



GREENLAMP

A bright future for women and girls



«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





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THE PROBLEM IS...

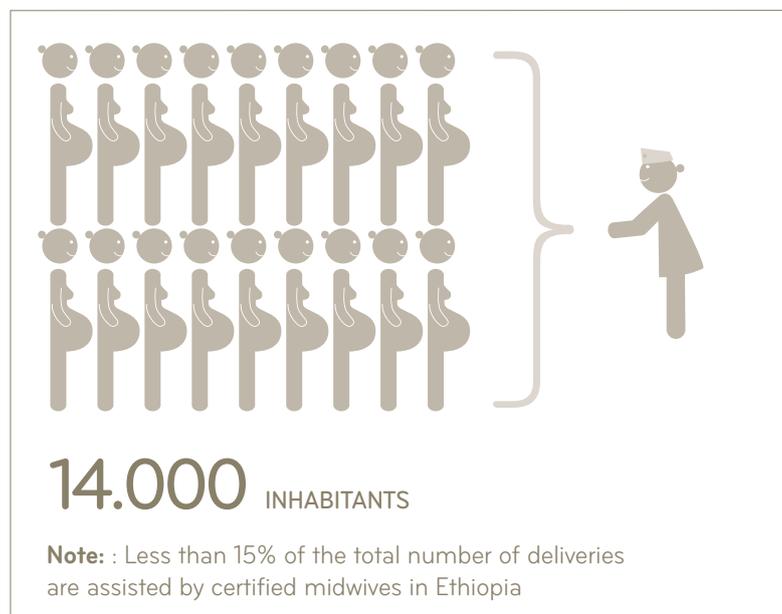
While Ethiopia is one of the fastest growing economies in Africa and is home to the African Union, over a third of its people are ultra-poor, living on less than USD 1.25 a day.¹ The size of the country means that in rural areas where poverty is concentrated, populations are dispersed over large areas and families and communities struggle to access health services and infrastructure. For a population of over 100 million, Ethiopia has less than 250 obstetricians/gynecologists and less than 7,000 trained midwives.² This is too few, especially as many women in rural areas live great distances from the most basic health facilities and do not benefit from knowledge and contraceptives to delay and space their pregnancies.

There is a global effort to reduce maternal mortality rates (MMR), with the result that there has been a significant improvement in Ethiopia's rates, but they remain among the highest in Africa and the world at 353 female deaths per 100,000, compared with 5 per 100,000 in Switzerland.³

Number of inhabitants per midwife

ETHIOPIA

PRESENT SITUATION



RECOMMENDATION

WORLD HEALTH ORGANIZATION



Source: www.hamlinfistula.org

¹ <http://mdgs.un.org/unsd/mdg/Data.aspx>

² https://ethiopia.unfpa.org/sites/default/files/pub-pdf/UNFPA%20Booklet_Midwifery.pdf and www.hamlinfistula.org

³ <http://apps.who.int/gho/data/node.main.15>, 2015

Obstructed Labor and Fistula

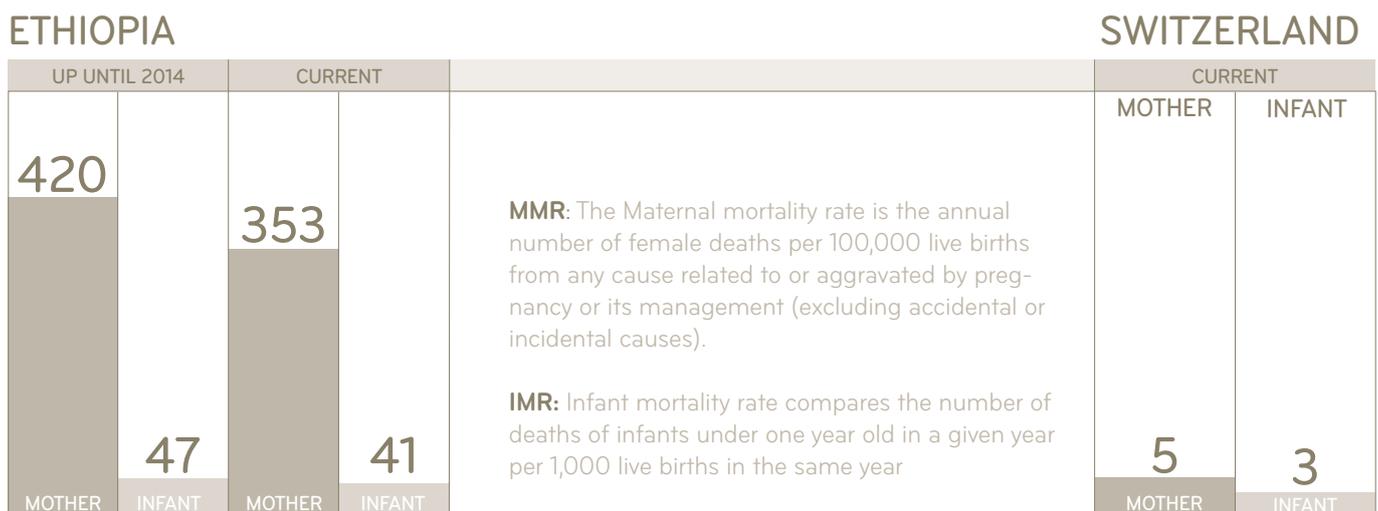
As pregnant women in rural Ethiopia have little or no access to emergency obstetric services, when they are faced with obstructed labor they struggle to get assistance. After days of agonizing labor women almost always lose their baby and may die themselves. Those who survive suffer extensive internal damage caused by prolonged pressure on their organs and tissues. This results in a condition called obstetric fistula, which is almost unknown in Switzerland, but unfortunately common in rural areas of Ethiopia. As tissue of the birth canal, urinary and digestive tracts are destroyed, permanent fistulas (holes) between these structures result from the healing process and women are left in a miserable condition of incontinence and infection. As a result they are socially excluded and stigmatized.

The scale of maternal mortality remains very high in low-income countries. According to the United Nations Population Fund (UNFPA), every two minutes, somewhere in the world, a woman dies in pregnancy or labor. In Ethiopia alone, approximately 9,000 women die in obstructed labor each year with another 9,000 surviving, but with fistula⁴.

Inadequate and unreliable electricity supply

Ethiopia's electrical power reaches just over half of the country and only a quarter of the population has access to it. This includes rural health centers that are often without consistent electricity and lighting. As a result, women delivering in a health center at night often give birth in the dark, preventing midwives from properly detecting and managing life-threatening complications such as obstructed birth, postpartum hemorrhage or newborn asphyxia⁵. As a consequence women and children are needlessly harmed or die.

Mother and infant mortality rate



Source: : <https://data.worldbank.org/indicator/SP.DYN.IMRT.IN> as at 2016
<http://apps.who.int/gho/data/node.main.15>, as at 2015

⁴ www.hamlinfistula.org

⁵ <http://www.vanguardngr.com/2015/05/ethiopias-electric-power-coverage-reaches-55/>
<http://data.worldbank.org/indicator/EG.ELC.ACCS.ZS/countries/ET?display=default>



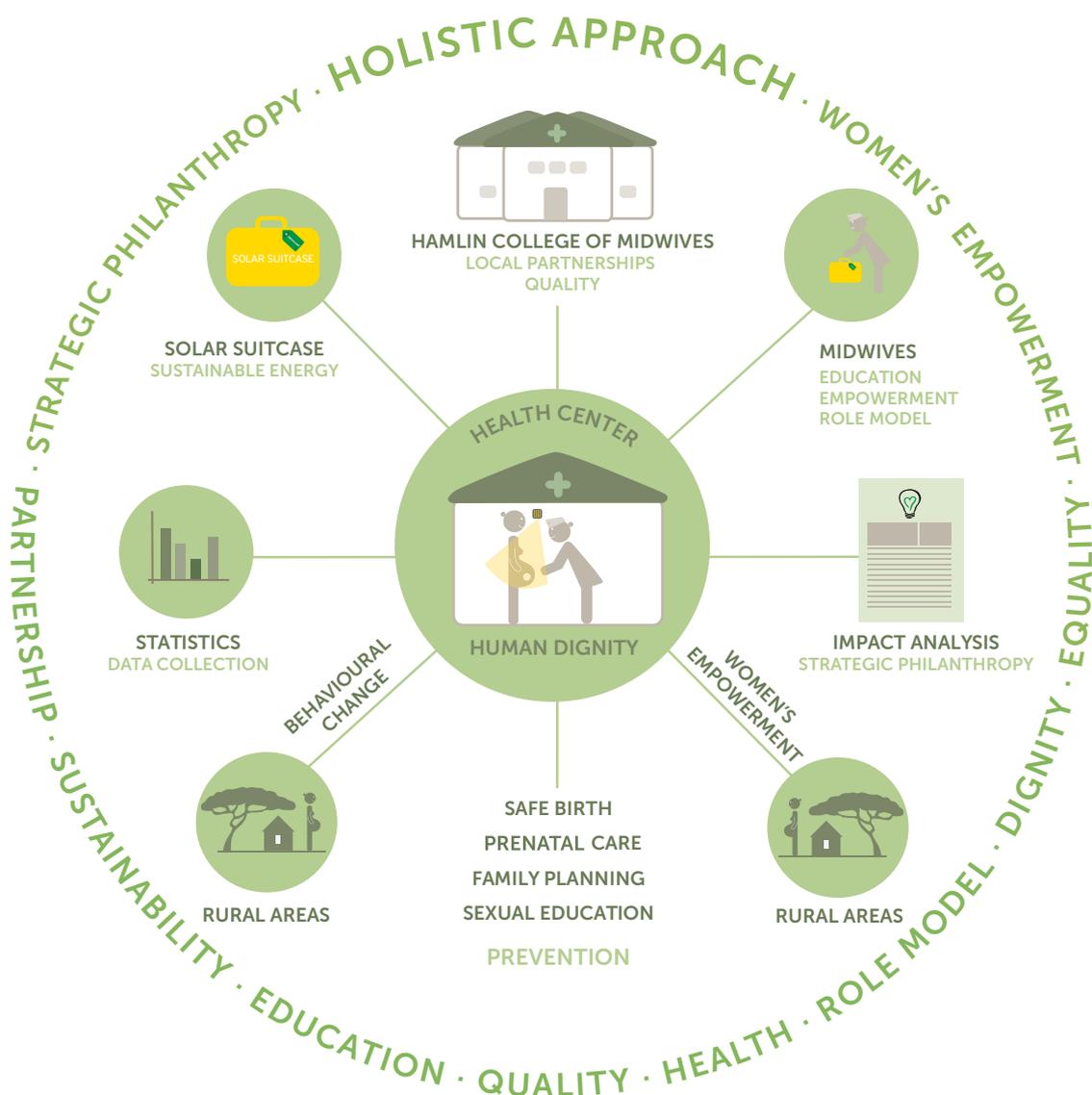
OUR HOLISTIC APPROACH | LEARN · LIGHT · LEAD

GreenLamp supports **community-to-community projects** to address avoidable harm in maternity by:

- Funding the **training of midwives** from poor rural areas to increase the number of skilled birth attendants in underserved areas.
- Providing **sustainable, reliable light and power** in rural health centers to support safe deliveries in rural areas of Ethiopia.
- Encouraging **positive behavioral change** by creating conditions whereby mothers want to give birth at the nearest **health center**. Our projects also promote midwives as **role models and leaders**.

We work hand-in-hand with communities and local authorities in the field to ensure the sustainability of our projects. Our mission is to empower women and girls through education, healthcare and technology, creating an environment for them to impact social and economic change in their communities.

«...if you educate a woman, you educate a community». – African proverb





Why we are doing it

Our objectives are to:

- improve delivery conditions in rural Ethiopia.
- prevent traumatic birth injuries, e.g. fistulas, maternal and newborn death.
- empower women and girls to live their life in dignity through improved health and access to education.

How we do it

Midwifery Training Scholarships

GreenLamp works hand-in-hand with our local Ethiopian partner, the **Hamlin College of Midwives** in Addis Ababa, founded by Dr Reginald Hamlin and Dr Catherine Hamlin (recipient of the Right Livelihood Award 2009 - also known as the "Alternative Nobel Prize"). The Hamlin College of Midwives, founded in 2007, has over 70 midwives in training at any one time and is an important partner in developing a sustainable strategy for safe maternity and fistula prevention in Ethiopia.⁶

GreenLamp provides scholarships to fund the training of young women, recruited from the underserved provinces, to become midwives. With our support they are able to study for four years and qualify with a **Bachelor of Science in Midwifery**. Our first GreenLamp-funded midwife graduated in 2014.

It costs \$4,000 each year to train and accommodate one midwifery student. After graduation they are deployed to rural health centers in their home regions and fill the gaps in skilled birth attendants in their own communities. With their training they prevent birth injuries through prenatal and postnatal care, as well as skilled deliveries in a clean environment. To empower women and give them the choice to space their pregnancies, they provide family planning and reproductive health advice. This not only improves the quality of women's and children's lives, but there is an estimated 140-600% return on investment in family planning methods resulting from the reduced health care costs.⁷

«If you want to unlock the most progress for the most people, start by investing in women and girls»

–Melinda Gates⁸



⁶ www.hamlinfistula.org

⁷ Carr, Bob; Melinda French Gates; Andrew Mitchell; Rajiv Shah (14 July 2012). "Giving women the power to plan their families". *The Lancet* 380 (9837): 80–82.

⁸ www.refinery29.com/2015/05/87344/12-photos-melinda-gates-india#m05g16t20w15



Light for Life Solar Suitcase



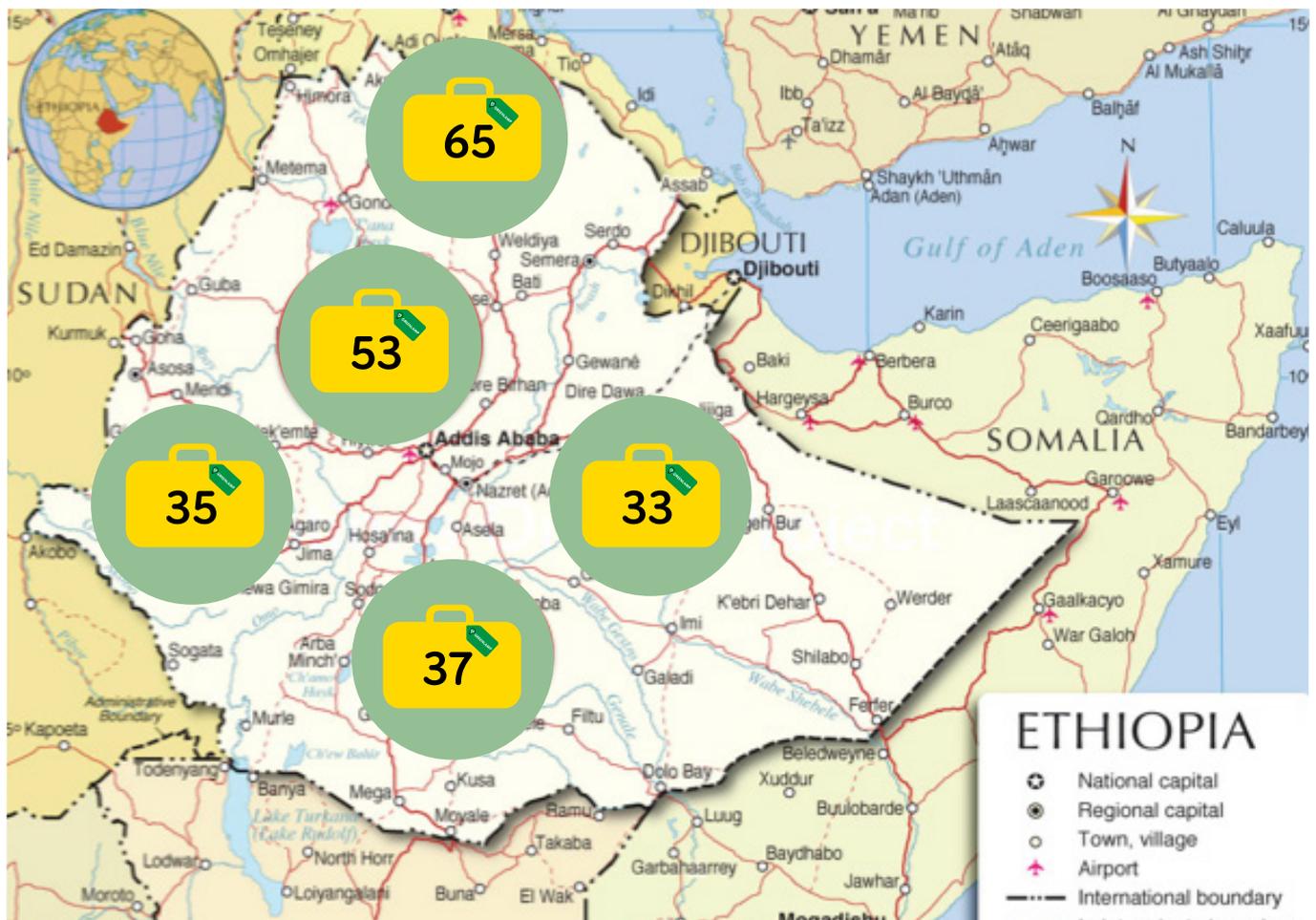
Access to quality obstetric care provided by certified midwives in health centers equipped with electricity, and referring emergency cases to hospital facilities, can decrease risks for mothers and newborns.

GreenLamp works with our partners at Hamlin to install compact solar power in the form of "Solar Suitcases". These units contain solar panels that with a day's charging from sunlight can power the specially developed medical lighting system for night time births, charge mobile phones and fetal dopplers to monitor a baby's heartbeat. A midwife with a Solar Suitcase improves the quality of maternal and newborn health care by using renewable and sustainable energy. This has a positive impact, not only on mothers and their babies, but on midwives themselves who are enabled to provide better care.

Five regions in Ethiopia have so far received over 220 GreenLamp-funded Solar Suitcases. Over one thousand health staff have been trained in their use (up to 10 per health centre) to ensure that the equipment is maintained and used effectively. Our Battery Replacement Program guarantees the sustainability of the Solar Suitcase equipment by ensuring new batteries are installed when the original ones have worn out, and that the old ones are recycled.

Machse Beley, a Hamlin-graduated midwife at Agita Health Centre, where a Solar Suitcase was installed by GreenLamp says: «Without the Solar Suitcase, I would not be able to stay and work here. This health center has no other light source, no electricity and is in a very rural area.»

Solar Suitcases installed per region



LEAD



Direct Engagement Programs

Further education and professional development give women the skills and confidence to help and lead others in their community, creating a positive and far-reaching ripple effect. We have launched a series of programs in support of this, working directly with local partners in the field - a crucial element to achieving a sustainable impact.

GreenLamp provides Interpersonal Skills and Leadership Workshops in **Nonviolent Communication**. The workshops are run by GreenLamp in Addis Ababa with the final year students at the Hamlin College of Midwives, as well as in Kenya through an informal partnership with the NGO Hand-in-Hand Eastern Africa (HiHEA). The courses focus on mutual understanding of needs, fostering respectful dialogue and cooperation.

Through our partnership with the midwifery college at Zurich University of Applied Sciences (ZHAW) in Switzerland and the Hamlin College of Midwives, we have initiated a **Teacher Exchange Program**. The program provides new perspectives on patient care and delivery methods in Ethiopia, and brings back invaluable knowledge from Ethiopia to enrich midwifery teaching in Switzerland.

GreenLamp also coordinates "train-the-trainer" workshops in **Basic Body Awareness Therapy (BBAT)** with a focus on the pelvic floor. BBAT is a holistic approach to human movement, taking into account not just the physical, but also the physiological and psychological aspects of health. Through the workshops, physiotherapists trained in BBAT from Switzerland and Sweden transfer their knowledge and skills to local physiotherapists, midwifery teachers and students at the Hamlin Fistula Hospital and the Hamlin College of Midwives in Addis Ababa.

GreenLamp has initiated a **Hamlin Midwives Alumni Network** in cooperation with the Hamlin College of Midwives. The program provides a platform for networking, exchange of workplace experiences and best practice, as well as personal and professional development for all Hamlin College midwifery graduates.

« I don't know why people have divided the whole world into two groups. West and East. Education is neither eastern nor western. Education is education and it's the right of every human being.»

– Malala Yousafzai

OUR PARTNERS

GreenLamp has strong local, Swiss and international partnerships. Apart from the highly valued partnership with the **Hamlin College of Midwives** in Ethiopia, the California-based NGO **We Care Solar** supplies the Solar Suitcases. Within Switzerland the **UBS Optimus Foundation** generously matched the initial funds raised by GreenLamp Franc-for-Franc which enabled our efforts to be doubled during the first phase of our Light for Life Solar Suitcase project. We are also indebted to the skills and support of **Addis Ababa University**, the Ethiopian **Regional Health Bureaus** and our latest academic partnership with the **ZHAW, Zurich University of Applied Sciences**.





EVALUATION OF OUR IMPACT

Incorporating effective monitoring and evaluation is vital to the success of any strategic philanthropy project. GreenLamp's monitoring and evaluation demonstrates that where a Solar Suitcase has been installed and a trained midwife is present, women are increasingly arriving to give birth at rural health centers. This indicates that we are contributing to positive changes in maternal and infant care that both we and the Ethiopian Ministry of Health are aiming for.

The impact of a Solar Suitcase on raising women's trust in delivery centers was highlighted by Gezework Alemante, midwife at the Ambessane Health Center, in Amhara Region: «I am so happy we have the Solar Suitcase. I never worry about light at night. The community knows about the light here, and we also tell them at the prenatal care visits. No more babies are dying because there is no light at the Health Center.»



Latest Statistics ⁹

An increase of **67% in safe deliveries.**

40% increase in the 4 prenatal visits as recommended by the WHO.¹⁰

26% more families bring their newborn in for a post-natal check up, a very important step in decreasing infant mortality.

Almost **80% more women** come for family planning and reproductive health advice.

⁹ Data collected by our local partner, Hamlin College of Midwives, from February 2016 to August 2017, from a sample of health centres with a Solar Suitcase in use and at least one trained midwife present. External evaluation carried out by Addis Ababa University.

¹⁰ World Health Organization

YOUR SUPPORT

We want to continue to improve delivery conditions, prevent traumatic birth injuries, and empower women and girls in rural Africa. You can help us increase the magnitude and pace of our impact on families, communities and countries. **Your Support Matters.**

- **Join our community-to-community initiatives** by attending our events and receiving our communications.
- **Become a Member of GreenLamp** and your membership fee helps fund our minimal administrative expenses, and ensures that all our fund raising efforts go directly to our projects.
- **Make a donation or sponsor our events.** All donations above CHF 100 are eligible for a tax deduction in Switzerland. Donors are welcome to reference their donations to GreenLamp in their own corporate materials.
- **See that your contribution is making a tangible difference** as our progress is charted through rigorous monitoring, evaluation and reporting.

Further Details

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CH-8704 Herrliberg, Switzerland
Swiss Franc Account **IBAN CH47 0023 0230 1884 3701 W**
BIC: UBSWCHZH80A

GreenLamp currently has eight board members; all work pro bono.
Additional volunteers provide support for events and special needs.

GreenLamp is funded through charitable donations, membership fees and sponsorship. We are a registered Swiss non-profit association founded in November 2012. Our annual accounts are externally audited. We run on volunteerism and 100% of charitable donations go directly to our projects.

«Corporate Social Responsibility can be much more than a cost, a constraint, or a charitable deed –it can be a source of opportunity, innovation, and competitive advantage.» – Harvard Business Review



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