



Annual Report

2023



THE MAMA-PIKIN
FOUNDATION

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THE **MAMA-PIKIN**
FOUNDATION

A Message From Our Co-Founders



In 2008, we founded the Mama-Pikin Foundation to help improve the health of women, children, and families in Sierra Leone. What started as a small organization with just the two of us providing care to patients in rural clinics and collecting unused medical supplies to support clinics and hospitals has now grown to an organization that is making change at a local and national level to improve health for women, children, and families. We have grown to 16 staff members and have a presence in 6 districts in Sierra Leone. We are continuing our work at community level to support patients and clinics, but we are also working at a national level to support the Ministry of Health to train the first ever Obstetrician-Gynecologists and Paediatricians for the country. In 2023, the first 3 Paediatricians ever trained in Sierra Leone graduated from the residency training program! We are continuing our work in research, training and policy development to improve maternal and child health, and we look forward to continued growth in our service of women, children and families in Sierra Leone.

~Dr. Shekou Sesay & Dr. Fatu Forna Sesay

Our Story

OUR MISSION

The Mama-Pikin Foundation (MPF) is an organization whose mission is to improve the health of women, children, and families in Sierra Leone. We work with the Ministry of Health (MOH) to support training programs and strengthen quality of care in health facilities across districts. MPF also provides direct support to women, children, and families in communities and government health facilities.

Our organization was founded in 2008 by a Sierra Leonean-American husband & wife team who were physicians (Paediatrician and Obstetrician - Gynecologist) living and practicing in the USA. The foundation is registered as a Non-Governmental Organization (NGO) in Sierra Leone. It is also registered as a 501(c)3, tax-exempt, charitable foundation with the US Internal Revenue Service. All donations to the Mama-Pikin Foundation are tax-deductible in the US.

OUR PURPOSE

- Mama-Pikin means “Mother-Child” in Krio, a language commonly spoken in Sierra Leone, West Africa.
- Sierra Leone used to have one of the highest maternal mortality and child mortality rates in the world, but has made significant improvements in reducing those rates.

A non-profit organization whose goal is to improve the health of women, children and families, in Sierra Leone, West Africa.

The Mama-Pikin Foundation was founded in Atlanta, Georgia in 2008 by two doctors of Sierra Leonean descent. Its goals are to help enhance, improve, and otherwise positively contribute to the health and well-being of mothers, children, and families in Sierra Leone.

We have a staff of 16, and have activities in 6 districts in Sierra Leone - Western Area Urban, Western Area Rural, Bombali, Koinadugu, Kono, and Kenema.

Core competencies:

- Providing support to pregnant women and children
- Providing support to health facilities to improve Quality of Care
- Training health personnel
- Implementing programs to improve Maternal & Child Health
- Developing and managing Maternal & Child Health research programs

Core programs:

Postgraduate Training for Obstetrics, Gynecology, and Pediatrics

The Mama-Pikin Foundation was recently awarded a 5-year, \$4 million grant to support the Ministry of Health and the Sierra Leone Postgraduate College of Health Specialties to train Obstetrician/Gynecologist and Paediatric specialists in Sierra Leone. The goal is to train 50 obstetrician/gynecologists and 50 pediatricians in Sierra Leone by 2029. The training program started in September of 2021, has 36 residents currently training, and graduated the first 3 locally trained paediatricians in Sierra Leone in 2023.

Support for Pregnant Women

The Mama-Pikin Foundation provides a delivery bucket and transportation allowances to every woman who delivers a baby at government clinics that we support in 6 districts. Each bucket contains a sheet of plastic to provide a clean surface area for delivery, a Lappa (cloth) to wrap the baby, and a bar of soap. Each bucket costs \$10 and we have distributed over 20,000 buckets so far. These buckets have been very successful in decreasing maternal and neonatal infections, and in providing an incentive for women to come to the clinics to deliver. The foundation also supports “Belleh Uman Bato Group” programs for pregnant women which promotes improved nutrition, healthy behaviors, and encourages Traditional Birth Attendants to partner with clinic staff and bring in pregnant women from communities to clinics for antenatal care and deliveries. Dangerous home deliveries have decreased substantially in areas served by MPF-supported clinics.

Research & Training

The Mama-Pikin Foundation implements and supports research and training programs to improve Maternal and Child Health in Sierra Leone. In 2022, the foundation supported the Ministry of Health with an implementation research project to introduce use of Heat-Stable Carbetocin and Tranexamic Acid for prevention and treatment of postpartum haemorrhage in 2 districts in Sierra Leone and 4 other African countries (Burkina Faso, Ethiopia, Ghana, Uganda). The organization is supporting the MOH to develop a national training program on use of these new medications.

In service
since
2008

Our Team

THE MAMA-PIKIN
FOUNDATION
ORGANIZATION CHART



The Mama-Pikin Foundation



*Vacant

Our Co-Founders Dr Fatu Forna Sesay and Dr Shekou M. Sesay are physicians with extensive experience in International Public Health, Obstetrics & Gynaecology Paediatrics. They closely supervise foundation activities that are led by the Country Director, Ms. Leeann Rizk who is supported by full time staff members on ground in Sierra Leone. In 2023, the MPF team expanded and now includes experienced Finance and Administrative Officers.

Our Team



THE **MAMA-PIKIN**
FOUNDATION



Program Highlights

Postgraduate Training Program for Obstetrics/Gynaecology and Paediatrics

IN 2023 MPF:

- Successfully supported the first 3 Paediatric specialists trained in Sierra Leone
- 36 OB/GYN and Paediatric Residents currently in training
- 8 OB/GYNs on track to graduate in 2024

In 2021, as part of the Freetown City Council's health initiatives, the Mayor of Freetown, Yvonne Aki-Sawyerr connected the Mama-Pikin Foundation with an anonymous donor who awarded them a 5-year, \$4 million grant to support the Ministry of Health (MOH) to train Obstetrician/Gynaecologist and Paediatric specialists in Sierra Leone. The program structure follows the West African College of Physicians & Surgeons (WACP/WACS) curriculum adapted for Sierra Leone, with accreditation by the Sierra Leone Postgraduate College of Health Specialties and WACS/WACP. MPF supports MOH physician trainees at Princess Christian Maternity Hospital and Ola During Children's Hospital in Freetown.



Support for pregnant women

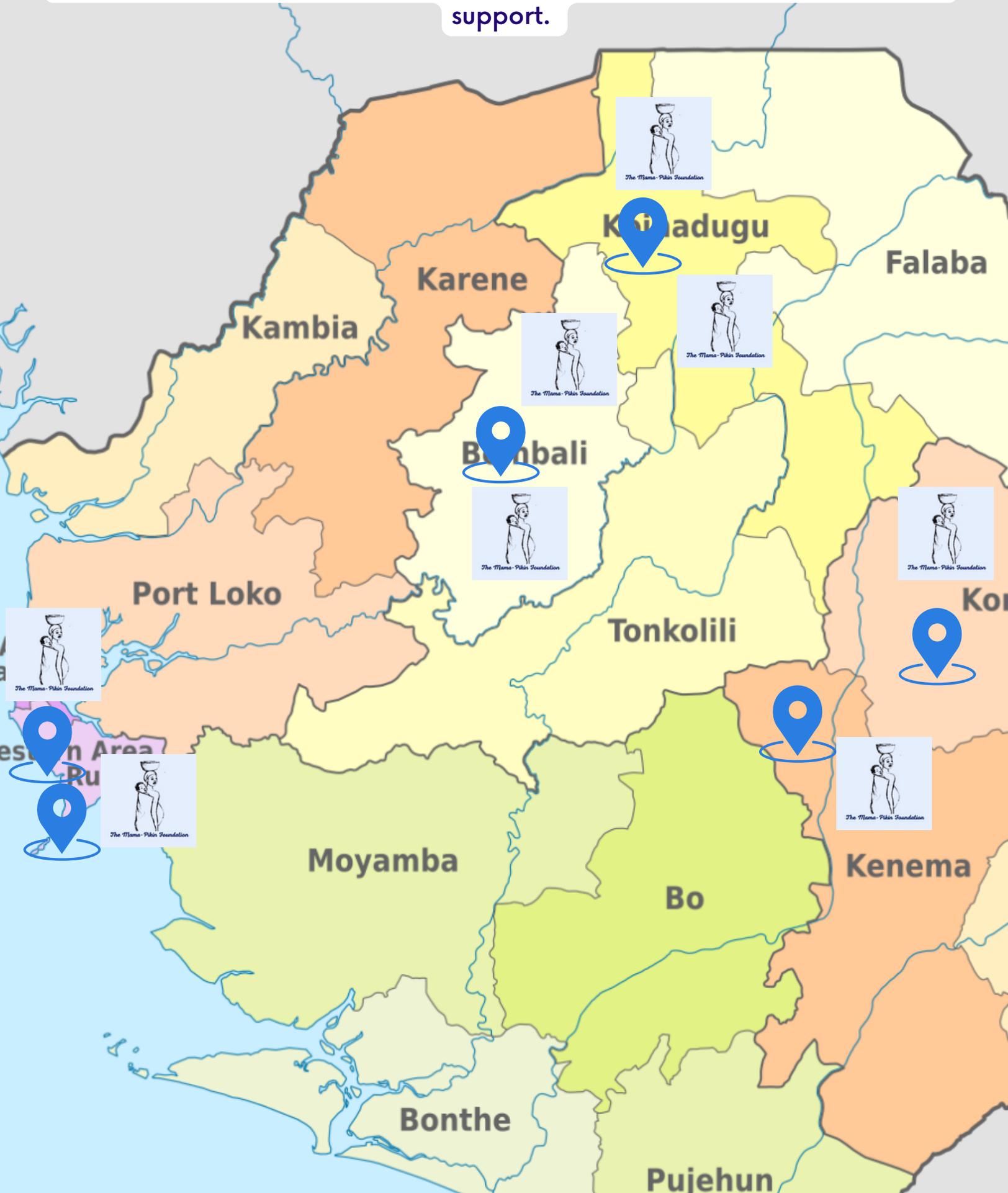
Increasing Use of Health Facilities. Increasing Facility Deliveries. Improving Quality of Care.

Through our core programs, pregnant women are incentivized to use clinics for delivery and to present early for antenatal care by:

- **Providing Delivery Buckets** (Bucket, Lappa, plastic sheet to cover delivery surface, soap)
- **Providing transportation support** to women in labor – support to pay fees for motorcycle/Okada transport for women in labor.

In 2023 alone, MPF provided 1786 delivery buckets to our supported clinics across 6 districts.

This map of Sierra Leone shows 6 districts covering a total of 8 clinics that MPF delivers our core programs within. Our bucket program intervention has increased facility deliveries by 200 to 300% in the government clinics we support.





Support for pregnant women

Improving Collaboration With Communities: Belleh Uman Bato Group

In March 2023, we launched our Belleh Uman Bato Group (BBG) Peer Support Program and began working with CHC's and community leaders to strengthen linkages between communities and clinics as well as strengthen community involvement and ownership of maternal and child health issues. MPF has achieved this through hosting monthly support groups across 6 districts where we provide funds to cook and feed pregnant and lactating mothers and staff. In the past 8 months, this program has proven to be exceptional in facilitating cooperation between Traditional Birth Attendants (TBAs), nurses and midwives to ensure safer deliveries.

Health education talks have included:

- Benefits of using health facilities for deliveries
- Pregnancy and newborn warning signs
- Breastfeeding and child feeding
- Early recognition of child sickness and linkage with care

MPF also supports women in communities to form Village Saving and Loans Association (VSLA) programs. Small groups of pregnant women and mothers come together and pool small amounts of money together that can be used by group members. VSLAs are an important source of savings and finance for women and can be used by any of the women in the group for business activities or for emergency financial needs.

\$4

million

grant awarded by
an anonymous
donor in 2021.

\$6,630

Raised during
Giving Tuesday
2023 via Website
& Facebook

16

Full Time Staff
Members

85%

now get prenatal
care and are
assisted during
delivery by a
trained midwife,
nurse or doctor.

1786

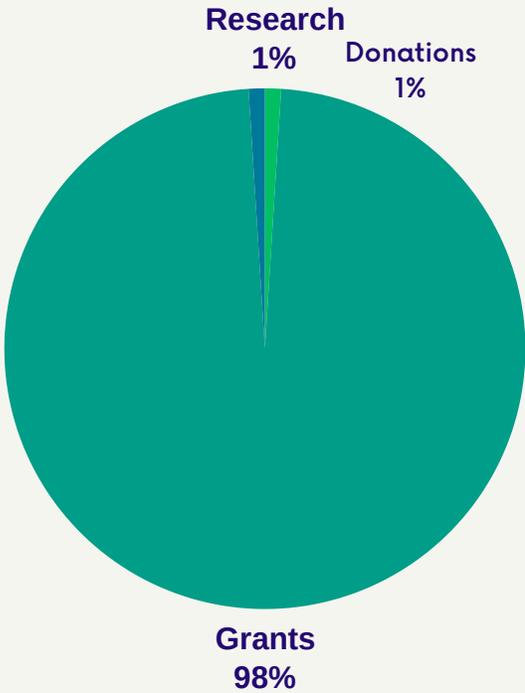
buckets provided
by MPF to
pregnant women
in 2023



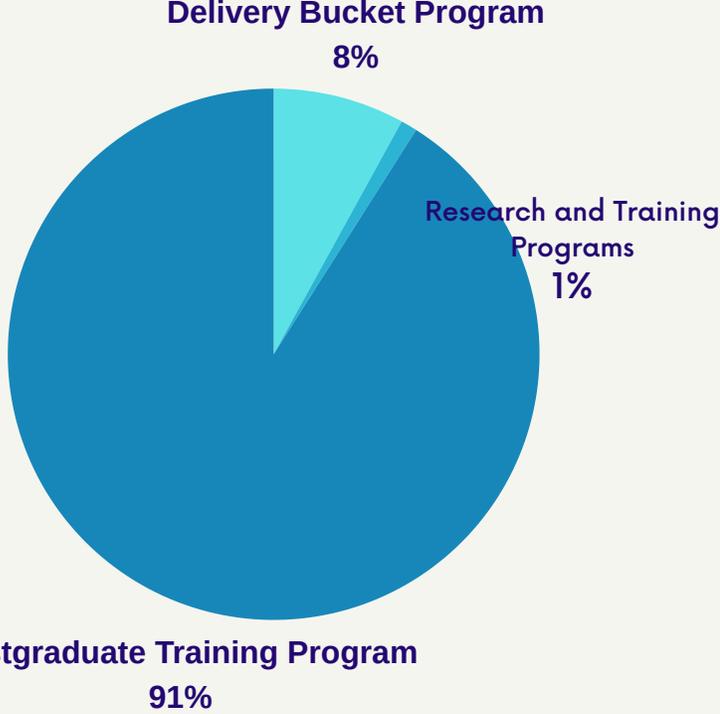
Research and Training

Postpartum bleeding is the number one cause of maternal deaths in Sierra Leone. In partnership with the MOH, MPF introduced use of Heat-Stable Carbetocin (HSC) for prevention of bleeding and Tranexamic Acid (TXA) for treatment of bleeding to Princess Christian Maternity Hospital, Kabala Government Hospital, Grey Bush clinic and Kondembaia clinic this year. 175 healthcare workers were trained, and 2000 women were treated effectively with marked decreases noted in heavy bleeding after childbirth.

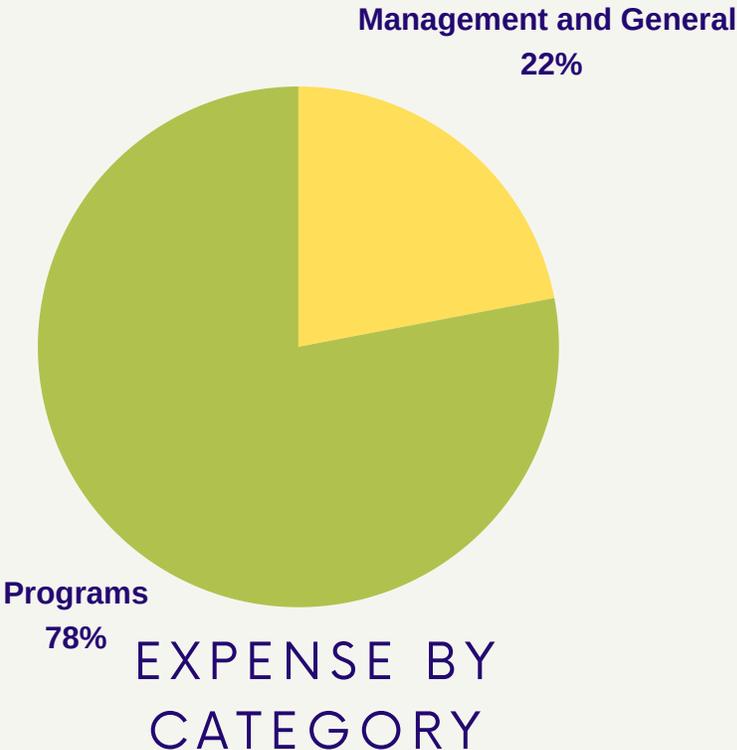
Financial Information



REVENUE BY FUNDING SOURCE



EXPENSES BY PROGRAM AREA



EXPENSE BY CATEGORY

Thank you to our Donors, Partners and Supporters.

This year, the Mama-Pikin Foundation received funding and support from multiple partners including government, foundations, and corporations. We were also supported by many individual donors on our website and during Facebook fundraising campaigns. Throughout 2023, MPF's donors, partners and supporters have contributed to improving the health of women, children, and families in Sierra Leone, by supporting our programs. We wish to thank you for your generous contributions. We also thank Sierra Leone's Ministry of Health, clinic staff at our supported CHCs, the Freetown City Council, and our partner communities.

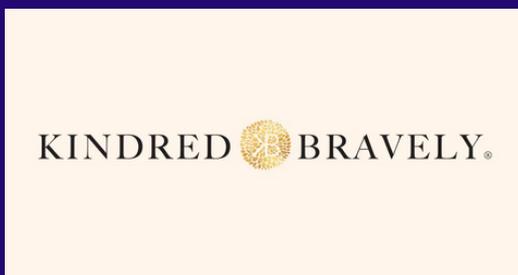
Government



Foundations



Private Organizations



Thanks to MPF Intern Fatima Mondeh for designing & creating our 1st Annual Report!

Board of Directors



Dr. Fatu Forna Sesay
Executive Director & Co-Founder



Dr. Shekou M. Sesay
Director Child Health & Co-Founder



Ms. Leeann Rizk
Country Director



Dr. Bilkisu Gaye



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Mr. Mohamed Tunis



Ms. Michala Mackay



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