

**From:** Firelight Newsletter <newsletter@firelightfoundation.org>  
**Subject:** Firelight Newsflash! 13 August 2007  
**Date:** August 13, 2007 12:23:39 PM PDT  
**To:** newsletter@firelightfoundation.org  
▶ 3 Attachments, 403 KB

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Dear partners,

The Firelight Newsflash of 30 July regarding "Caring for the Caregivers" created quite a response among our grantee-partners. This is clearly an issue that hits close to home for many of us. Below are excerpts from some of the many feedback emails we received. We would like to hear even more from you! **TELL US** - How are you and your staff and/or volunteers coping? What advice on avoiding burnout do you have for the network of over 250 Firelight grantee-partners? We will share more of your thoughts in coming newsletters...

**Feedback from Firelight grantee-partners regarding "caring for the caregivers" :**

"Thanks for sharing with us these wonderful hits. While working with organizations like ours its hard to avoid stress/burnout because we often handle a lot of responsibilities due to limited number of staff. This will help us check ourselves."

"Many, many thanks for this message. I can't say how much I appreciated the Firelight Newsletter of July 30th focusing on issues of stress and depression. Thank you much to you people –the topic resonated for me in too many ways! I am reading it again and again to understand my situation and learn how to improve it. Thank you!"

"Thank you very much for sending me the "Burn out" information. I was on the verge of loosing it. That was a blessing in disguise because I knew that I needed support."

"This is great information for who we are. I think I have not yet burnt out but I must watch out. Yes eat right, enough sleep and exercise."

"Thank you for such an informative newsletter. It is a really needed matter to be attended to by most of us in the development sector. I thank you for all your continued support and information that you provide through these newsletters."

"The Firelight news flash has been very helpful and inspiring. It has afforded us access to information both around donors; training and development networks; access to resource people and advisors; and now lately was speaking on personal development issues focusing on the development practitioner and how to take care of self. Please continue using it to assist us to continue increasing in all possible ways."

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**Youth in crisis: Coming of age in the 21st century**

Across the globe, a generation of youth is rapidly reaching adulthood bearing the tragic consequences of their nations' worst problems. In this 'Youth in Crisis' In-Depth, IRIN traces the impact of the events shaping their lives, from the illegal forced marriage of teenage girls in Afghanistan and Ethiopia, to the tripling of school fees and the deteriorating education system in Zimbabwe (IRIN, February 2007).

<http://www.dev-zone.org/cgi-bin/knowledge/jump.cgi?ID=13082>

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**Participatory Learning & Action Tool Overview: Flow Diagrams**

**Purpose of Flow Diagrams**

A flow diagram is a different sort of "map" that also reflects the social support network of a given person or community. A flow diagram is made up of flexible questions to reflect how people meet their various needs in health, food, money, protection/care, emotional support, etc. A flow diagram elicits very specific information about a particular situation and is best used in a one-on-one interview setting, although it can also be used in a group. It can also be used in conjunction with community or mobility mapping to go further in depth with a specific individual.

**Flow Diagrams: A Tool for Community Involvement & Child Participation**

Flow diagrams produce an accurate, objective “picture” of the social safety net on which a child relies. Knowing that you are loved unconditionally and that there is a network of caring adults who are ready to protect you and support you as you work to fulfil your potential is an incredibly important element in a young person’s development. Therefore, the most important element of OVC programs is active involvement of the entire community in the care, support and protection of orphaned and vulnerable children. It is not enough to have committees made up of a few committed orphan caregivers or people who naturally put children at the centre of their lives.

Flow diagrams can illustrate the support network a child feels is available to her or him or that community members see as available to children. When used with children, flow diagrams can review several interesting and subtle elements about how young people view their own situation.

**Steps in Flow Diagrams**

Establish a rapport and explain the exercise that is about to take place and why. Ask participant(s) who they first go to in each area you have identified (health, food, protection, advice, etc) and keeping asking until they run out of options for each. For example, “When you are sick, who/where do you go to first? And then who do you turn to? And then who? Is that all?” etc.

Remember that children and/or community members are the experts. There are no right and wrong answers. Feel free to adapt and be flexible - questions can be added in order to follow a particular child’s or community’s situation.

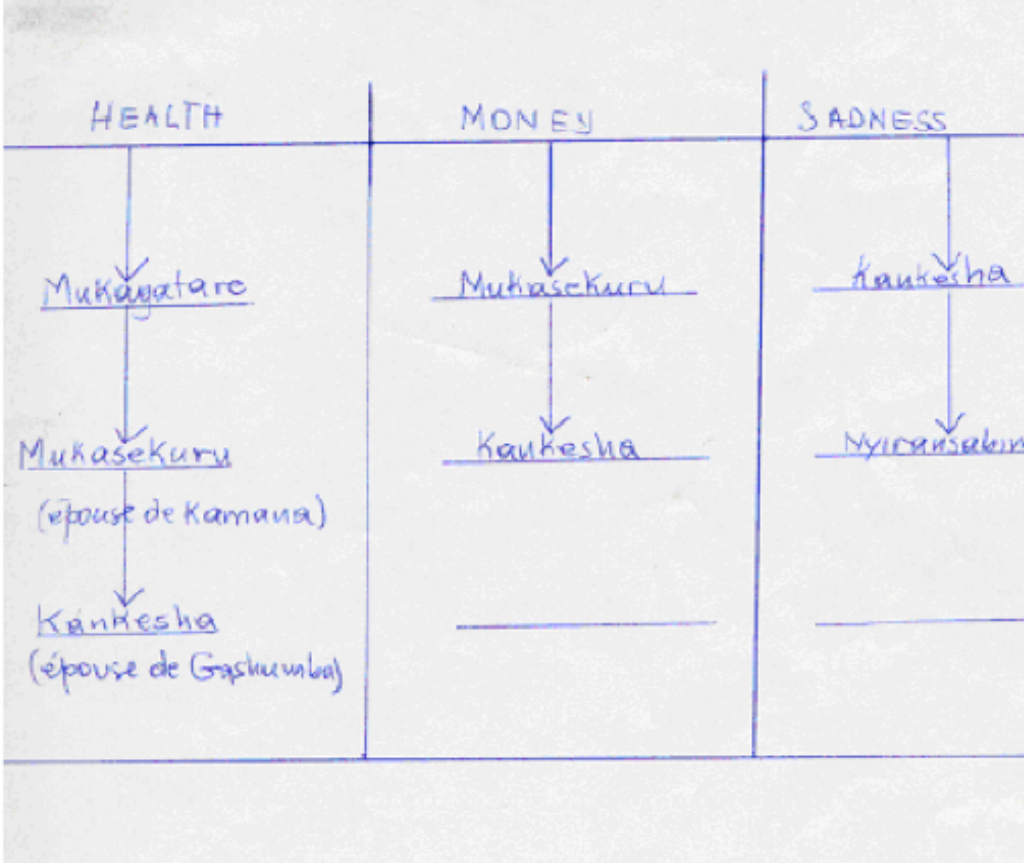
**Examples of Flow Diagrams**



[Flow Diagra....doc \(69.5 KB\)](#)



[FLOW DIAGR....doc \(155 KB\)](#)



## FLOW DIAGRAM EXAMPLE

FOOD



SICKNESS



SCHOOL



MONEY



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ASK  
RELATIVE  
TO SHARE  
FOOD  
↓  
I COOK  
LESS  
↓  
GO TO  
NEIGHBORS

GO TO  
NEIGHBOR  
↓  
GO TO  
TRADITIONAL  
HEALER  
↓  
GO TO  
CLINIC

ASK CHILD'S  
FATHER  
↓  
GOV'T SCHEME  
↓  
GO TO  
HEADMASTER  
↓  
TAKE GIRL OUT OF  
SCHOOL

ASK CHILD'S  
FATHER  
↓  
SELL CHICKEN  
↓  
PIECE WORK  
↓  
GO TO  
RELATIVE

## Flow Diagrams of Three Orphaned Young Males' Social Support Networks

<i>Sources of support in response to economic problems</i>		
Case #1: 16 year old boy, head of household	Case #2: 15 year old boy, living in a child-headed household	Case #3: 24 year old man, responsible for five siblings
<p>If need money, first I....</p> <p>Contact my aunt ↓ <b>(then)</b> Contact my uncle</p>	<p>If I need money, first I</p> <p>Contact my boss ↓ Contact my married sister</p>	<p>If I need money, we</p> <p>Contact my five younger brothers ↓ Ask friends for credit</p>
<i>Sources of support in response to health problems</i>		
Case #1:	Case #2	Case #3
<p>When I have a health concern, first I...</p> <p>Contact my grandmother ↓ <b>(then I..)</b> go to the Hospital ↓ and then a Pharmacy</p>	<p>When I have a health concern, first I...</p> <p>Contact my sister ↓ Maternal aunt ↓ Nothing</p>	<p>When I have a health concern, first I...</p> <p>Treat myself using traditional medicine (asking advice from neighbors or a grandmother) ↓ Go to the hospital (although often have no means to pay for care)</p>
<i>Sources of moral support</i>		
Case #1:	Case #2	Case #3
<p>When I need advice, first I....</p> <p>Go the Center SAS ↓ <b>(then)</b> grandmother</p>	<p>When I need advice, first I....</p> <p>Sister ↓ aunt</p>	<p>When I need advice, first I...</p> <p>Consult each other (five brothers) ↓ friends ↓ Center SAS</p>
<i>Source of protection</i>		
Case #1:	Case #2	Case #3
<p>When I am in trouble or are being threatened, I first.....</p> <p>Try to take care of the problem myself ↓ <b>(then)</b> Contact a Doctor who promised to help me</p>	<p>When I am in trouble or are being threatened, I first.....</p> <p>Try to take care of the problem myself ↓ Married sister ↓ Sister's husband</p>	<p>When I am in trouble or are being threatened, I first.....</p> <p>Ask my brothers for help ↓ Try to take care of the problem myself</p>