

26 September, 2011

Dear friends,

Greetings to another week of the Newsflash! Recently, Firelight published a blog featuring one of our grantee-partners that focuses on Early Childhood Development (ECD). ECD is an extremely important component for organizations that aim to strengthen the lives of children and families, however ECD is not always a top priority for CBOs, NGOs, or governments. ECD programs ideally span from the woman's pregnancy, through the child's life until age eight, providing support to the entire family with services like food and nutrition, and educational support for young children. This episode has information from a handbook that focuses on the whole life of the child, even the most formative years. We hope that it can be helpful for your organizations as you address the needs of the youngest in your communities.

And check out Firelight's blog (<http://blog.firelightfoundation.org/2011/09/23/investing-early-in-childrens-development/>) for the featured story, and other great stories!

Sincerely,  
Firelight Team

(Webinar) FundsforNGOs.org Webinar Series  
(Courses) Upcoming Regional AIDS Training Network Courses  
(Funding Resources) Stanford's list of African Grants and Fellowships  
(Resource) Facts for Life

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(Webinar) FundsforNGOs.org Webinar Series

In these challenging times, NGO managers and fundraisers are under more pressure than ever to diversify their funding sources. While sources of funding are numerous, identifying viable prospects, and navigating the complexities of applying can be extremely challenging. As a consequence numerous sources are overlooked and NGOs get often discouraged by the complexity of donor's systems ending up with not even applying for those funds.

While managers of NGOs may accurately realize the importance of fundraising, without thorough knowledge of the donors' landscape they waste valuable time and money figuring out how the system works. Increased understanding of these different avenues however, can increase the efficiency and effectiveness of fundraising campaigns. This series of interactive web-based seminars aims to

inform managers and fundraisers on types of funding available to them through the US foundations, the European foundations, the European Commission, and the Corporations.

This course is ideally suited to fundraisers who want to build their fundraising capacity, executive directors/NGO managers who are responsible for donor relations, and, individuals who want to develop their professional skills and effectiveness.

The course will be delivered through a series of webinars. A webinar is a web-based seminar where the training will be offered entirely through the internet. Registered participants will be get invitations to visit the webinar website, where they can attend the course program. Participants from any part of the world can attend it. All they need is high speed internet connection. Even if you miss attending it, there will always be an option for you to download the recording of the program and watch it on your computer any number of times.

This webinar, or web-based seminar, training program gives you the information you need to fundraise for your NGO effectively in a convenient, inexpensive and yet interactive way.

The course will be carried out in four sessions, each consisting of a 60 minute presentation where you will see the slides and hear the trainer, followed by a 30 minute Q&A session during which your questions will be answered by the trainer in real time.

This course is supported by extensive additional materials for participants to use after the course, including unlimited access to the webinar presentation and training materials. Registrants who have difficulty in attending the 'live' webinar can download and watch the webinar at their convenience.

Webinars will occur on Oct 10 (How to raise funds from US foundation), Oct 20 (How to raise funds from European foundations), and Oct 31 (European Commission Funding).

Source Link: <http://www.fundsforngos.org/webinar/#ixzz1Z6PC01FM>  
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(Courses) Upcoming Regional AIDS Training Network Courses

Zimbabwe

-Community Care of HIV (10/10; 3 week duration)

Zambia

-Counselling (Eclectic Approach) (11/8; 4 week duration)

Kenya

- HIV/AIDS Counselling: Current Challenges for the Hearing Impaired (10/31; 4 week duration)

- Developing and Writing Winning Proposals (10/24; 2 week duration)  
(many more)

Uganda

-Training of Trainers in Community Care of HIV and AIDS (10/10; 3 week duration)

Tanzania

-Regional Training on Gender and Macro-Economics, policy, planning, and budgeting (10/18; 2 week duration)

-Training of Trainers on Gender and Macro-Economics, policy, planning, and budgeting (11/1; 2 week duration)

South Africa

-Introduction to PSS: Training of Trainers (10/18; 10 days)

-REPSSI Tools: Journey of Life (11/1; 5 days)  
(many more)

For more information, go

here: [http://www.ratn.org/index.php?option=com\\_fabrik&view=table&tableid=2&calculations=0&resetfilters=0&Itemid=81](http://www.ratn.org/index.php?option=com_fabrik&view=table&tableid=2&calculations=0&resetfilters=0&Itemid=81)

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(Funding Resources) Stanford's list of African Grants and Fellowships

This site has a list of funders that give grants and fellowships to African individuals and organizations.

For more, go here: <http://library.stanford.edu/depts/ssrg/africa/grants.html>

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(Resource) Facts for Life

Fourth Edition

Produced by UNICEF, WHO, UNESCO, UNFPA, UNDP, UNAIDS, WFP and the World Bank

Below is a section from the Facts for Life handbook (which can be found online at

<http://www.factsforlifeglobal.org>), titled "Timing Births". This section focuses on supporting mothers from early pregnancy, through birth, and afterwards. The handbook includes multiple sections to "provide families and communities with the information they need to save and improve the lives of children".

## Timing Births

1. Pregnancy before the age of 18 or after the age of 35 increases the health risks for the mother and her baby.

### SUPPORTING INFORMATION

Every year over 500,000 women die from pregnancy and childbirth complications. For every woman who dies, approximately 20 more develop infections and severe disabling problems – adding up to more than 10 million women affected each year. Access to and use of family planning services could prevent many of these deaths and disabilities.

Delaying a first pregnancy until a girl is at least 18 years of age helps to ensure a safer pregnancy and childbirth. It reduces the risk of her baby being born prematurely and/or underweight. This is especially important where early marriage is the custom and married adolescents face pressure to become pregnant.

Childbirth is more likely to be difficult and dangerous for an adolescent than for an adult. Babies born to very young mothers are much more likely to die in the first year of life. Young adolescents do not yet have a fully developed pelvis. Pregnancy for them can result in serious consequences, such as eclampsia, premature labour, prolonged labour, obstructed labour, fistula, anaemia (thin blood) or infant and/or maternal death.

The younger the mother is, the greater the risk to her and her baby. The risk of maternal death related to pregnancy and childbirth for adolescent girls between 15 and 19 years of age accounts for some 70,000 deaths each year. For adolescents under 15 years of age these risks increase substantially. Girls who give birth before age 15 are five times more likely to die in childbirth than women in their twenties.

Adolescent girls and young women, married or unmarried, need special help to delay pregnancy. All who might be involved with an early pregnancy – adolescent girls and young women and adolescent boys and men as well as their families – should be aware of the risks involved and how to avoid them. This should include information on how to prevent sexually transmitted infections (STIs), including HIV.

After the age of 35, the health risks associated with pregnancy and childbirth begin to increase again. The risks may include hypertension (high blood pressure), haemorrhage (loss of blood), miscarriage and gestational diabetes (diabetes during pregnancy) for the woman and congenital anomalies (birth defects) for the child.

2. For the health of both mothers and children, a woman should wait until her last child is at least 2 years old before becoming pregnant again.

#### SUPPORTING INFORMATION

The risk of death for newborns and infants increases significantly if the births are not spaced. There is a higher chance that the new baby will be born too early and weigh too little. Babies born underweight are less likely to grow well, more likely to become ill and four times more likely to die in the first year of life than babies of normal weight.

One of the threats to the health and growth of a child under age 2 is the birth of a sibling. For the older child, breastfeeding may stop, and the mother has less time to prepare the foods and provide the care and attention the child needs.

Whenever a new baby comes into the family, it is important for the father to help the mother with the new baby and the other children. Both mothers and fathers and other caregivers should give equal attention and care to both girls and boys. A mother's body needs time to recover fully from pregnancy and childbirth. She needs to regain her health, nutritional status and energy before she becomes pregnant again.

If a woman has a miscarriage or abortion, she should wait at least six months before becoming pregnant again in order to reduce the risk to herself and her baby.

To protect the health of their families, men as well as women need to be aware of the importance of (1) a two-year space between the birth of the last child and the beginning of the next pregnancy and (2) the need to limit the number of pregnancies.

3. The health risks of pregnancy and childbirth increase if a woman has had many pregnancies.

#### SUPPORTING INFORMATION

A woman's body can easily become exhausted by repeated pregnancies, childbirth and caring for small children. After many pregnancies, she faces an increased risk of serious health problems such as anaemia and haemorrhage.

4. Family planning services provide men and women of childbearing age with the knowledge and the means to plan when to begin having children, how many to have, how far apart to have them and when to stop. There are many safe, effective and acceptable methods of planning for and avoiding pregnancy.

#### SUPPORTING INFORMATION

Trained health workers and clinics should offer information and advice to empower women to make decisions about family planning and to help women and men choose a family planning method that is acceptable, safe, convenient, effective and affordable.

Trained health workers and clinics should also provide adolescent girls and boys with reproductive health information and family planning services that are (1) sensitive to adolescents and (2) geared to help them develop their skills to make

healthy and responsible life decisions.

Special channels to reach out to adolescent girls and pregnant adolescents need to be developed to provide them with support which may include counselling, contraceptives, and prenatal and post-natal services. Pregnant adolescents require special attention and more frequent visits to the health clinic for prenatal and post-natal care.

Adolescent boys and men can play a key role in preventing unplanned (unintended) pregnancies. It is important that they have access to information and services related to sexual and reproductive health.

The more formal education an adolescent girl or woman has, the more likely she is to use reliable family planning methods, delay marriage and childbearing, be better off economically and have fewer and healthier babies. Enrolling and keeping girls in school is therefore extremely important for maternal and child health, in addition to all the other benefits of education.

Of the various contraceptive methods, only condoms protect against both pregnancy and sexually transmitted infections, including HIV.

#### Supporting Information 7

It is critical to educate adolescent boys, young men and men on their responsibility regarding condom use. Adolescent girls and boys, married or unmarried, need to know about the dual protection of a condom and another kind of contraception (using two methods of contraception at the same time) to help avoid pregnancy and prevent sexually transmitted infections (STIs), including HIV.

In some countries, deaths related to abortion are high among adolescent girls. Adolescent girls, young women and their partners should be provided with information on pregnancy prevention and the risks associated with abortion.

A mother who feeds her baby only with breastmilk, on demand day and night during the baby's first six months, can delay the return of menstruation and help prevent pregnancy. There is a small chance that she can become pregnant before her periods return. The risk is less than 2 per cent, which is similar to that of other family planning methods. However, this risk increases after six months.

5. Both men and women, including adolescents, are responsible for family planning. Both partners need to know about the health benefits of family planning and the available options.

#### SUPPORTING INFORMATION

Men and women, including adolescents, must take responsibility for preventing unplanned pregnancies. They should seek advice and have access to information from a trained health worker on the various methods and benefits of family planning.

Information can be obtained from a doctor, nurse, midwife, maternity centre or family planning clinic. In some places, a teacher, a youth organization or a women's organization may also be able to provide this information.

For the entire resource, go here: <http://www.factsforlifeglobal.org>

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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).