



FUNDING APPLICATION

*Prevention, education, prenatal care
and advice for women in need.*



The MAMBrella midwives look after and accompany refugee and asylum-seeking women and expectant mothers in Athens. A flexible and needs-oriented choice of location is possible thanks to our practice set up in a bus and the house calls midwives go on to accompany the women in their familiar environment on their way to motherhood. The free offer includes prevention, education, prenatal care and maternal advice during the first few weeks after the birth.

BACKGROUND

MAMBrella is a registered and tax-exempt association in Switzerland, founded in February 2018. Their office is shared by the initiators Laura Alemanno and Eliane Reust.

The association **MAMBrella - Where Mothers Can Be Mothers** was founded with the aim of getting involved in humanitarian causes and the association develops and carries out humanitarian aid projects for women with asylum and migration backgrounds.

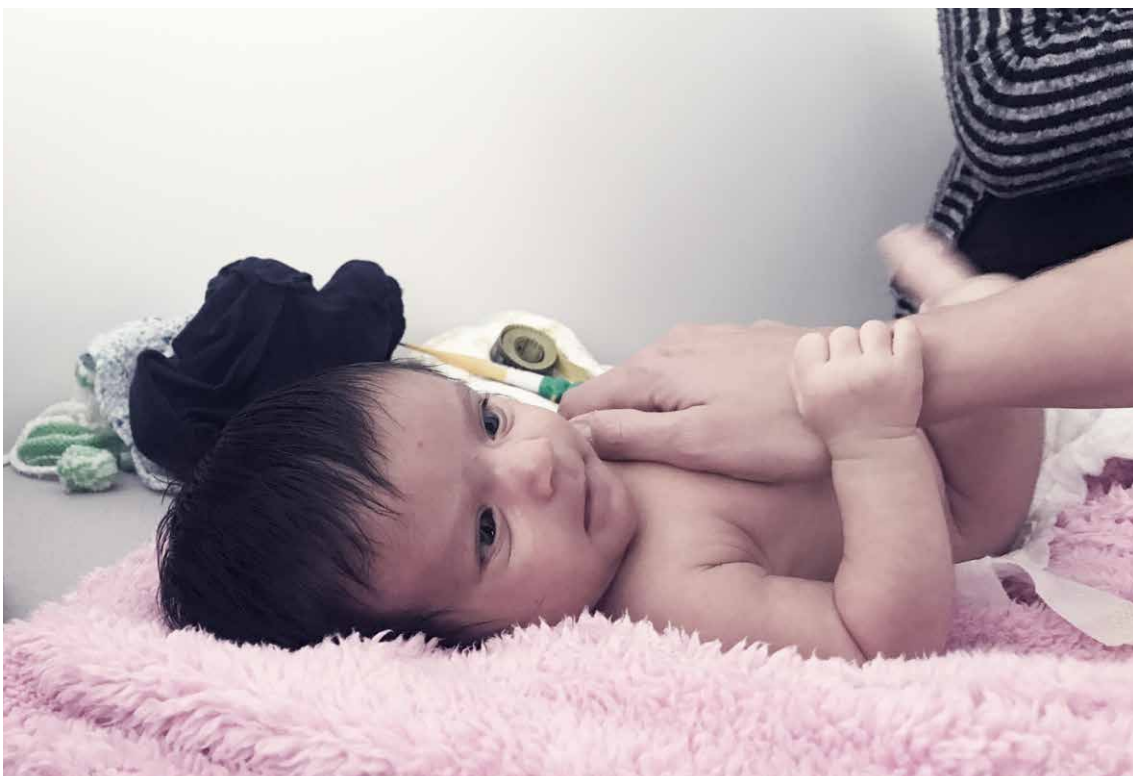
With the help of donations, the association generates the financing of the projects and their expenses. The association does not pursue any commercial purposes and does not seek any profit.

MAMBrella has been stationed in Athens, Greece since September 2018 and midwifery care for refugee women takes place at various refugee camps around Athens. Furthermore, the **MAMBrella** midwives support professional humanitarian organizations with their knowledge in the form of workshops and midwives checks during pregnancy and in the puerperium (first phase after childbirth).

Due to the corona pandemic, the **MAMBrella** offer had to be adjusted and the midwives are increasingly accompanying the women through home visits. The work can be compared to that of a freelance midwife in Switzerland. Many of the refugee camps were largely in lockdown in 2020, which made work in the mobile midwifery practice impossible. The resumption of work in the mobile midwifery practice is sought as soon as the situation and local conditions allow.

The need for midwifery care for the refugee women is still great and we can see that there are no comparable services. We design our work flexibly and adapt it to the needs of the women. In this way we try to close this existing supply gap as best we can.

The work in the mobile midwifery practice has so far been carried out by various Swiss volunteering midwives in rotation mode.



PROJECT DESCRIPTION AND TASKS OF MAMBRELLA

MAMBrella offers young mothers and their families a point of contact during pregnancy and the vulnerable first phase after childbirth.

The work on site has shown that women in refugee camps and in a foreign country are often left alone with their worries, fears and needs or do not know where to turn.

With our work we want to be a link between the women and the existing structures such as hospitals, gynecologists and humanitarian organizations and, in addition to prenatal care and postpartum care, also provide educational and preventive work.

As midwives, it is a matter close to our hearts to give women on their flight the opportunity to have a healthy pregnancy and postpartum period. A midwife is able to independently accompany physiologically progressing pregnancies and the time thereafter, to assess them and, in the event of a deviation from the healthy progression, to pass them on to the appropriate bodies for care.

We see our mission first of all in enabling women to have a healthy pregnancy and postpartum period despite difficult living conditions, and secondly to promote an intact mother-child bond.

For us, the woman and her child is in the foreground and not their origin. We are convinced that the intact bond between mother and child has a decisive positive influence on further development.

MAMBrella limits its areas of responsibility to education, prevention, prenatal care and the time after the birth. Obstetrics should still take place in a clinical setting.



Education and prevention .

The doors of **MAMbrella** are open to women for questions about contraception, sexual education and women's health in general. We see ourselves as a point of contact and respect the many different cultural backgrounds. Our top priority is to teach women an independent attentiveness towards their body.

MAMbrella offers various workshops in the refugee camps or at other humanitarian organizations.

The topics include:

Childbirth preparation

First aid for adults and young children

Women's health

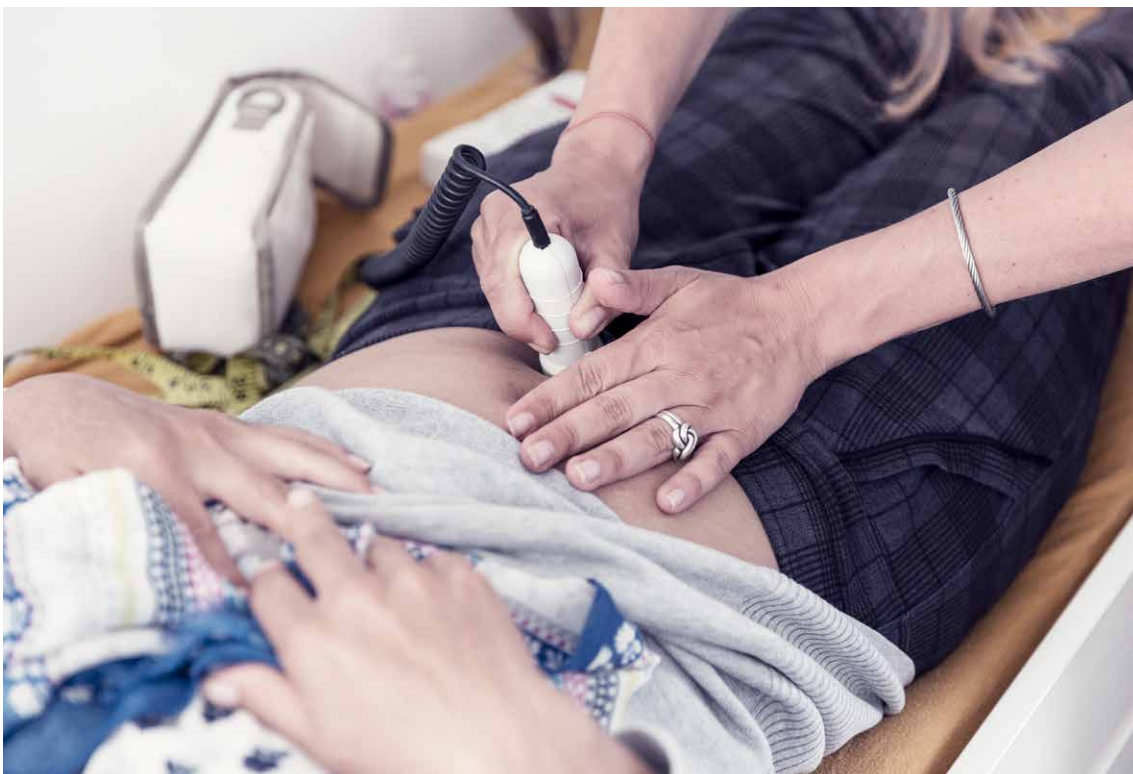
Sexually Transmitted Diseases

Woman's cycle and sexuality

Prenatal Care .

The **MAMbrella** midwives monitor the physiological processes of pregnancy at regular intervals and document them in accordance with the guidelines of the Swiss Midwives Association (SHV). In the case of pathological pregnancies, referral to the medical setting is sought and women are referred to local gynecologists.

Thanks to our two-year presence in Athens, we are well networked locally, which simplifies cooperation with hospitals and doctors in complex pregnancy situations.



Postpartum phase.

The postpartum period is one of the most vulnerable times in a woman. The midwives want to support the mothers with simple natural aids and strengthen them in their body's own resources.

The regression process is actively monitored and documented during regular check-ups.

MAMBrella is particularly committed to a positive breastfeeding experience for women. We encourage exclusive breastfeeding in the first few months for reasons of health. On the other hand, we are of the opinion that under the special living conditions as a refugee woman, the self-determined and independent feeding of her child has an important influence on the commencement of motherhood.

Handout of supplies.

In addition to advice, the young families also receive material support from **MAMBrella**. We limit ourselves to natural and alternative aids such as special tea blends to promote milk production or for kidney and pelvic diseases. To alleviate physical and psychological complaints, we often work with fragrance mixtures or homeopathic remedies.

Thanks to numerous donations in kind from Switzerland, various baby clothes, baby carriers or blankets can also be given for mother or child, depending on the situation.

Hygienic articles such as bandages, nursing pads, special creams or washing lotions are dispensed as required. If the need is seen, **MAMBrella** also distributes food packages for breastfeeding mothers.

The **MAMBrella** association is recognized and registered as a non-profit organization in Switzerland. Your contribution is therefore tax deductible in Switzerland. We are happy to send you a certificate for your contributions.



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