



MWANGAZA
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Vision for Self-Reliance

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FRIDA FRANK MAPUNDA

Photo taken August 2012. Frida (on the right) with her mother and twin brother.

Frida was born in November 02, 2011 in Songea; she lives at Mjimwema in the house rented by SWACCO with his mother and her fellow twin Fred. Her mother was abandoned by her father when she was pregnant.

Frida's mother quit school and went to Arusha to look for a job after the death of her parents in 2008 as she had no money for her school fees. While in Arusha she managed to get a job at a certain family working as a housemaid, she worked there for three years. The household head repeatedly raped Frida's mother and impregnated her. When she informed the household head he denied the situation and kicked her out knowing she was pregnant. While struggling to find somewhere to stay, she met with a Good Samaritan who gave her transportation fare to come back to Songea, her home town. She has no relatives and upon arriving back she found that her house was already sold, thus there were no place to stay and nothing to her name.

She met a kind woman, Elizabeth Kapinga, who was a member of SWACCO, the Songean Women and Children's Care Organization. Elizabeth found her a temporary home to stay, but only for a few days at a time. Elizabeth has no means to take care of Felistia Mapunda and her twins, Frida and Fred, Elizabeth was already receiving help from SWACCO.

Elizabeth introduced them to SWACCO, which is solely funded by the Mwangaza Jitegemee Foundation, and February 2012 they assisted them in finding somewhere to live.

After finding out more about the situation and how she was still just surviving, the Mwangaza Jitegemee Foundation raised enough money to fully support this additional family providing Frida with formula, food, clothes, medical and clinical services and rented a room with a bed for her Frida to stay with her mother and twin. Upon arrival at SWACCO Frida was very undernourished, terribly small for her age, and lethargic. At 8 ½ months she was still undernourished and could not complete benchmark skills for a healthy 9 month old. At seeing this, SWACCO provide her mother with formula and bottles to supplement her nursing. The twins were not receiving enough milk from her. Within 10 days Frida was alert, heavier, smiling and playing. Currently she is a 10 months old and her health has improved significantly from the time she arrived at the SWACCO orphanage.

