

December 22, 2011

Dear Friends,

We hope you enjoy this week's edition of the Newsflash! This is part two of a two part Newsflash dedicated to Women's Health. As you remember, part one described many of the barriers and issues women face in relation to their healthcare and wellbeing. Part two, continued this week, outlines solutions related to women's health and what we can do to change this reality.

The next Newsflash we send will be at the start of the new year, 2012!

Sincerely,

The Firelight Team

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(Call for Proposals) UN Women's Call for Proposals for the UN Trust Fund  
(Call for Proposals) EC seeks Grant Proposals in Policy-Making on Food Security and Nutrition in Developing Countries

(Call for Applications) SEAF seeks Applications for Second African Diaspora Marketplace Grants

(Resource) Women's Health is in Your Hands

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(Call for Proposals) UN Women's Call for Proposals for the UN Trust Fund

On the occasion of the International Day for the Elimination of Violence against Women on 25 November, UN Women has announced the availability of grant support to NGOs under the the United Nations Trust Fund to End Violence against Women.

This call for proposals also marks the UN Trust Fund's 15th Anniversary. It was established by UN General Assembly resolution 50/166 in 1996 to support national and local efforts to end violence against women. The UN Trust Fund awards grants annually through an open and competitive process. The majority of its grantees are NGOs, with grants awarded also to governments and UN country teams.

Current call for proposals is open to NGOs, women's and community-based organizations and coalitions and operational research institutions and UN Country Teams in partnership with governments and civil society organizations to apply and seek funding support.

The areas of action under this call are:

- Closing the Gap on the Implementation of National and Local Laws, Policies and Action Plans that Address Violence against Women
- Addressing Violence against Women in Conflict, Post-conflict and Transitional Settings

The UN Trust Fund can allocate funding from US \$300,000 to \$1 million for large civil society organizations, governments and UN Country teams. For small organizations, including grassroots women's organizations and networks, project funding for a minimum of \$100,000 will be considered. Project durations can be from 2-3 years.

Applicants are expected to submit proposals online in the form of a brief Concept Note. Applicants are expected to submit proposals online in the form of a brief Concept Note.

Deadline for Submission: January 19, 2012

For more go to: <http://www.unwomen.org/how-we-work/un-trust-fund/application-guidelines/>

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(Call for Proposals) EC seeks Grant Proposals in Policy-Making on Food Security and Nutrition in Developing Countries

European Commission has issued a restricted call seeking concept notes for projects that would help in strengthening the capacities of specific groups (like farmers', pastoralists', fishermen' organisations) and encourage their participation in policy-making related to food security and nutrition in developing countries. This call is being issued under broader Food Security Thematic Programme (FSTP) of European Commission.

Global Objective of this Call for Proposals

Increasing the participation of key stakeholders in developing countries to decision-making processes related to food security and nutrition.

Specific Objective of this Call for Proposals

Strengthening the capacities of specific groups (farmers', pastoralists', fishermen' organisations) to reinforce their participation in policy-making, having an impact on food security and nutrition.

The call for proposals is divided into two lots according to the following results:

Result 1 (Lot 1): Capacities of organisations of farmers, of pastoralists, of fishermen and of aquaculture farmers are reinforced in order for them to network and to engage in effective dialogue with public authorities and development partners.

Result 2 (Lot 2): Networks (or platforms) of organisations of farmers, of pastoralists, of fishermen and of aquaculture farmers at regional, continental or global level are set up or reinforced in order to actively participate in decision making processes related to food security and nutrition.

#### Priority Areas

- Supporting the poor, vulnerable and marginalized.
- Looking for territorial coherence and regional dimension

#### Location

Actions must take place at the multinational, (sub-) continental or global level, across several developing countries. They must take place in at least 3 DCI eligible partner countries or territories. Activities do not need to be of the same extent in all countries involved. Effective transfers of experience to bor from other countries are considered as relevant to establish the multi-national character of an action.

#### Sectors/ Themes

- Farmers', pastoralists' and fishermen's organisations can be supported both separately and together in order to provide ample space for the specific needs of each group.
- Both existing networks and new networks of farmers', pastoralists' and fishermen's organisations will be supported at multi-country, (sub-) continental and global level.
- Whenever possible the support will be direct, through the organisations themselves but the call for proposal will also accept indirect support through non-governmental organisations, public sector operators, local authorities, international organisations. When the support is indirect, special attention will be given to the past experiences of the applicants with the respective key group and to the participation of the key group in the elaboration of the proposal and the degree of participation in the implementation modalities.

Deadline for Submissions: February 7, 2012.

For more go to: <https://webgate.ec.europa.eu/europeaid/online-services/index.cfm?ADSSChck=1321466046211&do=publi.detPUB&searchtype=QS&orderby=upd&orderbyad=Desc&nbPubliList=15&page=1&aoref=131792>

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## (Call for Applications) SEAF seeks Applications for Second African Diaspora Marketplace Grants

Small Enterprise Assistance Funds (SEAF) is currently inviting applications for the Second African Diaspora Marketplace (ADM) grants. The second ADM has been launched as an initiative of the United States Agency for International Development (USAID) and the Western Union Company. The main aim of ADM is to encourage sustainable economic growth and employment by offering support to U.S.-based African Diaspora entrepreneurs with innovative ideas for start-up and established businesses in Sub-Saharan Africa.

It is expected that ADM will award 15-30 winning businesses with matching partnership grants approximately \$50,000. The exact number of businesses supported will be determined by the availability of total funds. In addition, the ADM will facilitate access to technical assistance, capacity building and information on a range of follow-on financing options for all finalists. These opportunities will be afforded through linkages with existing USAID and other United States Government (USG) programs in Africa as well as ADM partnerships with the private and public sector.

### Eligibility Criteria

The ADM seeks the most promising proposals for sustainable commercially-oriented business that meet the following eligibility criteria:

- **Business Location:** Proposals must be implemented in one of the following countries: Benin, Cote D'Ivoire, Ghana, Liberia, Mali, Nigeria, Senegal, Sierra Leone, Angola, Democratic Republic of Congo, Mozambique, South Africa, Tanzania, Kenya, Ethiopia, Rwanda, Uganda and Zambia. Representing four trading regions: ECOWAS, SADC, EAC, COMESA
- **Sub-Saharan African Diaspora Participation:** Proposals must be submitted by a member (or members) of the Sub-Saharan African Diaspora living in the United States as a U.S. citizen or permanent resident. Who is considered a "diaspora member?" The ADM uses the African Union's definition of diaspora: "people of African origin living outside the continent, irrespective of their citizenship and nationality and who are willing to contribute to the development of the continent and the building of the African Union."
- Proposals may be submitted by an individual diaspora member, a group of diaspora members, or a diaspora-owned business based in the U.S.
- **African Partnership:** Proposals must be submitted in partnership with a local African entity located in the participating Sub-Saharan African country where the business is or will be established. The African based partner may be an individual, a group of individuals or a business.
- **Award Size:** Requests for ADM funding should be approximately

US\$50,000.

Business Criteria:

- Must be a start-up or established business seeking to expand or introduce new goods or services.
- Must be legally registered in the Sub-Saharan African country of implementation. Businesses that are not yet legally registered may also participate in the competition provided they are able to become legally incorporated before advancing to the final round of the competition.
- Must include a minimum of 25% ownership by the proposing U.S.-based diaspora member. Proposals that advance to the final round will be required to submit evidence of diaspora ownership.
- Eligible sectors: All commercially viable proposals in information & Communication Technology ICT, Agribusiness, and Renewable Energy will be considered.

Evaluation Criteria

- Business Idea
- Management Capacity
- Sustainability
- Financial
- Results
- Leverage

Deadline for Submissions: February 3, 2012.

For more go to: <http://www.diasporamarketplace.org/guidelines>

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(Resource) **Women's Health is in Your Hands**

**WORKING FOR CHANGE**

The way societies are organized forces most women into lives of poverty and poor health. But societies could be organized in a way that favors health instead of disease. Since the causes of poor health exist at the family, community, and national levels, changes to improve women's health must happen at each of these different levels.

**Working for change in your family**

You can improve your health by learning about women's health problems and by

making changes in your own life and in your family. Talk with your partner about what you each need to have better health, including practicing safer sex and sharing the workload fairly. You can also work to improve the health and future of your children. Here are some ideas:

### **1. Raising our children for a better world**

How we raise our children, from the moment they are born, will determine much of what they believe and how they act as adults.

As mothers, we teach our children every day of their lives:

- When we feed our husbands and sons first, we teach our children that girls' and women's hunger is less important.
- When we send only our sons to school, we teach our children that girls do not deserve the opportunities that come from an education.
- When we teach our sons that it is manly to be violent, we raise violent men.
- When we do not speak out against violence in our neighbor's house, we teach our sons that it is acceptable for a man to beat his wife and children.

As mothers, we have the power to change who our children will become:

- We can teach our sons to be kind and compassionate, so they will grow up to be kind and compassionate husbands, fathers, and brothers.
- We can teach our daughters to value themselves, so they will expect the same from others.
- We can teach our sons to share and take pride in household work, so their sisters, wives and daughters do not suffer the burden of overwork.
- We can teach our daughters to be more independent by finishing school or learning a skill.
- We can teach our sons to respect all women and to be responsible sexual partners.

### **2. Working for change in your community**

You can improve your health and the health of other women in your community by sharing this book and by talking with them about women's health problems. Because social conditions affect them differently, women and men may need to find different solutions for the same health problems. Talking with others can be hard. Women often feel shame (for example, when talking about parts of the body) or fear about what others will think. Yet talking with others is the only way to learn more about health problems and to discover their causes. Often you will find that other women are worried about the same things, and want to discuss them.

***Get a small group of women together to talk about health problems in your community.*** Try inviting women who are friends of your friends, neighbors, or women you work with. Once you have identified a health problem that many women share, it is often helpful to meet again and invite others to discuss it and learn more. When you meet, think about the root causes of the health problem, and plan the changes you can make in your families and community. By meeting with a small group of women, you can learn more about a health problem and what can be done to solve it.

***Think about involving men as well as women in discussions about women's health.*** It may seem difficult to talk about women's health problems with men, because this kind of talk is considered taboo, or 'women's secrets'. But since men are often in positions of power, their help can be very important. Look for men who are supportive of women, are good role models for boys, or who treat women as their equals.

### **How Men Can Help**

Any man can help improve women's health by:

- raising his children to respect women, and treating boys and girls as equals.
- asking women what they think, and listening to them. A man can listen to his partner's and daughters' concerns and needs, and see if together they can find a way to meet the needs of everyone in the family.
- talking with his partner about how many children they each want to have, and then taking equal responsibility for family planning.
- encouraging his partner to go for regular health exams, and helping find the money and time for her to go.
- taking turns caring for the children and doing house work.
- being faithful to his partner or, if he cannot, being honest with her and practicing safer sex when he is not with her. If a man ever gets an STI, he should tell all of his sexual partners right away, so everyone can get treatment.
- encouraging his partner to take a fair share of the food that there is to eat— even if nobody is getting very much.
- encouraging all of his children to stay in school as long as they can. The longer they can stay in school, the more choices they will have as adults, and the better their health will be.

A man can also set a good example in his community by:

- encouraging women in his community to come to meetings, and making sure that they have a chance to speak. Or by encouraging women to hold their own, separate meetings, where men will not speak.
- encouraging women to become involved in planning and running community projects.
- encouraging others to limit their use of alcohol and drugs—these contribute nothing to the community and waste money and energy. Try to plan celebrations that do not involve alcohol.
- not tolerating any kind of violence against women.
- teaching children how to care for their physical, mental, and sexual health and how to prevent common illnesses.
- working to change the image that a strong man is one who has sex with many women. A strong man is a strong partner.

### **3. Here are some other activities that can help improve health in a community:**

- Share information. Find ways to spread information about the common health problems in your community, so that everyone will know about them.
- Form support groups. Women who share common problems—such as women who have survived rape or abuse, breastfeeding mothers, women with disabilities, or sex workers—can form groups to support each other and work together to overcome their problems.
- Work toward more independence. Projects that help women earn money and improve their working conditions also help women start to make their own decisions and gain self-esteem.

In a tiny Mayan village in Guatemala, a group of women formed a weaving group. They sold their weavings through a cooperative store for women's crafts in the capital city. The women now earn more income than most of the men in their area. As a result, women have gained new status in their families and communities and have more opportunities in their lives.

- Develop community projects. For example, try to find ways for every family in the community to get enough to eat, or to improve community sanitation and access to clean water.

The Green Belt movement in Kenya has involved many women in planting and protecting trees, which prevent soil erosion and provide fuel. The women's success at protecting the environment and providing fuel for their families has built their confidence and helped them earn a living. As one Green Belt member said, "Our forests were running out because of our constant need for firewood. We meet weekly to collect seeds, to do potting and fencing, and tend the trees in our nursery. We also talk to groups and schools about the environment. In this way, we are both helping ourselves and bettering the environment."



#### **4. Simple and low-cost community efforts can make a difference**

When you first look at a problem, it often seems very hard to make changes. But, in fact, communities can make many improvements that do not cost too much. For example, here are some of the suggestions this book contains for preventing or helping solve women's health problems:

- Start a community stove project. Women often suffer from lung infections, burns, and back problems. Low-cost cook stoves that are safer, use less fuel, and produce less smoke can prevent many of these problems.

- Establish an emergency transportation system. Many women die from complications of pregnancy, childbirth, and unsafe abortion. These deaths could often be prevented by reaching medical care quickly.

- Low-cost cancer screening can prevent many women from dying from cervical and breast cancer. Cancers are much easier to treat if they are found early.

- Make family planning services and good prenatal care accessible to all women. Doing so can prevent many deaths due to complications of pregnancy, childbirth and unsafe abortion.

- Train health workers to care for women's health. They should be trained in pelvic exams, Pap tests and visual inspection, manual vacuum aspiration (MVA), breast exams, and counseling. They should also learn how to use medicines for women's health.

#### **Working for change in your country**

You can improve your health, and the health of many other women in your country, by working together with other groups in different parts of the country. By working together, you can make important changes in the way your government treats women and women's health. For example, community groups can pressure the government to punish men who rape or abuse women, or to make safe abortion available. Or you can get laws passed to allow women to own or inherit property— so that women are not forced to depend on men.

Many women and men are struggling to get their governments to:

- equip rural clinics and train health workers to treat common women's health problems. This way, rural women will not be forced to go to urban hospitals for care.

- pay for people—especially women—from poor areas to get health training. That way there will not be such a shortage of trained health workers.

- keep companies from damaging the environment and advertising products that harm people's health.

- force companies to provide fair working conditions and Decent wages for women and men.

- make it easier for people to grow food for their communities, not for export.

- distribute unused land to those who have been forced from their land.

### **Gaining power over our own health**

Just as ‘women’s health’ means more than maternal health, it also means more than access to health care. To be truly healthy, women need the chance to make the decisions necessary for good health. And they need access to a fair share of the resources in their communities and in the world.

By joining other women and men in the struggle for health, we can demand the chance to live healthy, full, and joyful lives— free of disease, pain, and fear.

For more go

to: [http://en.hesperian.org/hhg/Where Women Have No Doctor:Introductory Material#Women.27s health is in your hands](http://en.hesperian.org/hhg/Where_Women_Have_No_Doctor:Introductory_Material#Women.27s_health_is_in_your_hands)

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As part of the Firelight Foundation’s Capacity Building Program, Firelight provides “Newsflashes” to share relevant resources and information with our active grantee-partners via weekly emails and via post on a monthly basis. We hope that by facilitating access to information for grassroots, community-focused organizations, programming for children and families, as well as organizational development, is enhanced. Past editions of the Firelight Newsflash can be found on our website: <http://www.firelightfoundation.org/newsflash.php>.

We welcome your comments, feedback and ideas for upcoming Newsflashes at [newsletter@firelightfoundation.org](mailto:newsletter@firelightfoundation.org).