

Giving birth – the most dangerous thing an African woman can do

In Africa, 200,000 mothers die each year in pregnancy and childbirth. These women die needlessly of conditions that are easily treatable and avoidable.

Midwives are the key to good maternal health in Africa. Midwives provide a lifeline to remote and poor communities in Africa. Access to skilled care from a trained midwife during pregnancy, childbirth and after delivery is the key to saving a mother's life and that of her child.



'Pesi, my midwife took me to the health centre – I was afraid I was going to die at home, or that my baby would die.'

Lankenua, mother of six, Kenya

Stand Up for African Mothers

One simple goal

Train **15,000 extra midwives** by 2015 and contribute to reducing maternal deaths in Africa by 25%

An AMREF-trained midwife can provide care for 500 mothers each year

Support AMREF's Stand Up for African Mothers campaign now:

- 1) **Make a donation** and wear the **Stand Up Bracelet** to fund midwife training and equipment needed to help **reduce maternal mortality in Africa**
- 2) Sponsor the **training of a midwife** and bring care to **500 African women** each year
- 3) **Sign the online petition** to give a global voice to African mothers by supporting the candidacy of AMREF-trained midwife **Esther Madudu for the 2015 Nobel Peace Prize** as a representative of midwives in Africa



www.amrefuk.org





To give a global voice to African mothers, AMREF has chosen an African midwife, Esther Madudu to be its nominee for the Nobel Peace Prize in 2015

32-year-old Esther is a midwife at the Atirir health centre in Katine, Uganda.

‘I am privileged to see a life join this earth, although my heart breaks to watch mothers go through such agonising pain. Not so much the agony of giving birth but the agony of giving birth under very harsh conditions. There are days I have to travel long distances to meet mothers who cannot make it to the health centre, only to find that they have already delivered.

Once I found a woman giving birth next to a swamp because she couldn't walk any further, the baby's head was out and because she was so close to the water, she almost drowned the baby. It was a terrifying sight and no woman should ever have to go through that.”

Stand Up for African Mothers

With your support AMREF can train more midwives, ensuring more women have healthy births, where the mother knows she is in safe, trained hands and her family can thrive.

£20

could provide a second-hand bicycle for a midwife, to help them get to their patients more easily and quickly.

£60

could provide a medi-kit, which includes all the equipment a midwife needs to deliver a baby safely, e.g. forceps, syringes and umbilical clamps.

£1600

can train an AMREF midwife who can care for 500 mothers each year



AMREF is Africa's leading health charity, saving and transforming the lives of the continent's poorest and most marginalised communities.

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