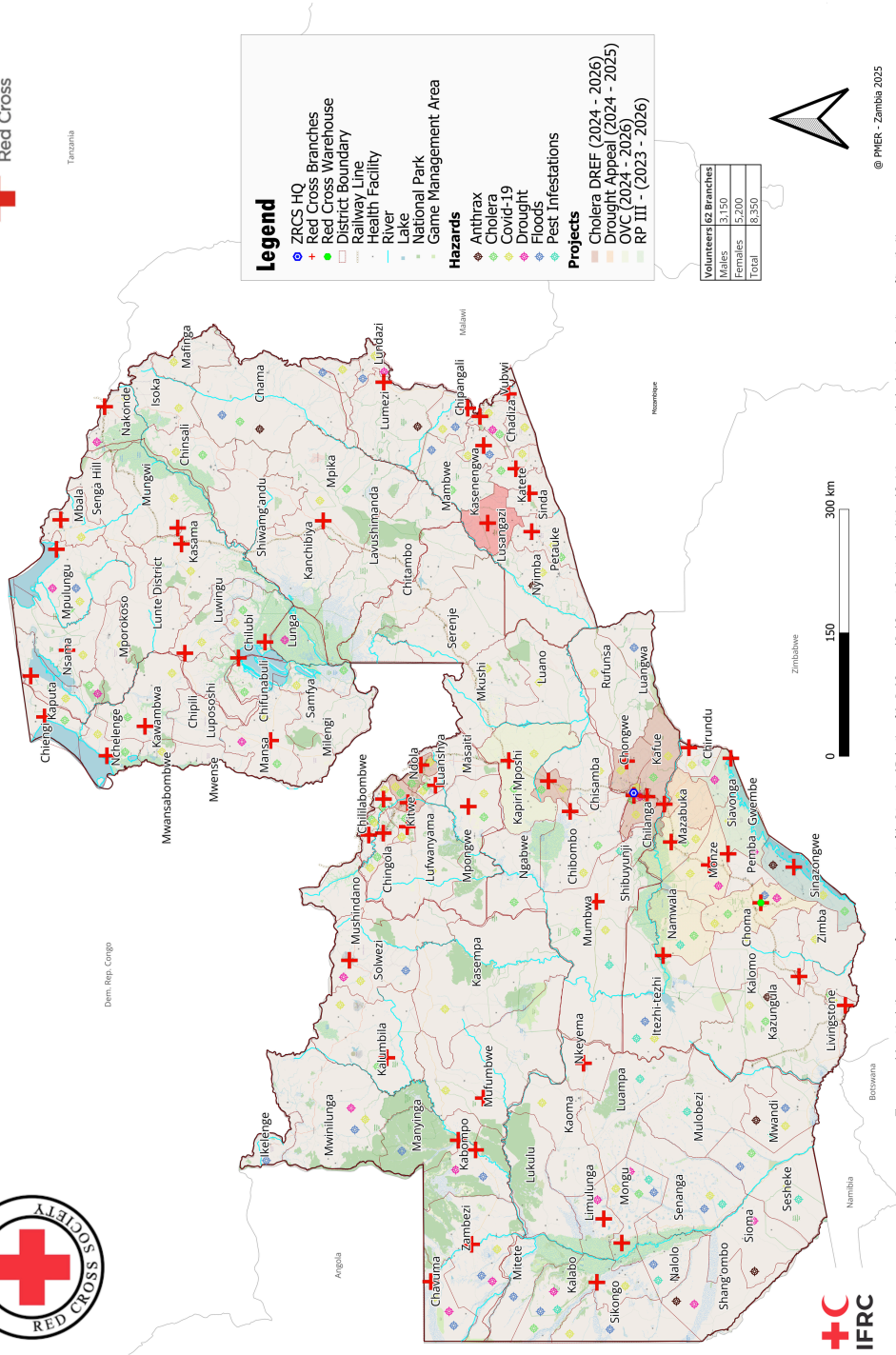
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*Do you Have feedback or Concerns?
We're here to help! Call our Toll-Free Line at
7373 for any complaints or enquiries. Your
satisfaction is our priority.*

