

Strong Woman



SOLIDARITY DONATION REPORT - 14 FEBRUARY
2026

**Strong
Woman**



PalmiraMucavele

- **Degree in Human Resources Management and Negotiation, with 20 years of experience in Human Resources and Leadership in large organisations**
- **12 years in leadership positions**
- **Certified Coach by the ICC (International Coaching Community)**
- **Founder of the Strong Woman Project**
- **Founder of Palm Corporate Consultancy**





Solidarity Donation
Report | Strong Woman Moto:
People Need People



In early **January 2026**, heavy rains and overflowing rivers caused severe flooding in central and southern **Mozambique**. Entire communities were submerged, homes were damaged or destroyed, and critical infrastructure like roads, schools and health centers were disrupted. This rapidly turned into a significant **humanitarian emergency** affecting rural and urban areas.

These figures come from United Nations agencies and health organizations involved in the response:

Approximately 720,000 people affected by the floods between 9 January and early February 2026 — this is around **170,000 families** in multiple provinces.

About **100,000 people are displaced** and sheltering in temporary sites where conditions are often crowded.

Earlier in late January, estimates were already reporting **over 640,000 people impacted**, showing the scale and speed of the disaster.

→ These numbers may still change as assessments continue and more areas are reached.



Other impacts

The floods have **increased risks of disease** (including malaria and diarrhea) because clean water, sanitation and health services have been disrupted.

Health and humanitarian partners are scaling up support, providing medical care, water and sanitation, and other basic services to the hardest-hit communities.





Solidarity Mission Overview – 14 February 2026

On 14 February 2026, Strong Woman, together with the Strong Woman Community, family members, friends and supporters, carried out a solidarity donation mission to support families affected by the January 2026 floods in Marracuene, Faftine neighbourhood, Mozambique.

This visit was part of the second phase of the Strong Woman Solidarity Campaign, with a specific focus on widows and single mothers, women who are heads of household and who continue to face significant challenges as they rebuild their lives after losing homes, belongings and sources of livelihood.

During this mission, Strong Woman delivered Solidarity Kits containing essential household items, as well as agricultural seeds, aimed at supporting both immediate needs and medium-term sustainability. The objective was to help these women restart their lives with dignity, autonomy and reduced vulnerability.

This action reflects Strong Woman's commitment to community-led response, accountability to donors, and the belief that recovery is not only about survival, but about restoring dignity and opportunity.



Solidarity Mission Overview – 14 February 2026

Beneficiary Groups

The selection of beneficiaries was based on social vulnerability criteria and included:

17 Widows: Female heads of household living in situations of economic hardship.

07 Single Mothers: Young and adult women with family responsibilities and no stable financial support.

Total: 24 households benefited.



Focus - Solidarity Kit

- 2 Cooking pots
- 6 Glasses
- 6 Plates
- Cutlery set
- Basin
- Charcoal stove
- Seed sachets (cabbage, tomato, onion)



Solidarity Kit Distribution



Impact

20 solidarity kits delivered and 200 seed sachets ensuring food sustainability for up to 4 months.



STRONG WOMAN VOLUNTEARS



Clothes distribution



Sead distribution (cabbage, tomato, onion)





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Strong Woman



Strong Woman is a personal and professional development initiative that aims to **inspire, mobilise, mentor and provide educational tools** to women living in contexts of **gender-based stigmatisation, social exclusion and domestic violence**.

PALMIRA MUCAVELE MOTIVATION SPEECH.



20 SOLIDARITY KITS





Message of Gratitude

This solidarity action was made possible thanks to the generosity of my cousin **Dina**, who mobilized her neighborhood and friends in **Virginia State, USA**, to stand with families affected by the floods in Mozambique through **Strong Woman**.

Your donations crossed borders and became **food, dignity, hope and new beginnings** for widows and single mothers who lost everything.

What you gave was not just material support it was proof that **humanity still cares**.

Thank you for choosing compassion.

Thank you for believing that rebuilding lives is a shared responsibility.

Together, we show the world that **people need people**-everywhere. **Strong Woman**



Obrigado! Thank you