



# 2015 ANNUAL REPORT

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On Behalf of the Directors of Fountain of Life Ltd. (Malawi)

## FOL & SOCIAL MEDIA

Social media is becoming more important globally and this is true for Fountain of Life (FOL). In 2015 we grew from 133 page likes on Facebook to over 370 by the year end. Our public relations/communications officer, Natalia, will work hard to raise these numbers in 2016.

FOL has a Twitter account and we are up to 50 followers at year end. The handle is @MalawiFoL. Our Youtube site has videos and clips that may interest people. The YouTube handle is Fountain of Life (Malawi) Ltd. Please keep visiting our website to get the latest news and follow the blog – [www.mwfountainoffie.org](http://www.mwfountainoffie.org).

## 2015 HAPPENINGS

### Dissemination of the Church Took Kit

At the end of 2014 we published a resource called “Breaking the Silence: A Resource Package to Help Churches Respond Effectively to Victims of Sexual Violence”. This has been a great tool to raise awareness with Churches as well as in Primary Schools, Secondary Schools, and Community Groups. In 2014 we shared how FOL partnered with Children of Blessing Trust (COBT), to run workshops with their clients and care-givers. The success of this encouraged us to do the same in Primary and Secondary Schools. Six schools were visited and just over 1,500 students and teachers participated in the events.

One of our primary focus areas is to work with Churches to make them a safe place for a victim of rape. The tool kit was developed with this in mind. Towards the end of 2015 a group of 40 Pastors came to a workshop where the tool kit was presented. Out of that workshop came an invitation to do the same with a local ministry working with Churches on youth issues called Jesus Cares Ministries (JCM). Early in 2016 Natalia has plans to work with the Evangelical Association of Malawi and JCM to disseminate the tool kit to many more Churches, Pastors, and leaders.

#### A ONE STOP CENTRE STORY.

Two girls, 13 years and 8 years old were brought to the One Stop Centre. A neighbor had raped them and the parents found out when they heard the girls talking to each other. One of the girls came with her mother who was very angry and did not say much, the other came with an Auntie who was also angry but was able to talk about her feelings and gave details of what happened. The mother of one girls was very angry that her daughter had accepted drinks and cookies from the man. Realizing the mom was very angry, the FOL counselor asked the Mom and Auntie if she could talk to the children by themselves, they refused saying they would like to be there as well.

The counselor wasn't sure if the girls would be comfortable talking with the angry mother there but let the guardians stay in the session. They talked about what they love doing, who their friends were and what they would like to be when they grow up. Though the girls were shy at first they eventually became comfortable and started smiling. At the same time, the mom who was angry relaxed a bit.

Initially the Mom was very suspicious of the counselor but when asked if the girls could be given comfort packs – which are a way to practically show the girls are valuable and deserve good things, the Mom agreed. Too often, when something like this happens to children they can grow up living a life that concentrates on the bad things that happened, the fears and the pain. The pack therefore was just for the children to have something positive in their lives. The angry mum was actually the one who answered and said it was okay to give them the packs and her attitude had completely changed.

The angry mother thanked the FOL counselor before she left. FOL works not only with the children but with the families as this is so important to their future recovery.

## CONGOMA NGO week

FOL is now registered with CONGOMA (Council of Non-Governmental Organizations in Malawi) and the NGO (Non-Governmental Organizations) Board. Both of these registrations are required and help to legitimize FOL as an organization. CONGOMA held an NGO week and FOL was invited to attend and put up a display. We displayed our “Breaking the Silence” resource, sample comfort packs (given out to visitors at the OSC), brochures, samples of items used in child play therapy sessions, and flyers describing FOL. The Guest of Honor was the Minister of Gender, Children, Disability, and social Welfare – the Honorable Patricia Kalyati. She loved the comfort packs and took a copy of the tool kit.



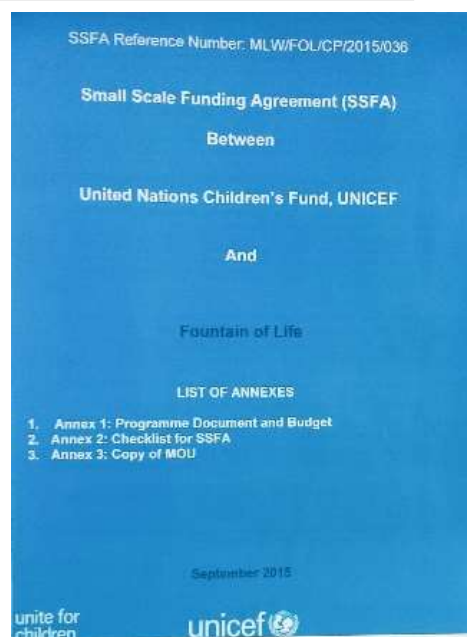
Some of the Lilongwe team of FOL Volunteer Lay Counselors manning the FOL display table at the CONGOMA NGO Week.

## UNICEF Partnership

FOL connected with UNICEF in 2015 and we signed a Small Scale Funding Agreement with them in September. The work we are doing at the Blantyre OSC was recognized by UNICEF to be valuable and effective so they have partnered with us to keep working on our model as it functions at the Blantyre OSC and then duplicate it at three more OSCs – Lilongwe, Mzuzu, and Zomba.

The amazing part of this is that when UNICEF recognizes your work and desires to partner with you, it attracts other donors to support us. An anonymous donor came forward after hearing about our UNICEF project and agreed to fund FOL for at least 1 year to help cover core costs so we can concentrate on delivering on the agreement with UNICEF.

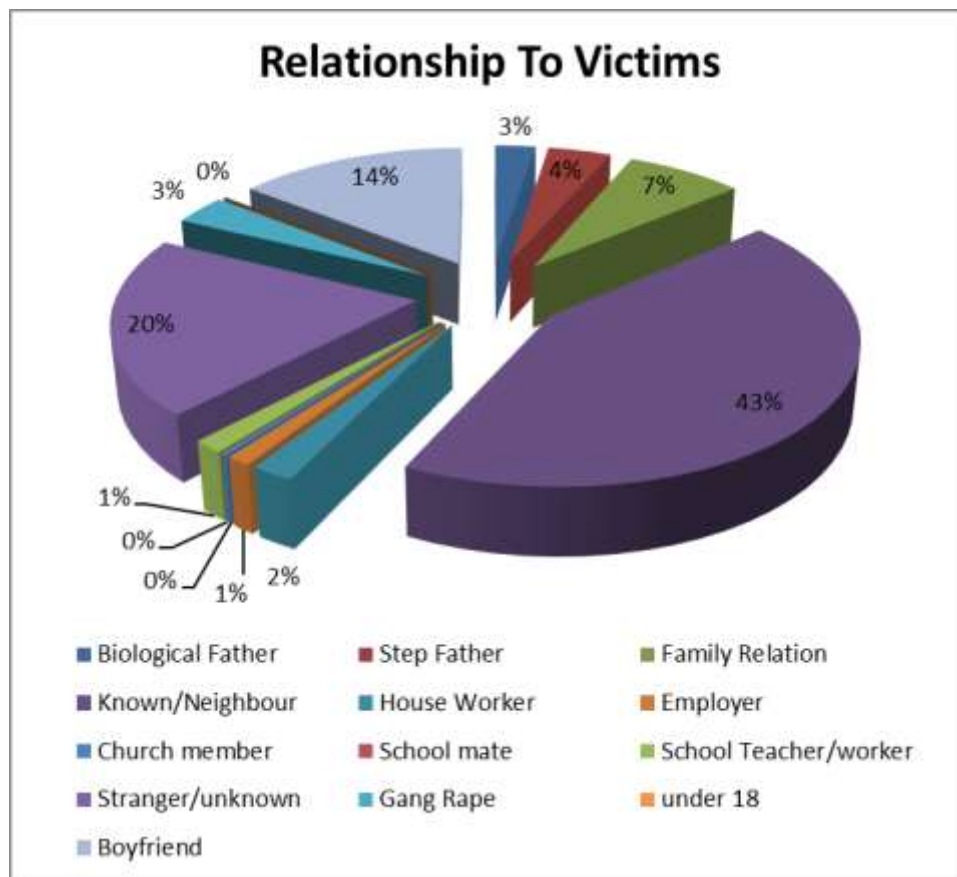
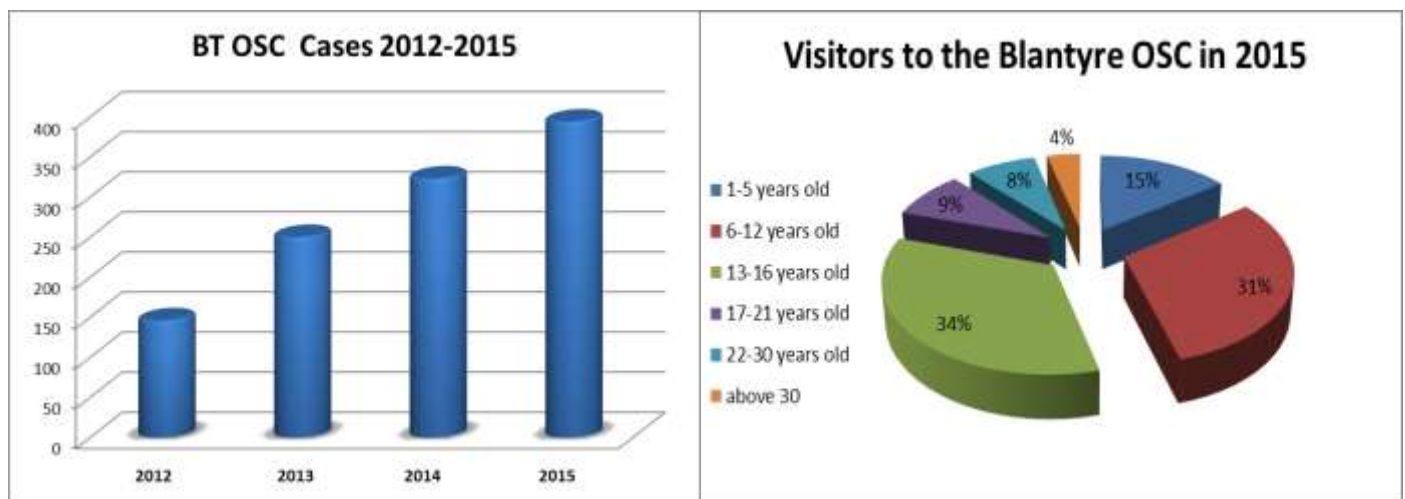
Follow us in 2016 to see how we are doing.



## The Blantyre One Stop Centre (OSC)

The Blantyre OSC continues to be our “flagship”. As seen in the chart below, there is a steady increase in the numbers of visitors to the OSC as they experience effective help and support and the word spreads. As the reputation of FOL and our counselors grows, key donors are seeking us out such as UNICEF. UNICEF has entered into a “Small Scale Funding Agreement” with FOL to replicate our trauma counseling at the Zomba, Lilongwe, and Mzuzu OSCs over the course of the next year.

Highlights of the statistics are that 80% of those who seek help are girls 16 years old and less. The person who committed the atrocious act is known in 80% of the incidences. More cases of boys are being seen. All of these numbers represent people – mostly children – and drives the FOL team to do more and become more effective.



### A ONE STOP CENTRE STORY.

Early in 2015 a 3 year old girl came to the OSC by her mother. At that time the mother suspected that her husband and father of the girl was sexually attacking the daughter. The girl felt caught between her parents and cried through the whole session. The girl would not confirm it was her father that attacked her but it was clear that she was in great emotional pain and distress.

In April the girl and the mother returned to the OSC after the mother had found evidence that the father had raped his daughter. He had been doing this for the last 3 years. This time the girl was able to talk about what had been happening. She was very emotional and crying that she did not want her father to go to jail because she loved her father. The mother was very angry, felt betrayed by both her husband and daughter. With family members and even service providers not understanding this is a normal reaction to incest, she was scorned and she felt so alone and unsupported.

The mother has moved to Zomba with her daughter and her other 2 children. She came with her daughter for another follow up session. The mother was in a better state, which made it possible to explore with her how she could support her daughter and redirect her anger away from her daughter. The child was still emotional and shared that she was guilty that her telling could cause her father to go to jail. When she was asked to think of anything good that will come up from her telling she said "that my father will never do what he did to me again". When asked if she thinks her father deserves to go to jail for what he did she did not answer but answered yes to whether she thinks any father who could do that to her daughter or to any child deserves to go to jail. She said she would never want to go back and stay with her father again as she would not know if he could change.

Even though this will be a long journey for her, with support she can move forward, and the mother was encouraged to provide that support. The relationship between mother and daughter is still not good but the child says her Auntie who has taken them in is supportive to both of them. Our hope is that we have and will continue to make a difference in her life by believing in her and letting her know that she is not to blame and not responsible for any actions that the law is taking on her father for the choices that the father made.

## ERDO, Charis Foundation & Zoe Projects

FOL has had wonderful support from Canadian Churches, Foundations, and individuals in 2015. ERDO is the Canadian registered charity that handles funds raised in Canada and the Charis Foundation and Zoe Projects supported FOL and a huge thank you goes out to them. The Charis Foundation supports the Church Took Kit and its dissemination and Zoe Projects supports our team of volunteer lay counsellors and what they do at the OSCs. We hope to continue the relationship with ERDO and partners in 2016.

## FOL Staff update

FOL has two (2) full time staff employed and one (1) half time accounts person added at the end of 2015. Abel will help us get our Finance Manual finalized and implemented as well as prepare our accounts for audit. We hope to get 2013, 2014, and 2015 accounts audited in 2016. FOL is very fortunate to have these committed and passionate people working for FOL and for those who have been so deeply traumatized by sexual assault.

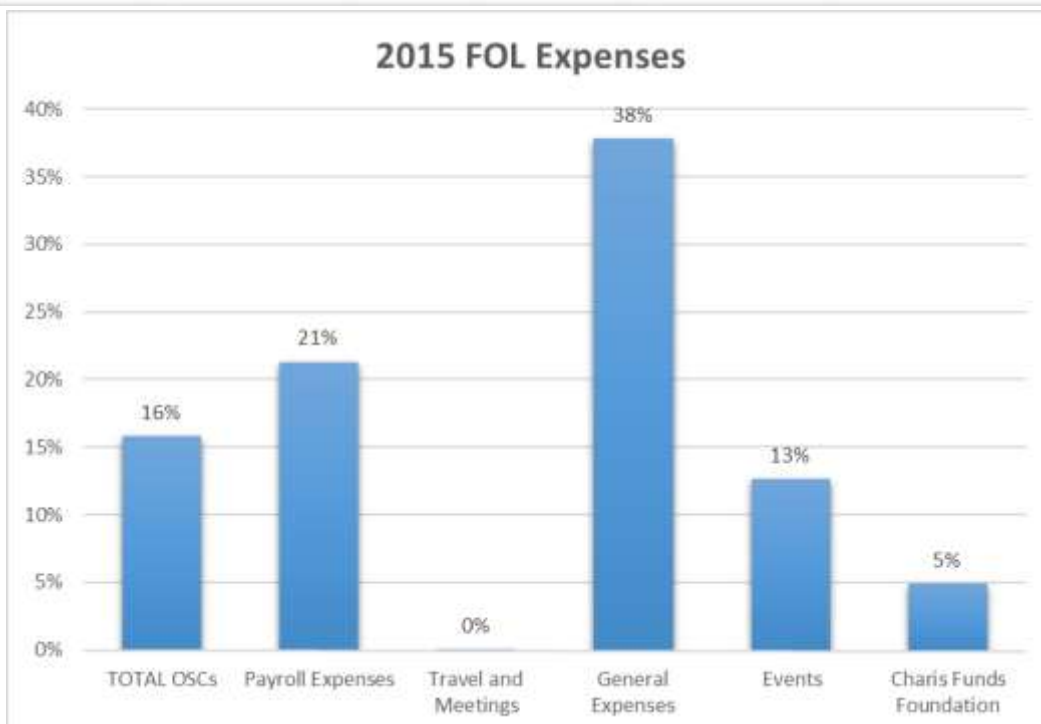
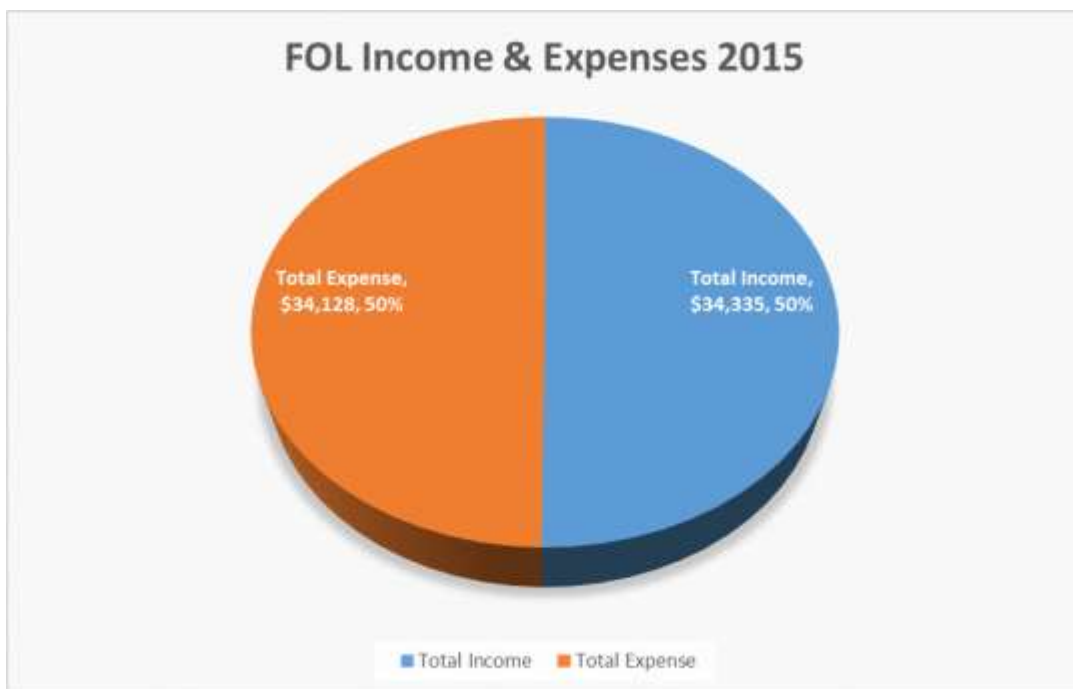
## Segal Family Foundation

The Country Director was invited to the Annual General Meeting of the Foundation in New York in July. This was a great opportunity to meet other partners of SFF and to network and make connections. We will hear early in 2016 if our funding from Segal is renewed and we hope to have a long term partnership with them.

## 2015 FINANCIAL REPORT

2015 was a year of consolidation and preparation for future growth. Early in the year, expenses were monitored closely as there was uncertainty regarding future funding. By the end of the year this had changed. Currently UNICEF is a funder, the Segal Family Foundation is a funder, the Zoe Projects is supporting us, an anonymous donor came forward, and we were invited to a preliminary training session on finances by a donor who will begin to support us in 2016. This is all great news and FOL can now begin to take solid steps to grow and expand what we are doing and enable us to pursue other interventions that we have wanted to do.

The charts below show the conservative management of our funds which were largely spent on keeping FOL operational. It is expected that this will change in 2016 as we are “freed up” to focus more on projects and activities...



## FUTURE PLANS & HOPES & DREAMS

### Deliver on the UNICEF Agreement

2016 will be a pivotal year for our involvement with OSC's across Malawi. The more effectively we develop, refine, and implement our model for trauma counseling at the Zomba, Lilongwe, and Mzuzu OSCs the more likely we will get further scale up funding from UNICEF. We will hire a Project Officer as of January 1, 2016 and that person will have major responsibility to ensure we succeed. It will be an exciting year as well as a little nerve racking but our FOL team is eager to prove themselves.

### Segal Family Foundation

2016 will be critical for our partnership with the Segal Family Foundation. We will be discussing the possibility of renewing the funding from Segal and we are optimistic that we will enter into a longer term agreement with them. If this happens, the Segal funding is flexible and allows us to apply it where most needed which means we can provide security to our team and even expand it a bit.

Stay tuned!

### Securing Additional Funds to Enable FOL to Continue Operations.

We need to continue looking for more funding support and there are already indications that another significant donor will partner with us around April. This donor also allows funds to be allocated to priority areas so we are confident that 2016 will be a year of stabilization for FOL allowing us to pursue plans to expand what we are doing. The Country Director will continue to send out proposals and search for new donors but it is reassuring to know that things are looking positive for 2016.

### Continued Focus on Education & Awareness

We continue to see the need to break the silence on the reality of rape, its impact on the victim and the on-gong consequences in a person's life. The more we talk about these issues and the more we are able to offer concrete help and support for someone so traumatized, the better for individuals, families and communities.

### Building a Pool of Trained Trauma Counsellors

FOL continues to place a priority on finding ways to enhance the skills of our volunteer lay counsellors. FOL will have four (4) teams of counsellors by the end of 2016 and this puts pressure on us to ensure they get the support they need as well as building their capacity to be more effective. Qualified Psychologists, family therapists, Social Workers, and other professionals in this field from outside Malawi are always welcome to work with our team and build their skills.

#### SUPPORT TO STAND TALL

*A 15-year-old was brought to OSC after she was defiled by a photographer from her school. The girl said that she had no money to pay for her photo and the man told her that he can take her photos from his house. When the girl went to the house the man forced himself onto her. A little while later the mother was very suspicious because her child looked bigger and when she questioned her the girl admitted she had missed her monthly periods. She told her mother what had happened.*

*The perpetrator was taken into police custody and charged with defilement for sleeping with a minor.*

In the counseling session, the mother shared how the incident was destroying her. She is a widow who works hard to make sure her children are educated so that they should not struggle in the future. She felt her child's future was doomed. The FOL counselor explored with how she could make sure her child could have a future again. She decided that her child will go back to school and she will take care of the baby.

The girl was so emotional in the session and shared that she had no one close to talk to and that she and her mother are not close. The counselor encouraged the mother to make sure the relationship between her and her daughter improves. In follow up sessions the girl shared how helpful the counseling had been. She was not able to cope with life and her mother had been very supportive and been there for her.

An interesting element to this case was shared by the mother. The Police advised her to go ahead and negotiate with the perpetrators family as they had come to the house with a cellphone and K50,000.00. The mother said she told the family despite her being poor she cannot accept the money as at OSC she learned that her daughter matters the most. The perpetrator deserves to be judged by the law. She shared how the counseling session, from the first day, helped her to stand up against both the police and the perpetrators family.

The case is currently in court awaiting judgment.