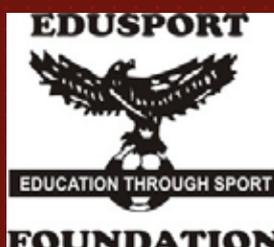


GO SISTERS NEWS LETTER - VOL 4



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The Five years
of Comic Relief
Support to the
Go sisters Project in
Zambia.
2013---2018



EDITORIAL

Welcome to our fourth edition of the "Girls' Empowerment through Sport" Newsletter. This issue will capture the activities that have been implemented since 2013 in communities around Zambia. We conclude our Project Cycle supported by Comic Relief. Our hope is that you will find our publication very informative, educative and Inspiring. We would like to thank all that we have worked with from International Inspiration now United Purpose like Poonam Sattree, David Foster, Dawn Goodwill and Steve Harknett. Their support has really helped us achieve incredible things for the Go Sisters program and more importantly for the Zambian Girls.

In 2018 we continue to strengthen our relationships with our partners as we strive to find new funding partner to even expand the Go Sisters program further. Our heartfelt gratitude goes to Steve Harknett who worked so hard to ensure that as we end the 5 year funding for Go Sisters, we develop a strategy that will see activities continue beyond 2018. We thank International Inspiration (United Purpose) for supporting the young children in Zambia especially through Go Sisters. EduSport is delighted and hopeful that this partnership will grow and be sustained.

WORD FROM EDUSPORT EXECUTIVE DIRECTOR: MICHAEL MWANGO

As EduSport Foundation we believe that new and relevant knowledge/skills have been imparted in all beneficiaries. These skills that have been transferred into Project staff and volunteers will definitely support them as they meet new challenges in their lives. This will help them make sound judgments and make a noticeable difference in their communities. During the last 5 year period;

(i) We were able to ignite the hopes of girls from vulnerable communities who are now able to look at life with a positive attitude. (ii) The organization has received a favorable Goodwill from the North and South which has assisted in improving the organizational outlook. Through this interaction, Go sisters! Has won recognition from the fast growing Sport for Development Family as one of the successful programs. (iii) Most students/scholars have further replicated the program in other parts of the World and our Staff are being engaged as facilitators. (iv) The Organisation has through the program acquired Skills and technologies necessary for project planning, implementation, evaluation and lessons sharing (v) The program was also able to fulfill the empowerment processes as highlighted in the organizational overall mission/vision.

CHALLENGES FACED

Reaching disenfranchised girls: It was not was not easy accessing those with disabilities and training them as Leaders.

- Giving Peer Leaders livelihood-related skills such as entrepreneurship and financial literacy
- Parents' reluctant to support their daughter's participation in Go Sisters
- Some negative attitudes towards girls participation in Sport persisting among boys, e.g.. more than 1 in 5 boys felt that boys were more important than girls, after being trained as Peer Leaders.
- Translating knowledge on Child safe guarding into actions. After Coaches and leaders have learnt about child safe guarding, the coaches/ leaders find it challenging to report cases of abuse. EduSport has continued doing refresh training and bring in other stakeholder to discuss on the importance of creating safe spaces for participants and report all forms of violence.

Doing Sport that Makes A real Difference

PROJECT STAFF AND THEIR EXPERIENCES



Chrispin Zulu -Driver



Michael Mwango -Director



**Nyachilongu Muzeya -
Accountant**



**Gregory Shikombelo
-Training Coordinator**



Sharon Museke– National Coordinator

Interacting with girls from low income homes who have gained knowledge and skills through the program has been a life changing experience for the past five years.



Catherine Chavinda Eastern Province Coordinator

I have had great experience being in the Go Sisters program. My greatest achievement is the people i have worked with for the first time as a coordinator and it has been a wonderful journey for me.



Annie Namukanga, Programmes Officer

Empowering and meeting the needs of young people through sport is what the Go Sisters programme has achieved over the years. For me, it is a blessing to be part of this inspiring programme and to see so many young lives changed into fulfilling their dreams and adding value to society.



Godfridah Kansangula Copperbelt- Province Coordinator

Leadership is not about glorious crowning acts. It's about keeping your team focused on a goal and motivated to do their best to achieve and lay a good Foundation



Patrick Mweshi- Marketing Officer

Changing the lives of Young needy girls has touched my life. With more support, girls would do wonders



Carol Shikombelo-Southern Province Coordinator

It really excites me to see these young people grow from one level to the other in their behavior and passion in working towards being good role models



Annetty Musenge -Western province coordinator

My knowledge and skills have increased because of working with different communities and various school .My voice (linzwi) let's empower our girl child.

Doing Sport that Makes A real Difference



IMPACT HIGHLIGHT

The 5-year Go Sisters project was implemented by EduSport Foundation, a Zambian leading 'Sport for Development NGO' from 2013 to 2018. The project which targets communities in five provinces of Zambia (Western, Copperbelt, Southern, Eastern & Lusaka) was around girls' and young women's leadership development. It aimed to increase their life opportunities and improve the safety of their communities. Some of the project outcomes were:

Project Outcome 1: 2100 female Peer Leaders (incl. 600 hard-to-reach girls) equipped with and given practical experience of using leadership, entrepreneurial and life skills to enable them make informed decisions, exercise their rights and make positive changes in their lives and communities

- 5,000 girls were reached by year 4, exceeding the target
- Girls successfully supported to stay in/ return to school through scholarships, study groups and vocational training
- Girls trained in reproductive health, child protection, HIV & AIDS, with an impact on unplanned pregnancies
- EduSport internships have benefitted EduSport girls through experience in computer literacy, writing reports, planning, managing and working with different teams
- Girls gained life skills in communication, public speaking, advocacy and facilitation
- By fourth Year, 832 Go Sisters! peer leaders adopted leadership roles outside the programme (e.g. school prefects, church leaders, Places of work, starting a business)

Project Outcome 2: Safe Environment for Girls Created:

- 74% of peer leaders, teachers and parents reported a reduction in girls'/young women's risky behaviours which was above the project target of 60%.
- By the end of fourth Year, 93% of those interviewed reported increased knowledge on HIV/AIDS, the number of peer leaders reporting that they had 'very good' or 'good' knowledge of women's and girl's rights increased from 51% to 80%.
- 89% of participants reported increased knowledge about healthy living in year 4.
- 323 peer leaders felt they were in a position to give advice and support to their peers on Sexual Reproductive Health. Peer Leaders were also trained on child safeguarding and handling cases of abuse. As a result, 92% of leaders had knowledge in identifying and reporting acts of abuse, including reporting to the Victim Support Unit under the Zambia Police.

Project Outcome 3: 250 Go Sisters peer leaders improved their life opportunities through learning basic literacy skills, completing secondary education, vocational training, or professional internships by the end of fifth year .

- 179 girls received scholarship support by end of Fourth year out of the 250 targeted. Among them 20 sat for grade 9 ex-ams and 16 graduated to grade 10 while 24 sat for their grade 12 exams.
- Last year (2017), 82 girls were trained in entrepreneurship skills covering business planning, budgeting, saving, business proposal-writing and marketing. Some of the trained girls started their own businesses while others went back to colleges to train as teachers. Others formed their own organizations working on non-sport issues such as creative arts. Overall project M&E data found that 87% of girls had improved their reading and writing skills over the course of fourth year.

GIRLS VOICES



"EduSport has really developed me -physically and socially. It has equipped me with facilitation skills ,such that am confident to handle various topics, am now able to plan and budget for events. Am able to run an office, I have learnt how to be responsible and how to care for office resources . It is through this organization that I have acquired knowledge on computers and am able to use it well" By Annie from Copperbelt.

*"I have worked with EduSport and been trained from peer leader through to TOT, also was given a chance to work as an intern in Lusaka province for four months .This was not just working but also part of learning .In Lusaka I acquired skills like- *How to work in the office ;how to use internet ;Budgeting; Re-port writing ,Typing and how to use a photocopying" Maggie - Lusaka intern 2016 intake.*

Mary Musonda say" Sport is very effective in sustaining one's ability to develop different skills and to develop prominent skills. EduSport has really helped me to acquire these skills and also be able to implement them to different communities and underprivileged youths".

"My names are Janet Phiri ,I am 12years old and I play football in my team as a captain .The Go Sisters pro-gram is good as it helps many girls to stay away from bad deeds. Girls are now able to stay away from early marriage s in Petauke ,it keeps us busy by giving us roles to play during workshops, and by keeping us busy with Sports sessions at playing grounds "

Joining the Go Sisters program was the best decision I ever made. Having a child at an early age is not an easy thing ,people laugh at you in the community, but that did not discourage me from participating in the Go Sisters program. Today am one of the girls that have been supported to go back to school. This has been my greatest reward, am working extra hard both in school and sport as I want to be a role model in my community and encourage other girls' Febby Lungowa western province Kaoma

"Being in the Go Sisters program has really helped me become who where I am. I have managed to be part of a Football team which participated in the Go Sisters! Annual tournament for the first time, and I have also formed a group of girls who are performing as majorettes The Go Sisters program has really built confidence in me". Patricia Sakala

Go Sister We Can Do it!

OVERVIEW OF LONG TERM OUTCOMES BEYOND FIVE YEARS



What we hope would continue...	Who will be responsible
1) Health talks in schools continue to be facilitated by Peer Leaders/LL1s/ ToTs, supported by schools	Trainer of trainers and Sports teachers
2) Local leagues and tournaments continue to be held, facilitated by community action team leaders with support from their parents.	Action team committees/Sports federations/parents
3) Savings groups continue to function and grow, to raise money for individual members' own livelihoods and also to raise money for project activities	Action team committees & partners from local micro-finance institutions and youth enterprise programmes
4) Peer Leader training courses – training courses continue to be held to replace decreasing numbers of Peer Leaders through attrition	Action team committees & trainers of trainers
5) Continuation of Community study groups to support those girls in the program that have reading and writing challenges to improve literacy levels.	Community leaders /Mentors
6) Action team meetings conducted within communities which will help strengthen activities as committees will be able to meet regularly and plan for activities.	Action team committees/Community coordinators
7) Parent forums & door to door: there is potential for parents to develop fuller and deeper understanding of the impact of the programme and the factors that influence this by pursuing the current approach (door to door meetings) in order to win their support.	Community coordinators
8) Child safeguarding trainings: refresher trainings for coaches continue to be held in order for them to continue reporting cases of abuse to local child protection units.	Trained coaches, participants, action team leaders and partners if they are unable to handle cases.
9) Coaching clinics facilitated by external partners e. g Sports Federations: this will increase the number of qualified and recognised coaches in communities.	EduSport & Sports Federations

PHOTO GALLERY



Weekly life skills session in schools



Children with intellectual disability event



The Director of sport with invited



Weekly life skills session in schools



Children with intellectual disability event



The Director of sport with invited



Mongu team posing for a photo



Peer leader training Livingstone



Some of the community leaders having fun.



Group discussion during training



Award presentation at the annual



Girls benefiting from school support



One of Go Sisters! community referees



Inclusive session in schools



Mufulira teams matching during their provincial tournament.



"It has been my pleasure to work alongside EduSport over the past 18 months or so, supporting the implementation of the Go Sisters project. The passion and the energy of the staff, the interns and the young leaders, and the love for what they do, has been really evident. I've been privileged to meet some

very confident young women who have gained valuable skills and experience through their involvement in Go Sisters – for example experience as interns, delivering project activities, coaching sport sessions, and facilitating education sessions. Such experiences look great on the young women's CVs and without a doubt will help them later life in employment. The Go Sisters programme has

also given EduSport staff experience and credibility with the government, to be invited into policy-making forums. Through these, EduSport has been able to shape national sport and education policy, to have a far wider impact on children and young people across Zambia. Now, after five years of funding through United Purpose (and funding from DFID before that), the Go Sisters project is coming to an end. Although I'll miss my visits to Zambia and time spent with EduSport, this isn't a time to be sad – development projects are never designed to continue forever; they're meant to develop and empower people so that they can continue the good work. The end of a project should be an occasion for celebrating its successes, for example those people who have grown and developed their skills and capacity as a result of the project. And it's also an occasion to look back and learn from the experience of the project, and to plan future work, maybe in new areas. I wish EduSport all the best as you move forward after the success of Go Sisters."

Steve Harknett

Parents' Support

Some parents gave reasons why they supported their children participation in Go Sisters, for example parents wanted their daughters to have positive peer influences in their lives, wanted them to gain HIV/AIDS knowledge and saw it as improving their chances to go to university.



I always encourage my child to continue her participation in the Go Sisters! program to learn new things especially issues to do with girls' rights. I do contribute towards her transport for the community Netball league.

'I am supportive of my daughter's involvement in Go Sisters, by making sure that I follow up on the activities and what they learn.

The program is very good for girls e.g. my child was very shy but now she is able to discuss issues of sexual reproductive health with me am happy for her'

I don't have any problem with the programme, I do support my child involvement in the programs, e.g. when there is a tournament or meetings I do allow her to go and she has learnt a lot of good behavior. The program has also contributed towards her school fees which I couldn't afford.

EduSport Foundation

Lusaka City Council
Kabwata Home Craft Center
P.O. Box RW 51334
Burma Road,

Tel: +260-211-250662
Mobile: +260 977483578
Email: info@edusport.org.zm
Official Website: www.edusport.org.zm



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