REMEMBERING AMREF HEALTH AFRICA IN YOUR WILL
SUPPORT WOMEN AND GIRLS ACROSS SUB-SAHARAN AFRICA
Our goal is to ensure that everyone in Africa has access to affordable, good-quality healthcare. Our belief that health is a basic human right drives everything we do.

There is no quick-fix and it’s an ambitious goal - one that cannot be met unless the global health community puts women and girls at the heart of its efforts.

How will we achieve our goal? With over 60 years’ worth of experience, and as Africa’s leading health non-profit, we have learned that the power to effect lasting change lies with women and girls. There is evidence that investing in women and girls works.

When a ten-year-old girl in rural Tanzania transitions to adulthood without having to go through “the cut”, she can continue her education and go on to fulfill her personal and professional goals.

When a woman in Kibera, the largest urban slum in Africa, gives birth with the support of a trained midwife, any complications can be immediately addressed - and her baby gets the best possible start in life.

We know that good health opens up the possibility of freedom from poverty. It’s directly linked to access to education, economic empowerment, political participation, and the fulfilment of so many of our human rights.

That’s why every year, Amref supports thousands of women - health workers, community volunteers and activists alike - who are putting their passion into practice and working for change every day. A gift left to Amref in your will, no matter the size, will champion these powerful women and support them to transform health, lives and prospects, for themselves, their families and their wider communities.

We understand that friends and family come first, but if you are able, remembering Amref in your will is one of the most important ways that you can help. We understand that a gift left to us in a will is particularly special, entrusted to us by those who share our determination and values.

We hope that you find the following pages useful – and that you’re as inspired by the women we work with as we are, but also, that we are able to help you as you make your decision.

If you have any questions or thoughts, please contact us. We will be happy to help. Please note that any discussion you have with us regarding leaving a gift to Amref in your will is treated as confidential and is not binding. You can change your mind, or simply inquire, at any time.
If you decide to leave a gift to Amref in your will, you will help us to continue working with incredible women like Scholastica (pictured right). Scholastica developed obstetric fistula during a difficult delivery when she was just 17 years old. Now 23 and healthy, Scholastica is running her own business, supporting her growing family, and helping other women recover from this physically and psychologically painful condition.

Obstetric fistula is most often caused by obstructed or prolonged labour, and is directly linked to early marriage and motherhood, Female Genital Mutilation/Cutting (FGM/C), and a lack of access to healthcare. The World Health Organization (WHO) estimates that, worldwide, up to two million women may be living with fistula. However, the stigma that surrounds the condition means that many cases go undiagnosed and therefore untreated, sometimes for years or even decades. “When I was first diagnosed with fistula, I didn’t know what it was,” Scholastica remembers.

Working with local partners, we provide comprehensive support to women living with fistula; repair surgery and ongoing psychosocial support; entrepreneurship training and seed funding to start up small businesses, boosting confidence and helping women achieve financial independence.

**The women we work with are extremely brave:** having survived physical and psychological trauma, many, like Scholastica, go on to work as ambassadors. By remembering Amref in your will, you would be showing women like Scholastica that you too, care.
OUR COMMITMENT TO YOU

We know that many of you may have personal, extended connections to Amref, our work and the countries in which we operate. That’s why we are committed to ensuring that our supporters feel part of our work; informed, appreciated and aware that their help is critical and essential to us. We are proud of the high standards we keep. Therefore, when someone commits to sharing a part of what they leave behind with us, we in turn, commit to:

- **RESPECTING YOUR PRIVACY**
  We appreciate that leaving a gift to any charitable organization in your will is a very personal and important decision. We will never ask you to share any more information than you wish to, or contact you any further if you feel you have all the information you need from us.

- **ACTING WITH CARE AND CONSIDERATION**
  We understand that discussions about making or changing a will can be difficult, as is carrying out the wishes of a friend or family member. Please be assured that should you decide to leave a gift to Amref in your will, we will always act sensitively and thoughtfully.

- **MAKING THE MOST OF YOUR LEGACY GIFT**
  We will always commit your support to where it is most needed. This way, your gift will bring us closer towards accessible, affordable, high-quality healthcare for everyone. If you have specific wishes regarding your gift, we are happy to discuss them with you. We will work to meet them wherever possible.
WHAT IMPACT

WILL YOUR LEGACY HAVE?

Put simply, we are committed to using all the gifts that we receive to scale up our impact on healthcare in Africa. As an African-led organization, our knowledge of the communities we work with, and the health challenges they face, is unparalleled - making us uniquely placed to effect lasting change. We are convinced that strengthening health systems from the ground up is the surest way forward. To this end, we work to support our colleagues in Africa to find sustainable solutions to even the most complex of challenges.

Here in the USA, the best ways for us to show our support for our African colleagues are to fundraise, grow awareness of Amref’s work and build relationships and networks. We are working to increase the numbers of supporters, friends and advocates here in the USA who, like us, are determined to see better health for women in sub-Saharan Africa.

More than sixty years after our founding as the Flying Doctors of East Africa, we are proud to remain an authentically African organization that goes where others cannot or do not. Our headquarters are in Nairobi, Kenya and we work in 35 African countries. All of our work is planned and delivered in partnership with the communities that the work is designed to benefit. That is why you can feel confident that a gift left to us in your will, will have a direct impact on the causes that you care most about.

A gift left behind as a legacy, can support both the work we are doing here in the USA, and across Africa. It would help us to plan ahead, do more of what is working well and rise to meet challenges in the field. All of which takes us one step closer to everyone, no matter where they are in the world, being able to access affordable, high-quality healthcare.
MEET HEAD NURSE MERCY: “NEVER LOSE SIGHT OF YOUR GOAL”

Mangochi, Malawi

Mercy is Head Nurse at the District Hospital in Mangochi, a township in the Southern region of Malawi. In Mercy’s community, the number of girls completing their education is low – Mercy was one of only four girls to graduate from high school. Entering early motherhood or marriage, or being required to contribute economically, are the most common factors preventing girls in her community from completing their education. Mercy is working to change this – and if you decide to leave a gift to Amref in your will, you would be too.

Mercy believes there are too few role models for girls in her community growing up. Remembering the other girls who graduated with her, Mercy explains with a proud smile, “One now works at the Water Board, a second works as a prison director, the third is a teacher and I, I am a nurse.”

Mercy attributes some of her determination to having a role model, explaining that it gave her the strength to keep going. “When I was in high school, a former pupil who became the director of a university came in to give a speech. She told us that she had done her best, studied hard and because of that, she had been able to pursue her dreams. She told us we could pursue our dreams, too: we just had to stay focused, fight hard, and never lose sight of our goal.”

Today, Mercy is regularly invited to return to her high school to talk to the female pupils: “Now I am that role model that tells them to work hard and that it is possible for them to make their dreams come true.”
KEN’S LEGACY

Long-time supporter Ken, made the special decision to remember Amref in his will. Here is Ken’s story, as told by Nicky, Ken’s daughter, and friend and supporter to Amref.

“Our family were delighted when my parents took the decision to leave Amref a substantial legacy. During our youth my father Ken had been an anthropologist and while working in Kenya he had witnessed first-hand the valuable work Amref was undertaking in relation to the health of local women and children. Ken had been full of admiration for the non-profit’s ethics and working practices and had supported their work throughout his lifetime. When he died it was a great solace to us to know that his legacy would continue to support the communities to which he was so committed through Amref’s continuing involvement in East Africa.

Since my parents’ passing, my daughter and I have attended Amref events in which we have learned more about the modern face of the non-profit since the old ‘flying doctor’ era. Our daughter Lauren is a doctor currently doing a fellowship at Great Ormond Street Hospital in the UK and she was very impressed by Amref’s work with mothers and children. It now gives me pleasure to donate regularly myself and fundraise by holding events. There is a wonderful feeling of continuity and connection with my parents in doing so. Ken would love to have known that we were continuing to support a cause so dear to his heart and were considering making our own legacy in the future.”

USEFUL INFORMATION

If you have any further questions or would like to speak to us in person about leaving a gift to Amref Health Africa in the USA in your will, please email correale@amrefusa.org or call 212-728-2440 (ext. 117). We would be pleased to hear from you. Please be assured that any discussion you have with us will be treated as confidential and you are free to change your mind at any time.

Should you decide to change or make a will, we recommend that you seek professional advice from a lawyer in order to do so. We would be grateful if you let us know your intentions because it means we are able to plan ahead and ensure you’re kept up-to-date with relevant information. However, this is entirely at your discretion.

One relatively straightforward way for you to include Amref in your will is to dedicate a small percentage, 1 or 2%, of what you leave behind to Amref. This way, you are not required to choose a specific amount, yet you can still ensure your values and the change you want to see in the world, live on. It also means that the specifics of your will remain secure and unchanged. 1% may not look or feel like a huge amount on paper, but gifts of all sizes stand to make an extraordinary difference to our work.

CONTACT US

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Amref Health Africa is a 501(c)(3) non-profit and all donations are tax-deductible.
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Amref Health Africa is the African continent’s leading health non-profit, working with women and girls to secure the right to health and break the cycle of poverty.