



# ZOA NEWS

*Zambia Orphans Aid supporter newsletter*

## The long-term effects of COVID-19 in Zambia

Despite COVID-19 cases and deaths in Zambia remaining low compared to elsewhere, the disease is affecting children and their families far beyond those it directly infects. The pandemic has already pushed millions of people back into extreme poverty - the first rise in global poverty since 1998.

Protection risks for children are mounting with those who're already vulnerable particularly at risk. Our partners are reporting an increase in social problems. One school told us that six of their female students fell pregnant during lockdown.

The Kwacha has lost 50% of its value since January causing inflation to soar. This is pushing the price of food and other basic commodities even further out of the reach of already deprived households.



Cecilia, 17 years old

**Cecilia, 17, who we're supporting told us:** *"The challenges brought about by COVID-19 are caused by poverty. Children aren't able to eat because their parents aren't working. It has also brought about many street kids because parents can't feed them so they're asking for money and food to feed themselves."*

*COVID-19 has brought about prostitution because children aren't at school. When schools open we'll have many girls who are pregnant."*

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With schools, colleges and universities re-opening to all students in September we've been able to re-start our vital education work.

In addition we're providing psychosocial counselling, alongside hand-washing demonstrations, health education, face-mask and soap distribution to reduce transmission.

**Find out how you can help on p4**

## Focus on girls' education

**Around the world many girls miss school because they can't afford sanitary products. **Zambian girls we work with were missing 30 days of school each year - half during their period.****

Education is a proven route out of poverty so helping girls complete their education is vital if they're to avoid early marriage and motherhood and gain skills that will help them earn an income.

### Girls' absenteeism reduced

**We reduced girls' school absenteeism in seven communities by 67% and improved boys and girls understanding about menstruation and puberty through our UK Aid Direct funded project that is now complete.**

Our goal was to help female students manage menstrual hygiene issues and provide them with reusable sanitary products to help them stay in the classroom during menstruation. We were able to reach 5,318 pupils and other stakeholders- exceeding our target by 257%.

Frontline workers, teachers, community leaders and volunteers were trained to provide girls, boys and their carers with accurate

**Nancy, 15 years old, tells us:**

"I started my periods when I was 11 years old. I was using chitenge cloths [fabric similar to a sarong] for my periods. This made me lose confidence and miss lessons at school and my performance became poor. I was trained on how to manage my

periods and practice good hygiene.

I received 14 washable sanitary pads. Now I'm free and comfortable to talk about my periods. I come to school even during my monthly periods and I attend all lessons without any difficulties."



information about puberty and menstruation, encouraging debate to challenge harmful myths and stereotypes that were keeping girls out of the classroom.

High poverty levels and a traditional culture make it hard for women and girls to break free from one of the highest early marriage and pregnancy rates in the world - 59% are married or already mothers by the age of 19.

### Sustainability

In October, Hope & Faith and Chibolya Schools trained staff to make reusable pads in order to pass this knowledge onto girls in home economic classes.

We've been able to run this pilot project thanks to a generous foundation.

*If you'd like to support a specific project or pilot please get in touch [see p4]*

## Lubushi girls' boarding house



Opening ceremony of Lubushi girls' boarding house

Despite some delays due to COVID-19 we're excited to announce that the girls' boarding house at Lubushi in Northern Province is finished and 64 girls have moved in after a great handover ceremony [pictured above].

Girls who live far from the school will have a safe place to stay, enabling them to attend school as well as reducing the risk of sexual exploitation, abuse and early marriage.

Thanks to Fondation Eagle and Jephcott Charitable Trust whose generous support has made this possible.



Lubushi girls' boarding house

## Other news

### Sexual harassment research findings

In September the results from our sexual harassment research came in.

Shockingly it found that 37% of all students surveyed (aged 10-25) had experienced sexual harassment and 62% of students had witnessed it.

More girls than boys are affected - 43% of girls compared to 30% of boys.

There are big gaps in understanding about how to report sexual harassment, with 49% of boys and 30% of girls not knowing what to do.

This research will help shape our future work.



## Food crisis update

A combination of a poor harvest in 2020 in many areas of Zambia coupled with high food prices has made it even more difficult for families to provide for their children.

We will be distributing food packages during the Christmas holidays to support children who won't be receiving their school meals during the Christmas holidays.

Just **£20** could provide an emergency food package to a hungry household.



This Christmas we're once again part of The Big Give Christmas Challenge match funding appeal.

It kicks off at 12 noon on 1 December and runs until noon on 8 December. £13 can pay for a school meal for one child for a whole year. The great news is that this week your donation is doubled. That means two children can eat a school meal for a year - at no extra cost to you!

We desperately need your help to raise £12,000 through this appeal to support out work helping orphans and vulnerable children. Please give what you can.

**Thank you!**



could provide an emergency food package to a hungry household



could help send a child to primary school



could fund a frontline worker to provide COVID-19 health education



could provide a tertiary student with a refurbished laptop

**It's simple,  
just donate at  
[www.thebiggive.org.uk](http://www.thebiggive.org.uk)  
and search for Zambia Orphans Aid**

## Other ways you can help

**We understand that these are difficult times for everyone. If you're not in a position to donate there are other ways you can show your support for ZOA.**

Do you shop on Amazon? If you sign up to Amazon Smile and select ZOA as your charity, you can shop in the same way but a % of the purchase price is donated to us....at no extra cost to you!

**[www.smile.amazon.co.uk](http://www.smile.amazon.co.uk)**

Are you working from home and using more printer ink cartridges? You can recycle your ink cartridges and raise money for ZOA. Just visit **[www.recycle4charity.co.uk](http://www.recycle4charity.co.uk)** for all the details.

If campaigning is more your thing, you can email your MP to call on the UK Government to commit to a £50 million package of support for small international development charities like ZOA. **[www.smallbutmighty.co.uk](http://www.smallbutmighty.co.uk)**

**If you'd like to make a further gift please donate by:**

- visiting [www.zoa.org.uk](http://www.zoa.org.uk) to donate on line
- sending a cheque for 'Zambia Orphans Aid UK' to ZOA-UK, 2A Nine Chimneys Lane, Balsham, Cambs, CB21 4ES.
- calling Katy to discuss other ways to help on 01223 890 162 or email [katy@zoa.org.uk](mailto:katy@zoa.org.uk)

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