

**Manerela+ introduced us to fresh approaches to family planning.**

I'm Jamila Daudi, a 22-year-old single mother. My home area is Mayani in the area of Traditional Authority Tambala in Dedza district. I joined Tikondane Hub of Mayani Health Centre in 2021.

Through awareness meetings by Manerela+ and Mayani Health Centre workers, I have learnt the proper ways of taking antiretroviral therapy (ART). Previously, I was taking the medication anyhow without adhering to time. My health suffered as a result, but ever since I started adhering to the right practices, my health has changed for the better.

Manerela+ and Mayani Health Centre also introduced us to fresh approaches to family planning, such as the accessibility of family planning services for those who are HIV-positive. In my case, I was able to obtain Injectable Depo-Provera, one of the family planning options. The establishment of Tikondane Hub has had a significant positive impact on our community (Mayani), where persons with HIV were reluctant to join in community activities owing to stigma and prejudice. However, Manerela+ and Tikondane Hub meetings have given us hope that we can still connect with society in many ways, despite the low attendance when we meet within the hub.

I'm always grateful to my parents for being by my side ever since I tested positive for HIV. They encouraged me to start taking ART and they make it a point to remind me to take it on time. Additionally, I am grateful to Manerela+ for giving us optimism that we can now share the information we gain at the meetings with the community, and that a lot of people are responding well to it.