



ANNUAL REPORT 2022





OUR VISION:

'A humane correctional service founded on the principles of human rights, where the right to life, health, family, education and human development are at the center'

UBUMI PRISONS INITIATIVE

Birkerød, Denmark

Lusaka, Zambia

www.ubumi.dk (Danish)

www.ubumi.org (English)



UBUMI PRISONS INITIATIVE

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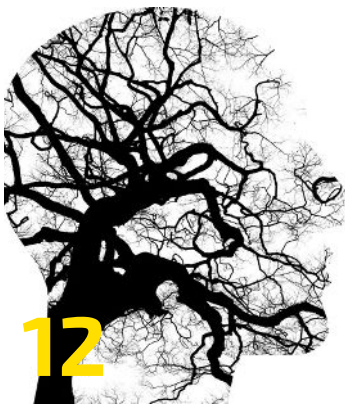


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Foreword



Dear members and supporters of Ubumi Prisons Initiative.

As the Chairperson for Ubumi, and on behalf of the board, I wish to express our appreciation of your membership and other types of support. In this report, there is evidence of the difference your contribution makes to the lives of a large number of people who have become empowered to make a difference for themselves and for their fellow inmates in the prisons of Zambia.

In addition to the report itself, I would like to highlight some key achievements specific to the year 2022:

First: Employees and volunteers in Denmark and Zambia inside and outside of prison have worked with commitment and a warm heart to secure the results on the ground. Ubumi has continued its work to support general health targeting the most vulnerable: those that are weakened by ill health, the circumstantial children, the juveniles, mothers and pregnant women. In addition to other contributors and donors featuring in detail in the main body of the report, the good quality of Ubumi's work to support incarcerated individuals with mental health issues has helped secure DKK 3.6 m - the largest amount so far from CISU - for our "Mental Health Continues to Matter" -project, aimed at forming sustainable self-help groups on mental health. The project will also facilitate our advocacy towards duty bearers, capacity development of health staff, and psychiatric treatment of inmates affected by mental health issues.

Second: during the year, Ubumi got a unique opportunity to collect data on the implementation of the health strategic plans inside the prisons. The data focuses on infectious diseases related to hygiene, mental health and nutrition. Results from this data collection will over a three-year period enable Ubumi to advocate more strongly towards authorities and secure their commitment based on very credible evidence.

Third: Ubumi received a significant international recognition of our work in 2022. Being awarded the "Zenith Global Health Awards" - considered to be the Oscar of health and social care - demonstrates the high quality and legitimacy of our work. The award was given because Ubumi 'has gone beyond the call of duty to offer not just high levels of healthcare but has also been concerned with the social implications especially in disadvantaged groups'. Ubumi can be proud that the model we developed has resulted in a reduction of prison deaths by 90% in seven Zambian prisons.

Foreword, cont.



Ubumi director Anne Egelund reacted to this award by saying "*It is a very significant international and independent recognition of Ubumi's work - and even more so for a small civil society organisation in a very competitive field, working with the neglected and sometimes stigmatised field of prisons and prison inmates. It is a very welcome incentive to continue the work of Ubumi far beyond 2022.*"

On behalf of the board, I wish to extend my gratitude to Zambia Correctional Service at HQ level and to the individuals who work in the correctional facilities for their excellent support, commitment and collaboration. Nothing can be done without you. I also wish to thank our partner organisations for their inputs and dedication.

Last, but not least: Thanks to every one of our inmate volunteers for their hard work and commitment as well as to all those who support Ubumi in numerous ways to making a difference. Your support makes a true difference!

A handwritten signature in blue ink, appearing to read "Mette Lund Sørensen". The signature is fluid and cursive, with a large loop at the end.

Mette Lund Sørensen
Chairperson



Ubumi Model wins the Global Health Award



SAVING LIVES AND CHANGING LIVES FOR THE BETTER

There are Oscars and Emmys for the film world. In the area of health there are the "Zenith Global Health Awards". ZGH pays tribute to those who have made a special difference in health. This year, ZGH awarded prizes for health efforts relating to Africa. The Ubumi Prisons Initiative, together with the Prisoners Future Foundation (PFF), was nominated for their health work in prisons and was shortlisted in the category: *Health and Social Care*.



Here the partnership won the prestigious award for *'have gone beyond the call of duty to offer not just high levels of healthcare but has also been concerned with the social implications especially in disadvantaged groups'* for our work with the Ubumi Model (more on next pages).

We wish to thank the Committee for acknowledging our work, and we are so very proud to receive the award. Prison work often goes unnoticed and unappreciated, and this goes a long way to raise awareness of the plight of incarcerated people and their families.



The Ubumi Model

Main principles and results

- A holistic, cost-effective and strategic approach to problem-solving designed to the individual setting, but with the below elements included
- Inmate empowerment and skills building
- Volunteerism (inmates help other inmates)
- Collaboration with duty bearers (mainly Ministry of Home Affairs and Internal Security, Ministry of Health and Zambia Correctional Service)
- Capacity building of corrections staff, health care workers and inmates
- Help for 'self-help' – vegetable gardens and other food production projects create the opportunity for more sustainable and healthy provision of foods
- Strong checks and balances for good management
- Improved health, wellbeing and general conditions for the most vulnerable in prison: seriously ill patients, children aged 0-4 who are with their mothers in prison, juveniles, pregnant women and mothers, individuals with mental illnesses, other vulnerable groups and the general prison population
- Staff and inmates more equipped to tackle challenges through the capacity building they have taken part in (trainings, mentorship and more)
- Strengthened capacity to manage interventions for health, including mental health
- Commitment and support by Zambia Correctional Service
- A sense of meaning and purpose for the volunteer inmates (in contrast to the meaningless existence in prison)

Civil Society Mobilisation for Health

Civil Society working in Zambian prisons often work together and are organised in a Prisons Health Advisory Committee chaired by CSOs with Zambia Correctional Service (ZCS) as Secretariat and supported by partners in a variety of ways.

The Civil Society Mobilisation project (Jan 2022 - Dec 2023) centers on the implementation of the Ubumi Model (see the next pages), strengthening of civil society collaboration and finally supporting the M&E framework for the Zambia Correctional Service Health Strategic Plan. Concretely, this means that we have workshops for civil society organisations to build capacity of the CSO group, facilitate alliance building, coordination, collaboration and areas for mutual advocacy. The CSO meetings started in 2022 and have at this point already identified common areas for advocacy.

A very important part of the project is data collection in support of strategic areas for the ZCS health strategic plan. In order to establish baselines, a comprehensive M&E framework is being developed within the fields of mental health, nutrition and environmental health (hygiene). Data collection will establish important baselines to measure as the current Strategic Plan ends in 2026. The data will help set realistic targets going forward, and will help ZCS and all partners assess progress. This gives a completely different flavour to how to address successes and areas going forward and will establish important learning points.

The project is implemented as a collaboration between Ubumi DK, Ubumi ZM and Prisoners' Future Foundation. We wish to thank CISU - Civil Society in Development for sponsoring this important intervention.



PHAC at the launch of the ZCS Health Strategic Plan 2022-2026



PHAC partners attending a conference hosted by Ubumi and PFF concerning health and the new ZCS health strategic plan

Seriously Ill Project

The project for the seriously ill is one of our longest running projects. Here inmate volunteers form groups who care for the ill. We have caregivers, who care of the patients by helping them bathe, helping them wash, ensuring they take their medication, cooking for them, encouraging them and assisting them to eat if necessary. Equally, where possible we have gardens which produce food for the ill and provide skills building for the volunteer inmates.

The impressive reduction in mortality in Mukobeko Maximum Security Correctional Facility has remained stable for 4 years now. Any life lost is one life too many, yet there are inevitable losses. We are pleased to report that the reduction of 90% in mortality from baseline remains stable.

In 2022 the project has cared for 365 patients across 4 male correctional centres and 38 female patients across 3 centres. The total population in these centres reaches approx. 5000 people. On any given day, an average of 160 patients are receiving food. Some stay on the programme for years, others for a short while until their health improves. The project in the Kabwe correctional centres is implemented in collaboration with PFF. We trained 36 inmates and 4 officers on nutrition and infectious diseases in Mwembeshi Remand. and Mwembeshi Maximum. More trainings will follow in 2023 for the Kabwe correctional centres.

We wish to thank CISU - Civil Society in Development and PEPFAR for sponsoring part of this work as well as the smaller foundations and individual supporters. This would not be possible without your vital support.



Food and hygiene delivery in Chipata



Food and hygiene delivery in Kabwe by Ubumi and FF staff

The Children's Project



Play House at Chipata Female Correctional Centre

Refurbishment of the Play Houses in Kabwe and Chipata were done in 2022 funded by Jubilæumsfonden. We are very grateful for their support.



CHILDREN AGED 0-4 ARE WITH THEIR MOTHERS IN CORRECTIONAL FACILITIES

The children are particularly vulnerable in the prison context. We aim to enable healthy child development

In Zambia, mothers are allowed to bring children aged 0-4 with them into prison. The prison environment is by nature stressful and affected by overcrowding and poor hygiene and nutrition.

Ubumi has established Play Houses (mini-kindergartens), where children can play and enjoy some normalcy and happiness. With the support of various foundations, CISU, churches and individual members we provide food, clothes, toys, medication and hygiene items for the children and their mothers as well as pregnant women. Mothers with newborns receive 'baby packs'. 46 children have been supported this year,

We advocate for adherence to children's rights and the needs and welfare of circumstantial children.



Play House at Kabwe Female Correctional Centre

Juveniles

Juveniles are one of the most vulnerable groups that we support in the Zambian correctional centres. Our projects with the juveniles in Lusaka Central, Chipata and Kabwe correctional centres focus on health, nutrition, recreation and education.

The juveniles receive supplementary food, hygiene items as well as medication and vitamins from Ubumi in collaboration with our partners PFF and NZP+. This is supported by CISU, Verena Merz and Otto Kjærgaards Børnefond, Viggo Skyum Kierkegård og hustru Thyra Kierkegård's Mindelegat as well as vital contributions from individual members and supporters. 495 juveniles received support in 2022.

Our Ubumi inmate volunteers make sure to provide supplementary educational classes on various topics incl. computer lessons for the juveniles with computers donated by Ubumi.

BUPL and Jubilæumsfonden supported with various educational materials, including art and ICT. The inmate volunteers also make sure that recreational activities take place e.g. football and chess.



Donation of educational materials for juveniles in Kabwe Medium Correctional Centre where Ubumi and PFF run educational activities

Mental Health Matters

Ubumi Prisons Initiative has been supported by CISU - Civil Society in Development to implement the project 'Mental Health Matters', and in 2022 this work continued with the grant 'Mental Health Continues to Matter'. The project aims to create awareness as well as build capacity of Zambia Correctional Service with a particular focus on health care workers. The project also targets the general prison population with awareness campaigns. Volunteer inmates are trained as support group facilitators, where they sensitize their fellow inmates as well as facilitate support groups for inmates. Our mental health advisor undertakes mentoring of health care workers to build their capacity to refer and/or treat patients onsite. In October 2022, the project was launched for Zambia Correctional Service HQ and Ministry of Home Affairs and Internal Security with our implementation partner IBF.



From left: Ubumi Director, Dr. Anne Egelund, CG representative, Director Dept. for Research and Planning, Mr. Daniel Chiwela, Director IBF, Mr. Nawa Sanjoko, Ms. Gezepi Chakulunta, HIV/AIDS Coordinator, Ministry of Home Affairs and Internal Security.



Ubumi's Mental Health Adviser Obed Kunda sensitising on the importance of mental health

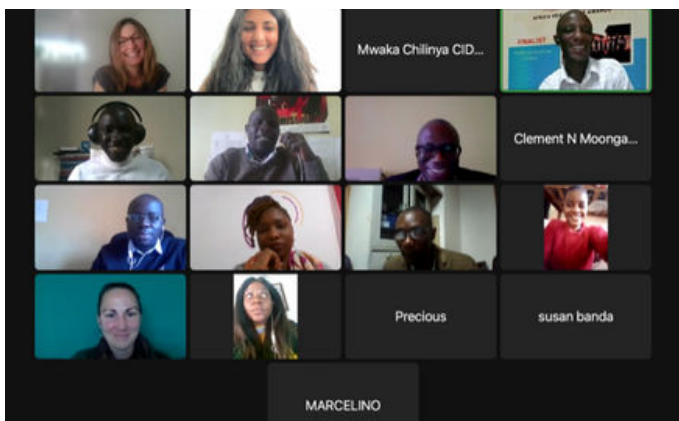
Mental Health Matters

Supporting advocacy and capacity building

Generally, mental health is of low priority in Worldwide as well as in Zambia. Many people do not know much about it, yet it plays a vital role for all. Misconceptions around mental health conditions flourish. Building capacity of people and organisations to support the agenda or directly work with mental health and human rights within their organisations or with target groups, is therefore pertinent.

Partner capacity building

Ubumi DK and Ubumi ZM therefore works to build capacity of In But Free (IBF) as well as the alliance of civil society organisations working with health in Zambian correctional centres. So far, IBF has received individual trainings, and in 2022, the general partner group an online 4 day training. There is demand for more.



Online mental health training for CSO partners

Provincial and District Mental Health Conferences

As part of the project all selected districts will receive sensitisation via conferences aimed at Zambia Correctional Service as well as Ministry of Health, which are also aimed at building linkages and improving collaboration.



National/Provincial Mental Health Conference in Kabwe for MoH and ZCS

Health care staff working with inmates play a vital role in terms of identification, referrals to hospitals, treatment, care and support. They have therefore received a 9 day mental health training and continue being mentored by Ubumi's mental health specialists.

We wish to thank CISU for their support.



ZCS Health staff training

The Ubumi Farm

Supporting formerly incarcerated individuals and local community members with more sustainable livelihoods

Reintegration of former inmates into the communities is generally a challenge. The formally incarcerated men and women generally struggle with finding employment and they face stigma on many levels. Many find it difficult to reunite with their families.

Ubumi has developed a reintegration model where former inmates and vulnerable community members are enrolled in a programme where they receive training on agriculture, entrepreneurship and HIV. The agricultural training is based on theoretical lessons and practical work experience.

The project also works to create awareness and works against stigma by sensitising local government and private sector.

We wish to thank CISU for their support, as well as NZP+ for the collaboration.



Awareness raising event, where among others representatives from local government and CSOs were invited to among other the farm to learn more about the Ubumi Reintegration Model, to share experiences and to build alliances across sectors

Ubumi Reintegration Model

The trainees are trained on general agriculture which serves as an income generating programme as well as pig rearing. They also get their own individual gardens whilst on the programme, where they can plant vegetables to feed themselves and their families and generate a small income.

In 2022 22 trainees graduated from the farm after 5 months training. 6 of them had the opportunity to get further training at the local college, where from they received a TEVETA certificate. The project has proven successful with 41% of the 2021-2022 group finding employment after graduation and the vast majority being able to support their families and communities with growing their own produce at home for either sales or own consumption. 69% have gone onto teaching their families and/or communities about agriculture. More than 60% report being able to sustain themselves.



Graduation for the first group of trainees in 2022



Trainee selling cabbage at the market



Trainees being taught on alternative gardening methods - sack gardening



Graduation for the second group of trainees in 2022



Trainees being taught on practicals by farm manager William

HIV and AIDS Prevention

HIV and AIDS is still a pertinent issue in Sub-Saharan Africa, and HIV prevalence rates are often higher in the prisons. Stigma around HIV and AIDS is high and it often hinders access to prevention, treatment and support for affected people. Ubumi partnered with Tackle in order to address some of these gaps in Kabwe Maximum, Medium and Female Correctional Centres.

The intervention was supported by PEPFAR Small Grants and was implemented from October 2021 - September 2022. This project aimed at sensitizing inmates and officers on HIV and AIDS prevention, treatment, adherence, stigma and discrimination through providing workshops inside the correctional centres as well as providing HIV sensitization through campaigns and football tournaments with pitch side testing inside Kabwe Maximum Prison. The intervention also supported inmates living with HIV as well as at risk children aged 14 - 18 and seriously ill inmates with nutrition, medication, hygiene and support and care provided by trained inmate volunteers. The model helped to prevent patients from defaulting in drug adherence as well as taught others on how to avoid contracting HIV. Furthermore, the partnership with Tackle integrated HIV and Sexual health messaging into football drills, where inmates were trained as coach educators to deliver high quality HIV/SRH education to peer inmates through football. The football drills passed knowledge to the players, which in turn drove the demand for sexual health services..More than 1500 inmates and 20 correctional staff were targeted through these different activities..



Inmate Coach Educators trained byTackle



Launch of HIV and AIDS 5 -day sensitisation campaign in Kabwe Maximum



Art and Poetry



Together with the organisations 100% for the Children and Circus Zambia we have implemented a project focusing on using creative tools for expression in Lusaka Central Female Correctional Centre

The women have written poems which have taken our breaths away. Through poetry and paintings the women expressed the pain of incarceration and how their sense of motherhood has been challenged by this. Painful poems and paintings of mothers missing and worrying about their children emerged and. Mothers separated from their children found a voice through the creative expressions. These beautiful works have been made into an anthology which can be found on our website.

We also trained 10 Circus Zambia volunteers on creative expression through poetry, which they can now use in their own organisation going forward working with especially vulnerable youths.



Thank you to CISU and DANIDA for their support.

Emergency Aid after Flooding in Western Province

The tropical storm Ana and subsequent storms ravaged areas of Western province rendering thousands with damaged homes or homeless. Some were placed in camps and other stayed with their neighbours or relatives in villages. They lacked everything from food to basic necessities. Supported by CISU's emergency relief fund, DERF, Ubumi and CIDRZ took initiative to support some of the most affected people, such as elderly, chronically ill or otherwise particularly vulnerable people. The initiative brought food, blankets, soap and other necessities 4 times over 4 months to the affected people, whilst also supporting them to receive health services.

The project was highly successful, where we were able to record important progress in terms of health and nutrition for more than a thousand highly vulnerable people.

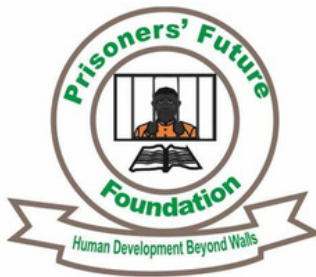


One of the temporary camps for people left homeless

An elderly woman looking out of her house damaged by the heavy tropical storms

Our Partners in Zambia

Ubumi Prisons Initiative's local office in Zambia (Ubumi Zambia) has been registered and approved as a local partner with CISU. Ubumi Denmark and Zambia continue to work in partnership with other organisations. In 2022 we implemented projects with Prisoners Future Foundation (PFF) and TackleAfrica in Kabwe and in Kitwe and Ndola we worked with In But Free (IBF). In Chipata we worked with NZP+ Chipata Chapter and in Lusaka we worked with UpZambia and Circus Zambia. In Western Province we implemented a project with CIDRZ. Some of the partnerships will continue for the next couple of years while others have ended due to projects coming to end. We keep working towards creating new opportunities for partnerships.



Tribute to our Volunteers

Some of the main principles of the Ubumi model are volunteerism and empowerment and it's something we strive towards achieving in all our projects both inside the correctional centres and outside. We put emphasis on the importance of letting the inmates lead our projects as they are the ones who know what the needs are on the ground, who have many skills to contribute with and who want something meaningful to do while serving their time. We also have volunteers outside of the facilities who are doing an amazing job. We are extremely proud and grateful for all the great work that is being done and for the lives that are being saved through their tireless efforts.

Inmate volunteers who are incarcerated themselves spend their time inside helping their fellow friends despite of their own difficult situations. They help patients bathe, eat, take medication, lift their spirits when they are down, keep the cells clean, cook the supplementary food, take care of juveniles and children, keep them safe, keep them busy with education and recreational activities, make sure they eat and their surroundings are kept clean and that both patients, juveniles and children receive the necessary help. In our eyes they are heroes and they deserve a profound thank you.



ZAMBIAN CORRECTIONAL CENTRES

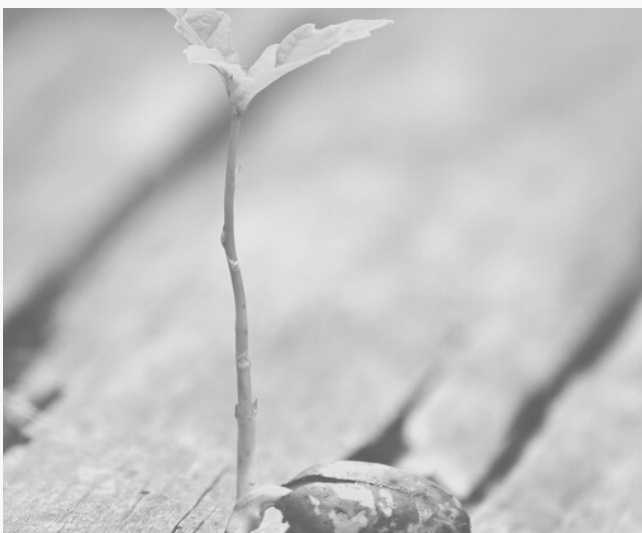


2022

ZAMBIAN CORRECTIONAL CENTRES IN NEED OF SUPPORT

The Zambian Correctional Service struggle with a variety of challenges, from understaffing, to poor resources which pose challenges in terms of protecting the lives and welfare of inmates and their children.

Ubumi Prisons Initiative recognises the need for capacity building of central areas such as human rights related to especially health, education, protection of the most vulnerable as well as reintegration into society of formerly incarcerated individuals.



SOME FACTS

The Zambian Correctional Service is responsible for 108 correctional centres across the country, including 69 conventional correctional centres, three remand prisons, 39 open-air correctional centres and one reformatory school

There are very few programmes that support the reintegration of formerly incarcerated individuals.

Particularly vulnerable groups include children aged 0-4 accompanying their mothers as well as pregnant women in the correctional centres.

Juveniles, inmates with mental illnesses and seriously ill patients are equally highly vulnerable.

Buy a Bag in support of women and children!

Sponsored by Soroptimists Hillerød who have faithfully supported Ubumi for several years, we have developed a sewing project for capacity building of incarcerated women and for income generation for the projects for women and children.

You can even buy one or more, if you like!

We have yoga bags, backpacks and shopping/carrier bags. The profits go directly to the women and children's projects.

Write a message to ubumi@ubumi.dk and let us know if you're interested. We have quite a large selection, and we look forward to finding just the right bag(s) for you. Buy one for yourself or as a gift.

One bag is DKK 75





Together with the organisations 100% for the Children and Rapolitics, Ubumi implemented a popular engagement project

Through creative forms of expression such as rap, poetry slam and story telling the youth in Århus received the opportunity to engage in the Sustainable Development Goals agenda, whilst learning about Ubumi's target groups in Zambia, more specifically juveniles in the Zambian correctional facilities, as well as youth living on the streets in Kenya.

The picture is from a local concert, where Ubumi and the youth worked to raise awareness of the project.

Thanks to CISU - Civil Society in Development for the support.



Ubumi is part of local networks and alliances

Ubumi Prisons Initiative Denmark is founder and coordinator of the Network for Small and Medium sized Civil society organisations, which works to place our needs and priorities in terms of especially working conditions on the agenda of public authorities. We are also active members of CISU - Civil Society in Development and Global Focus. Further, we are also part of the Nordic Network for Mental Health and Psychosocial Support in Humanitarian and Fragile and Settings, as well as part of the Danish NGO Network for Health. In both networks, we aim to support Danish/Nordic Alliances and support placing health on the agenda in the development sector.

Ubumi Prisons Initiative Zambia is part of Prisons Health Advisory Committee (PHAC), which is the coordinating body for prisons health and consists on government, UN and the CSO community. Ubumi is on the board of the Zambia Chapter of Southern African Network of Prisons (SANOP), which is a regional network supporting the health and human rights of prisoners and ex-inmates in Southern African countries, namely eSwatini, Malawi, Zambia, and Zimbabwe.



Thank you from Ubumi Team and Partners

Ubumi Prisons Initiative DK/ZM works with several partners: IBF (In But Free), CIDRZ (Center for Infectious Disease Research in Zambia), PFF (Prisoners Future Foundation), NZP+ Chipata, Circus Zambia, Tackle, Up Zambia, the PHAC in general and several others. A key partner is of course Zambia Correctional Service. Thanks to all for the collaboration.



To see all Ubumi staff, please visit www.ubumi.dk or www.ubumi.org

