



Community Self-Help Education Series no 14

## Let's start our own Community Women's Rights Club - Stop the Violence



### Resources Manual

*'Everyone has the right to life, liberty and security as a person'*  
Quote from the UN Universal Declaration of Human Rights

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## **NOTES**

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## How to use this manual

Firstly, this manual will tell you about some of the most common problems of women's rights and the organisations, agencies and government offices that are in Zambia to help stop the violence against women and other violations of women's rights. However, due to little funding and staff training some may not be helpful. Therefore you, as a community member, will be useful to these organisations by asking for their help so they learn about the problems the women have around the communities so they may become more helpful later.

Many women have been badly treated because they do not know their rights and do not know where to go to complain or get help in times of beating, battering, violence, hunger, illness, long way to fetch water or to stop abuse and seek help or get compensation.

***The old ways for a wife to stop beating in marriage*** is to ask for help from the marriage helper that helped when you got married. If this is not working meet the relatives of your husband and tell them about your problem and ask them to speak to your husband. You do have the right to get divorce from a violent husband.

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hand. It is up to the community leaders to choose how to go about it. If the problem at hand is very bad, e.g. violence against women such as beating, battering or rape, organise a demonstration to wake up the community and the government. However, try first to speak to your elected leaders at the Council or the MP at the National Assembly (Parliament) to raise the concern.

### **The supporters**

These are the places you shall take your problems about violence, water, hunger and education affecting women's rights:

- A) Leaders of the District Council, public health, community development
- B) Area Councillor
- C) The Chief in the rural areas and the Residents Development Committee (RDC) in the urban areas
- D) Member of Parliament (MP)
- E) Human rights commission

Ask them to take action from their office.

### **Fight Poverty**

The fight against poverty should start in the community. Do not wait for (GRZ) Government of Republic of Zambia or the (NGO's) Non Governmental Organisations to come to your rescue, - you might wait for very long! Most issues in this manual are part of poverty and violence against women is made worse by poverty. **Organise the community to come together and fight poverty and violence on self-help solely from the community's own resources.** Then to add on the community self-help efforts you will see that your women's rights club will grow and receive support from both GRZ and the NGO's later as the club grows. Look for the manuals in community self-help education series that are listed later in this manual and find advice about the projects your community wishes to start. Apply also to Constituency Development Fund through the Town Clerk or Council Secretary.

### **Clean water for all**

**The right to clean water is among the human rights that are important for women.** Many villages have clean water part of the year only and have long walks in the dry season to find dirty water in open ponds of dry riverbeds where cattle drink and children bath as well. Boreholes are needed in many places where the water table is deep and that cost a lot, while in other places the communities can dig an cheap well in order to have clean water. The water affairs office in the Province is the right place to get advice, site the well or borehole and apply for a borehole or a well to be paid for by (GRZ). If you fail, try to get help through the leaders listed under "the supporters". If this also does not help, look up donors later in the manual where you can find addresses to apply for money for a borehole or water well.

### **Literacy and skills education**

**Every woman has the right to education.** Many areas have no skills training or literacy class resulting in high illiteracy and lack of skills among women.

## ***The Universal Declaration of Human Rights was adopted by the United Nations.***

*All human beings are born free and equal in dignity and rights. (1)*

*Everyone has the right to life, liberty and security as a person. (3)*

*No one shall be held in slavery or servitude. (4)*

*No one shall be subjected to torture, or inhumane or degrading treatment or punishment. (5)*

*No one shall be subject to arbitrary arrest, detention or exile. (9)*

*Marriage shall be entered into only with the free and full consent of the intending spouses. (16.2)*

*Everyone has the right to freedom of opinion and expression (19)*

*Everyone has the right to freedom of peaceful assembly and association. (20.1)*

*Everyone has the right to equal access to public service in his country (21.2)*

Everyone has the right to rest and leisure, including reasonable limitations of working hours and periodic holidays with pay. (24)

*Everyone has the right to a standard of living adequate for the health and well being of himself and his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability widowhood, old age or lack of livelihood in circumstances beyond his control. (25.1)*

*Everyone has the right to education. (26.1)*

*Everyone has duties to the community in which alone the free and full development of his personality is possible. (29.1)*

For the full text please go to the Internet: <http://www.un.org/Overview/rights.html>

health services. When the word "prevention" is used, it is usually in reference to secondary and tertiary prevention - helping women get out of violent situations and preventing further violence. Little attention has been given to primary prevention - addressing the root causes with the goal of reducing the number of new cases. Recent hallmark publications have called for increased investment in primary prevention:

#### Appendix 3

The women's right to education is stated in article no 26; *'Everyone has the right to education'* in the United Nations (UN) Declaration of Human Rights and is also among the (UN) development goals. UN estimates that Zambia will reach the goal of education for all by year 2129 if the action to provide education continues the way it goes today. This is very bad for the women that cannot read and write and this needs community action now. ***Meanwhile the community leaders must come together and start literacy and skills training on self-help.*** The community might need help to be heard, therefore talk to your area Councillor and the MP and speak to the education office, district education board secretary and the Government. If this doesn't help, look up donors later in the manual to find addresses where you can apply for money/support to start literacy and/or a skills class. Order the Community Self-help Education Series manual no 3 "Let's start our own community literacy class" and no 4 "Let's start our own community skills training" and learn more about how to start a school in the community for women.

#### The Right to Health Care

Although most people have to pay for treatment at the clinic, others need not pay; children, pregnant women, orphans, the aged and the poor. ***They have the right to free treatment.*** If you need free treatment, go to the Home Based Care Office in your district or get a letter from the Social Welfare office that you can take to the clinic when you go for treatment. Some children are not fed well and get sick because mothers cannot read and write and know too little about how to look after children. Many women do not get help when giving birth so they die. The community should speak Ministry of Health to get better treatment for mother and child by teaching local women to help women and children.

***The Chief or the Residents Development Committee must help the community to apply for support to train local women to assist the clinic.*** Try also to get help through the people listed under "the supporters". You can also get help from the district office of the Ministry of Health if you fail. See addresses later.

#### Freedom from Hunger

***The right to food is among the basic human rights.*** Many areas are dry or get no or very little crop at times and women and children go hungry when last year's food store is eaten up and the new crop fails. Try to get help through the offices listed under "the supporters". Furthermore there are many organisations that may help at times of hunger that you can look up later in the manual.

#### Corruption and sexual abuse

We need the help of government or council offices or NGO's from time to time; apply for a scholarship, a place in a college, a permit, passport, NRC card, a plot, participate on a sports team, apply for a job, pay customs for a parcel etc. ***It is your right to get the services*** that you need without paying anything apart from the fee that office will give you a receipt for when you

pay. It is a crime to ask for sex for you to be given any of the permits or services above. Asking for sex when you need help is a crime and must be reported, - paying bribe is not allowed, it is better to ask for help and speak to the support organisations we written about or to Anti Corruption Commission. In that way we can stop sex abuse and corruption. The Commission has an office in all provincial towns.

## Support if abused

When abused you can ask for help from the following:

National Legal Aid Clinic for Women  
Legal Resources Foundation  
(YWCA) Young Women's Christian Association  
Zambia Police Service; Victim Support Unit or Sex Crime Unit  
The hospital or the clinic for treatment  
Social Welfare office  
Human Rights Commission

## Recommendation if you are abused

You may feel very bad to report a case of abuse such as violence, battering, rape, therefore when reporting the abuse to the police, **do not go alone but go with someone you trust**, the priest in your Church, a neighbour of wisdom, a volunteer from any NGO such as YWCA, Zambia Red Cross or National Legal Aid Clinic for Women to the police station and the hospital. The reason is that not all police officers/nurses you meet are helpful to you. Some are good people and know their work while others are bad to you and you waste your time there. The GRZ services differ greatly from one office to another. Your helper will make sure that you are treated well and your rights are respected!

## Lobola

Bride price has become custom among all tribes, including those that did not have lobola before. Lobola was there to bind families together, gave certain rights to the parties and the meaning was clear. The wife was married for sure, and was protected by the husband; he looked well after her and the children. Lobola gave also more respect to the woman. But some men believed that payment of lobola has given them ownership of their wife. This thinking has caused some men to beat their wives.

## Violence in Marriage

Some believe that a married woman is not allowed to refuse when her husband ask for sex, if she refuses then he is allowed to **force her. This is violating her human rights**. Do not keep quiet but report to Zambia Police Service, the Victim support unit, get a report from the doctor if hurt and go for help from a counsellor.

## When the body get badly hurt

Such abuse is pushing, kicking and beating. This may be so bad that you need treatment at the clinic. The UN declaration of human rights no 5 state

infant girls); and maternal death from unsafe abortion.

- **Sexual and reproductive health:** Violence against women is associated with sexually transmitted infections such as HIV/AIDS, unplanned pregnancies, gynaecological problems, induced abortions, and adverse pregnancy outcomes, including miscarriage, low birth weight and fatal death.
- **Risky behaviours:** Sexual abuse as a child is associated with higher rates of sexual risk-taking (such as first sex at an early age, multiple partners and unprotected sex), substance use, and additional victimization. Each of these behaviours increases risks of health problems.
- **Mental health:** Violence and abuse increase risk of depression, post-traumatic stress disorder, sleep difficulties, eating disorders and emotional distress.
- **Physical health:** Abuse can result in many health problems, including headaches, back pain, abdominal pain, fibromyalgia, gastrointestinal disorders, limited mobility, and poor overall health status.

## Social and economic costs

The social and economic costs of violence against women are enormous and have ripple effects throughout society. Women may suffer isolation, unable to work, loss of wages, lack of participation in regular activities, and limited ability to care for themselves and their children.

## Prevention and response

More evaluation is needed to assess the effectiveness of violence prevention measures. Interventions with promising results include increasing education and opportunities for women and girls, improving their self-esteem and negotiating skills, and reducing gender inequities in communities.

Other efforts with positive success include: work with teenagers to reduce dating violence; supportive programmes for children who have witnessed intimate partner violence; mass public education campaigns; and work with men and boys to change attitudes about gender inequities and the acceptability of violence.

Advocacy for victims, better awareness of violence and its consequences among health workers, and wider knowledge of available resources for abused women (including legal assistance, housing and child care), can lessen the consequences of violence.

## Prevention of intimate partner violence and sexual violence

Intimate partner violence and sexual violence are significant global health problems and human rights issues. Under the title 'violence against women' the two overlapping issues have received increasing attention. Much of the response to these forms of violence has focused either on advocacy, providing adequate health and legal services and ensuring safety of victims once violence is disclosed, or on screening for violence in the context of

The United Nations defines violence against women as any act of gender-based violence that results in, or is likely to result in, physical, sexual or mental harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life.

There are many forms of violence against women, including sexual, physical, or emotional abuse by an intimate partner; physical or sexual abuse by family members or others; sexual harassment and abuse by authority figures (such as teachers, police officers or employers); trafficking for forced labour or sex; and such traditional practices as forced or child marriages, dowry-related violence; and honour killings, when women are murdered in the name of family honour. Systematic sexual abuse in conflict situations is another form of violence against women.

### Scope of the problem

- In a 10-country study on women's health and domestic violence conducted by WHO,
  - o Between 15% and 71% of women reported physical or sexual violence by a husband or partner.
  - o Many women said that their first sexual experience was not consensual. (24% in rural Peru, 28% in Tanzania, 30% in rural Bangladesh, and 40% in South Africa).
  - o Between 4% and 12% of women reported being physically abused during pregnancy. More about the study
- About 5,000 women are murdered by family members in the name of honour each year worldwide.
- Trafficking of women and girls for forced labour and sex is widespread and often affects the most vulnerable.
- Forced marriages and child marriages violate the human rights of women and girls, but they are widely practiced in many countries in Asia, the Middle East and sub-Saharan Africa.
- Worldwide, up to one in five women and one in 10 men report experiencing sexual abuse as children. Children who experience sexual abuse are much more likely to experience other forms of abuse later in life.

### Health effects

Health consequences can result directly from violent acts or from the long-term effects of violence.

- **Injuries:** Physical and sexual abuse by a partner is closely associated with injuries. Violence by an intimate partner is the leading cause of non-fatal injuries to women in the USA.
- **Death:** Deaths from violence against women include honour killings (by families for cultural reasons); suicide; female infanticide (murder of

that *'No one shall be subjected to torture, or inhumane or degrading treatment or punishment.*

Get help through the organisations listed under "support if abused".

### When feelings are hurt

Such as shouting and calling names in public is a type of abuse that hurts and makes the woman feel very, very bad. **Abuse is violation of human rights** and is a criminal act. Get help through the organisations listed under "support if abused".

### Labour

The law helps every worker if wrongly sacked from the job. Such cases may be if you lose the job because you refused the boss sex when he asked for it or you were not given the job because you did not agree to sex. This is not allowed and is a criminal act and is women's rights abuse. If you have been badly treated in the workplace, ask for help at the Labour Office or from the Trade Union leaders. You find a labour office in every district. Trade union leaders are found at all big workplaces. Find address to Zambia Congress of Trade Union later in this manual. You can also take the case to Human Rights Commission or the Police or the legal aid services listed later in the manual.

### Economic abuse

Stopping the wife from employment, selling the house they live in without telling and refusing the wife even little money for her needs is economic abuse. **All these abuses are against her rights and the woman needs help.** Get help through the organisations listed under "support if abused" and NGO's later in the manual.

### Abduction or elopement

It is a crime to steal a girl. Girls are stolen (abducted) in some tribes to get married. This might cause the family to refuse to take her back home. Men stealing a girl may stay seven years in prison. **Stealing is against her human rights.** Do not keep silent. Get help through the organisations listed under "support if abused" and NGO's listed later.

### Sexual abuse

Examples of sexual abuse are asking for too much sex or a partner refusing sex for no reason or forcing sex and giving the partner a disease. **A partner has the right to stay away from sex when a reason is given.** Get help through the organisations listed under "support if abused".

### Rape

**Having sex with a girl or a woman when she does not agree or she agrees because of threat or force is rape.** A rapist may be someone she does not know but men that the women know often rape them. Rape is a very bad crime violating her human rights. Do not keep silent. You must report rape to the Sex Crime Unit at Zambia Police. See later in the manual addresses to organisations that assist rape victims. A rapist may spend the

rest of his life in prison.

### Defilement

Having sex with a girl less than 16 years is called defilement. Defilement happen more often because some men think that having sex with a virgin, a girl that has not had sex before will heal his sexual diseases and HIV! This is against her human rights. Do not keep silent. **A man defiling a girl may go to prison for life.** However abuse of young boys is also becoming a problem. You should report rape to the Sex Crime Unit at Zambia Police. Get help from the organisations under *support if abused*.

### Incest

Sex between people who are closely related is called Incest. The examples of incest are sex between father and daughter, mother and son, grandfather and granddaughter. Such relationships are taboo under both law and the old ways. **This is abuse and violation of women's rights.** Do not keep silent. Nobody should agree to abuse in any form from any person, a father, a mother or grandfather. Get help through the organisations listed under "support if abused".

### Sexual harassment

Sexual harassment is an act or talk of sexual nature that causes humiliation and embarrassment to a person it is intended against. Sexual harassment is most common against females, however females might also sexually harass men. The examples of sexual harassment are obscene gestures, handshakes with a pinch, patting and pinching, of the girl or woman's body, winking, touching and brushing against the body, offering good academic grades or a place on the sports team in exchange for sexual favours and making threatening remarks after refusal of sexual advances. **Sexual harassment is common in workplaces, sport, schools, and colleges and on public transport.** Make noise and scream if you are sexually harassed and then report to a responsible person who can back up your story to the Zambia Police Service. Get help through the organisations listed under "support if abused" and from the organisations listed later in the manual.

### Women's human rights and HIV/AIDS

Women find it difficult to insist on condom use or demand that the partner stay away from high-risk behaviour. HIV is more easily transmitted from men to women than from women to men. Considering the seriousness of a HIV infection, ***an insistence of condom use from a man or a woman in a partnership must be considered a human rights issue.***

### Inheritance

When a spouse dies without leaving a Will, his/her estate will be shared as follows:

20% to the surviving spouse

50% to the children, whether born in or out of the marriage

20% to the parents of the deceased

10% goes to the dependants, living with the deceased or a minor whose edu-

ing to the women's right club's policies.  
Notice of dissolution should be 6 months.

### Article 12: Amendments

This constitution may be amended by a two-thirds (2/3) majority of the delegates present. Motion for the amendment of the constitution shall be submitted in writing at least one month before the meeting to be considered.

### Article 13: Disposal of assets

Assets will be donated to a social institution with similar objectives and remaining funds will be sent back to the donors or donated to another social institution after consultation with the donor(s).

### Appendix 2

### World Health Organisation on violence and women's rights

*The text below has been made shorter and changed with more common words to make it easier to read;*

Sexual violence is a great health and human rights problem everywhere. In some countries one in four women has been sex abused by a close partner.

**The woman suffer on the body:** Sexual diseases and HIV, not planned pregnancy and unsafe abortion, and being hurt

**The feelings get hurt:** Feel unwanted and not loved and try to kill herself

**The woman's respect in the community:** Women who have been sexually abused often feel that the community hate them and partners, husbands, families do not want them any more.

### Violence against women

#### Key facts:

- Violence against women is a great public health problem and a violation of human rights.
- A lack of access to education and opportunity, and low social status in communities are linked to violence against women.
- Violence by a close partner is one of the most common forms of violence against women.
- A wide range of physical, mental, sexual and reproductive, and maternal health problems can result from violence against women.
- Many women do not seek help or report their experiences when violence occurs.



To adopt development plans and policies  
To review 1\2 yearly reports of activity  
To review activities and formulate policies

#### **Article 6: Term of office**

Three of the board members at the initial board shall have a two years term.

Maramba Women's right club shall retain one third of the board members for continuity every year.

The minimum of five board members shall form a quorum. In the absence of the Chairperson and the Vice Chairperson the members present shall choose the Chairperson to chair that meeting.

#### **Article 7: Discipline**

Disciplinary action will be instigated towards the member who:

Fails to submit or carry out decisions of the majority that has been arrived at democratically.

Consistently fail to honour the obligations and conditions of membership

Fails to attend three consecutive meetings without a valid reason and without reporting

Persistently shows lack of interest.

Engage on private fund raising activities and other negotiations with non-members without the authority of the women's right club and embezzles funds.

#### **Article 8: Dissolution of the board**

The board can be dissolved immediately if:

The board approves of / or should have been aware of practices which are inconsistent with the women's right club's objectives or policy.

#### **Article 9: Board meetings.**

The board shall meet at least two times in a year.

Extraordinary board meeting can be called in case of urgent business.

The agenda to be discussed must be submitted two weeks prior to the meeting.

#### **Article 10: Finance.**

The women's right club shall submit progress quarterly and annual report to the partners who happen to give financial support to the women's right club. All the funds shall be applied in carrying out the objectives of the women's right club.

#### **Article 11: Dissolution of the women's right club:**

The women's right club can be dissolved when the Maramba women's right club decides to do so, reasons either being that no funds are available for the women's right club or that funds available have not been spent accord-

cation was being provided for by the deceased and who is incapable of maintaining him/herself

The family house together with the household property and all personal chattels of the deceased is the property of the surviving spouse and children. ***Get protection from property grabbing by reporting to the Police and get help from National Legal Aid Clinic for Women.***

#### **Complaint against the Police**

People that have a complaint against police action can bring the case to the "Police Public Complaints Authority", Plot no 377a/G/B/1/2, Kabulonga road, Kabulonga, Lusaka. Tel 01 264 568, 01 263 734. The Authority shall investigate all complaints, issue summons or orders and question any person in respect of any subject matter under investigation under the Authority.

#### **Talk about violence**

The women's right club must of course help abused women about their rights and where to get help. Furthermore should the club also influence and sensitise the community and the politicians and the administrators to address violence against women more effectively. The women's right club can get involved in sensitizing about violence against women issues through;

- a. Visit the (RDC) Resident Development committee meetings and learn from their discussions. In some places the committee might have a new name; 'Area development committee'.
- b. Visit the district council meetings, which are by law open to the public, and district committees' meetings and study how the council addresses the women's right issues,
- c. Read minutes from District council and district committee meetings and discuss in your club meetings.
- d. Ask for meetings with the different government departments to discuss next year's need for education about women's right in the communities so they can plan for it and communicate with government offices in Lusaka.
- e. Buy Government official documents such as the Gazette and the Constitution that is sold at Government Printers and discuss in your club meetings. Buy the National Budget and find out how much money has been allocated to the various departments in your district and the club should influence the local departments to spend the money on issues that promote women's rights. If you are not able to buy these, try to borrow them from government or council offices or your MP. When newspapers publish such information, keep copies. Look up [www.parliament.zm](http://www.parliament.zm) on the internet for decisions made by the National Assembly.
- f. Invite civic organisations to teach your members about violence against women and women's rights issues. Find list of organisations later in the manual.
- g. Arrange meetings with the political candidates to District Council and

Parliament prior to elections to ask them about their interest in the women's rights issues. The MP should be your best source of information about government documents as the MP has easy access to all such documents. Make use of the MP!

- h. Arrange meetings with the elected politicians every six months after the election to discuss with them about what they have done about women's right issues.
- i. To enhance the work of the women's right club you may also use manual no 5 'women's group' and no 3 'literacy class' in the Community Self Help Education Series.
- j. Visit the district council office and ask to read the Government Gazette which is the government newsletter about the decisions made by the National Assembly and new regulations adopted by the Ministries.
- k. Read newspapers as often you have an opportunity as they publish a lot of government information such as the National budget. Use articles as a base for discussion in the club. You could compare news and information found on the ZNBC radio, the two government newspapers and the private owned Post.

Be aware that the club might not be welcomed by the local authorities everywhere when the club asks to be involved as suggested above as some officers are still not aware that the Zambian Government wants community participation and they are ignorant about their obligation to share information and co-operate with the club on women's rights.

### **Where to go for help**

#### **CATHOLIC COMMISSION FOR JUSTICE AND PEACE (CCJP)**

There is an office in every Diocese across the world. There is an officer to give advice on where you can take your complaint to solve the problem. Headquarter address; Kapingila House, Kabulonga Road, Lusaka. Tel. 01 260 980/261789, Fax. 01 260 950. E-mail: [zecdev@zamnet.zm](mailto:zecdev@zamnet.zm) or [zeccjp@zamnet.zm](mailto:zeccjp@zamnet.zm) Web: [www.ccjp.org.zm](http://www.ccjp.org.zm)

#### **LEGAL AID DEPARTMENT**

Legal Aid Department is a GRZ department found in every provincial town and all bigger towns. Legal aid department is a GRZ department and gives free legal services to vulnerable people who cannot afford to pay for legal services. Headquarters address is P.O Box 32726 Lusaka, Tel 01 233 765.

#### **HUMAN RIGHTS COMMISSION**

Human Rights Commission is found in some provincial towns and is open to Zambians that have concerns about all the human rights abuses mentioned in this manual and many more. The commission investigates human rights abuses that are reported to them. Address headquarters: P.O. Box 33812 Lusaka, Tel 0211 251 327/357/253 919 E-mail: [phrc@zamnet.zm](mailto:phrc@zamnet.zm)

## **Appendices**

### **Appendix 1**

#### **Sample constitution**

The sample constitution below may be used as a model to be changed to the need of a women's right club.

#### **Constitution for Maramba women's right club**

**Article 1: Name** The name of the women's right club is Maramba women's right club.

**Article 2: Postal/Physical Address**

The physical address of the women's right club is at Maramba community hall.

The Postal address is P.O. Box is P.O. Box 60000, Maramba Livingstone.

**Article 3: Objective**

The women's right clubs' objectives are to:

- Provide education about violence against women in the community
- Provide learning material and courses to the members of the Maramba women's rights club so they can learn more about women's rights and how to stop violence against women.
- Make partnerships with government departments and human rights NGO's to promote women's rights.

**Keep in contact with the donors to get funding and expand the funding base.**

#### **Article 4: The board.**

The board shall have a membership of 8 members.

In order to monitor the programmes of the women's right club, the club shall consist of following board:

- Chairperson
  - Deputy Chairperson
  - Treasurer
  - Deputy treasurer
  - Secretary
  - Deputy secretary
- 2 board members.

**Article 5: Duties of the board**

To adapt yearly work plans and budgets

### **References when you wish to learn more about women's rights:**

**"Gender violence the invisible struggle"**. Published by Women and Law in Southern Africa Research and Education Trust- Zambia office. 2001

**"Justice in Zambia: Myth or Reality Women and the Administration of Justice"**. Published by Women and Law in Southern Africa Research and Education Trust –Zambia Office. 1999

**"Justice for All"**. Published by Women and Law in Southern Africa Research and Education Trust- Zambia office. 2002" E-mail: [wlsazam@zamnet.zm](mailto:wlsazam@zamnet.zm)

**You are free to make copies and share the information with anybody that wishes to know more about women's rights resources. However we appreciate that you tell where you found the information.**

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Illustrations by Kennedy Chongo: [kennedychongo@yahoo.com](mailto:kennedychongo@yahoo.com)  
Cell 097 724711

### **DISTRICT EDUCATION BOARD SECRETARY (DEBS)**

will guide about the support the GRZ can render to provide literacy and skills training in the community. There is an office in every district.

### **WORLD FOOD PROGRAMME (WFP)**

WFP in co-operation with NGOs distributes food to draught areas, the (OVC) orphans and vulnerable children, patients with HIV/AIDS and to the disabled in the community. There is a selection system and certain procedures to follow in order to be registered in this support system. Ask WFP on Tel. 0211 225 423 P.O. Box 31966, Lusaka. The office is found at the UN complex in Longacres, Lusaka.

### **DISTRICT SOCIAL WELFARE OFFICER**

for information about where to register for food support and where to go for assistance for those who need help to survive.

### **OFFICE OF THE VICE PRESIDENT**

The disaster relief food distribution is administered from the Office of the Vice President in Lusaka. In times of hunger you should reach this office through your Chief, your MP or the Provincial Minister's office. If they have failed, and the community is starving, the community should send a delegation directly to Vice President's office. Tel. 01 251 375.

### **CARE INTERNATIONAL ZAMBIA**

Care supports education, agriculture, micro-finance, water and sanitation, environment and health in Lusaka, Copperbelt, Northern, and Southern and Western Provinces. Tel. 0211 267 950, Fax 0211 267 956. E-mail: [info@carezam.org](mailto:info@carezam.org)

### **OXFAM ZAMBIA**

Oxfam supports the poor to improve their standard of living in community, development and education in Copperbelt, Northern, and Southern, Western, Central, Eastern and Lusaka provinces. P. O. Box 35624, Lusaka. Tel. 0211 292 070/0211 291 518. Fax No 01 292 496. Website: [www.oxfam.org.uk](http://www.oxfam.org.uk)

### **WATER AFFAIRS DEPARTMENT**

All the provinces have a government office called Water Affairs Department. They have maps about the under ground water distribution. They also have drilling equipment and drill boreholes when the GRZ orders them to drill a borehole. They will give you information about water in your area and how to apply for a borehole.

### **AFRICARE**

Africare supports projects in agriculture, water resources development and health. Areas of operation are Lusaka, Chipata, Lundazi, Petauke, Choma, Kalomo and Kasama. Tel No. 0967 401 454. E-mail: [africare@zamnet.zm](mailto:africare@zamnet.zm) P. O. Box 36238, Lusaka.

## **WORLD VISION**

World vision supports community development projects all over the country. Plot No. 51/52 Great East Road, Lusaka. Tel. 0977 771 402. P. O. Box 31083, Lusaka.

## **Zambia Police Service**

**Victim Support Unit** is the unit under the Zambia Police Service that is supporting the vulnerable groups in society, such as children and women. Their primary concern is to deal with violence against women, property grabbing, beating and abuse.

**Sex Crime Unit** deals with cases of sexual assault; defilement and rape.

Go to the nearest police station and they will guide you to the police officer trained for work at the victim support or sex crime unit so you can get assistance. Find someone to escort you to the police so you do not feel alone and vulnerable. The police will give you a medical report form. You will not pay for the form that you take to the clinic or hospital. Tell the police all the important details and bring the evidence of for instance rape, sperms are evidence at the clinic, torn underwear or any other evidence you may have. Go quickly while evidence is fresh and you can be given treatment in case of pregnancy or HIV infection without bathing first in order to keep all evidence unspoilt.

## **Department of Social Welfare**

Department of Social Welfare is there to protect Children, Women, the disabled and the vulnerable in the society. They will advice you on the women's rights and help you to get support in time of need. They may not have funds to assist but they can give advice about where you should try to get assistance as well as refer your problem to a government office or NGO that may assist your cause, as they know the community support structure well.

## **Family Health Trust**

The trust provides Anti Aids education; Lusaka home based care and children in distress projects. The trust is donor funded and has 52 staff members and operates in Lusaka, Copperbelt, Eastern and Southern Provinces. E-mail: [fht@zamnet.zm](mailto:fht@zamnet.zm) Website: [www.fht.org.zm](http://www.fht.org.zm) P/bag E243, Lusaka, Plot No. 532, Makishi Road, Fairview. Tel 01 223 589

## **International Labour Organisation (ILO)**

ILO has office in Lusaka at the UN complex at Longacres on the road to the Broadcasting Complex. Contact ILO about information material, posters and advice concerning sexual abuse in the work place. Tel 0211 252 779, 229792, 229779, 232174, 232386.

## **JUSTICE FOR WIDOWS AND ORPHANS (JWOP)**

JWOP give free legal aid and also take cases to court. JWOP has offices in Lusaka off Addis Ababa road in Rhodes Park. FINNIDA and other donors

## **Community Self-help Education Series** *Empowering Communities through information*

You have in the hand one of the following manuals in the "*Community Self Help Education series*" which are published by Response Network and have available 16 self-help education manuals for use by church and community leaders and indeed women's rights clubs.

1. "Let's start our own community school".
2. "Let's start our own community women's right club".
3. "Let's start our own community literacy class".
4. "Let's start our own community skills training".
5. "Let's start our own women's group"
6. "Organic Vegetable Growing"
7. "Let's start our own community HIV/Aids support group"
8. "Let's start our own community health and nutrition club"
9. "Let's start our own community 'Know your rights' club"
10. 'Let's start our own community alcohol awareness and support group
11. 'Let's start our own community mental health club'
12. 'Let's start our own community participation (governance) club'
13. 'All included' 'let's start our own community support group for children with special needs'
14. Let's start our own community Women's Rights club - Stop the Violence
15. "From team to Inclusive Sports Club."
16. 'The Gender Equality in Governance Club'

The above manuals are available also in Chitonga.

The manuals supplement each other so you will benefit from combining the resources from two or more manuals to increase the quality of your self-help project.

For instance Women's group, organic vegetable growing, literacy, nutrition, skills training and women's rights have a lot in common and will increase the quality of all of them.

**The manuals can be sourced at no cost from Response Network office on Nkumbi Road, Plot 936, near the ZAWA offices and the Railway museum. Tel (260) 213 320 491, Fax: (260) 213 323 634, E-mail: [mail@responsenetwork.org](mailto:mail@responsenetwork.org) or [fravor@responsenetwork.org](mailto:fravor@responsenetwork.org)**

## Abbreviations

AIDS	Acquired Immune Deficiency Syndrome
Councillor	Elected representative to the District Council
DEBS	District Education Board Secretary
DHBS	District Health Board Secretary
FINNIDA	Finnish International Development Agency
GRZ	Government of the Republic of Zambia
HIV	Human Immunodeficiency Virus
ILO	International Labour Organisation
MP	Member of Parliament, - the representative from your area elected to the National Assembly in Lusaka
NFNC	National Food and Nutrition Commission
NGO	Non Governmental Organisation
NORAD	Norwegian Agency for Development Co-operation
OVC	Orphans and Vulnerable Children
RDC	The Residents Development Committee is a committee found in the urban areas to assist the communities to initiate improvement.
STI	Sexually Transmitted Infections
SWAAZ	Society for Women and AIDS in Africa Zambia
UN	United Nations
WFP	World Food Programme
YWCA	Young Women's Christian Association

fund JWOP.

## WOMEN AND LAW IN SOUTHERN AFRICA RESEARCH AND EDUCATION TRUST- ZAMBIA OFFICE

This is a research institution that also runs a legal aid service, legal education and training and lobbying and advocacy program for law and policy change. Plot 4, G Close, Off Simon Mwansa Kapwepwe Road, Avondale, Lusaka. P.O.Box 34777 Lusaka, Tel. 0977 450 034. E-mail: [info@wlsazm.org](mailto:info@wlsazm.org).

## LEGAL RESOURCES FOUNDATION (LRF)

LRF is an NGO that addresses the women's rights for everybody including prisoners. LRF gives more than advisory service as they also take cases to the courts. LRF is found all over the country. NORAD and other donors fund LRF. Address: Wood gate house P.O.Box 35762 Lusaka. Tel 01 2237 58, fax 22 12 87. E-mail: [lrf@zamnet.zm](mailto:lrf@zamnet.zm)

## NATIONAL LEGAL AID CLINIC FOR WOMEN

A National Legal Aid Clinic for Women is established by Law Association of Zambia and funded by the donors and is a NGO that is found in most towns in the country. In Livingstone the office is in 74 Limulunga road, P.O.Box 60242. Tel 03 32 06 11.

## YOUNG WOMEN'S CHRISTIAN ASSOCIATION, COUNCIL OF ZAMBIA

YWCA Council of Zambia is a large NGO empowers the women in the community in order to achieve a better community. YWCA covers the whole country. P.O.Box 50115, Lusaka, Plot No 7391 Nationalist Road. Tel 01 255204//252726/25 53 05/29 21 21. Fax 01 254751, 257249/50. E-mail: [ywca@zamnet.zm](mailto:ywca@zamnet.zm) YWCA has local branches all over the country. Visit the branch in your town.

## ZAMBIA CONGRESS OF TRADE UNIONS

Zambia Congress of Trade Unions is the umbrella organisation for the trade unions in the country. Seek advice from them on the violation of your women's rights in the work place. P.O. Box 20652 Kitwe main, Tel 02 22 14 46, 22 50 91, 22 47 65, fax 02 22 82 84

## CONSTITUENCY DEVELOPMENT FUND

Constituency Development Fund is found in every district and has a yearly capital of K 60 million. The fund may support any community initiative to alleviate poverty. Make an application and a budget and give to the Town Clerk or the Council Secretary.

## ACTION AID INTERNATIONAL

Action Aid International is focused around Women's rights, the right to education, food, just and democratic governance, human security and the right to life and dignity in the face of HIV and AIDS. Plot 38G Kabulonga Road, Ibex Hill, P.O. Box 51407, Lusaka. Tel. 0966 453 677. Email: [infor@zambia@actionaid.org](mailto:infor@zambia@actionaid.org).

### **ZAMBIA ALLIANCE FOR WOMEN (ZAW)**

ZAW is a non-profit organization that promotes gender equity and quality, social justice and environmental sustainability. ZAW compliments government efforts through climate smart agriculture, gender equity and equality initiatives by lobbying and advocating for policies aimed at women's land rights, poverty reduction through promotion of food security at household level and appointment of women in key decision making position. P.O. Box 50266, Lusaka. Tel. 26011 225 573, E-mail: zambiaallianceofwomen@gmail.com, website: www.zaw.org.zm

### **WOMEN AND LAW SOUTHERN AFRICA (WLSA)**

WLSA's mission is to contribute to the socio-economic political and legal advancement of women, specifically within southern African countries. Email: info@wlsazambia.org, website: www.wlsazambia.org

### **THE ZAMBIA NATIONAL WOMEN'S LOBBY (ZNWL)**

ZNWL is a non-profit, membership based, Non-Governmental Organization advocating for increased women's participation and representation at all levels of decision-making. Tel. 0211 294 319, Email: zambianationalwomenslobbyznwl@gmail.com, website: www.womenslobby.org.zm

### **WOMEN for CHANGE ZAMBIA (WfC)**

WfC is an NGO which works directly with women in the community. Women are empowered to identify their own concerns and to analyse causes and effects. The NGO has initiated a training program for all traditional leaders in the country, covering women's and children's land rights and shelter. Plot 1801 Nchenja Road, Northmead. P.O. Box 33102, Lusaka. Tel. 260 953 529 951, Email: wfc@zamnet.zm, website: www.wfc.org.zm

## **Funding opportunities for Women's rights clubs**

### **Donors' world wide looking for partnership with women's rights issues**

Donors are looking for partnership with community projects. The book "**MPS Funding Guide**" has more than 300 entries with description of donor organizations that are looking for community projects for co-operation. The price is \$59 and you can buy from Mission Project Service, Web site: info@missionprojectservice.org. If a few community projects co-operate and share the cost of purchasing the book, all will benefit when making partnership with foreign donors. The book also explains how to present an application for support in a winning manner.

### **Lion's club, Rotary, Jaycee's and local businesses**

Find out if there are service clubs, such as Lion's Round Table, Rotary, JCI etc. in the area where you live. Particularly Rotary clubs welcome co-operation about child and maternal health care projects. You may apply to them to fund the action plan for women's rights in your community. Explain

what you want to buy, do or improve and enclose a detailed cost estimate of the expenses you appeal to them to support. Be realistic and apply for the funds needed only and not large amounts. Make a follow up visit after submitting the application letter, see the club Chairperson to explain the application and invite him/her to come and see what you are doing. Businesses like Hotels and Supermarkets have an interest to support community initiatives and the application from the women's rights club might be welcome. Provided you write a proper application letter with a budget, the chances are good to be funded by service clubs above or business houses.

### **Follow up the initiatives!**

Note that whenever applying for support somewhere, - make follow up enquiries by personal visit or by telephone to find out if the letter was received, - or may be you omitted some important information so the application is not attended to. If you are not used to writing an application, seek advice from partners you trust or look for one among those we have mentioned earlier on under supporters.

### **Do you need more coaching?**

*If you get stuck somewhere in the process of developing the women's rights club, or you feel that the assistances we have recommended to you, are disappointing, – you are welcome to contact the writer of this manual: Arnfinn Solli, Email: sarnfinn45@gmail.com and I will reply to the questions as soon as possible. If you have good experience of getting assistance I would like to hear from you about that as well to commend those service providers in the next edition.*