

FREEDOM FROM FISTULA

**THANK
YOU**

230+

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



700+

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

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

20,000+

Children treated in our
outpatient clinic including
life saving immunisations



4000+

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



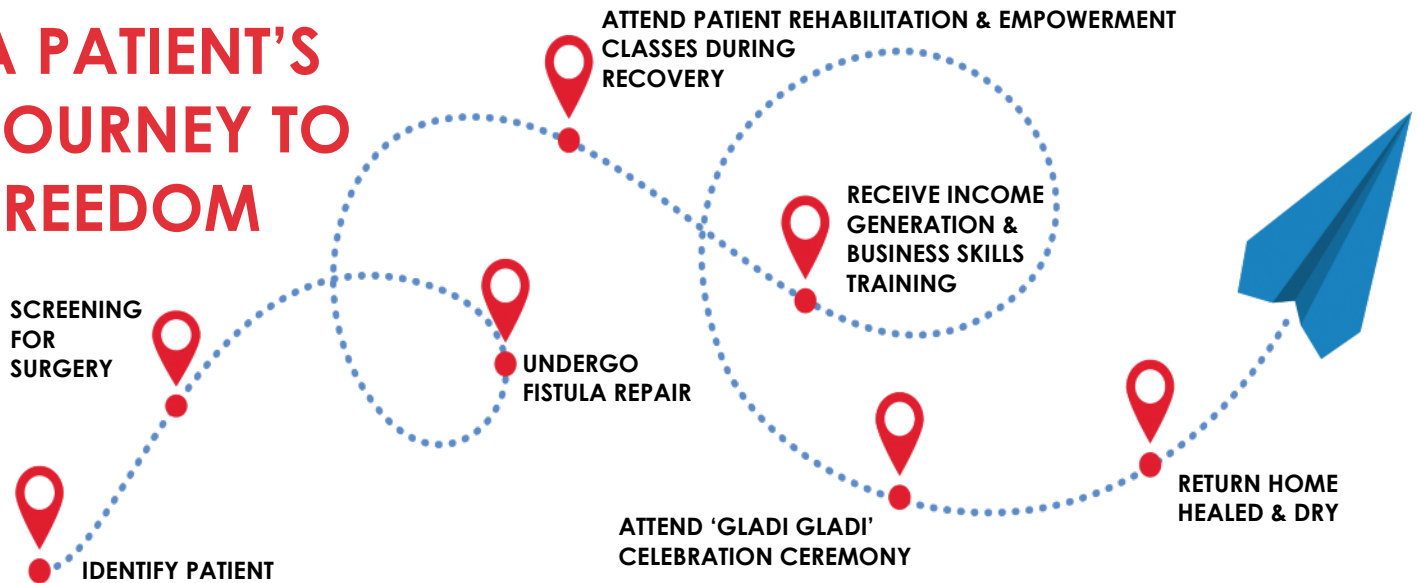
#FREEDOMGIFT



**FREEDOM
from
FISTULA**

Winter 2019

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 programme 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 Programme (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

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.



Yealie - Sierra Leone

“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 centre 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 centre, so they too can receive life changing treatment.



Mamitiana - Madagascar

We've got an **eggciting** project for 2020 and we need your help.

£50 to buy health and wealth for a fistula patient

Fistula patients are lacking in much needed 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

www.justgiving.com/campaign/eggcitingappeal



Living the dream...

In October, the last group of our student Nurse Midwife Technicians graduated from Ekwendi College.

Supported by Rotary Clubs across Scotland and Freedom From Fistula, these young men and women will be at the front line of building capacity for maternal health care in Malawi.

"I am so happy that finally I have graduated, LONG LIVE Freedom From Fistula, a dream come true!"



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

www.justgiving.com/campaign/FFF2020challenge



**Merry
Christmas
&
HAPPY NEW YEAR**

Donate today www.justgiving.com/freedomfromfistula