



# FOL Newsletter

Fountain of Life

ISSUE 18 \*FOL AT FIVE\*

## RECRUITMENT AND REFRESHER TRAINING FOR COUNSELLORS

The year kicked off with Fountain of Life organizing, recruiting and training lay volunteer counselors in all the districts with One Stop Centers where FOL provides psycho-social services.

In the districts where FOL was already providing the service; Lilongwe, Zomba, Mzuzu and Mulanje, the counsellors were given a “refresher” training course as well as new recruit training course for new counsellors.

In the districts where FOL will begin providing counselling services like Nkhata-bay new recruits will be introduced to an intense training course to equip them with skills to provide basic trauma counselling.



Old and new recruits posing for a picture in Lilongwe

FOL started with training in Lilongwe at Capital City Baptist Church, then Mzuzu at Mzuzu Baptist, followed by Mulanje at Word Alive Ministries, then Zomba at Gynkana club and lastly Mangochi.

Apart from the training, counsellors were oriented in FOL communication and Public Relations procedures, they were evaluated before and after the training to track their knowledge, understanding and execution of trauma counselling.

FOL is always looking to build a pool of volunteer trauma counsellors and will issue out notices when there is more recruitment and training activities in the coming months.

### Did You Know?

- FOL was registered in August of 2011 as a Non-Profit Company limited by guarantee but began operations in 2013.
- You can find FOL’s organization profile on the website which has information about its vision, goals, mission and objectives.
- FOL has grown tremendously starting with two permanent employees to seven this year.
- FOL IS TURNING FIVE (5) THIS YEAR!!

## VIEWING AND SHARING ANIMATION AWARENESS VIDEO



Girl guides members and mentors viewing the video

Following the production of the animation video last year on sexual assault awareness and services available, FOL has begun viewing, and sharing the video with partners and other organizations with projects involving girls and adolescents. This is part of education and awareness activities carried out by FOL. The video can be viewed in schools, home, communities even workshops/training.

So far FOL has viewed and shared the video with Malawi Girl Guides, Growing Ambitions, YONECO, Girls Empowerment Network and UNICEF. Contact us if you would like to have a copy.

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### ONE STOP CENTRE FIRST QUARTER ACTIVITIES

One Stop Centre (OSC) project runs several of its own activities one of which is "Strengthening linkages between health centers and other strategic entry points with the One Stop Centers."

For the first quarter, January to March, this involved training of health care personnel on OSC protocols and best practices, monitoring health centers on how they provide services to sexually abused patients and carrying out education and awareness campaigns in the surrounding area where the personnel received training and the health centers that were monitored.

FOL team managed to train new health care personnel in Mzuzu, Mulanje and Zomba, monitored three health care centers in Mzuzu, two in Mulanje and three in Zomba and finally an awareness campaign in Mbwengu, Mzuzu.

A lot of challenges were highlighted when carrying out these activities especially monitoring health centers that will help us improve services provided at the One Stop Centers.

*You can donate towards any of our projects like comfort packs, communication costs, counselor support and more. Contact us through email or Facebook or visit our website. There is always room and ways for you to help us bring comfort to victims of sexual abuse*



The awareness campaign that was carried out in Mzuzu

### A HAPPY NEW YEAR TO YOU ALL!!

#### 2018 FOL @ FIVE

It is a happy year! Fountain of Life will celebrate its 5th Anniversary since it began operations in Malawi!! Thank you for all your help all the way, till now, BUT We still need your support, encouragement, donations and prayers now more than ever!



Chavinda holding his prize

Congratulations Jonathan Yotam Chavinda for being consistently active on Fountain of Life Facebook page. We rewarded him with a Fountain of Life T-shirt while we were in Zomba.

Yotam is a police officer who also volunteers as a trauma counsellor at Zomba One stop Centre. During their refresher training we encouraged all counsellors to be active on the page which will earn them prizes.

To celebrate our 5th Anniversary, all our followers can also earn prizes by interacting with us on the page by liking, sharing and commenting on posts.

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**HELPING VICTIMS OF SEXUAL ASSAULT  
RE-BUILD THEIR LIVES**