The Freedom from Fistula Foundation

Annual Review 2015

MAKING **LIFE** WORTH **LIVING**

FREEDOM from FISTULA Foundation

Welcome

Ann Gloag OBE

I am delighted to present our 2015 Annual Review.

Our vision is for all women and girls in Africa to have access to healthcare during pregnancy and childbirth and to eradicate obstetric fistula.

Access to quality healthcare is vital to the rights of girls and women and their role in society. Treating and preventing obstetric fistula is essential to fulfilling the potential of every girl and woman. Our holistic treatment facilities provide care and love which enables our patients to regain control of their lives, resume their positions in their families and communities and return to living lives of dignity, productivity and confidence.

We continue to develop our services in Malawi, Sierra Leone and Kenya and are preparing to open a new project in Madagascar in 2016.

We are delighted to maintain strong, stable and supportive relationships with the local and national governments. We are also grateful to our local, national and international funders who continue to contribute generously, both financially and with 'in-kind' goods and services.

In our effort to equip, empower and encourage sustainable local healthcare capacity, we provide medical infrastructure (including equipment and supplies), train surgeons to repair obstetric fistulas and train midwives in the highest possible standards of maternal healthcare. In addition to providing physical care and healing, we also provide education and empowerment programmes focusing on imparting basic skills (reading, writing and numeracy), as well as a range of vocational skills, including sewing, craftwork and basic business skills.

From expanding access to maternity care, to empowering and enabling former patients to build their own business, our vision continues to grow and evolve.

We look forward to the future with hope and confidence.

Thank you.

Ann Gloag OBE

Founder and Chief Executive Officer

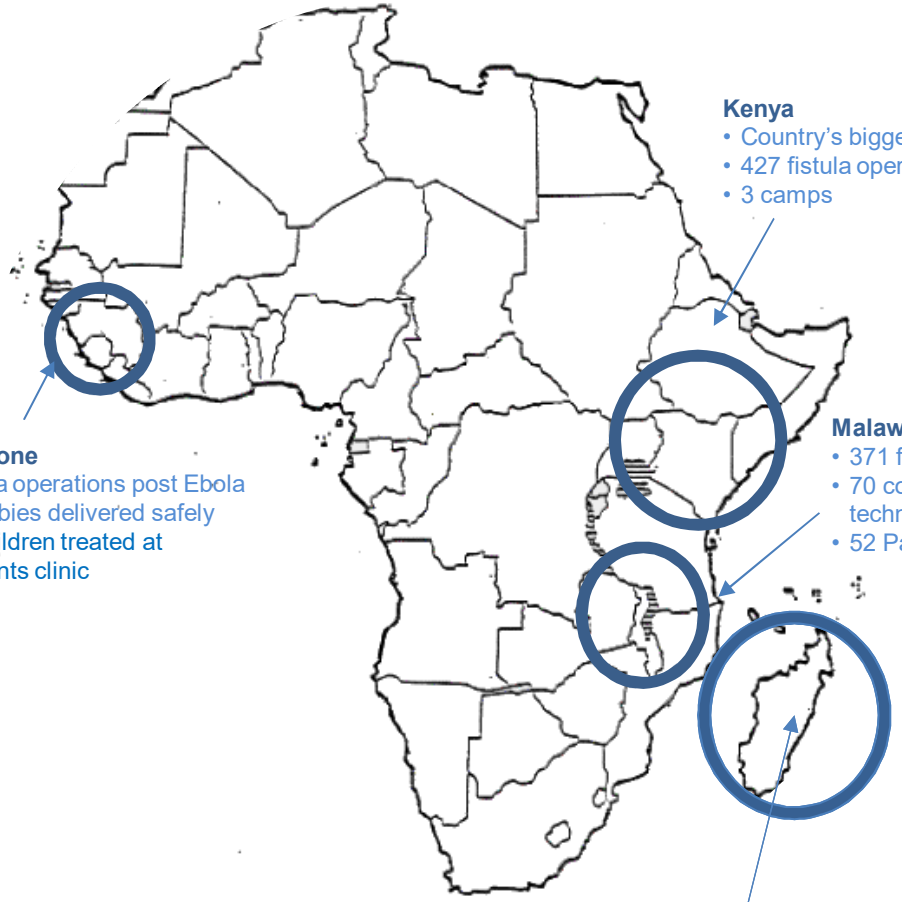
FREEDOM from FISTULA Foundation

Serving the women of Africa

Today, an estimated **two million** women in Africa are suffering from obstetric fistula caused by prolonged, obstructed childbirth and lack of access to maternity care.

The women affected often condemned to endure lives of isolation, poverty and emotional pain. Our aim is to help these women by providing free surgeries to heal their fistulas, free maternity care to prevent fistulas and ensure safe childbirth, and free training for local healthcare workers.

We are committed to the women of Malawi, Sierra Leone, Kenya and, as of 2016, Madagascar – to seeing dignity regained, lives restored and hope resurrected.



Kenya
- Country's biggest fistula camp
- 427 fistula operations
- 3 camps

Malawi
- 371 fistula operations
- 70 community midwife technicians (CMTs) in training
- 52 Patient Ambassadors

Sierra Leone
- 64 fistula operations post Ebola
- 1550 babies delivered safely
- 3669 children treated at outpatients clinic

Madagascar
New Fistula Care Centre opening Autumn 2016

FREEDOM from FISTULA Foundation

MAKING **LIFE** WORTH **LIVING**

FISTULA

Rose's story

Age 25 and excited to meet her new baby, Rose experienced labour pains for 18 days before hospital staff would admit her for delivery, having twice previously turned her away. In constant pain, Rose was finally admitted and gave birth to a beautiful little boy.

Soon after delivery, Rose knew she could not hold in her faeces and urine. Returning home with her son, the leaking stool and urine bothered her so much she returned to the hospital. As it was so far away and with no transport Rose decided to leave her baby behind in the care of relatives.

Rose's case was so severe she was admitted immediately but, a few days after admission, she received the devastating news that her baby had died. He was only two weeks old.

Rose's life has been miserable. Because of her foul smell she isolated herself and suffered in silence for 52 years.

In June 2015, while listening to the radio, Rose heard our advert for the Fistula camp at Kenyatta National Hospital. Now aged 87, Rose was hopeful the free services applied to women of all ages and made her way to Nairobi.

"It's never too late for one to seek a better life even in their sunset years." she told us.

After undergoing successful surgery Rose was overjoyed to be continent again and no longer leak.

"This is unbelievable. I had long given up hope of living a normal life again. Today, I am able to not only smile, but laugh out loud –something that I have not done in five decades. The nasty labour and birth experience, my son's demise, combined with years of leaking urine and faeces robbed me of my laughter. But today, I can smile again. I can laugh again. Thank you Freedom from Fistula Foundation and Flying Doctors Service of Africa and the lovely medical team that made this possible."

Projects

Sierra Leone – at a glance

NOTE: Due to Ebola, full services at the AWC restarted in September 2015.

64	Fistula patients treated*	2	Local surgeons in training
1,550	Babies born	3,669	Child visits to outpatients clinic
293	Births by Caesarean Section	90	Average number of local staff

* Fistula surgeries restarted in November 2015, following two months of screening and mobilising patients in rural areas.

Projects

Sierra Leone – the story

Aberdeen Women's Centre (AWC)

Working with the authority of the Ministry of Health and Sanitation, we perform obstetric fistula repairs, provide maternity and family planning services and operate an out-patient children's clinic. National nurses receive quality training in all aspects of specialised fistula and midwifery care from our international team of trainer midwives and senior nurses. International doctors also provide intermittent support for each programme to help ensure delivery of a quality service. We are grateful for the support by the United Nations Population Fund (UNFPA), DFID, World Food Programme and other Non-Governmental Organisations (NGOs).

Ebola Outbreak

Unfortunately since 2014, Sierra Leone was afflicted by an epidemic of Ebola virus disease which escalated immensely throughout 2015 affecting operations at the AWC.

Due to the high percentage of patients that travel to our fistula clinic from the rural areas of Sierra Leone, we had to make the difficult decision to suspend our fistula services.

We continued, however, to operate our children's clinic and maternity unit for the benefit of the local community and in August 2015 resumed our full services.

Teenage Pregnancy Programme

October 2015 saw the launch of our teenage programme at the Aberdeen Women's Centre.

In addition to the normal care of four antenatal visits that every woman receives, we now offer teenagers a package of 'preparation for parenthood classes' and a postnatal support group that they can access for up to six weeks after delivery.

Our first postnatal support group was held in October, seven girls came with their babies and one guardian. It was wonderful to see these girls coming together to share experiences and gain confidence and support from us and one another.

The teenage programme also now encompasses our young fistula patients and teenagers treated in the Children's Clinic. It has proved to be a pioneering programme in the country.

"As a UK midwife of 23 years, I was struck with the disparity between the expectations of these young girls and those from my home country . These girls have fortunately found themselves in Aberdeen Women's Centre and will have, what I consider, the best care in the country. They will however have no ambulance service, no national blood bank service and no epidurals or gas and air and no loving partner by their side. What they will have is skilled birth attendants (midwives and doctors) that are trained to care for them with technical ability and dignity and to ensure that they have the best chance of not becoming just another statistic in a country that is in the top 4 most dangerous places in the world to have a baby."
– Jude Holden (FFF)

Projects

Sierra Leone

Top Row (Left to right) Maternity Registration, Maternity Registration, Children's Outpatient Clinic, Children's Outpatient Clinic
Bottom Row (Left to right) Teenage Fistula Patients, Teenage Pregnancy Programme, Teenage Pregnancy Programme, Fistula Patients

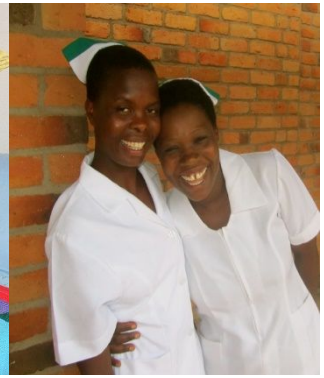
FREEDOM from FISTULA Foundation

MAKING **LIFE** WORTH **LIVING**

Projects

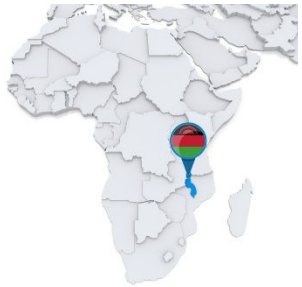
Malawi – at a glance

371	Fistula patients treated	Average daily attendance at our Patient Rehabilitation and Empowerment Programme was 34 patients.
3	Number of fistula camps	
52	Patient Ambassadors	
182	Bboxx solar electricity units issued	



Projects

Malawi – the story



Our Fistula Care Centre (FCC) is the country's only dedicated fistula treatment centre. It is located in the grounds of Bwaila Hospital, the largest district hospital in Lilongwe. Our 35-bed unit is extremely busy and, in 2015, 371 girls and women were treated.

The FCC is not just about physical healing and our Patient Rehabilitation and Empowerment Programme (PREP) provides our patients with the opportunity to rebuild their lives. PREP incorporates literacy and numeracy classes, craft classes, and micro-finance and business support through our relationship with Opportunity International Bank of Malawi. We also work with BBOXX to provide eligible patients with a solar enterprise product.

Patient Ambassador Programme

2015 also saw the launch of a new Patient Ambassador Programme, which recruits former patients and family members to raise awareness of fistula and find other women and girls in their own community needing our help. The Programme has been a success, with more than 30% of our patients now being referred through it.

Partners

Our partnership with Rotary International clubs in Scotland and Rotary Foundation helps train community midwife technicians (CMTs) as part of Malawi's Safe Motherhood Initiative

We were also delighted to welcome Fistula Foundation, based in California, as a new partner helping to fund our surgical programme in Malawi. Their support will help at least 300 women and girls receive free surgeries and will enable the further training of two fistula surgeons.

Good news story

After 8 years of suffering, Lemita was isolated from her community and unable to work properly, impacting hugely on her emotional wellbeing. It wasn't until she heard about the Fistula Care Centre on the radio that Lemita realised she was not alone and that help was available.

She had surgery at our Fistula Care Centre and when she left the Centre, Lemita received a BBoxx enabling her to light her house at night, in addition to earning an income by charging mobile phones for a fee.

Lemita used the money earned to help her nieces go to school and she also built her own house. In the future, Lemita plans on building more houses to be able to sell or rent out as an extra source of income.

Lemita has also been spreading the news of her treatment and recovery in her village and has brought two patients to the Centre to receive treatment. She continues to spread her message of hope and transformation at community gatherings.

Lemita is now fistula free after 8 years of suffering

Projects

Kenya – at a glance

427	Fistula patients treated	Locations of fistula camps: • Nairobi (July) • Embu (August) • Kisii (September)
246	Fistula patients treated at camps	
32	Nurse Ambassadors	
3	Number of fistula camps	

Projects

Kenya – the story

Kenyatta National Hospital

Kenya is our longest-standing fistula treatment venture. We maintain our successful association with Kenyatta National Hospital (KNH), Kenya's largest medical facility located in central Nairobi, the capital city. We continue to fund their fistula clinic, which is the National Training Centre for the country, ensuring Kenyan surgeons and nurses are trained for the future.

We also deliver a regular programme at St Mary's Mission Hospital in Nairobi.

Camps

The intensive 'camp' model for fistula surgeries is popular with patients in Kenya. We hold camps at KNH, as well as at partner hospitals in the rural districts of Kisii and Embu, thus enabling more women and girls throughout the country to receive care and treatment.

The fistula camps complement the regular clinics in Nairobi and help build capacity in other counties by training healthcare professionals in fistula care by recognised experts. The camps are closer to the patients' home environments and, as such, they are their preferred option. They are definitely, therefore, a valuable and worthwhile investment allowing hundreds more women and girls to be treated every year.

Fistula Ambassador Training

In November 2015 we launched our Patient Ambassador training programme. It is for former fistula patients who have been restored and who are willing to share our message with their communities that fistula is both preventable and curable. Twelve women attended the training; ten were former patients, one was a campaigner against FGM, the other a community health worker who has identified and referred several women for treatment for fistula.

The training involved sharing experiences of living with fistula, leading group discussions, problem-solving exercises, and training in presenting to communities about fistula and the work of 'Freedom from Fistula'.

All ambassadors were awarded certificates at the end of their training, ready to return to their communities to start their new mission in educating their families, friends and neighbours about fistula.

"This is unbelievable. I had long given up hope of living a normal life again. Today, I am able to not only smile, but laugh out loud –something that I have not done in five decades. The nasty labour and birth experience, my son's demise, combined with years of leaking urine and faeces robbed me of my laughter. But today, I can smile again. I can laugh again. Thank you Flying Doctors and the Freedom from Fistula Foundation and the lovely medical team that made this possible." - Rose (age 87)

FREEDOM from FISTULA Foundation

Projects

Madagascar – Launching Autumn 2016

The Foundation has a long-standing, working relationship with Mercy Ships, an international hospital ship charity that provides free medical care in Africa. Following the arrival of the Africa Mercy in Madagascar in 2014, a significant need for fistula care was identified.

Since then, we have supported two fistula repair programmes on the ship and have agreed to establish a permanent Fistula Care Centre following the end of the ship's field service in Madagascar.

The Fistula Care Centre is due to open in Autumn 2016 at the Centre Hospitalier Universitair Toamasina (CHUT).

We acknowledge and are thankful to ANZ Bank for supporting the construction of the operating theatre, Project C.U.R.E for the donation of equipment and supplies, and Fistula Foundation in California for agreeing to fund our initial operating costs in 2016.

Projects

Shout Gladi Gladi – raising awareness

As part of our programme to raise awareness of fistula, October 2015 saw the USA launch of **SHOUT GLADI GLADI** – a documentary film following the work of Freedom From Fistula.

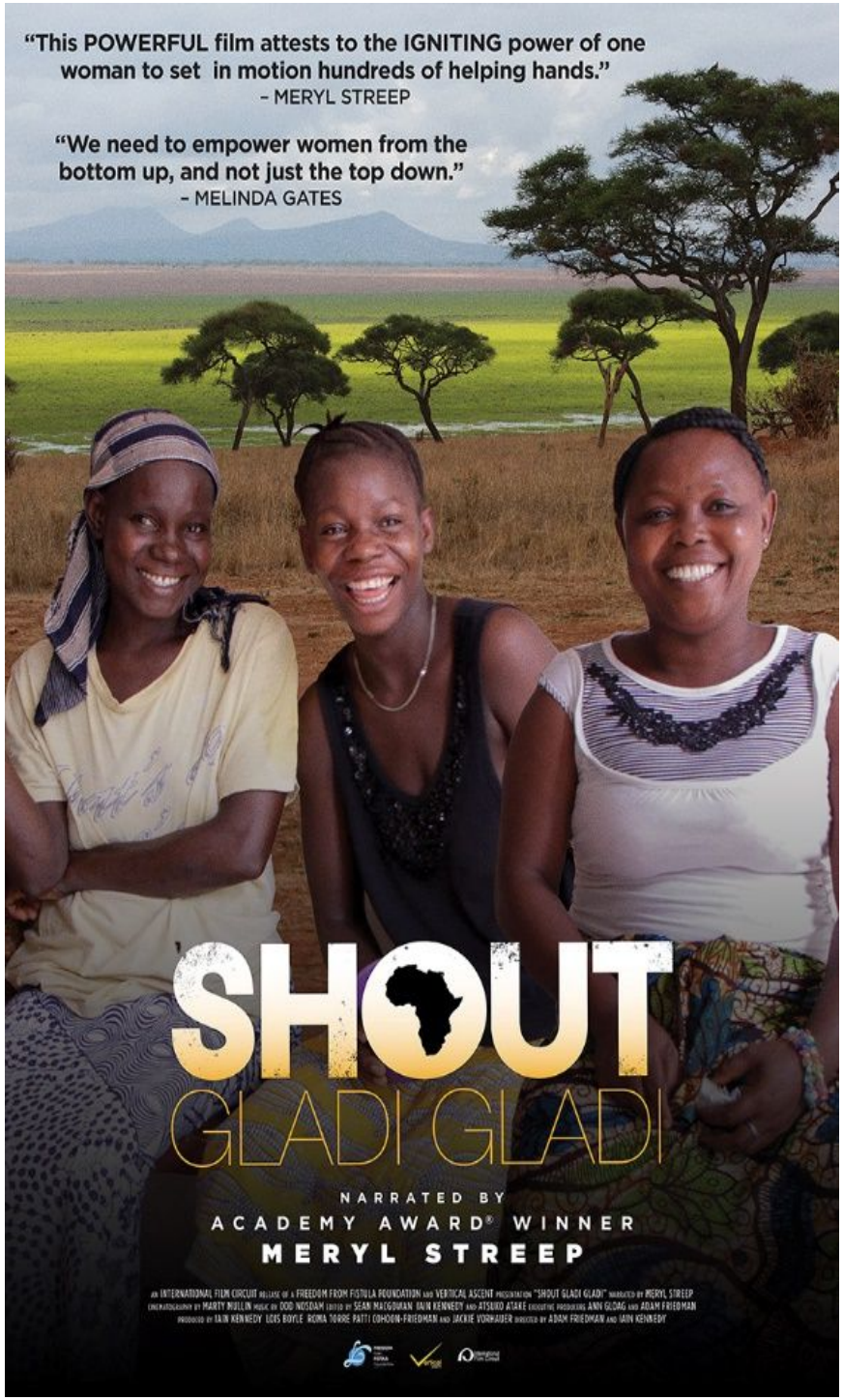
Narrated by Academy Award® winning actress Meryl Streep, **SHOUT GLADI GLADI** celebrates the women and girls suffering from obstetric fistula and showcases their journey through recovery.

In addition to Meryl Streep's deeply felt and forceful narration, other voices in **SHOUT GLADI GLADI** include: **Melinda Gates**, cofounder of the Bill & Melinda Gates Foundation; Nigerian playwright, novelist, poet, essayist, teacher, political activist and Nobel Prize winner **Wole Soyinka**; and **Dr. Jeffrey P. Wilkinson**, the Senior Surgical Consultant of the Freedom From Fistula Foundation.

Produced by Vertical Ascent, **SHOUT GLADI GLADI** is literally a story of rebirth. It recounts the tales of women who have lost the opportunity to live their lives without shame, and yet do not seek our sympathy. Instead, they exude the newly discovered radiance of hope. Whether or not they are brought out from their suffering, they have found companionship with other women like themselves, and have discovered people who try to bestow on them a new life.

The UK launch of **SHOUT GLADI GLADI** is planned for 2016 and the film is available on iTunes in 26 countries including USA, Canada, UK, Australia and New Zealand.

We thank the Gloag Foundation for meeting all of the costs of this project.



Financial Overview

		Funded by							
Project	**Total Operating Cost**	**Freedom From Fistula Foundation** (1)	**The Gloag Foundation** (1)	**UNFPA** (2)	**DFID** (3)	**Fistula Foundation** (4)	**Maitri Trust** (4)	**Freedom from Fistula USA**	**Other Partners**
Sierra Leone*	£609,290	£149,604	£93,381	£247,000	£103,000			£7,850	£8,455
Kenya	£183,916	£162,940						£9,364	£11,612
Malawi	£443,308	£92,181				£134,892	£176,200	£19,971	£20,064
Madagascar	£67,156	£57,817	£3,367					£5,972	
TOTAL	£1,303,670	£462,542	£96,748	£247,000	£103,000	£134,892	£176,200	£43,157	£40,131

(1) Amounts are extracted from the audited annual report and accounts of the charity for the year ended 31st December 2015. These amounts are sent directly to finance the projects in the respective countries.

(2) The United Nations Population Fund (UNFPA) provides grants which partially finance the fistula operations, maternity and family planning services in Sierra Leone. UNFPA funding is primarily targeted at fistula prevention and education.

(3) The Department for International Development (DFID) provided financial support in assisting Aberdeen Women's' Centre in Malawi re-establish its fistula repair programme post Ebola.

(4) Fistula Foundation and Maitri Trust partner the charity in our fistula repair and training programmes.

The Gloag Foundation separately finances overheads, including fundraising costs, capital costs and related expenditure.

*Sierra Leone service was significantly reduced due to Ebola crisis during 2015 but the maternity unit remained open throughout, as did the outpatient children's clinic until we could not find a doctor to willing to staff it.

FREEDOM from FISTULA Foundation

Primary partners

We are grateful to all of our partners who enable us to provide fistula treatment services for the women in Africa. Thank you.

Kenyatta National Hospital
Quality Health Care

Direct Relief
Deliver a world of good.

ETHICON
PART OF THE Johnson & Johnson FAMILY OF COMPANIES
Shaping the future of surgery

World Vision

Government of Sierra Leone
Ministry of Health and Sanitation

WFP
wfp.org

airtel

World Food Programme

Government of Malawi
Ministry of Health

UNFPA

Republic of Kenya
Ministry of Health

FISTULA FOUNDATION

St. Mary's Mission Hospital

SMALLS FOR ALL

Opportunity Bank MALAWI

Consolidated Bank
Growing with you

Department for International Development

Mercy Ships

projectc.u.r.e.

FREEDOM from FISTULA Foundation

WORKING TOGETHER TO MAKE **LIFE** WORTH **LIVING**

Administration

Scotland

It is only possible to serve the poor and needy in Africa by directing and coordinating international activities from our main base in Perth, Scotland. Our essential, dedicated team manages all aspects of administration, including recruitment and selection of international staff, financial management, transport, logistics and strategic and tactical decision-making.

100% of donations go directly to our projects because all administration costs are borne by The Gloag Foundation. This means that all donations to the Freedom from Fistula Foundation are applied directly to where they are needed most – on the front line, treating the poorest of the poor in Africa.

FREEDOM from FISTULA Foundation

How to help

Help Make A Life Worth Living

We are grateful to all our supporters and partners – private individuals, charitable trusts, businesses, local and international aid agencies and government departments – who help **Make a Life Worth Living**.

Here are some ideas of how you could help in the UK to meet the healthcare needs of women in Africa:

- Donate online via www.justgiving.com/freedomfromfistula. If you are a UK taxpayer, you can make your donation go further by selecting the Gift Aid option.
- Making a regular donation via standing order. Please contact us at 01738 633 264 to request a standing order form, or email us at info@freedomfromfistula.org.uk.
- Organise a fund-raising event (such as sponsored run, jog, walk, hike, cycle, swim, …). For more ideas, visit our web page at www.freedomfromfistula.org.uk/resources.
- Arrange a corporate sponsorship / donation as part of your company's Corporate Social Responsibility programme.
- Remember Freedom From Fistula Foundation in your will.
- Post a cheque to our UK office at Robertson House, Whitefriars Crescent, Perth, Scotland, PH2 0PA.

giftaid it

Contact us

Sign up to our newsletter & follow us on social media

Telephone 01738 633 264

Website www.freedomfromfistula.org.uk

Email info@freedomfromfistula.org.uk

Facebook https://www.facebook.com/FreedomFromFistula

Twitter https://twitter.com/WeFixFistulas

Instagram https://www.Instagram.com/freedomfromfistula/

FREEDOM from FISTULA Foundation

© 2014 The Freedom from Fistula Foundation

Registered in Scotland Charity No: SC039493

MAKING **LIFE** WORTH **LIVING**