



## HEALTH, EMPOWERMENT AND LIVELIHOODS

HEAL Malawi is a partnership project proposal from SI Manchester and Act4Africa.

In Malawi, more than 40% of women have experienced physical or sexual abuse.

1 in 4 girls become pregnant before the age of 18.

More than 75% survive on less than £1 per day.

In the Mchinji district, HIV prevalence is over 11%, more than a third higher than the national average.

## WE CAN MAKE A DIFFERENCE

HEAL Malawi will improve the lives of disadvantaged young women and girls in the Mchinji district of Malawi, somewhere few other agencies are currently working and that has particularly severe deprivation rates. HEAL is based on the premise that dependency is not empowering, and encourages women and girls to discover that they already possess the strength and resources to change their lives.

The project will provide the most vulnerable girls and women, aged 15-30, with sexual and reproductive health rights (SRHR) education, economic empowerment and livelihood opportunities whilst also engaging with boys and men, aiming to shift cultural concepts and promote gender equality.

Act4Africa has already delivered a successful pilot HEAL scheme in the Lilongwe district of Malawi which has meant that women like Harriet and Anna have received SRHR training and been able to live healthier and more empowered lives.



For **Harriet**, a widowed mother of seven, two of whom have died, becoming part of our HEAL programme has helped her to start saving money for the future – specifically to pay for her children's education. As the sole breadwinner, she sells fried fish to earn a living, and also makes and sells bricks with her children during the school holidays. Her HEAL savings and enterprise group is helping her to increase her earnings, and to manage her money so that she can achieve her goal of sending her children to school.



**Anna's** only source of income is her teashop and before becoming part of HEAL, her business wasn't giving her the income she needed to support herself or her family. After joining a HEAL women's savings and enterprise group, Anna was able to save enough money to move her shop to new premises with better footfall, more than doubling her number of customers.

With SIGBI's help, we can ensure that this kind of work and support reaches thousands of disadvantaged young women and girls in Mchinji district, helping them to discover their inherent power to change their lives through HEAL's tools and training.

## HOW?

HEAL Malawi will train and empower selected girls and women as 'change agents' in sexual reproductive health rights including family planning, HIV transmission and prevention, gender equality and women's rights, and basic business skills.

They'll learn the skills to deliver this training to other women in their communities. Each 'change agent' will gather and train a group of 30 women and will deliver a programme of sexual health and empowerment workshops appropriate to their group.

Act4Africa Malawi staff will also champion economic empowerment, assisting the establishment of the women's savings and loans groups, helping the women to set up bank accounts and providing seed funding to enable them to start small businesses and increase their income for themselves and their families.



## HOW MANY PEOPLE WILL WE REACH?

Over a 3 year period, HEAL Malawi would train 90 'change agents' who would then go back into their communities and in turn train groups of 30 women, bringing the total number of people receiving Health, Empowerment and Livelihood training to **2,700**. In addition, the project would provide mobile HIV clinics and condoms, aiming to test **6,000** people. The project will also run community engagement sessions focused on men and boys, promoting gender equality and women's rights.

## OUR IMPACT:

Act4Africa is an award winning registered charity that has been delivering grass roots development programmes in Uganda, Tanzania and Malawi for 15 years. Its mission is to address inequality in Africa through gender justice, health education and sustainable earning potential. The impact of this work over the last 15 years has meant that **1.75 million** beneficiaries have been reached. **60,000** people have been tested for HIV. Over **1,000** 'change agents' have been trained and gender equality education has been delivered to more than **290,000** people.

Our stringent monitoring and evaluation systems allow us to provide detailed *personal* stories on the impact of our projects alongside regular, accurate financial reporting. For more information on Act4Africa visit [act4africa.org](http://act4africa.org)

**HEAL is a sustainable project that will leave a long term legacy.** Our change agents will continue to influence and educate their wider community about sexual health, gender equality and microfinance beyond the project's lifetime; our work with men and boys will promote equality and gender justice; and our savings and loans groups will provide a long-term sustainable income for marginalised and vulnerable women, helping them and their families to escape poverty and thrive.

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## THAT'S HOW WE CAN MAKE A DIFFERENCE

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