



FOL Newsletter

Fountain of Life

CHURCH “RAPE TOOL KIT” TASKFORCE

On 18th February, 2014, FOL hosted a Task Force meeting to produce a Tool Kit/ Resource Package for Churches that can be used to help rape victims. Among the people present was Tanduleni Zimba & Steve Bowler (Directors of FOL), Helen Van Schalkwyk (psychologist), Habiba Osman (lawyer), Wambali Mkandawire (Pastor & musician), his wife Wambui Mkandawire, Eugene Chinunga (Pastor), his wife Jean Chinunga and Linda Chirwa (businesswoman.)

The purpose of the meeting was to come up with a practical resource package that can be used in churches to help rape victims. The group agreed that it has to be something different from manuals developed that usually end up on a shelf and un-used. However, we will be making use of these great resources—some pictured to the right—as they have great info. Our goal is to develop a resource that is more visual, utilizing the oral traditions and community context of Malawi.

The number one (1) priority agreed on was to focus on breaking the silence around



Some really great discussions took place as the Task Force wrestled with how to approach this issue.

sexual assault and the impact of this on the individuals and families. The Tool will focus on finding ways to let those who have been traumatized in this way know

that they are not alone and there is help. This focus on the health and well being of the Family unit is a core focus of the Church and it is time the Church took action!



Volume 1, Issue 2

February 2014 Issue

Did You Know?

- Most perpetrators are people who are known to the victims and are usually people with authority over the victims as such they find it difficult to report the crime....

Inside this issue:

Volunteer Counseling—Lilongwe	2
Social Networking	2
One Stop Centre Story	2
One Stop Centre Story continued	3
About US	3

Volunteer Counselors— Lilongwe

On 4th February 2014, there was a meeting at FOL Offices with Helen Van Scahlkwyk (a Psychologist) and some volunteer counselors who want to start providing counseling for victims of rape and sexual assault in Lilongwe.

Most of the counselors were previously volunteering at the One Stop Centre in Blantyre and they have moved to Lilongwe and would like to volunteer to do the same work at the main hospital in Lilongwe. So far we have Chikondi, Sandra, Umba and Grace.

The key discussion was finding space to do the counseling at Kamuzu Central Hospital

which has been a challenge because the One Stop Centre at KCH is not yet fully functional. The team agreed to ask KCH to provide a room for the FOL counselors to start the work.

The team also decided to start awareness campaigns in Primary Schools in the Lilongwe area about rape, sexual assault and where to get help if you have been assaulted . This will undoubtedly trigger some clients and they will need a place where they will get counseling among other things and a hospital is the ideal place.



This is a great a start for Lilongwe and we hope the team will make great progress.

SOCIAL NETWORKING...

The FOL Website is being designed by a private firm and while we wait to launch it FOL has set up accounts on Facebook, Twitter and You Tube. It will be a learning process but with your help and patience and support we will make a difference!

FACEBOOK

Go to our page (link) below and “LIKE” our page

<https://www.facebook.com/pages/Fountain-Of-Life-Malawi-LTD/1402014993391705>

TWITTER

Follow us on Twitter:

[@Malawi FoL](https://twitter.com/MalawiFoL)

YOUTUBE

Subscribe to our account:

[Fountain of Life \(Malawi\) Ltd](#)

With these pages, you will keep in touch and always stay connected with FOL!!!

One Stop Centre Story!!!!!!

A 15 year old girl was living with her mother and step-father somewhere out of town. One day while her mother was at work, her step –father walked in her room and raped her. This happened not once, but twice. Even though she screamed for help on both occasions people around the neighbourhood did nothing to help her because they were scared of the step-father for he had a reputation of being violent. Her mother, who eventually was fully aware of what had been happening in

their home decided to keep quiet purportedly afraid of the man and to save her marriage from ruin.

It was after the second episode that the girl decided to go and visit her father and the rest of the other family who happened to be living in another city that her step-mother noticed some peculiar features in her. She looked weak and always tired and at times completely withdrawn. Concerned, the parents

decided to take her to a local hospital for a check-up and possible medical help. It was then that she revealed to the hospital authorities that she felt traumatized because her step -father raped her.

The local hospital referred her to the One Stop Centre for counseling and it was during those sessions that she narrated her whole ordeal and admitted that she was scared to tell anyone because her step – father had



One Stop Centre Story <continued from page 2>

warned her that if she ever revealed it to anyone he was going to beat her severely and since her mother decided to keep quiet about it she had no option but to suffer in silence. Through counseling sessions, she felt relieved and was able to finally share what she had gone through, how much emotional pain she had at all times. She said she was badly hurt and scared. The counseling helped remove her bitterness towards her step - father and deep down she knew she was free at last.

Incidentally, her father was very upset with the situation and could not understand how her mother ignored such an enormous prob-

lem in the home and explained never to let her go there again. He pointed out that he always wants the best for his daughter and he will do anything to keep her safe.

During our follow up (phone call), her father said the daughter is coping very well and that now she is back to school. He also added to say she is now able to talk about any issue that is bothering her and confides in her step-mother which is a big improvement for her. The step-father is reportedly at large and the police are looking for him to press charges.

“...she was scared to tell anyone because her step-father had warned her...”

Fountain of Life

P. O. Box 1993
Lilongwe, Malawi.
Shoppers Mall, Opposite Shoprite Carpark
Towards Grey Matter Business College.

Phone: +265 1 759 203
Fax: +265 1 759 203
E-mail: info@mwfountainoflife.org



**MALAWI'S ANSWER TO THOSE
SUFFERING FROM SEXUAL ASSAULT**

FOL Mission:

Fountain of Life restores self-esteem, returns smiles and revitalizes a vision for the future in the lives of innocent children, women and men who have been victims of rape.

These young women and girls need to be CARED for. To heal. To make sure this horrible act does not destroy or define the rest of their lives.

Directors: Steve Bowler, Victoria Keelan, Cuthbert Nyirenda, Tanduleni Zimba

Blantyre Coordinator: Thengie Chirwa

Communications/Public Relations Officer: Natalia Govati

Contact us: info@mwfountainoflife.org

(265) 1 759 203

(265) 999 309 636

SUGGESTIONS WILL BE GREATLY APPRECIATED