

**SIZANANI AFRICA  
SIZAF**

**REG.CHARITY NO:** 1096 537

**DATE ESTABLISHED:** May 2000

**Mr. P.W. Lubwika  
Director**

**PROPOSAL TO THE CARNEGIE UK TRUST**

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**AMOUNT REQUESTED: £6,575.5**

**STARTING DATE: FEBRUARY 2004**

**EXPECTED END: AUGUST 2004**

## 1. The Organisation

SIZANANI AFRICA is a non-governmental, non-profit organization and registered charity set up in May 1985 to alleviate poverty and sickness among women and children, especially those of African origin.

The organisation also aims at advancing education and training with the objective of improving the conditions of life of the beneficiaries. The organisation responds to the needs of its service users by undertaking the following activities:

- Addressing the issues that affect the health needs of African women and children such as HIV/AIDS, diabetes, sickle cell anaemia, cancer and heart diseases
- Empowering women to develop and maintain their autonomy and to have a voice in both the private and public sphere through information and advocacy
- Providing training and support to enable them achieve economic independence and social advancement
- Supporting African women and children to build self-esteem and take pride in their history and heritage
- Providing solidarity and support for African women and children in distress

To address the above issues, AWWA developed three programmes in the UK:

1. The **Women's Health Programme**, which covers the following projects:

- Domestic Violence
- Sexual and Reproductive Health
- Counselling and Therapy

2. The **Community Development Programme** aims to provide the following services:

- Mediation Services
- Volunteering Services
- Interpreting Services
- Gender Relations Forum

3. The **Training and Empowerment** programme provides training and capacity building activities for:

- Service users on empowerment, awareness and personal as well as economic development
- Volunteers on counselling and advocacy skills, personal development and mentoring
- Staff on personal and professional capacity building skills with regard to the priorities of the organisation

## 2. Management structure of the organisation

AWWA is run by a board of trustees consisting of 8 members all of whom are African women and have a wealth of experience in addressing the needs that the organisation is targeting. The board comprises the president, vice president, treasurer, secretary and members.

The Director of the organisation acts as the secretary to the Board. There are two full time members of staff, one volunteer and a sessional worker.

The Director sees to the overall running of the programmes and monitors progress of staff and volunteers. She is answerable to the Board of trustees who meet regularly to monitor the programme activities.

AWWA's budget projection for the year 2003/2004 is £ 91, 294. So far we have been able to raise £ 30, 850.

We are confident that we will receive the remainder of the funds needed in the course of this financial year.

### **3. Achievements of AWWA**

Since inception in 1985 we have helped, counselled and supported hundreds of African women and children traumatised by domestic violence.

1. In 2001/2002, the organization embarked on a structural review of its programme of activities. One of the outcomes of that review was the streamlining of some of the activities to create a Domestic Violence Project.
2. In February 2001, we organised a conference on **Domestic Violence within the African Community**. The conference addressed three main areas, namely: **Laws and Legislation on Domestic Violence**, the **Impact of Domestic Violence on the Health of Women**; and **The Plight of Children in an Environment of Domestic Violence**.
3. In February 2003, we received a three-year grant from the Association of London Government (ALG) to employ a full time Advocacy and Counselling Officer.
4. In April 2003, we conducted two skills training workshops for volunteers working with victims of domestic violence

### **4. Present activities including how many people benefit**

As a result of the conclusions of the conference held in February 2001, AWWA started the Domestic Violence Project.

The Domestic Violence Project is now currently running with the following services being given to women and children who are victims of domestic violence:

- Information and support on where to find further help and services
- Listening, mentoring and guidance on practical issues.
- Advocating for our clients
- Training and counselling on issues on domestic violence
- Counselling and therapy sessions for victims of domestic violence
- Empowerment training sessions

The service users we work with are migrant Africans, asylum seekers and refugees. A majority of them are traumatised by domestic violence, trauma, bereavement, racial abuse, bullying (for the young people) and other forms of disempowering actions.

We have records of between 200-300 women and children that accessed our services annually between 1985 and 2000. Since the restructuring exercise, we are striving to improve our services by developing better quality standards both for service user as well as for the organizational operations.

We work in the 6 west London Boroughs of Brent, Harrow, Hounslow, Hillingdon, Ealing, Hammersmith and Fulham as well as Islington

## 5. The purpose and need for the project

From the conference held in February 2001, key issues were noted in the conclusion:

- That AWWA should provide victims of domestic violence with relevant information to enable them seek legal redress to stop the violence in their lives
- That organisations like AWWA should start advocacy work on behalf of victims of domestic violence
- That African women who are victims of domestic violence should be encouraged to talk about it and receive appropriate counselling from organisations such as AWWA
- That AWWA should provide a forum for counselling children who are traumatised by violence
- That AWWA incorporates counselling for families and for children when dealing with, and organising intervention services
- That a conference to target men in the African community be urgently convened to address domestic violence

## 6. The need for and work proposed

The young people we work with are children of migrant Africans, asylum seekers and refugees. They experience a lot of confusion because of the uncertainty surrounding the status of their parents and the lack of understanding from the mainstream mechanisms. We are seeking funds to run a series of life skills training workshops for these young people who are not only marginalized but also suffer from domestic violence on top of all the other pressures. We intend to carry out five key activities during a 6 month period. Below is a table of the work plan and the activities titles:

Activity	Aims	Dates
Recruitment and awareness raising of events	Through publicity, to ensure that all youth concerned have been contacted and that they are committed to the programme	Feb 04
Open Forum for youth	To enable young people to openly discuss concerns surrounding family and propose action plans	Feb 04
Life skills training for young people	To equip young people with basic skills on interpersonal skills and personal strategic planning	Mar 04
Training for young peer educators	To enable young people to break barriers in assisting their fellow youth	April 04
Parent-youth dialogues	To provide young people with the opportunity to engage with adults/parents in matters affecting them and their immediate social surroundings	June 04
Youth day out	To create an environment of relaxation and remove the young people from the pressures of life for one day. Also this outing will enable young people to identify talents, skills and even weaknesses that can be addressed in future life skills training sessions.	Aug 04

## **7. Managing the project**

AWWA works with volunteers who have been trained in advocacy and training. They will work closely with the Advocacy and Counselling officer to ensure that all the young people receive adequate attention and support. The Advocacy and Counselling Officer will liaise with the Director for the smooth running of this project. The director will be responsible for engaging volunteers and other staff and monitoring the overall progress of the project. She in turn will be answerable to the Board of trustees who meet regularly to monitor the progress of organizational programmes.

## **8. Expected outcomes**

As a result of the workshops, our service users should be able to demonstrate the following positive outcomes:

- Increase in awareness of the Domestic Violence Project in the seven London Boroughs
- Increase in the number of users motivated to access training in Empowerment and Communication skills
- An increase in the level of motivation from the users to access services
- User's ability to make informed choices and take initiatives
- Positive change in body language
- Willingness of users to act as advocates and peer educators in the community

## **9. Monitoring and evaluation**

Evaluation during and after project

Use of feedback and questionnaires for service users

Biannual newsletter will collate response of service users to our services

## **10. Information sharing and dissemination**

We work in all the 6 West London Boroughs as well as Islington. In each of these boroughs, we have developed an active network with local authorities (benefit agencies, housing, NHS, public schools, etc) who provide services for our service users.

We also work closely with other organizations dealing with African women and children in various capacities. Some of these organizations are: AFRUCA (Africans Unite Against Child Abuse), SIRI Behavioral Health, Mama na Dada International and Kenya Women's Association (KEWA). We work closely with other refugee community organisations and other youth organisations in the UK.

We will widely disseminate the results of our project with the young people to partners, stakeholder, community groups and funders. We will also organise workshops to discuss ways forward from the findings of the project

## **11. Continuing the work after the grant**

Funding has been received to carry out the Domestic Violence Project alone. This will contribute to the sustainability of the youth peer Education and Advocacy Project after this grant expires. However, we are confident that the compelling evidence of the need for this project to continue will enable us to raise further funds.

## 12. Funding requested and breakdown

Amount requested: **£6,575.5**

**Budget:** Project activities:

### 1. Open Forum

• Venue 150 x 1	=£150
• Travel costs £5.10 x 25	= £127.5
• Catering £10 x 25	= £300
• Facilitators £40 x 2	= £80
• Insurance 50	= £50
• Publicity and fliers	= £120
• <u>Educational material</u>	= <u>£75</u>
<b>Total</b>	<b>= £782.5</b>

### 2. Two training workshops

• Venue 150 x 2	= £300
• Travel costs 5.10 x 25	= £127.5
• Catering 10 x 25 x2	= £500
• Trainers' fees 250 x 2	= £500
• Facilitator 50 x 2	= £100
• Insurance 50 x 2	= £100
• Developing training manual	= £600
• Handouts 80 X 2	= £160
• <u>Publicity</u>	= <u>£240</u>
<b>Total</b>	<b>=£2627.5</b>

### 3. Parent-youth dialogue forum

• Venue	= £150
• Travel costs £5.10 x 25	= £127.5
• Facilitator £50 x 2	= £100
• Insurance £50	= £50
• Publicity/fliers	= £120
• Handouts	= £80
• <u>Catering £10 x 35</u>	= <u>£350</u>
<b>Total</b>	<b>= £977.5</b>

### 4. Youth Day Out

• Travel costs £5.10 x 30	=£153
• Insurance	= £50
• Amusement £10 x 30	= £300
• Adults accompanying £50 x 5	= £250
• <u>Lunch £12 x 30</u>	= <u>£360</u>
<b>Total</b>	<b>= £1113</b>

### 5. Administration

• Volunteer expenses 4 x 10 x 5	= £200
• Tel/fax/internet/postage	= £450
• Report writing and publication	= £600
• <u>Office stationery</u>	= <u>£225</u>
<b>Total</b>	<b>= £1075</b>
<b><u>Grand total</u></b>	<b><u>£6575.</u></b>