



Address: Tupapa, Rarotonga
 Post: P.O. Box
 Phone: +682 23420
 IDD: +682 23421
 Email: infocifwa@gmail.com

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Our Vision

People are free to make their own choices about their sexuality and well-being without discrimination

Mission

To lead a locally owned, regionally relevant, globally connected organisation that works in partnership and provides and enables services and champions Sexual and Reproductive Health Rights for people in the Cook Islands, especially the undeserved

Maramarama

President's Message

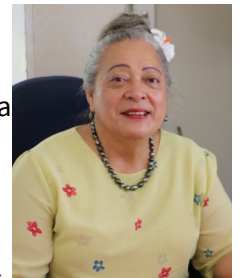
Kia Orana e te katoatoa, CIFWA takes pride in the dissemination of information amongst it's membership, volunteers, clients, youth members, partners locally, regionally and at the international level.

Maramarama is produced out of the Office covers topics of interest to all those who are involved in advancing our main purpose of promoting and ensuring that the needs of Sexual Reproductive Health Rights for all women & girls are met.

I want to take this opportunity to thank Ms Rongo File the CEO of CIFWA with all her staff and the volunteer Executive Committee, our Volunteer from Abroad and the dedicated youth volunteers.

Please enjoy the Newsletter and please feel free to contribute articles for the next publication.

Kia Manuia & Happy reading.



Niki Rattle
Acting President



CIFWA Staff, R-L: Issy Hall, Helen O'Meara, Rongo File, Polly Cabia-Tongia, Jenn Whitton-Smith & John Ringi (Absent; Jacqui Hosea)

2018 Annual Statistics

- We provided a total of **4,086 services** through our Clinic and Mobile Service to our **1,025 registered clients**.
- Of these clients, **953 were female, 67.4% (680 people)**
- **32% of our clients (322 people) were aged between 10-24.**
- We also delivered our services to women with disabilities at the Creative Center and Te Kainga.

CIFWA Clinic

Our new nurse: Jenn Whitton-Smith

Kia Orana,
My name is Jenn Witton-Smith and I am now the nurse/midwife at CIFWA. I am a New Zealand trained and registered midwife, and relocated to Rarotonga with my Cook Island husband in 2018. I am passionate about my role as a provider of Sexual Reproductive Health care and welcome all new and existing clients to our Tupapa clinic. My services are also available to students and staff at Tereora College every second Wednesday from 9.30 – 12pm.



Breast & Cervical Cancer Prevention

Women from 40 yrs. old and younger are encourage to come in to the Clinic for Pap Smear. We encourage women to come on their own or with a group of friends, colleagues, or family members

More condom distribution sites!

Here's where you can get yours:



- | | |
|--------------------------------|----------------------------|
| 1 Rehab | 7 CIFWA |
| 2 Luna Bar | 8 Tupapa Centre |
| 3 Wigmores | 9 The Auditorium |
| 4 Kent Hall | 10 The Islander |
| 5 Ngatangiaa Club House | 11 Edgewater Resort |
| 6 Super Brown | 12 Airport |
| | 13 RSA |

Late Night Clinic

Late clinic hours were introduced in December 2018 and continues in 2019

WEDNESDAY: 4:00 - 7:00pm

This late night aims to cater to women who are unable to come to the clinic during working hours

Regional Activities

Data Reporting & Analysis Training

A regional Training on Data Reporting & Analysis attended by ED and Project Officer in Nadi in February 2019. The training was to assist in validating our data and input it into the DHIS2 programme which does yearly comparisons to monitor performance. This information helps us to view any improvements or areas which require more focus.

Niu Vaka Pacific Strategy 2019-2022

Signing and launch in Nov. 2018 by the Director General Dr. Alvara Bermejo and representative of DFAT Australia. CIFWA attended the launch and also presented a report on the P4Health Project with other ED's directly to the donor-DFAT Australia Embassy.



Inception Meeting

Our nurse, Jenn and Executive Director, Rongo headed to Wellington, NZ this month to attend a programme on delivering Sexual and Reproductive Health in emergencies including understanding emergency activation, process and support available. This new programme, led by IPPF and funded by the New Zealand Ministry of Foreign Affairs and Trade will improve access to life-saving sexual and reproductive health services in emergencies for Kiribati, the Cook Islands and Tuvalu.



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Youth Corner

Comprehensive Sexuality Education (CSE) at Papaaroa School

At the beginning of March, CIFWA Youth began CSE Sessions with the Years 7-10 at Papaaroa School! These sessions will occur fortnightly for the rest of the school term. We are feeling very privileged to have the opportunity to teach interactive, activity-based CSE at Papaaroa on topics ranging from safe relationships to puberty to gender roles – just to name a few! The students are very enthusiastic when learning about these life skills, they have many questions which is great, and they have been very entertaining to work with! The teachers at Papaaroa School have also been incredibly helpful and kind, we are very grateful to be able to work with such amazing kids at Papaaroa. Most importantly, they seem to be benefiting a lot from our sessions!

Kotex Packs

We also began distributing our Kotex Period packs to the girls at Papaaroa School.



Updates

Radio Show

Our "Under the Sheets" Radio show airs daily. Tune in!



New team member

We have recently welcomed a new addition to our team from New Zealand! Issy is our new VSA volunteer and will be with us for 10 months.



CIFWA Youth Peers (C.Y.P.)

- Jacqui Hosea
- Dean Kapi-Tangata
- Naomi Manavaikai
- Tamara File
- Lisiane Messine
- Issy Hall
- Teokotai Taio

Aitutaki Island Council Supports Youth Peer Education Program

In January, a meeting with the Aitutaki Island Council resulted in positive support for the introduction of the Youth Peer Education Program. This initiative hopes to identify Aitutaki Youth who are willing to train and take a leadership role in the development of a youth education awareness programme related to sexual and reproductive health concerns and youth issues in general.

This programme will aim to address concerns surrounding sexual and reproductive health including teenage pregnancies as well as youth related issues such as peer pressure and family troubles. In addition, it will also enable the empowerment of youth in Aitutaki to take charge of their own peer development programmes

National Activities

International Women's Day

On March 8, CIFWA hosted an International Women's Day celebration in partnership with the Ministry of Internal Affairs and the Cook Islands National Council of Women. The event was largely successful with around 90 women and men joining the celebration. CIFWA presented a summary of a commissioned report on the issue of Age of Consent still to be completed. The Ministry of Internal Affairs launched two policies on gender equality and disability inclusion. The affair was closed by NCW represented by Mrs. Henreika Wilson.

Thanks so much to everyone that lend a hand and to all who celebrated with us on a truly inspiring day for women!



Development of CIFWA Strat Plan 2019-2022

Ms. Karen Hill, Director of Pacific Programs, IPPF-East Asia and Oceania Region (ESEAOR) who is based at the Sub-regional Office in Suva, Fiji visited CIFWA in January. She was here to assist us in putting together the end of project report for Pacific for Health (P4Health) DFAT Project and the development of the CIFWA Strategic Plan 2019-2022. The new strategy is now aligned with the IPPF Strategic Framework which was a requirement for member associations (MA)



CIFWA Council and Staff participating in Strategic Planning with Karen Hill, IPPF Director of Pacific Programs and Tamara Kwarteng, consultant.

Notes from the ED's desk

We have had a very exciting and busy first quarter of 2019. Some of the highlights included:

- Completion of the P4H project with DFAT (2015-2018)
- Commencement of Niu Vaka, a 3 year project with DFAT
- MISP project for 3 years (minimum Initial Services Package for sexual reproductive health (SRH)).
- Carried out advocacy awareness with the Aitutaki Island Council and community leaders and agencies through the SIF /IPPF projects.
- VSA volunteer Issy Hall added to CIFWA Management therefore strengthening of CIFWA management capacity.

All of which will contribute to a successful year to CIFWA and continuing the development of our services.



Donations

We welcome donations to help support and continue our free service and provide essential commodities for our clients! It also helps us to build our own financial stability outside of current funding we receive.

You can help us out by either giving a donation at your next visit to our clinic or through online bank transfer.

For Online Bank Transfers: our account "CIFWA People Saver" is a BCI account.

Account number: 78539 S1

Please add "donation" as a reference and your name if possible

Meitaki Maata E Kia Manuia



A Member Association of

IPPF International
Planned Parenthood
Federation

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