

WOMANKIND

WORLDWIDE EQUAL RESPECTED PROUD

**A
FORCE
FOR
CHANGE
IN
NEPAL**



SUMMER 2017

www.womankind.org.uk

WELCOME



Caroline Haworth
Chief Executive
Womankind Worldwide

The landscape for women's rights has been shifting dramatically over the past few months, leaving uncertainty in the air for women's rights organisations worldwide. However, in this newsletter we are heartened to share stories of women, communities and entire women's movements uniting in times of crisis, to rebuild lives, to demand their rights are upheld and to pave the way for change. With your support, women are rising up.

A year on since our appeal highlighting the plight of refugees living at the Nyarugusu refugee camp in Tanzania, on page 4 we share the achievements of our partner WLAC, made possible with your support.

As Ethiopia gears up to become the world's next big manufacturing centre, on page 6 we explain why women's economic rights in the workplace are at risk. With

an election looming in Zimbabwe, women and girls face increased levels of violence. We share on pages 10 & 11 how Womankind is supporting a coalition of women's organisations to prevent political violence and provide safe zones for women most at risk.

With your support, I am more determined than ever to ensure women's **voices** are counted, their **rights** are realised and their **lives** are free from violence. Thank you for being part of the global women's movement.



Womankind Worldwide's vision is of a just world where the rights of all women are respected, valued and realised. We work in solidarity with women's movements around the world to bring about lasting change in women's lives.

Aims:

- An end to all forms of violence against women and girls
- Women's economic rights and control over resources
- Women's equal influence in decision making and ability to exercise political power

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Earlier this year, Womankind's Laura Brown visited the African Women's Development and Communication Network (FEMNET) – a feminist network working towards **'mobilising African women for the achievement of gender equality and the realisation of women's rights and girls' rights at all levels.'** FEMNET is the only member-based women's rights network working across Africa, stretching across all five regions.

FEMNET is a powerful force for change in the African women's rights movement. It seizes opportunities to share knowledge in spaces of influence such as the African Union and the UN, helping to develop frameworks and policies to ensure women's rights are realised.

FEMNET defines the struggle that unites all women across Africa, transcending identities, cultures and geographies – patriarchy. A system of male authority which legitimises the oppression of women through political, social, economic and legal, cultural, religious and military institutions. While patriarchy manifests itself differently in different contexts, characteristics of this are similar across the continent, including the exclusion of women in decision making at all levels, economies that

exploit women and state control over women's sexual and reproductive health choices.

We're proud of Womankind's history of working with women's organisations across Africa, supporting women to achieve their rights. Yet, we know that to achieve long-lasting change for women, we must now work to strengthen whole movements of women to collectively push for women's rights to be realised.

To do this, we will be supporting and strengthening the work of FEMNET, working with them to create the tools to develop their communications work, providing new channels to broaden the reach of their awareness raising and their advocacy. This complementary relationship will increase our own knowledge and understanding of the challenges facing women across this diverse continent, and will enable **Womankind to better support the rights of all African women.**



FIND OUT MORE

Find out more at
www.womankind.org.uk

Refugee rights: women and the law



Last year, we asked you to support our work in the third largest refugee camp in the world – Nyarugusu in Tanzania. With your support through UK Aid Match, we have been working with our partner, **Women's Legal Aid Centre (WLAC)**, on an innovative programme to strengthen the community response to violence against women and girls. By training **308 Community Paralegals** in the refugee camp, WLAC has been able to provide free legal advice to **2,742 women and girls**.

Additionally, WLAC has been training a network of local service providers including the police, community chiefs, youth groups and local militias, who in turn have supported large public awareness campaigns and the distribution of women's rights learning resources in and around the camp. So far, **8,945 people** have been reached through awareness raising activities and information on women's rights, violence against women and girls, female genital mutilation and forced marriage.

Pictured opposite are members of the camp's Youth and School Committee, who have received training from WLAC. The training provides members with knowledge of human rights and teaches young people about basic marriage laws, aiming to encourage girls to complete school before getting married. With taboos surrounding

sexual and reproductive health, teen pregnancy rates are high in the camp, but the training has helped students to become aware of the risks of early pregnancy and the effects it can have on their education. It has also equipped them with the skills to support peers to return to school after having their children, as Silvie explains (pictured front row left):

"Thanks to the training provided by WLAC, I was able to support a girl to return to school and complete her education after she gave birth to a still born baby at 17."

Thanks to your support, knowledge and attitudes are changing within the Nyarugusu refugee camp and the surrounding communities. The services WLAC is providing directly to women have knock-on benefits within both their families and their communities; benefits that will enable more women to learn about the services offered by WLAC, to understand their rights, and to claim those rights in their everyday lives.



Members of the Nyarugusu Youth and School Committee



My body, my rights: breaking taboos in Bolivia

In Bolivia, our partners continue to support young people, teachers, parents and health providers to challenge the taboos surrounding sexual and reproductive rights through the "Body and Citizenship Consortium". At the heart of this work is the training of young women and men aged between 13 and 19, in sexual and reproductive rights, health education awareness and advocacy, and the prevention of violence against women and girls.

Thanks to the Big Lottery Fund, more than **1,400 young people** have received training, with **450 going on to become 'Change Agents'**. The Change Agents give talks in schools and health clinics and meet with parents and teachers. They produce radio programmes, write and perform sketches, run information stands at public events and

participate in demonstrations. They have conducted social audits of public health services, presented the results to service providers and officials and lobbied for change. Together, they have shared their learning with **more than 42,000 people**.

Attitudes towards talking about sexual and reproductive rights are shifting and, in addition to this, the increase in adolescents' self-esteem has been astounding. Fully informed young people are now confident in exercising their sexual and reproductive rights and talking to their parents about their new knowledge. Parents are becoming more comfortable speaking to their children, with a refreshing openness and enthusiasm about matters they were previously too embarrassed to talk about.

Whilst our work in Bolivia is coming to an end, the consortium members and Change Agents will build on the momentum to take the work to new levels, to ensure all young people's sexual and reproductive rights are understood and fully respected.



At 19 years old, Julio has been involved in the project for five years. Asked what the main challenges were, he said:

"We try to make people realise and understand – adolescents, mothers, fathers, even teachers who sometimes tell us that violence against women is normal. It's a problem here, people normalise violence. They say because women suffer violence, it is their problem. But as men we can support the empowerment of women to know their rights. It can be very difficult to talk about the topic in schools but it is something I do to prevent men from committing acts of violence."

Women's economic rights at risk in **Ethiopia**

When women lack financial independence, they are more likely to face violence and have less say in the decisions affecting their day-to-day lives. But whilst paid work is critically important for women to exercise control over their own lives, there are other aspects of women's economic rights that go beyond financial independence: the right to an adequate standard of living, including the right to food, housing and healthcare.

Over the past few months, we have been consulting with over 25 women's rights organisations as well as trade unions and civil society organisations in Ethiopia and Uganda, to learn more about the situation of women's economic rights in these countries. While women's rights movements are working to provide women with reliable sources of income, they face challenges in their gains.

In Ethiopia, the government's investment in the manufacturing sector is opening up job prospects for women to work in the garment and footwear industry. Huge industrial parks are springing up around the capital, Addis Ababa, ready to employ hundreds of thousands of women.

Globally, **women represent 80% of those working in the garment industry**, facing low pay and sexual and other forms of harassment. Many lack the right to safe working conditions and to social protection such as sickness and disability pay and paid maternity leave, as well as pensions. So, whilst the industry offers women some prospect of earning their own money, conditions are exploitative.



Proving there are alternative ways of working that are fair and effective, women-led cooperatives are successful in various sectors such as coffee, honey and textiles. They are making a difference in the lives of many rural women and girls in Ethiopia, exporting their goods globally and sharing their experience with other women-led cooperative movements. These cooperatives in Ethiopia are so strong that they have established their own bank, ENAT Bank, to overcome the challenges their members face when trying to access credit.

As we grow our work on economic rights at Womankind, we are committed to **supporting women's rights movements to tackle the big economic challenges that shape women's lives, to make the economy work for women.**



FIND OUT MORE

Find our report Rights and Realities at www.womankind.org.uk/economicbriefing

BBC Radio 4 **Appeal**

In May, BBC Woman's Hour host, Dame Jenni Murray presented the BBC Radio 4 Appeal on our behalf. The appeal featured our work in Ethiopia, where we support women-only shelters run by our partner, **Association for Women's Sanctuary and Development (AWSAD)**. Jenni said: "I know a lot about domestic violence, we've talked about it a great deal on the programme (Woman's Hour), and that's why I am prepared to be so supportive of Womankind Worldwide."

Jenni presented a powerful appeal, which opened with this harrowing fact: **"As a woman in Ethiopia, you are more likely to have been beaten or raped than you are to have learnt to read,"** and told listeners about Mekedes*, who came to the shelter after suffering five years of abuse and rape by



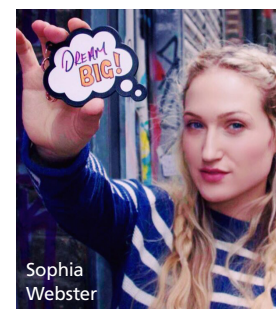
her brother.

Thank you for supporting the appeal and sharing it with your friends and family. So far we've raised over **£26,000** and introduced a new group of supporters to the work of Womankind.

*Name has been changed to protect identity.

Sophia's **travelling bag**

Last year, female entrepreneur and fashion designer, Sophia Webster, launched an innovative campaign to raise funds and awareness for Womankind, Sophia's



Travelling Bag. One of the brand's signature accessories, the 'Claudie' bag, travelled across the world to visit **50 inspirational women.**

On speech bubble charms, each woman shared an uplifting mantra they live by or a personal quote, decorating the shoulder strap of the bag. From England, Canada and

Greece to Dubai, Japan and India, women joined together to raise money for women's rights. The bag visited Alice from our partner FIDA Kenya in Nairobi, and ended its journey with Dannii Minogue in her hometown of Auckland, Australia.

On International Women's Day, Sophia's Travelling Bag was raffled online and raised **£2,000** to help women transform their lives. We would like to thank Sophia and her wonderful team for their support.



SUPPORT US

Could your company raise money for women's rights? Email Olivia at OliviaS@womankind.org.uk or call 030 3735 5558



A FORCE FOR CHANGE IN NEPAL

We have been working in Nepal for almost a decade, supporting our women's rights partners as they respond to a rapidly changing environment for women.

In 2017, it's no different. Three years on from one of the worst earthquakes the country has seen, and with a recent general election, the women's movement in Nepal is working harder than ever to ensure the rights of all women are respected and realised.

As a woman in Nepal, you not only face

violence and discrimination because you are a woman, but because you're young, old, single, widowed, political, so-called "untouchable", or any combination of factors that means you live with inequality and fear.

But now more than ever before, women across the mountains and plains of Nepal are making a stand against discrimination. They are coming together, united as a force for change.

Women from the Dalit community are

standing against the stigma they face for their "untouchability" and caste status. They are at greater risk of sexual abuse, violence, human trafficking, dropping out of school and early child marriage, with **60% of Dalit girls getting married before they are 16.**

Womankind's partner **Feminist Dalit Organization** has established over **2,100** Dalit women's groups across Nepal. Given a chance to come together, to talk, to learn, to start earning, there is no stopping these women. They are determined their daughters will get the education and rights that they were denied.

Like Dalit women, single and widowed women face daily discrimination and abuse. Our partner, **Women for Human Rights (WHR)**, works tirelessly to ensure the voices of single women are heard.

After her house collapsed in the earthquake, Jamina and her 9-month-old daughter were left with nowhere to live. In addition to receiving emergency support from WHR, Jamina and five other women were helped to set up a poultry farm which now provides them with an income: **"Now, I feel that if we need or want anything, we can do it. We can build a better future for our children. We know our rights and we are helping other women to see they can be their own keepers."**

Our partner, **Saathi**, campaigns for an end to violence and runs shelters for women and girls. In recent years, especially since the earthquake, Saathi has also been supporting women's economic empowerment and campaigns for economic rights for all women.

Nisha Sapkota, aged 24, is a member of a Saathi savings group in a village that was flattened by the earthquake. Since being a part of the group, Nisha has grown in confidence and has taken control over her business: **"Before finding Saathi, I was making bangles. It was a lot of hard**

work, my income was low and there were many middlemen so I kept losing money. They gave me so much trouble and paid me less than I should have been paid. Saathi provided me with a lot of training and support and I found my voice. I have cut out the middle person and I can stand up for my rights and demand fair pay."



"If we stand together, we can raise our voices loudly and become one strong voice that is listened to" – Rajkumasi Lohoa, aged 58, from Titiriya, President of Titiriya Dalit Women's Group.

As the women's movement in Nepal rises up against discrimination and violence, we are standing in solidarity with the activists and organisations that drive it more than ever before. Working with our existing partners, and through a series of exciting new partnerships, we are strengthening the women's movement so that more women can transform their lives.



SUPPORT OUR WORK

£53 could set up a new women's group, providing up to 25 women with a safe place to support and learn from each other

WOMEN UNITE IN THE FACE OF POLITICAL VIOLENCE

In Zimbabwe, **over 70% of women will experience violence within their lifetime**. With the 2018 general election fast approaching, women are even more at risk of violence and there is widespread fear of a repeat of the violence seen in previous elections when women were beaten, tortured and raped; their homes ransacked and their bodies violated.

In preparation, we have been working with the women's movement in Zimbabwe to create local support groups. Led by women, these groups are creating **safe zones** in their communities where women who are fleeing violence, and those who are at risk, can go for support.

They are also working with people in positions of influence, such as traditional

leaders, medical staff and the police, to help them better recognise and respond to violence within the community.

In order to support women and girls in these hostile circumstances, we are working with a coalition of local women's rights organisations in three key areas:

PROVIDING SAFE SHELTER

For women who have survived violence, holistic support is necessary to heal and recover. Women who have fled will have a safe sanctuary with access to food and receive the care they need, such as medical and financial support. Providing **psychological support for the women is fundamental to recovery**, so our partners have been training women in peer groups and equipping them

Ropadazo* was raped by her stepfather numerous times. He threatened to kill her if she told her mother. Scared, depressed and pregnant, with help from her mother, the 16-year-old reported the abuse and was referred to a shelter run by our partner, Musasa. Ropadazo is now rebuilding her life.

"When I came to Musasa, I began to feel happier, especially because of the way we are cared for. I have received counselling which has helped me a lot. I had legal support too. Musasa has given me the strength to continue to pursue the case, which the court has now postponed

four times.

Musasa has helped me to accept my baby and have provided clothing for her and hospital visits. If Musasa hadn't been there, I could have gone astray. I wanted to disappear. The life I was experiencing at home was difficult but at the shelter, I feel at home. I am laughing a lot here. Before, I didn't laugh.

I want to look after my child as well as my mother. I want to go back to school too so that I can finish my education and give my child a better life than I had."

*Name has been changed to protect identity.



with the skills and knowledge needed to counsel survivors.

CREATING WOMEN-LED GROUPS

Tens of thousands of women are leading groups in communities and are being trained on how to respond when a woman is affected by violence. Equipped with community dialogue skills and leadership training, these women are spreading the message that violence against women is unacceptable and informing women and girls of what to do and where to go if they experience violence.

BUILDING WOMEN LEADERS

Women leaders – from those campaigning for

change in their communities, to those working in women's shelters – are being supported to learn the appropriate skills, access resources and build networks across the country in order to reach and protect more women and girls.

With our support and the actions taken by our partners, we aim for an end to violence against women and girls in Zimbabwe – and for safety and healing for those who are survivors.



SUPPORT OUR WORK

Help Musasa to provide more women with a safe place
www.womankind.org.uk/donate

Your legacy, **their future**

Over the past five years, **Womankind** has received over **£500,000** from gifts in Wills, enabling us to reach thousands more women and girls.

At Womankind, gifts in Wills play an integral role in the work we do and our plans for future projects. No matter how small or large a gift is, a gift in a Will has the power to shape a woman's future. And when you support one woman to transform her life, hundreds more benefit.



£1,019 | A shelter stocked with 1 year of supplies in Ethiopia



£4,933 | 50 Dalit women to go back and complete their schooling in Nepal



£9,140 | A movement empowered to campaign against FGM in Kenya

If you are interested in leaving a gift in your Will to Womankind Worldwide, or perhaps have already left a gift to us, please tick the appropriate box below and return in the Freepost envelope provided. Please know that this is in no way a binding promise, it just gives us a better oversight for our planning of future projects.

- ☐ I have already left a gift in my Will to Womankind Worldwide
- ☐ I would like more information on leaving a gift in my Will to Womankind Worldwide

Name _____

Address _____

Tel no./Email _____

I am beginning to **love myself** again

Catherine in Kenya had a university education and she was enjoying her career in marketing when she met her husband. After eight years of marriage, abuse from her husband left her with physical scars, underweight and scared to talk or even think independently. She believed she had no future before she attended group therapy sessions provided by **FIDA Kenya**.

“My husband and I met whilst working at the same media firm. Shortly after we got married, I gave birth to my daughter. When I went back to work, my husband started to insult me. Working part time reduced my salary and I became more financially dependent on my husband. That's when the physical abuse started.

We attended family mediation to end the abuse and it seemed to be working at first. Not long after, I fell pregnant with our son. The abuse continued. Nothing was good enough for him; I was ugly, I was a bad mother. I wasn't allowed to go anywhere and he banned my friends and family from seeing me.

Eventually, he decided I should train to become a pilot. He picked out a pilot school and paid the fees. But we fought when I secured a job. He beat me so hard that I couldn't even attend the first day of my new job. We continued to fight and he hit me until I couldn't move. That was the last straw.

FIDA Kenya helped me to find a lawyer and start the divorce process. When my husband



found out, he threatened to take our children and dump them on the streets. When I joined the group therapy sessions run by FIDA, I was a mess. I thought I deserved the abuse, I felt responsible. I had lost all self-esteem – I wasn't sure of anything,

The therapy enabled me to see my situation from a different perspective, I understood that I wasn't alone and it wasn't my fault. In time, I regained my freedom, self-esteem and confidence. Now, I do simple things that make my children and I happy. I am beginning to love myself again.

Catherine now works in a pilot training centre and is financially independent. She lives in her marital home with her children. Her husband moved out. He provides maintenance for the children.



SUPPORT US

£78 could pay for one group counselling session for 15 survivors of violence.

Uganda

Across Uganda, the lives of women and girls are largely influenced by society's patriarchal beliefs.

WOMEN IN DECISION MAKING

- Women received the right to vote in 1962
- Women currently hold less than a third of seats in parliament
- 65% of women are literate compared to 85% of men

VIOLENCE AGAINST WOMEN AND GIRLS

Sexual assault, domestic violence, forced marriage and female genital mutilation are prevalent across Uganda. Legislation banning violence against women and girls has been passed but hasn't been put into full action.

- Just under half of women have experienced physical violence from a partner
- 58% of women believe a husband is justified in beating his wife

Whilst women do most of the agricultural work, and there are no laws preventing women from owning land, the custom of male inheritance has resulted in the vast majority of women being excluded from land ownership.

RECOGNISING WOMEN'S RIGHTS

Most cases of violence against women in Uganda go unreported because women aren't aware of their rights and violence is normalised in everyday life. Womankind's partner, the **National Association of Women's Organisations in Uganda (NAWOU)**, supports women and girls to learn their rights and improve their social and economic status.

Ending violence against women in rural areas means changing attitudes towards the rights and roles of women. This is why NAWOU supports women to develop strategies to educate and motivate their communities to work towards equality.



Recipe: Ugandan Rolex

Found on any street corner in Uganda, a Rolex is a popular breakfast choice which was originally named 'Rolled Eggs'. Best served in a chapati, eggs, tomatoes, onion and cabbage make up a delicious breakfast wrap! Why not give it a go yourself?

Ingredients

2 eggs, 1/4 cup green cabbage (thinly sliced), 1/4 cup tomatoes (seeds removed and finely diced), 1/4 cup red onion, sprinkle of salt, vegetable oil, 1 chapati

1. Preheat a large skillet over a medium-high heat and add oil.
2. Crack the eggs into a large mug and add the tomatoes, red onion, cabbage and salt. Stir together well until the mixture combines.
3. Pour the mixture into a flat circle and let it cook until the mixture is mostly set and the bottom has browned.
4. Flip and cook for another couple of minutes. Pop the chapati at the bottom of the pan to heat it up.
5. Remove both from the pan and when cool, roll it up and enjoy!

Running for women's rights

In April, three Womankind Worldwide supporters ran the London Marathon in support of women's rights. On a bright Sunday morning, Womankind staff cheered on Susan, Kate and Harriet as they ran past mile 13 over Tower Bridge. Running **26.2 miles** is no easy task; it's a challenge that takes incredible amounts of dedication and strength, not only on marathon day, but also in the months of training leading up to the event. Together, they have raised over **£6,316** for Womankind.

The Womankind team greeted Susan with a round of applause and a hot cup of tea when she came to meet us after passing



Susan with her London Marathon medal

the finish line. Susan shared her marathon experience with us:

"I was delighted and proud to run this year's London Marathon on behalf of Womankind Worldwide. The support from the team in the lead up to the event and for my fundraising was fantastic. On the day itself, the enthusiastic cheering and smiling faces at half way was a very welcome sight and the cup of tea when I finished was possibly one of the nicest I have had in my life!"

This was my first marathon. I was lucky to have friends to train with but, at 6:30am on a dark and frosty February morning with a long run ahead, motivation can be hard to muster. Remembering why I was doing it made all the difference.

I support Womankind Worldwide because I want all women and girls to have the same chances and choices that I have in my life. Equal, respected, proud... that really shouldn't be too much to expect.

Was it hard? Yes, of course, it's 26.2 miles. Would I do it again? Absolutely."

If you, or anyone you know, are passionate about women's rights and would like to join our 2018 London Marathon running team, we'd love to hear from you! Get in touch with Esme at Esmerelda@womankind.org.uk



SIGN UP NOW

We have a few places left in the Royal Parks Half Marathon – London's most beautiful half marathon. Sign up before 18th August, contact Esme at Esmerelda@womankind.org.uk

MY DETAILS

Title		Name		Surname	
Address					
				Postcode	
Email				Tel	

☐ I am happy for you to contact me by email ☐ Please do NOT contact me by post ☐ Please do NOT contact me by phone

Please complete your contact details above (we can't process your gift without them). You can also send us a cheque made payable to Womankind Worldwide, with this form, to our freepost address below.

☐ Please do not acknowledge my gift.

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I'd like to give £ By: Visa / Mastercard / Maestro / CAF Charitycard (please delete)

Card no

Start date Expiry date Maestro issue no

Security no Card holder's signature

I WANT TO HELP WITH A REGULAR GIFT

I'd like to set up a direct debit of £ monthly Originators identification no. 838163

Please debit my bank / building society account on 1st or 15th (please tick)

Name of account holders

Branch sort code Bank account no

Name of bank / building society

Signature(s) Date

Instruction to your bank or building society: Please pay Womankind direct debits from the account detailed in this instruction subject to the safeguards assured by the direct debit guarantee. I understand that this instruction may remain with Womankind and if so, details will be passed electronically to my bank / building society.

I WANT TO INCREASE MY GIFT BY 25%

Make your gift worth 25% more by adding Gift Aid at no extra cost to you. Tick and date below and fill in your address details above.

☐ Yes, I am a UK taxpayer and I would like Womankind to claim Gift Aid on this donation and any donations I make in the future or have made in the last four years until I notify you otherwise. I understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Date

Please inform us if your address changes or you no longer pay an amount of tax equal to the tax we reclaim.

Return to: FREEPOST RTUZ-GKXH-GXJA, Womankind Worldwide, Wenlock Studios, 50-52 Wharf Road, London N1 7EU