



ANNUAL REPORT 2023





OUR VISION:

'A humane correctional service founded on the principles of human rights, where the right to life, health, family, education and human development are at the center'

UBUMI PRISONS INITIATIVE

Birkerød, Denmark

Lusaka, Zambia

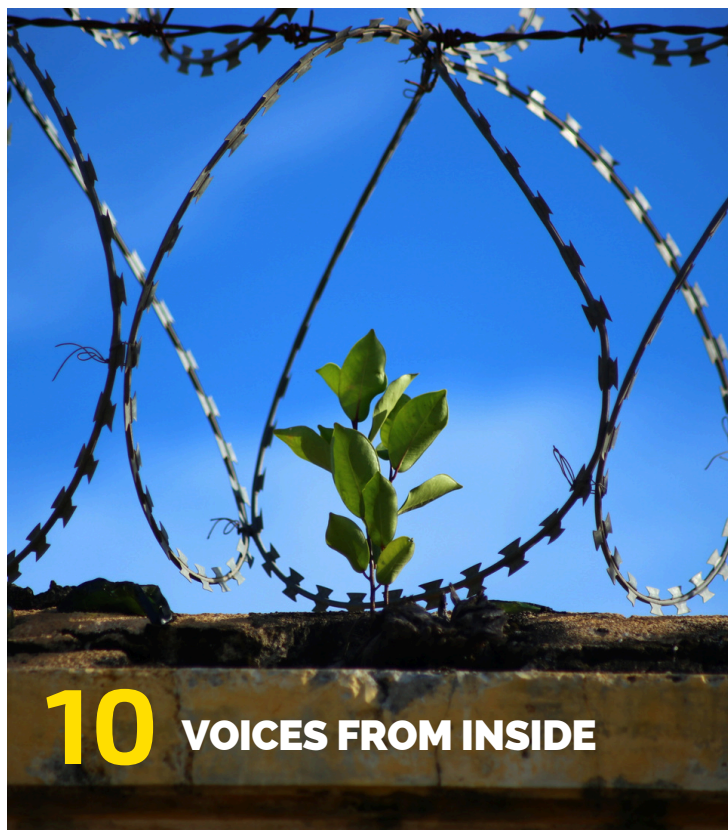
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UBUMI PRISONS INITIATIVE

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THE UBUMI FARM

Read more about the Ubumi Farm

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Foreword



Ubumi Prisons Initiative celebrated another remarkable year in 2023, achieving significant milestones. Our organization continues to make a substantial impact in Zambian Correctional Centres and beyond. It is your support which made this possible.

Colleagues and volunteers in the correctional centres we work with have continued to support the most vulnerable and marginalized, focusing on our four key strategic areas: 1) Children and Youth, 2) Physical Health, 3) Mental Health, and 4) Education and Reintegration.

Our priority is to support children who are incarcerated with their mothers, as well as pregnant women. Ensuring they receive proper nutrition and opportunities for cognitive development through play is central to our mission. We are closely monitoring the Zambian government's initiative to relocate circumstantial children from correctional centres to more suitable alternatives for children's placement and we will assess our future involvement once this change is fully implemented.

Our assistance extends to youth providing them with nutritional support, education, and recreational activities, thanks to PEPFAR, our supporters and foundation partners. The recent government directive to remove juveniles from adult correctional centres is a significant and long-anticipated advancement, crucial for their safety and well-being.

We continue to implement our acclaimed Ubumi Model, which focuses on combining the improvement of health for the inmates with capacity building and dialogue with the authorities at different levels. This includes the strategic distribution of food, medication, and hygiene items by Ubumi volunteers, who are inmates committed and trained to support the most vulnerable. These efforts substantially improve the lives of those living with HIV, TB, or other chronic illnesses, demonstrated by the continuous monitoring carried out by Ubumi. Additionally, we work strategically with the Zambia Correctional Service authorities to promote human rights, support them to live up to commitments, through for instance trainings of healthcare workers on mental health, hygiene, infectious diseases, and nutrition.

Mental health is also a top priority for Ubumi. Our mental health project includes facilitating support groups for incarcerated people, trainings on mental health and psychosocial support, mentoring healthcare workers, and raising awareness among correctional staff and incarcerated.

Foreword, cont.



Reintegration into the community of formerly incarcerated persons is key, and Ubumi's project provides formerly incarcerated and community members with skills in agricultural production, offering a 5-month training program to become small-scale farmers, thereby supporting their livelihoods and families in the future.

In addition to the project activities on the ground, Ubumi got a recognition of the successful collaboration with the different Zambian authorities, as Ubumi received accreditation from the Zambian National Health Research Authority as a research institution towards the end of 2023. This accreditation allows us to conduct impact studies to support the implementation of the Health Strategic Plan for the Zambia Correctional Service, utilizing data to inform our advocacy and initiatives. Ubumi will use this to ensure that this will benefit the incarcerated individuals we work with and for in the long term.

On behalf of the Ubumi leadership, I extend heartfelt thanks to our staff and volunteers for their hard work, the Zambia Correctional Service for their support and collaboration, and our partner organizations for their dedication.

A sincere and warm thank you to those who have supported Ubumi on behalf of our target groups and inmate volunteers. This support is the basis for our capability to initiate all the activities that improves lives in the correctional centres here and now, and works to improve the conditions in the future, too. Your support truly makes a difference!

Mette Lund Sørensen
Chairperson





The Ubumi Model

Main principles and results

- A holistic, cost-effective and strategic approach to problem-solving designed to the individual setting, but with the below elements included
- Inmate empowerment and skills building
- Volunteerism (inmates help other inmates)
- Collaboration with duty bearers (mainly Ministry of Home Affairs and Internal Security, Ministry of Health and Zambia Correctional Service)
- Capacity building of corrections staff, health care workers and inmates
- Help for 'self-help' – vegetable gardens and other food production projects create the opportunity for more sustainable and healthy provision of foods
- Strong checks and balances for good management
- Improved health, wellbeing and general conditions for the most vulnerable in prison: seriously ill patients, children aged 0-4 who are with their mothers in prison, juveniles, pregnant women and mothers, individuals with mental illnesses, other vulnerable groups and the general prison population
- Staff and inmates more equipped to tackle challenges through the capacity building they have taken part in (trainings, mentorship and more)
- Strengthened capacity to manage interventions for health, including mental health
- Commitment and support by Zambia Correctional Service
- A sense of meaning and purpose for the volunteer inmates (in contrast to the meaningless existence in prison)

Civil Society Mobilisation for Health

Civil Society working in Zambian correctional centers often work together and are organised in a Prisons Health Advisory Committee chaired by CSOs with Zambia Correctional Service (ZCS) as Secretariat and supported by partners in a variety of ways.

The Civil Society Mobilisation project (Jan 2022 - August 2024) centers on the implementation of the Ubumi Model (see the next pages), strengthening of civil society collaboration and finally supporting the M&E framework for the Zambia Correctional Service Health Strategic Plan 2022 - 2026. In 2023, we trained 26 inmates and 4 officers on nutrition and infectious diseases for 5 days at Kabwe Maximum incl. inmates and officers from Kabwe Medium and Kabwe Female. We also trained 25 health staff from Central, Lusaka and ZCS HQ on nutrition, infectious diseases and the ZCS Health Strategic Plan in collaboration with ZCS, MoH. and our partners PFF. We have also facilitated alliance building, coordination, collaboration and areas for mutual advocacy among PHAC partners.

A very important part of the project is data collection in support of strategic areas for the ZCS Health Strategic Plan baselines. Ubumi was approved as a Research Institution by the National Health Research Authority and a comprehensive M&E framework was developed within the fields of circumstantial children, mental health, nutrition and environmental health (hygiene). This has been approved by ERES Converge Ethics Committee and we expect to start collecting data for the baselines in January 2024.

The project is implemented as a collaboration between Ubumi DK, Ubumi ZM and Prisoners' Future Foundation. We wish to thank CISU - Civil Society in Development for sponsoring this important intervention.



Workshop for ZCS Health staff on the ZCS Health Strategic Plan, Infectious Diseases and Nutrition in Lusaka



2-day workshop at Grand Palace Hotel in Lusaka for PHAC partners hosted by Ubumi

Seriously Ill Project

The project for the seriously ill is one of our longest running projects. This intervention has over the years contributed to saving and improving lives of many incarcerated individuals who are and were on our programme. It is one of the most impactful and important projects that we have. The project is based on empowerment, volunteerism and help for 'self help'. Inmate volunteers form groups who care for the ill. They take care of the patients by helping them bathe, helping them wash, ensuring they take their medication, cooking for them, encouraging them and assisting them to eat if necessary. Equally, where possible we have gardens which produce food for the ill and provide skills building for the volunteer inmates. Ubumi trains the volunteers within different areas of health issues such as nutrition, infectious diseases, peer education, mental health and much more to build their capacities and ensure they can take proper care of the patients. .

In 2023 Ubumi supported 417 patients across four male correctional centres and 21 female patients across three centres. On any given day, an average of 160 patients are receiving food. Some stay on the programme for years, others for a short while until their health improves. The project in the Kabwe correctional centres is implemented in collaboration with PFF.

We wish to thank CISU - Civil Society in Development, PEPFAR as well as the private foundations and individual supporters. This would not be possible without your vital support.



Monthly food and hygiene delivery at Chipata Male Correctional Centre



Monitoring Visit by Ubumi and PFF staff at Kabwe Medium Correctional Centre

The Children's Project

ADVOCATING FOR THE RIGHTS OF CIRCUMSTANTIAL CHILDREN

The children are particularly vulnerable in the prison context. We aim to enable healthy child development by supporting the children as well as advocating for their rights.

In February Ubumi was invited to present on the plight of Circumstantial Children at the Parliament with Action Aid Zambia. Recommendations were given to have a budget specifically for the children so that ZCS can among others improve on nutrition, hygiene, sleeping arrangements, child development and counseling for mothers and children. We have since seen an improvement in the provisions for the children and the President has given directives to move the children and their mothers to secured houses..

Ubumi has supported children in Lusaka Central Female Corretional Centre since 2006 but in April 2023 we were able to hand over to Kids Alive Zambia and ZCS. We consider this a success.

In 2023 Ubumi supported 38 children with nutrition, hygiene, medication and early childhood development across 3 correctional centres in Chipata, Kabwe and Lusaka. 14 pregnant women were supported with food and hygiene packs as well as baby packs,



Christmas lunch at Kabwe Female Facility donated by Ubumi and PFF



Monthly food and hygiene donation for the children, pregnant and breastfeeding women as well as seriously ill women by Ubumi.



Ubumi's Country Coordinator and ActionAid Staff at Parliament

Voices from inside - Patients, Pregnant Women and Incarcerated Volunteers

During a monitoring visit from Ubumi Denmark some heartwarming life stories were shared by the affected community who we support. They expressed the importance of our work and how it has impacted their lives.

"It would be very difficult for the patients in the sick cell. We would rely on bad food and left to sleep without a proper arrangement. Without you, I don't think I would get my medicine. Then I would be worse than now."

- A Former Patient

"It gives me purpose to help the sick. I feel empathy. Some have not had visitors in 5-6 years. With the Ubumi patients, I found my family here."

- An Ubumi Inmate Coordinator

"The organisations help us with food options such as beans, soya, eggs, and vitamin supplements and growing more foods like cabbage and onion and more rich foods for us who are sick. We can even clean ourselves and our cells and get mattresses and duvet covers. It is rare in maximum but also in medium because there are many people, few prison money and not many people outside that care about us. Yes, they help us with food and soap to clean ourselves and our cells and detergent to wash our clothes but I was more happy to have someone who looked after me and visit me when I was in the bed."

- A former patient who became a inmate volunteer and once released joined the Ubumi farm as a trainee

"Tell the donors and the people that the sick and dying are resurrected here. Without Ubumi and PFF, people will die."

- A Former Patient

"The Ubumi people helped me right away. I was 2-months pregnant, so I needed help. I was scared and confused and weak. They helped all those who don't have anything"

- A Pregnant Incarcerated Woman

Juveniles

Juveniles are one of the most vulnerable groups that we support in the Zambian correctional centres. Our projects with the juveniles in Kamwala Remand, Chipata and Kabwe Correctional Centres focus on health, nutrition, recreation and education.

The juveniles receive supplementary food, hygiene items as well as medication and vitamins from Ubumi. This is supported by PEPFAR, Verena Merz and Otto Kjærgaards Børnefond, Viggo Skyum Kierkegård og hustru Thyra Kierkegårds Mindelegat and Medarbejdernes Honorarfond as well as vital contributions from individual members and supporters. In 2023, 493 juveniles received support in terms of nutrition, hygiene and medication .

Our Ubumi inmate volunteers make sure to provide educational classes on various topics incl. computer lessons for the juveniles with computers donated by Ubumi. 250 juveniles benefitted from educational support and out of these 133 took part in ICT classes in Kabwe and Chipata and 20 in art classes. In 2023 Ubumi helped set up educational activities in Kamwala Remand which holds the largest number of juveniles.

BUPL and Jubilæumsfonden supported with various educational materials, including art and ICT. The inmate volunteers also make sure that recreational activities take place e.g. football and chess.



Donation of educational materials and lunch boxes for juveniles in Kabwe Medium Correctional Centre where Ubumi and PPF run nutritional and educational activities

Mental Health Matters

Ubumi and our partners IBF have been supported by CISU - Civil Society in Development to implement the project 'Mental Health Matters', and in 2023 this work continued with the grant 'Mental Health Continues to Matter' together with our partner IBF. The project aims among others to create awareness as well as build capacity of Zambia Correctional Service with a particular focus on their health staff and incarcerated peer educators. Our mental health specialists train and mentor ZCS health staff on mental health in order to build their capacity further. This creates sustainability and enhanced mental health services.

In 2023 we developed our own draft support group guidelines specifically to be used in closed settings like prisons. We then trained inmates and officers as Support Group Facilitators to enable them to run support groups for their peers. We trained 62 inmates (male and female) and 15 officers in Copperbelt, Lusaka and Central Provinces. 27 support groups were formed after the trainings. and the work will continue..



ZCS officers from Kabwe Correctional Centres who completed the 10-day Support Group Training facilitated by Ubumi



Inmates and officers from 2 Mwembeshi Correctional Centres who completed the 10-day Support Group Training



Inmates and officers from 3 Kabwe Correctional Centres who completed the 10-day Support Group Training



ZCS officers from Mwembeshi Remand Correctional Centre with ZCS HQ Mental Health Focal point, Ubumi's Senior Mental Health Advisor and Ubumi's Mental Health Specialist

Mental Health Matters

Supporting Advocacy and Capacity Building

District Mental Health Conferences

In 2023 selected districts in Lusaka, Copperbelt, Central and Eastern Provinces received mental health sensitisations via conferences aimed at Zambia Correctional Service, Drug Enforcement Committee, Ministry of Community Development and Social Services as well as Ministry of Health. The conferences were also aimed at building linkages and improving collaboration between the different institutions.



World Mental Health Day Commemorations and Sensitisations

Every year World Mental Health Day is commemorated on the 10th October. In 2023 Ubumi supported World Mental Health Day Commemorations in four provinces targeting all the centres where Ubumi implements mental health activities. Trained Support Group Facilitators ensured that the general population was sensitised for 5 days on different mental health disorders and the benefits of support groups in order to reduce misconceptions, stigma and discrimination.



The Ubumi Farm

Supporting formerly incarcerated individuals and local community members with more sustainable livelihoods

Reintegration of formerly incarcerated into the communities is generally a challenge. The formerly incarcerated men and women generally struggle with finding employment and they face stigma on many levels. Many find it difficult to reunite with their families. Ubumi has developed a reintegration model where formerly incarcerated and vulnerable community members are enrolled in a programme where they receive a 5-month training on agriculture, entrepreneurship and HIV. The agricultural training is based on theoretical lessons and practical work experience.

In 2023 14 trainees graduated from the farm after 5 months training, and 16 more were enrolled in October (graduating in 2024).

We wish to thank CISU and PEPFAR for their support.



Graduation for the first group of trainees in 2023



Deputy OIC from Chipata male Correctional Centre, Extension officer and Ubumi's Farm Manager handing over certificates to the graduates



Trainees transplanting rape



Trainees learning how to clip the tails of pigs



Trainee selling farm produce at the market in Chipata as part of the entrepreneurship training

Reintegration Alliance for Formerly Incarcerated Persons (RAFIP)



In July 2023 Ubumi invited partners who work with reintegration for a meeting to discuss the plight of formerly incarcerated and the way forward in terms of advocating for the formerly incarcerated to alleviate their struggle. This has since flourished into a consortium with a secretariat and a plan to formalize our activities. The name of the consortium is 'Reintegration Alliance for Formerly Incarcerated Persons' (RAFIP). Ubumi was elected as the Secretary and has hosted several meetings. We look forward to working with the consortium on advocating for a better future for our brothers and sisters who come out. Currently RAFIP's membership consists of 12 organisations.

Thank you to CISU for making this possible.



RAFIP members with a representative from the EU



Visit to Transit Centre for formerly incarcerated run by PREO



RAFIP meeting at Ubumi's office

HIV and AIDS Prevention

HIV and AIDS is still a pertinent issue in Sub-Saharan Africa, and HIV prevalence rates are often higher in the prisons. Stigma around HIV and AIDS is high and it often hinders access to prevention, treatment and support for affected people. Ubumi has received funding from PEPFAR Small Grants in order to address some of these gaps in Chipata Male Correctional Centre and at the Ubumi Farm.

The intervention targets incarcerated adults and juveniles as well as the trainees at the Ubumi Farm. It is implemented from October 2023 - September 2024. This project aims at sensitizing inmates, juveniles and officers on HIV and AIDS prevention, treatment, adherence, stigma and discrimination through providing peer education workshops and sensitisations inside the Chipata correctional centres as well as providing HIV sensitisations and testing at the Ubumi Farm. The intervention also supports incarcerated persons living with HIV as well as at risk children aged 10 - 18 and seriously ill inmates with nutrition, medication, hygiene and support and care provided by trained inmate volunteers. The model among others helps to prevent patients from defaulting in drug adherence as well as teaching others on how to avoid contracting HIV.

More than 1200 inmates, 20 correctional staff and 45 farm trainees are targeted through these different activities. 23 peer educators and 3 officers were trained on HIV and AIDS in December in collaboration with the Chipata District Health Office.

Thank you to PEPFAR for making this possible.



ZCS Officers who completed the HIV training with Ubumi's officer, ZCS Offender Manager and the facilitator from Chipata District



HIV and AIDS Workshop in Chipata Male Correctional Centre

Ubumi is Part of Local Networks and Alliances

The Network for Small and Medium Sized Civil Society Organisations was founded and is co-coordinated by Ubumi Prisons Initiative Denmark. Its goal is to bring our issues and priorities to the attention of state authorities. In addition, we participate actively in CISU - Civil Society in Development and Global Focus. We are members of the Danish NGO Network for Health and the Nordic Network for Mental Health and Psychosocial Support in Humanitarian and Fragile Settings. Our goals in both networks are to raise awareness of health issues in the development sector and to encourage Danish/Nordic Alliances.

Ubumi Prisons Initiative Zambia is a member of the Prisons Health Advisory Committee (PHAC), which is composed of representatives from the government, UN, and CSO community and serves as the coordinating body for prison health. In 2023 Ubumi was elected as support to Secretary for PHAC. Ubumi is also a member of the board of the Southern African Network of Prisons (SANOP) Chapter in Zambia. SANOP is a regional network that supports the human rights and health of prisoners and formerly incarcerated in Eswatini, Malawi, Zambia, and Zimbabwe. Ubumi ZM also serves as the Secretary on the Reintegration Alliance for Formerly Incarcerated Persons (RAFIP) which we helped start up.

In 2023 Ubumi ZM also became part of the People Who Inject Drugs Taskforce and the National Mental Health Technical Working Group,



Our Partners in Zambia

Ubumi Prisons Initiative's local office in Zambia (Ubumi Zambia) has been registered and approved as a local partner with CISU. Ubumi Denmark and Zambia continue to work in partnership with other organisations. In 2023 we implemented projects with Prisoners Future Foundation (PFF) in Kabwe and in Kitwe and Ndola we worked with In But Free (IBF). We keep working towards creating new opportunities for partnerships. Beneath are pictures of Ubumi staff together with our partners.



Tribute to our Volunteers

Some of the main principles of the Ubumi model are volunteerism and empowerment and it's something we strive towards achieving in all our projects both inside the correctional centres and outside. We put emphasis on the importance of letting the inmates lead our projects as they are the ones who know what the needs are on the ground, who have many skills to contribute with and who want something meaningful to do while serving their time. We also have volunteers outside of the facilities who are doing an amazing job. We are extremely proud and grateful for all the great work that is being done and for the lives that are being saved through their tireless efforts.

Inmate volunteers who are incarcerated themselves spend their time inside helping their fellow friends despite of their own difficult situations. They help patients bathe, eat, take medication, lift their spirits when they are down, keep the cells clean, cook the supplementary food, take care of juveniles and children, keep them safe, keep them busy with education and recreational activities, make sure they eat and their surroundings are kept clean and that both patients, juveniles and children receive the necessary help. In our eyes they are heroes and they deserve a profound thank you.



ZAMBIAN CORRECTIONAL CENTRES



2023

ZAMBIAN CORRECTIONAL CENTRES IN NEED OF SUPPORT

The Zambian Correctional Service struggle with a variety of challenges, from understaffing, to poor resources which pose challenges in terms of protecting the lives and welfare of inmates and their children.

Ubumi Prisons Initiative recognises the need for capacity building of central areas such as human rights related to especially health, education, protection of the most vulnerable as well as reintegration into society of formerly incarcerated individuals.



SOME FACTS

The Zambian Correctional Service is responsible for 108 correctional centres across the country, including 69 conventional correctional centres, three remand prisons, 39 open-air correctional centres and one reformatory school

There are very few programmes that support the reintegration of formerly incarcerated individuals.

Particularly vulnerable groups include children aged 0-4 accompanying their mothers as well as pregnant women in the correctional centres.

Juveniles, incarcerated persons with mental illnesses and seriously ill patients are equally highly vulnerable.

Thank you from the Ubumi Team

Ubumi Prisons Initiative DK/ZM wishes to thank all our donors, partners, members and volunteers (inside and outside of the correctional centres and prisons) for a great collaboration and all their hard work. 2023 has been a year packed with important activities and excellent results and we can't wait to continue in the same spirit next year.



To see all Ubumi staff, please visit www.ubumi.dk or
www.ubumi.org

Thank You to our Donors, Members and Supporters



CISU - Civil Society in Development

PEPFAR - US President's Plan for AIDS Relief

Bistrup Kirke

BUPL

Jubilæumsfonden af 12.05.1973

Viggo Skyum Kierkegård og Hustru Thyra Kierkegårds Mindelegat

Verena Merz and Otto Kjærgaards Børnefond.

Medarbejdernes Honorarfond i Novo Gruppen

All individual members and supporters



