

Annual Report 2019



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FOREWORD

Prisoners and their children in African correctional facilities have been severely neglected for years, causing suffering and deaths for far too many. In recent years however, there has been growing attention to shifting the focus away from punishment and the extremely poor conditions to reform and improvement of conditions. In Zambia, this has meant change of name from Zambia Prisons Service to Zambia Correctional Service and with this change has come an increased focus on rehabilitation of offenders and a human rights-based approach to imprisonment. ZCS has opened up to outsiders to a never before seen degree, and now welcome outside support, being acutely aware that they cannot solve issues alone.

Ubumi Prisons Initiative has for 14 years worked to improve conditions in Zambia's correctional facilities for particularly vulnerable groups, particularly the circumstantial children aged 0-4 years of age, pregnant and breastfeeding women, juveniles and the seriously ill. The projects for the children and their mothers improve children's welfare and promote healthy development as well as the project for the juveniles. The projects for the seriously ill improve health in correctional facilities and save lives. The projects build skills within the areas of health, farming and education. Our work empowers incarcerated individuals to improve their own and others' lives, and it prepares them for the future after release.

Gratitude goes to those who support our organisation – individual members, companies as well as public finances and private foundations. The Obel Family Foundation still deserves a big thank you, and so does CISU (Civilsamfund i Udvikling, Danish Aid), the EU (Frame, Voice, Report!), Danida Oplysningspuljen and a number of smaller foundations. Bistrup Church deserves particular gratitude for their continued and unrelenting support. None of this would be possible without your support.

I wish to thank Zambia Correctional Service at HQ level and in the individual correctional facilities for their commitment and unrelenting support. I also wish to thank our partner organisations for their commitment and excellent collaboration. Importantly, I also wish to thank everyone of our inmate volunteers for their hard work and commitment to making a difference. None of this would be possible without your support.

Last, but not least heartfelt gratitude goes to our staff member Carol Chomba, who passed away too soon in July 2019. Carol has meant the world for our organisation, and can never be replaced. She will be remembered for her loyalty, commitment and love.

On the following pages, you can read more about our activities in 2019. Thank you for your interest.



Anne Egelund

Founder and Executive Director

A tribute to our beloved Carol Chomba

I (Anne) met Carol in 2005, when I moved to Zambia. I remember wanting to hire her as the family’s chef and nanny, because when she greeted me the first time we met, she looked me straight in the eye with no submissiveness whatsoever. Her intelligence was obvious and I felt her talents were being wasted working in our home. When I had to leave Zambia in 2007, I invited her with us, and she joined me and my family in Denmark for 18 months (that was how long we were allowed to keep her as per Danish law). Our friendship blossomed, and we became family.

When Carol returned to Zambia in 2008, she took on Ubumi as a volunteer, which by then was just a very small initiative of feeding the circumstantial children in Lusaka and Kabwe.

Lena joined Ubumi in 2013, and the three of us became a trinity, a family. The three of us have shared fun, hardship and true friendship.

Carol has always worked with unwavering dedication and commitment. Since, 2016, as paid staff working with nutrition and admin. She is and will always be an essential part of Ubumi. Her loyalty, kindness and her hard work has made a major difference. She has left her mark and we miss her every day.

/Anne



A tribute by Ubumi volunteers from Lusaka Central Male Facility



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BACKGROUND: AFRICAN PRISONS

The African prisons are well known for holding human beings in filthy and overcrowded environments, where access to justice and health services are poor. Prisoners are typically convicted of poverty-related petty crime, but they risk a life inside prisons for years. The justice system is faulty, inefficient and corrupt, and detainees risk waiting years for a judgment – and they may in principle be acquitted, when the case finally reaches the court. Human rights violations are common. Police torture to bring about confessions is well documented. Further, sentences are often erratic and harsh. Prisoners are often victims of stigma and severe discrimination.

Life in prison is psychologically, socially and economically destructive, because inmates often spend a long time in prison, and find themselves isolated from family, work and general society. Conditions of poor hygiene and lack of food causes major health problems. Overcrowding in some Zambian correctional facilities means that prisoners must sleep sitting or cramped up beside each other head to foot. On occasion they spend the night standing up. This results in physical ailments and high stress levels, as well an ideal environment for opportunistic infections. A cell of 40 m² may have 145 or more inmates locked from 4-5 pm to 7-8 am. The prevalence of HIV / AIDS, tuberculosis and malnutrition is alarming. The need for basic food aid is desperate for all, but especially for the sick. Psychological vulnerability and serious mental health issues are common in correctional facilities.

The so-called circumstantial children are aged 0-4 years, and they are in prison with their mothers, who are either convicted or awaiting trial. We estimate that there are about 100 children in the Zambian correctional facilities currently. The children do not get nutritious food, and it is inadequate for healthy development. There is a lack of care and stimulation preventing them from developing like ‘normal’ children on the outside. Addressing the situation of the children is critical, as the first years of a child’s life matter enormously for the life chances in the longer term. We also see older children in prison aged approximately 12-18. They are extremely vulnerable in all ways, and they need support in terms of food and health, access to justice and general wellbeing and development.

Zambia Correctional Service is recognized as one of the most progressive and ambitious prison



authorities in Africa. Ubumi works with their full support and collaboration in the correctional facilities to alleviate the problems.

ABOUT UBUMI PRISONS INITIATIVE

Ubumi Prisons Initiative has since 2006 worked to improve the health of particularly vulnerable groups in Zambian correctional facilities. Ubumi means *'life - caring for everyone's life'*. The name reflects our fundamental values, which are rooted in universal human rights, where the individual's right to life, health and dignity is at the centre of our efforts. Ubumi Prisons Initiative works to support children and seriously/terminally ill in Zambian correctional facilities, as well as health, education and skills-building in more general terms.

We have a unique access to and familiarity with correctional facilities, which means we can navigate with integrity and professionalism in a challenging environment. Management both at Zambia Correctional Service at HQ level and locally in the individual correctional facilities support and facilitate our work.

Ubumi works to empower incarcerated individuals to contribute positively to their own and others' lives to the extent possible under the very real restrictions imprisonment poses. Our work is not a prestige project, but it is about making real changes on the ground. Ubumi seeks to promote the values of dignity, respect and care for all human beings.

We work in Kabwe (the three Mukobeko facilities), Chipata (Chipata Correctional Facility), Kitwe (Kamfinsa State Correctional Facility), Lusaka Central and Chainama East. We also work in Kamwala Remand and Katombora Reformatory School.



WHY PRISONERS?

BECAUSE INMATES ARE HUMAN BEINGS

Serious and sustainable projects designed to help and/or empower inmates in Africa are rare. The stigma and the stereotype of prisoners being inherently violent and anti-social, or dangerous – and beyond reach is very common. A common perception is ‘once a criminal, always a criminal’.

This perception is in fact far from the truth. Incarcerated individuals are as different as people in general society. Only they are typically poor and from resource poor settings. Many lack education and have had few opportunities in life. It is public knowledge that individuals, who find themselves at the wrong place at the wrong time may be convicted.

This does not mean that all inmates are innocent, but only few inmates live up to the violent and deviant stereotype. Most are ordinary people, who have made mistakes for a variety of reasons. A few have done truly terrible things, and they especially need help to make a positive change in their lives.

Helping inmates and ex-inmates is of great importance for society, because developing inmates’ potential not only aids the individual inmate but reduces crime and poverty. Inmates are often traumatized by imprisonment and many leave correctional facilities psychologically damaged. Post-Traumatic Stress Disorder is common amongst ex-inmates as well as depression, stress and anxiety. An obvious stressor in the prison environment is the lack of food and medical treatment, which causes constant stress and insecurity about basic survival. Ubumi can alleviate some of this stress, leading to hope of less damaged individuals. Ubumi does not claim to alleviate all prison pain. This is simply not possible, but we do make a significant difference.

Ubumi works from the principle that all people are equal and that everyone deserves dignity in life, regardless of the crime committed. The penalty by the state consists of imprisonment, not degrading and humiliating treatment - and not sickness or death.



BECAUSE ILL-HEALTH IS ESSENTIAL TO ADDRESS – FOR SOCIETY AS A WHOLE

To prevent and treat health-related problems, including mental health in correctional facilities is of major importance. Prisoners often come from areas designated as 'hard-to-reach' in relation to prevention and treatment programmes for serious diseases, such as HIV/AIDS, TB and sexually transmitted diseases.

When individuals are in prison, they are often in a stage of their lives where they are searching for meaning and purpose to their lives and many have a great motivation for change. Therefore, they pose a window of opportunity to reach the poorest of the poor, and those in dire need of HIV/AIDS/STD/TB prevention, treatment and care programmes. For example, individuals, who are sufficiently informed to manage a chronic disease such as HIV/AIDS, possess a significantly lower risk of spreading the disease to others inside and outside of prison. Individuals suffering from health problems, refugees and others are also obvious targets for interventions.

BECAUSE EMPOWERING THE MOST VULNERABLE REDUCES CRIME

In an environment where inmates are consistently disempowered, it is our experience that there are still many resources waiting to be explored constructively and meaningfully. Supporting inmates to make choices and build skills provides a chance of a better future in correctional facilities and after release, which will reduce the risk of ex-inmates having to resort to crime for survival.



OVERALL OBJECTIVES

Improved general health and quality of life for inmates and their children in correctional facilities

No preventable deaths of children and adults in correctional facilities

Improved opportunities for child development with a focus on play and joy for the benefit of children's healthy and normal development

Increased capacity among mothers to take care of their children and to support themselves and their children after release (specific skills and overall increased knowledge about nutrition, hygiene and children's rights, most of the actual circumstances and maternal role under difficult conditions)

Improved nutrition, health and survival among the children, juveniles and adults, particularly the seriously ill

Empowerment and capacity building of inmates and staff

Education and skills building amongst inmates in preparation for release

Increased capacity among inmates and staff in relation to nursing, ethics and health, including mental health and nutrition

Increased capacity in Zambia Correctional Service to address health in general and health emergencies

Increased capacity by prison NGO's to address the health, development and welfare issues correctional facilities face

Research to obtain **increased knowledge** to address health care issues in prisons and correctional facilities

THE UBUMI MODEL

The Ubumi Model is a unique approach to correctional facilities work. Rather than seeing incarcerated individuals as passive receivers of aid or persons incapable of positive change or development, we focus on empowering them to improve their own and others' lives and to prepare them for life after release. The main features of the model are outlined below:

THE UBUMI MODEL

- ✓ **A holistic and strategic approach to problem-solving** designed to the individual setting
- ✓ Inmate empowerment through project management (volunteer inmates implement and manage the project, supported by health staff, partner NGO's, Ubumi and Corrections Management)
- ✓ **Volunteerism**
- ✓ **Inmate skills building** – all volunteers receive basic education/skills development training within farming, nursing, cooking or similar, which will benefit the project inside the facilities, but also the individual inmate upon release
- ✓ **Staff support and commitment** for health and human rights through collaboration and capacity building
- ✓ **Help for 'self-help'** – vegetable gardens, poultry and fish projects create the opportunity for sustainable provision of food
- ✓ **Strong checks and balances** for good management

BENEFITS OF THE UBUMI MODEL

- ✓ **Improved health and conditions** for the ill, the children and other vulnerable groups specifically, but also for the general prison population
- ✓ **Skills-building and education** of inmates
- ✓ **Capacity** to address and manage projects
- ✓ A sense of **meaning and purpose** for the inmates (in contrast to the profoundly meaningless existence in prison)
- ✓ A sense of contributing to other people's lives – for both staff and inmates

2019 IN NUMBERS

Total inmate population in Zambia (estimated daily number)	22,000
Number of inmates assisted with improved hygiene and safe drinking water (estimated daily number)	8,422
Number of seriously ill male patients assisted with care and nutrition	739
Number of seriously ill female patients assisted with care and nutrition	47
Patients treated with vitamin supplements (various kinds depending on need)	6,000+
Number of juveniles supported in total (nutrition, schooling, and/or activities)	1,219
Number of juveniles receiving food three times a week	684
Number of circumstantial children cared for (with food, play areas, training of mothers)	52
Number of pregnant women assisted with nutrition and baby packs	33
Number of inmates receiving IT-education (a drop from last year due to severe power shortages in the country)	96
Number of female and male inmates, correctional staff, NGO staff and government employees receiving health trainings	255



PROMOTING MOTHER AND CHILD HEALTH
BACKGROUND

Outside wall of the Chipata Play House

There are children aged 0-4 (and sometimes older), who are of course innocent of any crime, but are incarcerated with their mothers, who are either awaiting trial or are convicted. Some children spend only a few days, others spend years in prison. The prison environment is stressful, and there is next to no focus on children's well-being and development. The children are the victims of a neglect in terms of lack of nutrition and stimulation for healthy development.

The number of children vary, but nationally they average about 60. We have supported a total of 52 children in 2019, which is a significant drop from last year's 81, reflecting that the Government of Zambia have focused on reducing the number of children in correctional facilities. In practice, this has often translated to presidential pardonings. We support an average of 21 children per day in four of Zambia's biggest correctional facilities (Kabwe Maximum, Lusaka Central, Chipata, and Kamfinsa State Female Correctional Centres). During periods of large refugee and immigration flows, we see doubling or tripling of the number of children (refugees and immigrants are imprisoned if they do not have the right documents).

The number of children vary, but nationally they average about 60. We have supported a total of 52 children in 2019, which is a significant drop from last year's 81, reflecting that the Government of Zambia have focused on reducing the number of children in correctional facilities.


Inside the play house in Chipata Female Correctional Centre

THE CHILDREN'S PROJECT

Ubumi aims to create a more child friendly environment in the correctional facilities to facilitate healthier child development. The projects consist of the below described elements.

PLAY AREAS FOR THE CHILDREN

We establish play corners or build Play Houses (mini-kindergartens) for the children. In 2017, we were able to formally open the Play House in Mukobeko Female Correctional Centre, as well as construct a Play House in Chipata Female Correctional Centre. The Play Houses are used for play and basic teaching of the children. The Play Houses are colourful and provide a positive energy to the otherwise bleak everyday life. The Play Houses are exceedingly popular with mothers and children alike. It is very important to the mothers to see that their children live a life as close to normal as possible.

The Play houses are also used as class rooms to teach the women basic schooling.

A CLEANER AND MORE HYGIENIC ENVIRONMENT

The women receive soap, detergents, chlorine and disinfectants to keep their children, themselves and the general environment clean. We also provide water drums for safe and chlorinated drinking water.

HEALTHY FOODS FOR CHILDREN, PREGNANT AND SERIOUSLY ILL WOMEN

The mothers receive a monthly food pack of food stuffs to cook for their children. They also receive soap, clothing and other necessities. Some of the food comes from vegetable gardens outside the correctional facility. The children are monitored closely, and those in need will receive medical treatment. We aim to address special needs.

NUTRITION AND COOKING COURSES FOR WOMEN

We have trained 150 women and staff members in basic nutrition and cooking in 'our' four correctional facilities and in other correctional facilities upon request. We have a strong partnership with the organization CeLIM, who work with women and health in other correctional facilities, inspired by our model. We train women in the facilities where CeLIM works to create optimal synergies for the benefit of the women and children in correctional facilities.



HEALTH AND EMPOWERMENT FOR ADULT INMATES: THE PROJECT FOR THE SERIOUSLY ILL

BACKGROUND

Correctional facilities are deeply affected by diseases, which include outbreaks of diarrheal diseases, TB and HIV/AIDS and skin diseases. A major issue is malnutrition causing deaths as a lack of nutritious foods, as HIV and TB patients cannot take their medication unless they receive a minimum level of nutritious food. At times, serious epidemics such as dysentery affect the correctional facilities.



THE PROJECT

The project is multi-pronged:

- Prevention of infectious diseases through safe drinking water and improved hygiene
- Treatment and support of the seriously ill by volunteer inmates, supervised by correctional facility health staff
- Improved nutrition through food production: vegetables, poultry and fish projects
- Provision of basic necessities (bathing soap, detergent etc.)

THE VITAL VOLUNTEERS

The project for the seriously ill entails a team of approximately 10-15 volunteer caretakers, 1-2 cooks, 2-4 volunteer chlorine dispensers and 4-5 volunteer gardeners in each correctional facility.



One of our teams of volunteer caretakers in one of the correctional facilities. These inmates volunteer to help their fellow inmates every day. They work very hard to save lives and help others.



A photo from Malawian prisons. The conditions are the same in Zambia

The caretakers are trained in hygiene, nursing, nutrition, mental health and the main diseases found in correctional facilities. The group is managed by an inmate with the title ‘Ubumi Inmate Coordinator’, who works closely with the correctional facility health staff to deliver quality services.

The volunteer inmate caretakers provide nursing services, incl. support to adherence to medication, washing, cooking, cleaning and feeding of patients. Ubumi delivers protein- rich food, disinfectant, soap etc. We have a system in place to prevent or stop diarrheal outbreaks before lives are lost. The hygiene measures reach approximately 8,400 inmates out of the 22,000 inmates in the Zambian correctional facilities. The project specifically for the seriously ill patients is in five correctional facilities, reaching 786 patients (male and female) in 2019.

Vegetable projects ensure regular provision of vegetables and fruits specifically for the ill, but also for the general inmate population. The project has a cook, who cooks nutritious meals for the patients.



Garden in Chipata

THE JUVENILE PROJECT

Music workshops at Katombora and Lusaka Central with El Mukuka, Abel Chungu Musuka and Mag44



The Project 'Hope behind Bars'

Juveniles are a particularly vulnerable group in correctional facilities. Many spend extended time in the adult correctional facilities, where they may or may not have a separate section. In principle, they are supposed to go to juvenile detention centres, but some wait in the adult correctional facilities for months, and not rarely a year or even more. Juveniles can be down to 10 years old, and some are street children, or children vulnerable in other ways.

Ubumi has projects for juveniles in 6 facilities that vary somewhat across the locations. We focus on nutrition and health in all the facilities, and in most facilities we also support educational and recreational activities for the boys. A big focus has been on music and art projects. A drawing competition was made for juveniles between Lusaka Central, Kabwe medium and Kamwala facilities. The drawings were put on our facebook page and people voted from all over the world. Lusaka Central juveniles won the competition and as a reward we painted their cell in colours of their choice. Kamwala and Kabwe medium juveniles were rewarded with new lunch boxes and spoons. This activity really sparked cooperation and interest amongst the boys and they were very proud of their accomplishments. This inspired us to start up arts classes in some of the facilities as well as music workshops with famous Zambian artists such as Abel Chungu Musuka, El Mukuka and Mag44. The project has been name Hope behind Bars by the juveniles in Lusaka Central.



FOOD PRODUCTION



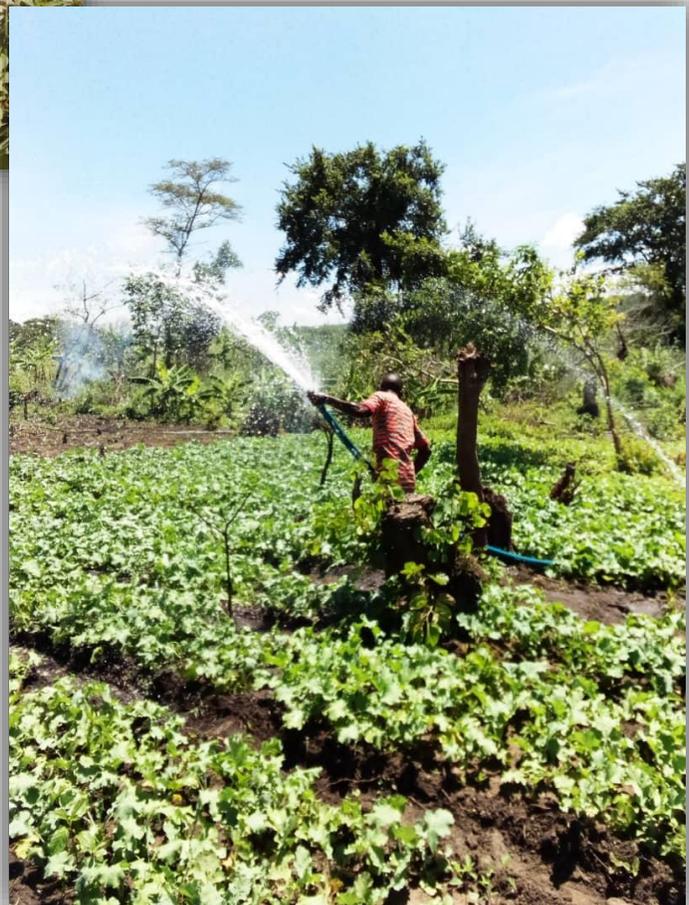
Ubumi works intensively with promoting local and sustainable food production at the correctional facilities in order to promote health, as well as inmate skills building. Therefore we have vegetable gardens at most of the facilities we work in (Lusaka Central is the exception). We grow a variety of vegetables depending on the season, including carrots, tomatoes, egg plants, onion, rape, moringa and much more.

In Chipata we have a piggery as well as fish ponds.

An exciting new development was in late 2019, when Ubumi bought a 40,000 square metre plot of land in Chipata to support both income generating projects and increase food production for the vulnerable inmates, including the seriously ill, pregnant women, juveniles and children.

The project has been a big success. A larger piggery is being built, and we have large areas for vegetable production.

Both ex-inmates and community members work on the fields to support.



MENTAL HEALTH



Around the world and in the Zambian facilities there are a number of Individuals with mental disorders/issues both milder forms such as depression as well as more serious conditions such as bi-polar and schizophrenia. Psychiatric patients are often found at the perils of society to begin with and are therefore at risk of ending up in poverty related crimes, or violent crimes due to mismanaged psychiatric problems. The experience of being incarcerated may also provoke latent mental health

disorders or even create them. Depression (including suicidal patients), stress and anxiety are very common in prisons. Two recent studies document a prevalence rate of mental illnesses (particularly depression/anxiety disorders) of 30-60% in selected Zambian prisons. The mentally ill and the psychologically vulnerable are under extreme pressure in a prison. If they require medication, the supply is often poorly managed and irregularly supplied. They are exposed to stigma at all levels. Our project documented that 74% of patients had received no treatment prior to our mental health advisor’s visits.

The Mental Health Project involved training of NGO staff, health staff, selected inmates and correctional staff. The training for health staff was more clinical and focused on mental health and illnesses, various diagnoses and treatment of the same, as well as anti-stigma and human rights sensitization. The trainings for inmates and corrections staff covered the same topics but in a more practical form. After the training 32 support groups were established with great success for inmates by inmates.

As part of the project our mental health advisor was conducting screenings and follow-ups of mental health patients in Chipata, Kabwe medium, Kabwe maximum, Kamwala Remand and Lusaka Central male and female facilities to ensure a continuum of care and treatment. He also mentored staff from the clinics who have completed our mental health training in order to build their capacity further as well as supervised the support groups.

In February 2020 we plan to launch a 5 day Mental Health Campaign in Kabwe Maximum, Lusaka Central male and Chipata male correctional facilities in partnership with CIDRZ.



SUPPORTING NATIONAL COORDINATION AND COLLABORATION

Ubumi participates in the Prisons Health Advisory Committee, a national level coordinating body, chaired by ZCS. Additionally, we collaborate closely with several Zambian-based organisations to optimise interventions. Ubumi also sits on the board of SANOP (Southern Africa Network of Prisons) and we are part of the Child Justice Forum. We always work to support coordination, collaboration and capacity building of NGO partners, as well as government structures.

SUPPORTING EDUCATION AND SKILLS-BUILDING



Ubumi has supported IT-education in Kabwe Maximum Security Correctional facility and Chipata Correctional Facility for a number of years. In 2019, two more computer labs were opened in Lusaka Correctional Facility for females and in Kabwe Medium for juveniles and adult inmates. IT is part of the national curriculum, and with our IT-labs we support primary and secondary education activities, as well as separate IT-classes for inmates. The IT classes take place in separate rooms, and Ubumi has donated well-functioning second hand computers as well as furniture through 'Seniorer Uden Grænser' and 'Recycling for South'. The IT-lab/classroom at Lusaka female Correctional Centre was built and stocked by Ubumi and has proven to be a big success. We believe that women should have the same access to education as men and the interest to participate has been impressive.

IT-competent inmates, corrections staff as well as community volunteers teach the students. Many inmates are very interested in joining the IT-classes. Whenever we visit the IT-labs, we always see the students working hard and committed.

Ubumi also supports libraries and schooling for juveniles and adults.

OUR IMPORTANT LOCAL PARTNER ORGANISATIONS



NZP + Chipata District Chapter and Ubumi

Ubumi strives to provide holistic support to the ZCS and our beneficiaries. We therefore find partnerships and coordination with other partners essential in order to provide quality services and support.

We partner with several local organizations, whom we support to implement the Ubumi Model. In Chipata, we work with NZP+ Chipata District Chapter. In Kitwe, we work with In But Free (IBF), and in Kabwe we work with Prisoners Future Foundation (PFF).

In various correctional facilities around the country, we work with CELIM to improve health for especially women and children. We have also worked with CIDRZ on Mental Health and other activities.

UpZambia and Ubumi work closely on improving the conditions for juveniles. We also work with DAPP in Katombora to ensure that juveniles are receiving improved nutrition and health services.



Prisoners Future Foundation and Ubumi



IBF Director on the left and Ubumi staff with former ZCS Officer

We also have a close working relationship with many of the other organizations in the Prisons Health Advisory Committee.

We are very grateful for these partnerships and collaborations and we look forward to continue in 2020.

CAPACITY BUILDING



Capacity building of NGO's and government institutions to improve issues around prison conditions is essential to progress. Ubumi has therefore with the valued support of CISU trained Zambia Correctional

Service and Ministry of Health staff on mental health. It was a brilliant workshop, and staff have reported back that they are implementing their knowledge in their respective correctional facilities.

Another important training that we supported was the capacity building workshop for four of our partner organisations; NZP+, DAPP, PFF and IBF. The workshop centered on skills building for health projects, including sessions on health and nutrition, management and monitoring. Importantly, the workshop also allowed for time to discuss all the challenges and experiences associated with prisons work.





THANK YOU

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|--|---|---|
| ♥ The Obel Family Foundation | ♥ Bistrup Church | ♥ CISU |
| ♥ Recycling for South | ♥ Medarbejdernes Honorarfond i Novo Gruppen | ♥ Soroptimist International (Hillerød Chapter) |
| ♥ Merkurfonden | ♥ BUPLs Solidaritets- og Kulturfond | ♥ Høyrup og Clemmensen |
| ♥ Danidas Oplysningspulje
Frame, Voice, Report! | ♥ All members and supporters | ♥ All volunteers inside and outside the Correctional Facilities |

