



FOUNTAIN of LIFE



2017 ANNUAL REPORT

Submitted by:

Sylvia Namakhwa (COO)

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

FOL & SOCIAL MEDIA

Social Networks

We beat the set a target of 500 likes on our FaceBook page <https://www.facebook.com/fountainoflife.malawi> to 536 likes in 2017. Our twitter account Twitter handle: @MalawiFoL, linked to the Facebook page had 76 followers. We are on YouTube channel YouTube Handle: Fountain of Life (Malawi) ltd. Some changes were made to our website page is <http://www.mwfountainoflife.org>. You can view our projects, sponsorship and core costs. Profiles of new employees can also be viewed on 'About us'

Awareness Campaigns



A new animation video has been developed and it includes some of the new locations that Fountain of Life has expanded to: Lilongwe, Mzuzu and Zomba One Stop Centers in addition to Blantyre. The new animation video is in three languages; English, Tumbuka and Chichewa. One version is a twenty minute video. Shorter version of 90 seconds to be shared on social media platforms such as WhatsApp and other and are available on FOL YouTube page.

Fountain of Life used this video to orient UNICEF staff members on its work as part of UNICEF's commemoration of the 16 days of activism against gender based violence campaign. UN women has expressed interest have the video shown to all its staff members and partners. Plans for 2018 are to train as many organizations on how to use the video and share it with them.

Radio Features



Natalia Govati (FOL PR) on the day of the radio program

FOL was featured on YONECO FM radio owned by Youth Net Counselling, a local NGO that empowers youths, women and children promoting good health, human rights and democracy. FOL shared with listeners about the services it offers. The radio program was in Chichewa and can be found on: https://youtu.be/jZz_ZmkXdyQ

FOL Newsletters: FOL published four (4) Newsletters in 2017, one for each quarter and can be accessed on our website and through links shared on Facebook and Twitter.

2017 HAPPENINGS

Iwam Bazaar Display



FOL Desk at IWAM Bazaar in the NGO tent

The International Women’s Association of Malawi (IWAM) Bazaar had its annual fundraising event at Bishop Mackenzie International Schools. The group of women raise funds and support different charities locally. FOL was one of the NGOs given an opportunity to display its services to raise awareness to other organizations and the community which mainly comprised expatriates and business people.

It a great opportunity to connect, provide information about FOL, its projects and services to a different audience and we hope to be invited again next year

One Stop Centre Visits



Agatha Malunda (M&E), Sylvia Namakhwa (COO) and Natalia Govati (PR)

The Fountain of Life team - Chief Operations Officer, Monitoring and Evaluation Officer and Communications and Public Relations Officer - visited Zomba, Mulanje and Blantyre One Stop Centers. It was a familiarization visit for the COO and M&E Officer.

Meetings were held with volunteers in all centers and they shared the work they do, achievements, challenges, and recommendations that would improve service delivery for survivors of sexual violence. The visits were a motivation to volunteers. It made them feel appreciated for the work they are doing. The counselors requested for more of such visits and interactions in future.



One of FOL Counsellors at Blantyre OSC

In Mulanje the FOL team met up with the medical team assigned to the OSC to share their experience, challenges and expectations. The OSC was still undergoing finishing touches like plumbing and wiring. The OSC team is eager to start providing services at the newly constructed OSC.



Agatha Malunda (FOL M&E) and Sylvia Namakhwa (FOL COO) flanked by 2 Mulanje Mental Health Clinicians who have been assigned to the One Stop Centre by Mulanje DHO

IASC PSEA MISSION, LAUNCH AND TRAINING IN COMMUNITY- BASED COMPLAINT MECHANISMS

FOL attended a launch and training of Malawi Protection from Sexual Exploitation and Abuse (PSEA) in Country Network organized by the Inter-Agency Standing Committee for Protection from Sexual Exploitation and Abuse (IASC PSEA) mission hosted by Malawi government.

FOL was invited to the launch and training because of its work with victims of sexual exploitation and abuse in One Stop Centers.



IASC PSEA Launch and Training

Donation From Glasgow

Access Glasgow through the Lord Provost's Malawi Fund in their partnership with Lilongwe City Assembly donated desktop computers to Fountain of Life to help with administrative and other duties.

CONGOMA Annual General Meeting

As a member of Council for Non-Governmental Organizations in Malawi (CONGOMA), FOL participated in the annual general meeting. Program reports, audited financial statements plans to build an NGO office complex, and a 2018- 2022 strategic plan were shared with members. A new governing council was elected. The NGO board also shared its report at the meeting. The meeting was officially opened by the Minister of Gender, Children, Disability and Social Welfare.



Figure 1: The Glasgow Team, a Lilongwe City Assembly official and FOL COO Sylvia Namakhwa

NPA On Human Trafficking

FOL participated in the launch of the National Plan of Action (NPA) Against Trafficking in Persons. The launch was part of the commemoration of World day against trafficking. The meeting was opened by the Minister of Home Affairs and Internal Security.

C4D VAC Training

FOL participated in a Communication For Development (C4D) Violence Against Children (VAC) orientation workshop organized by UNICEF to help NGO partners on planning, implementation and Monitoring and Evaluation of Strategic Communication for Behavior change. The theme was 'Protect and care, Violence is not a solution.'

Data Collection Tools

FOL now has a draft Monitoring and Evaluation framework. Data collection tools have been revised to improve our client database.

Training of New Volunteer Counselors

75 Volunteers have been trained to work in One Stop Centers in Mulanje, Zomba and Mangochi. It's an excited group, passionate and ready to start providing trauma counseling. It brings the total number of volunteers to 91.

UMWANA VZW & FOL MOU



The volunteer counselors that received training from Umwana VZW.

FOL signed a Malawi Safe Hands Training Strategy agreement with Umwana VZW of Belgium. Umwana provides capacity building to FOL volunteers. Under the agreement 13 FOL Counselors from Zomba, Lilongwe and Mzuzu received a 3 day training from Umwana volunteers on play therapy

A One Stop Centre Story

Yankho (not real name) is a 10 year old girl from Zomba. One day she went to fetch firewood from Zomba Mountain and on her way back from there she met a man who offered to buy the firewood from her at MWK 1,000.00. The man gave her a MWK2,000.00 note but Yankho had no change. The man asked her to accompany him to find the change. He led her to his house where he trapped her, warning her not to scream and threatening to kill her and went ahead and defiled her again and again and again for a whole night. She was so drained and in agony. The following day he escorted her towards the direction of her house.

Her mother was anxious as to the whereabouts of her daughter. When Yankho arrived at home, exhausted and in pain, she explained what she had gone through to her mother. Yankho's mother cried looking at the condition of her daughter. She then rushed Yankho to the One Stop Centre for assistance. At the OSC Yankho was crying uncontrollably, she expressed the fear she had of the man finding her again if she ever went to fetch firewood, guilt for going up alone and at the late hour of the afternoon. She also felt ashamed that she had been defiled, how would she face her friends, how would she continue going to school, how will her family look at her? She wanted to see this man behind bars. These were some of the questions and sentiments that Yankho had. Yankho met Mphatso, a Fountain of life trauma counseling volunteer at the One Stop Centres. Together with Yankho a plan of action was put into place addressing every concern she had for her to continue with her life as before. Among other things she made a commitment to attend school and continue playing in the netball team that she plays on at school and in her community. Her mother was very happy with the counselor and the kind of support Yankho received. Yankho's mother was also counselled and made a commitment to support Yankho with her plans at home

A follow up session was set for 2 weeks after the incident. This time she was much more comfortable and displayed a more positive attitude of feeling connected to the counsellor. She reported that with each passing day she is getting stronger, that she no longer feels guilty or shame because of what had happened and she was not as afraid anymore and had resumed fetching firewood although she always ensured to bring along a friend or a relation. So that she would not be alone. The counsellor continued to encourage Yankho to keep up with her activities as she had proposed during the first session. Yankho's last response was that as she grows older she was going to tell people about the OSC and that hopefully one day she too can become a counsellor.

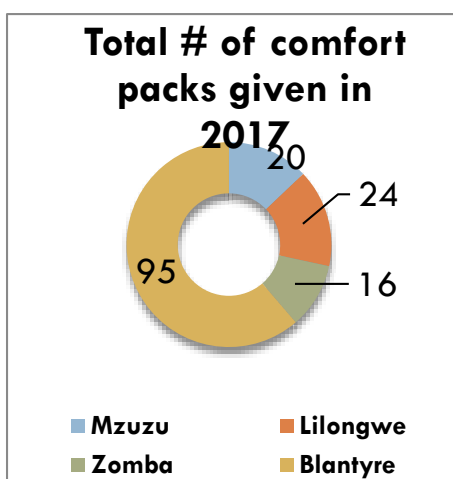
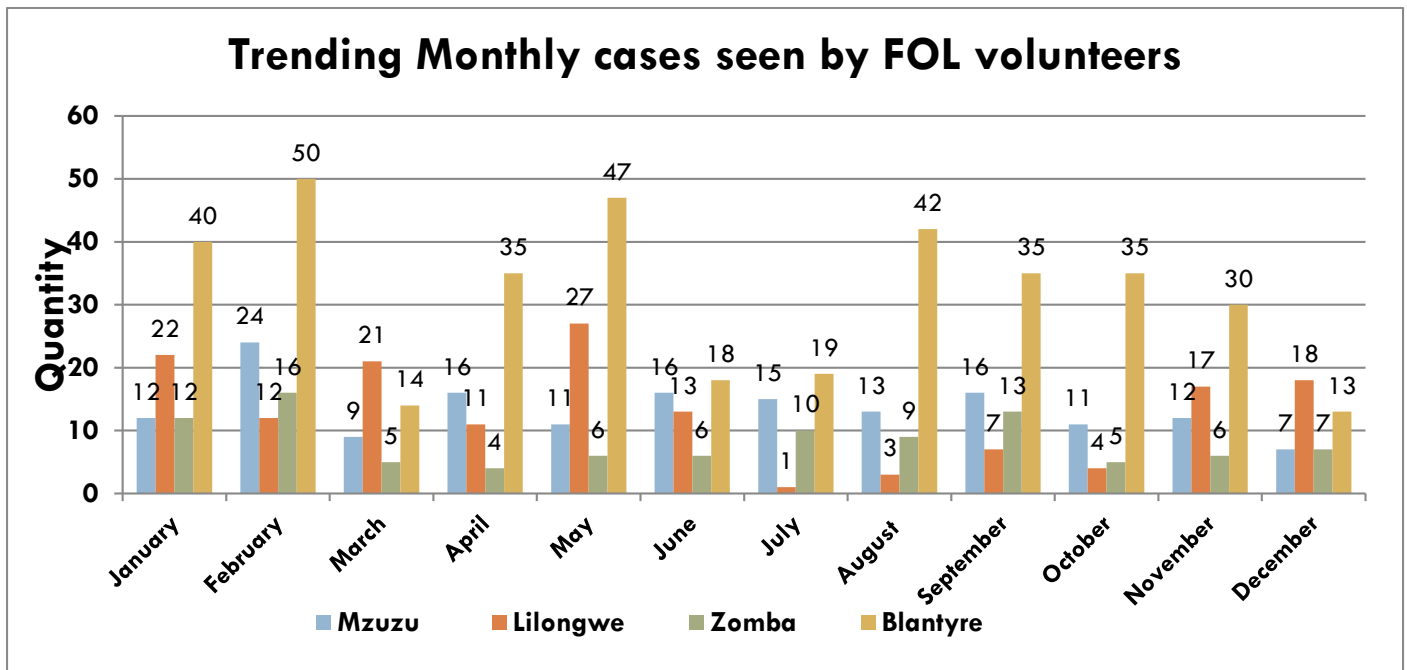
Since OSC activities are a collaboration between the medical field, social workers, judiciary and the police, the other matters related to bringing the culprit to book are on the hands of the other players

Our One Stop Center Focus

Technically we had no funding from UNICEF. The signing of a new UNICEF/FOL agreement was finalized in December 2017, however FOL continued to provide trauma counseling at One Stop Centre’s (OSCs) in Blantyre, Zomba, Lilongwe and Mzuzu.

With the new partnership agreement with UNICEF, FOL will continue services in Lilongwe, Zomba, Blantyre and Mzuzu and expand to 3 additional OSCs – Mulanje, Mangochi, and Nkhata Bay. In addition to what we do at the OSCs we hope to improve the referral systems in the catchment area of OSCs and help more survivors of sexual assault receive support

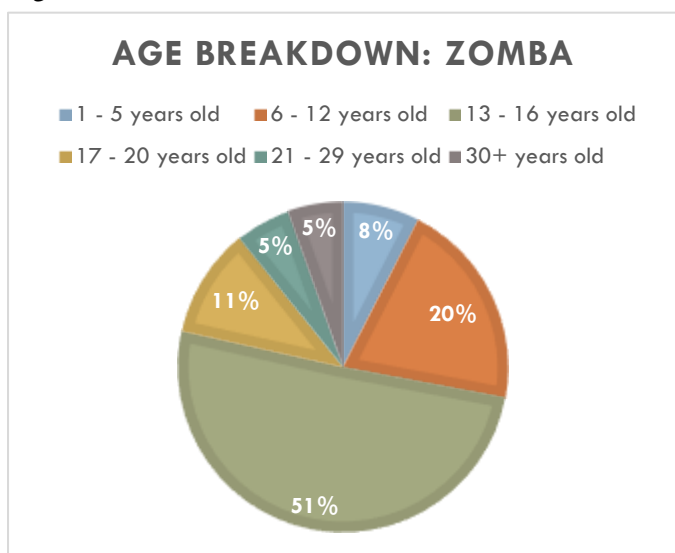
The charts and graphs below show the progress in these new sites with Blantyre leading in cases.



A total of 795 survivors of sexual assault visited the four OSC’s in 2017. Most of these were in Blantyre but due to the increased awareness in Mzuzu of the OSC, it has the second highest numbers. An important part of our model is to offer comfort to those who come and comfort packs are often handed out. A total of 155 comfort packs 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 come forward.

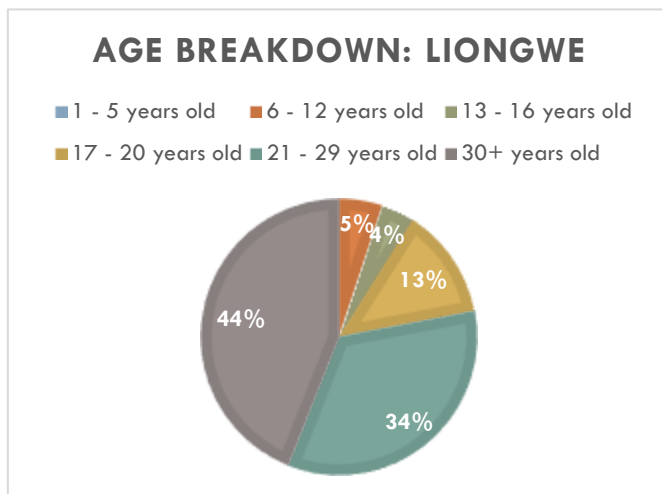
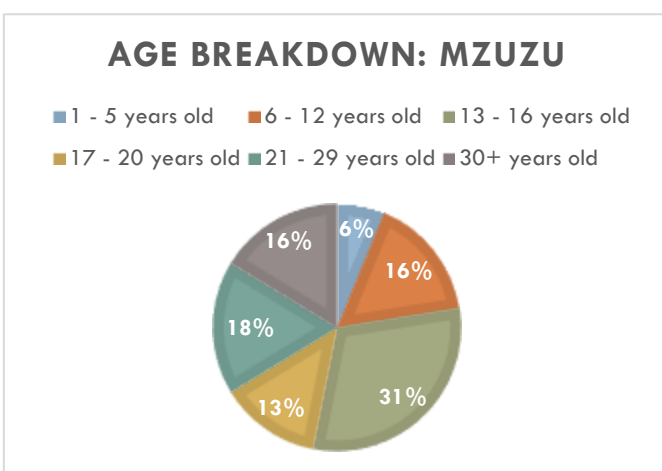
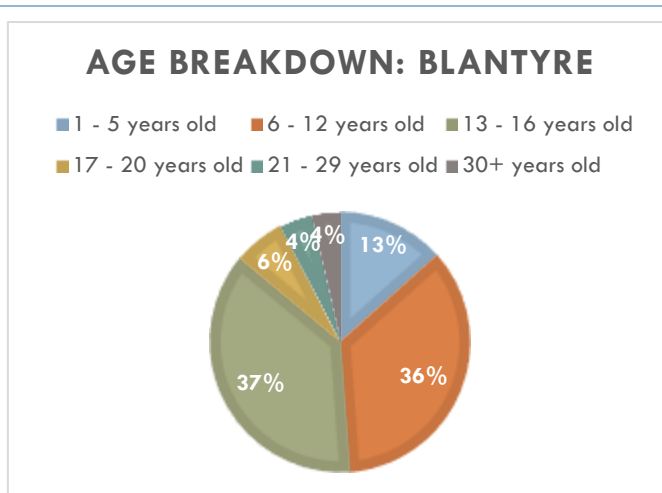
Lilongwe faced challenges because the OSC is not yet open. Our volunteers found alternate places to offer help to those traumatized by violence. FOL partnered with Children of Blessings Trust, an NGO that supports children with disability, and the Police through a Victim Support Unit while waiting for the OSC to open. Kamuzu Central Hospital through its Ethel Mutharika Maternity Wing offered a room on Fridays for our team to provide counseling to clients that received medical support during the week

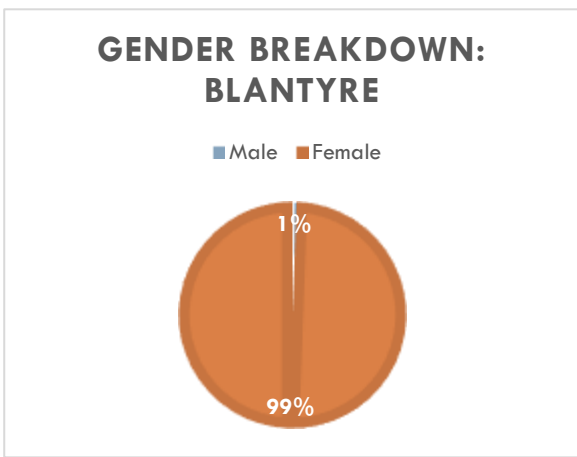
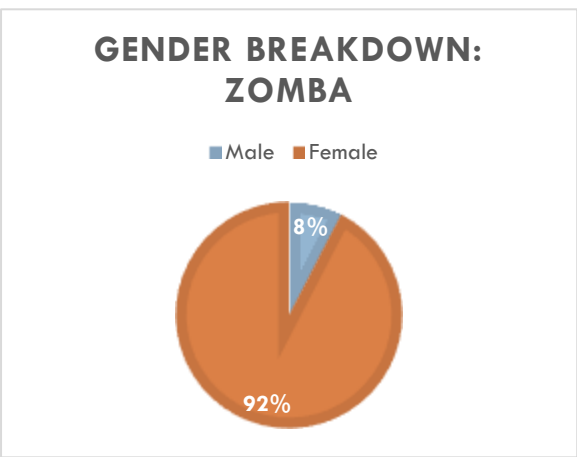
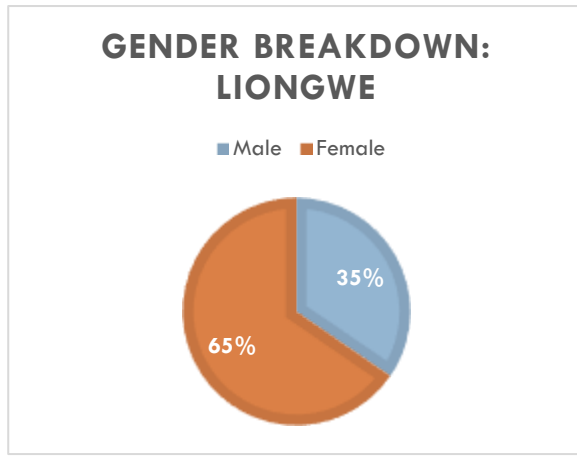
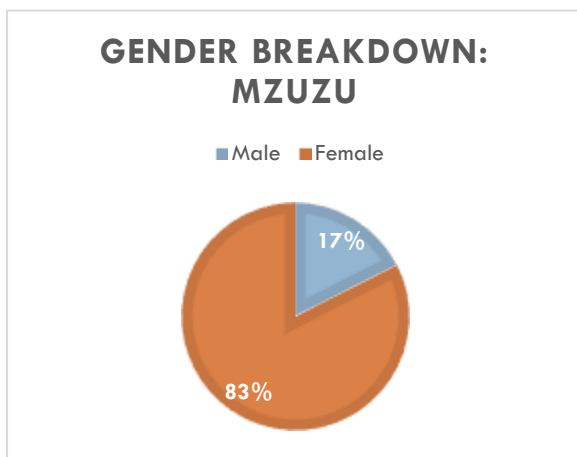
The charts below give a great picture of type of cases by age at each OSC – Mzuzu, Lilongwe, Zomba and Blantyre. The OSCs are in three different regions and interestingly are the remarkable statistical variances by region.



There are more women aged 30 and above in Lilongwe. This is because FOL volunteers operate at a police Victim Support Unit where most cases are on other types of gender based violence. The percentage of males is also higher in Lilongwe 25% than in any other district for the same reason.

In Mzuzu 53% are 16 years and below, Zomba, 79% are 16 and below and in Blantyre, 86% are 16 and below. This information is crucial and can be a good starting point for research in order to inform future plans and strategies for protection and prevention of sexual violence.





Sexual assault and defilement continue to be the primary form of abuse suffered by those visiting the OSCs, however cases of physical assault are significant in Mzuzu. However Lilongwe has higher numbers of general counseling and neglect which are directly a result of emotional violence between spouses.

Our Donors

FOL continues to have great donors and look for new ones. 2017 was very challenging due to the fact that UNICEF delayed its agreement with FOL until the end of December. The good news is that we will get over USD80,000 from UNICEF for 2018 which will enable us to really focus on delivering our services around Malawi. 2017 saw the Segal Family Foundation renew their support and the Elma Foundation. Our thanks and great appreciation goes out to those that support FOL.

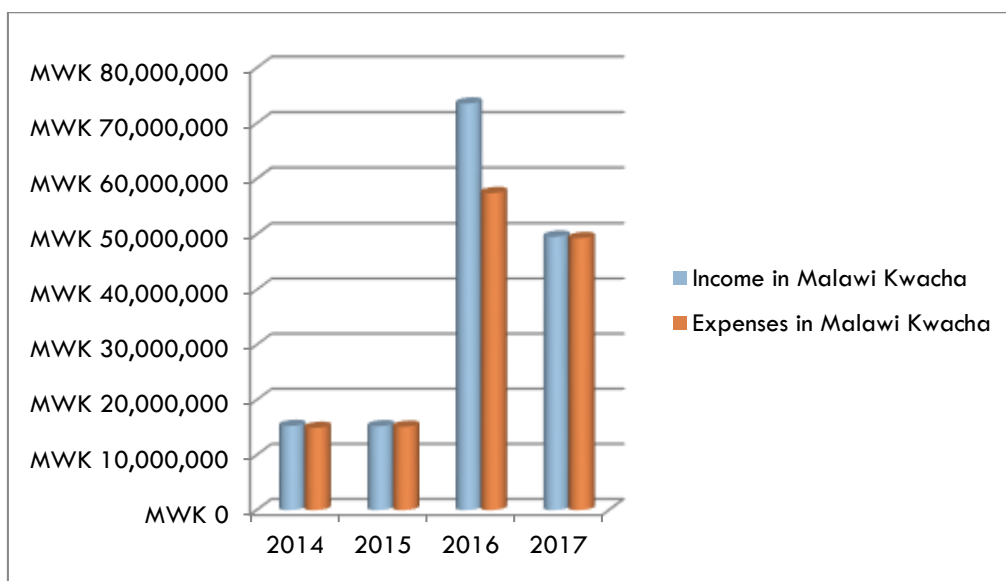
FOL Staff update

New staff members were recruited; a Monitoring and Evaluation Officer, an Accounts Assistant and Data Entry Clerk, and a Chief Operations Officer to oversee FOL while the Country Director is away was also hired

2017 FINANCIAL REPORT

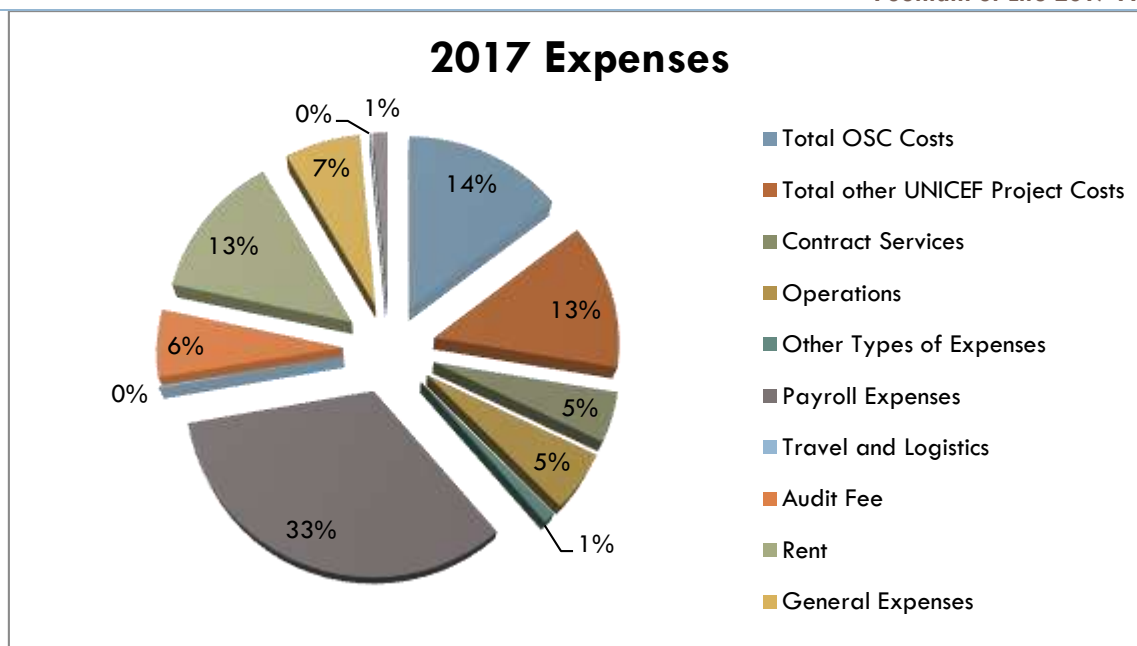
2017 was a year of survival as expected funds from UNICEF did not materialize. Fortunately we had a healthy surplus from 2016 which, with careful management, helped us make it through 2017. The chart below shows the surplus from 2016 as well as the very balanced position we finished 2017 with. In spite of our financial position we laid the groundwork that will help us deliver on our goals and objectives in 2018. Expanding our team was a critical part of this and this focus is seen in the expenses chart. We also invested in preliminary work at two of the three new OSCs so we are well positioned to start 2018 in the right way.

Fortunately the Agreement with UNICEF was signed at the very end of 2017 so funds are committed to enable us to work effectively at the seven (7) OSC's in 2018.



The columns for 2018 will show another spike in income and expenditure and we hope to maintain a more stable growth rate into the future. 2018 should see Elma renew our funding for a 3 year contract and Segal Family Foundation will continue its support. With the funds from the fund raising initiative for the Crisis Centre construction, the 2018 report will show a different picture of FOL.





FUTURE PLANS & HOPES & DREAMS

New One Stop Centre's

Due to the now signed UNICEF Agreement, FOL will focus on building our teams of counsellors for the new OSC's in Mulanje, Mangochi and Nkhatabay. This brings our total OSC involvement to 7.

Training More Volunteer Counselors:

75 more volunteers to be trained in Lilongwe, Mzuzu and Nkhatabay. Additional capacity building initiatives have been outlined to equip volunteers with additional skills. We have an agreement with Umwana of Belgium who will conduct more trainings this year. Our clients are our priority and we want to continue giving them quality services.

Monitoring Visits:

More visits to OSCs and interactions with volunteers will be done. We want our volunteers to feel more appreciated and motivated. The meetings will serve as a platform to provide on-site technical support.

Case Management Meetings:

OSCs have different service providers; medical, social welfare, police, judiciary and trauma counselors. It is important to have meetings to discuss the needs of clients, developing cases plans and sharing progress.

Education and Awareness:

Communities will be targeted to sensitize people on sexual violence. Service providers in communities such as the police, health center personnel, and magistrates will also be trained to improve their skills to assess clients within the communities and refer them to OSCs for further help.

Branding:

FOL will invest in marketing and branding of the organization throughout the year to print brochures, leaflets, one-pagers so that we can share with people the work we do and provide them with other vital information on prevention, protection and reporting sexual violence.

5 Year Anniversary Documentary:

FOL is clocking its five (5) year anniversary a documentary tracking its progress, successes, future plans and failures will be produced. Donors, clients, partners will learn more about FOL: where we have come from, where we are and where we are going. The documentary will be a great tool for awareness and monitoring.

Launching FOL

We will be launching our organization. Partners, potential donors and beneficiaries will be invited and learn more about our work.

One Stop Center Visits:

There are other one stop centers operating on a different model. Learning visits will be made, to learn from them and share our trauma counseling model.

Construction of Model Rape Crisis Centre/Place of Refuge

A Church in Canada has taken on the challenge of hosting a golf tournament to raise over \$100,000 to fund the building of a Rape Crisis Centre/Place of Refuge to be based in Lilongwe. This will become our 'model' of how we want to assist those traumatized by sexual abuse. It will also offer short-term stays to those whose safety and security may be at risk. Our goal is to partner with strategic partners to identify ways to provide needed and appropriate support over the long term.

If the tournament goes exceptionally well and raises more than \$100,000 then our plans are to construct a "Centre of Excellence" regarding all sexual abuse issues. It would include a Training Centre, links to the Crisis Centre, and our offices. The goal is to develop programs and training that will assist other organisations with similar goals and become recognized as a leader in the provision of a variety of support services for victims of sexual abuse.



CHALLENGES

We had a break in at FOL offices, thieves went away with a desktop computer, camera, hard drive, and petty cash from the cash chest box. We lost all videos, pictures and other documents that were backed up in the hard drive.