



**SOUTH SUDAN PSYCHOSOCIAL PROGRAM [SSPP]**



# Women on the Move - Project



## States, state capitals and major settlements in South Sudan



- ## Project Location





Bird's eye view of Kajo Keji town





Thirty years of civil war and ongoing internal conflict have left deep scars in South Sudan. Women are particularly affected by the consequences of the civil war, with many experiencing severe trauma due to the deaths of family members, violence, illness, deportation





Problematic alcohol consumption accentuates domestic violence, sexual and gender-based violence (SGBV)

# Women on the Move project baseline study excerpts:

## Traumatic experiences

- 14.7% of interviewed women experienced bombing during war
- 9.8% were suddenly abandoned by their spouse, partner, family at some time in their life
- 7.8% were attacked with a gun, panga, knife or weapon

## Exposure to violence

- 62.1% (n=210) of the surveyed women reported experiencing physical violence at some time in their lives
- 67.9% (n=231) experienced psychological violence
- 11% (n=37) experienced physical sexual violence

## Post Traumatic Stress Disorder (PTSD) Symptoms

	Not at all	A little bit	Moderately	Quite a bit	Extremely
Repeated, disturbing memories or thoughts of past	9.10%	19.40%	27.90%	17.60%	26%
Upset when something reminds you of the past	6.90%	16.30%	24.40%	26.60%	25.90%
Avoid activities because of memories from the past	10.90%	27.50%	25.60%	20.00%	15.90%
Feeling distant or cut off from people	22.80%	18.10%	19.70%	15.60%	23.80%
Feeling irritable or having angry outbursts	27.60%	22.60%	22.90%	13.20%	13.80%
Having difficulty concentrating	11.60%	23.40%	24.40%	18.40%	22.20%





Core elements of the Women on the Move project are guided sport and play activities [...]





including non-competitive team sports and games [...]





that provide traumatised women a space where they can meet, socialise, recover from daily stress [...]





enlarge their social networks and access to emotional support in stressful situations [...]





and learn skills and values needed to prepare them for a normal life and cope with future challenges.





63	JOICE	ROPI	GLERI	-	-	-	✓	✓	✓
64	DAWA	JOY		-	-	-	✓	✓	✓
65	MELANG	ESTHER		-	-	-	✓		
66	BETH	KIKO		-	-	-	✓	✓	✓
67	ESTHER	FATIMA	SIMON	-	-	-	✓		✓
68	PONI	GRACE		-	-	-	✓		✓
69	ESTHER	MELANG	TOUNG	-	-	-	✓		
70	CHARLOTTE	MIRE		✓	✓	✓	✓		
71	ROSE	KIDDI	OLIVER						
72	ESTHER	DINKI							
73	BETH	EUNE							
74	JUNI	ARICE							
75	RENA	MINKUS							
76	JOUNG	JESIDI							
77									
78									

662 women registered in project activities on 8 playgrounds since April 2014





Exchange visits and tournaments allow participants to connect with women from other playing fields





Joint recreational activities and cultural events





Workshops are facilitated where participating women learn to handle difficult situations (e.g. domestic violence, alcoholism)





Building on mutual trust and social support networks created through regular sport and play activities the project is supporting livelihood activities





Through training, start-up capital and collective saving activities, [...]





women are acquiring critical skills and resources to run their own small businesses and improve their ability to provide food and income for their family.





Up to November 2015, 305 women teamed up in 48 production groups and received support through business management training and business start-up matching grants





46 saving and loan groups were established





Group counselling sessions facilitated by trained and experienced SSPP counsellors give women the opportunity to work with others sharing common concerns, discover traumatic experiences, express their thoughts and feelings and provide opportunities to exchange practical, positive coping skills that can be applied to daily life





Family counselling is offered to resolve conflicts between family members





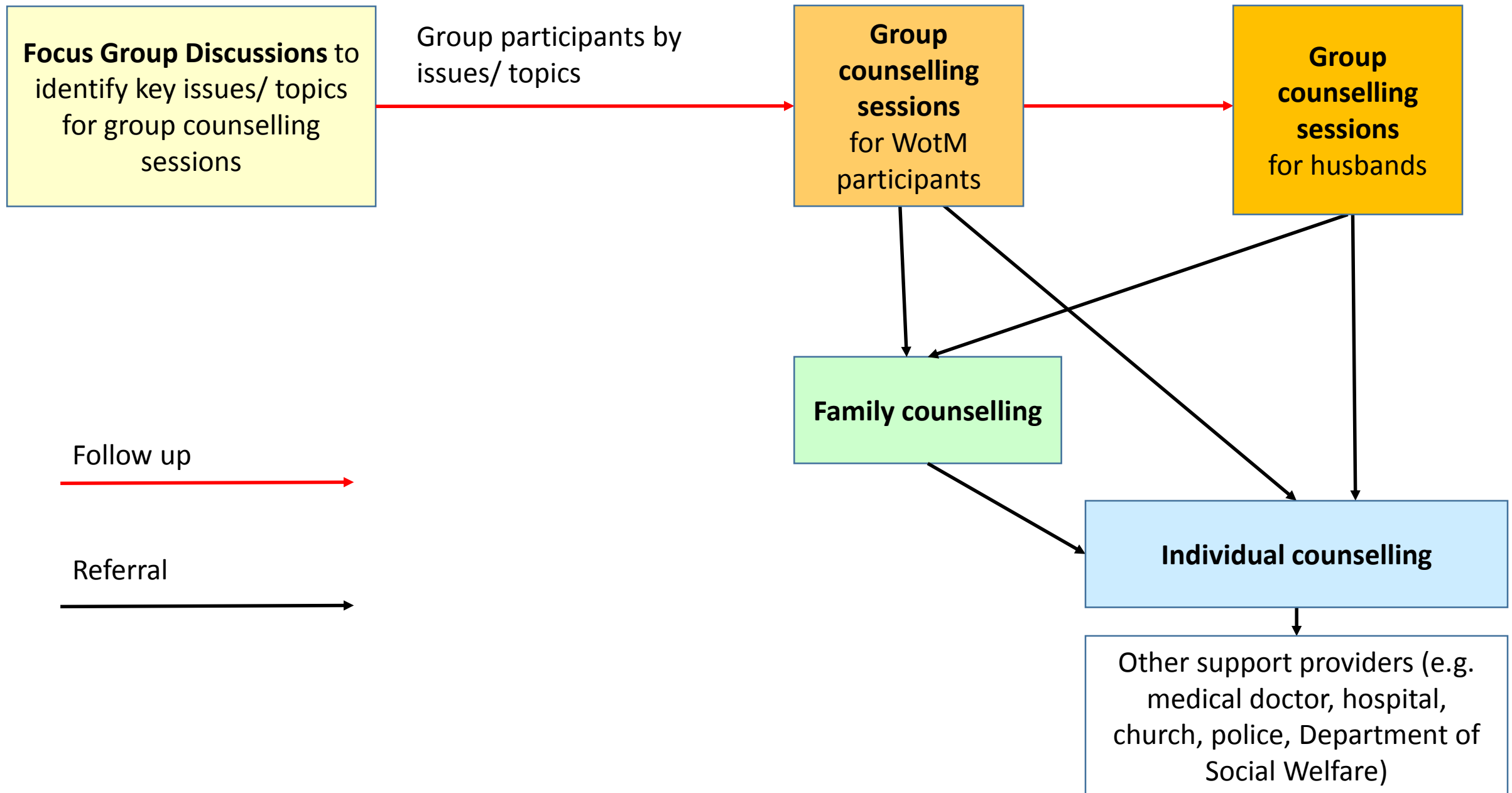
Women most in need receive individual counselling to safely and fully explore their trauma, reinforce coping skills and create a long-term care plan





Counselling is offered for husbands on a one-to-one basis to address topics such as domestic violence, alcoholism and substance abuse





## Women on the Move referral system for psychosocial support

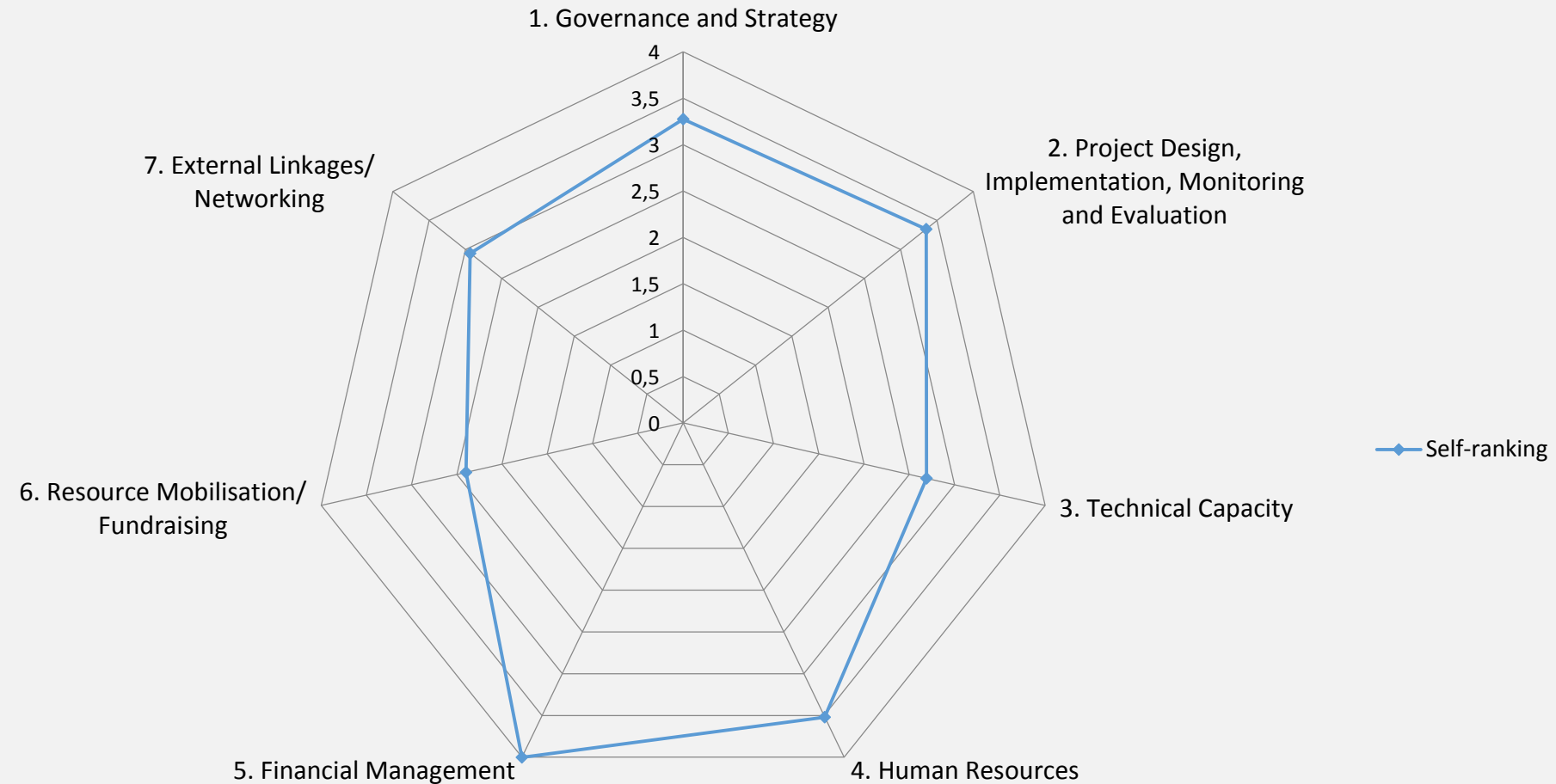




In March 2014, the Swiss Academy for Development facilitated a participatory organisational capacity assessment to help the South Sudan Psychosocial Programme [...]

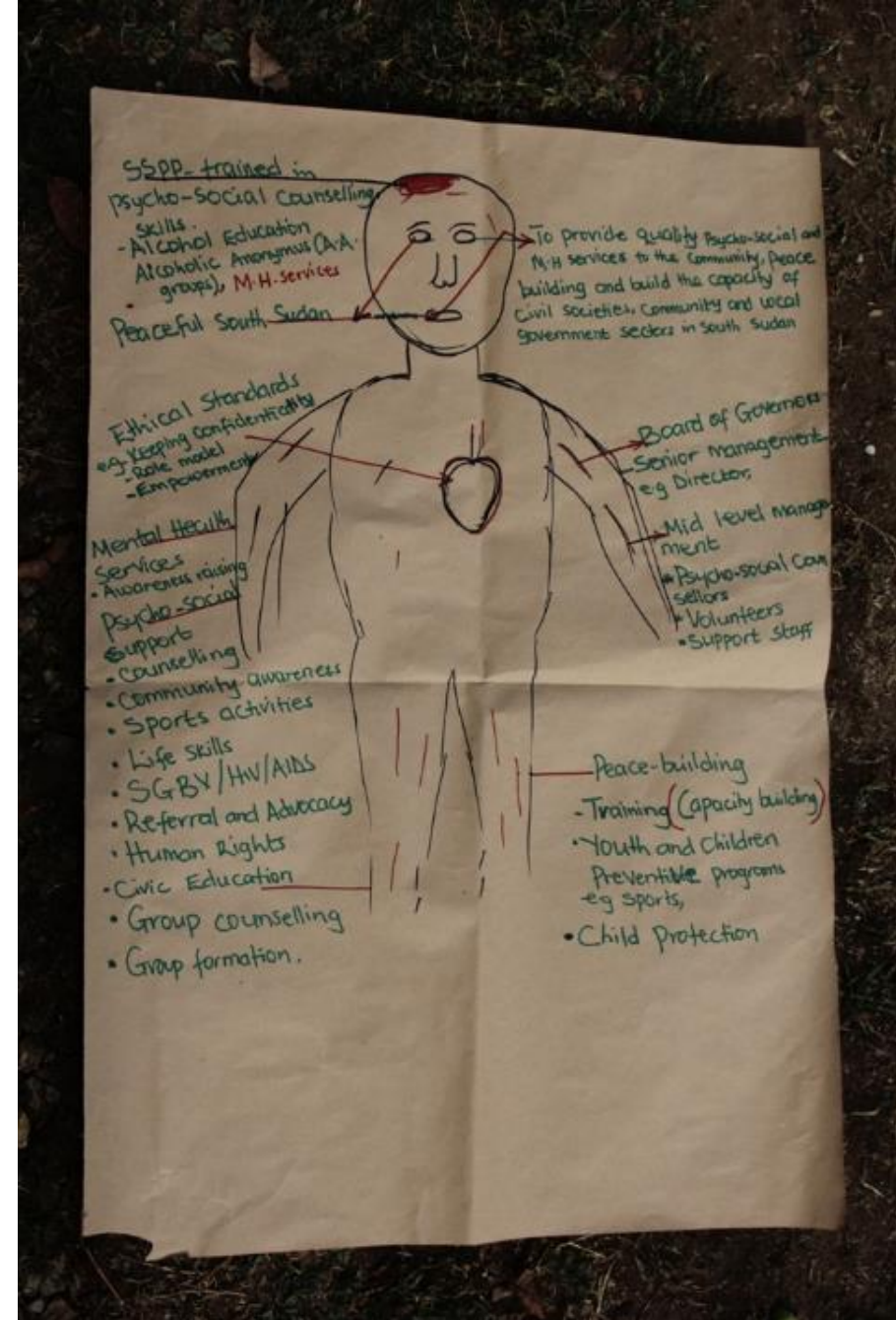
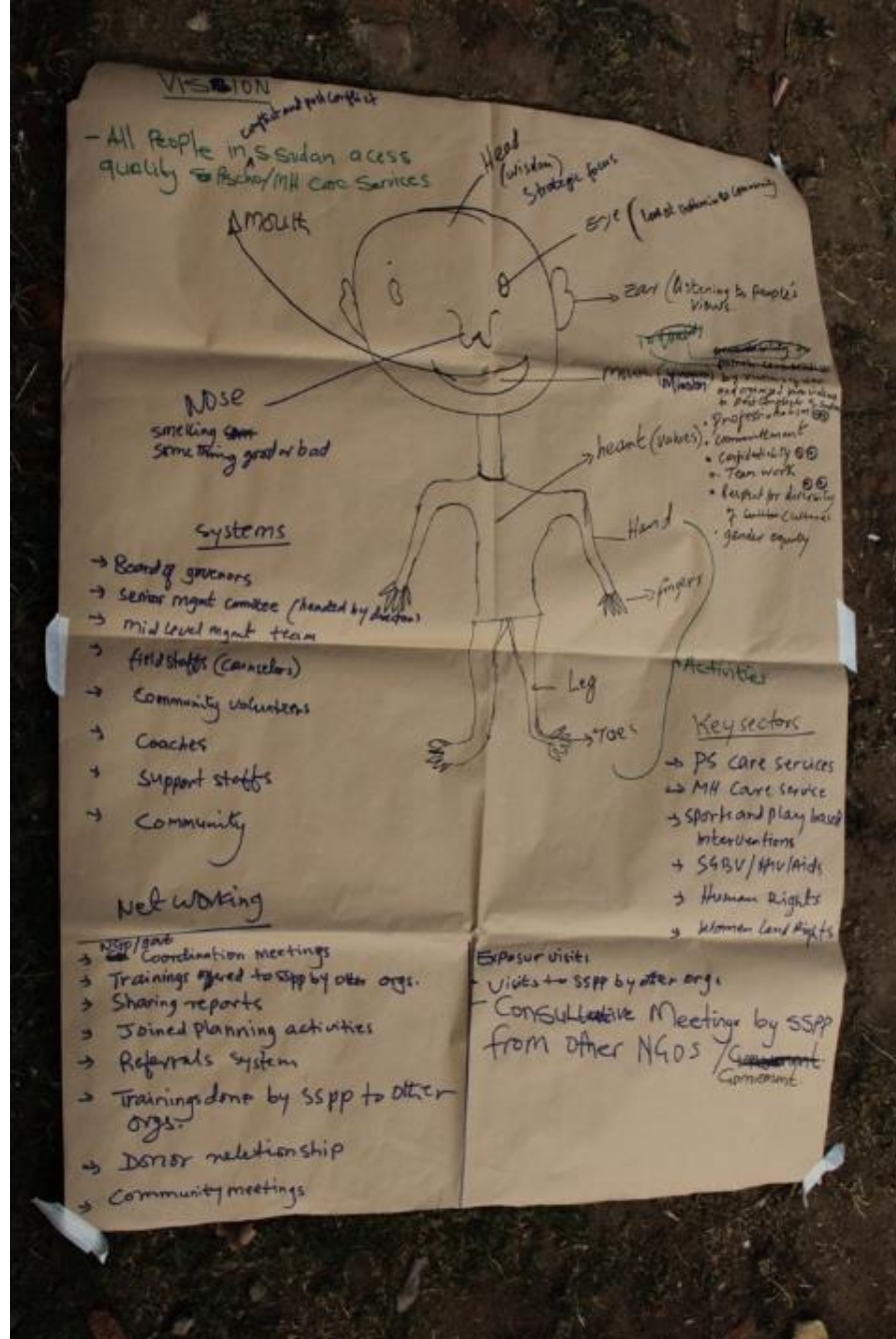


## SSPP Organisational Capacity Appraisal: Self-Ranking



assess their operational capacity and identify strengths and areas for improvement [...]





and inform areas of focus for organisational capacity building support and technical assistance



Since then, training has been provided in the following areas:

- Fundraising and grant proposal writing
- Child rights and child protection
- Monitoring, evaluation, data analysis and reporting
- Basic computer skills (e.g. MS Word and Excel, Quick Book)

