

ADARA
GROUP
— BRIDGING WORLDS —



Investing in w♀men

and girls

WHY ADARA?

Adara tackles some of the biggest challenges facing women and girls living in rural and remote settings.

For over 25 years, Adara has focused on transforming the lives of girls born in disadvantaged communities. We have developed models that dramatically improve maternal and newborn survival, kept girls in school and safe from traffickers, and supported young women with sexual and reproductive health services. Now, we are expanding these successful models – AdaraNewborn, AdaraRemote and AdaraYouth – to deepen our service delivery and reach more women and girls. We are scaling our impact by sharing our knowledge globally through our [Knowledge Sharing platform](#).

As a non-profit organisation founded and led by women, the wellbeing of women and girls has always been at the forefront of our programming.

67% of all people we reach globally are women and girls.

[Read more about Adara here.](#)



I've always been aware that if I'd been born somewhere else, my life would be drastically different. It's been a privilege to uplift women and girls through our work at Adara, to create a world where every little girl has the same opportunity as every little boy.

Audette Exel AO, Founder and Chair

OUR G_WVERNANCE

Adara is founded and led by women.

Adara's founder, [Audette Exel AO](#), is a leading female philanthropist, international finance lawyer, senior executive and non-executive director. She is a committed social entrepreneur and a leader in the "business for purpose" movement. She has a deep interest in the changing role and expectations of business in society, which she brings to all aspects of her working life.

The team Audette has built at Adara Development is led largely by women. The Global Leadership Team is made up of 66% women, led by a female Chief Executive Officer, Madeline Vaughan. 61% of Adara Development's Board Directors are women.

Our global and diverse team are driven by our vision of a world in which women and girls have access to quality health, education and essential services, no matter where they live.



AdaraNewborn

Saving maternal and newborn lives

64 countries are off-track to achieve the Sustainable Development Goals (SDGs) for maternal and newborn survival. Urgent action is needed to change the trajectory.

- Every two minutes, a woman dies during pregnancy or childbirth ([WHO](#)).
- Each day, 6,400 babies die during their first month of life ([UNICEF](#)).
- For every woman or girl who dies, an estimated 20 or 30 suffer injuries, infections, and/or life-long disabilities ([UNFPA](#)).

AdaraNewborn is our model of care with the power to halve maternal and newborn deaths across 10 health facilities, saving 7,000 lives and reaching 500,000 people.

We developed the model in Uganda, where accessibility and quality of healthcare, high rates of teenage pregnancy and fertility, and lack of access to modern contraception have kept maternal and newborn mortality high.

At our first AdaraNewborn site in Uganda, Kiwoko Hospital, we have sustained high maternal and newborn survival rates for over two decades. Survival rates for the sickest and smallest babies have regularly been as high as 90%, and maternal survival has been at least 99% since 2010. The Ugandan Ministry of Health has named Kiwoko Hospital a [Centre of Excellence in Newborn Care](#) and called for us to expand our successful model across the country. We have introduced the model to two additional public health facilities with plans to reach 10 by 2030.

This work has been highlighted as an [Exemplar in Global Health](#). We aim to secure support to scale AdaraNewborn throughout Uganda and enable its adaptation and adoption in other countries striving to reduce maternal and newborn deaths.

[Read more about AdaraNewborn here.](#)



2023 impact



99.9% survival rate for 5,777 women delivering in the Kiwoko Hospital maternity ward.



99% newborn survival rate at Nakaseke Hospital and 85% for small and sick newborns at Kiwoko Hospital.



152 majority female staff trained across three AdaraNewborn sites.



97% of the 946 babies enrolled in our "Hospital to Home" follow up programme received a home visit.

MEET ALICE

When Alice went into premature labour while sick with malaria, she worried whether her tiny daughter would survive.

Fortunately, shortly after birth, Alice's daughter was admitted to an AdaraNewborn facility, equipped with the staff, facilities and supplies to provide her with quality care. Now they are thriving.

[Read Alice's story here.](#)

AdaraYouth

Improving sexual and reproductive health for young women

Lack of access to modern contraception has devastating consequences for girls, including a high risk of maternal mortality, the end of schooling, forced marriage, and poverty.

- Of the 300 million girls aged 15 to 19 in the world, 15 million wanted to use modern contraception but could not access it ([PLOS ONE](#)).
- In Uganda, teen pregnancy rates are among the highest in East Africa, with one in every 10 Ugandan girls aged 15 to 19 a mother, according to the [United Nations](#).
- During the world's longest COVID-19 school closures, over 32,000 teen pregnancies were registered monthly, according to the [Ugandan Government](#). Many of these girls never returned to school.

With most countries off-track to achieve the Sustainable Development Goals for universal access to sexual and reproductive health services, urgent change is needed.

AdaraYouth is our model of community-based support for young people aged 10 to 24 in Central Uganda.

The hub of the model is a centre that provides sexual and reproductive health education and access to contraception as well as other health services, including testing for HIV/AIDS and other STIs. A qualified social worker provides counselling and support, assisted by Peer Educators who visit surrounding schools and communities. Young women and girls have access to quality antenatal care at the centre and safe delivery at our nearby partner hospital, Kiwoko Hospital. We believe that supporting girls to make informed decisions about their sexual and reproductive health is critical to ensuring they stay in school and pursue paid employment.

[Read more about AdaraYouth here.](#)



MEET SARAH

When Sarah was 17 years old, life as she knew it came to a halt. COVID-19 entered the world, plunging communities into lockdowns and closing schools' doors. Like many other young people during this time, Sarah fell pregnant, and was forced to leave home.

Fortunately, she learnt about the Adara Youth Community Centre during her pregnancy. There, she received counselling and antenatal care. Today Sarah has a healthy baby and has even returned to school. Her dream? To become a doctor.

[Read Sarah's story here.](#)

2023 impact



128% increase in access to contraception for girls from 2022.



130% increase in young women accessing antenatal appointments from 2022.



4,651 young people accessed sexual and reproductive health education.

AdaraRem[♀]ote

Supporting girls' education in remote areas

Girls living in remote settings face enormous barriers to education. A lack of education places many at an immediate increased risk of early marriage and child trafficking (UNICEF). Over their lifetimes, uneducated girls also face higher rates of poverty, interpersonal violence, and early death.

- 1 in 5 young women aged 15 to 24 in low-income countries are still unable to read or write ([UNESCO](#)).
- In Nepal, just 28% of girls complete high school, while 7% of primary school age girls and 14% of secondary school age girls are out of school ([UNESCO](#)).
- One third of all Nepali girls are married by 18 but this rises to more than four in 10 women in rural areas ([UNICEF](#)).

AdaraRemote is our comprehensive model of remote education that ensures children have access to quality education.

It is designed to meet the needs of girls in remote areas who face additional barriers in communities where child trafficking is an ever-present danger. Adara partners with 15 government schools in Nepal's remote districts of Humla and Nuwakot to strengthen the quality of education while addressing the barriers that have prevented girls from accessing education opportunities.

Adara-supported schools provide menstruation education, period products, and separate toilet facilities for girls. We also ensure children have safe water to drink, nutritious school meals and access to essential health services. We give girls a voice through Girl's Clubs and we strengthen child protection systems in schools, communities and local governments. As a result, over half the students in our schools are girls, and rates of child trafficking, once high in the region, have plummeted.

[Read more about AdaraRemote here.](#)



RUPSI'S STORY

Since 17-year-old Rupsi was young, she has dreamt of becoming the first female doctor in her community. Accessing an education for many girls in remote Nepal is out of reach.

However, thanks to Adara's support, Rupsi not only received a quality education at the Yalbang School, she was top of her class! Now, that dream is on track to becoming a reality.

[Read Rupsi's full story here.](#)

2023 impact



52% students are girls in Adara-supported schools.



100% of female students passed their Secondary Education Examinations (Grade 10) across four schools.



67% of students studying Grade 12 are girls.



54% of youth who have graduated from our vocational and tertiary education scholarship are female.

Join us

You can break down the barriers that prevent women and girls from reaching their full potential. And you can support proven models with the power to prevent maternal newborn deaths, reduce teen pregnancy and ensure all girls receive an education.

We are actively seeking support to scale these models in Uganda and Nepal, and to share our knowledge globally to ensure that other countries can adapt and adopt them.



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