

STRONG MIDWIVES, THRIVING COMMUNITIES

in RURAL ETHIOPIA

GreenLamp

10 Years of Impact

2012-2022

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**Your donation
in good hands.**

Sr. Enatmar

Inspiration & Motivation

We believe that strong and sustainable communities are built when all members and stakeholders have equal access to the rights and resources they need to flourish. Unfortunately, despite progress in recent years, many women are still only marginally better off in terms of equality in education, health, and employment opportunities.

Access to education is challenging for young rural Ethiopian women. For those who manage to get midwifery training, the lack of well-equipped rural health centres makes it difficult to put their knowledge and skills to good use.

Midwives are pillars of society and play a central role in rural and underserved communities. Often the most educated people in their community, they are strong and compassionate. Their impact is broad and profound. Yet their role is extremely challenging due to cultural traditions and resource constraints.

With constant support from our donors, partners, and volunteers, we are taking a holistic approach to enable young women in rural Ethiopia to be change-makers in society.

We are eternally thankful for your support. Together we make the difference!

Sincerely,

Camilla Tregonning, Catherine Knight, Christina Blecher, Henriette Becker, Joanna Boyd, Kathleen Hedman, Linda Elzvik, Meriem Maher, Valéria Akroyd
GreenLamp Board 2022



Vision & Mission

Vision

A bright future for women and their communities.

Mission

We initiate and support projects with local partners to create equal opportunities for women.

We provide midwifery scholarships to young Ethiopian women, sustainable solar systems to rural health centers, leadership training, and career opportunities through our holistic program pillars Learn, Light, Lead.



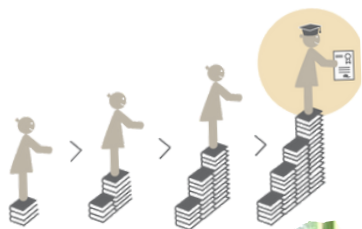
"Many thanks for this solar circuit. Before we had to give birth in darkness. But now our problem is solved. God bless your organisation! We are so happy with the solar. I hope it can continue. Not only the solar, but also you visiting us, as everyone forgets about us."

Mother in SNNP Region

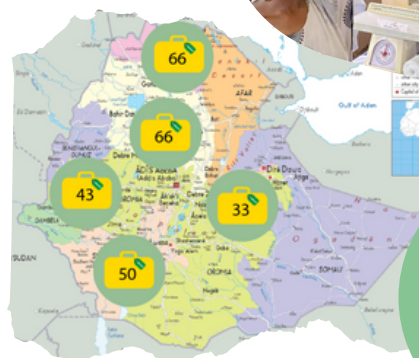
Impact & Reach

2012-2022

56
Midwifery
Scholarships



>311,800*
Deliveries
where qualified
midwives have
used solar
light



258
Solar Systems
Installed

Since 2012, over 1.6** million women in rural Ethiopia have access to better maternal health care thanks to qualified midwives and solar lighting through GreenLamp's three connected pillars

LEARN | LIGHT | LEAD

Network with
235***
Hamlin
Midwives



LEARN

Competent & Compassionate Midwives Maternal Health Care Excellence

56 young women have received GreenLamp sponsored midwifery education at high quality Ethiopian midwifery colleges, graduating with a Diploma or Bachelor of Science in Midwifery.

185 midwifery students have participated in GreenLamp medical skills-building programs.

With an increased number of qualified midwives there is a direct and profound impact on the quality and access to maternal health.

*20 births per health centre /month facilitated by solar light 2014-22 (data collection 2016-18)

**Number of solar systems installed and approximate number of women of reproductive age per district

*** Midwives from Tigray were only able to participate in the first two national meetings

LIGHT

Light for Life Solar Program Key enabler for Quality Care

238 Solar Suitcases and 20 enhanced solar systems with light and fridges have been installed. They are maintained annually to ensure "lights stay on" 24/7 across rural Ethiopia.

GreenLamp solar systems played a crucial role during 311,800 deliveries and supported midwives in the prevention of birth injuries and deaths. The systems improve working conditions for midwives and create a safer birthing environment for mothers and infants.

LEAD

Leadership Skills & Alumni Network Midwives as Community Role Models

192 midwifery students have engaged in GreenLamp's leadership and Nonviolent Communication skills-building programs.

In 2018 GreenLamp initiated the Hamlin Midwives Alumni Network (HMAN). There are currently 235 midwives who are members of HMAN across 6 regions. HMAN is owned and run by midwives and provides a crucial channel for them to connect, learn, share, develop, and find their voice.

As confident leaders, midwives build up the capabilities of their colleagues in rural health centres. As strong role models and professionals, they improve the health of mothers and babies, and foster thriving communities.

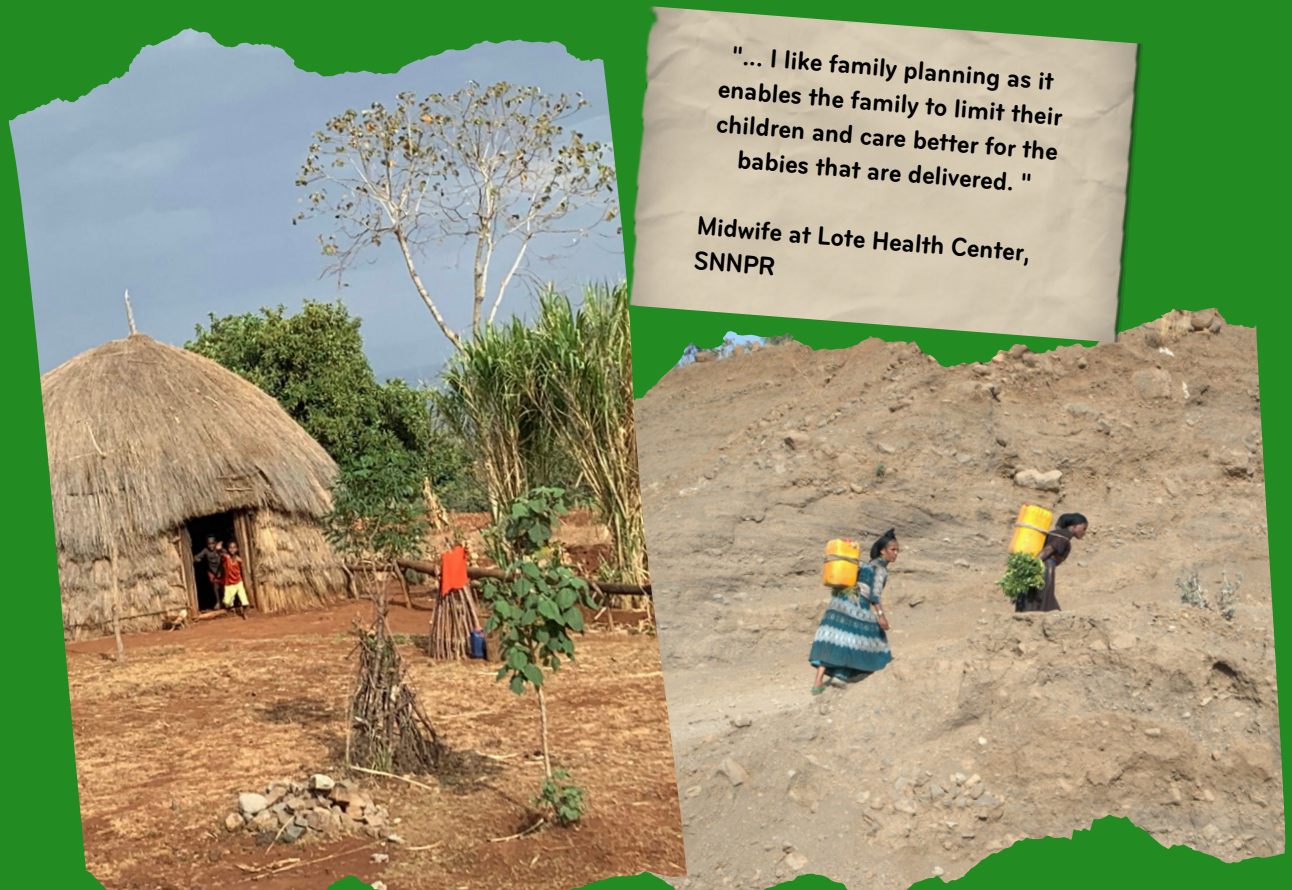
Context

IMPACT WHERE IT MATTERS

Rural Ethiopia has a high unmet needs in maternal health and economic opportunities. With a population greater than 120 million, there are less than 650 obstetricians/gynecologists and only 20'000 trained midwives in the country. The Maternal Mortality Rate (MMR) is 401/100'000 live births compared with 5 in Switzerland. Infant mortality (IMR) is 35 per 1'000 live births in Ethiopia compared with 4 in Switzerland. Midwives are crucial in preventing maternal and infant morbidity and deaths, harmful traditional practices, e.g. female genital mutilation (FGM) and early marriage. They provide birth control, enabling rural mothers to make informed decisions about their families.

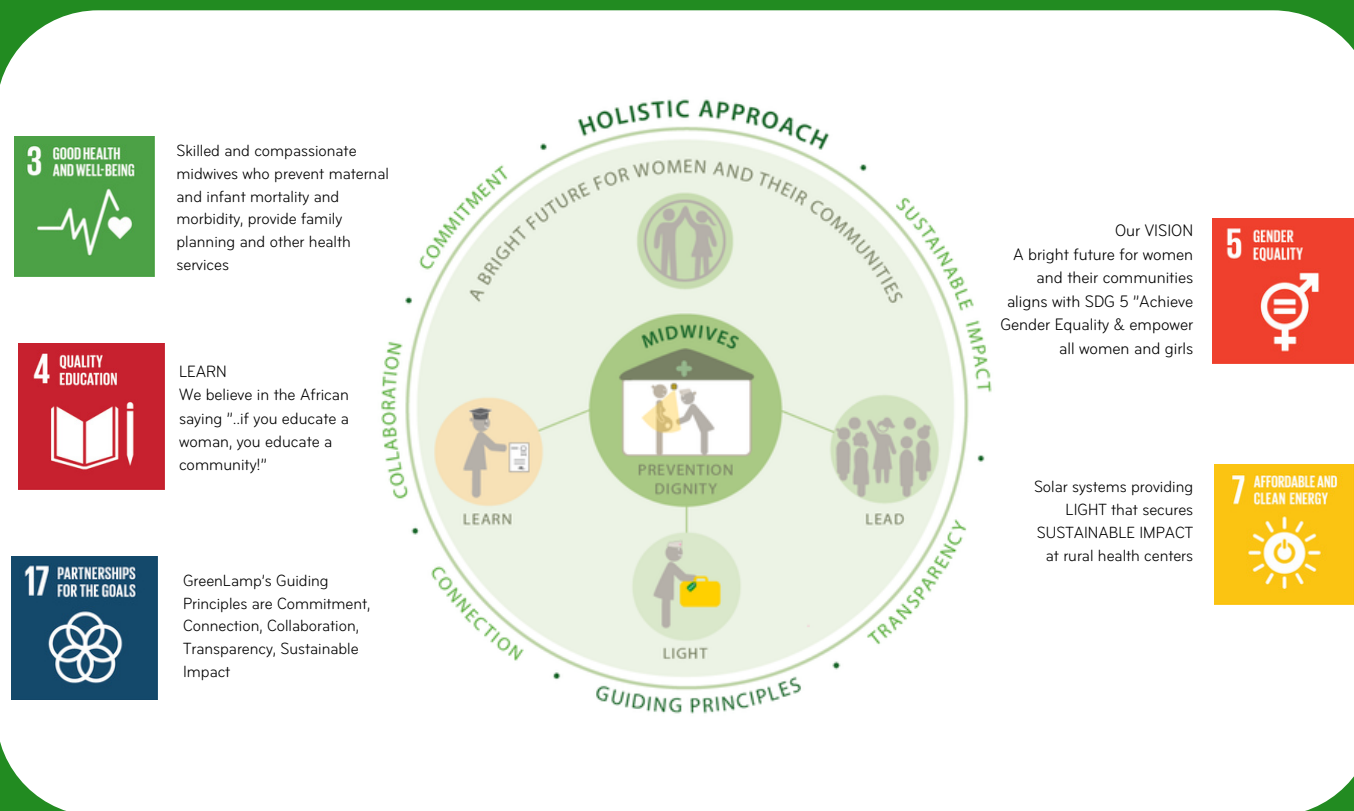
OVERCOMING RESISTANCE WITH COMPASSIONATE CARE

Many rural women lack trust in health institutions and do not feel cared for. They still prefer to deliver at home despite the higher risk for mother and child. GreenLamp regularly engages with women and midwives in the field to better understand their needs. GreenLamp collaborates with local partners to find or develop working solutions and support systems. Our emphasis on educating more midwives and enabling their compassionate care in an equipped working environment encourages mothers to use available professional maternal health care.



Approach

GreenLamp's strategy is based on a sustainable, holistic approach targeting long term impact for women's futures. Our approach is aligned with five of the 17 UN Sustainable Development Goals (SDGs). With the mission to create opportunities for women and their rural communities to thrive, GreenLamp operates across three pillars:



LEARN | Bachelor of Science in Midwifery & extracurricular skills training such as upright birthing position.



LIGHT | Suitable working environment through life-saving solar lighting, fridges, and power for delivery rooms as well as medical equipment.



LEAD | Professional and personal development opportunities for midwifery students and deployed midwives, from communication and leadership training to alumni networks and career opportunities.



Learn

We are passionate about making an impact on a personal and a community level. By investing in a young rural woman's education, we invest in her as a human being. As a Midwifery BSc graduate, she develops as a knowledgeable, compassionate caregiver, and brings much-needed essential skills to encourage mothers and local communities to embrace change.



Further Skills Development, a direct impact on quality and personal growth

Ongoing competence-building and skills transfer are essential for sustainable change and are strong empowerment drivers for midwives. GreenLamp has trained more than 180 midwifery students at HCM in various birthing techniques, including pelvic floor breathing with Basic Body Awareness Training (BBAT) and upright birthing positions in collaboration with the University of Lund & Zurich University of Applied Sciences (ZHAW). Both techniques are aimed at facilitating an easier, more natural birthing process for mother and baby.

To secure future training and skill transfer, we have funded the clinical master's in BBAT at the University of Almería for Addis Ababa Fistula Hospital physiotherapist, Selam. Today she is responsible for the training of BBAT Pelvic floor breathing at HCM.



Top-notch midwifery education in Ethiopia

Since the start of GreenLamp, we have partnered with the Hamlin College of Midwives (HCM) in Addis Ababa; a college with an excellent academic reputation, and high-quality resources, that recruits students from rural areas where there is the greatest need. Students graduate with a BSc in Midwifery and are trained in the game-changing compassionate care model created by HCM founder Dr. Catherine Hamlin.

Hamlin midwives are taught in small classes by highly qualified academic staff. They acquire a robust skill set and modern delivery techniques, a dignified, patient-centered approach, and display confidence, especially in tackling difficult births. Each year they practice at hospitals and health centres, and during their four years of study, they assist in at least 40 deliveries.

In 2022 we started a collaboration with two additional midwifery colleges, St Luke in Wolisso and LeDeG in Addis Ababa.

Since 2012 GreenLamp has sponsored 56 students.

Every midwife graduate at HCM is gifted with a rechargeable surgical headlamp - to always have light at night.

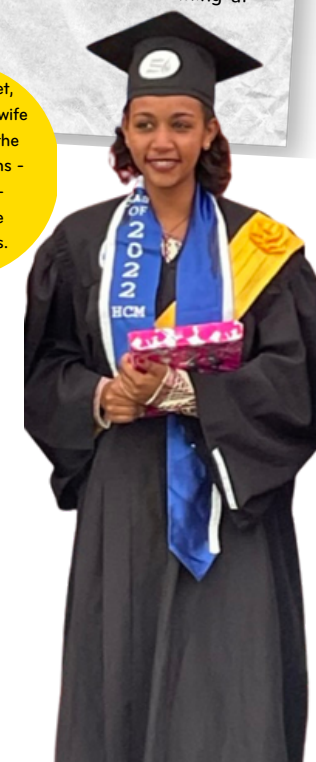


Quotes from Graduates of the Hamlin College of Midwives

"Becoming a midwife at Hamlin was the best choice of my life because you receive such a quality education, with highly qualified teachers and it includes 7seven weeks of practical training after each semester. We have to attend at least 50 deliveries."

"We have more confidence to work and to manage complications. My competence is higher than the government-trained midwives. For example, PPH, cord prolapse, and eclampsia (blood pressure)."

We are proud of Etsegenet, GreenLamp supported midwife graduate 2022, who won the prize for assisting 108 births - the highest in her class - during her studies at the Hamlin College of Midwives.



Light

The lack of reliable electricity in health centres creates situations where health workers are forced to choose between unreliable and often dangerous sources of light. Pitch darkness can lead to the postponement of diagnosis, and compromise critical treatment. Working in the dark increases the risk of infections, errors, and demoralises health workers and their patients.

Light for Life 258 solar systems installed across rural Ethiopia

In collaboration with Ethiopian partners and health bureaus, we have installed and maintained 258 solar systems bringing light, fetal dopplers, headlamps, and refrigeration to rural health centres. Our solar light solution is sustainable and an essential element in reducing maternal and infant mortality and morbidity.

In 2020, GreenLamp decided to increase the impact already provided by the solar suitcase by adding refrigeration units. These units improve midwives' ability to facilitate safer births, specifically preventing postpartum hemorrhage - the leading cause of maternal death worldwide - with the drug oxytocin, which needs to be kept in a cold chain. In addition, refrigeration allows access to life-saving vaccines for babies.

As part of our Light for Life initiative, we developed the Sustainability Program to ensure uninterrupted light and electricity access. The program includes supervision, maintenance, replacement of batteries, and refresher training courses for existing and new staff.



Safer birthing conditions at rural health centres with solar light, refrigeration and electricity

- Mothers are encouraged to give birth in a safe environment at the hands of a compassionate midwife with access to reliable light.
- Midwives have a greatly improved capacity to manage deliveries in the daily 12 hours of darkness.
- Obstetric emergencies, referrals, and communications are better managed thanks to phone charging capabilities.
- As part of a more extensive set of interventions, the presence of a solar system can help reduce maternal and infant mortality and morbidity.

"When a mother gives birth in the dark, it brings difficulties for her. Darkness by itself makes me feel less good. If the woman is in labour, with darkness plus the pain of labour, she feels discomfort. So having light is very important to make the mother comfortable."

Mother in Sidama region

"Before, we had to use torches, often we had to hold them in our mouths. Doing an episiotomy is particularly difficult by torch-light! Now, since the solar was installed, this big problem is solved and whenever there is no electric power, we have solar."

Graduate from Hamlin College of Midwives

Health Centre Staff Trained in the use of Solar Systems



*The dip in trained health workers in 2021 is due to the Covid-19 pandemic and the conflict in certain regions of Ethiopia.

Lead

We believe in the power of young, well-educated, and compassionate women to be the inspiring leaders of tomorrow. We support midwives to become agents of change in their communities by giving them tools to use their voice and providing opportunities for them to continue their personal and professional development.

Hamlin Alumni Network - a tool created to spark peer-to-peer exchange, motivation and growth

Stationed in rural, mostly ill-equipped health centres, midwives often feel disconnected from fellow midwives, and left alone to handle difficult situations. In 2018, GreenLamp initiated the Hamlin Midwives Alumni Network (HMAN) with the goal to provide a channel where Hamlin midwives can:

- Share success stories, learn from each other, and support each other
- Enhance, refresh, and sharpen professional skills
- Discuss each midwife's longer-term career plans
- Explore how to develop and use the midwife's voice

The vital first step for HMAN was to establish networks on social media. Now Hamlin midwives can communicate easily. Furthermore, GreenLamp has provided support and guidance in building a process for a sustainable and motivational meeting structure. Regular meetings have provided a forum to share best practices, and discuss needed improvements at the health centre level. The meetings also facilitate skills transfer, including cervical cancer screening, the use of maternal health applications, introduction to portable ultrasound, and refresher courses in the use of solar systems.

Despite long travel hours or even days, midwives are eager to participate in the meetings to get inspiration and motivation to continue their work in underserved communities. In just a few years, the midwives have taken ownership of HMAN and the regions are proud to organise their own meetings, monthly, quarterly, or annually.



Interpersonal and leadership skills - essential tools for midwives in their work and as role models for rural women and girls

Midwives carry out active outreach work to engage local communities to learn about maternity services. This outreach has a significant effect on the take-up of ante- and postnatal care, prevention of harmful traditional practices, hygiene, and nutrition for mother and baby. To be successful in their outreach work, midwives need skills in communication and leadership.

Seven batches of final-year midwifery students have participated in our Nonviolent Communication (NVC) and Leadership training program. This training is focused on self-awareness, interpersonal skills, and confident & empathic communication - all necessary skills for midwives working in rural communities

Enabling and supporting career development opportunities

GreenLamp supports midwives in actively discussing and progressing their careers. Some examples: Sister Selam is a Midwife Mentor in SNNPR*, Sister Eden is a Women's Health Care Coordinator in Amhara**, Sister Belen became Head of a health centre in Sidama, and Sister Ester is continuing her higher education with an MSc in Midwifery at HCM.

The Midwife Mentor's role is to lead and support midwives in rural health centres to provide their services with excellence, keeping a safe, clean, and compassionate environment for deliveries, ante- and postnatal care, family planning, outreach services, and prevention of harmful traditional practices such as Female Genital Mutilation (FGM).

*In partnership with WEEMA

**In partnership with Simien Mountains Mobile Medical Services



"We had a great time. We were able to share our successes and experiences – the best part of the meeting. We also set our goals in future and how we will work on it."

Sister Wongel, Hamlin Midwife in West Oromia, at HMAN meeting in Metu



Future

GreenLamp started with an open mind. This has led to an agile operation that swiftly adapts to changing circumstances and new possibilities. Our holistic approach has proven to be a strategy that creates impact and positive change.

LEARN

Continue our focus on long-term midwife training, increase funding of rural Ethiopian midwifery scholars, and upscale midwives' training to provide improved maternal and infant healthcare.

LIGHT

Improve working conditions at rural health centres by installing solar systems with light and refrigeration - 50 new systems to be installed in 2023 - and expanding our Sustainability Program with more maintenance, training, and supervision. We are exploring smart solutions to improve care through increased hygiene and health.

LEAD

Expand the Midwives Alumni & Leadership Training Programs, and midwife mentorship opportunities. We will work to enhance the leadership skills of midwives in rural communities and promote career development for midwives. The spotlight will be on encouraging of more community outreach work to attract more mothers to come to the health centres.

LEARN LIGHT LEAD

Broaden our holistic community projects with corporate partners.

"They often said nice things like "ayesoch" (all will be well and we are here to ensure this). They rubbed my back to help with the pain. I really want to call them to my house to say thank you. I heard that those mothers who go to the hospital are sad because the midwives there don't make the mother comfortable and are rough with her. They don't speak politely either."

Mother at Lote Health Center



Partnerships to Reach our Vision

OUR IMPACT IS ACHIEVED THROUGH GREAT PARTNERSHIPS AND SPONSORS

"Without the support of each and every donor, we would not have been able to make such a tangible impact. Even the smallest donation matters. A special thank you to the following people and institutions for their valuable contributions in time and treasure."

GreenLamp Board

IMPLEMENTATION PARTNERS

Hamlin Fistula Ethiopia - Hamlin College of Midwives, Addis Ababa, Bahir Dar, Mekele, Hawassa, Hargarge, Metu

Zürcher Hochschule für Angewandte Wissenschaft, Hebammen Institut, Winterthur, Switzerland
We Care Solar, Berkeley, USA

Solar Energy Foundation Ethiopia, Addis Ababa

Simien Mountans Mobile Maternal Services, Debark, Amhara

Atsedo Clinic, Gurage Zone, Ethiopia

WEEMA, Kembata-Tembaru Zone

St Luke College of Nursing and Midwifery, Wolisso

LeDeG Midwifery College, Addis Ababa

KEY SUPPORTING SPONSORS AND OTHER STAKEHOLDERS

Please find below a selected list of sponsors and donors that contributed for a value of CHF 2,000 and above

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Alexandre Weber

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Cezanne Winter

Inger & Andreas Wulf

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17 PARTNERSHIPS
FOR THE GOALS



"I am happy to have come across GreenLamp and to have gotten the chance to be involved in a project where a relatively small investment offers the sponsor to become a change maker with a significant impact for so many women!"

Dr. Ellen Ringier

Sponsor of Sosina, HCM class of 2024

Heartfelt thanks to our amazing
100% volunteers*: board members, project,
event and communication teams, speakers
and panelists, auditors
and to our community of Members.



We are also grateful to the team that supported us with this report:
Ana Salac, Anna Blecker, Anna Roos, Chani Ronez,
Nia Romanzina & Tanya Murphy

*all volunteers since 2012 are mentioned in the 2022 Annual Review

"I and my organization are so happy working with GreenLamp. Because their objective is not only to install the solar Lamp. Because they work more on its sustainability to run the system for a long time without interruption. We are responsible for the after-sales services and also for training the health workers to keep the system sustainable. My technical teams located in different regions are the ones who deliver the aftersales services and the training. More than 240 Solar Suitcases were installed for Health Centers located in the off-grid areas. ... providing this service financed by Green Lamp saves a lot of lives ..."

Foundation Ethiopia

"My dream is to eradicate obstetric fistula... I won't do this in my lifetime, but you can in yours."

Dr. Catherine Hamlin 1924-2020, founder of Hamlin Fistula Ethiopia & Hamlin College of Midwives at her GreenLamp visit in Zürich in 2013, together with her longtime friend Mamitu Gashe, once a patient, who became an acclaimed fistula surgeon.





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Your contribution matters.
Let's continue our work together.