



# FOL Newsletter

Fountain of Life

## Mentoring Sessions with Helen Van Schalkwyk

Volume 1, Issue 3

2014

Earlier in March Helen (a professional psychologist in Malawi) started a mentoring program with FOL volunteer lay counselors in Lilongwe. The program is basically equipping the counselors with practical tools and skills that they can use when counseling rape victims and victims of sexual assault in relation to the Malawian culture.



Helen with some of the volunteer counselors

Most of the counselors are not qualified psychologists, they are lay counselors who are interested in counseling and have the passion for it so Helen is sharing her knowledge and experience with the counselors.

The mentoring sessions will be done once a month for six months or more.

## Did You Know?

- There are very few trauma counselors in Malawi. The number of psychologists in the country can be counted one hand which leaves a large gap for victims who need trauma counseling.

## Update on the Church "Rape Tool Kit"



6 Pictures to stimulate community discussions about the reality for so many children. The last picture below screams "vulnerable"!

On 18th February, 2014, FOL produce a Tool Kit/Resource used to help rape victims.

FOL approached a local artist to create drawings that tell a par-tories from which he picked one ings to tell a story.

The goal is to have drawings that discussion about what us happen-



Join with FOL as we help neglected & abused children.

hosted a Task Force meeting to Package for Churches that can be

Jethro Longwe (Spectacular Art) ticular story. He was given several and developed a total of six draw-

will engage people into having a ing in the drawings.

FOL was satisfied with the first story and has contracted Jethro to create drawings for five more stories that will bring out the many issues and challenges facing victims of rape and sexual assault. The SILENCE will be broken!

## Inside this issue:

Mentoring with Helen Van Schalkwyk	1
Update on the Church "Rape Tool Kit"	2
One Stop Centre Story	2
About US	2

## One Stop Centre Story

A grandmother brought her 12 year old granddaughter to the One Stop Centre after finding out that her husband raped her. The grandmother cross examined her whether it was the first time this happened to her. The girl admittedly said it had been happening for a long time, about six years in fact.

The granddaughter narrated that every day before he went to work on his shift he would rape her and warned her never to tell anyone or he would kill her. At times he would give her money, buy her clothes and food.

During the counseling session she said that

she was very afraid that once her grandmother found out she would be very angry with her. To her surprise something totally different happened. Her grandmother was very supportive after discovering this and went out of her way to bring her to the hospital to seek help. She is glad that the truth had been revealed because she didn't want to do that anymore and now he will no longer hurt her. The grandmother was very shocked, confused and couldn't believe her husband would hurt an innocent child. During her session she felt like she was a failure for not knowing what was going on for the past six years.

She however complained that though she came at the Centre her children were totally against her going to the police to report the incident but she was compelled to do so because she knew that this was the only way her granddaughter would feel safe.

After undergoing counseling, the grandmother said, even though the man in question was her husband, she stood by her granddaughter for she is an orphan and the only guardian available is the grandmother.

Her grandfather is currently under police custody.

## 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](mailto: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](mailto:info@mwfountainoflife.org)

(265) 1 759 203

(265) 999 309 636

**SUGGESTIONS WILL BE GREATLY APPRECIATED**