



# FOL Newsletter

Fountain of Life

ISSUE 21 \*FOLAT FIVE\*

## 16 DAYS OF ACTIVISM AGAINST GENDER BASED VIOLENCE 2018



16 days of activism against Gender Based Violence runs every year from 25th November (International day for the elimination of violence against women) to 10th December (Human rights day), with this year's theme being "Ending Gender Based Violence in the world of work and tertiary institutions." Every year we have the privilege to market ourselves at events such as these as such FOL was present at the local level launch at Chimwasongwe Primary School on 29th November where we got to showcase and share services we provide.



### Did You Know?

- We carry out recruitment and refresher trainings for our counsellors all over the year.
- There are seven teams of counsellors in Lilongwe, Blantyre, Zomba, Mzuzu, Nkhata-Bay, Mulanje and Mangochi.
- You can donate towards any of our projects; be it communications, comfort packs, awareness materials.
- The holidays are the usually the time sexual assault cases increase.

## END OF YEAR REVIEW MEETING WITH OUR COUNSELLORS



One of our main objectives is to provide trauma counselling services to survivors of sexual assault which we are able to do by training our own pool of volunteer counsellors. Our service provision relies on people who answer our call to sign up to volunteer, who have the passion and heart to provide trauma counselling. As such it is important -

to review the work our counsellors carry out as the year comes to an end.

We called our Lilongwe volunteer counsellors for a meeting where we shared with them how many clients they were able to see this year, follow up sessions and polished up how best to collect client data.

As it was a review meeting, they were given to platform to express the challenges they have been facing as well as successes over the year. This session was important to us since it was a chance for us to learn and fine tune our service provision when the new year begins.

Please be on the look out for our call to recruit and train new volunteers. We need you.

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### END OF YEAR DONATION FROM UNICEF!!!!



Christmas came early at Fountain of Life!!! UNICEF donated a brand new desktop computer, monitor, a printer and a UPS. This came as a surprise since we had lost several items including a desktop computer last year. We are grateful for this.

*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 survivors of sexual abuse.*

### SPOTTED ON TV



Before 16 days of activism against Gender Based Violence, Womanity host on Zodiak, Ruth Kulaisi reached out to our Communications and Public Officer to feature on their program to talk about effects of sexual abuse trauma and coping mechanisms.

The program aired all week during the 16 days of activism, which was great publicity and visibility for Fountain of Life and the services we provide. FOL appeared on a similar program on Rainbow TV earlier this year where they focused on sexual violence and its effects on young women.



### SAFETY DURING THE HOLIDAYS



Fountain of Life is officially closing operations from 21st December 2018 to 7th January 2019. We would like to urge you to be as cautious and safe as possible.

Children will be home for the holidays and so will other relatives and family members, much as you can trust family members, remember that most perpetrators are close to the victim. Encourage children to report any inappropriate behaviors, believe them until proven otherwise.

Please go to the nearest hospital immediately if you or anyone you know has been sexually assaulted.

WE WISH YOU A SAFE, MERRY CHRISTMAS AND A HAPPY NEW YEAR!!!!

**REPORT DEFILEMENT AND RAPE IMMEDIATELY!!!!**



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*"Helping Victims of Sexual Assault Re-build Their Lives"*