



AFRICAN REGIONAL PROGRAMMES

Angola	Luanda Email: ucfywca@yahoo.com.br
Workshop on reconciliation and consolidation of peace in Angola	To strengthen the capacities of members in civil education in order to encourage active participation of all women in the democratic elections and peace process. During the first elections in Angola in 1992 many Angolans were not properly informed on their rights and what it meant to vote. 10 years of civil war followed these elections and at last new elections will be held in 2006. In collaboration with COIEPA (Comité Inter-Ecclesiastique pour la Paix en Angola) the YWCA has organised a workshop for participants selected from the 6 provinces of Angola to ensure that civil society, especially women, are aware of their rights, understand why elections are being held and are able to make an informed decision. The agenda includes: reconstruction and national development, peace and democracy, peace and national reconstruction, peace and solidarity. Following their training participants will act as trainers for other women in how to take part in the reconstruction and peace process, and especially the democratic elections.
Angola	Luanda Email: ucfywca@yahoo.com.br
Activities on Awareness on HIV/AIDS	<p>The YWCA of Angola held six awareness raising workshops on HIV & AIDS in 2004 for over six hundred young people.</p> <p>Case histories:</p> <p>Maria de Conceicao: For me before having this information, I was thinking that HIV and AIDS was God punishment for Christians, not our problem. Indeed I was thinking that I could not cohabit with an infected person if I wanted to avoid contamination. I can teach my friend to live positively. Try to take advantage of your life and remember that you are not alone.</p> <p>Brigida Paso Paulo: Before being trained I had another conception of HIV and AIDS. AIDS for me was as a worm with seven heads. My conclusion was that people living with AIDS had no right to life. They can't cohabit with others, so I was thinking only of discrimination. Now I feel myself well trained and able to help people suffering morally about HIV and AIDS. I also know that everybody can contract this disease.</p>
Benin	Cotonou Email: ywca_benin2002@yahoo.fr
Training trainers HIV prevention	Ignorance, and misconceptions about sex are rampant in rural Benin. Girls are married young and illiterate, with no understanding of how to care for their sexual health and rights. Since sexual misinformation is generally passed from one woman to another, the YWCA of Benin is using the same vehicle to spread the right messages. Several women from rural villages have been trained as trainers in sexual and reproductive health and rights. These programme graduates return to their villages and share their knowledge on how to negotiate safer sex and protect themselves from sexually transmitted infections. To reinforce the message of the new trainers posters and banners promoting prevention methods, as well as condoms were also distributed in villages.
Benin	Cotonou Email: ywca_benin2002@yahoo.fr
Young girls and sexually transmitted diseases - positive behaviour practice	To provide information on reproductive health, general health and sexually transmitted diseases to young girls in order to avoid HIV infection, early pregnancy, drug addiction, etc. The project was developed following exposure to similar programmes in other national YWCAs at regional training events. In Houeyiho, Cotonou school centre young girls that the YWCA has come into contact with through literacy programmes are being taught communication skills, decision making skills, health issues, local culture and handicrafts using local food and materials. The programme is planned to give them the confidence to resist negative peer pressure, to increase negotiating skills and self esteem so that they can become peer educators in their families and communities. This is the first project of this type in Benin and will be shared with the Ministry of Family & Education of Benin Ministry who will be approached for further funding.
Botswana	Gaborone Email: ywca@botsnet.bw
Peer counselling for HIV and	Peer counselling has proved a highly effective method in controlling HIV and AIDS infection rates. The YWCA of Botswana, in particular, has over a decade of experience in the area, which has revealed general ignorance among young people about human



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AIDS prevention	sexuality issues. Their response has been the highly successful programme, Peer Approach to Counselling by Teens (PACT), which operates in 11 schools throughout the country. The programme trains a critical mass of young women and men with the capacity to influence their broader peer group. Participants explore issues of self-worth and identity, discuss the challenges facing their peer group, and develop skills and knowledge to work with others to reduce the spread of HIV and AIDS. The programme has already reached over 10,000 young people since its inception in 1990 and has expanded to include a pilot Anti-AIDS Parenting Education Programme to address poor parent and child communication about human sexuality.
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Cameroon	Yaounde Email: ywcacame@yahoo.fr
Poverty alleviation and HIV prevention	For many women, poverty and vulnerability to HIV infection go hand in hand. Recognising that providing accurate information on HIV and AIDS would not lead to behaviour change if women's financial situation forced them into high risk activities, the YWCA added another component to their AIDS work. Women are being trained in a number of skills that can be used to generate income. In addition to learning how to dye materials; make soaps, beauty creams, toothpaste and other products, participants learn the basics of running a business and how to get start up funds. By providing a way out of poverty, the YWCA is enabling women to take control over their sexuality and their health

Cameroon	Yaounde Email: ywcacame@yahoo.fr
Better protection for orphans and women living with HIV and AIDS	To improve the quality of life for women and orphans living with HIV and AIDS The local branch of Yaounde II in collaboration with Protestant Church Council medical department is paying for ARV treatment for 20 women living with HIV and AIDS and attending the hospital of Sackbayeme. The decision to concentrate on providing medicine was taken following a visit to the hospital which revealed that women unable to pay for their treatment were being turned away and left to die. Following this first involvement the women from the YWCA hope to gain the confidence of the women living with HIV and AIDS in order to be able to expand care to orphans. This decision was also reached after consultation with the doctor who told the YWCA members that it was very difficult to take care of orphans because the people looking after them would never come forward as they did not want to be stigmatized, they took care of the children while avoiding that it became public knowledge.

Cameroon	Yaounde Email: ywcacame@yahoo.fr
Training in income generating activities	500 women received training in dyeing, yogurt making, fruit drying, smoking fish, smoking chicken, making soap, making toothpaste and making natural fruit juice. All women were trained on how to run a micro project and women's development.

Ethiopia	Addis Ababa Email: ywcaeth@telecom.net.et
Literacy and Education	In Ethiopia, many young girls do not finish their schooling and without professional skills, many turn to prostitution. In order to provide alternatives to these young women, the YWCA provides an education programme in Addis Ababa, which equips them with English and Amharic language training, as well as communications and vocational skills. The YWCA also bridges their move into formal employment by organising traineeships with prospective employers.

Ghana	Accra Email: ywca@africaonline.com.gh
Gwabe women's bakery	Armed with a kneading machine and training from the YWCA, the women of Gwabe are baking their way to financial freedom. Having been trained in bread-making as well as how to start a small scale bakery, the women are working together to raise enough money to expand their enterprise. Through the sale of bread and renting the kneading machine to women in neighbouring villages, the Gwabe women aim to purchase a new oven and backup generator.

Ghana	Accra Email: ywca@africaonline.com.gh
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Poverty alleviation-- Livestock project	In Kpone, Bawaleshi and Mobole the YWCA is tackling poverty using a method that has proved effective in many countries. Livestock, such as cows, goats and sheep are given to selected families to aid in providing nutrition and extra income. The first batch of offspring from these animals is then passed on to other families in the village. This ensures that the benefits spread and the entire community is able to rise from poverty.
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Ghana	Accra Email: ywca@africaonline.com.gh
Personal development programme for adolescent girls	Young girls are trained in personal development and self sufficiency. Adolescents are drawn from selected schools in ten regions. At the training centre they are exposed to a range of issues including leadership techniques, communication, the situation of the girl child, common diseases in Africa such as malaria, diarrhea, and HIV and AIDS, teenage pregnancy and abortion, immunisation and biblical teaching. Participants are also introduced to marketable crafts such as wall hangers, mosaics, soap making, and bead decoration. Training takes place during the summer holidays and lasts three weeks.

Kenya	Nairobi Email: info@kenyaywca.org
Violence against women and girls - Mombassa	The YWCA works with the five regions of the coast province community to address issues of domestic and cultural violence and create awareness in the community on these issues. They accomplish this through demonstrations, workshops for women, girls and community leaders (including law enforcement officers), human rights day activities and media campaigns through the Kenya Broadcasting Corporation. Their aim is to reduce violence against women by raising awareness on women's rights in the local community.

Kenya	Nairobi Email: info@kenyaywca.org
Clean Water	In the village of Rwanyange in the Meru district of Kenya, women wanted clean drinking water for their families. Together with the local YWCA of Meru, they organized into a self-help group and designed the Muguna B Water Project. With each family sending at least one member to help, they dug a channel and laid pipes to carry clean water from tanks to residents' homes. The community provided \$30,000 worth of volunteer labor for the project and raised \$11,500 through walks, the sale of handicrafts, and other efforts. Suddenly, access to clean water created other improvements. Women and girls could now engage in more productive activities than carrying water. Their health improved because of better sanitation and reduced inhalation of firewood smoke.

Kenya	Nairobi Email: info@kenyaywca.org
Integrated Youth and Women Development Programme	The aim of this programme is to build the capacities of women and girls at the community level and to enable them to improve their living standards and those of their families and communities. The programme achieves these goals through training in leadership skills, vocational skills, small-scale business management, primary health care and environmental education. The programme also offers revolving loans to women entrepreneurs and exchange programmes. The programme assists with the construction of VIP latrines, home made water jars, and energy saving stores as well as with the planting of trees. This programme is active in the YWCA branches of Kissi, Nairobi, Mombassa, Kisumu, Siaya and Tana River.

Kenya	Nairobi Email: info@kenyaywca.org
Literacy - Mombassa	The aim of this project is to enhance female participation in development activities in their communities, by instructing women in literacy and numeric skills. Fifty-five women completed the training in the first year, where they learnt basic reading, writing and arithmetic. On evaluation, it was found that more fluency was needed and thus the project is continuing with the first group as well as accepting more participants. This training also provides awareness training on socio political rights, roles in development, and cultural issues.

Kenya	Nairobi Email: info@kenyaywca.org
Microcredit	The Juhudi Credit Scheme began in 1992 with a grant from the World YWCA. It provides credit and business training to local women's groups. The scheme also develops and implements small enterprise projects to improve the socio-economic status of low income



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	women and their families, including poultry keeping, hairdressing, cereal production, craft work, welding, retail shops and fishing. Women gain greater economic independence from their husbands through the project, along with enhanced leadership and organisational skills. The scheme also builds their confidence in loan repayment and banking procedures. Individual loans are given through a group repayment system.
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Kenya	Nairobi Email: info@kenyaywca.org
HIV and AIDS education and economic empowerment youth project	The purpose of this project is to provide HIV and AIDS education to young people and their communities and to provide small loans to increase self-sufficiency. The project also seeks to raise awareness of HIV and AIDS through workshops, peer counselling, HIV and AIDS awareness days and training in counselling. The YWCA of Kenya holds HIV and AIDS campaigns in all of its branches to achieve these goals. They also participate in networking and collaboration among the branches and other organisations including participation in District AIDS Committees and collaboration with local health structures.

Kenya	Nairobi Email: info@kenyaywca.org
Uniform production project	The Uniform Production Project endeavours to improve the socio economic status of youth in Vohovole by teaching them how to produce sweaters and uniforms, which are then sold to nearby institutions. The youth are instructed in knitting and tailoring for six-month periods and then are trained in business and credit management. After the training, the participants gain access to credit facilities through a revolving fund. They can then earn income through the sale of their goods.

Kenya	Nairobi Email: info@kenyaywca.org
Young women's skills training project	This programme is part of a larger one called Young Women Leading the Way which was originally funded by the YWCA of Australia. The purpose of the project is to improve the welfare of the Maasai girl child through skills training and awareness raising on reproductive health issues. One hundred girls from the Kajiado District are taught vocational skills in beadwork and embroidery. They also receive information on human rights and reproductive health, especially the consequences of early and forced marriages in the Maasai Community. The course utilizes poems, songs and drama with an educational message.

Kenya	Nairobi Email: info@kenyaywca.org
Home based care and support - YWCA of Kisumu	To combat HIV & AIDS in local communities in Kisumu through home based care, income generation and anti-stigma events. Kisumu branch is located in Nyanza province, Kisumu district where the number of PLWHAS and orphans increases every day and the gap between the demand for and availability of health care services continues to widen. Following a distribution of emergency supplies of food and clothing according to need, the YWCA, in order to strengthen family and community networks, is providing funds and giving training (2 on site trainings for 15 families) to 30 affected families to help them run micro businesses to cover their own basic requirements of food and clothing. The YWCA is also sponsoring 10 orphans to attend vocational trainings at affordable rates. 20 care givers and Community Health Workers are receiving residential training on treatment, care and support services to PLWHAS. At four outreach events 200 households are being sensitized on the myths surrounding AIDS in order to reduce stigma and increase people's willingness to know their own status.

Kenya	Nairobi Email: info@kenyaywca.org
Reproductive Health Advocacy for Youth - Mombasa Branch	To improve reproductive health services for youth aged 12-30 years in Mombasa district In the Mombasa District young people start engaging in drug use and abuse as early as age 9 in primary school, and lack of reproductive health information results in early pregnancy and HIV & AIDS. The YWCA of Mombasa is running a Reproductive Health Advocacy for Youth (RHAY) programme in 20 primary and secondary schools and 10 youth clubs in Mombasa and Kwale districts. RHAY will utilize 10 volunteer Peer Youth Educators (PYEs) and 10 Youth Living With AIDS (YLWA) who have already undergone training on values and knowledge on sexuality and reproductive health and who will receive refresher training before passing on information through 10 Y Teen school clubs and the 10 youth (out of school) clubs. Two YWCA youth representatives are taking part in local forums to



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	lobby for financial and material support for the youth centres. Over 2,000 youth should receive quality sexual and reproductive health information from their peers, and advice on drug abuse, in 2006.
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Kenya	Nairobi Email: info@kenyaywca.org
Home based care, orphans and vulnerable children	To improve the living standards of persons living with and affected by HIV and AIDS through support, care and socio-economic empowerment activities The YWCA of Siaya in collaboration with church leaders and ministry of health staff, is implementing activities in Siaya and Bondo where it has already carried out home-based care activities, orphan support, peer educator trainings, community sensitization campaigns etc. The YWCA is expanding home-based care activities due to increased demand. Current community health workers are training new workers in nursing care, counseling, and training on self-care. 20 orphans are being provided with support to continue education and 10 supported for basic home requirements, seven young people are receiving vocational training and three widows have been given a start up grant to participate in the YWCA micro credit programme.

Kenya	Nairobi Email: info@kenyaywca.org
- Awareness raising on HIV/AIDS Meru Branch	Trainings held on HIV and AIDS for 16 community based trainers, 15 young girls, 96 in and out of school youths, and 84 women and men at grassroot level on sharing experiences with people living with HIV and AIDS, HIV and AIDS and the church and law, and home based care. Awareness campaigns held in the nearby town centre included a procession of 62 young people through the town centre wearing Tshirts they had made themselves, production of banners and posters. In order to reach more men the YWCA held on site seminars at churches and other social gatherings. The YWCA says that members of the community have begun to live positively with HIV and AIDS and women are now able to practice home-based care. But much work remains to be done

Kenya	Nairobi Email: info@kenyaywca.org
Micro-credit Project Kisii Branch 2nd Grant	60 new members were trained on both leadership and business management. 40 applied for loans and 30 were approved. 2 groups held elections which were free and fair. The training on business management enabled 30 women to start their own businesses through provision of small loans. Illiteracy among the women remains a challenge. Agnes the mitumba seller: Agnes Okwaya from Momanya women group was one of the beneficiaries of the loans. She had never received any loan from any micro finance. She first heard of YWCA during a public awareness session in Momanya village. She then influenced her group to join YWCA. Agnes went through all the trainings and got a loan of 10000 with which she bought a bale of second hand clothes. She managed to repay successfully and from the profits bought a cow. She is happy because her family can now get milk and can also sell some for her upkeep. She says she would like to take a 2nd loan of 20000 with which she will buy 2 bales of clothes and sell at wholesale price. She says her dream of becoming a dairy farmer will eventually come true.

Lesotho	Maseru Email: lesotho.ywca@yahoo.co.uk
Peka poultry project	The Peka Poultry Project aims to generate basic income for the participants by providing a poultry service to part of the community and reinvesting the profits in order to make the project self-sufficient. This community also benefits from this project through better nutrition. The project is located in Peka North District, in Lesotho, which is a rural area located about three hours from the main city. Meat is very expensive there and malnutrition and lack of protein are common problems. Bad road conditions make access to the area very difficult thus the project is very important to the health of the community.

Lesotho	Maseru Email: lesotho.ywca@yahoo.co.uk
Civic and voter education	The purpose of the civic and voter education programme is to empower and sensitise young people on the importance of political action. Youth are enabled to participate fully in the democratisation of their country.



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programme	
Lesotho	Maseru Email: lesotho.ywca@yahoo.co.uk
Children: community centre & workshop	The purpose of the community centre is to cater for the needs of pre school children. The day care community centre accepts the enrolment of children from 2 to 6 years of age, with preference given to those with physical and mental disabilities.
Lesotho	Maseru Email: lesotho.ywca@yahoo.co.uk
HIV prevention and care for the affected	The youth support group of the YWCA of Lesotho is based in a village on the outskirts of Maseru city. The group supports people affected by HIV and AIDS with home visits and food donations to those in need. In collaboration with the Lesotho Child Counselling Trust for sexually abused children and battered women, the YWCA works to raise awareness of the links between violence against women and children and the spread of HIV and AIDS.
Lesotho	Maseru Email: lesotho.ywca@yahoo.co.uk
Poultry Project in Tajane	In December 2002 the YWCA set up a poultry site and secured this with a strong fence, work began on construction of a building, which was completed in February 2004. 300 chickens were bought and they began laying, after two weeks, an average 10 trays of 30 eggs per week. Members sell to local schools. The Basotho Mining Association taught the Tajane branch members book keeping.
Liberia	Monrovia 10 Email: ywca_118@yahoo.com
Skills development for young women sustainable livelihoods	Empower young women through skills training for economic sustainability Following civil unrest, the economic and social sector of Liberia is in ruins, women are often head of households and do not have enough income to meet basic social needs. After consultation with the young women participants on the best ways of earning an income, the West Point YWCA branch office in Bushrod Idland set up courses in cosmetology (hair styling, hair cutting, permanent waving, hair colouring, skin care, and make up) and sewing. Registration took place in February and classes are running from April to December, to be followed by a two months apprenticeship period. Based on the results of this training, the YWCA may propose other training courses
Liberia	Monrovia 10 Email: ywca_118@yahoo.com
Refugee women literacy programme	The aim of the refugee women literacy programme is to teach refugee women to read and to write. Adult literacy classes for refugee women are held in two camps including the Voice of America Camp (VOA-1). The women are also taught soap making and tie dying, at their request, in order to bring in income.
Liberia	Monrovia 10 Email: ywca_118@yahoo.com
Project planning and management workshop	The project planning and management workshop provides leadership training to women with an emphasis on skills development, project planning and management. The women learn how to plan and manage projects efficiently. This training is part of a larger programme conducted by the New Africa Research and Development Agency.
Liberia	Monrovia 10 Email: ywca_118@yahoo.com
Youth work	The YWCA of Liberia works closely with the youth in its communities; each local branch has a youth coordinator. They hold community programmes for young girls, establish Y teens in high schools, offer skills training for drop outs and Saturday activities for kids and young girls, and collaborate with other youth groups.
Madagascar	Antananarivo Email: fikrizama.ywca@dts.mg
Microcredit	The YWCA operates a micro-credit programme with 30 women farmers from the region of Antsirabe, which aims to reduce poverty and help women become self reliant. These women, who live on very small incomes, are given FMG 1,100,000 (USD 200) in order to



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	start or develop small businesses selling food -- usually rice or corn. The YWCA works closely with the Ministry of Population in Madagascar, who provide technical support for the farmers. A storehouse has also been purchased for women to keep their produce fresh and ready for sale at local markets. A project manager monitors the use of funds and negotiates repayment timelines, which are based on a woman's economic circumstances and chosen activities, but usually range from one to six months. These women are able to use the fund five times over a maximum period of 30 months, after which the fund is extended to a new group of women.
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Madagascar	Antananarivo Email: fikrizama.ywca@dts.mg
Street children - les enfants de bon dieu	Through this programme street children are provided with education, primary health care and food 5 days a week.

Madagascar	Antananarivo Email: fikrizama.ywca@dts.mg
Addressing HIV and AIDS	To reduce the incidence of HIV and AIDS in Madagascar through training facilitators to raise awareness in the local community The YWCA of Madagascar says that most of the young people in Madagascar do not believe in the existence of HIV and AIDS since sex is a taboo subject difficult to talk about at home, in public and especially in church. As a result prostitution is high among young girls and there is a high rate of drug abuse and rape. As a first stage of a three-year plan the YWCA, with assistance from two trainers from the CNLS (Centre Nationale de la Lutte contre le SIDA) is holding a five day workshop for 20 women from Ambatomaro and Andavamamba to teach them how to carry out awareness raising on HIV and AIDS in their communities. In order to encourage members of local communities, especially young people, to participate, and to provide alternative activities for community members, the 20 women are receiving training in running programmes on learning about computers and the internet, taking part in sports events and singing in a choir.

Malawi	Blantyre Email: ywca_malawi@yahoo.com
Clean water	In 2003, when the women of the Mondwa Village of Malawi continuously missed literacy classes being offered by the YWCA because they had to spend their valuable time fetching water, the YWCA set out to improve the quantity and quality of water in the village. Their goals were to reduce the risk of disease and the burden on women. In discussions with residents, the YWCA got support to pursue the construction of a piped water system for the village. With a \$5,600 grant from the World YWCA's Women and Development Fund and money raised through local fundraising efforts, the YWCA hired contractors and drilled boreholes in order to provide potable water to the community. As part of the sustainability of the project, the YWCA provides fresh water management training to the residents. The result: the women of Mondwa Village no longer have to get up at 2:00 am to queue for water and their water source is no longer plagued by health risks like Cholera. Women have also turned up to YWCA literacy classes in numbers.

Malawi	Blantyre Email: ywca_malawi@yahoo.com
Safe Water for the Women of Mondwa Village	The Blantyre Water Board was contracted for the connection of water at Mondwa village and borehole constructors employed. By April, the two boreholes were ready to be handed over to the YWCA, but the Blantyre Water Board did not produce the piped water until after much insistence by YWCA members. The YWCA used the balance of funds for women to manage the business of selling water, paying bills to the Water Board, and having a savings account. As well as providing water this will be an income generating activity for the women.

Namibia	Windhoek Email: ywcanam@mweb.com.na
Cloth weaving project	At the Asaba branch women are taught cloth weaving. This provides employment for women leading to empowerment and self-reliance. It answers a need in the community and helps to create a good relationship between community and political leadership, and YWCA.



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Namibia	Windhoek Email: ywcanam@mweb.com.na
Single mothers' programme	Counselling, support and training are provided for pregnant teenagers (referred from local hospitals) and single, unemployed mothers in the community. Participants receive training in parenting, reproductive health, relationship and life skills. Training in income generating skills such as making body lotion and bead work is also offered.
Namibia	Windhoek Email: ywcanam@mweb.com.na
Peer Counselling	In the urban areas of Namibia, 20% of the population has HIV and AIDS and half of those infected are between the ages of 15-24 years. The YWCA of Namibia developed a peer counselling programme in 1999, in response to the alarmingly high incidence of HIV and AIDS in their country. The programme trains community facilitators to give young people advice, information and support in dealing with issues such as HIV and AIDS. The facilitators are also young people, who are often unemployed or in part time work, and develop their leadership skills and sense of self worth through the project. The peer counselling method has proved effective in empowering young people to make informed decisions about issues that affect their lives. Since 1999, the 20 young people who were initially trained, have gone on to train and share information with another 150 young people from eight schools who now act as peer counsellors in their areas.
Namibia	Windhoek Email: ywcanam@mweb.com.na
Horticultural garden	The YWCA of Nigeria's Horticultural Garden aims to improve the quality and vitamin content of local food and provide employment for women and school leavers in the local community. The project takes place at the Akure branch in Ondo State. The local YWCA owns the land, the soil is good and access to water easy. Working in rotation, 25 women prepare the soil, plant the seeds and water and weed regularly. Although financial gain was small at first it has increased over time. The women grow flowers, fruit (oranges, bananas, cashew, pawpaw, pineapple, etc) and vegetables for home use and sale. Seeds produced are sold to farmers. The produce is sold at different local markets and the Ministry of Agriculture has been identified for assistance in selling even more produce.
Namibia	Windhoek Email: ywcanam@mweb.com.na
Campaign against HIV and AIDS	Through this programme, workers, students, transporters and the general public are taught the dangers of unprotected sex. With special attention paid to young people, the YWCA of Nigeria takes its campaign to schools as well as to remand homes, refugee camps, brothels, and motor parks. This is sometimes done with the assistance of various health related agencies that supply resource persons and materials.
Namibia	Windhoek Email: ywcanam@mweb.com.na
Peer Counselling programme focusing on HIV and AIDS - further expansion	To reduce stigma and discrimination against people affected by HIV and AIDS, and to provide increased social support, greater openness and commitment within relationships and communities to address HIV and AIDS Already experienced in running peer counselling programmes, the YWCA is expanding activities to Oshakati, Rundu, Khomas and Kamanjab Karas, Omaheke and Otjodhondjupa. Programmes are run in collaboration with Ministry for Youth who were impressed by the work that the YWCA has accomplished with young people. Many other youth organizations also participate in the programme. Young people to act as facilitators are recruited in all regions and given training in peer counseling, using a recognized training manual. With on going support from the Ministry of Health and the YWCA social worker, the peer counsellor facilitators are then equipped to create awareness in schools and communities on specific problems facing youth such as HIV and AIDS, sexual abuse, teenage pregnancy and drug and alcohol abuse.
Namibia	Windhoek Email: ywcanam@mweb.com.na
Fish pond project	Two fish ponds have been built to produce fish for sale. Community women manage the ponds and sell the fish. More than providing income, the project provides a good source of protein and so helps curb nutritional deficiencies in the community
Namibia	Windhoek Email: ywcanam@mweb.com.na



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YWCA drama group for HIV education	Using creative methods such as audience interaction with participating social workers, the YWCA Drama Group for HIV Education is promoting awareness of HIV and AIDS, acceptance of those affected by the disease and an understanding of how to both prevent infection and live with it.
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Namibia	Windhoek Email: ywcanam@mweb.com.na
Vocational centre	Vocational training classes provide many women with a means of earning an income. These classes take place at the Kaduna branch. Initially 15 under privileged women and girls were taught fashion design and tailoring and short term computer course and secretarial studies. This number will increased to 20 full time and part time participants. The Federal Ministry of Education provides technical support for the project, though the YWCA's long term vision is that the centre will be self supporting through fees and sales.

Namibia	Windhoek Email: ywcanam@mweb.com.na
Peer Counselling in HIV and AIDS	Peer counselling programme focusing on HIV and AIDS in Oshakati, Rundu, Opuwo, Kamanjab52 peer facilitators in communities and schools were trained, 250 peer counsellors trained, 6 workshops held in 13 regions with participation from YWCA-YMCA Denmark Namibia is one of the countries that are highly affected by HIV and AIDS. 25% of the population affected are young people. In this case we need to give more training to them and involve them in our activities to be aware. Many Namibians are dying despite the Government and the NGO's advocating against the pandemic. Young mothers still need more training on HIV testing and mother to child transmission and female condoms.

Nigeria	Lagos Email: ywca@infoweb.abs.net
Home Base Care for HIV Positive Women and Girls	To ensure that positive women and girls are no longer marginalized and stigmatized, to provide care and generally to expand YWCA work on HIV and AIDS The YWCA has set up a Home Base Care (HBC) programme in Lagos with the aim of assisting those living with HIV and AIDS by providing information on HIV (such as that positive individuals can live as long as those who do not have the virus and can even live longer), and addressing the issue of stigma and abandonment. YWCA members who are already trained care givers with medical experience visit the homes of positive women, give them support and counselling, and ensure that they take ARV and eat the right food. The care givers also instruct new care givers. This is a pilot project and, if successful, it will be replicated in other areas and the YWCA will apply to other donors for funding.

Rwanda	Gitarama Email: ywcarwa@yahoo.fr
Holistic anti-AIDS programme	Economic empowerment, education, nutrition and care are all part of the YWCA of Rwanda's holistic HIV and AIDS programme. The programme is part of the YWCA's wider agenda to improve health conditions in rural areas. It provides reliable information about HIV and AIDS, micro-credit loans, as well as counselling and assistance for people living with HIV and AIDS and their caregivers. The YWCA has set up counselling centre in the Muhunga District in Rwanda, which aims to break the silence and shame on traditional practices and cultural norms which contribute to the vulnerability of women and girls to HIV and AIDS. Nearly 40 women have been trained as trainers on counselling methods and the facts about HIV and AIDS.

Rwanda	Gitarama Email: ywcarwa@yahoo.fr
Work with refugees	Projects are being run in two local Rwandan YWCAs to assist in the resettlement of refugees. With the small loans provided, some members have purchased bicycles to hire out as taxis. The Ruli club in Gitarama purchased a grinder for cassava, maize, sorghum etc. and built a structure to house it. Members use it without charge but the community pays for its use and the income is saved. A Children's Dance Troupe was formed in Gitarama to reintroduce children to their rich culture lost since the war. Two revolving loan programmes exist in Gitarama. Using membership fees, members of the Kigali branch have opened a small store to sell soap, soda, beer, etc. With the income gained the women buy supplies and the balance of the money is saved.



World YWCA

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Rwanda	Gitarama Email: ywcarwa@yahoo.fr
Clean water and sanitation	<p>Through the efforts and entrepreneurship of the YWCA of Rwanda, a group of mothers working together brought clean water to the nearly 300 people in the rural area of Gatenzi, and 780 children attending the local primary school. To develop the water system, women performed the labour needed to transport materials such as stones, cement and water; families in the community pooled together their resources to contribute to the costs of the needed materials. Women involved in the project also received health care training about how to combat disease through good hygiene measures.</p> <p>Prior to implementation of the project, diseases such as diarrhoea and malaria were common in the area as mothers were using dirty pond water to cook and drink. These diseases have now been overcome among those accessing the water system, and with renewed health and less time spent collecting water each day, women are able to join literacy and micro credit programmes - and their children are able to participate effectively in primary education.</p>
Sierra Leone	Freetown Email: ywcasaleone@yahoo.com
Peer Counselling	<p>The YWCA of Sierra Leone has developed a multi-faceted approach to stop the spread of HIV and AIDS in their country. They have also adopted a peer counselling method, where youth and community leaders attend a HIV and AIDS awareness programme of workshops and seminars explaining how sexually transmitted diseases (STDs) are spread and what are high-risk sexual habits, and facilitating the use of condoms. Following the programme, participants serve as field officers to spread this information among other young people in their communities. The YWCA also co-ordinates weekly awareness raising campaigns on HIV and AIDS around the country, and has set up a clinic to screen and treat STDs, and refer people to hospital if necessary. They also offer counselling services to young people on sexuality, health and reproductive issues.</p>
South Africa	Bloemfontein Free State Email: ywcasa@worldonline.co.za
Home based care for people living with HIV and AIDS	<p>Through partnerships with hospitals, clinics and local businesses the YWCA of South Africa is working to provide sustainable community-based support for people living with and affected by HIV and AIDS. A food bank established with the support of local businesses helps provide for basic needs. YWCA volunteers have also been trained to provide accurate information to affected families, and refer individuals to health care facilities as needed.</p>
Sudan	YAMBIO COUNTY Email: ywcaymbio@yahoo.com
Women Living with HIV and AIDS	<p>To provide a nutrition programme to women living with HIV and AIDS, to help children live positively with HIV, to help those living with HIV act as role models in the community in order to sensitize the community on the fact of HIV and AIDS and prevention. To increase community confidence in the work YWCA is doing in Sudan The project is in Western Equatoria State Yambio County, Southern Sudan. The YWCA began and still receives support from the YWCA-YMCA of Norway (KFUK-KFUM Y GLOBAL). During the civil war in Sudan, many women were raped or subjected to other forms of violence and were therefore exposed to HIV. Women in Southern Sudan are very vulnerable; decision-making is difficult since there is lot violence. The YWCA of Sudan has formed a group of 20 women living with the HIV virus. The YWCA is the only place where women come together and receive counselling and support. The YWCA identified a need to improve their diet - staples such as milk and sugar are purchased and the women are taught how to prepare a balanced diet both for those with HIV and those weak and approaching death. In the long term the YWCA will set up micro-enterprise activities run by YWCA members living with HIV and based around the nutrition programme. The YWCA is seeking land for a vegetable garden to generate income and provide food. The YWCA also has a poultry project and plans to begin goat keeping.</p>
Tanzania	Dar es Salaam Email: ywca.tanzania@africaonline.co.tz
Water project	<p>In many Tanzanian societies fetching water is seen as a woman's job. To provide a safe and easily obtainable source of water and reduce the amount of time women spend walking to fetch water, the YWCA in Ishinde village dug a borehole and provided a diesel machine for pumping water. Following this success, plans are underway to have similar</p>



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	water projects in YWCAs in Dodma and Lugoba villages.
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Tanzania	Dar es Salaam Email: ywca.tanzania@africaonline.co.tz
Health Education	Many women in Tanzania lack the emotional and social support, confidence and skills to negotiate safe sex. The YWCA has established a health education programme in an urban district which is highly affected by HIV and AIDS. This programme includes the production of awareness raising materials, along with training, peer education, and collaboration with other organisations working in the area. Facilitators are trained to challenge current thinking and social norms that have a negative impact on women. To date, 25 facilitators have been trained in HIV and AIDS, family life education and sexual health. These facilitators are showing leadership in their local communities in responding to HIV and AIDS, by providing support, information and counselling. The programme was initiated by the young women's committee of the YWCA of Tanzania.

Tanzania	Dar es Salaam Email: ywca.tanzania@africaonline.co.tz
Seed Oil milling	The local YWCA of Mbozi has enable women in the Vwawa Township to produce oils from a variety of sources such as groundnuts, sunflower, finger millet and simsim, and thereby increase their earnings. Previously, women in this community made their living through the sale of nuts and seeds. By producing the more valuable oils from these seeds the women's earnings have gone up. The YWCA contributed the oil milling machinery and equipment such as tins, bottles, etc. to get the enterprise off the ground.

Togo	Lomé Email: ucfywcatogo@yahoo.fr
Literacy and education	Togo is a country with a high rate of illiteracy. Fifty-two per cent of population is illiterate and women represent more than 70% of that percentage. In Vogon and Kpome women are taught to read and write Ewe, the local language, and French, so that they can participate in decision making and economic and social issues. Good health, housekeeping, management, accounting, and human rights are also taught. This helps women to take on leadership roles in their communities.

Togo	Lomé Email: ucfywcatogo@yahoo.fr
Soap and Mat Making as Income Generating Activities for Grassroot Women	Short term training in soap making and mat weaving for 35 women in YWCA-YOH local branch has been completed. Soap is sold in the village and mats in nearby town. Women initiated the preparation of medicinal soap made of herbs that treat some illnesses such as malaria, and stiffness and skin spots. Initial participants are training others. 48 beneficiaries now form four groups of 12 members. YWCA of Togo plan to TOGO extend this project to its local branch of Kpome.

Uganda	Kampala Email: ywca@utlonline.co.ug
Health education	Almost all families in our communities have lost someone to HIV/AIDS but the disease continues to carry a stigma and there is a constant need for counselling of patients, their families and communities. Education about HIV/AIDS and other sexually transmitted infections is integral to the YWCA of Uganda's traditional programmes of literacy and agriculture, ensuring that the social and economic factors contributing to infection continue to be addressed. A mobile population in constant search of jobs, accommodation and land also means that dissemination of information, education and counselling on HIV and AIDS needs to be a continuous process via as many avenues as possible. The YWCA's outreach includes home visits to people living with HIV and AIDS, family planning advice, and counselling to improve partner/spouse communications.

Uganda	Kampala Email: ywca@utlonline.co.ug
Community based AIDS care	During the past 13 years the YWCA has developed a holistic strategy that educates, counsels and involves not only caretakers, but also the entire community, while striving to provide material assistance such as start up funds for small enterprises, and antiretroviral



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	<p>drugs. Through regular neighbourhood meetings information is shared and collaborative work between community leaders and those affected by the virus has been initiated. Trained volunteers have made more than 10,000 home visits, reaching almost 49,000 people. The volunteers are invited to homes in order to share information with the household, provide counselling, or mediate family conflicts. Through their network of partner organisations, the YWCA is often able to help families meet their needs by referring them to other groups that can provide assistance.</p>
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Uganda	Kampala Email: ywca@utlonline.co.ug
Shelter for battered women	<p>The shelter is a place where women and children fleeing from violence can access a safe and empowering refuge while receiving information, counselling, and appropriate referral to relevant organisations that can help them make informed decisions for the next steps. The objectives of the shelter are: To encourage and support women in determining her future whether this involves building an independent life or returning to the marital home.</p> <p>To recognise, protect and care for the emotional needs of the children involved.</p> <p>To offer support to families leaving the shelter by offering individual or couple counselling as appropriate. To offer support networks for the women involved To educate and inform the public and other relevant bodies on violence against women.</p> <p>Services provided by the shelter include: information, crisis counselling, legal advice, referral to appropriate organisations, support through women's groups, follow up of clients, skills training, outreach. Every year hundreds of women are helped by the shelter.</p>

Uganda	Kampala Email: ywca@utlonline.co.ug
Savings and credit	<p>The YWCA in Uganda operates a savings and credit scheme to enable women with little savings to receive small loans at a subsidised interest rate, in order to accumulate saving. The association has also begun a rabbit management project designed to curb malnutrition among young women, and offer a future source of income. The project targets young mothers and early school leavers, and has trained 98 young women in rabbit management, vegetable growing and nutrition.</p>

Uganda	Kampala Email: ywca@utlonline.co.ug
Literacy	<p>The YWCA of Uganda is committed to increasing adult literacy in Uganda to enable women to raise their educational, economic, health and political standards. The YWCA Literacy Project reaches grassroots women in Uganda who are illiterate, with little or no income, and who live in remote villages without sufficient infrastructure. The YWCA of Uganda tackles the problem at multiple levels - training women from these communities in professional teaching methods to be able to deliver educational services in their communities, as well as producing education materials in the many different local languages. These materials are provided free of charge to students and form part of the YWCA's integrated programmes for women, which include health care and economic empowerment to meet the full development needs of the individual.</p>

Zambia	Lusaka Email: ywcazambia@yahoo.co.uk
Microcredit and income generation	<p>The economic empowerment of women is a major priority for the YWCA of Zambia. They operate many empowerment projects through work in eight regions. Projects include farming maize, groundnuts, rice and sunflowers, and making handicrafts. The YWCA offers small loans through a revolving fund to allow these projects to come to life. Through this source, they are also supporting vital non-income earning activities such as care-giving and counselling of HIV and AIDS patients.</p>

Zimbabwe	Amby Email: ywcass@ywca.co.zw
Week without Violence	<p>Each year in Zimbabwe, YWCA tries to address the current problems and then feature the chosen situation as the national theme. From the 24th to 29th November 2003, YWCA gathered in Marondera for the national event, Initially there were forty young people from YWCA, but by the end of the campaign a total of hundred participants had attended. There was also a clean up campaign which acted also as a symbol of sweeping away the abuses that women suffer under the hands of their oppressors.</p>



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Zimbabwe	Amby Email: ywcass@ywca.co.zw
Programmes for rural women	To enable rural and migrant women to set up small enterprises, the YWCA of Zimbabwe initiated the Business Skills Development Programme. The programme provides training in a variety of marketable skills including farming, appropriate technology, tree planting, building drum ovens, mud refrigerators, and food preservation. In addition to these skills participants also learn business management, accounting, how to access loans, draft business plans and establish good relations with funding institutions. Participants are encouraged to form co-operatives for their projects which have included poultry farming, gardening, bee keeping and flower shops.
Zimbabwe	Amby Email: ywcass@ywca.co.zw
Outreach and income generation	To provide technical advice and support for the HIV and AIDS home based care pilot project, and to improve the administration and financial management, and monitoring of vocational schools YWCA of Zimbabwe is currently facing the challenge of fuel shortage which is hindering outreach programmes, so a grant was provided to enable national staff to provide technical support, training, and monitoring to the vocational schools and local branches. The vocational school financial recording cannot function without regular visits from national finance department staff. Local branches require support and guidance, especially following the development of programmes on HIV and AIDS, where the YWCA of Zimbabwe initiated a pilot project on home-based care following the Africa Regional Training Institute. The current YWCA president needs to carry out branch visits for face-to-face reporting, members input is needed for the development of the strategic plan for the next five years, new branches need to be enrolled, and staff and volunteers need to be given leadership training.