

A word goes in...

Report on the Progress of the Street Life Programme

July 2008 – March 2009.



*'A word goes in;
at the end of the day there was a change
of lifestyle'*

Dr. Sue Gibbons April 2009



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1. Background

1.1 The Street Life Programme

Street Life – The Story of Sufi and Site – a life skills guide for children “on” and “of” the street, was developed with children from the Africa KidSAFE network, PCI Zambia between 2005 and 2007. It is a programme designed to be run by three facilitators with a group of up to 15 young people aged 10 – 19 years. The young people watch a 30 minute DVD which tells the story of a group of children living on the streets. Over the course of 12 morning or afternoon sessions the young people take part in a variety of fun exercises which aim to build awareness about issues portrayed in the DVD such as unsafe sex, glue sniffing, decision making, friendships, self esteem building, caution with strangers, etc.

The Street Life programme has been running since the first group of 12 facilitators were trained in June 2006. Since this time, over 320 young people have completed the 10 – 12 sessions of the programme, and excellent feedback on the programme has continued to be received from both children and the staff working with them. In September 2006 the programme was evaluated with a very positive outcome. (Evaluation of PCI KidSAFE Street Life Programme, June – September 2006, Gibbons & Mwila).

1.2 Street Life Facilitators Training June 2008

In June 2008 two caregivers from each of 10 KidSAFE partner organisations completed a seven day workshop designed to train facilitators for the Street Life programme. (See: Report on Street Life Facilitators Workshop. 23rd June – 1st July 2008, “It’s Not a Mistake to Make a Mistake”, Africa KidSAFE, Dr. Sue Gibbons)

Our aim in organising the training was to ensure that every KidSAFE partner organisation who wished to could make the Street Life programme available for the young people it serves by having trained facilitators on their staff teams.

Having completed the facilitators training, the caregivers were given the task of running at least one Street Life programme (12 sessions) with a group of young people from their facility, within three months of the training.

They were asked to inform KidSAFE when they planned to run the first programme so that one of the facilitation team could visit and support them for one or two sessions, and to assess their facilitation of the programme.

The plan was then to hold a follow up workshop in October 2008 with the newly trained facilitators, so that those who had completed their assignment well would become Street Life facilitators and they would be awarded certificates.

However, due to logistical difficulties, by October 2008, only a minority had completed their assignment, so the refresher workshop was postponed until March 2009.

2. The Refresher Workshop

2.1 Logistics

A two day refresher workshop was held on 3rd & 4th March 2009, at The Catholic Secretariat, Kapingila House, Kabulonga Road, Kabulonga, Lusaka.



2.2 Participants

In addition to the 19 people trained in June 2008, we invited the 12 facilitators who had been trained in 2006 to the follow up workshop.

Out of 12 people trained in 2006, five attended the follow up. Apologies were received from 4, one was not contactable, one had left their centre and one did not respond to the invitation.

From the 19 people trained in 2008, 15 attended the follow up. One person had passed away, one had left the centre he worked at, and two had the minister visiting their centre so could not attend.

In total there were 20 participants at the workshop from the following KidSAFE centres or organisations: Grass Roots Soccer; Jesus Cares; outreach team; Yo Foso; Barefeet; Mthunzi Centre; Cicetekelo Youth Project; Sables Drop in Centre; Friends of the Street Children; Chisomo Drop In Centre; New Horizon Ministries and Rainbow Project for Street Children.



Two of the participants were also facilitators for the workshop. See Appendix 1 for attendance list.

3. Content of Workshop

There were three main aims of the workshop:

- 1) to find out people's experience of running the programme, and what had been the successes and challenges
- 2) to clarify any confusion over the exercises or the programme itself
- 3) to coach facilitators on their facilitation skills



The schedule for the workshop was as follows:

| DAY 1 | TUESDAY | |
|-------|---|---|
| 0830 | Introductions | |
| 0840 | Energiser | |
| 0855 | Welcome and Introduction | |
| 0905 | Remembering Nyalambe Sifukwe | |
| 0910 | Watch the film: Sufi & Site | |
| 0940 | Call for volunteers | |
| 0950 | Exercise 2.1 Be Assertive! | |
| 1050 | BREAK | 15 mins |
| 1105 | Feedback from centres and individuals | Who ran the programme & how |
| 1120 | Energiser | By volunteer |
| 1125 | What do we want help with over the coming two days? | E.g., certain exercises, facilitation or logistical issues. |
| 1145 | Achievements & Challenges | in running Street Life. |
| 1300 | LUNCH | 1 hour |
| 1400 | Energiser | By volunteer |
| 1400 | Exercise 3.1 Sticka | Facilitated by volunteers |
| 1500 | Facilitation - Strengths & challenges | |
| 1600 | Round up | |
| 1630 | End | |

| | | |
|--------------|--|-------------------------------------|
| DAY 2 | WEDNESDAY - Tentative schedule | |
| 0830 | Energiser | By Volunteer |
| 0840 | Reflections on yesterday | |
| 0850 | Exercise 7.2 Use Condoms Correctly | By Volunteers |
| 0950 | Open space | Depending on requests from group |
| 1045 | BREAK | 15 mins |
| 1100 | Exercise 7.3 Using Maturity & Strength to Delay Having Sex | By Volunteers |
| 1200 | Open space | |
| 1300 | LUNCH | 1 hour |
| 1400 | The way forward | |
| 1530 | Presentation of Certificates | |
| 1630 | END | |

4. Achievements & Challenges of the Programme to Date

Feedback from the facilitators on achievements and challenges was as follows:
Direct quotes from the facilitators are given in italics.

| ACHIEVEMENTS | CHALLENGES |
|---|--|
| Logistical & Preparation issues | |
| Good Support from Management Some centres reported good support from their management through snacks, attention & time. | Slow Support from Centre Management <i>We came back full of zeal then we were frustrated</i> Lack of management support for running the programme <i>We need the go ahead from them to do it</i> |
| Encouragement from KidSAFE <i>The facilitators kept in touch throughout, they encouraged us through emails and phone calls</i> | Loss of Co facilitators Some facilitators faced a challenge when their co facilitators left their jobs. |
| Visits from KidSAFE <i>M&E went on well – visits from Chalo Chitalu or Kina were appreciated.</i> | Visits from KidSAFE Agreed visits from KidSAFE facilitators did not happen. |
| Good involvement from colleagues Many facilitators had involved their colleagues as the third facilitator and felt this had been very successful. | Lack of Support from Colleagues Some colleagues were not supportive, took the materials and were not willing to participate or enable the facilitators. |
| Programme is Running | Time to Run Street Life |

| | |
|---|---|
| Most centres have started running the programme. | Some centres found it difficult to find the time for Street Life when many other programmes were running at the centre |
| Materials Some centres were able to provide materials to initiate the programme e.g. flipcharts, pens, condoms etc. | Materials Some centres were not given necessary materials. |
| Facilitators were very motivated Despite the challenges faced in the centres, it did not stop them from carrying on the programme. | Snacks It was felt that provision of snacks would have been a motivation to children, especially where children or their friends had attended Street Life previously. |
| | Facilitators travel and lunch Some facilitators expressed a difficulty in finding transport money or food for lunch when presenting the programme |
| | DVDs Some DVDs were scratched or not working properly. |
| | Limited Numbers of Children Many children wanted to be involved in the programme and were disappointed that only 15 could be involved. |
| | Lack of equipment Some centres do not have a DVD player |
| | Electricity Power cuts & load shedding interfered with some programmes. |
| | Time Some facilitators found it difficult to complete a session in the time available. They commented that in the vernacular it takes longer to present the exercises. |
| During and After the Programme | |
| Children Change their Behaviour Facilitators reported a positive behaviour change in many children, saying the programme gave them sufficient morale to go back to their homes or to centres. <i>Have seen children changing after the programme – they realised the bad things have done & reformed.</i> <i>I see children from the street, they say – no sniffing sticka now!</i> | Demonstrating Condoms Condom demonstrations were challenging to some and hard to interpret into the vernacular. <i>In Christian based organisations – if they don't believe in condom use, this was a great challenge.</i> |

| | |
|---|---|
| <p>Children Share Experiences Children shared their experiences; they talked openly about what they've done in the past & on the streets.</p> <p><i>The children really identify with the film, they see themselves and what they went through.</i></p> | <p>Use of Vernacular Translation of some terms / sentences into vernacular was challenging</p> |
| <p>We learn from the children ...learnt a lot through the programme, helped us to understand how to work with children from the street.</p> <p><i>Helped us to know how to handle different situations e.g. if a child has a problem, we can understand their situation better now</i></p> | <p>Time keeping Some centres were not ready to start the programme at the allocated time, leading to the programme taking too long.</p> |
| <p>Children Learnt to think positively They realised they cant afford to live a life thinking you cant make it, or that they're not worthy of anything</p> | <p>Language in Video Language barrier in video – Section 9 where the characters talk in English was very difficult for some children to pick up</p> |
| <p>Children learnt New Skills The skills enabled children to make informed decisions & choices to cope with street life. <i>They learnt life skills such as how to respond in different situations, to be assertive</i></p> | <p>Slow learners Some facilitators felt frustrated by children who they felt were slow learners</p> |
| <p>Numbers of Participants increased Some facilitators reported having over 15 participants. <i>Word got around, more came, there were 20 people, the programme is good, they want it, so the turnout increases.</i></p> <p><i>We wanted to include more kids, the children said 'do another programme immediately!'</i></p> | <p>Absenteeism For some, numbers in the programme dropped throughout. Particularly an issue in transition programmes where the children were moved on before Street Life was completed.</p> |
| <p>Children Decided not to go back to the Street Facilitators reported that the programme led to the withdrawal of some children from the street.</p> <p><i>They were enticed by a snack. A word goes in, at the end of the day there was a change of lifestyle and he doesn't want to go back to street.</i></p> | <p>Other Staff and other Centres need the training <i>We need more training in the street life programme for other staff at our centres and other centres.</i> <i>Other programmes who deal with street children need this training. The demand is there. Also for our management board.</i> <i>We could do a day with the staff & teach them.</i></p> |
| <p>A Prevention Programme <i>Even for those who haven't been on the street -</i></p> | |

| | |
|--|--|
| <p><i>it was good prevention as they saw what the streets are like.</i></p> | |
| <p>Sense of personal achievement in facilitators <i>It was a good experience. We were able to go deep & feel how it is to be a facilitator. I did it! It was v nice! We exhibited what we were trained in, in our facilities.</i></p> | |
| <p>Self Development for the facilitators <i>[The programme] has helped me myself as well as the children.</i></p> | |
| <p>‘Road Of Life’ Exercise The exercise ‘the road of life’ was thought to be very effective: <i>Their future is blurred, they can’t even see exactly, it opens their mind, opens their eyes to see their future. They work towards it and stop other vices.</i> <i>They see where they want to go & where they should be after some time</i></p> | |
| <p>‘Our Good Qualities’ Exercise <i>After ‘our good qualities’ we saw faces smiling and very happy, confident:</i> - <i>I didn’t know this was my good part, they tell me I encourage friends, I didn’t know they admire me as I passed G7...</i> <i>It gave a lot of inspiration to everyone.</i></p> | |
| <p>‘My Body is my Own’ Exercise This exercise addresses a challenging area, a taboo subject, in a child friendly and easy to learn manner. Girls reported saying ‘no touching’ to their ‘uncles’. <i>They said ‘no, shouldn’t be doing that’</i></p> | |
| <p>Children enjoyed the programme very much <i>Children enjoyed the programme & opened up to share experiences in life.</i></p> <p><i>The response from children and management was overwhelming</i></p> | |

It can be seen from this chart that the main challenges experienced by the facilitators were in the logistical organisation of the programme. This echoes our previous experience of running the programme. The feedback on the Street Life programme itself was extremely positive and facilitators felt that the programme was very beneficial for the children and very well received.



Facilitators demonstrate condom use

5. Recommendations

5.1 Continuation of Street Life

This is a programme which has received consistent positive feedback from children, facilitators and centre staff since its inception in 2006.

It is strongly recommended that support for this programme continue.

Recommendation: to ensure the continuation of the Street Life Programme across the KidSAFE network.

5.2 Continuation of the three coordinators and provision of logistical items

Having now trained facilitators within most organisations, rather than relying on external facilitation, we have moved from a high cost programme to an extremely low cost one.

KidSAFE is now supporting the programme through:

- 1) Provision of three facilitators to coordinate the programme and support the centres through technical and moral support.
- 2) Provision of a few basic logistical items such as DVDs, manuals, flipchart paper, pens and 'sticky stuff'.

The three coordinators perform a vital role in linking the centres to KidSAFE and supporting and encouraging the continuation of the programme.

Recommendation: Continuation of the three coordinators giving moral and technical support to centres

Likewise, the provision of a few logistical items means that there is no outlay for the centres in running the programme, thus facilitating its occurrence. The outlay for these two forms of support is minimal.

Recommendation: Continued provision of logistical items to centres running Street Life.

5.3 Role of the Coordinators.

A consistent challenge cited was difficulty in convincing management of the value of the programme.

The coordinators role could be expanded to actively promoting the programme, particularly to centre management so that they understand the ways in which the children will benefit from the programme & in turn the ways in which the centre as a whole and the staff can benefit.

Recommendation: to expand the coordinators role to actively promoting, as well as supporting and evaluating the programme.

5.4 Logistics

Another consistent challenge cited was frustration with logistical arrangements with PCI. Visits from coordinators were cancelled due to lack of funds and logistical items were not available on time. For example the DVD, intended to be distributed at the June 2008 training, which some centres did not receive until the training in March 2009.

Recommendation: to evaluate and rectify delays in logistical support to the programme.

5.5 Increased Participation of Children

The facilitators recommended that some of the young people who have participated in the programme now be involved as part of the facilitation teams. It is well known that peer education is often more effective than adult to child initiatives.

Some said:

'give us the manual so we can go round the streets & educate our friends.'

Recommendation: actively involve some of the young people in running the Street Life programme.

The coordinators could support and encourage the facilitators in this.

5.6 Availability of Counselling

As children work through the programme, some need support for the emotional challenges they face. Some facilitators felt that they should be equipped with extra counselling skills to help the children with these; others wanted more appropriate resources to refer the children to.

My opinion is that there needs to be more availability of appropriately trained counsellors for the facilitators and the centres to refer the children to.

Recommendation: increased availability of appropriately trained and supervised counsellors for facilitators and centres to refer the young people to.



5.7 Certificates

To encourage children further, facilitators suggested the presentation of certificates at the end of the 12 sessions of Street Life. Not wishing to add to the financial or logistical burden placed on PCI, it was suggested that each centre take it upon themselves to design and distribute certificates to the children.

Recommendation: Centres to provide certificates to the children at the closure of each 12 session Street Life programme.

5.8 Follow up Workshops every nine months to one year

Regular follow up workshops would assist in keeping the facilitators motivated, as well as providing an opportunity to share learning and challenges faced.

Recommendation: Follow Up Workshops for facilitators every nine months to one year.



Appendix
Attendance List for Street Life Refresher Workshop
3rd & 4th March 2009

Facilitators trained June 2006:

| | | | |
|----|----------------------|--|--------------|
| 1 | Peter Simukanzye | Grass Roots Soccer | Present |
| 2 | Nasiyateti Sililo | Jesus Cares | Present |
| 3 | Kina John Lunda | Action Zambia (now with outreach team) | Present |
| 4 | Chalo Khosa | Action Zambia (now with outreach team) | Present |
| 5 | Jackson Chilunjika | Chisomo | Present |
| 6 | Rita Nkhoma | Chisomo | Apologies |
| 7 | Josephine Chilunjika | Chisomo | Apologies |
| 8 | Mulenga Mulenga | YOFOSO | No Response |
| 9 | Chitalu Liz | Hope Foundation | Apologies |
| 10 | Martin Chewe | Grass Roots Soccer | Lost Contact |
| 11 | Tobias Tembo | BORA / Barefeet | Apologies |
| | | TOTAL | 5 |

Facilitators Trained June 2008:

| | Name | Organisation | |
|----|--------------------|-------------------------------------|-----------------|
| 1 | Jessy Nalungwe | Yo Foso | Present |
| 2 | Salatiele Ngulube | Yo Foso | Present |
| 3 | Mosten MM Mutale | Barefeet | Present |
| 4 | Raphael Bwembya | Mthunzi Centre | Present |
| 5 | Nchimunya Mtonga | Mthunzi Centre | Present |
| 6 | Patrick R Mulenga | Cicetekelo Youth Project | Present |
| 7 | Nyalambe Sifukwe | Cicetekelo Youth Project | Passed on 2009 |
| 8 | Exildah Simunge | Sables Drop in Centre | Present |
| 9 | Anderson Lushinga | Sables Drop in Centre | Present |
| 10 | Meya Mbulo | Friends of the Street Children | Present |
| 11 | Geoffrey Champemba | Friends of the Street Children | Present |
| 12 | Lindani Phiri | Chisomo Drop In Centre | Left the centre |
| 13 | Elizabeth Soko | Chisomo Drop In Centre | Present |
| 14 | Eve I Jackson | New Horizon Ministries | Present |
| 15 | Pharesy C Phiri | New Horizon Ministries | Present |
| 16 | Moses Mumba | Rainbow Project for Street Children | Present |
| 17 | Mudenda Wisford | Rainbow Project for Street Children | Present |
| 18 | Vasco Sevelino | Fountain of Hope | Apologies |
| 19 | Bridget Namwila | Fountain of Hope | Apologies |
| | | TOTAL | 15 |

Total Number of Participants = 20