

Freedom From Fistula
Making Life Worth Living
Your Fundraising Toolkit



**Freedom From
Fistula Foundation**

Telephone

01738 633264

WWW.FREEDOMFROMFISTULA.ORG.UK

**How you can stop them suffering
in silence and transform their lives
forever**



**FREEDOM
from
FISTULA**

www.freedomfromfistula.org.uk

Registered in Scotland Charity No SC039493 | Email info@freedomfromfistula.org.uk

100% of your donations go to the projects as our administration costs are met by The Gloag Foundation

Frightened...abandoned...ostracised and suffering in silence

Just £400
pays for one
Fistula Repair



Today, an estimated 2 million women in Africa are suffering from obstetric fistula caused by prolonged, obstructed childbirth and lack of access to maternity care.

The effect on women is devastating and often condemns them to a life of solitude and despair.

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 training local healthcare workers.

We are already helping thousands of women every year.

We are helping women like your mothers, sisters, cousins, aunts, colleagues, friends.....

With your help, we can do more.



At first, I didn't see myself as a human being
since people didn't want to be around me.
Now, I see healing and it's like life has
returned again.

Aminata, Sierra Leone



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Sarah Wanjira

Sarah is 33 years old, married and on Christmas Day 2007 gave birth to her fifth child. Although Sarah made it to a clinic for the birth the medical staff failed to stitch her up, having cut her as the baby was too big, before sending her home immediately. Sarah quickly knew something was wrong as she was leaking faeces and after a few months a doctor told her she had a fistula. As she was unable to afford the medical expenses for repair surgery Sarah opted to try to disguise the smell instead. The condition caused a great strain on Sarah's marriage as she was too ashamed to tell her husband of her problem and so suffered in silence.

In April 2011 Sarah saw one of the FFFF branded buses with the hotline numbers on and was able to call. In July Sarah had her free operation and was cured. Sarah says "I am so grateful for the help offered to me. It saved my marriage and gave me back my dignity. Now I help other women like me. I did a radio advert explaining about fistula and the availability of free medical care and I also told my story in a local newspaper – my trials and my eventual triumph over this degrading condition."

Isatu Kamara

Isatu Kamara arrived at the Aberdeen Women's Centre on New Years Eve. The 18 year old was severely malnourished, dehydrated and suffered from infected wounds. Isatu had a double fistula following a tortuous 5 day labour and the death of her baby. She was unable to walk because the nerves in her legs were badly damaged. Before going in for surgery she would need to be nursed back to health. The staff tailored a feeding program, physiotherapy and expert wound care specifically for Isatu, and she slowly began to heal and build strength.

After 9 months of care, Isatu was finally healthy enough to be repaired. During this healing process Isatu enjoyed the daily arts and crafts activities that are offered at the centre. Her fistula was severe so she received surgery during a 2 week "fistula camp" where an expert surgeon was flown in to perform over 50 complicated surgeries. Isatu's surgery was a huge success and it wouldn't have been possible without the dedication of the staff at the Aberdeen Women's Centre. Every week the hospital holds a "GladiGladi" celebration for healed patients who are ready to rejoin society. This past November the hospital celebrated its largest "GladiGladi" ever and Isatu was the centre of attention.



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Now for Action!

Some fun ideas for you to try...



We have lots of tools to help you in our resources library and our team can help you with planning and supporting your fundraising activities. The important thing to remember is that fundraising should be **FUN!** Look at our A-Z of general fundraising ideas for inspiration. The ideas are endless!

Remember to let us know what you are doing and when so that we can help you plan! We can also help you to publicise your event. Phone the office on 01738 633264 or email info@freedomfromfistula.org.uk for further details.

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Quiz Night

This is always a popular fundraiser!

Bake Sale

Hold a bake sale and donate the proceeds to Freedom From Fistula.

Run a marathon

Sponsored Walk

Encourage your staff, pupils or friends to take part in a sponsored walk, encouraging health and wellbeing and raising vital funds. Contact us for a sponsorship form.

Fight Fistula Friday

Hold a coffee morning each Friday for a month and donate the proceeds to Freedom From Fistula

Dress Down Day



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Plan of Action!

We are delighted that you have decided to help us and we want your fundraising to be as successful as possible so we've put together a few tips!

Plan Ahead!

Why not set up a committee to help organise and publicise what you are doing? Planning is the key to success! Before you get caught up in the detail or the excitement, make sure you write a plan of action – when, where, what and who is responsible for each part of the event. Also, make sure you leave enough time to plan and promote your fundraising activity.

Make sure it is FUN!

The most successful fundraising is simple and FUN! When planning what you are going to do, keep it as simple as possible – getting sponsored to run/walk laps of your playground is easy and safe, but doing it with friends, in fancy dress, with teachers and parents and with some music suddenly makes it much more fun!

Date, time, target!

Decide upon a date and time of day to suit as many people as possible. Once that is done, decide what your target is because this gives people taking part a goal. If your goal is £400 which pays for one fistula surgery, then make sure you tell everybody! You will be surprised how those donations will add up!

Tell Everybody!

In person, email and social media! Make sure you spread the word and let as many people know what you are doing and why. Download our information leaflet to distribute as widely as possible or forward the link to our short and informative video. The posters in our resources section can be overprinted with your event details and then distributed in libraries, shops, businesses and churches to publicise your event.

Safe and Legal

When you are planning your event or activity, remember the little things that will keep you safe – a first aid kit, water stops, equipment checks and the right staff to help. If you have any queries about what is required for an event, please don't hesitate to phone the office and one of the team will be delighted to help.

Making headlines!

Remember to call the office for assistance in working with local press and discussing how best to publicise your event. Also, use social networking sites to promote your activities to family and friends and ask them to help spread the word even further.

Send us your pictures, videos, ideas etc...



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Thank you

Money Matters!

GOOD LUCK AND THANK YOU!

You've done it! All that hard work has paid off and you have helped women suffering from obstetric fistula change their existence into a life worth living - THANK YOU!



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How to donate

By Phone

If you prefer, you can pay in money over the phone. Call us on 01738 633264 and pay by card

By Post

Send your cheques, made payable to Freedom From Fistula Foundation to Robertson House, 1 Whitefriars Crescent Perth

PH2 0PA

Remember to tell us about your event so that we can put details on our website!

Online

Pay online by visiting our website and clicking the paypal donate button or set up your own Just Giving page. If you would like assistance please call us on 01738 633264

