



FOL Newsletter

Fountain of Life

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FOL'S FIRST CONGOMA NGO WEEK ATTENDANCE



Fountain of Life (FOL) participated in the CONGOMA NGO week 2015 event for the first time. The CONGOMA NGO week is an event organized by Council for Non-Governmental Organization in Malawi (CONGOMA) and Non-Governmental Organizations Board of Malawi (NGO Board) to let NGOs that have registered with CONGOMA and NGO board show case their work/services/products they are providing and doing.

This year the event took place from the 18th -19th November 2015 at Crossroads Hotel in Lilongwe and the theme was "Partnerships for mutual accountability and sustainable development." Up to 40 NGOs patronized the event; they mounted their stalls and displays to showcase and market their work.

FOL displayed some of the stories from the "Breaking the Silence" tool kit, the tool kit itself, items in the comfort packs FOL provides to victims at the One Stop Centers which include chitenje, tooth brush, tooth paste, soap, underwear and face cloth. Other items were play session items for children, brochures and client forms.

The NGO Week is a good initiative and experience. FOL learned a lot from other organizations. Other organizations were also interested in the trauma counseling component and were eager to contact us for partnerships.

Did You Know?

- There are over 800 hundred NGOs operating in Malawi but only over 400 NGOs are registered with CONGOMA and NGO board
- There are more cases of defilement, rape and sexual assault during the holidays.
- One of the most important support systems victims have is "church"
- Religious bodies are a great way to raise awareness because at least everyone belongs to one, victims, even perpetrators.

PLANS FOR 2016...

Fountain of Life experienced significant growth in the year 2015 and has closed on a good note. We have managed to achieve all the milestones we set up for 2015, one of which was being officially registered with CONGOMA and NGO board.

The partnership with UNICEF will see FOL partaking in a lot of activities. Replicating the Blantyre OSC model to Zomba, Lilongwe and Mzuzu will mean training, awareness campaigns and more activities. We hope to be very busy "breaking the silence" on defilement, rape and sexual assault as well as our primary goal, helping and focusing on the VICTIMS through trauma counseling at no cost to them. You can still help us in any way you can by visiting our website >> GIVE PAGE. We will greatly appreciate your help.

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DESSIMINATION OF “BREAKING THE SILENCE” BEGINS

FOL and EAM agreed to work together to mobilize church leaders who will be trained on how to use the tool kit. Unfortunately EAM was unable to mobilize the church leaders in 2015 but has committed to work with FOL in the 1st quarter of 2016 to disseminate the resource.

FOL contacted Pastor Samuel Banda who mobilized close to fifty (50) church leaders around Lilongwe for the training workshop and the dissemination began.

The participants were introduced to FOL, what it does and were shown how to use the tool kit. The same story used in the awareness campaigns in schools was also used for the demonstration. The purpose of the tool kit is to help churches "Break the Silence" and begin talking about defilement and rape, how to help/respond to victims, support needed, the services available for victims, effects of not helping victims and preventive measures.



The training at Korea Garden Lodge

The participants were very attentive and engaged actively in the discussions. Most were enlightened and learned about the One Stop Centers, getting medical attention within 72 hours, and that there is an organization (FOL) that focuses on the victim. They received hard copies of the tool kit and also soft copies. They expressed a need for FOL to reach more church leaders and FOL is planning to carry out more workshops to train more church leaders in 2016.

SAFETY DURING THE HOLIDAYS

It's the holidays and almost everyone is on break. Relatives are coming over for vacation, some are sending children to visit other relatives or the family is going away on vacation. Please remember to be safe especially the children. It is time to relax but that does not mean relaxing care for yourself and children.

Please empower children to report any suspicious and inappropriate behaviors by strangers or even people they know including family members or relatives.

Do not leave children alone or with an adult you do not trust or know very well.

Pay attention to your children.

Do not go out alone or at least inform someone reliable where you are going and all your movements.

If at all you know someone or you have been sexually assaulted, please go to the hospital IMMEDIATELY to get help.

FOUNTAIN OF LIFE WOULD LIKE TO WISH YOU ALL A MERRY AND SAFE CHRISTMAS AND A HAPPY NEW YEAR!!!!!!



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**MALAWI'S ANSWER TO THOSE
SUFFERING FROM SEXUAL ASSAULT**