Volume 7 Issue 2 April - June 2019

Maramarama

CIFWA

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

In this Newsletter:

Presidents Message	1
ED's Notes	2
CIFWA Clinic	2
National Activities	3
Regional Activities	3
Youth Corner	4
Other Notices	4
Donations	4

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

President's Message

Kia Orana e te katoatoa.
I am very pleased to provide some recognition and encouragement in this Newsletter as CIFWA has achieved some worthy milestones in its services to the people of the Cook Islands regarding Sexual Reproductive Health Rights that will be proudly shared in this Quarter both in governance and management.
CIFWA is a well-functioning organization as it meets the requirements of its Constitution via its Annual General Meeting that held and well attended by its Membership with Management on Thursday 19th of June 2019. At this meeting, the last Minutes were presented with matters raised and resolved with the Audited Accounts Report adopted that gave an opinion that the procedures and the internal controls provide for adequate financial management of CIFWA and are operating satisfactorily and provide for a reasonable prevention and detection of errors. CIFWA has excelled in its Regional and International relationship through the Membership of our Youth Member which more will be covered in detail in the upcoming articles.
Kia Manuia

Niki Rattle
Acting President

Meet our board members!

CIFWA Board, R-L: Andrew Chan (BM) Marina Anderson (Treasurer), Oropai Mataroa (BM), Nikki Rattle (Acting President), Rangi Tairi (BM), Lisiane Messine (BM), Naomi Manavaikai (BM), Teriu Artui Woonton (Secretary)
(Absent: Dean Tangata (BM) & Raukura Ellison(BM))

A Member Association of IPPF International Planned Parenthood Federation

Notes from the ED's desk

At national level CIFWA is working and engaging with its partners in the delivery of the relevant services to the community. CIFWA have played a supportive role to some of these organizations such as Te Kainga and Creative Centre, and are happy to continue in expand and strengthen its partnership and reach in Rarotonga and in the Outer Island.
Some of Q2 activities completed:

- Aitutaki TOT training – CSE training was carried out by the CIFWA youth Peer Educators.
- CSE -delivery of SRHR education at Papaaroa School.
- The MISP project finalized with the appointment of a Par time national coordinator.
- Continuation Media advocacy via: Radio Cook Islands/Cook Island Herald/88FM "Under the Sheets" daily radio show.
- Re adjust VSA Assignment to support other NGOs for the next 6 months.

The IPPF REFORM 2019 survey have required all 170 member associations (MA) Feedback and comments, the majority of the IPPF Mas have responded. If you are interested in updates of the progress of the Reform you may access this via this link: **the website link.**

CIFWA Clinic

Clinic Services

Aside from our regular clinic services, CIFWA is also providing additional services to the clients at Te Kainga, Creative Centre and to the Women and girls at the Disability Council.

We also said farewell to the CIFWA Nurse, Jenn. We wish her all the best!

We are also looking to hire a nurse/midwife to work provide in clinic services!

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

Clinic opening hours:

Mon: 8:00am-4:00pm
Tues: 8:00am-4:00pm
Wed: 8:00am-7:00pm
Thurs: 8:00am-4:00pm
Fri: 8:00am-4:00pm
Sat-Sun/Public holidays: Closed

Farewell to Bruce!

We said goodbye to Bruce Smith this quarter. His role was a Minimum Initial Service Package (MISP) focal person who coordinates the organisation and delivery of sexual health service in a humanitarian crisis to assist with our disaster preparedness! He comes with an extensive amount of knowledge and it was a pleasure to have him on our team! We wish him all the best.

VSA Visit

The Volunteer Services Abroad (VSA) programme manager for the Cook Islands, TIna visited in June along with the VSA Director for International Development, Tim Rae regarding our the current assignment of our own volunteer at CIFWA!

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

A Member Association of IPPF International Planned Parenthood Federation

National Activities

MISP Training

After attending a training on the Minimum Initial Service Package (MISP), Bruce - our MISP focal person organised a training held in Rarotonga on MISP. The presentation consisted of the purpose of MISP as well as the 5 objectives of MISP.CIFWA Board members as well as other stakeholders in emergency management attended. It was great to see knowledge being put into action and we hope there will be more to come!

Disability stakeholders meeting

A disability stakeholders meeting was held at the office of the Ombudsman. This meeting addressed the UN convention of the rights of people with disabilities and the list of issues to State Parties for the 2019 reporting cycle as well as the formalization of the CRPD Independent Monitoring Mechanism (IMM) and the development of the Ombudsman Complaints Procedure Manual on complaints relating to people with disabilities. It was privilege to be involved in the meeting and taking action to support one of target groups at CIFWA.

Family Protection and Support Act Meeting

In May, two of our staff members had the opportunity to represent CIFWA at the FPS act meeting conducted by the Ministry of Internal Affairs. Throughout this meeting we covered the new legislation specfically surrounding care and protection of our children and procedures that are to be followed in the event that the best interests of the child are no longer be upheld.

Comprehensive Sexuality Education (CSE) at Papaaroa School

We are still conducting our fortnightly CSE sessions at Papaaroa school with the Years 7-10. This term we focused on Interpersonal Relationships and as always it was very entertaining and the sessions have been rewarding for both the kids and us!

Regional Activities

Fiji MISP Training

Staff members, Bruce Smith and nurse Jenn Smith headed over to Nadi in April to participate in the Minimum Initial Service Package (MISP) training led by IPPF and UNFPA. These skills and knowledge gathered will better prepare CIFWA to undertake delivering SRHR in the event of an humanitarian emergency or crisis situation.

LARC Training Vanuatu

Our Nurse, Jenn accompanied by Maryanne, Midwife at Ministry of Health, attended a training in Vanuatu this quarter focusing on Long Acting and Reversible Contraceptives (LARC). This included learning how to remove and insert modern contraceptives such as Jadelle and IUDs. The training was held and funded by IPPF-SROP and we are happy to say Jenn can now deliver these services in our clinic!

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

A Member Association of IPPF International Planned Parenthood Federation

Youth Corner

Youth Rep for Regional Council Meeting

Our CIFWA Youth Peer, Lisiane will be heading over to Malaysia for the Asia-Pacific Regional Youth forum. Lisiane will represent CIFWA Youth Peers on issues surrounding Sexual and Reproductive Health. She will also be in the running in the elections for the regional youth council, we wish her all the best!

CIFWA Youth Peers (C.Y.P.)

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

Aitutaki Youth Peer Educator Training of Trainers

Earlier this quarter after a successful meeting with the Aitutaki regional council, our CIFWA youth peers headed over to Aitutaki to complete a 5 day Training of Trainers (TOT) for Youth Peer Education (YPE). This resulted in the empowerment of many young people in Aitutaki to pass on their knowledge on SRHR. Through this we hope to create a sustainable program in the outer islands where local youth can educate their peers, empowering our cook islands youth. In addition, our fellow volunteers Issy and Lisianne received their YPE TOT certification.

Other notices:

USP Counselling Course

Four of our lovely volunteers and staff members completed a Counselling course at USP this quarter. This was funded by IPPF and helps CIFWA build capacity to better support and protect our youth.

Garage Sale!

Don't forget, we have a garage sale once a month at our clinic!

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 refrence and your name if possible

Meitaki Maata E Kia Manuia

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

A Member Association of IPPF International Planned Parenthood Federation