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NEWSLETTER

Embracing Vulnerability

2026

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From Silence to Strength: Healing the Pillars of Our Communities

Every year, men in rural Zambia are taught that to seek help is to be weak. HIMZ is rewriting that story — through gardens, mobile health, and the courage to share.



FOUNDER'S VOICE

“Even the strongest pillars need support”

Even the strongest pillars need support” Alick Mandandi, founding director of HIMZ, grew up watching his father silently fade from diabetes. He later met an elderly farmer living with diabetic foot wounds and recognized the same pattern: pain hidden behind the idea that men must always appear strong. That realization became the seed of HIMZ: to create safe, dignified spaces where men can speak, heal, and seek care without shame.

Healing begins when we stand together, not alone.





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The Weight of Silence

Patriarchal norms

Real men don't complain — this code keeps men from clinics.

NCDs on the rise

Zambia: high diabetes & hypertension burden. Elderly men die from preventable complications.

Isolation & distance

Clinics 35–70 km away. Loss of provider role deepens shame.

HIM Garden

Therapeutic landscape where men grow vegetables, raise chickens, learn climate-smart agriculture.

H4HIM Mobile Health

Clinic on wheels: BP monitors, glucose tests, meds at doorsteps. No more 50-km walks. Diabetic foot care to prevent amputations.



PILOT MILESTONE

“We planted the first seed”

Kalundu Primary School — March 28, 2026. 22 elderly men gathered. Some walked hours. They came with years of untold stories: diabetes, hypertension, back pain, shame of no longer providing.

Using HIMZ's SEED curriculum, they were invited to speak. When Alick shared his father's story, an old farmer wept: “I've never told anyone how much pain I carry.” Men who had never hugged began to console each other. A brotherhood was born.



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SEED Curriculum: Growing Men into Fullness

- Standing Tall**
Men come as they are. Welcome, trust, no judgment.
- Embrace (Grounding)**
Grounding in nature while opening up on how patriarchal norms has affected their health.
- Elevate**
Harness vulnerability as courage; become role models.
- Demonstrate**
Open gardens to community, teach, become ambassadors



VOICES FROM THE FIELD

Health eating and a shared meal

We demonstrated how to eat health using locally available food which are chemical free and healthy. A well balanced diet is key to tackle NCDs



Mr. Charles: “Knowledge should never gather dust”

Mr. Charles, 68, retired teacher from Sesheke, lives with diabetes and hypertension. The nearest clinic is 15 km away — he walks, hoping for a ride. “If I had more energy, I would teach again. Or raise chickens. Something to make me feel useful again.” That moment captured why HIMZ exists: we restore purpose. Through our garden program, Mr. Charles can mentor young farmers. As I left, he handed me an old science reader: “Use it to teach someone. Knowledge should never gather dust.”

Join the Journey
Follow our story, share this newsletter, reach out. Together we turn silence into strength.

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