



CHAPTER 5


Education and Training


Aids Care Trust of Namibia


CONTACT INFORMATION

 **Region and Scope of Service**
 Khomas (Windhoek)
 National coverage

 **Street Address**
 3681 Independence Avenue,
 Katutura Windhoek


 **Postal Address**
 PO Box 8179 Bachbrecht
 Windhoek

 **Telephone Number**
Office hours: 061-259590/1

 **Fax Number**
All hours: 061-218673

 **E-mail Address**
 aidscares@iafrica.com.na

 **Contact Persons**

 **Affiliations**
 • Namibia Network of Aids
 Service Organisations
 (NANASO)

MAIN SERVICES

Counselling
 Advice
 Mediac support (incl. home care)
 Legal support
 Social welfare support
 Referral
 Counselling training
 Awareness-raising

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

The Aids Care Trust renders a range of therapeutic and support services for HIV/AIDS sufferers from anywhere in Namibia, as well as a training programme for counsellors and home care.

Counselling is offered for women, children, men, couples and families. People are referred for counselling by medical practitioners, who do not have time to counsel their patients. It is not necessary to make an appointment for counselling, but it is advisable because the counsellors may not be available throughout the day. Counselling is provided in person or on the telephone. Clients will be referred to other appropriate agencies for further assistance as required.

There is no minimum age nor any educational requirements for trainee counsellors. The trainers are staff members of the Aids Care Trust who have received specialist training in HIV/AIDS counselling. The course is run at the office in Katutura, or if this is unavailable, at any available venue in Windhoek. The course runs for a total of 6 months. It can be divided up into phases should the participants prefer this arrangement. There are 20-25 trainees per course. The course focuses on HIV/AIDS counselling and home-care skills. An attendance certificate is issued, stating that the trainee is qualified to counsel and provide home care for HIV/AIDS sufferers. There are no follow-up training or job placement services offered.

ADDITIONAL SERVICES AND ACTIVITIES

- Provides education for school and adult groups on request.
- Facilitates community workshops on request.
- Participates in community action initiatives dealing with the HIV/AIDS pandemic.
- Joins radio/TV panel discussions on request, and issues media statements as necessary.
- Produces educational materials in the form of posters, pamphlets, booklets, videos and stickers, which are all available free of charge at the Katutura office.

COSTS FOR SERVICES

All services are free of charge.

Dutch Reformed Church Benevolence Board - Social Service Council

CONTACT INFORMATION

Region and Scope of Service
 Head office: Khomas (Windhoek)
 Regional offices: see next page

Street Address
 Windhoek Sinodial Church Office
 34 Feld Street, Windhoek

Postal Address
 Care of Windhoek Sinodial
 Church, PO Box 3307, Windhoek

Telephone Number
 Office hours: 061-237296

Fax Number
 Office hours: 061-227287

Contact Persons
 Chief Social Worker: Mr J de Witt
 Adoption Social Worker:
 Ms P Fourie
 Parental Guidance Advisor:
 Ms P Hofmann
 Divorce Counsellor: Ms E Swart

Affiliation

- Ministry of Health & Social Services
- Dutch Reformed Church (service network)
- United Nations Children's Fund (UNICEF)

MAIN SERVICES

Counselling
 Advice
 Referral (medical, legal, spiritual)
 Information
 Education and training
 Awareness-raising
 Social welfare support
 Financial support (in extreme cases)
 Place of safety for children
 Adoption and foster care services

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

This Organisation offers the full range of professional social welfare services for any person of any religious denomination or culture.

The Counselling Programme offers counselling and other therapeutic services for women, children, men, couples and families. Telephone counselling can be provided, but face-to-face counselling is preferred - always by appointment.

Counselling is provided on a wide range of topics, such as marriage and divorce, parent-child problems, parental guidance, family relationships generally, play therapy for children and HIV/AIDS. Counselling is also offered for people suffering from severe financial crisis, general behavioural problems, emotional or spiritual disturbance, severe depression, alcoholism or drug addiction, criminal tendencies, physical disabilities, unmarried motherhood, old age, neglect, domestic violence and any form of abuse.

The basic approach of the therapeutic programme is to address the emergency situation in its totality, and to repair people's damaged relationships with their, family members, friends, the community, the self and God. The overall mission of this Organisation is to promote maximum social functioning in the community from a Christian standpoint.

ADDITIONAL SERVICES

- The Benevolence Board runs a residential shelter for abused, neglected or orphaned children and offers adoption and foster care services.
- Training is offered for counsellors to do voluntary community work. Trainees must be over 21 years of age and literate. The course lasts for 1-2 weeks and is free of charge. (Contact Ms P Fourie at head office to enrol for the course.)
- The foster care programme assists about 60 children each year, The board conducts regular recruitment campaigns for foster homes and parents. Normally two thirds of the children are placed with relatives. Members of the church congregation make about 18 of their own homes available for this purpose at any one time.
- Emergency food hampers and clothing are provided daily to clients in the organisation's programmes and to other needy community members (who must present an ID card).

(Continued overleaf)

- The Benevolence Board works very closely with the Ministry of Health & Social Services, and the Board's social workers are available daily from 08h00 - 10h00 at all the Board's offices.
- A financial assistance programme is run for people in emergency situations or very severe financial need.
- The Benevolence Board is responsible for the JT Potgieter Old Age Home in Windhoek, where it also runs a dedicated counselling and advice service for elderly people.
- A school education programme is run from time to time covering a range of topics (see counselling topics on the previous page for examples). Schools should contact the head office for information about this programme.

S COSTS FOR SERVICES

All the Benevolence Board services are subsidised by the Dutch Reformed Church and are free of charge. If the parents/relatives of children served are financially able, they are asked to contribute a small amount for the services. Where applicable a small fee is requested from families for the adoption and foster care services.

REGIONAL OFFICES OF THE BOARD

T Erongo

(Serving Swakopmund, Henties Bay, Walvis Bay and any other town in the western region.)

☺ Swakopmund & Henties Bay contact:
Ms T Olivier

☎ Office hours: Swakopmund 064 461962

☺ Walvis Bay contact: Ms S Jakobs

☎ Office hours: 064-205857

T Oshikoto

(Serving Tsumeb, Otavi, Grootfontein, Kombat and any town in the northern regions)

☺ Contact: Ms M Barkhuizen

☎ Office hours: Tsumeb 067-220411

T Karas

(Serving Keetmanshoop, Lüderitz, Karasburg, Ariamsvlei, Warmbad and any other town in the southern regions.)

☺ Contact Ms C Swiegers

☎ Office hours: Keetmans 063 222130

Helping Hand Welfare Organisation

CONTACT INFORMATION

Region and Scope of Service
 Khomas (Windhoek)
 National coverage

Street Address
 Corner Pasteur & Schonlein
 Streets, Windhoek

Postal Address
 PO Box 2842, Windhoek

Telephone Number
 Office hours: 061-257986

Fax Number
 Office hours: 061-257986

E-mail Address
 ncccwhk@iway.na

Contact Persons
 Chairperson:
 Bishop WF Abrahams
 Alternative: Mr C Nyambe

Affiliations
 None

MAIN SERVICES

Day-care centre for children
 Counselling
 Advice
 Referral (legal, medical, job placement)
 Social welfare support
 Training (counselling)
 Education

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

The Helping Hand Welfare Organisation is a registered interdenominational church group which provides a range of support services for victims of domestic violence and abuse, the sick, the needy, and anyone in need of a helping hand. It also runs a day-care centre for abused, neglected or needy children.

Counselling is offered for women, children, couples and families. It is only provided in person, and it is necessary to make an appointment. Counselling is available for HIV/AIDS sufferers, and prayer services for the sick are also offered. No referrals are needed for counselling. Helping Hand will refer people to other organisations for further assistance where necessary.

Counselling training is also available - focusing specifically on domestic violence and related issues. There are no restrictions in qualification to attend the courses. The basic courses are run at the Helping Hand Counselling Centre over a period of 3 week-ends, with 15 trainees per course. There is no certificate provided, nor any follow-up training, but job seekers will be referred to organisations needing their counselling skills.

All meals and other daily necessities are provided for the children at the day-care centre, as well as counselling - especially for abused children - and first-aid services. The centre is fully secured. People can contact the centre directly without a referral.

ADDITIONAL SERVICES AND ACTIVITIES


- Provides education for school and adult groups on request.
- Facilitates interest-group workshops on request.
- Participates in community action initiatives dealing with domestic violence, all forms of abuse against women and children, and HIV/AIDS.
- Joins radio/TV panel discussions on request.


\$ COSTS FOR SERVICES

All services are free of charge.


Helpline

CONTACT INFORMATION


 **Region and Scope of Service**
 Erongo (Swakopmund)
 National coverage


 **Street Address**
 9 Sapphire Street, Vineta
 Swakopmund

 **Postal Address**
 PO Box 84, Swakopmund

 **Telephone Number**
All hours: 064-402993
All hours crisis counselling line
 081 127 1002/3 or
 081 233 0216/7

 **Fax Number**
All hours: 064-402993

 **E-mail Address**
 hisway@iway.na

 **Contact Persons**
 Chairman Mr J Viljoen
 Counsellor: Mr G Bell
 Counsellor: Mr L Visser
 Counsellor: Mr v.d. Merwe

 **Affiliations**
 None

MAIN SERVICES

Counselling (24-hour telephonic)
 Advice
 Referral
 Training (counselling)

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

Helpline provides free 24-hour telephone counselling and follow-up services to any person feeling distressed, deeply depressed or suicidal. Counselling is also provided in cases of domestic violence and sexual abuse, confusion, alcohol/ drug-related problems, or spiritual troubles.

Referrals are made if necessary and a follow-up service is provided. Children who have been sexually abused are referred to the Unit for Sexually Abused Children (USAC), based in Swakopmund (see this chapter). Helpline also provides support for the families of victims of violence or trauma.

Counselling for women, children, men, couples and families is available on request, but it is necessary to make an appointment. Home-based counselling can also be provided if requested.

Helpline can offer expertise in youth matters and in working with elderly people.

Helpline also offers Christian ministry for people without access to fellowship.

ADDITIONAL SERVICES

- Provides training for counsellors in biblical psychology.

OTHER ACTIVITIES AND INVOLVEMENTS

- Involved in a church-based youth project for integrating young people who have received counselling back into social life.
- Join radio/TV panel discussions on request.

COSTS FOR SERVICES

All services are free of charge.

Legal Assistance Centre (LAC)

CONTACT INFORMATION

Region and Scope of Service
Head office: Khomas (Windhoek)
Advice office: see next page
National coverage

Street Address
4 Korner Street, Windhoek

Postal Address
PO Box 604, Windhoek

Telephone Number
Office hours: 061-223356

Fax Number
Office hours: 061-234953

E-mail Address
info@lac.org.na

Contact Persons
Director: Mr N Tjombe
Manager: Ms E Weitz
Land issues: E. Zimba-Naris
Human rights issues:
Ms T Hancox
Education issues: Mr J Nakuta
Gender issues: Ms D Hubbard
Child justice: Ms C Zaahl
HIV/AIDS Mr D. Cupido

- Affiliations**
- Multimedia Campaign on Violence Against Women & Children
 - Interministerial Committee on Child Justice (NGO rep.)
 - National Advisory Committee on Gender Based Violence
 - Windhoek Child Justice Forum

MAIN SERVICES

Legal advice and representation
Information
Research
Advocacy & lobbying
Legal education & training
Publications on law & human rights
Referrals (medical, welfare, other)

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

The LAC is a non-profit public interest law firm with a head office in Windhoek and additional offices in Katutura, Ongwediva and Keetmanshoop. The LAC's work is supervised by the Legal Assistance Trust, whose trustees include legal practitioners, church leaders and other community leaders. The LAC's main objective is to protect the human rights of all Namibians.

The LAC provides legal advice and representation services for people who cannot afford to pay a lawyer. These services are provided only in public interest cases - where the case is likely to have an impact beyond the people directly involved. The lawyers and paralegals are available to give legal advice to anyone approaching their offices with a legal problem or a question about the law. Clients will be referred to the appropriate agencies for further assistance, e.g. to the Ministry of Health & Social Services for welfare assistance and counselling.

The LAC has a **Legal Education Unit** which offers education on a wide range of legal issues for community groups, school groups, non-governmental organisations and other interest groups. The trainers go out to communities to provide this education on request, and they also target groups who may need this education. The department also trains people who can in turn educate their own community members. The main topics covered in the training workshops include the Namibian Constitution and the laws which provide for the rights of workers, women and children, e.g. the labour law and the laws on marriage, divorce, maintenance, rape and domestic violence.

A very important aspect of the LAC's work is to do legal research and make policy recommendations for law reform and the use of Namibian legislation to protect the rights of all Namibians. The **Gender Research & Advocacy Project** is one of the LAC's permanent projects which does this kind of work. This project has published numerous studies and papers on topics relating to women's and children's rights, as well as a wide range of educational materials on women's and children's rights (in different Namibian languages), which are available from any of the LAC offices. Most of the materials are free of charge. The project is currently focusing on law reform in the area of family law.

Another permanent project of the LAC is the **Child Justice Project**, which works together with government ministries and non-governmental organisations to find

(continued overleaf)

alternatives to prison sentences for children (people under 18 years old) who conflict with the law. The alternative sentencing options are meant to keep children out of the criminal justice system, rehabilitate them and reintegrate them into the community. This project occupies a central position in the continuum of services for children in need of care, and works very closely with the Namibian Police and the other members of the Interministerial Committee on Child Justice and the regional Child Justice Forums, which include governmental and non-governmental representatives.

Another relevant project of the LAC is the **AIDS Law Unit**, which promotes a human rights based approach to HIV/AIDS in Namibia, addresses issues of social inequality that increase vulnerability to HIV infection as well as discrimination on the basis of HIV status and provides an avenue for remedies for people with HIV or AIDS who have been discriminated against. It enjoys a close working relationship with other AIDS service organisations in Namibia such as NANASO, Catholic AIDS Action and the AIDS Care Trust as well as with organisations of people living with HIV/AIDS such as Lironga Eparu. The Unit also enjoys a close working relationship with the Ministries of Health and Social Services, Basic Education and Labour as well as with trade unions such as the National Union of Namibian Workers (NUNW) and employer organisations such as the Chamber of Mines and the Namibian Employer's Federation and plans and executes its activities in close collaboration with these partners. It also hosts the regional offices of the AIDS and Rights Alliance for Southern Africa (ARASA)

ADDITIONAL SERVICES

- The LAC publishes the Index to the Laws of Namibia (NAMLEX), which is updated as required.
- The LAC produces the bi-annual Namibian Law Report as a special project.
- Another project is the Land, Environment and Development Project, which carries out

research and makes recommendations for law reform in these areas.

- The various projects and departments produce articles on law-related topics for publication in local newspapers, and will do so on request.
- LAC staff can be called upon to join radio and TV panel discussions. The Legal Education Unit makes extensive use of radio to educate communities and will facilitate radio talk shows on request.
- LAC legal practitioners assist in lecturing law students at the University of Namibia, and in training justice officials (magistrates and prosecutors), as well as government and police officials, on various areas of the law.
- Non-governmental and community-based organisations can approach the LAC for assistance in drafting their constitutions and other legal documents.
- The LAC can be called upon to conduct research on behalf of or in conjunction with other organisations - governmental or non-governmental.
- The Legal Education Unit organises community events to mark internationally recognised human rights holidays, such as International Human Rights Day.

OTHER ACTIVITIES AND INVOLVEMENTS

The LAC is a member of numerous committees and networks in Namibia and Southern Africa, and provides ongoing legal, educational and research support to many governmental and non-governmental bodies in Namibia and Southern Africa. Among these bodies are the Southern African Human Rights NGO Network (SAHRINGON) and the Southern African Legal Assistance Network (SALAN). The Namibian bodies relevant to this publication are listed on the previous page.

💰 COST FOR SERVICES

Almost all services are free of charge. Some publications must be paid for, as well as specialist services such as research and lecturing services.

LAC REGIONAL ADVICE OFFICES

📍 Katutura Advice Office
(Khomas Region - Windhoek)

☺ Co-ordinator: Mr J Nakuta
☎ 061-264641/262333
📄 061-262297
✉ PO Box 62053 Katutura
📍 Katutura Community Centre
Independence Avenue

📍 Human Rights Centre
(Oshana Region - Ongwediva)

☺ Co-ordinator:
Ms R Hekandjo
☎ 065-230178 or 230444
📄 065-230443
✉ P/Bag X5534 Oshakati
📍 ELCIN Centre, Ongwediva

📍 Keetmanshoop Advice Office
(Karas Region)

☺ Co-ordinator: Mr A Katzao
☎ 063-223187
📄 063-223758
✉ PO Box 180 Keetmanshoop
📍 Cnr. Suider & Hoog Street

Lifeline/Childline

CONTACT INFORMATION

Region and Scope of Service

Khomas (Windhoek)
 National coverage
 Note: Soon to have outreach points in Rundu & Oshakati

Street Address

45 Bismarck Street, Windhoek

Postal Address

PO Box 5477, Windhoek

Telephone Number

Office hours: 061-226889
All hours counselling line:
 061-232221

Fax Number

Office hours: 061-226889
 email: llinenam@mweb.com.na

Contact Persons

Director: Ms A Kruger
 Public Relations Officer:
 Ms M Lofty-Eaton
 Trainer: Mr Hango
 Cell: 081 273 8508

Affiliations

- Multimedia Campaign on Violence Against Women & Children
- Women & Child Protection Units of the Namibian Police
- Namibia Network of Aids Service Organisations (NANASO)

MAIN SERVICES

Counselling (24 hour telephonic)
 Advice
 Referral
 Education
 Awareness-raising
 Training (counselling, other)

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

Lifeline/Childline provides a free 24-hour telephone counselling service for anyone in emotional distress or in need of emergency first-aid advice. The ongoing training and supervision of the 60 volunteer counsellors who provide this telephonic counselling is accredited and linked to an international network of Lifeline/Childline centres. Telephonic counselling should not be seen as a therapy in itself: the Organisation supports existing professional services (e.g. psychologists) and acts as a scrutinising body for referrals to these services for appropriate and full therapy.

Face-to-face counselling for women, children, men, couples and families is available by appointment. Counselling topics include violence against women and children, substance abuse, relationships, sex, physical health, personal growth, mental/emotional stress, grief and loss, and material needs.

A 7-week Personal Growth Course is available for any person aged 15 years or older, The course is run regularly and is advertised in the media. It can also form part of a full therapy programme. A letter of recognition can be provided on completion of the course.

Education for children is provided through the "Feeling Yes, Feeling No" drama-based programme, and the Prevention of Child Abuse Programme which is aimed at Grade 3 level. Both programmes are available for school groups and other groups on request. A workshop programme for teenagers on life skills and HIV/AIDS is likewise available on request.

ADDITIONAL SERVICES

- A 10-week Basic Training Course for Counsellors is run regularly. The training topics include human needs and development, communication, self-disclosure, conflict resolution, confrontation, problem-solving and general counselling skills.
- Lifeline/Childline outreach points are currently being developed in Rundu and Oshakati.

OTHER ACTIVITIES AND INVOLVEMENTS

- Member of the Technical Planning Group of the National Aids Control Programme.
- Member of the Management Committee of the Women & Child Protection Units of NAMPOL.

COSTS FOR SERVICES

- Telephone counselling: free of charge
- Personal Growth Course: of 5 days for a certain percentage of your salary.
- Basic Training Course for Counsellors: N\$250
- Programmes for children and teenagers: negotiable

Ministry of Safety and Security

CONTACT INFORMATION

Region and Scope of Service
 Head office:Khomas (Windhoek)
 National coverage

Street Address
 Brandan Simbwaye Square
 Goethe Street, Windhoek

Postal Address
 P/Bag 13281 Windhoek

Telephone Number
 Office hours: 061-2846111

Fax Number
 Office hours: 061-272487

Contact Persons
 Head of Social Worker
 Ms A R Katjivena

- Affiliations**
- Women & Child Protection Units of the Namibian Police
 - Windhoek Child Justice Forum
 - Interministerial Committee on Child Justice

MAIN SERVICES

Therapy and counselling
 Education and training
 Awareness-raising and information
 Other support (child allowances, legal and medical referrals, etc.)

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

The MOSS provides a range of therapeutic and rehabilitative services for prison inmates. These services are mainly rendered to sentenced prisoners, and due to a shortage of specialised personnel the MPCS currently concentrates on long-term prisoners who need more intensive services of this kind. The MPCS categorises its services as follows:

Education and Training

Formal education (literacy, secondary, tertiary) is provided in co-operation with the Ministry of Basic Education and Culture, the Namibian Open College of Learning (NAMCOL) and other tertiary institutions. Non-formal education in the areas of small business management, communication skills, leadership and first aid is provided through courses run in co-operation with other ministries and non-governmental organisations. Vocational training in various trade areas is provided in workshops housed in the prisons, and trainees can undergo examinations at the national level to obtain certificates and diplomas in their chosen trade. Informal skills training is provided in areas like needlework and art.

Awareness and Information

Awareness-raising is an important part of the rehabilitation programme in prisons. The MPCS concentrates on “burning issues”, such as HIV/AIDS, violence against women and children, alcoholism and drug abuse.

Therapy and Counselling

Social workers provide counselling and other therapeutic services for individual inmates and groups of inmates, and their family members are involved where necessary.

Support and Assistance

The MPCS ensures that inmates have contact with their families so that their relationships can be rebuilt while the inmates are still in prison. The ministry also assists with allowances to support the children of inmates through the term of imprisonment. Referrals for legal, medical and other forms of support are also made by the social workers.

\$ COSTS FOR SERVICES

Government services are free of charge.

Ministry of National Youth Services

Regional Offices and Centres

CONTACT INFORMATION

T Region and Scope of Service
 Directorate of Youth Head Office:
 Khomas (Windhoek)
 Regional Youth Offices & Centres:
 see next page
 National coverage

📍 Street Address
 Juvenis (Nictus) Building 380
 Independence Ave., Windhoek

✉ Postal Address
 P/Bag 13359 Windhoek

☎ Telephone Number
 Office hours: 061-220066

📠 Fax Number
 Office hours: 061-245939

😊 Contact Persons
 Director of Youth: Mr E Pretorius

- ✕ Affiliations**
- Multimedia Campaign on Violence Against Women & Children
 - Interministerial Committee on Child Justice
 - Child Justice Forums

MAIN SERVICES

- Peer counselling (all youth issues)
- Advice
- Information dissemination
- Education
- Training (Skills, leadership, self-esteem, etc.)
- Job-seeking assistance
- Referrals (lagal, medical)

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

The MYS was established to ensure that issues of concern to Namibia’s youth are dealt with within the basic human rights framework of the Constitution. (“Youth” is defined as people of both sexes aged 15-30 years). The MYS is responsible for co-ordinating all activities for youth facilitated by itself, other line ministries and non-governmental organisations.

The Directorate of Youth is responsible for actively promoting the contribution of youth to national social and economic development. Enhancing the access of unemployed youth and school dropouts to social and economic services is emphasised. The programmes developed by the Directorate are implemented by the regional youth officers and other staff of the regional youth offices and centres, in collaboration with regional and district youth forums and groups.

The Directorate’s programmes include: the National Juvenile Justice Programme, the Youth & Child Rights Advocacy Programme, the Environmental Education Programme, the Integrated Rural Youth Development Programme, the Youth Health Programme, the Youth Information Programme, the Youth Exchange & Hostelling Programme, and the Provision & Maintenance of Infrastructures Programme.

For the purposes of this directory the most important service of the Directorate is the peer counselling and guidance provided by youth officers at the regional offices and centres. The centres are all tasked to provide the same range of services, though in each region there are variations and some services are more developed than others.

To give an example of services offered in the regions (now or in the future), the Windhoek Multi-Purpose Youth Resource Centre in Katutura offers the following services, among others: career guidance and counselling, skills training and job-seeking assistance for unemployed youth; a library containing information materials and manuals on all kinds of issues affecting young people; a Health Drop-in Centre where youth can receive health services and counselling on issues like HIV/AIDS and other sexually transmitted diseases in a friendly atmosphere; environmental education clubs and support for environmental income-generating projects; leadership training and activities to build self-esteem.

The regional youth offices and centres are there to serve the youth of Namibia, and people aged 15-30 years who need information about or who have been traumatised by domestic violence or sexual abuse can go to any of them to talk to another young person who has been trained to counsel and generally guide them, using the wide range of available resources.

(Continued overleaf)

Regional Youth Offices and Resource Centres



CAPRIVI Katima Mulilo

- Office hours: 066-253668
- Office hours: 066-253187
- PO Box 1069 Ngweze



ERONGO Omaruru

- Office hours: 064-570546
- Office hours: 064-570278
- PO Box 474 Omaruru

Swakopmund

- Office hours: 064-404816
- Office hours: 064-405373
- PO Box 5023 Swakopmund



HARDAP Mariental

- Office hours: 063-242450
- Office hours: 063-242404
- PO Box 755 Mariental

Rehoboth

- Office hours: 062-524691
- Office hours: 062-524683
- PO Box 4065 Rehoboth



KARAS Keetmanshoop

- Office hours: 063-222884
- Office hours: 063-222884
- PO Box 836 Keetmanshoop

Lüderitz

- Office hours: 063-203420
- Office hours: 063-203420
- C/o PO Box 104 Lüderitz

Karasburg

- Office hours: 063-270059
- Office hours: 063-270256
- PO Box 397 Karasburg



KAVANGO Rundu

- Office hours: 067-255189
- Office hours: 067-255710
- PO Box 2085 Rundu

Nkurenkuru

- Office hours: 067-257902
- Office hours: 067-257921
- PO Box 6089 Nkurenkuru



KHOMAS Windhoek

- Office hours: 061-263281
- Office hours: 061-261459
- P/Bag 13359 Windhoek



KUNENE Khorixas

- Office hours: 067-331392
- Office hours: 067-331213
- PO Box 510 Khorixas

Opuwo

- Office hours: 065-273195
- Office hours: 065-273195
- P/Bag 3022 Opuwo



OHANGWENA Eenhana

- Office hours: 065-263030
- Office hours: 065-263033
- PO Box 2023 Ongangwa



OMAHEKE Gobabis

- Office hours: 062-562249
- Office hours: 062-562808
- PO Box 1604 Gobabis

Otjinene

- Office hours: 062-567573
- Office hours: 062-567573
- P/Bag 1005 Otjinene



OMUSATI Outapi

- Office hours: 065-251076
- Office hours: 065-251135
- PO Box 197 Outapi



OSHANA Ondangwa

- Office hours: 065-240255
- Office hours: 065-240548
- P/Bag 2044 Ondangwa

Oshakati

- Office hours: 065-220354
- Office hours: 065-220310
- P/Bag 5557 Oshakati



OSHIKOTO Tsumeb

- Office hours: 067-220534
- Office hours: 067-221935
- PO Box 743 Tsumeb



OTJOZONDJUPA Tsumkwe

- Office hours: 067-244012
- Office hours: 067-244013
- P/Bag 2091 Windhoek

Grootfontein

- Office hours: 067-243079
- Office hours: 067-242015
- P/Bag 204 Grootfontein

Otjiwarongo

- Office hours: 067-302268
- Office hours: 067-304073
- PO Box 1178 Otjiwarongo

Okakarara

- Office hours: 067-317256
- Office hours: 067-317266
- P/Bag 2119 Okakarara

YOUTH SKILLS TRAINING CENTRES

Kai//ganaxab Youth Skills Training Centre

- Office hours: 063-240808
- Office hours: 063-242511
- P/Bag 2008 Mariental

Friedenau Youth Centre

- Office hours: 061-234223
- Office hours: 061-245939
- P/Bag 13359 Windhoek

Frans Dimbare Integrated Rural Youth Development Centre

- Office hours: 066-258307
- Office hours: 066-258307
- PO Box 5066 Divundu

Keetmanshoop Multipurpose Youth Centre

- Office hours: 063-222883
- Office hours: 063-222699
- PO Box 836 Keetmanshoop

Okahao Green Skills Training Centre

- Office hours: 065-252045
- Office hours: 065-252045
- P/Bag 58 Ogandjera

Oshakati Multi-Purpose Youth Resource Centre

- Office hours: 065-220354
- Fax: 065-220310
- P/Bag 5557 Oshakati

Opuwo Multi-Purpose Youth Resource Centre


- Office hours: 065-273195
- Office hours: 065-273195
- P/Bag 3022 Opuwo


Farm Du Plessis Rural Youth Development Centre

- Office hours: 062-568334
- Office hours: 062-568334
- PO Box 522 Gobabis


Namibia Institute for Democracy (NID)

CONTACT INFORMATION


 **Region and Scope of Service**
 Khomas (Windhoek)
 National coverage

 **Street Address**
 Kock & Smidt Bulding 53
 Independence Ave. Windhoek


 **Postal Address**
 PO Box 11956, Windhoek

 **Telephone Number**
Office hours: 061-229117/8

 **Fax Number**
All hours: 061-229119

 **Web Address**
www.nid.org.na
www.democracy.org.na

 **Contact Persons**
 Executive Director
 Ms D Weissnar
 Chief Executive Officer
 Mr T Keulder

 **Affiliations**
 • Multimedia Campaign on
 Violence Against Women &
 Children

MAIN SERVICES

Education and training (civic, including human rights)
 Referral to support groups
 Advocacy and lobbying

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

The NID runs a civic education programme for school groups and adult community groups in all regions, using the local indigenous language wherever possible. The topics covered include human rights issues, democracy and governance, and the rights of women and children are addressed.

The NID produces information and educational materials on democracy and human rights generally, such as a booklet and poster on the Married Persons Equality Act. Materials have also been produced on affirmative action for women in the workplace. All the booklets, pamphlets, posters, videos and stickers produced by the NID are available at the Windhoek office free of charge.

ADDITIONAL SERVICES

- Advocates and lobbies for women’s and children’s rights through the Multimedia Campaign on Violence Against Women and Children.
- Participates in radio/TV panel discussions on request - also on the various indigenous language services of the Namibian Broadcasting Corporation (NBC).
- Provides voter education for presidential, national, regional and local government elections.

OTHER ACTIVITIES AND INVOLVEMENTS

- Has held a major seminar on the rights of women in an independent Namibia, with published papers.
- Organises seminars on governance and democracy themes with regional councils.
- Runs school competitions from time to time.

COSTS FOR SERVICES

All services are free of charge.

Namibia Planned Parenthood Association

CONTACT INFORMATION

Region and Scope of Service
 Khomas (Windhoek)
 National coverage

Street Address
 Bell Harris, Florence Nightingale Street, Windhoek West

Postal Address
 PO Box 10936, Khomasdal

Telephone Number
Office hours: 061-265115
After hours: 081-1274327 or 081-1285239

Fax Number
All hours: 061-230251

Contact Persons
 Executive Director:
 Ms Muedulundila

- Affiliations**
- Namibian Non-Governmental Organisations Forum (NANGOF)
 - Networks with the Ministry of Women Affairs and Child Welfare

MAIN SERVICES

Training (advocacy)
 Awareness-raising and education
 Advocacy and lobbying

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

The main function of the Planned Parenthood Association is to raise awareness and sensitise young people, parents and communities at large on issues such as population and development, family planning, sexual and reproductive health, reproductive rights, and gender issues generally, including domestic violence and sexual abuse. This body is very involved in advocacy and lobbying work in these areas, and networks closely with the Department of Women Affairs (see chapter 7) in the process of implementing the National Gender Policy and National Gender Plan of Action.

To raise community awareness the association presents radio talk shows, visits schools to talk to children of all age groups and addresses community workshops organised by other bodies. Its Parent Advisory Committee provides education for adult groups. The association also offers an advocacy training course to train others to raise awareness in their communities.

Trainees in the advocacy training course should be at least 16 years old, but there is no educational requirement. The course is currently conducted in Windhoek for all 13 regions. The course is run over 3 days or 1 week with a maximum of 20 participants. The course focuses on population issues, gender issues (including violence and abuse), and sexual and reproductive health. There is no certificate offered, nor any follow-up courses, nor any job placement service.

\$ COSTS FOR SERVICES

Training is free of charge.

!Nara Training Centre

CONTACT INFORMATION

Region and Scope of Service
Head Office: Khomas (Windhoek)

Street Address
6 Puccini Street, Windhoek West

Postal Address
PO Box 4157 Windhoek

Telephone Number
Office hours: 061-222860
061-222782
061-222456

Fax Number
Office hours: 061-222864

E-mail Address
info@naratc.org.na

Contact Persons
Executive Director:
Dr Peter Lenhardt
Manager Research & Consultancy
Ms Kaarina Amutenya

Affiliations
None

MAIN SERVICES

Education and training
Research
Consultancy
Capacity Building

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

!Nara’s overall aim is to improve the living standards of Namibia’s marginalised people. The programmes target individuals, NGO staff members, CBOs and development workers. The following range of services is offered:

Certificate Course in Participatory Methods for Development

The diploma course aims to train a pool of development workers to facilitate local level development initiatives. Since the start of the programme, !Nara has trained over 200 people in participatory methods, many of whom now have leading positions in NGOs and CBOs.

NGO Capacity Building

In recent years numerous capacity assessment reports have highlighted the need to increase institutional capacity among Namibian NGOs and CBOs. Through forming consortia and through the Namibian NGO Institute, !Nara works with partners to ensure that managers and fieldworkers of these organisations have the skills they need to do their jobs.

Consultancy

!Nara’s consultancy division creates bespoke programmes for a broad range of organisations from government to NGO. These include tailor made training, advocacy and advisory services and participatory research services based on social, economic and environmental issues such as HIV/Aids, gender issues and violence against women & children.

Business Development Programme









Whether and entrepreneur with a bright idea, a small business with a desire to expand or a group of people with a need to generate income, !Nara offers courses that can help them establish, strengthen and grow a business.

\$ COSTS FOR SERVICES

Please phone above mentioned telephone numbers to find out about prices.

Namibia Red Cross Society

CONTACT INFORMATION

-  **Region and Scope of Service**
 Khomas (Windhoek)
 National coverage
-  **Street Address**
 Erf 2128 Independence Ave
 (Shoprite Centre), Katutura
-  **Postal Address**
 PO Box 346, Windhoek
-  **Telephone Number**
Office hours: 061-235226
-  **Fax Number**
Office hours: 061-228949
-  **E-mail Address**
 enquiries@redcross.com.na
-  **Contact Persons**
 Secretary-General:
 Ms R Kauaria
-  **Affiliations**
 - International Red Cross Society

MAIN SERVICES

First-Aid
 Training (First Aid)
 Emergency Social Welfare Support
 (food, clothing)
 Day-care for small children
 Support for Street Children (Rundu)
 Tracing of family members
 Advice
 Referral

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

The Namibia Red Cross Society essentially provides emergency medical and welfare services such as first aid, food aid and clothing. The society will not as a rule provide direct assistance to victims of domestic violence or sexual abuse, but people in urgent need may certainly approach the society for a referral to the appropriate Organisation, such as the Women & Child Protection Unit of NAMPOL or the Ministry of Health & Social Services.

Another central function of the Red Cross Society is to provide first-aid training. The course is run countrywide and is promoted under the slogan “First Aid Saves Lives!” There is no minimum age or educational requirement for trainees. A first-aid manual and certificate is included in the course fee (see below).





The Red Cross Society also helps to trace people’s family members. To do this it sends messages by various means. The Red Cross Society has helped to establish several day-care centres (crèches) in the country. All but two of these have been handed over to the staff who run them, so the society now only controls one centre in Windhoek and one in Katutura. It also runs a street children’s project (drop-in centre) in Rundu.

\$ COSTS FOR SERVICES

The training course fee in First Aid (basic) for students and full-time employees is N\$200. (First Aid Kit included) The society also sells first-aid kits to raise funds for its activities. All other services are free of charge.

CONTACT INFORMATION FOR DAY-CARE CENTRES

Rundu Street Children’s Drop-in Centre

-  Elcin Street Rundu
-  066-256216
-  066-255783
-  Supervisor Ms N Bessinger
 Regional Manager: Ms M Manyando

Namibia Women's Association (NAWA)

CONTACT INFORMATION

Region and Scope of Service
 Khomas (Windhoek)
 National coverage for girl children

Street Address
 Cnr. Mungunda & Shanghai
 Street, Katutura

Postal Address
 PO Box 3370, Windhoek

Telephone Number
Office hours: 061-262021

Fax Number
Office hours: 061-263539

E-mail Address
 nagirlch@iway.na

Contact Persons
Chairperson: Ms O Abrahams
Alternate: Ms P Leopoldt

Affiliations
 Namibian Non-Governmental
 Organisations Forum (NANGOF)

MAIN SERVICES

- Counselling
- Advice
- Referral
- Information
- Advocacy and lobbying
- Training (peer counselling)
- Education
- Mobilising

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

NAWA's focus is on supporting women who are going through divorce, and implementing the Affirmative Action for the Girl Child Project designed after the 4th World Conference on Women in Beijing in 1995.

NAWA facilitates a Divorce Support Club for women. The support that members receive includes accompaniment to court, counselling, advice and referral - particularly to the Legal Assistance Centre (LAC) with which NAWA has a close relationship. NAWA also conducts interviews with women to bolster their confidence and generally empower them to secure a just divorce settlement and maintenance for their children. The club has met with an unprecedented growth in membership. Requests have been received for an extension of the service to other parts of Namibia, but this is not presently possible because NAWA has only one full-time office worker.

As part of the Affirmative Action for the Girl Child Project, NAWA is helping girls to establish a Namibian National Girl Child Organisation to ensure meaningful and organised input into the project. Training courses are run under the project to build capacity and facilitate the establishment of the national Organisation. The project has the full support of the Ministry of Basic Education & Culture and NAWA has access to all schools.

NAWA offers counselling for women, couples and families, and peer counselling training for girl children. People in need of counselling are normally referred by women who have benefited from NAWA's services, Counselling is given in person or on the telephone, and appointments should preferably be made.

The minimum age for girl child peer counselling training is 13-25 years. There is no minimum educational requirement, but trainees are usually girls in secondary school. They are trained by women associated with NAWA, and by members of the Forum for Women Educationalists of Namibia. Courses run for 2 full days, there are 109 trainees per course, and they are run countrywide. The course focuses on mobilising, budgeting, peer counselling and producing a newsletter. A NAWA-designed certificate is given, and follow-up courses are run whenever necessary and if funds are available. There is no job placement service offered.

OTHER ACTIVITIES AND INVOLVEMENTS

- Advocacy and lobbying together with other organisations.
- Joins radio/TV panel discussions - especially on the topic of girl children.
- Produces educational radio tapes for distribution.

\$ COSTS FOR SERVICES

All services are free of charge.

Namibia Women’s Network (NWN)

CONTACT INFORMATION

Region and Scope of Service
 Khomas (Windhoek)
 National coverage through member organisations (see overleaf)

Street Address
 11 Behring Street, Bachbrecht, Windhoekj

Postal Address
 PO Box 8961, Windhoek

Telephone Number
Office hours: 061-247191
After hours: 061-246331

Fax Number
Office hours: 061-247581

E-mail Address
 nwn@iway.na

Contact Persons
Chairperson: Ms M Ausiku

Affiliations
 • Multimedia Campaign on Violence Against Women & Children

MAIN SERVICES

Advocacy
 Legal education & training
 Project management & co-ordination
 Employment creation
 Referral
 Research

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

The NWN was founded with the sole objective of promoting legal education and supporting the law reform process. This objective has since shifted to advancing the development of rural women, which includes creating employment for them through income-generating projects set up by the member organisations. The NWN therefore runs several new programmes within the framework of its original Legal Education Project (LEP). Domestic violence and all forms of abuse against women and children are viewed as major obstacles to economic development and constitute the main focus of the LEP. The Legal Education Department of the Legal Assistance Centre was instrumental in motivating the NWN’s formation through its workshops with member organisations, and continues to provide this training service to the NWN members as the need arises, e.g. when new laws affecting women are passed.

The LEP co-ordinates the activities of the NWN member organisations and other agencies in providing information and education on women’s constitutional rights and the legislation affecting them. The LEP tries to be proactive in the law reform process by challenging draft legislation and its implementation, the main objective being to bridge the gap between constitutional law and practice. To this end the LEP gathers information, compiles reports, formulates recommendations and rewrites the relevant legislation in layperson’s language for dissemination to its members and the public.

The LEP identifies annual themes and raises awareness on the related issues through workshop programmes, public meetings, radio talk shows, visiting schools and facilitating activities for school children (such as art competitions, drama and writing exercises). The member organisations all participate in advocacy and lobbying activities around women’s rights, such as protests and campaigns.




As part of its capacity-building programme the NWN offers project management and financial services for its affiliated groups, to help them implement their own projects, which may be income-generating projects. Training is provided in office administration and bookkeeping, social skills and communication, life skills and other areas as required.

The NWN intends to develop counselling training courses to enable members of the affiliated organisations to deal with enquiries on domestic violence, rape, other forms of abuse and other relevant issues, *(Continued overleaf)*




\$ COSTS FOR SERVICES

All services are free of charge.




Anbasen Group

 Otjozondjupa (Omatjene)
Serves the Omatjene farm community
 Ms D Uiras
 067-304407

Arandis Quality Clothing

 Erongo (Arandis)
Serves the Arandis community
 Ms Rachel Sawas
 064-501501




Hai//om Women's League

 Kunene (Outjo)
Serves Outjo community
 Ms Alexia So-/oabes
 067-313445




Khaibasen Group

 Hardap (Stampriet)
Serves Stampriet community
 Ms E Haosemas
Ms Lollie v.d. Westhuizen
 063-177400




Okahandja Drop-in Centre

 Otjozondjupa (Okahandja)
Serves the Okahandja community
 Ms Vleermuys
 062-502106



Omega Women's Group




 Hardap (/Haruchab)
Serves the /Haruchab community
 Ms Mina Nowases
 063-260152




Try Again Women Against Violence

 Otjozondjupa (Otjiwarongo)
Serves the Otjiwarongo community
 Ms R Okamaru
 067-303386

Tsara xa Aibes Group

 Hardap (Mariental)
Serves Mariental community
 Office hours: 063-242084
After hours: 063 240427


 Otjikoto (Tsumeb)
Serves Tsumeb community
 Ms Letta Kambale
 067 220796


 Otjikoto (Oshivello)
Serves Oshivello community
 Ms Amanda Karises
 081 260 9662


National Aids Control Programme


MINISTRY OF HEALTH AND SOCIAL SERVICES


CONTACT INFORMATION

 **Region and Scope of Service**
Khomas (Windhoek)
National Coverage

 **Street Address**
Central State Hospital Complex
Harvey Street, Windhoek West

 **Postal Address**
P/Bag 13198 Windhoek

 **Telephone Number**
Office hours: 061-203 2825

 **Fax Number**
Office hours: 061-224155

 **Contact Persons**
Mr Abner Xoagub

 **Affiliations**
None

MAIN SERVICES

Counselling
Advice
Information
Referral (medical, legal, social welfare)
Support groups
Home-based care
Training
Education & awareness-raising

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

The primary aim of the National Aids Control Programme is to stop the HIV/AIDS pandemic from spreading. In its efforts to achieve this aim the programme provides a wide range of services for people living with HIV/AIDS, as well as for their families, and for people who are at risk of contracting the virus, such as teenagers who have become sexually active.

Two central functions of the programme are to counsel sufferers and to strengthen counselling services throughout the country by providing counselling training. A crucial aspect of the programme's work is to encourage voluntary testing for HIV, meaning that it tries to get all sexually active people to go to a hospital or clinic to be tested for the virus. Voluntary testing is crucial because it is obviously impossible to stop the virus from spreading if people do not know that they are carrying it. Linked to this is the other crucial aspect of the programme's work: education. The programme has a wide range of information materials to offer - adapted for all language groups and literacy levels - and it provides education for community groups of all kinds (especially school groups), focusing mainly on preventing infection. The information materials, as well as condoms, are all distributed free of charge. Radio is used regularly to raise awareness about HIV/AIDS and related issues.

Efforts are underway to bring people with HIV together to assist each other to live positively with the virus. The vision is to establish local and/or regional support groups throughout the country. Home-based care initiatives are being implemented now, and one of these initiatives is to distribute home-based care kits free of charge.

Counselling trainees may be employees of the MOHSS (e.g. nurses), staff of other organisations such as Catholic Aids Action, or any member of the public who would like to counsel people with HIV/AIDS. There is no minimum age or educational requirement for trainees. Another training course run by the programme focuses on the management of sexually transmitted diseases generally. This course is chiefly aimed at the relevant local and/or regional government bodies, but other organisations interested in sending staff for training are welcome to contact the programme for details.

COSTS FOR SERVICES

All government services are free of charge.

National Society for Human Rights (NSHR)

CONTACT INFORMATION

Region and Scope of Service
 Khomas (Windhoek)
 National coverage

Street Address
 116 John Meinert Street
 Windhoek

Postal Address
 PO Box 23592, Windhoek

Telephone Number
Office hours: 061-236183
 061-253447

Fax Number
Office hours: 061-234286

E-mail Address
 nshr@iafrica.com.na

Contact Persons
Executive Director
 Mr P Ya Nangoloh

Affiliations
 None

MAIN SERVICES

Training and education (human rights)
 Advocacy and lobbying
 Monitoring
 Information
 Advice
 Referral

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

The NSHR’s mission is to proactively monitor government compliance with not only the Namibian Constitution, but also with all international human rights and humanitarian treaties which have been ratified by Namibia and which are therefore binding upon Namibia. The NSHR also trains human rights activists to monitor any violations of human rights in any part of the country.

People who have labour-related problems or problems with issues like maintenance are assisted. People are usually referred to the NSHR by the Namibian Police, the Office of the Ombudsperson, the maintenance courts and women’s organisations. Appointments for assistance are not necessarily needed, but this depends on the matter at hand. The NSHR sometimes acts in an advisory and/or mediatory capacity in disputes. Referrals will be made for legal aid or to the labour courts.

Anyone interested in being trained as a human rights activist should contact the NSHR directly for details on the training programme. Advocacy training is included in the programme.

ADDITIONAL SERVICES

- Provides education on human rights for school groups on request.
- Produces educational materials in the form of booklets, videos and photographic slides, all of which are available free of charge from the office in Windhoek.
- Facilitates community workshops on request.
- Participates in advocacy and lobbying initiatives for law reform in any areas of human rights.
- Joins radio/TV panel discussions on request, and issues media statements where applicable.
- In his personal capacity the NSHR chairperson is also the chairperson of the Children’s Education Centre, a boarding school and shelter in Usakos for children in need of care (see chapter 2). There is no formal connection between the two institutions, but this informal connection is being noted here for the reader’s information.

\$ COSTS FOR SERVICES

All services are free of charge except training.

Philippi Trust Namibia

CONTACT INFORMATION

Region and Scope of Service
 Khomas (Windhoek)
 National coverage

Street Address
 Cnr. Beethoven & Strauss
 Street, Windhoek

Postal Address
 PO Box 4447, Windhoek

Telephone Number
 Office hours: 061-259291

Fax Number
 Office hours: 061-259210

E-mail Address
 philippi@mweb.com.na

Contact Persons
 Training Co-ordinator:
 Mr Brendell
 Administrator:
 Ms van Rensburg

Affiliations
 None

MAIN SERVICES

Training
 Counselling

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

Philippi Trust Namibia is a local branch of Philippi Trust International, which exists essentially to provide the highest possible level of counselling and counselling training. Although Philippi is a Christian-oriented Organisation, it uses secular counselling models unless an individual or a target group specifically requests a Christian-oriented model. Church members actively involved in providing services to their congregations comprise a particularly important target group of this Organisation. Philippi Namibia’s vision is to draw potential counsellors from all parts of Namibia for training, whereafter they can return to their communities to provide counselling services.

The Organisation offers counselling for women, children aged 12 years and older, men, couples and families. People are usually referred for counselling by the Ministry of Women Affairs and Child Welfare, non-governmental organisations, churches and institutions. Counselling is given only in person, and appointments must be made.

Counselling trainees can be of any age.. Anyone who is interested and who has basic knowledge can attend the course on counselling victims of abuse, but otherwise there are no educational requirements. The trainers include the director of Philippi Trust International, a lecturer at the University of Namibia and Philippi Namibia’s training coordinator. The courses are usually run in the community which has requested training, so trainees do not necessarily have to travel to Windhoek. The maximum number of trainees per course is 25 and the minimum is 15.

Four courses are offered: Awareness Level 1; Awareness Level 2; a specialist course for counselling survivors of abuse; and a specialist course for counselling people with HIV/AIDS. The specialist courses run for 60 hours and the counselling course range from 60 hours basic course to a diploma course. Psycho-social support range from a one-week awareness programme including a camping for 2 weeks. A three week HIV/AIDS course is also offered. Training of trainers for 8 months. The specialist course on abuse focuses on equipping trainees to deal with the deep pain of child abuse and giving them a deeper insight into the effects of such trauma - on the victim and on society. All trainees who complete a course receive a certificate of attainment. Follow-up courses are offered, but no job placement assistance.









\$ COSTS FOR SERVICES

The counselling service is free of charge. The costs per person for the counselling training courses are:

- Awareness Level 1 - N\$750
- Awareness Level 2 - N\$2 700
- Specialist course on abuse - N\$750
- Specialist course on HIV/AIDS - POA

Sister Namibia Collective

CONTACT INFORMATION

-  **Region and Scope of Service**
 Khomas (Windhoek)
 National coverage
-  **Street Address**
 163 Nelson Mandela Avenue
 Windhoek
-  **Postal Address**
 PO Box 40092 Windhoek
-  **Telephone Number**
Office hours: 061-230618
-  **Fax Number**
Office hours: 061-236371
-  **E-mail Address**
 sister@iafrica.com.na
-  **Contact Persons**
 Director: Liz Frank
-  **Networking**
 - Multimedia Campaign on Violence Against Women & Children
 - Namibian Non-Governmental Organisations Forum (NANGOF)
 - Namibian Information Workers Union (NAWU)
 - Association of Namibian Publishers (ANP)

MAIN SERVICES

Information
 Media
 Advocacy and lobbying
 Education
 Awareness
 Advertising opportunities
 Referral

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

The Sister Namibia Collective is a non-governmental and non-partisan women's organisation established in 1989 with the aim of advocating and lobbying for gender equality and law reform, and opposing racism, sexism and other forms of bigotry.

Its main activity is the publication of a magazine called Sister Namibia, which contains contributions mainly from women and mainly focusing on Namibian issues of relevance to women. The magazine is also a platform for the publication of Namibian poetry. It is published every two months and sold in shops throughout the country.

Sister also offers a well-stocked resource centre with books, magazines, news clippings, pamphlets, videos and other documentation covering areas of feminist theory, health, violence against women, sexuality, education and creative writing by women. Various pamphlets and stickers are also available. The videos can be hired for a period of one week and books and other materials for two weeks.

A Gender Education Programme focusing on topics such as the prevention of child abuse is run for school and adult groups, as well as a Reproductive Health Programme focusing on teenage pregnancy, contraception, abortion, rape and other sexual abuses, and sexuality generally. Discussion evenings for adults are held from time to time.

Information, advice, counselling and referral services are also offered.

ADDITIONAL SERVICES

- Advocates and lobbies with other organisations for domestic violence law reform, legal abortion and sex education in schools.
- Self-defence training (karate) is provided for trainers by an instructor from the Netherlands.
- Offers advertising and publicity opportunities through Sister Namibia magazine.

COSTS FOR SERVICES

Sister Namibia magazine currently sells for N\$6,00. There is no charge for hiring any library resource materials, and all other services are free of charge.

Stop the Violence Women's Group

CONTACT INFORMATION

T Region and Scope of Service
Otjozondjupa (Okahandja)
Serves Okahandja and surrounds

📍 Street Address
No permanent office

✉ Postal Address
PO Box 488, Okahandja

☎ Telephone Number
Office hours: 062-501355

📠 Fax Number
Office hours: 062-501366

📧 E-mail Address
kwvmaree@iway.na

😊 Contact Persons
Secretary: Ms K Makati

✂ Affiliations
• Multimedia Campaign on
Violence Against Women &
Children

MAIN SERVICES

Support group
Advice
Information
Advocacy
Awareness-raising
Training and education (law, human rights, self-esteem, etc.)

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

This is a voluntary support group for past and present woman and child victims of domestic violence and all forms of abuse. The group meets regularly for training and purely social purposes, and offers a safe environment for women to speak openly about their relationships and families. Solidarity among women is encouraged, and the members assist each other in carrying out their daily tasks. The group plans to initiate income-generating activities to support its members, to further the development of women in the community, and to improve the community's quality of life. The group essentially aims to fight violence in all its forms: physical, sexual, emotional, verbal and economic.

Regular workshops for members are organised, and experts are invited to facilitate sessions on topics like self-esteem, domestic violence, maintenance, poverty, HIV/AIDS, the Namibian Constitution, the Married Person's Equality Act, children's rights, women's rights, human rights generally and abortion. (Group members tend to discourage abortion and rather support girls and women through their pregnancy and in giving birth.) The group tries to arrange for legal education workshops with the Legal Assistance Centre on a monthly basis. Following this training, the group holds public awareness meetings on the issues covered.

ADDITIONAL SERVICES AND INVOLVEMENTS



- Joins initiatives to advocate for and promote women's rights, the UN Convention on the Elimination of All Forms of Violence against Women and the SADC Declaration on Gender and Development. Also renders support wherever possible to the process of analysing and formulating gender policies.
- Disseminates information about domestic violence to raise public awareness, and arranges for training or educational programmes for any interested audience.

\$ COSTS FOR SERVICES

Services are free of charge, but a contribution may be requested if the group has to generate funds to provide a service, e.g. to have information materials produced and printed.

Tsumeb Women’s and Children’s Centre

CONTACT INFORMATION

-  **Region and Scope of Service**
 Oshikoto (Tsumeb)
 Serves Tsumeb, Otavi, Grootfontein, Otjiwarongo & surrounding farm communities
-  **Street Address**
 Cnr. Third Road & Sixth Street
 Block no. 2600, Tsumeb
-  **Postal Address**
 PO Box 753, Tsumeb
-  **Telephone Number**
Office hours: 067-221622
-  **Fax Number**
All hours: Care of 067 221622
-  **Contact Persons**
 Project co-ordinator & Counsellor:
 Ms Katrina Shiyuka
-  **Affiliations**
 - Multimedia Campaign on Violence Against Women & Children
 - Women & Child Protection Units of the Namibian Police
 - Tsumeb Women’s Voice - member of the Way Forward Women’s Movement

MAIN SERVICES

Awareness-raising & education
 Advocacy & lobbying
 Research
 Shelter for women & children
 Counselling
 Advice

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

This is a multi-purpose centre which also provides immediate temporary shelter for women and children when it is unsafe for them to return to their homes. The centre also assists neglected children and infants, and child victims of sexual abuse. Clients should preferably be referred by a social worker or Women & Child Protection Unit, but they can approach the centre without being referred.

The maximum period of stay is 48 hours, depending on the client’s condition. All meals and bedding are provided. Protection from abusers is provided by the Women & Child Protection Unit which is housed in the same building. There is no first-aid assistance provided, but staff will arrange for medical treatment at a hospital. There is no transport provided, but staff at the centre will accompany clients to hospital on foot, and the Women & Child Protection Unit will transport people to hospital if they are in need of urgent care.

Counselling and referral services are provided for women, children and youth, men, couples and families, Counselling is provided in person and it is not necessary to make an appointment. Advice will be given and general enquiries answered on the telephone. There is no job-seeking assistance nor other material assistance provided. The centre will assist clients to report crimes to the police.

Other programmes of the centre are aimed at raising the levels of awareness and self-respect of women, and educating them on how to protect themselves from danger. One programme aims to restore the self-confidence of abused and neglected children.

ADDITIONAL SERVICES

- Information resource centre for women, youth and children
- Extension services and seminars for men
- Information-gathering and research
- Community workshops on human rights and the law
- Educational programmes for school groups and adult groups
- Training for counsellors

COSTS FOR SERVICES

All services are free of charge.

University of Namibia (UNAM)- Gender Training and Research Unit

CONTACT INFORMATION

Region and Scope of Service
 Khomas (Windhoek)
 National coverage

Street Address
 Mandume Ndemufayo Street,
 Pionierspark, Windhoek

Postal Address
 P/Bag 13301 Windhoek

Telephone Number
Office hours:
 UNAM switchboard: 061-2063111
 Gender Training Unit:
 061-2063951/2
After hours: Co ordinator
 061-271273

Fax Number
Office hours: 061-2068268

E-mail Address
 lebeau@mweb.com.na
 eiiping@unam.na

Contact Persons
 Co-ordinator: Ms E Ipinge
 Researcher: Ms D Le Beau

- Affiliations**
- Department of Women Affairs
 - Legal Assistance Centre
 - Sister Collective
 - Women’s Solidarity
 - Namibia Information Centre

MAIN SERVICES

Training (gender issues)
 Research
 Information
 Advocacy and lobbying
 Financial support

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

The main objectives of the UNAM Gender Training and Research Unit are to carry out research and raise awareness on gender issues generally, to advocate for the eradication of violence against women and to lobby policy-makers for law reform to this end. To achieve these objectives the Unit runs a gender awareness training course in various centres in the country and networks with other organisations dealing with gender issues - mainly the organisations listed on the left.

The gender awareness training course is run in Windhoek, Swakopmund, Okakarara, Okongo and Oranjemund. Trainees should preferably have a Grade 12 certificate to register, but this requirement is not applied in all cases, i.e. candidate suitability is assessed on an individual basis. There is no minimum age requirement. The course is run over a period of 2 weeks, and there should be 25 trainees per course. The course focuses on a range of gender issues, as well as on research and report-writing methodology and skills. A UNAM attendance certificate is issued. There are no follow-up courses offered at present.









From time to time the Unit organises conferences and workshops on gender issues. For example, in September 1999 it hosted a conference on “Gender Perspectives in Law and Violence”.

\$ COSTS FOR SERVICES

Employed people must pay N\$109,00 for the training course. Unemployed people and students pay less, depending on what they can afford. It is possible that an employed person earning a very low salary can also pay less. Consultancy or research work done by the Unit is always charged for. Existing information materials may be given free of charge, depending on what type of material is requested.

White Ribbon Campaign Namibia (WRCN)

CONTACT INFORMATION

-  **Region and Scope of Service**
Khomas (Windhoek)
National coverage
-  **Street Address**
White Ribbon Campaign Namibia
c/o Misa Namibia
-  **Postal Address**
PO Box 97475, Maerua Mall
-  **Telephone Number**
Office hours: 061-236060
-  **Fax Number**
Office hours: 061-236054
-  **E-mail Address**
simakumba@yahoo.com
-  **Contact Persons**
Country Co-ordinator:
Mr M. Charles Simakumba
Chairperson:
Mr F. Sampaya
-  **Affiliation**
• Multi-media Campaign (MIB)

• NANASO

MAIN SERVICES

Training, workshops and counselling

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

The White Ribbon Campaign Namibia is a men’s organisation fighting to end men’s violence against women and children and which is currently conducting vital educational outreach programmes on the issues of STDs and HIV/AIDS amongst men and boys.

It is a non-profit organisation committed to fight gender-based violence in the country through education, discussion and action.

It’s vision is fostering a society amongst men, free from violence and HIV/AIDS.

The objectives of the White Ribbon Campaign Namibia are -to decrease the impact of HIV/AIDS and violence against women and children. The group offers the following services:

Counselling and support to violent men.

- Training and workshops.
- Education and training to all men and boys who are willing to change their stereotypical gender roles and are receptive to new ideas.
- Training aimed at empowering young people in schools and colleges to choose “sound values” and health attitudes for themselves and helping children between the ages of 9 and 20, to prepare them for their teenage years with confidence.

COSTS FOR SERVICES -

NONE

Women's Actions for Development (WAD)

CONTACT INFORMATION

Region and Scope of Service

Khomas (Windhoek)
Serves entire Khomas region

Street Address

25 Schonlein Street, Swabou Building, Windhoek West

Postal Address

PO Box 370, Windhoek

Telephone Number

Office hours: 061-227630

Fax Number

Office hours: 061-236372

E-mail Address

wad@mweb.com.na

Contact Persons

Executive Director: Ms V de Klerk

Affiliations

- Multimedia Campaign on Violence Against Women & Children

MAIN SERVICES

Training & motivation
Advice
Advocacy and lobbying

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

Women's Action for Development (WAD) is a self-help organisation which aims at uplifting the socio-economic and socio-political situation of primarily Namibian rural women. The organisation was established in 1994 and is active in 6 regions of the country, namely Omusati, Kunene, Erongo, Otjozondjupa, Omaheke and Hardap, with the intention of eventually expanding to all 13 regions in the country - the availability of funds permitting.

WAD works through decision-makers, traditional authorities, churches, schools, education and health authorities etc. to reach community members.

WAD is one of the few women's movements in Africa that actively empowers its members in the field of socio-political empowerment. It has actively assisted its members to establish "Women's Voice" bodies in the regions.




ADDITIONAL SERVICES

- Address social problems within communities
- Lobby relevant authorities for changing of laws
- Train women to stand as candidates in elections and also motivate them to vote for themselves
- Income-generating projects, savings clubs
- Computer training courses
- Training in HIV/AIDS, domestic violence and rape.




COSTS FOR SERVICES

Please phone to find out about costs involved.




Otjozondjupa - Okakarara

 PO Box 243
 Tel. 067-317041/317339
 Fax: 067-317041



Omaheke - Otjinene

 PO Box 11
 Tel. 062-567577/567607
 Fax: 062-567577



Hardap - Rehoboth

 PO Box 3027
 Tel. 062-524329/276186
 Fax: 062-524329



Hardap - Gibeon

 PO Box 39
 Tel. 063-251192




Hardap - Kalkrand

 PO Box 80
 Tel. 063-264060



Omusati - Mahanene

 PO Box 144
 Tel. 065-250340
 Fax: 065-250056




Erongo - Karibib

 PO Box 117
 Tel. 064-550436
 Fax: 064-550436

Erongo - Spitzkoppe








 PO Box 357
 Tel. 064-530879

Kunene - Khorixas

 PO Box 495
 Tel. 067-331071/331163
 Fax: 067-331071

Young Women's Christian Association (YWCA)

CONTACT INFORMATION

-  **Region and Scope of Service**
 Khomas (Windhoek)
 Oshana (Oshakati)
 National coverage
-  **Street Address**
 Windhoek: 889 Mbabane Street
 Wanaheda, Katutura (go through the single quarters houses)
 Oshakati: 1279 Patrick Lumbumba street
-  **Postal Address**
 PO Box 21445, Windhoek
 PO Box 15285, Oshakati
-  **Telephone Number (all hours)**
 Windhoek: 061 - 263484
 Oshakati: 065 - 220776/220256 225690
-  **Fax Number (all hours)**
 Windhoek: 061 - 263298
 Oshakati: None
-  **Contact Persons**
 Windhoek programme co-ordinator Ms Lena Kasheeta
 Oshakati programme co-ordinator Ms Kavungo(acting)
-  **Affiliations**
 YWCA International
 Ministry of Basic Education Sport and Culture
 Ministry of Health and Social Services
 Women and Child Protection Units of the Namibian Police
 Legal Assistance Centre

MAIN SERVICES

Training (counselling)
 Education (sex)
 Drama project (Aids)
 Counselling
 Referral

NOTES/ADDITIONS/CHANGES

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OVERVIEW OF MAIN SERVICES

The main activity of the YWCA in Namibia is a nationwide peer counselling programme run in high schools and at community venues. The programme was developed by the YWCA, and is coordinated jointly with the three ministries listed on the left. The target group is young women aged 15-20 years. The focus is on problems that young women face, such as sexual abuse, teenage pregnancy, single motherhood, HIV/AIDS, alcohol abuse and peer pressure. A special programme for young mothers coincides with this programme. A special AI DS drama project will be launched soon. A sex education project is run for young adolescents, aiming to prepare them for future sexual relationships.

Domestic violence is a new field for the YWCA and a training programme for counsellors dealing with these issues has been initiated. There are plans to start a group for men during 1999. (Note: The Young Men's Christian Association (YMCA) does not presently address domestic violence or sexual abuse specifically.)

The peer counselling programme equips trainees to provide counselling and support for their peers, raise awareness in schools and communities on the focal issues, provide information and resources on these issues, and ensure that peer counsellors receive ongoing training and supervision. The trainees at each venue hold daily meetings, and a YWCA social worker visits each group regularly to assist and monitor progress. A national peer counselling workshop and youth camp is organised once a year. People interested in joining the programme should contact the YWCA for details, which vary for each locality.

YWCA staff also provide counselling for any young woman approaching them, and a referral service for women and children who have suffered domestic violence or sexual abuse. Referrals are usually made to the Women & Child Protection Units and Legal Assistance Centre.

ADDITIONAL SERVICES

- Runs a support group for women who have suffered domestic violence.
- Runs a child-care centre in Ongwediva and a pre-primary school at Ekamba.
- Provides leadership training for members of the YWCA National Executive Committee
- Runs a guest house (long-term occupancy) at the Wanaheda centre to cover administrative costs.

\$ COSTS FOR SERVICES

Guest house rent: N\$500 per month. All other services are free of charge.