



Hope for Rwanda
Inspiring for a brighter future

Annual Report



Annual Report

Board of Directors

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Advisor, Nkurunziza Josephine
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Mission Statement

Empowering sexually abused adolescent mothers and their families to live a more dignified life and achieve their full potentials.

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Hope for Rwanda

Projects, Programs & Events

HOPE FOR RWANDA

Hope for Rwanda is a nongovernmental, nonprofit Human rights local organization that was founded to protect, support and respond to abuses against women and children that are subject to abuse and neglects by their families and society. Currently Hope for Rwanda supports teen mothers aged 14 to 19 years in a comprehensive and holistic approach of care.

Vision

A society that respects, attests, advocates and responds to human rights abuses and offer social justice to the most vulnerable.

Mission

Empowering sexually abused adolescent mothers and their families to live a more dignified life and achieve their full potentials.

A large proportion of non-marital births is to adult women, half of first non-marital births are to teens. Thus, the pattern tends to start in the teenage years, and, once teens have had a first child outside marriage, thus, to the challenges of poor mental health, lack of social and financial support and raising their children alone, teen mothers are especially disadvantaged.

They are more likely to have dropped out of school and are less likely to be able to support themselves this lead some, to go on to have additional children out of wedlock at an older age. Hope for Rwanda Education and capacity building program aimed at preventing subsequent births to teen mothers and the teenage years are a good place to start. So, as hope for rwanda initiative is to prevent out-of-wedlock childbearing and the growth of single-parent families through different programs which are Psychosocial support, Education and capacity building, Economic empowerment and Legal aid.

Our programs and projects aim at helping the adolescent young single mothers to achieve the awareness that will drive them into the positive change, to understand and sustain their values focusing on future without being discouraged and using insights into their past as a means of moving forward.

“

Self-confidence was a mere myth and I thought my courage had been long lost until Hope for Rwanda took me in.

My successes, my failures and my dreams define me and I am never done evolving because Hope for Rwanda helped me become a strong, smart, and bold woman.

*Alicia Mushime
18 years old
Teenage single Mother*

Psychosocial support program

2016-2017, our counselling center received 86 beneficiaries for individual (47 sessions) and group therapies (17 sessions) where a competent and well trained Psychological Clinician uses all methods of professional counseling to help beneficiaries regain their self-esteem.

With an Individual therapy Approach (ITA) our professional counselor took beneficiaries in a process of intensive work; one on one with in a safe, caring and confidential environment to explore feelings, beliefs on behaviors, work through challenging or influential memories and identify healing aspects. Through this Individual therapy the aim was to promote well-being of beneficiaries to overcome many of the psychological problems like isolation, negative social attitudes, stress, anxiety, depression, low self-esteem, stigmatization among many others that teen mothers are facing in the society.

After the ITA, Group Therapy Approach (GTA) is exposes beneficiaries small groups that meet regularly to talk, interact and discuss problems with each other together with the group leader. It attempted to give individuals a safe and comfortable place where they can work out problems and emotional issues.

From this therapy, beneficiaries were able to heal many psychological problems and get opportunities to share their life experience so as to help each other. We have been able to observe that beneficiaries get out with increased hope, increased self-esteem, decreased loneliness etc....

We have been able to identify that many of psychological problems are rooted in families thus rejection and stigmatization of their own daughters once they get pregnant. With our Family therapy Approach (FTA) that involves all members of nuclear or extended family. This approach regarded a family as a whole, unity of treatment and emphasize such factors as relationships and communication patterns rather than traits or symptoms in individual members.

“Life hasn’t been easy without someone to talk to neither to listen to my sorrow. When I found Hope for Rwanda I found life and love, I learned how to be strong and how to behave like a real lady

Muksha Leila
15 Years old
Single mother.



Apart from the psychosocial support program and the legal aid program, Hope for Rwanda dedicated time and energy in giving teen mothers life skills and business skills training on top of practical skills in sewing, handcraft and fashion designing in order to start an income generating social enterprise to keep empowering teenage mothers to become self reliant economically.

Life Skills Development Mentorship Sessions:

Hope for Rwanda organized several mentorship sessions to educate teen mothers about life skills, positive thinking, positive parenting, setting goals and values, critical decision making, their rights among other skills they got. These sessions had as general objective To empower teen mothers having goals, aspirations and pride in achievement and as Specific objectives: To initiate a peer to peer stand strong sense of identity and seeing their lives in a wider context, To provide sexual and reproductive related psychological support in form of counseling. To give teen mothers an opportunity to understand their values and women’s right issues.



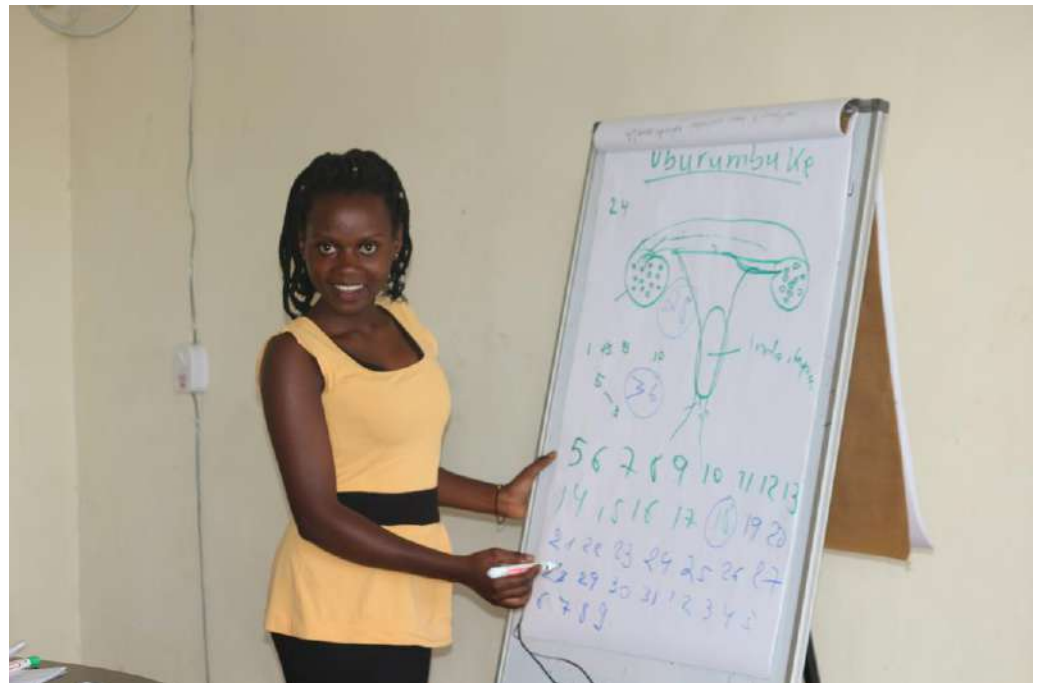
Am Manaishimwe Angelique, when I got pregnant I lost all I cherished: my education, my visions, my dreams and on the way I also lost my value in the society. My family consider me as a disgrace thus they rejected me so I lost hope of the future. This discussion again made me look back to my past and I have decided to set new goals of my values again and fight for the future of my family.

Am Mutesiwase Antoinette, I went through hard times when I got pregnant, my parents did not get it well so I left home and started living with the father of my child at only 15 years old. Life becomes even more hard and full of anger and sorrow. This session made me re-evaluate who I am and who I wanted to be before I got pregnant. It made me understand that no matter what happened I will strive and become even stronger.

“Hope for Rwanda has empowered me with skills I could never have got from anywhere else since I dropped out of school cause of pregnancy. This will definitely make me a new person and give a chance to my child not to grow like me.

Uwamwezi Pauline
17 Years old
Single mother.

Sexual and reproductive health education



Out of facts, researches and surveys, almost 60% of girls on a sample of 500 girls do not understand the magic behind menstruation tract. They believe it is for doctors and other medical and health scientists yet this has a big impact on their reproductive health. Among teen mothers supported by the psychosocial support program at Hope for Rwanda, based on range number that had done as the pre- evaluation done on 15th February 2017, the therapist found that among 15 young mother only 13.7% had the idea about the menstruation truck hence 86.6% were not aware. However to understand how teen mothers perceive and keep track of the menstruation as a way to avoid unplanned future pregnancies. On this day, before the

main event of the day, the clinical psychologist took time to go through common ways of tracking menstruation with the group therapy. Discussed about the menstruation cycle for both Regular and irregular person. The intention was to track the ovulation cycle and periods cycle for both sides.

To stand the best chance of getting pregnant or avoiding to be pregnant, then you need to well understand your menstruation. This is the time of the month that you are at your most fertile, and thus stand a greater chance of a sperm reaching the egg and fertilizing it. However, one of the biggest problems people have knows how to calculate the menstrual cycle. There are different way to calculate you can use the artificial method or you can use tools such as a menstrual cycle calculator which should provide you with a rough estimate about when you are going to ovulate next.

“After he got me pregnant he told me not to call him again and to try and reach him. I lost his contact and he never supported me. Hope for Rwanda’s legal Aid program helped me to claim for support and it has worked. Now



A woman can only get pregnant five days before ovulation through the day of ovulation. Ovulation typically happens about two weeks before the next menstrual period begins, so your ovulation will depend on the length of your average menstrual cycle. There the male sperm have a lifespan of five days, and the lifespan of the ovum is only 24 hours. Having sex during this time period gives you the best chance of conceiving. The fertility calendar will show your fertile period as well as an estimation of your menstrual cycle’s pattern. It is color-coded and broken up into pre-period, period, post-period, and peak ovulation days, which are highlighted on the calendar according to their designated colors. You can even **navigate between different months** After the fertility window closes, the likelihood of conceiving will decrease significantly. By anytime between 12-24 hours after ovulation occurs, you will no longer be able to get pregnant during that cycle for the month. Using the fertility calendar and calculator will optimize their chances of getting pregnant.

Fanny Irakoze
16 years old
Single Mother

THE LEGAL AID CLINIC AND RIGHTS EDUCATION

Many of the challenges that teen mothers get is to being able to understand their rights and fight against its abuses. When abused, who does the society offer social justice to them and leverage then repair the harm caused by those who abuses them. The community of teen mothers in Rwanda is very marginalized and they live in extreme poverty and isolation which makes their lives hard. Hope for Rwanda have partnered with the University of Kigali school of Law to establish a parmanent legal aid clinic that continuously receive legal related complaints of teen mothers, offer them legal advices and support plus legal representation needs be.



The legal aid clinic have resolved 27 cases of claim of alimony and has adressed 4 parenthood denial through a mediation and negotiation approach. On top of solving legal related problems, the legal aid program provided capacity building opportunities to beneficiaries, teaching them about their rights and the ways of fighting for their rights.

Some of the objectives of these initiatives were:

- Helping teen mothers to understand and embrace the rights and values of a young woman
- Educate teen mothers about the positive relationships
- Speak out against the silence of violence,being vigilant and report violence
- Facilitate a reflection and discussions on issues of their rights violation
- Energy to change lives

- provide a platform through which teen mothers can engage other girls and young adults for a peer to peer learning experience through the women's values in order to acquire:
 - Negotiation skills for communicating with her family
 - Parenting skills for raising her infant; and
 - Alternative strategies to achieving autonomy through a focus on personal values, decision-making, access to birth control, and goal setting. The program is based in social cognitive theory and relies on cultural norms, behavior and attitude modeling, and concepts of self-efficacy and social support.



Economic empowerment

The number of single and young mothers is on the increase in the recent years. Most women have had no option but to take over a number of roles which should have been men's responsibility due to HIV/AIDS, economic hardships, early pregnancy and cultural ties.

Most teen mothers have had it overwhelming providing for their families with an income of less than a dollar a day and hence increase in unwanted pregnancies, abandoned children just to mention a few of the consequences. The year 2015, Hope for Rwanda supported 8 teen mothers to start small income generating activities. Those who were supported to start small businesses have ended up closing them and giving up this is because of doing business the wrong way and because of lack of managerial problem. With our capacity building program that came in to fill the

knowledge gap that teen mothers face, they need knowledge and skills for their enterprises to succeed.

Instead of working hard in the business it's important that these individuals work hard on themselves, be equipped with the necessary tools and skills for entrepreneurial development and most of all work together to achieve a common goal.

After realizing that sole proprietorship wasn't a successful way of empowering teen mothers in doing business, Hope for Rwanda chose to channel the funds for it economic empowerment into a small social enterprise that teaches sewing, handcraft and interior design so that later when they have acquired the skills, they can produce products to be sold for money.



Financial Reports

Statistics

STATEMENT of ACTIVITIES

	<u>2015-2016</u>
Revenues	
Grants	10,000 \$
Board Members contribution	
Miscellaneous Income	
Total Revenues	
Expenses	
Programs	
Psychosocial Support Program	\$ 1,800
Legal Aid Program	\$ 720
Capacity building	\$ 1,802
Economic Empowerment	\$ 3,555
Administrative & Operational Expense	
General Office Expense	\$
Telecommunications	
Printing and Postage	
Meetings	
Board Meetings	
Annual Meeting	
Miscellaneous Administrative Expense	\$ 2,124
Total Expenses	\$ 1001
	=====
Change in Net Assets	\$

Beneficiaries

279 teen mothers aged 14-19 years old.

Coverage

Hope for Rwanda supports beneficiaries from Kigali City, Gasabo District- Kinyinya, Kimironko and Kacyiru sector

Attendance

1. 187 teen mothers attend psychosocial support sessions.
2. 78 teen mothers visited at least once the Legal Aid Clinic.
3. 21 teen mothers are attending sewing instructions.
4. 32 teen mothers attended economic livelihood training

Volunteers

14 Local Volunteers
4 Virtual Volunteers

Staff

5 member of the staff team

1 Executive Director
1 Finance Officer
1 Lawyer
1 Program Coordinator
1-program officer

Volunteers

1. *Gahongayire Allen*
2. *Komugisha Hellen*
3. *Bona Maria*
4. *Mujamawaliya Samantha*
5. *Dukunde Private*
6. *Kundwa Doriane*
7. *Gasana Edna Darlene*
8. *Muhoza Shariffa*
9. *Butera Knowless*
10. *Ndayisaba Carine*
11. *Umwaliwirwanda Stella*
12. *Shanton Ngabire*
13. *Ngoga Rosette*
14. *Mbabazi Clemence*
15. *Zoe Berman, Phd*
16. *Karin Ter Horst*
17. *Maggie Mason*
18. *Kelly Christianson*

*“Never doubt
that a small
group of
thoughtful,
committed
citizens can
change the
world; indeed,
it's the only
thing that ever
has.”*

Margaret Mead
American Anthropologist
1901 – 1978



Postscript

By reading through the annual report, we hope you have reached the conclusion that by working together with a durable strategic plan, we can become wholly effectual in protecting the rightht of the most vulnerable and supporting them to strive as active citizens.

We are very grateful of all the help, support and advices you continue to provide us. We still need your help to contribute on raising our voices and to even fight more on our sides.

Copain Fabrice Bienaimé

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General Secretary
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Change Story:

“I was constantly told that my life was over but guess what! I am alive and happy.”



My name is Alicia Mushime. I am sixteen years old and I live with my one year old son Blaise Mukiza, I am now following fashion design, handcraft and sewing instructions offered by CreaShion Sewing Rooms a project affiliated to Hope for Rwanda. While am still in following the instructions, I am able to make some money to take care of my baby and myself. I have thrived beyond what I ever could have imagined, but my story does not begin with success, it begins with fear, persecutions, insults, abuses, rape, pain, drugs and violence.

I joined Hope for Rwanda. in a very vulnerable time of my life. My childhood was tainted by my father’s alcohol abuse and violence. He abused my family physically, verbally, and financially. My mother, a vision of strength, saved me and my brothers from the abuses but could not save herself, she died of hypertension when I was 14 years old. After her death, our father left us and went to live with his new wife. I left school and started working as a maid to earn a living, I struggled so deeply to love myself and to

love the life I lived. I was sexually abused several times by my employer who made me pregnant and throw me out to survive on my own. While I was pregnant, I spent days and nights without eating real food and sleeping in a warm place. My comfort was always in drugs and alcohol. Pain, fear and tears were part of my life for as long as I can remember. Self-confidence was a mere myth and I thought my courage had been long lost until Hope for Rwanda took me in. I was afraid of the unknowns and was resistant at first, but after being welcomed with open arms into the program I quickly learned that being strong, smart, and bold was possible for me despite my past and despite everything that had held me back before. I began to have that confidence that never quite could overcome my fear. they provided me with free counselling, advocated for me to get shelter and health insurance, taught me that my baby is not the author of my misery and sufferings but an image of my strength. My entire personality had changed and my outlook on life had improved drastically. I dreamed bigger, and took on leadership roles in my community that I never knew I was capable of! My successes, my failures and my dreams define me and I am never done evolving because Hope for Rwanda helped me become a strong, smart, and bold woman.

HOPE FOR RWANDA

STATEMENT OF INCOME AND EXPENDITURE

May 2016 to May 2017

	Rwf	USD
Income		
GFC Grant	8,300,000	
Total Income	<u>8,300,000</u>	10,000
Expenses		
ADMINISTRATIVE/OPERATIONAL COSTS		
Office Rent	687,240	
Office Supplies	398,400	
Communication	179,280	
Office Internet	498,000	
Total Administrative/Operational costs	<u>1,762,920</u>	2,124
PSYCHOSOCIAL SUPPORT SESSIONS		
Participants transport reimbursement	844,000	
Consellors' allowances	450,000	
Refreshments for Participants	200,000	
Total Psychosocial support sessions	<u>1,494,000</u>	1,800
TRAINING ON ECONOMIC LIVELIHOOD AND CAPACITY BUILDING		
Refreshments for Participants	75,000	
Training Materials	69,000	
Trainer's fees	70,000	
Training Manual development	230,000	
Participants transport reimbursement	220,000	
Total Training on economic livelihood	<u>664,000</u>	800
LEGAL AID SUPPORT		
Lawyers' allowances	150,000	
Refreshments	52,600	
Court fees	100,000	
Transport for Participants	295,000	
Total Legal Aid Support	<u>597,600</u>	720
TRAINING ON SEXUAL AND REPRODUCTIVE HEALTH		
Trainer's fees	100,000	
Transport for Participants	170,000	
Media facilitation	50,000	
Training Manual Development	400,000	
Refreshments	111,660	
Total Sexual and Reproductive Health	<u>831,660</u>	1,002
ECONOMIC EMPOWERMENT		
Trainers' allowances	498,000	
Sewing Equipments Set	1,983,900	
Furnitures	220,000	
Tissues	248,750	
Total Economic Empowerment	<u>2,950,650</u>	3,555

Total Expenses

8,300,830

10,001

CASH AND BANK BALANCE

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