



FOUNTAIN
of LIFE



*HELPING VICTIMS OF
Sexual Assault
RE-BUILD THEIR
LIVES*

2016 ANNUAL REPORT

Prepared by:

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

FOL & SOCIAL MEDIA

2016 continued to build on the start made in 2015. The FOL Facebook page is getting close to 500 likes and we hope to pass this threshold in 2017. Our Twitter followers have grown to 59. Several new video clips have been placed on our YouTube site.

Our public relations/communications officer, Natalia, appeared on several TV shows sharing about our Church Tool Kit – “Breaking the Silence” – as well as our work at the One Stop Centers (OSCs). You can watch these shows by using the following links.

- Zodiak TV https://www.youtube.com/watch?v=9BeU_-Bh3fs
- Times TV - <https://www.youtube.com/watch?v=DET8V8C1KzQ>
- ATV - <https://www.youtube.com/watch?v=3VgbNP6dQX8> Skip to 1:48minutes to get right into the program because it has a rather long commercial break. And skip to 12:14minutes to get to the second segment of the program

In 2017 Natalia will be working on “branding” FOL and ensuring that people know who we are and what we do. There will be some promotional products, a new DVD in different languages, signposts, new YouTube clips, and new updated pictures on our office! Keep an eye on our website to see how it’s going or visit our office.

2016 HAPPENINGS

Dissemination of the Church Took Kit

In 2016 we continued to share this resource with Church Leaders. Over 100 Pastors and other leaders attended two workshops in Blantyre where the resource was shared successfully with participants. Our thanks go to the Malawi Council of Churches who invited 50 leaders from different denominations such as the CCAP, Seventh Day Adventists, Catholics, and Anglicans. Pastor Sam Banda organized another 50 leaders from Evangelical denominations who attended a second workshop in Blantyre.

The Tool Kit has also been shared with various organizations and NGOs and has even found its way to Zambia. Towards the end of 2016 we printed an additional 75 copies of the resource as requests for it continue to come in.

CONGOMA NGO week

The Council for NGOs in Malawi (CONGOMA) organized the NGO Week event for 2016 at Masintha Community Ground in Lilongwe. The theme for 2016 was “Breaking the cycle of poverty in Malawi: What is the role of NGOs?”

The aim of the NGO week is to mobilize all NGOs that are registered with the NGO Board and CONGOMA to show case their work to the audience and other NGOs. It is also a chance for NGOs to explore possible ways to work together. The Masintha Ground location allowed the general public much greater access to the event helping them understand the work of NGOs in the country and the services or products they provide.



This was FOL’s second time to attend NGO WEEK, and we were thoroughly prepared because of our attendance in 2015. We displayed the “Breaking The Silence” tool kit, comfort packs, new and improved brochures and leaflets. The NGO week was also a chance for FOL to let people know about the OSC services. Many parents, guardians, pupils and students from around Lilongwe were exposed to our work.

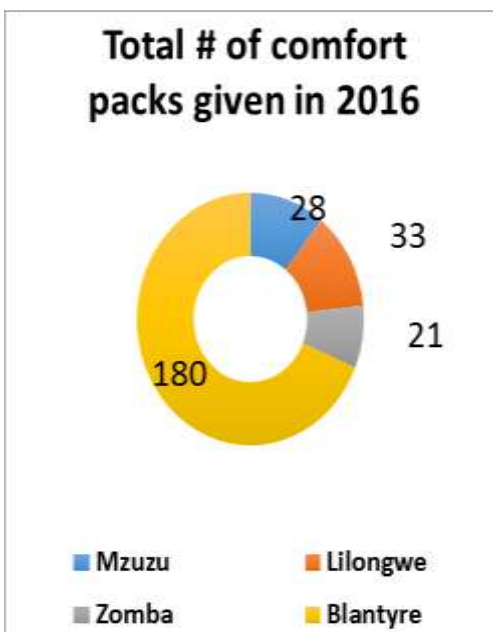
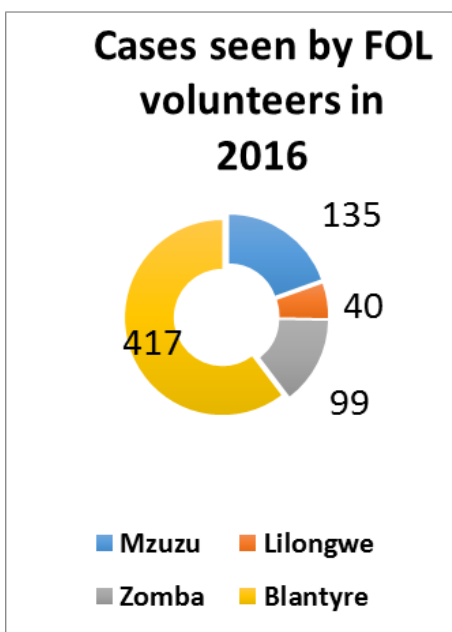
UNICEF Partnership

The UNICEF Partnership went well in 2016. The results of engaging with UNICEF can be seen under the One Stop Centre report below. A key element of our work that UNICEF is very pleased with is our data collection. The primary source

for UNICEF on visitors to the OSCs is the information that the FOL team has collected and shared with stakeholders. In 2017 we hope to build on this and improve it. It looks very likely that UNICEF will renew our partnership at a higher level including expanding to three (3) additional OSCs – Mulanje, Mangochi, and Nkhata Bay. In addition to what we do at the OSCs we hope to impact the referral systems in the catchment areas of OSCs which will see more survivors of sexual assault receiving the support they need.

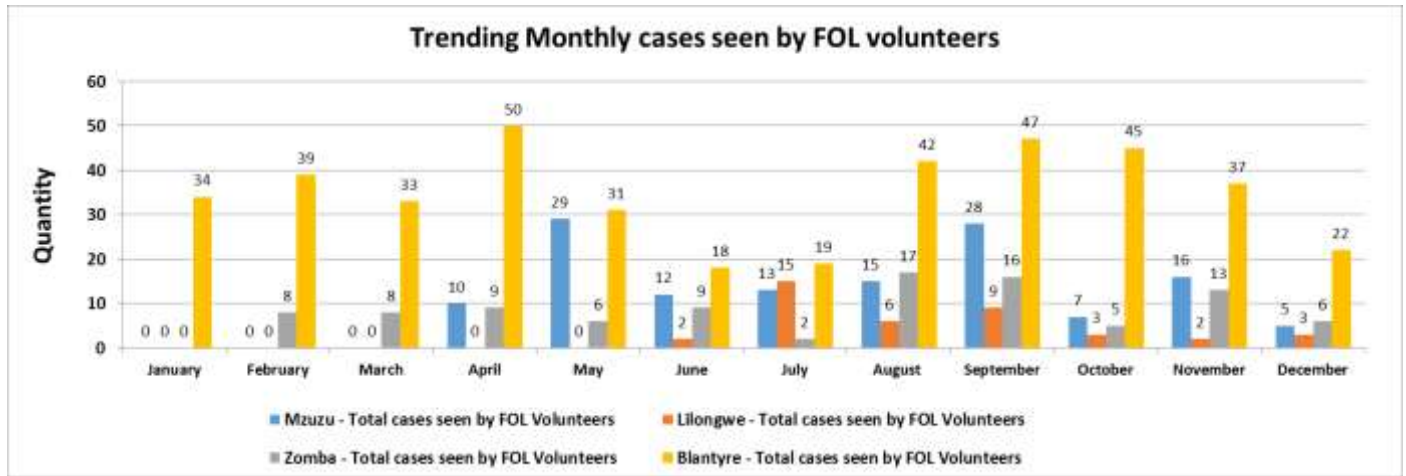
Our One Stop Center Focus

In previous years we only reported on what was happening in the Blantyre OSC. It continues to be our “flagship” and is recognized as being influential for all OSCs. In 2016 FOL expanded what we were doing at the Blantyre OSS to three (3) more sites in Lilongwe, Zomba, and Mzuzu. The charts and graphs below show the progress in these new sites with Blantyre still leading the way.



“The trauma counseling training is enlightening in what victims of violence go through and has equipped me in how I can better help them” - Pastor Pezo, Zomba

A total of 691 survivors of sexual assault visited the four OSC's in 2016. Most of these were in Blantyre but Mzuzu made great progress in creating awareness of the OSC and people began to come. Lilongwe faced many challenges, the main one being the OSC is not yet open. Our volunteers had to find alternate places where they could offer help to those traumatized by violence. FOL began to partner with key local

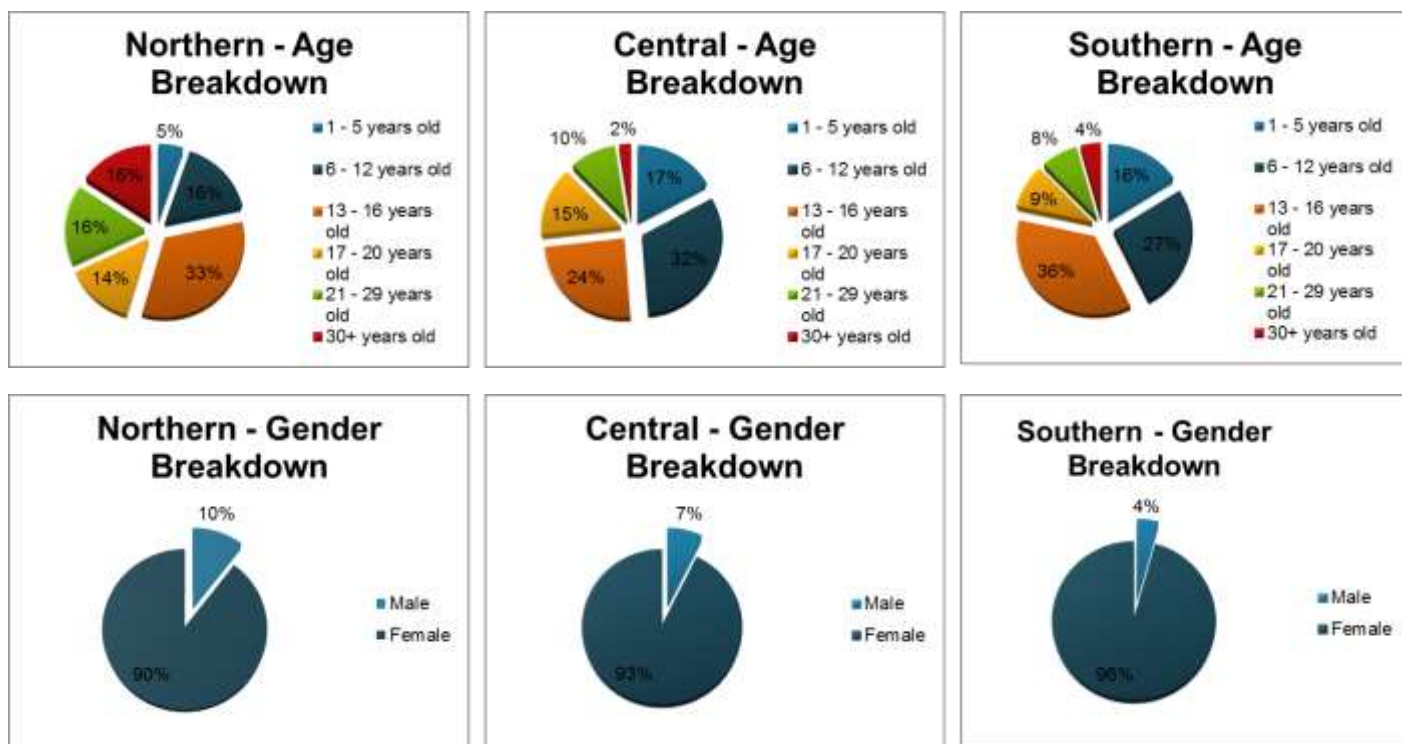


organizations as well as the Police while waiting for the OSC to open. The main hospital did offer a room on Fridays for our team and that helped.

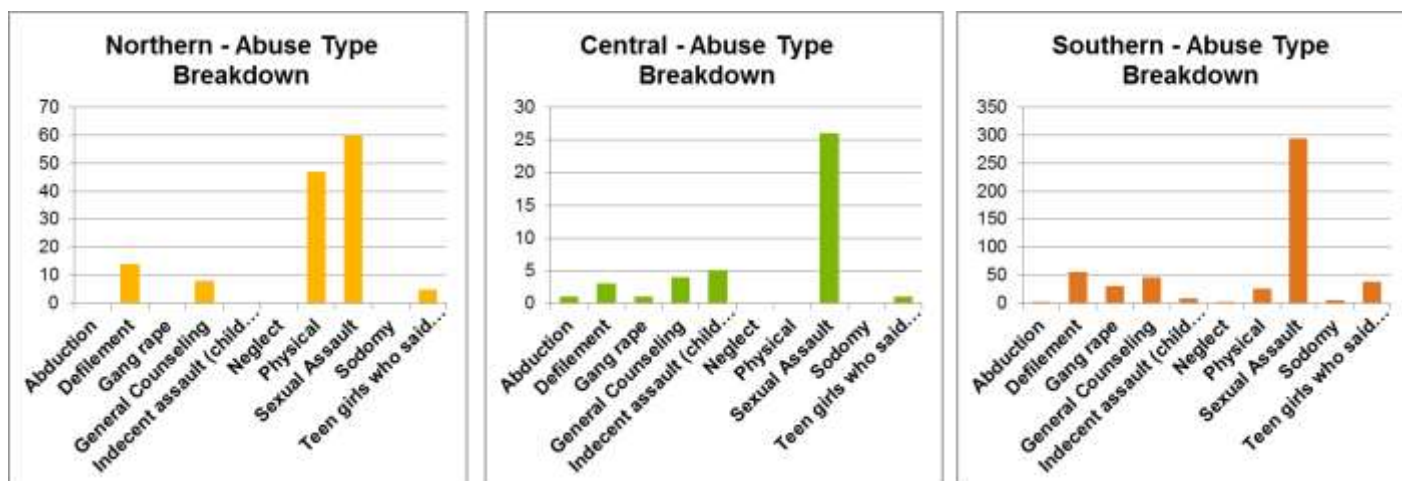
An important part of our model is to offer comfort to those who come and comfort packs are often handed out. A total of 262m were give out – again most in Blantyre. Interestingly the next highest number was in Lilongwe which is a good sign that our team is effectively assisting those who do come forward. In 2017 we hope to continue to make comfort packs an important element of what we do.

“Before I started volunteering I had no idea what was going on when it came to sexual abuse. Now I can see that many children are being sexually abused in their own homes. It is unfortunate that mothers need to know their children are always at risk and also that there is help”. Zomba Counsellor

The charts below give a great picture of what is happening regionally in Malawi through the One Stop Centers. In 2016 we worked with a volunteer through both the Segal Family Foundation and an organization called CatchaFire to help us develop Success Matrix Indicators. Avi Kulawy did a wonderful job for FOL by creating forms to collect data to help FOL and UNICEF understand better what is happening around Gender Based Violence in Malawi. We are now able to provide information on those who seek assistance by several different categories. Now that FOL is working in all three regions of Malawi, we are breaking the information down by Regions – North, Central, and South.



It is interesting to note that in the North, a greater number of older clients are visiting the OSC - only 54% are 16 and below. In the Central Region, 73% are 16 and below and in the Southern Region, 79% are 16 and below. The percentage of males is also higher in the Northern Region. This information is crucial as it informs plans and strategies going forward.

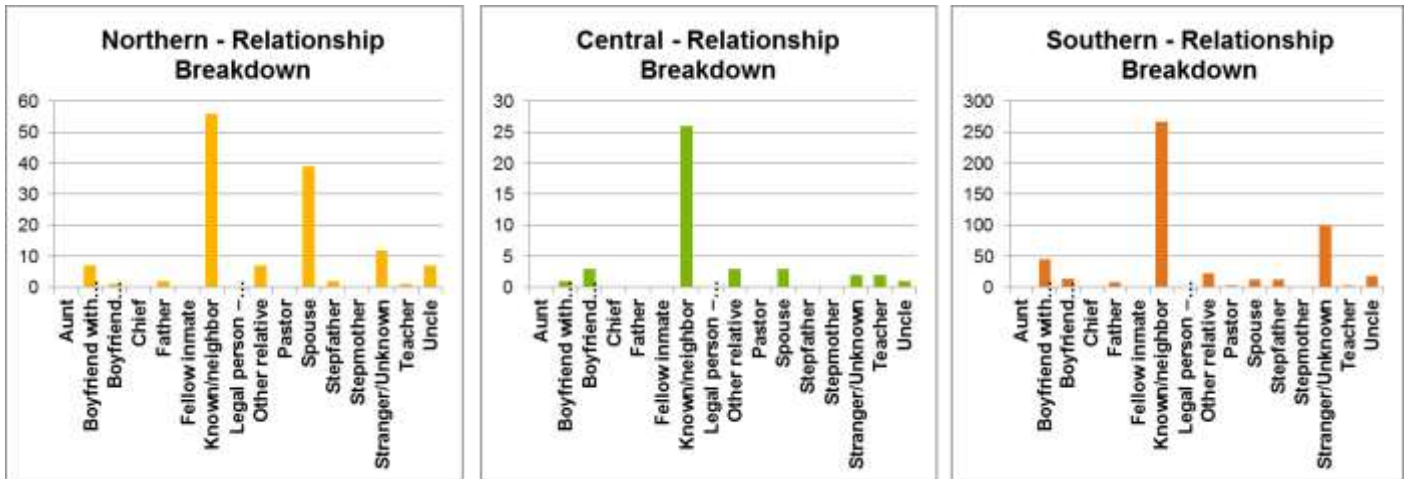


“I am intrigued by the group therapy sessions with sexual assault survivors. They feel empowered when they learn they are not alone and teach each other how to cope” Mzuzu Counsellor

Sexual assault continues to be the primary form of abuse suffered by those visiting the OSCs but physical assault is significantly more present in the North. FOL continues to work on getting clearer definitions of the different kinds of abuse and working with our team of volunteers to ensure we record the data in a

uniform way. With so many of the cases being girls (and boys) 16 years and younger, defilement may be the more accurate term to describe sexual assault or rape. During 2017 the data may reflect this improved understanding.

A further difference our data reveals is significantly more spousal abuse in the North. The other two regions are quite different in this regard. However, in all three regions, it is clear that the perpetrator is most often known by the survivor. Again, this information helps tremendously when developing ways to more effectively help individuals, families, and communities address GBV problems.



“The need for us to provide trauma counseling is great and we need to go further and educate the community further concerning the services we are providing so that they are able to freely come forward”
 – Benard, Lilongwe Counsellor

Our Donors

FOL continues to benefit from support from some great donors. Support from Canadian Churches, through ERDO and Zoe has continued and will continue into 2017. The Charis Foundation – who was responsible for our “Breaking the Silence” resource wrapped up their support in 2016. The impact of the tool kit will continue for years to come. UNICEF was the source of just under half our income (and expenses) and their relationship with FOL has created interest in other donors. The Segal Family Foundation renewed their support and we hope to continue our partnership for several years. A new donor – Elma Philanthropies – signed a two year funding agreement with FOL which is wonderful.

It is great how the work of FOL has grown and attracted ideal partners. In the finance report below the expansion of FOL from 2015 to 2016 and projected into 2017 is amazing. Our thanks and great appreciation goes out to those that support FOL.

FOL Staff update

Our staffing in 2016 was stable with three full time staff and one (1) half-time Finance Officer. George Ntaba was hired to oversee the UNICEF project and he was very busy during the year with a great deal of travel to the North and South to get all four OSCs operational. Natalia and Salome are our longest serving staff and they continue

to do a great job. Abel helped tremendously in getting everything prepared for audits of our 2013, 2014, and 2015 accounts – which are all complete!

In 2017, with the renewed UNICEF agreement at a higher level, it is likely that three (3) new staff will be recruited. A Monitoring & Evaluation Officer, a Project Assistant for the UNICEF project, and an Accounts Assistant/Data Entry Clerk to help us with the data collection. The M&E Officer will be crucial to our reporting and ensuring quality of all our activities.

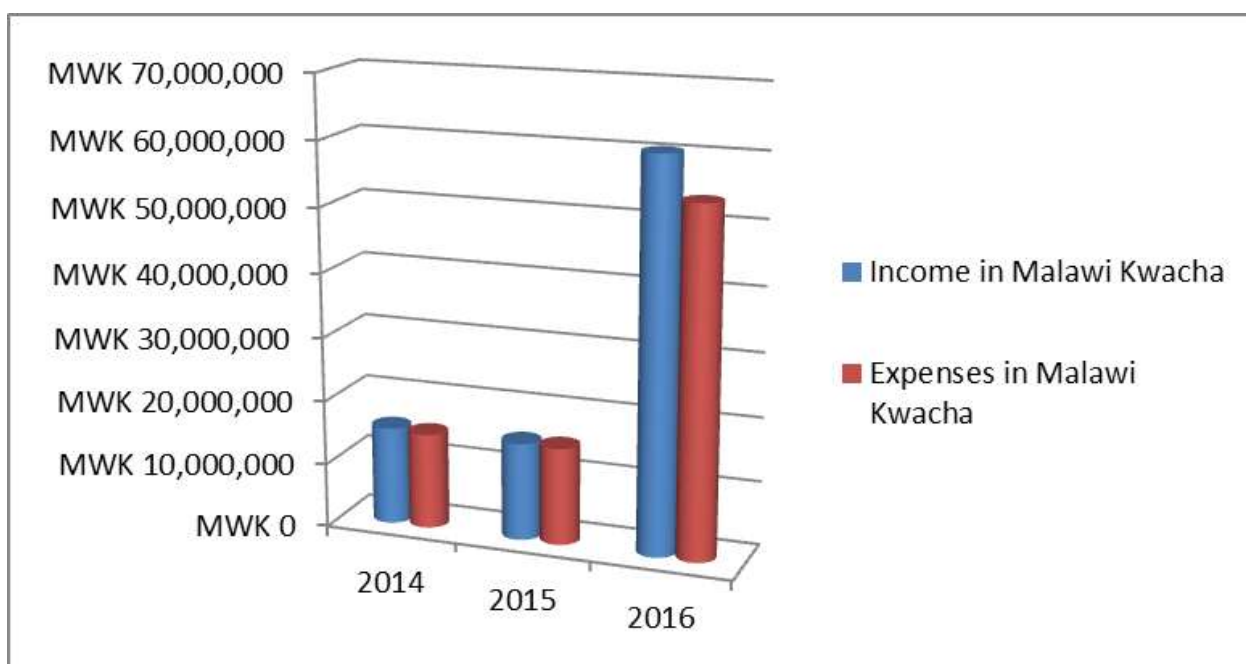
A One Stop Centre Story

Esther Hara a 17 year old girl was defiled by her uncle at the age of 14 after being enticed with gifts and money. Over the next two year she continued to be in a consensual relationship with her uncle when she was on holiday from school. The uncle’s family was unaware of this. In 2015 she fell pregnant and was forced into aborting the child by her uncle. After she went through that traumatic experience, she continued to go to school the following term and her uncle was very supportive of her. Early in 2016 her uncle and aunt had an unfortunate car accident while driving to Mzimba to attend a family function. As a result she and her uncle’s children had to move to live with other relatives.

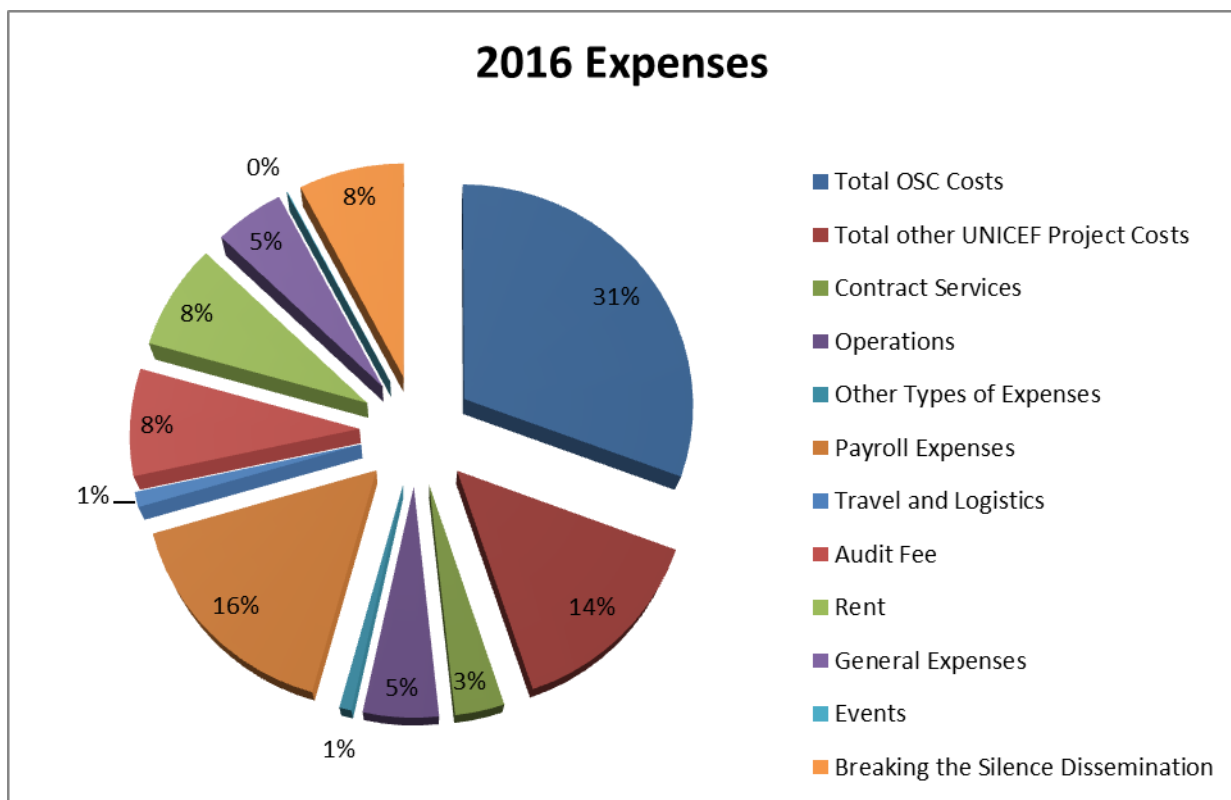
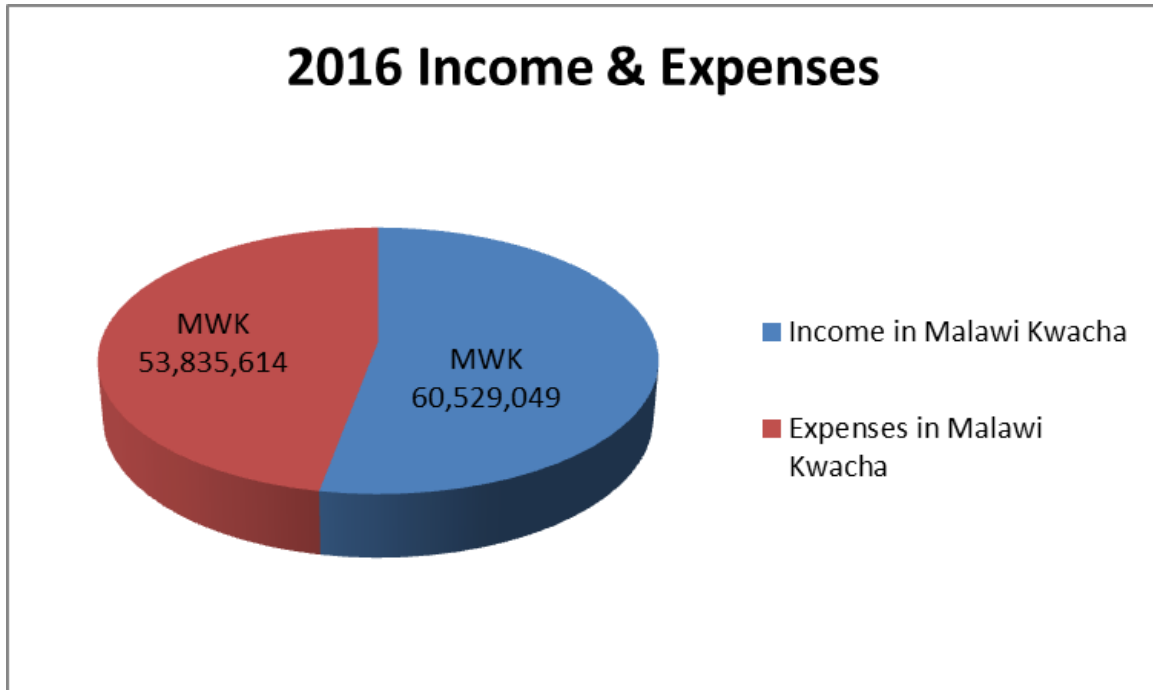
In the course of the year she was informed by one of her peers about Zomba OSC and that if she ever came there she would receive help because considering what her uncle had done to her. Esther did come to the OSC and met with a FOL trauma counselor. It will take Esther significant time to recover from the abuse she experienced. Her lifestyle is very much focused on partying and having no directin and she feels this is one of her biggest problems and she would like to stop. Esther found the OSC very helpful and agreed that she would do her best to come as regularly as she could so to get the help she needs to deal with what happened, recover, stop the party life-style and try to plan for a positive future

2016 FINANCIAL REPORT

2016 was a year of expansion due to our partnership with UNICEF. This is clearly seen in the comparison graph below that show stable operations in 2014 and 2015 and then a big jump in both income and expenses as we took on the UNICEF project. 2017 will see another big jump as UNICEF re-engages with FOL at almost double the amount of 2016.



As mentioned above, 2016 saw an almost tripling of our income due to two new funders coming on board – UNICEF and Elma. FOL went from approximately USD34, 000 of income in 2015 to just over USD100, 000 in 2016. This support allowed FOL to hire key staff and implement some great programs – particularly linked to the One Stop Centers. The four OSCs took up 31% of our costs with staffing and logistics being another 14% attributed to delivering on our project with UNICEF. The audit of the 2013, 2014, and 2015 accounts took up 8%, as did rent costs and dissemination of the Church Tool Kit. The next largest expense – other than the staff – are communications (inter-net, email, mobile phones), and travel and logistics costs. Operating in all three regions brings a significant increase in travel of our team as they oversee projects.



FUTURE PLANS & HOPES & DREAMS

Deliver on the Expanded UNICEF Agreement

2017 will see FOL building on what we did in 2016 at four OSCs by adding an additional three OSCs. There will be a greater focus on data collection and coordination, building the multi-disciplinary team to improve collaboration, and strengthening the referral system from rural areas. These are important goals to aim for so checking on us through our website or Facebook page to see how we are doing.

Segal Family Foundation & Elma Philanthropies

2016 went a long way in firming up our relationship with two crucial donors – the Segal Family Foundation and Elma Philanthropies. FOL will continue to deliver on our milestones we set with them and report to them with transparency and integrity.

Securing Additional Funds to Enable FOL to Continue Operations.

As in 2016, we need to continue looking for more funding support to cover our core costs and ensure stability and security for our team. We are excited that we are moving into the 2nd phase of the funding process with a new donor to fund our efforts to move into rural contexts. If this donor comes through it will be an exciting project to work on as it involves partnering with three (3) local organizations – one in each Region. This kind of collaborative strategy is the way to operate to tackle the kinds of issues FOL is focusing on so we hope it works out. Please follow us on our website, through our newsletters, and on Facebook to keep up to date with news about this exciting possible new donor.

Core costs are always hard to fund and we continue to explore ways to do this. We are working with a fund raising consultant in South Africa to help identify creative ways to raise funds. It is hard work but necessary.

Our Strategic Plan Direction

We working on a 3-5 year strategic plan this year and it is coming along quite well. Our key area of concentration is always on the survivor of sexual assault but we can tackle this in different ways. The One Stop Centers and our role in them is a large part of what we do but we have seen the need for continual education and awareness efforts in the catchment areas of the OSCs. The need to build the capacity of our volunteer lay trauma counselors will always be a major focus of what we do as it goes to the quality of care we offer. If funds are sourced, we still would like to do a comprehensive country wide baseline survey to identify what kinds of support exist for those traumatized by sexual violence. Again, if funds are sourced, FOL would like to build a model Rape Crisis Centre which would be the basis for our training and practical experience as well as offer quality care and support for those seeking our help.