



***NGO «Woman Health & Family Planning»***

# ***Annual Report***

# ***2015***

## About Foundation

“Woman Health & Family Planning” Charity Foundation / WHFP is a non-government organization consistently and actively working for 18 years in the field of reproductive health strengthening and protection of reproductive rights of Ukrainian people, effectively conducting preventive work, implementing public information campaigns, advocacy events, researches, as well as trainings for medical professionals.

Besides, WHFP is a member of International Planned Parenthood Federation / IPPF, European Breast Cancer Coalition / EUROPA DONNA, Central and Eastern European Women’s Network for Sexual and Reproductive Rights and Health / ASTRA.

### Vision

Ukrainian society endorses equal rights and non-discrimination; every person is aware of their responsibility for own reproductive and sexual health, and every child is born wanted and healthy. Health care system is efficient, transparent and accountable, providing high-quality, safe and affordable SRHR services.

### Mission

We work for protection of sexual and reproductive health and rights in Ukraine through education, information, advocacy and development of the networks of professionals, NGO leaders and volunteers.

### Values

- Tolerance and recognizing diversity
- Social responsibility
- Professionalism and accountability
- Development and innovations
- Integrity and patriotism

### Main Spheres of WHFP Activities:

- **Expertise & Strategic Development**  
Independent Expertise & Strategic Development in RH/FP area
- **Trainings for Medical Professionals**  
Education Programs for Medical Professionals (gynecologists, oncologists, radiologists)
- **Education programs on sexual education and healthy life style for:**
  - Youth / Adolescents,
  - Parents.
- **Public Awareness Campaigns on Cancer Prevention Among Women:**
  - Breast Cancer
  - Cervical Cancer
- **Rehabilitation Programs for Breast Cancer Survivors**
- **Organizing of Information and Fund Raising Campaigns Aimed at Purchasing of Modern Diagnostic Equipment for Cancer Early Screening**
- **Information & Consulting Services and Support of:**
  - All-Ukrainian Information Telephone Line on Reproductive Health & Family Planning 0-800-50-27-57
  - Information Line “Together against Breast Cancer” 0800 50 50 90
- **Promotion of Public Discussion on the Protection of Reproductive Health & Reproductive Rights Through Organizing Conferences, Round Tables, Forums, Expert Meetings, etc.**
- **Public Awareness & Information Campaigns on the Prevention of Reproductive Health & Rights of Patients and People With Disabilities**
- **Support of the networks of professionals, NGO leaders and volunteers in Ukraine**
- **Small Grant Programs.**

### Compliance With International Standards

#### Independent Assessment of WHFP Accounting System (under UNFPA grants)

In 2015 WHFP successfully passed through the process of independent risk assessment of Foundation’s systems of program management, organizational structure and staffing, accounting policies and procedures, procurement, reporting and monitoring system, conducted by specialists of Moore Stephens Company, an independent member firm of Moore Stephens International Limited on the request of the United Nations Population Fund. All WHFP operating systems were acknowledged as effective and well managed which resulted in granting the Foundation for further implementation of the UNFPA-funded Projects for 2015-2017.

## Foundation's Activity by the Projects in 2015



### **Strengthening Policy Environment and Civil Society Involvement in Family Planning or Reproductive Health in Ukraine Project (short title) / SPECSI in FP/RH**

*Under the support of the US Agency for International Development / USAID*

*Implementation Period: September 2013 – September 2016*

In 2015 WHFP in partnership with the Ministry of Health of Ukraine continued effective implementation of the USAID Reproductive Health in Ukraine / SPECSI Project aimed to strengthen and sustain existing family planning and reproductive health sector (FP/RH) programs and increase the civil society competence and involvement in the FP/RH programs implementation in accordance with international standards.

WHFP Foundation has been conducting activities in support of two main Project objectives:

**Objective 1:** Improve national policy environment so it is more favorable to FP/RH and gender-sensitive

**Objective 2:** Create an on-going country's forum to promote the importance of FP/RH in collaboration with other stakeholders.

#### **Project Achievements in 2015:**

- Finalized the Assessment of the current "State Program Reproductive Health of the Nation for 2006-2015", that helped to outline main priorities to be resolved and supported on the national level as well as became a prerequisite for the development of the new State Program for 2017-2021.
- Supported further functioning of the National Coordination Council on FP/RH – formal national coordination body in the area of RH/FP/MCH established under the Ministry of Health of Ukraine. Based on the recommendations of the current SPRHN assessment, the main components of the new SPRHN were prioritized and the content of the Concept paper for the new RH State Program was drafted.
- Assessment results were widely presented to and supported by international and national RH/FP expert environment. Project initiated public discussion in Ukrainian Parliament and launched strong advocacy campaign aimed to support the necessity of the development and adoption of the new SPRHN 2017-2021.
- All-Ukrainian Reproductive Health and Family Planning Coalition is formed by SPECSI Project and now unites 40 NGOs leaders and individual experts from 20 Ukrainian regions working in the area of public health, youth and women issues and FP/RH promotion. In 2015 SPECSI in FP/RH Project provided methodological, consulting and mentorship support and assistance to the Coalition members and ensured networking and communications opportunities. As a result Coalition became an information exchange platform for NGOs in terms of their capacity building in RH/FP.
- SPECSI provided small grants to 20 NGOs - All-Ukrainian RG/FP NGO Coalition and 5 NGOs working with people with disabilities (both physical and learning disabilities). Grants projects were successfully implemented and performed tasks on FP/RH advocacy, communication, education and promotion of safe reproductive health practices.
- To advocate for effective national and local policy in the field of RH/FP, prevention programs and high quality service provision, most of NGO Coalition representatives became members of Public Councils established by city or oblast administrations. Two waves of Public Information Campaign in Ukrainian regions were conducted: Family Planning Week (May, 2015) and World Contraception Day (September, 2015).

### **"Non-communicable Diseases Among School Youth" education component of the World Health Organization Project "Non-communicable Diseases: Prevention & Health Strengthening in Ukraine"**

*Under the support of Swiss Agency for Development & Cooperation / SDC*

*Implementation Period: July 2015 – December 2017*

### The overall goal of the project:

Reducing the contribution of non-communicable diseases (NCD) into the structure of morbidity, mortality and life expectancy of Ukrainian population.

In 2015 WHFP Team started implementation of the “NCD prevention among youth” educational component aimed at developing and implementation of the comprehensive and effective program health promotion at schools, tested in selected pilot schools of Lviv, Ivano-Frankivsk, Vinnytsia, Poltava, Dnipropetrovsk, Kharkiv oblasts and city of Kyiv.

The project aims to overcome the main risk factors making an impact on the high level of non-communicable diseases, i.e:

- unhealthy food/diet;
- lack of physical activity;
- use of alcohol, drugs and tobacco;
- risk behaviors at young age, to large extent causing injuries, wounds, poisoning, diseases of the digestive tract, communicable diseases;
- negative environmental factors;
- lack of awareness on reproductive health and family planning.

## Strengthening Humanitarian Response to the Need of Most Vulnerable Women and Female Adolescents Affected by Armed Conflict in Eastern Ukraine Through Multi-Sectorial Prevention and Response to Gender-Based Violence and Access to Sexual & Reproductive Health Services Project

*Under the support of United Nations Population Fund / UNFPA*

*Implementation Period: September 2015 – December 2017 (II Phases)*

### Project Goal

The Project is aimed to improve capacity of primary health care providers to address emergency sexual and reproductive health needs of gender-based (domestic and sexual) violence survivors as well as of potentially vulnerable categories of the population.

### Project Objectives:

1. Addressing immediate needs of GBV survivors through coordination, assessment of GBV prevalence, advocacy and multi-sectorial referral mechanism at the regional level
2. Strengthening capacity of local service providers (legal protection, socio-psychological support, health care) to respond to GBV and implement community-level prevention programs

Project worked with medical service providers from such pilot regions as Donetsk, Lugansk, Kharkiv, Dnipropetrovsk, Zaporizhzhya and Poltava.

The Project is implemented by WHFP in the period of September 2015 – December 2017 in 2 phases.

**1-st phase:** October 2015 – March 2016.

Strengthening humanitarian response to the need of most vulnerable women and female adolescents affected by armed conflict in Eastern Ukraine through multi-sectorial prevention and response to GBV and access to SRH services.

### Project Achievements in 2015:

During the 1-st Phase WHFP experts:

- **developed and printed Manual for medical specialists on the “Provision of Reproductive Health Services to Gender Based Violence Survivors”**

Manual was developed based on WHO Guidelines “Management of Rape” and UNFPA MISP Recommendations. It widely distributed among participants of training programs and sent to regional health departments and divisions of Donetsk, Lugansk, Dnipropetrovsk, Kharkiv and Zaporizhzhya oblasts for further use by local medical institutions.

- **developed and implemented training programs in accordance with developed manuals:**

- for family doctors, dermatologists-gynecologists and nurses on the Basic Principles of Syndromic Approach to STI Treatment Among Vulnerable to STI/HIV Groups.
- for obstetricians, gynecologists and midwives on the Improvement of Medical Specialists Capacity in Providing Reproductive Health Services in Emergent Situations;

During 1-st Phase 712 healthcare practitioners from Kharkiv, Lugansk, Donetsk, Dnipropetrovsk and Zaporizhzhya oblasts were trained on the provision of medical services to GBV survivors, including 225 healthcare specialists trained on STIs diagnostic and treatment.

- **developed and printed the set of thematic information materials “Reproductive Health: what to know and what to do in emergency situations / information for women”**

The set consists of 5 brochures, covering important RH issues in case of gender based violence, i.e.:

1. Family Planning & Medical Care in Case of Unwanted Pregnancy
2. Medical Care in Case of Violence
3. Sexually Transmitted Infections and AIDs
4. Safe Motherhood: Pregnancy
5. Safe Motherhood: Preparation for Delivery, Delivery and Post-Partum Period

Information materials were distributed among participants of training programs in Phase 1 and 2. Besides, they were also sent to Emergency SRH Aid Units of Lugansk and Donetsk oblasts set up during the 2-nd Project Phase.

## **«Ensuring access to comprehensive information on SRHR to adolescents via proved and innovative outreach approaches application and advocacy on sexuality education in Ukraine» Project**

*Under the support of the of the International Planned Parenthood Federation / IPPF*

*Implementation Period: ongoing project since 2007*

In 2015 WHFP continued effective and successful implementation of this ongoing project aimed to promote the fact that Ukrainian teenagers and young people should make informed choice about their lifestyles and avoid risky situations due to the possession of the knowledge and skills.

IPPF Project activities in 2015 were conducted within set **Project objectives:**

1. To improve adolescents' knowledge on SRHR through peer education network scaling up and innovative outreach approaches application
2. To increase access to comprehensive information on SRHR and sexuality education for adolescents and their parents by strengthening cooperation with partner organizations in new Ukrainian regions previously not covered by the project
3. To implement advocacy strategy aimed at creating the favorable environment for the implementation of sexuality education programs in Ukraine in accordance with European standards
4. To raise youth involvement in planning, design and implementation for ensuring maximum project's relevance to the needs of Ukrainian adolescents

### **Project Achievements in 2015:**

- Supported and strengthened the potential of youth volunteers network and conducted in Kyiv and 2 pilot regions (Chernihiv and Vinnitsa) 17 thematic events (street mass events, flesh mobs, thematic quests) within St. Valentines' day, All-Ukrainian Family Planning Week, Day of contraception, World AIDS day, International Free Hugs Day, Day of Volunteers and Youth day.
- Education and awareness work with adolescents and youth through peer education trainings, school of volunteers aimed to empower peer educators to better arrange peer education work in their regions, social theater performances, thematic on-line activity, trainings in summer camps, developing and distribution of thematic brochures for youth, etc. In 2015 WHFP have supported two youth friendly web sites: [www.teenslive.info](http://www.teenslive.info) and [www.sexualeducation.org.ua](http://www.sexualeducation.org.ua) that helped young people and their parents to get comprehensive RH/FP related information.
- In 2015 more than 12 000 adolescents and young people have been reached with appropriate SRHR information due to different WHFP activities, which peer educators initiated, organized or took active part in. In particular, about 1500 adolescents have received information on SRHR within peer education single sessions or trainings conducted, about 1900 teens – within social theatre performances, and more than 7000 teens were reached due to mass informational street events, thematic events in educational institutions, flesh-mobs etc. In addition, due to collaboration with WHFP partners a number of SRHR informational materials were delivered to the youth audience in the pilot regions as well as nationwide.
- Increased and improved networking between partner organizations working in SRHR sphere due to joint activities conducted with leadership and under coordination of WHFP Charity Foundation. In 2015 WHFP has signed memorandums with 5 new local NGOs from Zhytomyr, Kherson, Sumy, Dnipro regions, interested in cooperation with WHFP within youth' SRHR sphere.
- Advocacy activity aimed to improve programs of sexual education in Ukraine as well as the need to include the component of sexual education and youth reproductive health prevention to the new State Program "Reproductive Health of the Nation" for the period 2017-2021.

## **Short-term Project on the Improved Access of Educators, Social Workers and NGO leaders to the Instruments of Sexual Education Program Implementation**

*Under the support of the of the International Planned Parenthood Federation / IPPF*

*Implementation Period: January - December 2015*

This short-term Project under IPPF support was aimed to:

1. improve Sexual Education Program, developed earlier by WHFP experts, in accordance with recommendations prepared



- on the results of SE Program assessment by Inside&Out instrument;
2. develop the basic distance learning training course which will help educators, social workers and civic activists to implement sexual education program in Ukraine.

#### **Main Project Achievements:**

- WHFP experts reviewed, updated and adapted earlier developed Training Program on sexual and reproductive health and rights of adolescents in accordance with international standards and with the use of "Its All One Curriculum" Tool.
- Foundation's experts developed the concept of the distance learning training course with the use of Moodle platform which provides opportunities for preparation, design and conducting trainings in accordance with Sexual Education Program.
- Successful testing (1-st stage) of the distance learning training course.

### **Healthy Woman of Ukraine Program / HWUP - Joint Project of the Woman Health Family Planning Charity Foundation under the subcontract with JSI Research & Training Institute, Inc. (JSI)**

*Under the support of the US Agency for International Development / USAID*

*Implementation Period: October 2011 – July 2016*

In 2015 WHFP experts continues successful implementation of its component within Healthy Woman of Ukraine 5-year project aimed to improve Foundation's management, technical and organizational development capacity necessary to compete for direct funding from other sources, as well as to strengthen WHFP ability to implement high quality FP/RH education and advocacy programs. Project activities were performed in accordance with set Project Objectives.

#### **Project Achievements in 2015:**

- WHFP has contributed to strengthening of its administrative, financial and program management, monitoring and evaluation systems through finalizing of Policies (Personnel Manual and Operating Policy prepared in 2014) regulating WHFP procedures in administrative, management and operational spheres. Besides, Foundation's experts under HWUP Team support developed Financial Manual as well as WHFP Branding & Marking Plan, Quality Standards Procedures, Resource Mobilization Plan, BCC Standards and Quality Improvement document, WHFP M&E Manual in accordance with internationally acknowledged standards and with the aim to improve quality of the BCC and Policy programs performance..
- In 2015 WHFP continued supporting the operations of All-Ukrainian Information Line on RH/FP aimed to provide evidence-based and reliable information on FP to men and women of reproductive age, to track information needs of the target groups, to ensure the link between FP services providers and clients. Analysis of IL functioning revealed positive dynamics and increasing in number of in-coming calls (more than 1500 in 2015 in contrary to 927 in 2014) and scaling-up of call geography to all Ukrainian oblasts. Based on IL in-coming calls WHFP experts prepared publication "100 questions and answers on RH/FP".
- To respond the needs of people with disabilities WHFP provided training and information support to IL consultants on the issues related to sexual and reproductive health and rights of people with disabilities, providing them with thematic information materials developed by WHFP experts and NGO Coalition members under SPECSI Project Small Grant Program.
- WHFP developed, tested, designed and produced additional information, education and communication products addressing the needs of different target groups in RH and FP, i.p. young people and their parents, men and women of reproductive age, military servants, etc. Materials are highly demanded and are widely distributed all over Ukraine among HWUP's grantees, the network of Youth Friendly Clinics, members of All Ukrainian Reproductive Health and Family Planning Coalition as well as among youth during numerous HWUP and WHFP public events.

### **WHFP Activity in the Sphere of Breast Cancer Prevention & Early Diagnostic, Rehabilitation Programs for Breast Cancer Survivors**

*Under the support of Avon Cosmetics Ukraine and Mary Kay Co.*

Since 1996 WHFP Charity Foundation has been actively and consistently conducting public awareness campaign aimed at prevention of oncological diseases among women, screening programs support and the creation of the national system of breast cancer early diagnostic. The main Foundation's partners in this area are «Mary Kay» and «AVON Ukraine» business companies.

#### **Breast Cancer Prevention and Rehabilitation Programs Achievements in 2015:**

- **"Pink October" Annual Public Information Fair within International Breast Health Day in Ukrainian Parliament (VR) devoted to Breast Health Prevention and Promotion of the European Standards of Screening within Breast Cancer Advocacy & Awareness Wave in Ukraine**

Since 2001 WHFP Foundation in partnership with other organizations in Ukraine has been conducting an annual

nationwide information campaign “October is the month of knowledge on breast cancer.” It’s aimed to inform the wide range of Ukrainian women and men about the risk of breast cancer, necessity for its prevention and conducting compulsory screening programs, advocacy for reproductive rights of women, in particular, to ensure the quality of early diagnosis, treatment and rehabilitation to date.

On October 9, 2015 WHFP in partnership with “Equal Opportunities” Intersectoral Parliament Group organized traditional (since 2013) Pink October information fair in Ukrainian Parliament within official Government Day in VR. It was aimed to attract attention and inform Ukrainian decision makers, government officials and media representatives to extremely important problem which is breast cancer and call for state support of comprehensive solving of BC issue in Ukraine and screening programs compulsory introduction. During the Action BC thematic information materials, pink ribbons as well as banner exposition with true breast cancer statistics, facts, necessary steps to be done by the state were presented and distributed among MPs, Ukrainian decision makers, Verkhovna Rada staff, and journalists.

Information Fair was finalized by official press-briefing for accredited in VR national media with participation of the event’s initiators – Galina Mastruk, WHFP Chief-of-Board/Europa Donna Ukraine, MPs-leaders of Equal Opportunities Parliamentary Association, members of VR Health Committee, etc.

- **Conducting of training & education program for radiologists – “5th School of Modern Mammography”**

Partnership project of WHFP Charity Foundation and AVON Ukraine is a part of social program “Together against breast cancer” being implemented in Ukraine since 2010. This training program was created by leading specialists of Leuven University (Belgium), Institute of Nuclear Medicine and X-ray diagnosis of the Academy of Medical Sciences of Ukraine, Kyiv City Clinical Cancer Center, and Kherson Regional Cancer Center.

In June 2015 the 5th School of Modern Mammography was traditionally held in Lviv in cooperation with Lviv City Administration and regional health department. 42 Ukrainian doctors – radiologists from 15 Ukrainian regions were trained according to European guidelines for quality assurance in mammography screening with theoretical part and practical skills development sessions.

- **Rehabilitation programs for women - breast cancer survivors**

In 2015 WHFP in partnership with Mary Kay Company continued providing assistance to woman – breast cancer survivors in the format of sanatorium-based rehabilitation program aimed at breast cancer recurrence prevention, securing stable remission, and improving of organism’s adaptation reserves. In October 2015, 18 women from all over Ukraine became the participants of free rehabilitation program on the basis of Truskavets sanatorium, Lviv oblast.

- **Administering of “Together Against Breast Cancer” Information Telephone Line 0 800 50 50 90 under AVON Co. support**

- **Conducting of School Health monthly meetings**

“School Health” meetings are organized for women - breast cancer survivors on a monthly base in the form of educational seminars conducted by doctors - mamologists, surgeons, nutritionists, immunologists, psychologists, chemotherapists, gynecologists, rehabilitation specialists, and other experts upon women request. In 2015 315 women - breast cancer survivors attended “School Health” meetings.

## Income & Expenditure Statement - 2015

Income		UAH
Donors		11 677 874.00
Passive Income		10 092.00
<b>Total Income:</b>		<b>11 687 966.00</b>
Expenditures		UAH
Expenditures for Program Activities		9 187 905.00
Expenditures for Office Rent & Maintenance		2 267 052.00
<b>Total Expenditures:</b>		<b>11 454 957.00</b>

For more information please contact Woman Health & Family Planning Charity Foundation:

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