

Firelight Newsflash! 20 August 2007

More feedback from Firelight grantee-partners regarding "caring for the caregivers":

"Stress and Burnout information made our eyes open. We did not know the difference whether having a stress or burnout. After that information we sort of got relieved and knew how to go about with our work. The demand is too much, but we now know that this may lead to burnout and we don't have to give up, because sometimes we could go with no food, no enough rest because of work. but with the educative information you provided, we're able to prevent burn-out by cultivating rationships with other people and spend time socializing with them, and we're allocated time to relax and to break off for some lunch which was not there in most cases due to the pressure of work."

"Thank you so much for the information on "Burnout". This information was shared by all members of staff and several volunteers (caregivers). The information was like treatment itself and we all agreed it was timely and will go along way to bring relief to all. We can now all deal with 'Burnout' and more on with our work."

"As an organization, we have to meet the desired objectives and make sure that we save our community; this makes us feel as overwhelmed as we try to balance between organization needs and our individual/family needs. It where we realized to develop stress and burnout. Having this document of burn out and how to minimize its backlash, we use this document as a learning and remedial tool for our organization management and individual rehabilitation."

"I'd like to share my experience of stress and burnout of caregivers. As a caregiver by vocation, I experienced this: when the vulnerable children suffer, I suffer with them, when they get poor I have to share what I have. Let me give a recent example: last time two of the Child Households wanted to go back to their boarding secondary school but they had no bed sheets. I had no extra money to buy for them so I did what? I took my 2 extra bed sheets and gave to them. The people I live with can't understand me some time but I tell them: 'I have all the time to live the example to others.' If I mobilize the community members and others to love children as their children, I have to show the example. The words are not sufficient.

"But the problem is always the stress when you don't know what to do and the burnout when you have done or give beyond your capacities. The way to heal the stress on our side is to talk and [even] laugh at the stories that we find very stressing. The caregivers of our organization meet every month. Let us not give up for we may save the lives of some children."

AFRICA: Larissa award for service to ending violence against children [call for nominations]

The [African Child Policy Forum](#) invites nominations for the Larissa Award, which was established by the International Board of Trustees of the Forum. The bi-annual award is to honour exemplary initiatives that further the cause of children in Africa. The Larissa Award is dedicated to the memory of Larissa who passed away tragically at the age of five. This award is in honour of one in five African children who die before their fifth birthday. The 2007 Larissa Award will go to an initiative that focuses on 'Ending Violence Against Children in Africa' Nominations should include brief descriptions of the nominee's achievements. Nominations will be assessed by an independent jury of experts. To obtain a form, contact Larissa@africanchildforum.org. For more information, visit: www.africanchildforum.org. Contact Address: The African Child Policy Forum, Tel: 251-11-662 8192/96/97/99 Fax: 251-11-662 8200, P.O. Box 1179, Addis Ababa, Ethiopia The nomination for the award should be submitted by 30 August 2007 and will be presented on 20 November 2007, Universal Children's Day.

DONOR PROFILE: The Norwegian Human Rights Fund (NHRF)

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Primary contact: Tale Longva, Executive Director
Email: tale.longva@nhrf.no
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Geographic focus: Low and middle income countries, including priorities countries of Zimbabwe and Liberia
Issue focus: human rights - economic, social and cultural rights on a par with civil and politically oriented rights
Grant size: up to \$20,000
Application process: see website for application guidelines; applications accepted throughout the year

Aire géographique concernée: pays à faible ou moyen revenu, y compris des pays prioritaires comme le Zimbabwe et le Libéria
Centres d'intérêt: droits humains
Montant des subventions: jusqu'à 20.000 \$
Constitution du dossier: consulter le site internet pour connaître la marche à suivre; demandes acceptées toute l'année

World's poorest facing food costs more than three times their income

The world's poorest people are facing food costs that are more than three times their income, according to a new Save the Children report.

Friday, July 06, 2007

Every minute of every day, ten children under five die from hunger.

Hunger is responsible for 5.6 million child deaths a year. Millions more children around the world will be stunted because of this persistent hunger, which will affect their entire lives. Poverty is the underlying cause of this silent emergency.

"The poorest families simply do not have the money to afford to ever feed their children enough good food for them to grow up healthy and strong. Poverty has condemned them to a hand-to-mouth existence and their children to a future of stunting or early death," said Costanza de Toma, Save the Children's Hunger Advocacy Adviser.

The new report, [Running on Empty](#), measures for the first time just how wide the gap is between the price of feeding a family enough nutritious food to be healthy and how much people in developing countries can hope to earn.

The research for the report was carried out in Bangladesh, Ethiopia, Myanmar (Burma) and Tanzania. Results showed that between 15 (in Ethiopia) and 79 (in Bangladesh) per cent of households simply can't afford to feed their children a healthy diet.

Save the Children believes that one of the best ways to tackle chronic child malnutrition and meet the first Millennium Development Goal is to provide regular cash benefits, like social security benefit or child benefits, to the poorest families as it has proven to be one of the most effective ways to tackle malnutrition. The charity is calling for national governments, DFID and the governments of other G8 countries to support cash benefit schemes.