



Freedom from Fistula

Annual Review 2016





Welcome

Ann Gloag OBE

I am delighted to present our 2016 Annual Review.

2016 was a momentous year for us as we launched in a fourth country in Africa and treated more than 20,000 women and children for the first time in a calendar year.

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

To achieve that vision, we have continued to increase capacity in our own centres and partnered with more organisations to improve access to safe childbirth.

In October, we opened our Fistula Care Centre at CHUT Hospital in Toamasina/Tamatave in Madagascar – a country with an estimated 50,000 women and girls suffering from fistula – and we

continue to develop our services in Malawi, Sierra Leone and Kenya.

Our aim is to provide holistic care which not only helps the physical healing of patients but also enables them to build a future for themselves in their communities, through education classes and income-generating opportunities.

Additionally, we help build local healthcare capacity through the provision of medical infrastructure (including equipment and supplies), training surgeons to repair obstetric fistulas and training midwives in the highest possible standards of maternal healthcare. To this end, we maintain strong relationships with 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.

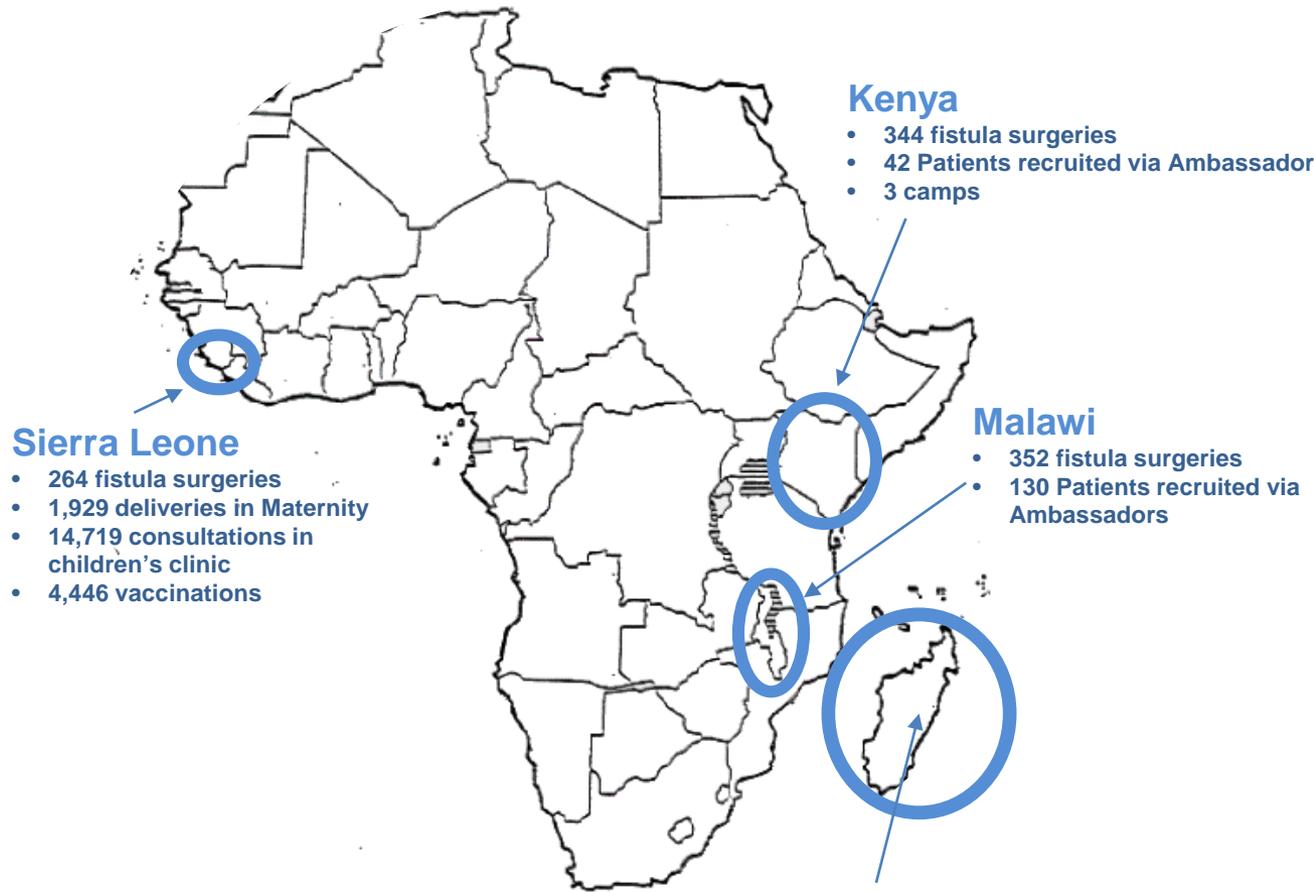
We will continue to fight for women and girls to have access to maternal healthcare and thank you for your ongoing support of our work.

Ann Gloag OBE

Founder and Chief Executive



Serving the women of Africa



Madagascar

- Opened in October
- 35 fistula surgeries



FISTULA

Jumwa's Story



50 years ago and in the prime of her youth, 77 year old Jumwa was looking forward to the birth of her 2nd child.

She grew up in Kidutani, an unmapped village in Kilifi County, Kenya and when labour came she was all alone. Her sister found Jumwa three days later and, with the help of some neighbours 3 kms away, rushed her to hospital.

Having lost her baby, Jumwa could not comprehend what her doctor was explaining to her hours after the delivery “but something was definitely wrong”, she recalls. The prolonged labour had left Jumwa with a fistula and she was leaking urine.

Life became unbearable living with the fistula. “I knew a bad spell had been cast on me. I remember the bad smell, the wetness, the shame and, worst of all, the disappointment I saw in my family. The feeling was all too awful.”

After two failed attempts to get treatment, Jumwa's granddaughter heard about a FREE fistula camp in Kilifi, supported by Freedom from Fistula and its partners.

Jumwa was skeptical about going as she had been disappointed before but her granddaughter insisted and they set off to Kilifi Hospital. .

On 18th May 2016, Jumwa received a successful fistula surgery and, three days later, she was able to sing her heart out in joy and happiness because she had forgotten how it felt to be dry.



Projects

Sierra Leone – at a glance



264	Fistula surgeries	2	Local surgeons in training
1,929	Babies born	14,719	Child visits to outpatient clinic
414	Births by caesarean section	400	Dream girls registered



Projects

Sierra Leone – the story



Aberdeen Women's Centre (AWC)

Aberdeen Women's Centre performs obstetric fistula repairs, provides maternity and family planning services and operates an outpatient children's clinic.

In 2016, we continued with our mission of preventing fistula through the provision of quality maternity care and increased the number of deliveries to more than 150 babies per month.

The teenage pregnancy rate in Sierra Leone soared during Ebola at 28% and remains at high levels. This leads not only to child mothers but also to many teenage fistula patients.

At the AWC, teenagers presenting to our maternity and fistula programmes rose by 45% in 2016 and, as a consequence, we developed the Dream Girls programme specifically for teenagers across all departments at the AWC.

The Dream Girls programme provides additional practical and emotional support to about 100 teenagers per month, including classes to learn how to feed and bathe their babies, as well as health education and family planning.

Our Outpatient Children's Clinic treated up to 1500 children per month including all the children born at the centre, children of our fistula patients and children from the surrounding community.

Additionally, national surgeons and nurses received quality training in all aspects of specialised fistula and midwifery care from our international team of trainer midwives and senior nurses.

Working in partnership with the Ministry of Health and Sanitation and with support from a range of partners including the United Nations Population Fund (UNFPA), DFID/UKAID and World Food Programme, AWC continues to expand its services to provide care to the poorest women, girls and children in Sierra Leone.



FISTULA

Zainab's Story

Zainab epitomises the holistic care of the AWC.

She first became aware of Aberdeen Women's Centre after hearing about its fistula service on the radio in her local community. When our screening team went to her local medical centre, she was scheduled for surgery at the AWC and received her free treatment in June 2016.

Following surgery, Zainab expressed a lot of joy that she no longer leaked and could be fully involved with her community.

She was delighted when she became pregnant again and, as instructed by our team, she contacted the medical staff at AWC who advised her to travel back to Freetown to ensure a safe delivery. Zainab is now the proud mother of a little girl named Kadiatu.

Prior to her experience with fistula, Zainab was a keen farmer and traded some crops she grew including bell peppers and cassava. She is now restarting her farming and trade. Whilst at the centre Zainab also learned how to crochet and knitted a blanket for her baby daughter.



Projects

Malawi – at a glance



352	Fistula patients treated	15	Sensitization trips
4	Number of fistula camps	9	Road shows
129	Patient ambassadors		



Projects

Malawi – the story



2016 was the busiest year so far at our Fistula Care Centre in Lilongwe, with patients coming from all over Malawi and Mozambique.

Our patient ambassador programme continued to grow and was extremely successful, with 37% of patients being referred through this programme in 2016. Ambassadors are all former patients or their family members and, with the support of partners such as Good Gifts,, we provided many with bikes to help them move around their communities sensitising on fistula and identifying new patients.

Additionally, we partnered with the Lutheran Mobile Clinic which runs six weekly clinics in Lilongwe district

providing maternity and child services. Our team joined them for three months conducting sensitisation and screening visits, identifying new patients.

The training of surgeons, clinical officers and nurses continued throughout the year to help build capacity in fistula treatment throughout the country and our Fistula Care Centre is now considered to be the national training centre within Malawi.

Maternity

To support our mission to prevent fistula, as well as treat it, we increased our commitment to fund safe births at Mtengowantenga Catholic Mission Hospital and also began supporting

maternity services at the Achikondi Community Clinic. Through both these partnerships, FFF is enabling the safe delivery of more than 100 babies per month in Malawi.

We also continue our partnership with Rotary International to fund the training of 60 nurse midwife technicians..



FISTULA

Ellen's Story



Ellen was married at the age of 13 and she lived with fistula for 9 years after her 4th pregnancy. Unfortunately when it was time to deliver her 4th child the medical staff at the hospital took too long to operate on her and by the time she received help she was too weak and she had already started leaking urine. Ellen also lost her baby.

Ellen finally received good news over the radio in June 2016 when she heard about our Fistula Care Centre and immediately searched for funds to travel to Lilongwe and to find help. She underwent a successful surgery at the Fistula Care Centre – Malawi.

During her stay at the Centre, Ellen was able to acquire knowledge from the Patient Education and Empowerment Programme including health education which she is now teaching women in her community. Ellen also conducts community meetings together with the village headman who is in support of her mission to reduce fistula in their community.

Our patient ambassador Ellen(3rd from left) with her patients. She brought 16 patients and was the most active patient ambassador in 2016



Projects

Kenya – at a glance



344	Total fistula patients treated	Locations of fistula camps: <ul style="list-style-type: none">• Kilifi (May)• Nairobi (June/July)• Kisii (September)
240	Fistula patients treated at camps	
3	Number of fistula camps	



Projects

Kenya – the story



Our project in Kenya is our longest-standing fistula treatment venture.

In 2016, our two regular programmes continued:

Kenyatta National Hospital

- We maintained our successful association with Kenyatta National Hospital (KNH), Kenya's largest medical facility located in central Nairobi. We fund both regular surgeries and a camp, which takes place in June/July each year.

St Mary's Mission Hospital

- We have a clinic based at the hospital where we conduct routine screening and we also regular surgeries throughout the year.

The 'camp' model for fistula surgeries is extremely successful in Kenya. We have one camp in Nairobi and in 2016, we had camps in the rural districts of Kisii and Kilifi County.

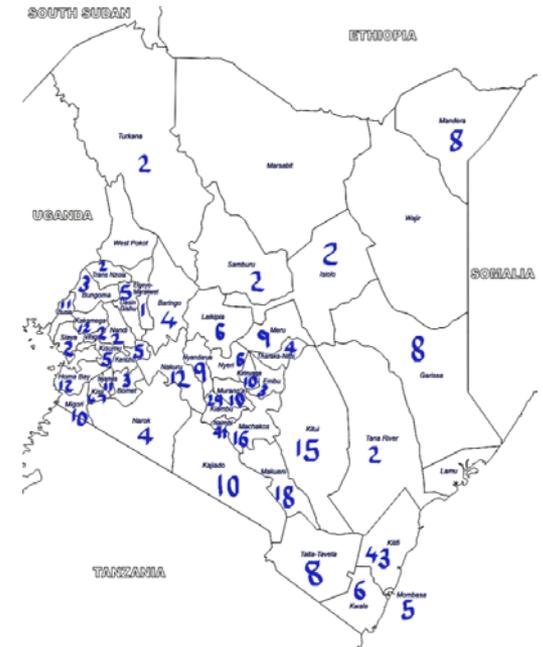
The routine programme treated 144 women and all the camps combined treated 240 women. Our activities were spread throughout the country reaching 42 out of 47 counties.

From our surgeries for the year, Kisii county registered the highest number of women treated (47) followed by Kilifi (43).

The diagram is an illustration of the number of women with fistula by county that have been repaired this year.

Unfortunately, a doctors' strike in Kenya which started in December 2016 and continued into 2017 halted all our fistula surgeries for the remainder of the year but we continued with

sensitisation activities to ensure patients had been identified when surgeries resumed.



Fistula

Mary's Story



The story of 47 year old Mary from Esani Village in Kisii County of Kenya is a terrible one.

Mary was mistreated and alienated by people she called friends once she developed her fistula after her first delivery in 1993. The gossip and bad-mouthing was unbearable. Her baby died after the delivery and the further hurt of becoming incontinent seemed so unfair. But Mary clung to the fact that her family and husband were there for her for support no matter what.

Mary sought treatment in 2015 but it was not successful. While not every fistula patient is a success story, Mary expressed how she received love and acceptance from her family that reassured her that life is worth hoping for.

In September 2016 Mary learned of a free fistula camp through EGESA FM; a local vernacular radio station in Kenya. She discussed the information with her family who encouraged her to take the opportunity again. She arrived at Kisii Teaching and Referral Hospital on the first day of the camp, where she was screened and confirmed to be suffering from fistula. Mary was admitted the same day and her repair scheduled.

After 23 years of shame, tears and suffering, Mary was successfully operated on and we are glad to have been a part of her transformation.



Projects

Madagascar – the story



In October 2016, we opened our Fistula Care Centre in Madagascar - our newest centre in Africa.

Located in the grounds of Centre Hospitalier Universitaire Toamasina (CHUT), which is the biggest hospital in Toamasina, our 35-bed unit has the capacity to treat around 300 patients annually.

As a new Centre, we started slowly to ensure quality of care and training of staff was at the highest standard and, by the end of 2016, we had treated our first 35 patients.

We have 37 members of staff, both clinical and non clinical, with 35 Malagasy staff and two international staff.

Our team has been using radio advertisements and sensitisation programmes to engage the community and encourage fistula patients to come to the centre for treatment. We hope to treat at least 200 patients in 2017.



Projects

Madagascar



In 2015, Saholy and her husband were looking forward to the joyful birth of her first child. Like 60% of women in Madagascar, Saholy planned to deliver her baby at home in the rural countryside. When she started showing signs of obstructed labour, she knew it was already too late to seek help. Saholy's village was so remote that it could only be reached by foot. It would have taken her four days to walk to the nearest town to see a doctor. Had she been able to walk the journey, she would still face another 2 days bus ride to the nearest hospital that could perform a cesarean section. After two agonising days of labor pains, Saholy delivered a stillborn baby in her home. She expected a normal birth and healthy baby, but instead she was left with constant urine leaking and difficulty walking.

After a few months of leaking, it was clear the problem wasn't getting better and Saholy's husband abandoned her. She tried to continue her work as a seller in the market but the strong smell of urine made it difficult to attract customers and eventually she began avoiding public places. In early 2016, Saholy reached out for help and found a surgeon who said he could do help her. Unfortunately, that surgery failed and she went home still leaking urine.

"I did not lose hope," says Saholy, "because I heard that Freedom from Fistula was coming to Madagascar soon and could help me." "The wait seemed long," Saholy said, "but I believed you would come."

In October, the new fistula centre opened and Saholy was the first patient. Having had the surgery before, she was an encouragement to

to other patients, providing helpful words of comfort. As the weeks passed by, Saholy recovered well. With excellent medical care her leg numbness showed improvement and she remained dry. Not only did she heal physically but Saholy began to change emotionally too. Our counsellor on staff noted how Saholy's whole character changed.

She plans to move in with her siblings and launch a small business selling groceries in their village. We are looking forward to following up with Saholy to see what she will accomplish in her new life, free from fistula.



Financial Overview

Freedom From Fistula		Funded by							
Project	Total Operating Cost	Gloag Foundation ⁽¹⁾	UNFPA ⁽²⁾	DFID ⁽³⁾	Fistula Foundation ⁽⁴⁾	Maitri Trust ⁽⁴⁾	Project Cure ⁽⁴⁾	Freedom from Fistula USA	Other Partners
Sierra Leone	£856,196	£516,835	£120,839	£176,634		£20,392		£15,473	£6,024
Kenya	£288,586	£259,269				£8,402		£17,623	£3,293
Malawi	£384,387	£107,917			£214,544	£46,653		£3,225	£12,048
Madagascar	£554,046	£96,270			£48,220	£16,741	£359,397	£6,751	£26,667
TOTAL	£2,083,215	£980,291	£120,839	£176,634	£262,764	£92,188	£359,397	£43,071	£48,031

(1) Funding from the Gloag Foundation includes donations to Freedom From Fistula Foundation (UK) and any direct support to the projects.

(2) The United Nations Population Fund (UNFPA) provides grants which partially finances our activities 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 Sierra Leone re-establish its fistula repair programme post Ebola.

(4) Fistula Foundation, Maitri Trust and Project Cure partner in our fistula repair and training programmes. Project Cure funding consisted of "in kind" donations of medical equipment, medical supplies and drugs.

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



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.



Kenya National Hospital
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Government of Sierra Leone
Ministry of Health and Sanitation

Good Gifts



World Food Programme



Government of Malawi
Ministry of Health



Republic of Kenya
Ministry of Health



St. Mary's Mission Hospital



Department
for International
Development



**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.



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, etc..). 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, 1Whitefriars Crescent, Perth, Scotland, PH2 0PA.

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Contact us

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