

FEB

2017



FREEDOM
from
FISTULA

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Update

**Spotlight on
Madagascar**

Making life worth living for women & girls in Africa

Surgery Starts at Fistula Care Centre in Madagascar

On 18th October 2016, the first patients had their surgeries at our new Fistula Care Centre in Madagascar.

Two weeks later, the Centre held its first **Viavy Meyva** - a celebration marking the day our patients go home 'dry' after successful surgery.

Geni, one of our first patients to be discharged, is shown in the photograph below celebrating she is no longer leaking urine and is heading home with a new found confidence.

In addition to Viavy Meyva, every Friday staff and patients enjoy '**Faly Day**' where they share all they are thankful for. It's a joyful day full of song, laughter and dance.



Faly Day in Madagascar



Fistula patient



Fistula patient



Geni celebrates 'Viavy Meyva'

Success of Patient Ambassador programme

Patient Ambassadors in Malawi were responsible for identifying 130 fistula patients in 2016, proving the programme a tremendous success.

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676 pregnant women & girls registered in February

676 pregnant women & girls registered for our maternity services at Aberdeen Women's Centre, Sierra Leone last month.

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Dignity restored to women & girls in Kenya

Nancy suffered an obstetric fistula for 45 years before successful surgery at St Mary's Mission Hospital.

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Latest news from our teams in UK & USA

The UK Premiere of Shout Gladi Gladi was held on 26th October at the Festival Theatre in Edinburgh to 300 invited guests.

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Malawi

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Our Malawi Patient Ambassadors brought 37% of our fistula patients in 2016



Success for our Patient Ambassadors in 2016

Malawi's Patient Ambassador Programme has proved a tremendous success since it was launched in 2015. It has grown to include more than **120** Ambassadors and, in 2016, they brought **130** new patients to the Fistula Care Centre.

We are grateful to our Ambassadors for their ongoing support, their attendance at our various training days and for reaching out to those suffering from Obstetric Fistula.

Staff continue to identify and train patient ambassadors throughout 2017.



A life restored

Julita suffered with an obstetric fistula for 19 years.

Following successful surgery she is now fistula free. While recovering at the Centre, Julita attended our arts and crafts classes and now has a business selling jewellery.



Fistula Care Centre, Malawi

More than 350 women and girls received free treatment at our Fistula Care Centre in 2016

Beyond the surgery, all our patients also take part in our Patient Rehabilitation, Education and Empowerment Programme where they gain new skills with the various activities organised by our in-house education department. Activities include numeracy and literacy classes, sewing, beading, micro-finance classes, cooking demonstrations and health education sessions. We are looking to expand this programme in 2017 with our reusable sanitary pad production project, providing all our patients and other girls with free sanitary products.

2017 will also see FFF continue to fund maternity at MCH and Achikondi clinics. Provision of maternity healthcare can prevent obstetric fistulas occurring and we are committed to improving maternal healthcare in Malawi.





Sierra
Leone

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*Little Aminata is malaria free
& smiling thanks to our AWC
immunisation programme*

676 pregnant women & girls registered at AWC in February 2017

As part of a large planned registration to enable impoverished women and girls to register with us to safely have their babies, we completed the registration of **676** pregnant women and teenage girls in February 2017. These women and girls now have access to excellent maternal healthcare, thus reducing their risk of developing an obstetric fistula.

In November, the AWC team was privileged to welcome Priti Patel, Secretary of State for International Development, and a Parliamentary delegation from Westminster. All visitors were very impressed by the high standard of care at the AWC.



Mass pregnancy booking



Priti Patel MP visited in Nov 2016



Raising awareness

20,000 + women & children helped

In 2016 staff at our Aberdeen Women's Centre, Sierra Leone helped more than 20,000 women and children through our maternity and outpatient children's clinic.

Fistula surgeries in 2016

Staff at our Aberdeen Women's Centre completed 987 fistula surgeries in 2016.

New Patient Education Programme Planned for 2017

Building work has begun on a new patient ward and classroom at our Aberdeen Women's Centre, as we focus on developing our Patient Rehabilitation, Education and Empowerment Programme and expanding the capacity of our maternity unit.

Kizika and Furikanu show happy smiles in the photograph below, as they spearhead the construction.



Fistula CAMPS

We have just completed the first fistula camp of 2017 with more than 40 patients receiving free surgery and care.



Kenya

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Nancy suffered with an obstetric fistula for 45 years. Following successful surgery at St Mary's Mission Hospital she is now FISTULA FREE!



Dignity restored

In 2016 we held three fistula camps in Kilifi, Kenyatta and Kisii, in addition to the routine repair programmes at Kenyatta National Hospital and St Mary's Mission Hospital.

In total we treated **426** women, from different parts of Kenya. Our activities were spread throughout the country, reaching 42 counties out of 47. Kisii county registered the highest number of women affected by fistula (47), followed by Kilifi (43).

The social and psychological consequences of Obstetric Fistula can include social isolation, stigma and depression. Finding a friend that shares the same challenge you're facing could at times be difficult.

At **St. Mary's Mission Hospital** and **Kenyatta National Hospital Nairobi, Kenya**, there is a lot of talking, laughing, and sharing of awful experiences among the fistula survivors. Friendships blossom and we often see patients staying in touch long after surgery.



Fistula patients returning home



Dignity restored

Training team outreach

In addition to providing free fistula surgeries our goal is to increase both awareness and training in preventing, identifying and treating obstetric fistula. Throughout 2016 our team in Kenya provided training **657** individuals including:-

- **215 Women**
- **120 Women & Church Leaders**
- **98 Teachers**
- **66 Nurses**
- **13 Doctors**
- **10 Nurse Ambassadors**
- **4 Theatre Nurses**
- **2 Midwives**
- **2 Anaesthetists**

2017 Update

FFF in Kenya is seeing a challenging start to the year

With doctors on strike across Kenya, we have had a challenging start to the year as our surgical capacity has been significantly reduced due to lack of access to operating theatres. The team remains positive and continues to liaise with patients and secure operating theatre space when they can.

Fistula surgeries in 2016

Staff completed 337 Fistula surgeries in 2016. Well done team!

Thriving on teamwork

The team in the photo comprises of a fistula nurse, programme coordinator, country director and programme officer (Samuel, Faith, Wanjiru and Anastasia)



Working together as a team



UK &
USA

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100% of your donations go to the projects as our administration costs are met by the charity founder



News from across the pond...

In New York on March 20th?



Why don't you come along to the film screening of **"Shout Gladi Gladi"** during the 61st Session of the Commission on the Status of Women, in collaboration with the United Kingdom Mission to the United Nations.

During March 13th to 24th representatives of UN Member States, civil society organisations and UN entities gather at UN headquarters in New York to discuss all issues concerning women with a specific focus on "women's economic empowerment in the changing world of work."

As a participant during these important events, Freedom from Fistula Foundation, in partnership with the UK Mission to the UN, will be screening a 40 minute version of the feature film, **"Shout Gladi Gladi"** the first documentary to be narrated by Meryl Streep. It will be shown at the British Consulate-General-NY on March 20th.

The film focuses on women's health in Africa with a particular emphasis on obstetric fistula: documenting the efforts of the Freedom from Fistula Foundation as they work to empower some of the world's most destitute women.

Would you, your club or your school be interested in coming along? Please let us know if you want to attend, get involved or find out more information. Reservations are required. Please email us at: info@freedomfromfistula.org

UK Premiere of Shout Gladi Gladi

The UK Premiere of **Shout Gladi Gladi** was screened at the **Festival Theatre, Edinburgh** on **26th October** to **300 invited guests**.

*"Just watched the film **Shout Gladi Gladi** about fistula in Africa. Inspired by the work and hope FFF offer to women and family"* David

Dates for the diary

8th March 2017
International Womens' Day

14th-24th March 2017
Commission on the Status of Women at the UN in New York

5th May 2017
International Day of the Midwife

23rd May 2017
International Day to End Obstetric Fistula

28th November 2017
Giving Tuesday

A warm welcome to Angela McCabe

Joining our team in the USA is Development Director, Angela McCabe, who was instrumental in the success of our recent **Revlon Challenge**.

Angela will be taking part in a number of running events throughout 2017, raising funds on our behalf and is a very welcome addition to the team.

NEW websites launched

With thanks to Glasgow design company Cinch, we launched our new UK and US websites at the end of 2016.

Please view at:-
www.freedomfromfistula.org
www.freedomfromfistula.org.uk

#IWD Run 8th March 2017

Secret London Runs is organising a run for International Women's Day, with all profits going to FFF & the Bromley by Bow Centre.

Up to 250 women are expected to take part, following the route of a march for women's suffrage on the same day in 1914, from Bow to Trafalgar Square (London).

BIG KNIT

Groups, individuals and organisations across the UK continue to take part in our Big Knit Challenge. In January (2017) we sent 2350 knitted squares, 160 baby jackets and cardigans and 250 hats to our warehouse ready to ship out to Africa.

To take part please knit 6" or 8" squares and send to our office in Perth. Watch out for the thanks and photos on Facebook.



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<https://www.facebook.com/FreedomFromFistula/>



<https://www.instagram.com/freedomfromfistula/>



<https://www.linkedin.com/company/freedom-from-fistula-foundation>



<https://twitter.com/WeFixFistulas>



<https://www.youtube.com/channel/UCleutFBHNaKzW2IAKpTKINw>

SOCIAL

Stay in touch...

Are you following us on Facebook, Twitter, Instagram or LinkedIn?

Our teams update our pages regularly with news from the Centres, patient stories, images and videos.

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100% of donations go to the projects as our administration costs are met by the charity founder.

FFF Make a difference

One woman dies every minute from complications in childbirth. One woman every two seconds is seriously injured or disabled giving birth.

Without you, many of those who survive will continue to live in shame and isolation because of obstetric fistulas.

With **YOUR** help we can provide free surgeries to heal women and make them 'dry'.

With **YOUR** help we can provide free maternity care to help prevent obstetric fistulas occurring.

With **YOUR** help we can train local midwives and health professionals to provide sustainable, quality maternity