

# FREEDOM FROM FISTULA



**700+**

Fistula surgeries completed transforming the lives of patients suffering from this preventable childbirth injury



**20,000+**

Children treated in our outpatient clinic including life saving immunizations



**#FREEDOMGIFT**

**THANK  
YOU**

**YOUR SUPPORT &  
DONATIONS HAVE  
HELPED  
TRANSFORM  
THOUSANDS OF  
LIVES IN AFRICA  
THIS YEAR**

**230+**

Patient ambassadors working in local communities to raise awareness and help find more patients



**4000+**

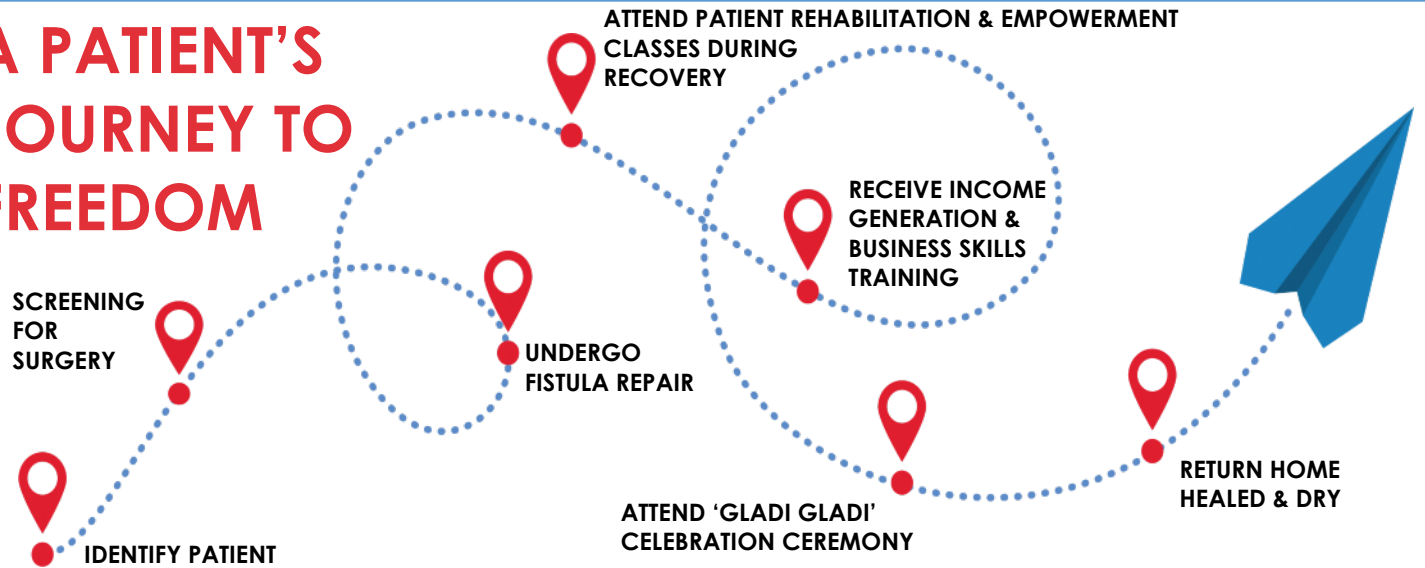
Babies safely delivered both at our own center in Sierra Leone and in maternity projects we support in Malawi



**FREEDOM  
from  
FISTULA**

# YOUR DONATIONS TRANSFORM LIVES

## A PATIENT'S JOURNEY TO FREEDOM



Former fistula patients - Malawi



Reusable Sanitary Pad Donation



Reusable Sanitary Pad Training

## EMPOWERING WOMEN & GIRLS IN MALAWI

In June this year, the Scottish Government donated more funds to train another group of former fistula patients on how to make reusable sanitary pads to provide them with a small business when they return to their villages.

The group of **12** women came from across Malawi to receive their free fistula surgery at our Fistula Care Centre in Lilongwe and returned home with an income-generating opportunity. The Scottish Government funds provided each woman with the skills training, a manual sewing machine and a starter pack of materials. The program aims for women and girls in the rural areas to access hygienic menstruation kits and to also empower the former fistula patients to run their own business.

The Scottish Government also provided funds to donate another **1000** reusable sanitary pad kits to underprivileged schoolgirls. Six schools were identified by the Ministry of Education as most in need and 1000 girls received kits, produced by former Freedom From Fistula patients, that include 4 flannel sheets, 1 shield and 1 pair of pants. The donations aim to help keep girls in school during the time of their menstruation each month as often, girls do not attend school during this time due to lack of sanitary products. This leads to girls failing exams and dropping out of school, as well as girls getting married at a young age. During the visits to the schools, the Freedom From Fistula team also raised awareness about fistula, the importance of good maternal healthcare and provided health education information.

# WE HEAL THE WHOLE WOMAN NOT JUST THE FISTULA

**“You have changed my life. You have transformed me into a new woman. I will forever be grateful”**

## From child bride to entrepreneur

**Mesetina** was forced to marry at the age of 10. When she fell pregnant her body was not developed enough to safely deliver. She lost the baby and developed a devastating obstetric fistula, suffering for 19 years. During recovery at our centre she took part in our Patient Rehabilitation and Education Program (PREP) learning how to read, write and manage a successful business. **Mesetina** was selected to take part in our **solar charging station** and **reusable sanitary pad** projects. She is now healed, financially independent and happy.



Mesetina - Malawi



Yealie - Sierra Leone

## Hope after a devastating loss

During the summer of 2017 **Yealie** lost her mother, father and two siblings (Mawa aged 7 and Adama aged 5) in the devastating mud slide that befell Sierra Leone. Alone, **Yealie** fell pregnant and in August 2019 started to attend our **Teenage Empowerment ‘Dream Girls’ classes** at AWC supported by the Aminata Maternal Foundation.

*“Whenever I come to class, I feel happy and have so much fun. I like the way all the staff are concerned about us, even though we are pregnant. I want to be a Doctor when I am older. Today I finished sewing my blanket.”*

## Helping others face obstetric fistula

18 year old **Mamitiana** comes from Moramanga. After a difficult delivery she lost her baby and developed an obstetric fistula. After seeking treatment at our center in Madagascar, **Mamitiana** is healed and happy to help other women in her community. By working as a patient ambassador, **Mamitiana** raises awareness of obstetric fistula and the importance of good maternal health care and brings fistula patients to our center, so they too can receive life changing treatment.



Mamitiana - Madagascar

## We've got an **egg**citing project for 2020 and we need your help.

### \$50 to buy health and wealth for a fistula patient

Fistula patients lack protein and therefore have problems healing from their fistula surgery. For a donation of **\$50** you can help us buy **30** chicks and one month's feed for a fistula patient as they leave our centre in Malawi. Not only will the chickens produce enough eggs for our patient and her family but she can sell the surplus and help lift herself out of poverty with her new business venture. We say that's an **eggcellent** Health and Wealth return on investment!



The gift that keeps on giving

<http://bit.ly/EGGcellentappeal>



### Living the dream...

I was introduced to FFF and its work after I was awarded the Colin Powell Fellowship at City College, NYC. A year into my internship I was offered the opportunity to serve as Assistant Program Manager at the AWC in Sierra Leone.

Freedom from Fistula is doing amazing work to not only eradicate Obstetric Fistula but to prevent it by offering holistic maternal healthcare to women in need. I'm so proud to be a part of this organization and help further its mission.

Your money transforms lives and 100% of your donations go directly to our projects to help the women and children of Africa.

This festive season and throughout **2020** let's put the **FUN** back into **FUNDRAISING**. We would love you to join family and friends and pledge together to raise **\$2020** throughout the year.

We don't mind how you do it, whether you're taking part in an endurance event, recycling with a NEW2YOU sale, hosting a coffee morning, making a simple donation or joining together to create a charity bake off.

**SIGN UP TODAY**

<http://bit.ly/FFF2020challenge>



*Happy  
Holidays*

&

**HAPPY NEW YEAR**