

# INVISIBLE

SHOWING THE WORLD WHAT WE DO  
DECEMBER 2010

SPW IS NOW

**RESTLESS  
DEVELOPMENT**  
THE YOUTH-LED DEVELOPMENT AGENCY



## REACHING THE PEAK

A team of devoted Restless Development supporters and three members of staff climbed the summit of Kilimanjaro to raise awareness of the issues and stereotypes surrounding young people in developing countries. All made it to Uhuru Peak – a success that very few teams can claim. The last hour to the peak was tough, but the magnificent glaciers and blue sky views above the clouds gave some relief. The team spent a fair bit of time at the peak completing a few challenges which included singing and dancing to the Restless Development song “Can You See.” The team raised over £100,000 (and still counting) towards our programmes in Africa and Asia. A massive thanks and well done for their courageous efforts and everyone who supported them.

## DANCE4LIFE'S BIG EVENT

On Saturday 27th November, dance4life powered by Restless Development hosted the Big Event in all eight Country Programmes and the UK, bringing together agents4change to take action against HIV and AIDS. The event takes place biannually on the Saturday before World AIDS Day. In the UK it was hosted by Kiss FM's Neev and Marlon Kameka. dance4life provided a platform for a number of incredible acts including the bands Vice and Hadouken and dance acts No Limit and Prodigy! The highlight of this event was linking up via global satellite with 21 countries worldwide and simultaneously performing the dance4life drill to raise awareness of HIV and AIDS. Following the event, a video was launched featuring UK celebrities showing their support for dance4life.

## THIS ISSUE

- 1 International News
- 2 Leading Development
- 3 Sexual and Reproductive Health
- 4 Lifeskills and Livelihoods

## WORLD AIDS DAY

On World AIDS Day (1 December 2010) staff from the London office and volunteers successfully raised £890.37 for Restless Development through collecting money in Waterloo and Euston Train stations. Students from the School of Oriental and African Studies took to King's Cross Station and raised £381.41 for the Students Stop AIDS Campaign. The dance4life team set up bright red lunchtime stalls in four schools to get everyone pushing4life. Loads of young people got involved signing action cards, wearing red, and selling red ribbons.



## GIRL-LED DEVELOPMENT, WORKING WITH PARLIAMENT, EDUCATION



### TAKING A STAND AT THE HARARE AGRICULTURAL SHOW

The 2010 Harare Agricultural show was held from the 19th – 28th of August, themed “Celebrating 100 Years of exhibition excellence” over ten days. The major highlight of the Restless Development stand was the “Restless Development Youth Café” where ambassadors and staff gave positive messages about HIV and AIDS. A total of 2,000 people went through and were captured through the various activities as the show enjoyed extensive media coverage from both print and broadcasting media. Dr. Timothy Stamps, Health Advisor in the President’s Office, expressed great interest in our programme and offered help to increase programme outreach.

### YOUNG PEOPLE WORKING WITH PARLIAMENT IN ZIMBABWE

Restless Development in Zimbabwe was invited to bring along five young people to the National Constitutional Review Process in a Parliament forum in Harare organised by the United Nations Children’s Fund. The young people articulated their issues in front of parliament and the outreach team. Restless Development played a major role in the process and was recognised by important stakeholders as young people leading development and to be taken into account as a serious resource in addressing the urgent issues facing Zimbabwe.

**RESTLESS DEVELOPMENT’S MISSION IS TO PLACE YOUNG PEOPLE AT THE FOREFRONT OF DEVELOPMENT**

### RESTLESS DEVELOPMENT TRAINING TEACHERS WITH THE SUPPORT OF ZAMBIA’S MINISTRY OF EDUCATION

Restless Development in Zambia has been working in partnership with the Ministry of Education conducting training focused on HIV and AIDS for lecturers from the Colleges of Education. The Ministry of Education and Restless Development agreed to share the training costs and the Colleges of Education to provide part of the subsistence allowances to the lecturers as a way of showing commitment and support. The training of these lecturers was facilitated by a team of Principal Guidance and Counselling Officers from the provincial offices under the Ministry of Education and Restless Development. After the training, work plans were created by lecturers outlining what they were going to be implementing. After three months, reports from Colleges showed that people had started seeking guidance and counselling services from trained lecturers.

### CREATING THE GIRL EFFECT

Restless Development along with research agency Bell & Payne Consulting have been contracted by the Girl Hub organisation to undertake research with girls and young women in Rwanda. Girl Hub is supported by the Nike Foundation and the UK Department for International Development. Girl Hub’s mission is to unleash the “girl effect,” whereby the 600 million adolescent girls in the developing world get a chance to grow into healthy mothers, active citizens and educated members of their societies – and transform their families, communities and nations along the way. Girl hub has proposed an innovative girl-led collaborative research process in line with Restless Development’s youth-led development philosophy. Involving girls in the research process itself contributes to the “girl effect.”

## YOUNG PEOPLE CHANGING COMMUNITIES



### GIRL-LED DEVELOPMENT IN CONFLICT AREA

Sarah, 19, reported that there was a lack of awareness of sexual and reproductive health issues, especially relating to family planning and HIV testing, in her home community of Lolikokwa, Karamoja. This region of North-Eastern Uganda has been devastated by decades of armed conflict, cattle raiding, extreme poverty, drought and weakened state authority. Poverty has brought with it extreme vulnerability to HIV and AIDS risks. In 2009, only 7% of young people reported using condoms the last time they had sex. However, young Karamojong are a massive resource in turning these statistics around. Sarah decided to take action and participated in forming the free testing club in Lorikokwa. Sarah now plans to transform the free testing club into a Community Based Organisation. Her story is testament to the effectiveness of the programme in raising awareness of the HIV and AIDS epidemic

and increasing access to health services. Young volunteers are decreasing three major high risk behaviours in young women:

**MULTIPLE PARTNERS, REDUCED BY OVER 60% IN YOUNG WOMEN**

**CONDOM USE IS INCREASING BY 10 TIMES (5% TO 50%) IN YOUNG MEN**

**CROSS GENERATIONAL SEX REDUCING BY ALMOST 50% IN YOUNG WOMEN**

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## CAPACITY BUILDING

An eight-day workshop was held in London between 17th and 27th October 2010. This was supported by the MTV Staying Alive Foundation who give grants to young people who are fighting to conquer HIV and AIDS. During the sessions, participants and facilitators covered key topics in Organisational Planning and Strategy, Monitoring and Evaluation, Resource Mobilisation and Partnerships, Finance Management as well as Media.

### 16 participants from seven countries across Europe, Asia and Northern Africa

The group joined together to share their experiences, intelligence and inspiring stories of change from their countries. Following the success of the workshop, we were approached for support by some participants representing the Regional Roma Educational Youth Association one of the MTV Staying Alive Foundation's grantees based in Macedonia. Through Restless Development's guidance they were approved by Open Society Institute for a Roma Girl Empowerment 9-month project conducting creative research and a video documentary to build on the strength of young people in development and girls in particular.



## CAREERS, WORKSHOPS AND GOVERNMENTS



### NATIONAL CAREER FAIR

Restless Development Sierra Leone held their first National Careers Fair on Wednesday 28th September at the National Stadium in Freetown. This was the first of its kind, creating a link between young people and private sector companies, Non-Governmental Organisations and Government Institutions. The aim of the event was to help young people get access to employment opportunities. Over 200 young people attended the event.

**“Youth are not guided or directed in any way and I want to thank Restless Development for helping me learn how to write a CV and helping me learn about employers by bringing everyone together today.”**

Female Job Seeker

### INCOME GENERATION TRAINING IN UGANDA

The training aimed to motivate people to start their own Income Generating Projects and be supported by people and resources in their immediate communities. The training ran over two days, providing training on both non-formal education techniques and technical knowledge on Income Generating Projects such as poultry, soap making and goat keeping. Training was conducted by both an Income Generating Project specialist and Restless Development. The training was a success with people motivated to start their own Income Generating Projects. Access to support and further training were also made available.

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### SELF HELP AND SELF DEFENSE

For the first time Restless Development in India organised an Out of School Youth Workshop with 150 young people who dropped out of school. Titled “Leader for Today,” it was aimed at changing young people’s opinions towards the issues around them and equipping them to create change. From the workshop young men have committed to forming male self-help groups and young women have gained renewed confidence from self-defence techniques. The young people were motivated to take their lives into their own hands again.

### WORKING WITH LOCAL GOVERNMENTS

Restless Development in South Africa has embarked on a roll out of their Youth Advocacy Project after the success of the pilot project carried out last year. The programme works in partnership with local government across five municipalities on the Eastern Cape with groups of 20 young people. They are trained on advocacy, integrated development plans and HIV policies. During November, 40 young people were trained by Restless Development, the University of Fort Hare and Afesis Coplan. They organised and hosted meetings with the local municipalities and discussed the functions, role and involvement of young people in the affairs of their municipalities. Through this project, we are continuing to ensure that young people are involved in governance and leadership in their communities. The Youth Advocacy Project is funded by the German Development Service and the Nelson Mandela Children’s Fund.

### NEPAL'S EXCELLENT PERFORMANCE

Restless Development in Nepal received a Certificate of Appreciation from the District Education Office, Ministry of Education for “Most Excellent Performance in Quality Education Development in Doti.” The certificate was presented on National Education Day, September 2010.