



Bridges – making global connections



Mothers Matter



**Learn and take action to promote
healthy motherhood for all**

**A resource pack for Youth and Community
Groups**



Make Mothers Matter!

In 2011, Bridges wants you to help us make Mother's Day extra special.

This pack contains everything you need to learn and take action to promote healthy motherhood with your youth or community group.

We want to make Mothers' Day count for every woman around the world by asking you to take part in our Mothers Matter activities.

You can use the activities at any time of year but they are ideal to use this March and April to mark *International Women's Day on 8th March 2011* and *Mother's Day on 3rd April 2011*.

Why action is needed to improve maternal health now

In 2011 it's outrageous that:

- Everyday 1000 women die in childbirth - 99% of these women live in developing countries.
- In the poorest countries in the world a woman is more likely to die during childbirth than from disease or illness.
- Children often die shortly afterwards, with no mother to care for them.

This doesn't have to happen.

Many maternal and child deaths could be easily prevented.
Use this pack to find out more and take action to help.

Degitu's Story

Ethiopia in East Africa is home to 82 million people and one of the poorest countries in the world with 10 million people at risk of starvation. Pregnant women are at a high risk of dying in childbirth with just 5% delivering their babies in a hospital or clinic.

Degitu is a mum living in Ethiopia. She had been in labour for 3 days, with no sign of her baby arriving. She managed to persuade her husband and sister-in-law to get her to hospital. They began to walk and eventually hitched a lift with a truck heading into town. On arrival at the hospital she had an emergency caesarean section, saving her and her newborn baby's lives.

The hospital Degitu went to is supported by Maternity Worldwide, a UK charity working to save lives in childbirth in developing countries. www.maternityworldwide.org

How to save Women's lives

- Train and support doctors, nurses and midwives to attend births;
- Provide clinics and hospitals with equipment and medication;
- Ensure women can easily travel to hospitals and clinics;
- Ensure women have rights and status within society so their health is valued by all.



Here's what to do...

We want to see a world where every child is healthy and every mum can give birth safely and we need you to help us.

Step 1 – Tell People About It!

Use the activity ideas to help everyone learn about the challenges facing mothers in developing countries.

Step 2 – Do Something About It!

Use the action ideas to join Oxfam's Mums Matter campaign and raise money for Maternity Worldwide to support mothers in Ethiopia.

Your help will enable mums to survive giving birth and children to grow up with happy and healthy mums to care for them.

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Step 1 - Tell People About It!

Telling people about an issue so they understand it and start to care about it is the first step to making a difference. You can use the following activities with your youth and community groups to learn together about maternal health.

The following activities can be used with different groups in many different settings. You know your group best so adapt the activities to meet their needs and interests. There are suggestions on how activities can be simplified for younger children or extended for older groups of young people. You can mix and match the activities to suit your needs and many will also work well with groups of a mixed age range where adults, older and younger children can all work together.

Talking and learning about maternal health is a difficult and emotive subject. The activities focus on health and keeping healthy rather than death and illness and help people to see the differences and similarities between their lives and those of children and adults living in poorer countries.

It is incredibly important that people are not left feeling overwhelmed by and powerless to change the problems that they learn about. Leave your group feeling empowered and excited by following these learning activities with the action activities on pages 14 to 18. Remember, everyone is able to make a difference to the lives of mothers and their children all around the world.



Pupils at school in India

The Millennium Development Goals (MDGs)

A set of goals for a fairer world. The MDGs were agreed by the UN in 2000 and are to be achieved by 2015. Goal 5 - Improve Maternal Health, is the most off-target and that's why we need your help to ensure it is achieved.

Find out more:

End Poverty 2015 www.endpoverty2015.org

Department for International Development

www.dfid.gov.uk/Global-Issues/Millennium-Development-Goals/



A. Activities for Youth Groups

Getting Started

Talking about health and healthcare might be quite different to your usual activities. Get started by:

- Asking everyone to think about and then share the last time they were ill. You could ask: "What was wrong?", "How did they feel?", "How long were they ill for?" and "Who and what helped them to get better?".
- You could jot answers on sticky notes and display them on a large outline of a person.

Activity 1 Two Mothers, Worlds Apart

This activity uses stories of motherhood from the UK and from Ethiopia to compare access to healthcare in different countries.

Before you start:

Ensure you have a copy of "My Mum's Story" (see page 7) to read out. Read the background information on page 11 to help you discuss the stories with your group. Search online for an image of a pregnancy scan to show your group.

Running the activity:

1. Show your group an image of a pregnancy scan. Ask your group questions such as: What does the image show?, How was it taken?, Where was it taken?, Who took it and why? Finish by explaining that pregnancy scans are part of maternal healthcare in the UK and an important way of keeping mums and babies healthy.
2. Read out Tom's Story (from My Mum's Story on page 7). Ask your group if they have ever been in the same situation as Tom?, How did they feel?, What happened in the story to keep Tom and his Mum healthy?
3. Read out Mulu's story (from My Mum's Story on page 7). Again, discuss the story with your group: How are Mulu and Tom's lives the same? How are they different? What happens to Mulu that doesn't happen to Tom?
4. Finally, talk about what needs to change to make Mulu's and her Mum's lives better. (Use the boxed text on page 1 and background information on page 11 to help.)

By the end of the activity ...

Your group will have a better understanding of all the things that help keep them and their family healthy. They will realise that not everyone in the world has the same access to healthcare as they do.

More ideas

- Younger children could draw a picture of Tom or Mulu showing one thing that happened in the story.
- Older children could create a drama or role play to tell one of the stories.
- You could use photos or objects to help bring the stories to life.



Activity 2 Family Health Timeline

This activity uses a life timeline to show health and healthcare in the UK and Ethiopia from birth to old age.

Before you start:

Prepare a timeline on a long sheet of paper, use the example below as a guide. Copy and cut out the family and health fact cards on pages 8 and 9. You will need sticky notes or small pieces of paper and pens.

Running the activity:

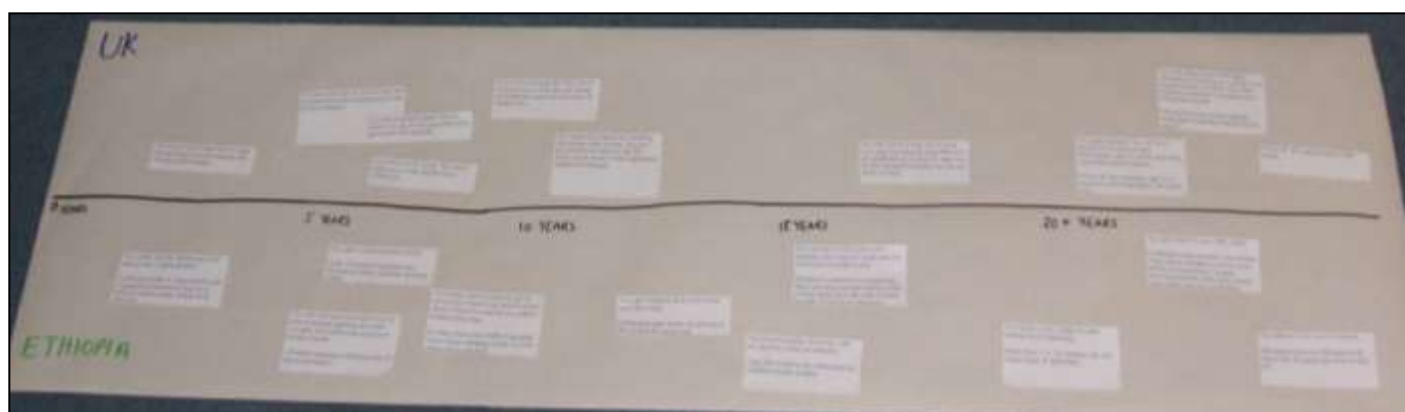
1. Ask your group to think back to a time they can remember going to the doctors (or hospital, optician, dentist – any healthcare service will do). Ask them what happened and why they went. Older children can jot this on a sticky note or small piece of paper and put it on the timeline against the appropriate age.
2. Give out “Tom's Family Fact Cards” either one card each or one between two or three, depending on the size of your group. Ask each person or pair to put the card on the timeline next to the age Tom was when this happened. (With younger children you may do this as one big group.)
3. Now give out “Mulu's Family Fact Cards” and repeat the activity. Ask the group to look at the two sets of cards. What is the same and what is different about the two timelines? (e.g. more illness at a young age in Ethiopia, more preventative healthcare in the UK)
4. Now hand out the health fact cards and match them to the family fact cards on the timeline.
5. Add any more events from the stories or your own lives using blank cards.
6. Talk with the group about the similarities and differences between family health in the UK and in Ethiopia. Can they make a list of all the things that happened to Mulu's family that could have been prevented by clean water, toilets and basic healthcare?

By the end of the activity...

Your group will be able to see clearly the difference between access to healthcare in the UK and in Ethiopia and how this affects people's health. They will understand how easy it is to prevent some illnesses (e.g. clean water can stop a child dying from severe diarrhoea and dehydration).

More ideas

- Use photographs and objects to bring your timeline to life.
- Ask your group to decorate the timeline with pictures.



More activity ideas for youth groups**Why do we need our Mums?**

1. Show your group a photo of a child who might live in their local area. Ask the group "Why does he/she need his/her Mum? Write all the answers down on a large sheet of paper around the photo. (e.g. making food, washing clothes, taking to school, earning money, giving hugs etc)
2. Change the photo for a picture of a child from another country. Ask the question again – are the answers the same?
3. You can change the photo again and again to demonstrate the fact that mothers are important to children everywhere in the world.
(see www.shropshirebridges.org.uk for photo resource pack)

What keeps mothers healthy?

1. Display a photo of a mother. Then hold up an item that will help keep her healthy (e.g. a piece of fruit). Ask why this helps to keep the mother healthy.
2. Give out lots more items and/or photographs and ask the group to put them around the photo and write or explain the reasons the items keep mothers healthy.
3. See if you can agree on the "top three" items for keeping mothers healthy. (Don't forget things like clean water and toilets that people in poorer countries might not have.)
(see www.shropshirebridges.org.uk for photo resource pack)

Explore Ethiopia

1. Share a collection of photographs of Ethiopia with your group. Can they guess where this country is? What do they think life is like there? (see page 13 for useful websites)
2. As a group use a map, facts and photos to create a display about life in Ethiopia.
(see page 13 for useful websites for photos and facts about Ethiopia)

A picture speaks a thousand words

Use photos to help young people explore and empathise with the issues. Show your group a single photo or hand out a selection of photos to be used by smaller groups. Ask questions such as:

- What can you see in the photo?
- Where do you think it is?
- How do you think the people are feeling?
- What do you think the people are saying to each other?
- What is happening outside the photo?
- What do you think might happen next?

Your group can use sticky notes to add speech and thought bubbles to the picture and write or draw around the photo on a large sheet of paper.



My Mum's Story

Tom's Story (UK)

My name is Tom and I am a bit bored of waiting. My mum is talking to a lady called a midwife again! We have to come to the clinic every two weeks at the moment to check that the baby and Mum are ok!

We had some salad for lunch when we got home and then we watched my favourite DVD. While we were watching Mum couldn't sit still – she thought the baby was coming. Nan came over and Dad took Mum to hospital. They didn't have a long journey because the hospital is really close. I was born there – I can't remember that of course, but I did go back when I banged my head at nursery school.

We had to wait ages and ages but Nan said not to worry. At last the telephone rang – it was Dad to say that I have a new baby sister! We went to see her in hospital. She looked really wrinkly and pink.

Mum and my sister came home from hospital the next day. They just seemed to sit on the sofa for the first few days. Every morning the midwife lady came to see us. She checked the baby and made sure that my Mum was feeling alright. She didn't seem very interested in me! My sister was really boring at first – but then one day she opened her eyes and smiled at me!

Mulu's Story (Ethiopia)

Mulu's mother is called Zemzem. She is 30 years old and is pregnant with her fifth child – a little brother or sister for Mulu. Mulu helps her mum fetch water, collect firewood and clean. She doesn't go to school as the books and uniform are too expensive.

One day, Mulu's mother knows that the baby is coming and Mulu walks with her to the local health post. The worker there knows that Zemzem's baby is in the wrong position to be born and she says that Zemzem needs to get to the hospital as quickly as possible.

So their long journey to the hospital begins. They walk through the fields for an hour until they arrive at the road. They stand at the side of the road in the hot sun until a bus comes along, packed with other villagers.

August is the rainy season in Ethiopia and soon the bus is stuck fast in the mud. Zemzem has to spend the night at the side of the road with the other passengers. She is in pain and she knows that her baby needs to be born, Mulu is very worried about her. The next morning the people free the minibus from the mud and they continue their long, bumpy journey.

Later that day they finally arrive at the hospital, the doctors operate on Zemzem and save the lives of her and her baby. Mulu and her family are very happy.

(Adapted from

www.huffingtonpost.com/hanna-ingber-win/mothers-of-ethiopia-part_b_300333.html)



Family Health in Ethiopia

Match Mulu's Family Fact Cards with the Ethiopia Health Fact Cards. Place them on a timeline to show the health experiences of a family in Ethiopia.

Mulu's Family Fact Cards

Mulu often gets a bad stomach ache.
Zemzem is pregnant with her fifth child at age 30.
Zemzem got married when she was 15 and soon Mulu was born.
Mulu had a younger brother but he died before his 5 th birthday.
Mulu is sad because she attended her Aunt's funeral.
Often Mulu's family is sick with malaria, they cannot work.
Mulu's family does not have enough food to eat and keeps getting sick with coughs and colds.
Mulu really wants to start to go to school but there is no time to learn as she has to walk far to collect water every day.
When Mulu was 2 years old she had severe diarrhoea and dehydration.
Mulu was born at home, with no doctor, nurse or midwife.

Ethiopia Health Fact Cards

More than 1 in 10 children born in Ethiopia do not reach their 5 th birthday.
Life expectancy in Ethiopia is 55 years this is 25 years less than in the UK.
Malaria is carried by mosquitoes. Bed nets stop people being bitten in their sleep but only half of homes in Ethiopia have them.
In Ethiopia girls marry as young as ten or eleven years old.
In Ethiopia 23% of child deaths are caused by diarrhoea due to a lack of clean water, toilets and doctors.
10 million people in Ethiopia are at risk of starvation.
In rural areas of Ethiopia, only 31% of people have access to clean water.
In Ethiopia few women can choose how many children to have and when to have them because healthcare and health education are not available.
Only 6% of births in Ethiopia are attended by a skilled health worker.
In Ethiopia only 1 in every 9 people has access to toilets. Disease spreads easily



Family Health in the UK

Match Tom's Family Fact Cards with the UK Health Fact Cards. Place them on a timeline to show the health experiences of a family in the UK.

Tom's Family Fact Cards

Tom finds it really hard to read. He goes to the opticians and gets some new glasses.
Tom is going to his Auntie's wedding. He is very excited about wearing a smart suit.
When Tom is 6 he falls and breaks his leg. An ambulance comes and takes him to the nearest hospital.
When Tom is 2 he has lots of injections to stop him getting sick with diseases like mumps and measles.
Tom's mum makes sure he gets plenty of exercise and doesn't eat too many chocolate bars.
Tom's mum doesn't want to have another baby straight away. She visits her doctor for advice about family planning.
Tom has tooth ache. His Mum takes him to the dentist.
It is Tom's first day at school. He looks smart in his uniform.
Tom's Great Grandfather is 86 years old.
Tom's Nan is diagnosed with high cholesterol, putting her at risk of a heart attack or stroke.
Tom's Auntie is pregnant. She sends all her family and friends a picture from her 12 week scan.

UK Health Fact Cards

Everyone has access to free healthcare in the UK.
All children can be vaccinated against childhood diseases in the UK.
In the UK, life expectancy is 80 years.
In the UK the average age of a woman's first marriage is 29 years old.
All children in the UK can go to school from the age of 4.
The UK has one of the highest average cholesterol levels in the world.
Eye tests for children are free in the UK.
Children under 18 receive free dental care in the UK.
In the UK, women receive regular health checks throughout their pregnancy.
More and more children in the UK are overweight which can cause them to have health problems.
In the UK, everyone is registered at a doctor – where you can get advice about all your health issues.



B. Activities for Adult Groups

The following activities can be used by an adult group that would like to explore and support maternal health around the world. You can also adapt the Activities for Youth Groups on the previous pages for groups that enjoy taking part in activities and discussion.

Activity – Talk and discussion on maternal health	
<p>This activity gives adults an introduction to maternal healthcare challenges around the world.</p>	<p>Before you start: Prepare a timeline on a long sheet of paper (use the one on page 5 as a guide) Gather sticky notes and pens Chose an article to read from the selection on page 12.</p>
<p>Running the activity:</p> <ol style="list-style-type: none"> 1. Use the timeline as a welcome activity as people arrive. Ask each person to think of one time when they have used any healthcare service. Ask them to write about what happened on a sticky note and stick it next to the appropriate age on the timeline. 2. Read out a newspaper article, report or story about maternal health in a poorer country (see page 12 for links to reports you could use). 3. Discuss the story briefly and return to the timeline. On sticky notes, write down all the times when the people in the report or story would have needed or used a healthcare service. Stick these onto the timeline. 4. Reflect on the differences between your group's experiences of health and healthcare in the UK and the experiences of people living in poorer countries. Key discussion points could be: the differences in levels of preventative healthcare such as vaccinations, the differences in basic needs being met such as clean water or a healthy diet, access to education and how this impacts on our health. 5. Follow this activity with campaigning and fundraising activities on pages 14 to 18 of this pack. 	
<p>By the end of the activity ... Your group will have created a timeline which shares the significant differences in access to healthcare between the UK and poorer countries.</p>	<p>Learn from others Invite a speaker to visit your group and talk about healthcare for mums and babies. You could invite:</p> <ul style="list-style-type: none"> • A local mum to share her experience of healthcare in the UK • A doctor, nurse, midwife or other healthcare worker to talk about the importance of healthcare for mums and babies. • A Bridges staff member contact us on 01952 255526 or Nina@shropshirebridges.org.uk



C. Resources and Further Information

Background Information

Clean Water - Dirty water can cause diseases like diarrhoea and cholera, weakening a woman and reducing her chances of a healthy pregnancy, birth and a healthy baby.

Contraception - Many women have no access to or education about contraception. They cannot choose the number of children they want and space their births. The risk of a woman or girl dying in pregnancy and childbirth increases with the number of pregnancies she has in her lifetime. Maternal mortality rates are higher for those who have four or more children. Unsafe abortion is another major cause of maternal death. Women who have no choice cannot avoid these risks.

Transport - Good roads and having enough money for a bus or taxi fare means women are more likely to be able to get to a hospital for preventative health checks, during childbirth and in an emergency.

Power and Equality – a vote and a say in decisions made locally

Where women's status and autonomy is low, maternal mortality rates are high. The ability of women and girls to command resources and make independent decisions about their fertility, their health and healthcare has an impact on mothers' health. Where women and girls have a low status in society their health needs are often neglected, and existing health facilities may not be accessed by women and girls in need.

Education - Lack of education and understanding of health-related issues can contribute to delays in seeking care when it is needed or to life-threatening pregnancy complications being inappropriately managed. When you educate a girl in Africa, she'll be three times less likely to get HIV/AIDS; she'll earn 25% more income and have a smaller, healthier family. (uk.camfed.org)

Educating girls for six years or more improves their prenatal care, postnatal care and childbirth survival rates. Educating mothers also reduces the mortality rate of children under five. Educated girls have higher self-esteem, are more likely to avoid HIV infection, violence and exploitation, and to spread good health and sanitation practices to their families and throughout their communities.

Healthy Food - At least 20% of the burden of disease in children below the age of 5 is related to poor maternal health and nutrition.

A Radio - Public health broadcasts are an important source of information on how to stay healthy and what care women are entitled to.

Mobile Phone - Access to communications, like mobile phones, means that help can reach a woman in need more quickly.



Wealth - 99% of pregnancy related deaths occur in developing countries. There is no other health issue where the difference between rich and poor is so significant.

Age - In poorer regions of the world, 40% of women give birth before reaching 20 years old. Women and girls under 20 years old have a much higher risk of dying from pregnancy-related causes than adult women. This risk increases again once a woman reaches 35 years old.

Skilled Birth Attendants - In childbirth, women die from bleeding, infection, fitting and obstructed labour. Most of these deaths could be avoided by simple and low-cost measures such as the presence of a skilled birth attendant. Death in pregnancy and childbirth does not just affect the woman: dependent infants and children may die soon after the death of their mother.

Free hospitals - Simple healthcare checks and treatment can prevent many maternal deaths. For example, malaria can lead to anaemia, which increases the risk of maternal and infant mortality and developmental problems for babies. This is associated with 111,000 maternal deaths each year. Hospitals and healthcare centres also provide antenatal checks. In many countries healthcare has to be paid for, putting it beyond the reach of many people.

Peace - War disrupts the services that keep women and their children healthy and makes emergency care more difficult. Countries experiencing wars usually have higher maternal mortality rates.

Information from Maternity Worldwide (www.maternityworldwide.org) and UNICEF (www.unicef.org/mdg/maternal.html)

Reports and articles for discussion activity with adults

The Guardian - Sierra Leone

www.guardian.co.uk/global-development/2010/sep/14/mdg5-africa-maternal-mortality

BBC News - Ethiopia

<http://news.bbc.co.uk/1/hi/8326436.stm>

Huffington Post - Ethiopia

www.huffingtonpost.com/hanna-ingber-win/mothers-of-ethiopia-part_b_300333.html



Maternal Health

Reports and factsheets from the UN on maternal health -

www.un.org/millenniumgoals/maternal.shtml

All Mothers Matter – report from Merlin UK

[www.merlin.org.uk/sites/default/files/All Mothers Matter 1010 lowres\(2\).pdf](http://www.merlin.org.uk/sites/default/files/All_Mothers_Matter_1010_lowres(2).pdf)

A Manifesto for Motherhood – report from several leading UK charities

www.oxfam.org.uk/get_involved/campaign/downloads/manifesto_for_motherhood.pdf

White Ribbon Alliance for Safe Motherhood - www.whiteribbonalliance.org/index.cfm

Atlas of Birth - www.atlasofbirth.com

Maternity Worldwide - www.maternityworldwide.org

Women and International Women's Day

The Godmothers – a VSO campaign to support the new UN women's agency.

www.thegodmothers.org.uk

Because I am a Girl – a Plan International campaign for gender equality.

<http://plan-international.org/girls/>

WOMANKIND Worldwide – an international charity working with women around the world.

www.womankind.org.uk

Oxfam - Celebrating Women - www.oxfam.org.uk/Celebration

International Women's Day - www.internationalwomensday.com/default.asp

Ethiopia

Ethiopia facts from DFID -

www.dfid.gov.uk/Where-we-work/Africa-Eastern--Southern/Ethiopia/

Ethiopia facts from UNICEF - www.unicef.org/infobycountry/ethiopia.html

Ethiopia facts from Water Aid - www.wateraid.org/uk/what_we_do/where_we_work/ethiopia/

Ethiopia facts from Save the Children - www.savethechildren.org.uk/en/ethiopia.htm

Resources

Photographs - A series of photo stories about maternal health around the world.

Gates Foundation - <http://tinyurl.com/2dtexo9>

Short Films - A series of short films and activities suitable for a secondary audience.

Make Women Matter - www.makewomenmatter.org

Education resources from Oxfam - designed for teachers but easily adapted

Change the World in Eight Steps -

www.oxfam.org.uk/education/resources/change_the_world_in_eight_steps

Healthcare for mothers and babies -

www.oxfam.org.uk/education/resources/knitting/files/BetterHealthCareMothersandBabies

Save the Children – stories, photos and reports

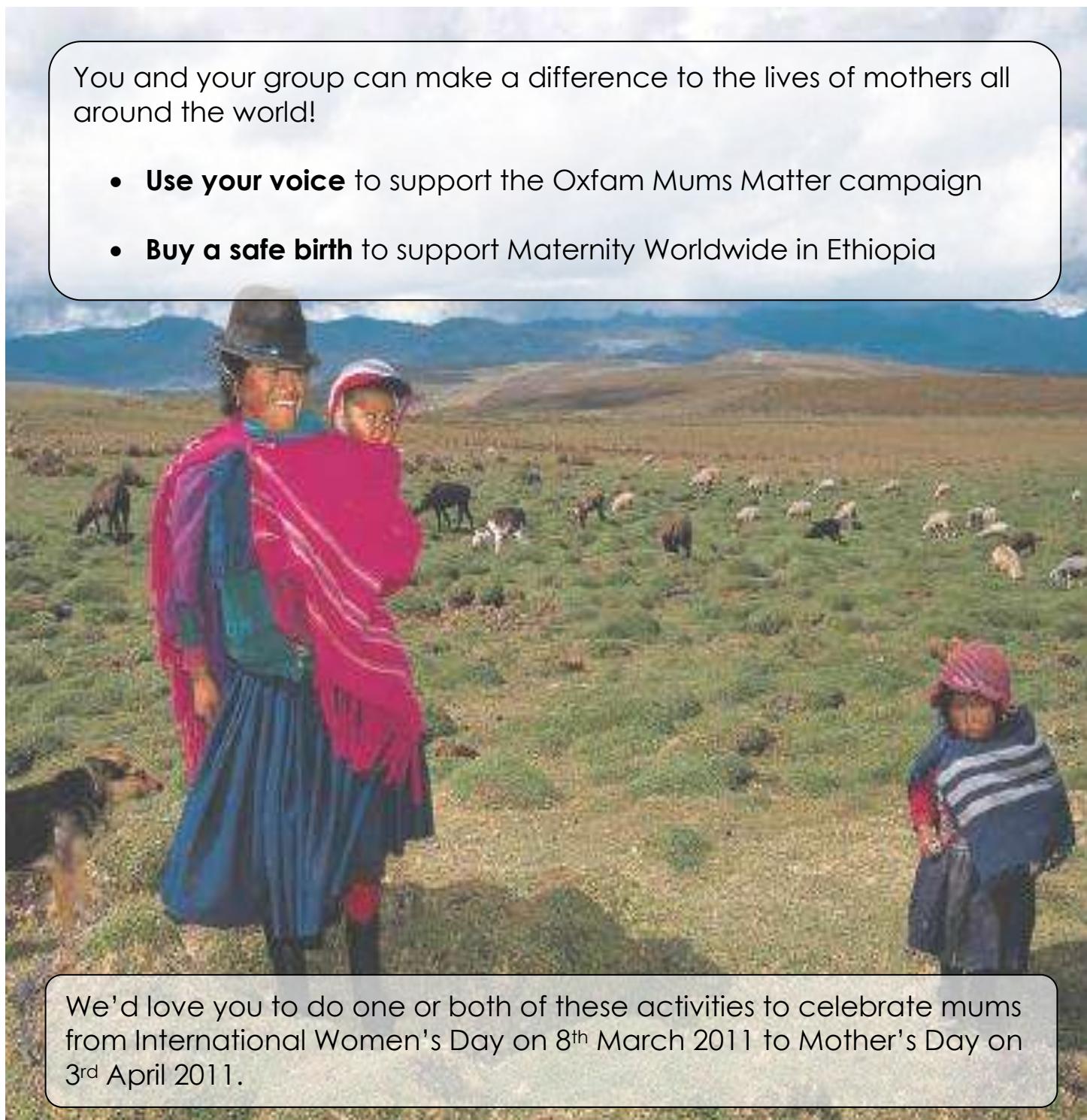
www.savethechildren.org.uk/resources



Step 2 - Do Something About It!

You and your group can make a difference to the lives of mothers all around the world!

- **Use your voice** to support the Oxfam Mums Matter campaign
- **Buy a safe birth** to support Maternity Worldwide in Ethiopia



We'd love you to do one or both of these activities to celebrate mums from International Women's Day on 8th March 2011 to Mother's Day on 3rd April 2011.



A. Use your voice to tell people in power that Mothers Matter

Oxfam Mums Matter Campaign

Mums Matter is an international campaign calling on world leaders to save lives by supporting healthcare for women all around the world. It is lead by Oxfam and the Women's Institute. (www.oxfam.org.uk/mumsmatter)

Tell your MP that you and your group care about this issue by sending him as many paper women as you can - each one with a message about why Mums are so important.

1. Make copies of the template on page 16 and ask each person to add their special message and decorate their woman to create a really eye-catching campaign. See the examples below for some ideas.
2. Stick all the paper women together to create a display of messages of hope and support for women around the world.
3. Please, please, please take a photo of your group with your display and send it to Bridges (Nina@shropshirebridges.org.uk) so we can add it to our website.
4. Finally, send all your paper women to your local MP, using the cover letter on page 17, to really get the message across.

Remember – the more people who take part and the more paper women who are sent to MPs the bigger the difference we will make so please encourage everyone you can to take part.



Mum Template for Mums Matter Campaign



Mums Matter: letter to adapt and send to your MP

Use a copy of the letter on this page to send your display of mums to your local MP.

Shropshire and Telford & Wrekin MPs

Philip Dunne – Ludlow

Daniel Kawczynski – Shrewsbury & Atcham

Owen Paterson – North Shropshire

Mark Pritchard – The Wrekin

David Wright – Telford

Find who your local MP is by using the postcode search at www.theyworkforyou.com

Find out more about the Mums Matter campaign at www.oxfam.org.uk/mumsmatter

House of Commons

London

SW1A 0AA

Put your address here

Date:

Dear _____ MP,

We are writing to you in support of Oxfam's Mums Matter campaign.

It's a global scandal that 1000 women will die today and every day because of complications in pregnancy and childbirth. The vast majority of these deaths are preventable, and yet world leaders are failing to tackle the problem.

The UK has played a strong leadership role in the fight against maternal mortality. At the United Nations summit in September, our Deputy Prime Minister, Nick Clegg pledged support for Millennium Development Goal 5, which aims to reduce maternal mortality by three quarters – we urge you to ensure that we keep our promises. We want our Government to:

- provide long-term support to poor country governments to help them increase access to free public healthcare;
- increase funding to train midwives and other health workers, and ensure they are supported with well-equipped facilities and medicines for emergency care;
- ensure that the UK's aid is spent on promoting women's rights.

We look forward to hearing from you.

Yours sincerely,



B. Raise money to buy a safe birth for mothers living in Africa

Fundraise for Maternity Worldwide

You and your group can make a real difference by raising money for Maternity Worldwide. Maternity Worldwide is a UK charity working to save women's lives in childbirth in developing countries. Just £15 will sponsor one safe birth in Africa and the more money you raise the more women and babies they can help.

Here are a few ideas to get you started...

- Coffee morning - invite friends, family and neighbours and make biscuits to sell - try gingerbread women. Don't forget to ask everyone to make and sign a paper woman for Oxfam's Mums Matter campaign.
- Sponsored stroll – gather local mums, dads, babies and toddlers for a sponsored stroll. Choose a short route easy for prams and buggies.
- Quiz night – add some questions about Ethiopia or mum's health to the quiz and serve African themed food and drink.
- Adopt a jelly baby – everyone pays £1 to adopt and care for a jelly baby for a day or during one group meeting. At the end they can eat it!

What to do next

Use the template to tell local mums what you have done. You could include these in Mother's Day cards if your group usually makes them.

Happy Mother's Day

We have raised money to buy a safe birth for mums in Africa.
www.maternityworldwide.org



Send any money raised to Maternity Worldwide, all the information you need is here: www.maternityworldwide.org/pages/sponsor-a-safe-birth.html

You will receive a certificate for the safe births you buy.

This pack has been produced as part of the following Bridges projects:
 Millennium Development Goals Countdown
 Picturing Our World
 funded by UKaid from the Department for International Development





Making global connections

About Us

Bridges promotes knowledge and learning in Shropshire, Telford & Wrekin for a fairer world. Our vision is a fairer world where all people are respected, learn together and are able to take action. Bridges is working with communities and schools across our region to promote understanding of and action on the Millennium Development Goals.

About Mothers Matter

Maternal Health is an incredibly important issue and we want as many people as possible in Shropshire and in Telford & Wrekin to take part in our Mothers Matter learning and action activities.

The more people who take part the bigger the difference we can make to mothers and children living in some of the poorest countries in the world.

- For further copies of this pack please visit our website or contact us and we'll post you a hard copy.
- A schools resource pack is also available.

Contact Us – We are here to help. Get in touch to let us know how things are going and find out what further support, resources and advice we can offer.

Nina Cowley – Youth and Community Work

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Thank you for your support!

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