



WELCOME TO OUR

Quarterly Newsletter

Blue Cross Society Tanzania hut



We are thrilled to bring you the latest highlights and achievements from the 'Proud to Be Drug-Free' campaign, spearheaded by the Blue Cross Society of Tanzania. Our mission is **not just a campaign**; it's a movement towards fostering healthier, drug-free communities and **empowering individuals** to lead fulfilling lives and contribute to the development of peaceful, justice and inclusive society.

The proud to be drug free campaign develops a **drug-free lifestyle** in all aspects of life of students, youth and individuals.

In this newsletter you will find:

↓ The successful launch of the 'Proud to Be Drug-Free' campaign, the importance of a drug-free lifestyle, A poem about pride in being drug-free and a testimony from a recovered addict and so much more.....keep reading



Mr. REVOCATUS NGINILA
Director of Blue Cross Society Tanzania

Campaign Launch Success

ATTENDANTS IN OUR CAMPAIGN

Our 'Proud to Be Drug-Free' campaign launch in Arusha, Tanzania, was a resounding success, attended by notable figures including the Deputy Mayor, the Regional Mental Health Coordinator, local government leaders, and the Arusha City Council's social chair person and Community gender officer. There was active participation from young locals, peer educators, and representatives from NGOs like Elimu Yetu Development organizations, showcasing strong community and institutional support for our drug-free initiative.



Blue cross society of Tanzania team.

About our campaign

This campaign insist to students, youth and individual to Live the life they deserve. Make their selves proud. Believe in themselves, believe that they are worth it.



Our campaign aims to instill a drug-free lifestyle among students, youth, and individuals by emphasizing the importance of making positive choices for their physical and mental well-being. Through life skills education and community engagement, we inspire individuals to realize that a life without alcohol, tobacco, and drugs is not only possible but also rewarding.



The importance of a drug-free lifestyle



This campaign inspires people to be proud that they are not using drugs thus will make them healthy. Human beings needs good health.Why good health?

- Living a healthy lifestyle can help **prevent chronic diseases** and long-term illness.
- Feeling good about yourself and taking care of your health are important for your **self-esteem and self-image**. Maintain a healthy life style by doing what is right for your body.
- They should **surround themselves with positive energy**. To have a sound mental and emotional state, they must surround themselves with positive energy. Yes =, not all problems can be avoided. But it helps to face such obstacles with an optimistic outlook.
- They should surround themselves with encouraging friends and people who will provide them with constructive criticism every once in a while, to help them improve.

- Staying alcohol and drug-free allows you to find yourself and to be connected with others on a new level. You will regain new positive energy and make your self-esteem higher. You will feel new emotions like never before and may even start to feel this way towards other people too.
- One should take care of one's body; it is the only place one has to live. One must understand that having health means having hope, and with hope, one possesses everything. There is nothing more important than good health—it is our principal capital asset. Health is the most precious thing in life, yet we often take it for granted.



A POIGNANT POEM



Quitting drugs gives me
new energy,
I do many things without
any restrictions
now I have freed myself and shine
like all of you
I have become a new person, it is a
great benefit
The family looks at me with
joy and happiness
my friends will welcome me
with open arms
now I am confident, I am
doing better
I don't know what tomorrow
will be like,
I have grown into a
strong person
I am proud to be drug free.

TESTIMONY FROM RECOVERY ADDICTS

Andrew Evarist a young man who is now recovering from drug addiction, became addicted to heroin and ruined his life for almost ten (10) years. The addiction was due to the fact that he got chronic stomach pain and started using pain killers in excess. This resulted in abusing the pain killers and hence forth brought addiction of other illicit drugs. The addiction took me to the abuse of heroin since I felt it would have helped me. but I didn't know the outcome. Drugs changed my life completely, I have lived it in my mind, I grew up being dependent and with no hope of life. I stole things, misused money, ran away from my family, and even my physical appearance changed I no longer looked healthier.



As for now I am grateful for the treatment and education I received from sober house, I am now back to my family and I urge youth not to think of trying to use illicit drugs it will take away the most precious thing you have and that's life.