

# Annual Report 2018





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## FOREWORD

Prisoners and their children in African correctional facilities have been severely neglected for years, causing suffering and deaths for far too many. In recent years however, there has been growing attention to shifting the focus away from punishment and the extremely poor conditions to reform and improvement of conditions. In Zambia, this has meant change of name from Zambia Prisons Service to Zambia Correctional Service and with this change has come an increased focus on rehabilitation of offenders and a human rights-based approach to imprisonment. ZCS has opened up to outsiders to a never before seen degree, and now welcome outside support, being acutely aware that they cannot solve issues alone.

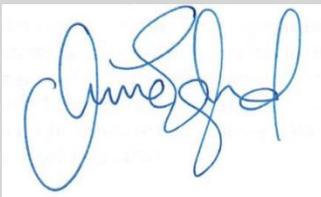
Ubumi Prisons Initiative has for more than 10 years worked to improve conditions in Zambia's correctional facilities for particularly vulnerable groups, particularly the circumstantial children aged 0-4 years of age, pregnant and breastfeeding women, juveniles and the seriously ill. The projects for the children and their mothers improve children's welfare and promote healthy development. The projects for the seriously ill improve health in correctional facilities and save lives. The projects build skills within the areas of health, farming and education. Our work empowers inmates to improve their own and others' lives, and it prepares them for the future after release.

2016 proved a turning point for Ubumi with the major funding from the Obel Family Foundation, which has meant a significant expansion of our work over the next couple of years, and with – for Ubumi internally – the vital achievement of no longer relying solely on volunteers. We now have an office in Denmark and in Zambia, which means a much stronger consolidation and expansion of activities. On behalf of the Ubumi Team we wish to sincerely thank the Obel Family Foundation for believing in us.

Bistrup Church deserves a big thank you as well, as well as CISU (Danida), and every one of our individual members and other supporters. None of this would be possible without your support.

I wish to thank Zambia Correctional Services at HQ level and in the individual correctional facilities for their commitment and unrelenting support. I also wish to thank our partner organisations for their commitment and excellent collaboration. Importantly, I also wish to thank everyone of our inmate volunteers for their hard work and commitment to making a difference. None of this would be possible without your support.

On the following pages, you can read more about our activities in 2018. Thank you for your interest.



Founder and Executive Director

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## BACKGROUND: AFRICAN PRISONS

The African prisons are well known for holding human beings in filthy and overcrowded environments, where access to justice and health services are poor. Prisoners are typically convicted of poverty-related petty crime, but they risk a life inside prisons for years. The justice system is faulty, inefficient and corrupt, and detainees risk waiting years for a judgment – and they may in principle be acquitted, when the case finally reaches the court. Human rights violations are common. Police torture to bring about confessions is well documented. Further, sentences are often erratic and harsh. Prisoners are often victims of stigma and severe discrimination.

Life in prison is psychologically, socially and economically destructive, because inmates often spend a long time in prison, and find themselves isolated from family, work and general society. Conditions of poor hygiene and lack of food causes major health problems. Overcrowding in some Zambian correctional facilities means that prisoners must sleep sitting or cramped up beside each other head to foot. On occasion they spend the night standing up. This results in physical ailments and high stress levels, as well an ideal environment for opportunistic infections. A cell of 40 m<sup>2</sup> may have 145 or more inmates locked from 4-5 pm to 7-8 am. The prevalence of HIV / AIDS, tuberculosis and malnutrition is alarming. The need for basic food aid is desperate for all, but especially for the sick. Psychological vulnerability and serious mental health issues are common in correctional facilities.

The so-called circumstantial children are aged 0-4 years, and they are in prison with their mothers, who are either convicted or awaiting trial. We estimate that there are about 100 children in the Zambian correctional facilities currently. The children do not get nutritious food, and it is inadequate for healthy development. There is a lack of care and stimulation preventing them from developing like normal children on the outside.

Addressing the situation of the children is critical, as the first years of a child's life matters enormously for the life chances in the longer term. We also see older children in prison aged approximately 12-18. They are extremely vulnerable in all ways, and they need support in terms of food and health, access to justice and general wellbeing and development.

Zambia Correctional Service is recognized as one of the most progressive and ambitious prison authorities in Africa. Ubumi works with their full support and collaboration in the correctional facilities to alleviate the problems.



## ABOUT UBUMI PRISONS INITIATIVE

Ubumi Prisons Initiative has since 2006 worked to improve the health of particularly vulnerable groups in Zambian correctional facilities. Ubumi means *'life - caring for everyone's life'*. The name reflects our fundamental values, which are rooted in universal human rights, where the individual's right to life, health and dignity is at the centre of our efforts. Ubumi Prisons Initiative works to support children and seriously/terminally ill in Zambian correctional facilities, as well as health, education and skills-building in more general terms.

We have a unique access to and familiarity with correctional facilities, which means we can navigate with integrity and professionalism in a challenging environment. Management both at Zambia Correctional Services at HQ level and locally in the individual correctional facilities and facilitate our work.

Ubumi works to empower the inmates to contribute positively to their own and others' lives to the extent possible under the very real restrictions imprisonment poses. Our work is not a prestige project, but it is about making real changes on the ground. Ubumi seeks to promote the values of dignity, respect and care for all human beings.

We work in Kabwe (the three Mukobeko facilities), Chipata (Chipata Correctional Facility), Kitwe (Kamfinsa State Correctional Facility), Lusaka Central and Chainama East. We also work in Kamwala Remand and Katombora Reformatory School.



## WHY PRISONERS?

### BECAUSE INMATES ARE HUMAN BEINGS

Serious and sustainable projects designed to help and/or empower inmates in Africa are rare. The stigma and the stereotype of prisoners being inherently violent and anti-social, or dangerous – and beyond reach is very common. A common perception is ‘once a criminal, always a criminal’.

This perception is in fact far from the truth. Inmates are as different as people in general society. Only they are typically poor and from resource poor settings. Many lack education and have had few opportunities in life. It is public knowledge that individuals, who find themselves at the wrong place at the wrong time may be convicted.

This does not mean that all inmates are innocent, but few inmates live up to the violent and deviant stereotype. Most are ordinary people, who have made mistakes for a variety of reasons. A few have done truly terrible things, and they especially need help to make a positive change in their lives.

Helping inmates and former convicts is of great importance for society, because developing inmates’ potential not only aids the individual inmate but reduces crime and poverty. Inmates are often traumatized by imprisonment and many leave correctional facilities psychologically damaged. Post-Traumatic Stress Disorder is common amongst ex-prisoners as well as depression, stress and anxiety. An obvious stressor in the prison environment is the lack of food and medical treatment, which causes constant stress and insecurity about basic survival. Ubumi can alleviate some of this stress, leading to hope of less damaged individuals. Ubumi does not claim to alleviate all prison pain. This is simply not possible, but we do make a significant difference.

Ubumi works from the principle that all people are equal and that everyone deserves dignity in life, regardless of the crime committed. The penalty by the state consists of imprisonment, not degrading and humiliating treatment - and not sickness or death.



**BECAUSE ILL-HEALTH IS ESSENTIAL TO ADDRESS – FOR SOCIETY AS A WHOLE**

To prevent and treat health-related problems, including mental health in correctional facilities is of major importance. Prisoners often come from areas designated as 'hard-to-reach' in relation to prevention and treatment programmes for serious diseases, such as HIV/AIDS, TB and sexually transmitted diseases.

When individuals are in prison, they are often in a stage of their lives where they are searching for meaning and purpose to their lives and many have a great motivation for change. Therefore, they pose a window of opportunity to reach the poorest of the poor, and those in dire need of HIV/AIDS/STD/TB prevention, treatment and care programmes. For example, individuals, who are sufficiently informed to manage a chronic disease such as HIV/AIDS, possess a significantly lower risk of spreading the disease to others inside and outside of prison. Individuals suffering from health problems, refugees and others are also obvious targets for interventions.

**BECAUSE EMPOWERING THE MOST VULNERABLE REDUCES CRIME**

In an environment where inmates are consistently disempowered, it is our experience that there are still many resources waiting to be explored constructively and meaningfully. Supporting prisoners to make choices and build skills provides a chance of a better future in correctional facilities and after release, which will reduce the risk of former prisoners having to resort to crime for survival.



## OVERALL OBJECTIVES

**Improved general health and quality of life** for inmates and their children in prison

**No preventable deaths** of children and adults in correctional facilities

**Improved opportunities for child development** with focus on play and joy for the benefit of children's healthy and normal development.

**Increased capacity among mothers** to take care of their children and to support themselves and children after release (specific skills and overall increased knowledge about nutrition, hygiene and children's rights, most of the actual circumstances and maternal role under difficult conditions).

**Improved nutrition, health and survival** among the children and adults, particularly the seriously ill.

**Empowerment and capacity building** of inmates and staff

**Education and skills building** amongst inmates in preparation for release

**Increased capacity among inmates and staff** in relation to nursing, ethics and health, including mental health and nutrition.

**Increased capacity in Zambia Correctional Service** to address health in general and health emergencies

**Increased capacity by prison NGO's** to address the health, development and welfare issues prisons face.

**Research** to obtain **increased knowledge** to address health care issues in prisons

## THE UBUMI MODEL

The Ubumi Model is a unique approach to correctional facilities work. Rather than seeing inmates as passive receivers of aid or persons incapable of positive change or development, we focus on empowering inmates to improve their own and others' lives and to prepare them for life after release. The main features of the model are outlined below:

### THE UBUMI MODEL

- ✓ **A holistic and strategic approach to problem-solving** designed to the individual setting
- ✓ Inmate empowerment through project management (volunteer inmates implement and manage the project, supported by health staff, partner NGO's, Ubumi and Corrections Management)
- ✓ **Volunteerism**
- ✓ **Inmate skills building** – all volunteers receive basic education/skills development training within farming, nursing, cooking or similar, which will benefit the project inside prison, but also the individual inmate upon release
- ✓ **Staff support and commitment** for health and human rights through collaboration and capacity building
- ✓ **Help for 'self-help'** – vegetable gardens, poultry and fish projects create the opportunity for sustainable provision of foods
- ✓ **Strong checks and balances** for good management

### BENEFITS OF THE UBUMI MODEL

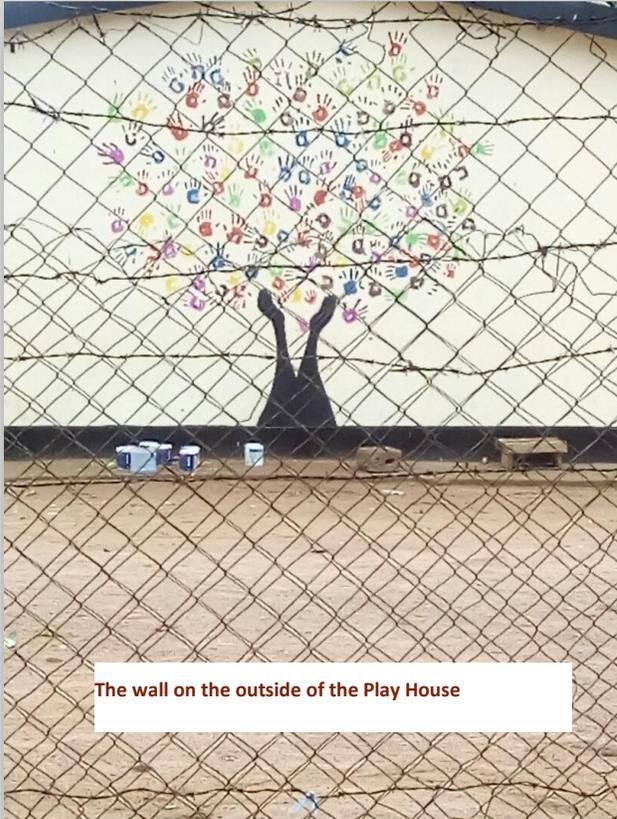
- ✓ **Improved health** and conditions for the ill, the children and other vulnerable groups specifically, but also for the general prison population
- ✓ Skills-building and education of inmates
- ✓ **Capacity** to address and manage projects
- ✓ A sense of **meaning and purpose** for the inmates (in contrast to the profoundly meaningless existence in prison)
- ✓ A sense of contributing to other people's lives – for both staff and inmates

**2018 IN NUMBERS**

Total inmate population in Zambia (estimated daily number)	22,000
Number of inmates assisted with improved hygiene and safe drinking water (estimated daily number)	9,130
Number of seriously ill male patients assisted with care and nutrition	718
Number of seriously ill female patients assisted with care and nutrition	41
Number of patients treated for diarrhea	1,137
Patients treated with vitamin supplement (various kinds depending on need)	5,798
Number of inmates and juveniles dewormed	6,017
Number of juveniles supported in total (nutrition, schooling, and/or activities)	1,013
Number of juveniles receiving food every day	433
Number of circumstantial children cared for (with food, play areas, training of mothers)	81
Number of inmates receiving IT-education	180
Number of female and male inmates, correctional staff and government employees receiving nutrition and cooking training	292



PROMOTING MOTHER AND CHILD HEALTH



The wall on the outside of the Play House

BACKGROUND

There are children aged 0-4 (and sometimes older), who are of course innocent of any crime, but are incarcerated with their mothers, who are either awaiting trial or are convicted. Some children spend only a few days, others spend years in prison. The prison environment is stressful, and there is next to no focus on children's well-being and development. The children are the victims of a neglect in terms of lack of nutrition and stimulation for healthy development.

The number of children vary, but nationally they average about 100. We have supported a total of 81 children in 2018, but on average we support an average of 33 children per day in four of Zambia's biggest correctional facilities (Kabwe Maximum and Medium, Lusaka Central Correctional Facility, Chipata

Correctional Facility and Kamfinsa State Correctional Facility). During periods of large refugee flows, we see doubling or tripling of the number of children (refugees are imprisoned if they do not have legal residence).

THE CHILDREN'S PROJECT

Ubumi aims to create a more child friendly environment in the correctional facilities to facilitate healthier child development. The projects consist of the below described elements.

PLAY AREAS FOR THE CHILDREN

We establish play corners or build Play Houses (mini-kindergartens) for the children. In 2017, we were able to formally open the Play House in Mukobeko Female Correctional Facility, as well as construct a Play House in Chipata





Inside the play house in Chipata Correctional Facility

Correctional Facility. The Play Houses are used for play and basic teaching of the children. The Play Houses are colourful and provide a positive energy to the otherwise bleak everyday life. The Play Houses are exceedingly popular with mothers and children alike. It is very important to the mothers to see that their children live a life as close to normal as possible.

The Play house is also used as a class room to teach the women basic schooling.

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#### A CLEANER AND MORE HYGIENIC ENVIRONMENT

The women receive soap and detergents to keep the children, themselves and the general environment clean. We also provide water drums for safe and chlorinated drinking water.

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#### HEALTHY FOODS FOR CHILDREN, PREGNANT AND SERIOUSLY ILL WOMEN

The mothers receive a monthly food pack of food stuffs to cook for their children. They also receive soap, clothing and other necessities. Some of the food comes from vegetable gardens outside the correctional facility. The children are monitored closely, and those in need will receive medical treatment. We aim to address special needs.

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#### NUTRITION AND COOKING COURSES FOR WOMEN

We have trained 192 women and staff members in basic nutrition and cooking in 'our' four correctional facilities and in other correctional facilities upon request. We have a strong partnership with the organization CeLIM, who work with women and health in other correctional facilities, inspired by our model. We train women in the facilities where CeLIM works to create optimal synergies for the benefit of the women and children in correctional facilities.

## HEALTH AND EMPOWERMENT FOR ADULT INMATES: THE PROJECT FOR THE SERIOUSLY ILL

### BACKGROUND

Correctional facilities are deeply affected by diseases, which include outbreaks of diarrheal diseases, TB and HIV/AIDS and skin diseases. A major issue is malnutrition causing deaths is lack of nutritious foods, as AIDS patients cannot take their medication unless they receive a minimum level of nutritious food. At times, serious epidemics ravage the correctional facilities, such as dysentery.

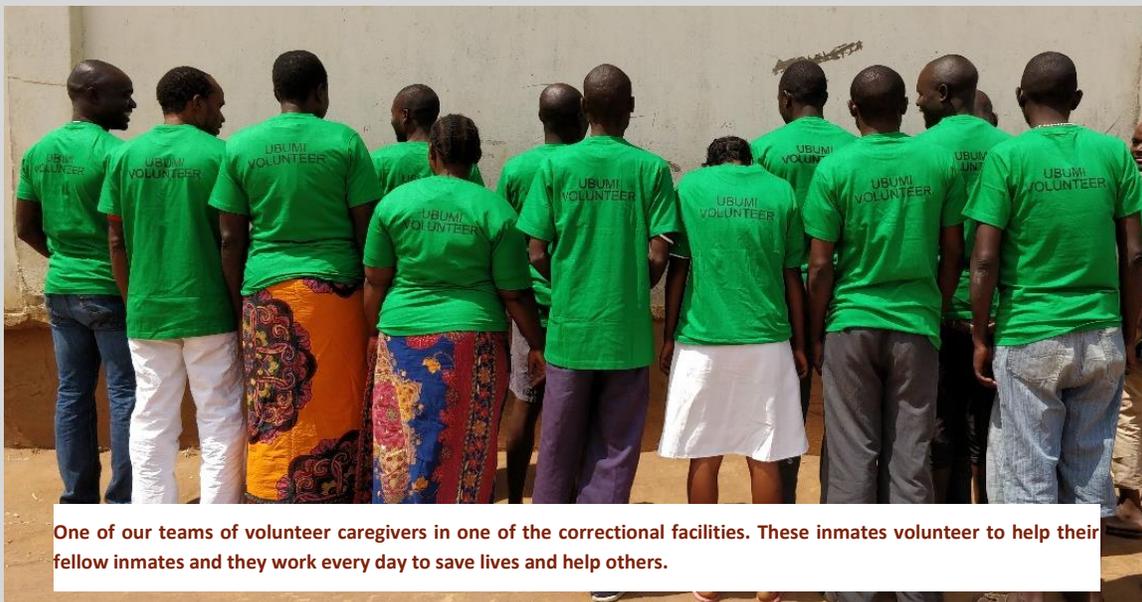


### THE PROJECT

The project is multi-pronged:

- Prevention of infectious diseases through safe drinking water and improved hygiene
- Treatment and support of the seriously ill by volunteer inmates, supervised by correctional facility health staff
- Improved nutrition through food production: vegetables, poultry and fish projects
- Provision of basic necessities

### THE VITAL VOLUNTEERS



One of our teams of volunteer caregivers in one of the correctional facilities. These inmates volunteer to help their fellow inmates and they work every day to save lives and help others.

The project for the seriously ill entails a team of approximately 10-15 volunteer caretakers, 1-2 cooks, 2-4 volunteer chlorine dispensers and 4-5 volunteer gardeners in each correctional facility. The caretakers are trained in hygiene, nursing, nutrition and the main diseases found in correctional facilities. The group is managed by an inmate with the title 'Ubumi Inmate Coordinator', who works closely with the correctional facility health staff to deliver quality services.

The volunteer inmate caretakers provide nursing services, incl. support to adherence to medication, washing, cleaning and feeding of patients. Ubumi delivers protein, disinfectant, soap etc. We have a system in place to prevent or stop diarrheal outbreaks before lives are lost. The hygiene measures reach approximately 7300 inmates out of the 21,000 inmates in the Zambian correctional facilities. The project specifically for the seriously ill patients is in five correctional facilities, reaching 557 patients in 2017.

Vegetable projects ensures regular provision of vegetables and fruits specifically for the ill, but also for the general inmate population. The project has a cook, who cooks nutritious meals for the patients.



Ubumi financed the building of a health clinic inside Chipata Correctional Facility in 2018

## THE JUVENILE PROJECT



Juveniles are a particularly vulnerable group in correctional facilities. Many spend extended time in the adult correctional facilities, where they may or may not have a separate section. In principle, they are supposed to go to juvenile detention centres, but some wait in the adult correctional facilities for months, and not rarely a year or even more. Juveniles can be down to 10 years old, and many are street children, or children vulnerable in other ways.

Ubumi has projects for juveniles in 6 facilities, and they vary somewhat across the locations. We focus on nutrition and health in all the facilities, and in most facilities we also support educational and recreational activities for the boys.

In 2018 we had a project, where we had a Danish soccer coach work as a volunteer with sports, educational and life skills training. He worked every week in Lusaka and Kamwala, and visited other sites as well. Based on that

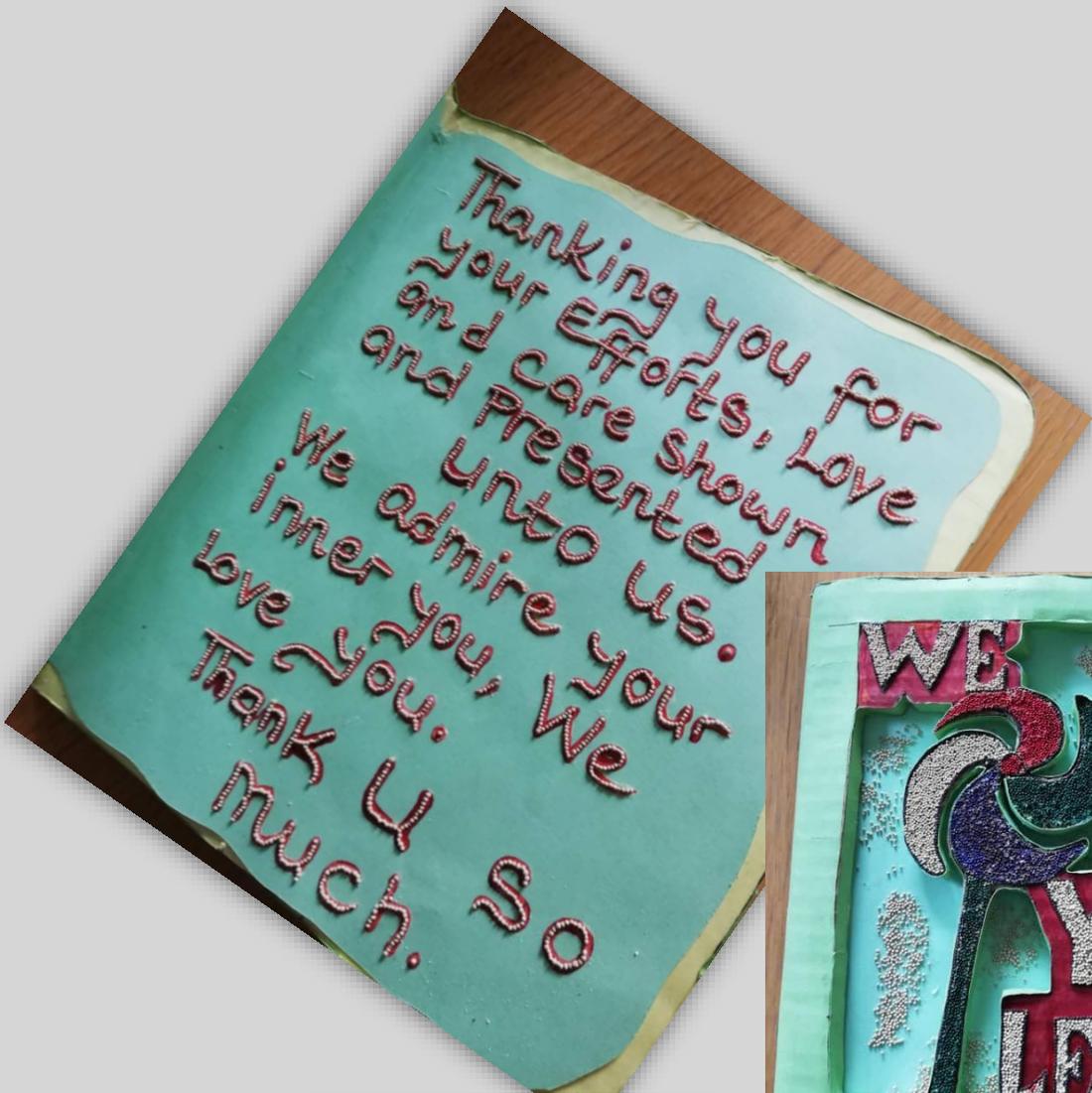


Our coach Buster Kirchner with our director Anne Egelund

work we published a Inspiration Catalogue on activities for youth in prisons. The catalogue can be found on our website. The catalogue is now used as inspiration in some facilities for activities with the youth. In some facilities we have volunteers coming from the outside to support activities, in others it is volunteer inmates who activate the boys.

In Lusaka, we have also in collaboration with the organisation SHARPZ been able to provide group therapy. We have also organised a music workshop with local musicians, where they have produced songs with the juveniles and adult inmates, which are due for public release in 2019. These were very exciting events for the boys which gave them a feeling of hope for the future.

We have more projects on the way, especially in connection with child rights and psycho-social support. We link with other organisations to help with legal aid, as many of the boys are in judicial limbo.



Art work the juveniles had made for our head of office Lena as a thank you in Lusaka

**FOOD PRODUCTION**

Ubumi works intensively with promoting local and sustainable food production at the correctional facilities in order to promote health, as well as inmate skills building. Therefore we have vegetable gardens at most of our facilities (Lusaka Central is the exception). We grow a variety of vegetables depending on the season, including carrots, tomatoes, egg plants, onion, rape, moringa and much more.

Chicken projects in Kabwe and in Chipata have provided food for the patients, and a fish project in Chipata has provided fish. We also have a small piggery, which is planned to generate income in 2019 and beyond.



**We have various poultry projects, where some chickens provide eggs, and others provide meat**

## MENTAL HEALTH



Around the world and in the Zambian prisons, we find many mental health patients. Mental health patients are often found at the perils of society to begin with and are therefore at risk of ending up in poverty related crimes, or violent crimes due to mismanaged psychiatric problems. The experience of being incarcerated may also provoke latent mental health problems or even create them. Depression (including suicidal patients), stress and anxiety are very common in prisons. Two recent studies document a prevalence rate of mental illnesses

(particularly depression/anxiety disorders) of 30-60% in selected Zambian prisons.

The mentally ill and the psychologically vulnerable are under extreme pressure in a prison. If they require medication, the supply is often poorly managed and irregularly supplied. They have victims of heavy stigma at all levels.

Ubumi has initiated a mental health project, where we will train health staff, selected inmates and correctional staff. The health staff will learn more about mental health, various diagnoses and treatment of the same, as well as go through anti-stigma and human rights sensitization. Trainings for inmates and corrections staff will include the same topics tailored to their level of situation. We will also implement a number of psycho-social interventions, including support group for patients.



At night the cell will be completely full of people having to share mattresses or in some places sleep directly on the concrete floor

### SUPPORTING VISION THROUGH PROVIDING SPECTACLES

2018 also offered the exciting collaboration with Vision Aid Overseas. Poor eye sight can have a devastating effect on a person’s life and livelihood. Poor eye sight in developing countries is intrinsically linked to poverty, because poor eye sight may affect one’s access to education and possibility of generating an income.

Vision Aid Overseas works to ensure that everyone, regardless of their gender, economic status and geographical location, has access to affordable eye care services and glasses. Ubumi and UpZambia have therefore started a collaboration with Vision Aid Overseas, and in October 2018 visited Kamwala Remand and Lusaka Central Correctional Facility to test eye sight and give 350 inmates in need glasses.

We’re very excited about this collaboration and we hope it will not be the last time Vision Aid International will help prisoners in Zambia.

### SUPPORTING NATIONAL COORDINATION AND COLLABORATION

Ubumi participates in the Prisons Health Advisory Committee, a national level coordinating body, chaired by correctional facilities. Additionally, we collaborate closely with several Zambian-based organisations to optimise interventions.

### SUPPORTING EDUCATION AND SKILLS-BUILDING

Ubumi supports IT-education in Mukobeko Maximum Security Correctional facility and in Chipata Correctional Facility. In 2019, two more computer labs will be opened in other facilities.

IT is part of the national curriculum, and with our IT-lab we support primary and secondary education activities, as well as separate IT-classes for inmates. The IT classes take place in separate rooms, and Ubumi has donated well-functioning second hand computers.

IT-competent inmates and/or corrections staff teach the students. In 2018 more than 180 inmates have been trained. This is double up from last year.



## SHIPPING ITEMS FOR CORRECTIONAL FACILITIES FROM DENMARK

In 2018, we organised another container through Recycling for South with a variety of items for the correctional facilities. The items include, but are not limited to 155 hospital mattresses, 10 wheel chairs, many crutches, walkers, 3 TVs, toys for the kids, soccerballs for juveniles and sports in general, spectacles for and chairs, office chairs, hospital beds, health clinic and hygiene equipment, stoves for cooking and baking projects and freezers for storing fish – and much more. Most of the items are collected from Danish hospitals and may be new or good quality second hand.

The container also includes more than 30 computers for use in health clinic and IT labs for inmates and juveniles. The container arrives in 2019, and the items will be distributed to ‘our’ correctional facilities.



Some of the items on the container: The mattresses



Shaving machines on the way

**OUR IMPORTANT LOCAL PARTNER ORGANISATIONS**

We work with several local organization, whom we support to implement the Ubumi Model. In Chipata, we work with NZP+ Chipata District Chapter. In Kitwe, we work with In But Free Prisons Project (IBF), and in the Kabwe (Mukobeko) prisons, we work with Prisons Future Foundation (PFF).



NZP+ and Ubumi

In various correctional facilities around the country, we work with CeLIM to improve health for especially women and children. We also have a close working relationship with many of the other organizations in the Prisons Health Advisory Committee.



PFF and UBumi



IBF director on the left and Ubumi staff with a corrections officer

**THANK YOU**

**The Obel Family Foundation**

**Jubilæumsfonden af 12.08.1973**

**Bistrup Church**

**CISU**

**Recycling for South**

**Harvest Plus**

**Soroptimist International (Hillerød and Birkerød Chapters)**

**All members and supporters**

**All volunteers inside and outside the correctional**

