

Mabinti Centre



Holistic Care at CCBRT

The Mabinti Centre is part of CCBRT's holistic model of care for women recovering from obstetric fistula. Fistula is a childbirth-related injury caused by prolonged or obstructed labour without timely medical intervention. The consequences of fistula are life-shattering: women with fistula suffer from chronic incontinence and 90% of women lose their babies during childbirth.¹ As a result of the injury, these women are often abandoned by their families and rejected from their communities, forced to live in shame and isolation.

BUT THERE IS HOPE

Obstetric fistula is a devastating injury, but it is treatable. Every year 1,300 fistula operations are performed in Tanzania, and with each surgery a woman is given the chance to regain her health and independence.

CCBRT is committed to treating the whole person rather than repairing the obstetric fistula alone. All fistula patients who come to CCBRT's Disability Hospital receive holistic treatment, which includes health education, craftwork, counselling, physiotherapy, numeracy and literacy training, and access to family planning services. Each year, 10 women recovering from fistula continue on their path to recovery by enrolling in an extended training programme at the Mabinti Centre.

AS MANY AS
3,000

**Tanzanian women
develop obstetric
fistula each year**



**In 2018, CCBRT and
partner facilities
performed**

**707
FISTULA
SURGERIES**



About the Mabinti Centre

The Mabinti Centre seeks to empower women recovering from fistula surgery by teaching them entrepreneurial skills so that they can start their own business.

Over the course of a year, the women of the Mabinti Centre are trained in technical skills including screen-printing, sewing, batik, beading and crochet. To accompany these activities, women also learn and develop critical entrepreneurial skills, such as budgeting and communications, in order to thrive as business owners.

The Mabinti Centre also provides a safe, supportive environment for women to reflect on the psychological impact of fistula, rebuild their self-esteem and recover together. In this supportive setting, women learn and reinforce critical life skills, such as decision-making, HIV/AIDS prevention, family planning and nutrition. All of these skills allow the Mabinti graduates to leave the Centre with the confidence to become successful, independent, and healthy members of their communities.

At the conclusion of the training programme, each graduate is supplied with a business starter kit containing a sewing machine, scissors, a supply of fabric and a calculator. The women then return to their communities, equipped with the knowledge and resources needed to start their own business and rebuild their lives. The Mabinti Centre hopes its graduates earn a minimum income of 80,000 TZS or \$36 per month, providing support for themselves and/or family.

112

Number of women the Mabinti Centre has trained to date

Connect with the Mabinti Centre online for more information on how to purchase their beautiful creations

Impact & Sustainability

The Mabinti Centre's model is strategically designed to maximise positive impact and sustainability. For one year following the training programme, Mabinti graduates are provided support and follow-up by the Mabinti Centre to ensure that their business models are sustainable, and to answer any questions the graduates may have. Once every month, graduates return to the Mabinti Centre to participate in a coaching session, and throughout the year, home visits are organised to gather information about each woman's business.

The Mabinti Centre extends its reach and impact through its close coordination with the CCBRT Disability Hospital. Twice each week, a woman from the Mabinti Centre visits the Disability Hospital in Dar es Salaam to teach fistula patients and mothers of children with disabilities how to crochet. These visits enable the women at CCBRT's Disability Hospital to learn a new skill that is both therapeutic and practical.

The Mabinti Centre's unique financial model supports the sustainability of its training programme. Mabinti Centre employs several of its graduates to train new students, as well as to design and create beautiful hand-made goods for purchase from their showroom. The revenue from goods sold at the showroom is reinvested into the centre to cover operating costs. With this emphasis on sustainability, the Mabinti Centre bolsters its ability to continue helping former fistula patients transform into thriving, confident and independent women.

The Mabinti Centre is now focusing on expanding its revenue generating activities. By 2021, Mabinti aims to train 20 trainees per year and relocate its premises to CCBRT. The move will strengthen links with current fistula patients, enabling Mabinti to provide more classes to fistula patients on the ward, as well as increase footfall and reduce overhead costs.