

ANNUAL REPORT

2020 - 2022



Federation of Reproductive Health Associations, Malaysia

CONTENTS

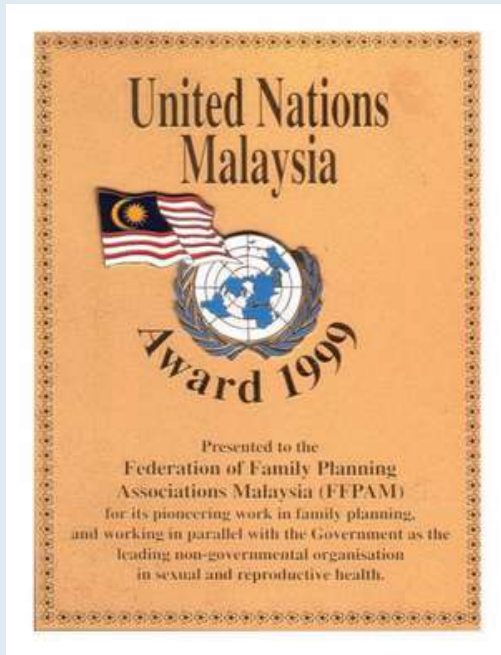
1	Royal Patron
2	Awards & Achievements
3	About FRHAM
4-5	President's Foreword: Dato' Dr. Kamaruzaman Ali
6-7	Chairperson's Message: Dr. Kamal Kenny Saravanan
8-10	Honorary Secretary-General's Report: Dr. Sathesh Kumar Periyasamy
11	Officials of FRHAM
12-13	Committees and Honorary Officials
14-15	Secretariat
16	Our Journey
17-19	Service Statistics 2022, 2021 and 2020
20-21	FRHAM National Strategic Framework 2016-2022
22	FRHAM Triennial Delegates Conference
23-53	Outcome 1 - Outcome 4
54	FRHAM in the Media
55-57	Financial Overview 2020 - 2022
58-59	State Member Associations
60	Abbreviations

ROYAL PATRON



**YANG MAHA MULIA BONDA RAJA PEMERINTAH RAJA PERMAISURI TUANKU BAINUN
BINTI MOHAMED ALI
D.K,D.M.N.,D.K.(Selangor),D.K.A.**

AWARD & ACHIEVEMENTS



ABOUT FRHAM

MISSION

To champion sexual and reproductive health and rights for all, particularly the marginalized and underserved.

VISION

All people in Malaysia have access to information and services on sexual and reproductive health and rights.

GUIDING PRINCIPLE

- The Federation is a not-for-profit organization.
- The Federation is not and shall not be controlled by commercial interests and that all its income, commodities, property and other assets shall be applied solely towards the promotion of its objectives.
- The Federation will ensure that Member Association's family planning, sexual and reproductive health information and services shall be provided strictly on the basis of voluntary acceptance and informed choice.
- The Federation will ensure that Member Associations do not permit coercion of any form in family planning programmes.

PHILOSOPHY OF THE FEDERATION

The family as the basic unit of the society should be protected and developed through policies and interventions.

It is basic right for the individuals to practice family planning because through spacing and timing of births, family health particularly that of the mothers and children can be enhanced leading to improvements in the socio-economic well-being of families.

In the provision of various services to different target beneficiaries, we will not discriminate on the basis of sex, politics, race, religion or status. Services will be based on informed choice and no coercion will be used in the promotion of any services.

Sustainable development is only possible when there is a balance between growth and utilization of resources.

We are a voluntary organization whose strength and assets are our dedicated volunteers from all walks of life contribute significantly and selflessly to the ideals and operations of the organisation.

PRESIDENT'S FOREWORD



DATO' DR. KAMARUZAMAN ALI

The last 3 years has been very difficult and challenging for all of us, and yet, it gives me great honour and pleasure to present a consolidated Three Year Annual Report (2020 - 2022) of the Federation. It must be noted that Annual Reports for 2020 and 2021 were not prepared due to other priorities and staff constraint.

After the onslaught of COVID-19 pandemic in 2020 that almost paralysed the country, we found new ways to adapt and reach out to the people who needed our services and voices even more during the pandemic than at any other time in the history of the Federation. The people who needed our services the most include the marginalized populations such as the refugee community, sex workers, transsexuals and marginalized youth. As the Movement Control Orders (MCOs) were eased, our initial thoughts throughout the ensuing years were our services would gradually increase and life would return to normalcy. But, however, it seems that Covid-19 is here to stay as the virus progresses from pandemic to endemic. Our expectation was that the pent-up demand for services would increase quickly post-Covid-19 but in reality the recovery was very slow and gradual.

Despite the inhibitions of our clients for fear of contracting the virus, our service providers took all the necessary precautions to protect the clients and themselves as well as re-strategised channels of reaching our clients in more efficient ways- through telephones, social media, and even home visits.

At the Triennial Delegates Conference in December 2020, new council members were elected at a time when COVID-19 pandemic was at its peak. Although it is belated, I congratulate delegates elected as Principal office-bearers for the 3 year term 2020 - 2022. I also take this opportunity to thank the delegates for re-electing me as the President of FRHAM for another term.

The year 2022, was a landmark year in the Family Planning movement as the International Conference on Family Planning (ICFP) held in Pattaya, Thailand attended by staff and volunteers of FRHAM with the theme 'Family Planning and Universal Health Coverage: Innovate. Collaborate. Accelerate' emphasized the importance of the accessibility to family planning and reproductive health services as a critical component of a country's economic health.

The other significant event in 2022 on the international front, that FRHAM participated was the 'IPPF Global Youth Forum and General Assembly' held in Bogota, Columbia which discussed a variety of important issues related to youth sexual and reproductive health and rights in relation to IPPF Strategic Framework 2023-2028. The Youth Forum established IPPF's commitment to advancing SRHR for all, especially youth and marginalized groups. FRHAM will 'toe the line' by developing plans for its Youth Committee in 2023 conforming to the Youth Forum's recommendations.

PRESIDENT'S FOREWORD

At the regional level, we participated in several workshops in 2022 such as the IPPF Workshop on Data Management Strategy (DMS). This workshop set the principles for data management for the MAs in the region and it serves as a guide to support the New Strategic Framework (2023-2028) by ensuring the data is utilised for programme management, resource allocation, justification to potential funders, evaluation and knowledge management. The other significant regional workshop that FRHAM participated include the IPPF Youth Workshop in Manila. This workshop emphasized on a youth centered and youth-led approach to SRHR, strengthening youth engagement and innovative approaches to youth programming.

Besides the above workshops, FRHAM also participated in the IPPF ESEAOR Regional Quality of Care (QoC) workshop in Cambodia where a deeper understanding of IPPF quality of care framework and its implementation steps were discussed to be utilised for the 3 year business plan (2023 - 2025). This workshop emphasized the importance of continuously maintaining a high quality SRH services by utilizing the principles, process and tools established by IPPF for good programme management in identifying gaps and root causes to ensure continuous quality improvement.

The year 2022 was yet another significant year as it was the last year of the FRHAM National Strategic Framework (2020 - 2022) and the roll out of the IPPF Strategy 2028 which is the New Strategic Framework (2023 - 2028) for the next six years. It sets out a familiar path but in a new direction in view of the tough challenges that must be confronted in the years ahead. The strategy is based on the collective contributions of everyone who came together to shape it as the emphasis is on coming together and leaving no one behind.

I would like to express my gratitude to IPPF, our primary donor, for their unwavering financial and technical support and guidance over the years. I would also like to express my sincere appreciation to the government, including the National Population and Family Development Board which is part of the Ministry of Women, Family and Community Development, the Ministry of Health, and the Ministry of Education. I also extend my appreciation to our partner NGOs, such as the, Malaysian AIDS Council (MAC), the Reproductive Rights Alliance and Advocacy Malaysia (RRAAM), the Malaysian Council for Child Welfare (MCCW), the Asian-Pacific Resource & Research Centre for Women (ARROW), National Council of Welfare and Social Development (NCWSD) and the National Council of Women's Organization (NCWO).

In conclusion, I would like to thank all the staff and volunteers, from both State MAs and FRHAM Secretariat for their dedication and commitment for having fulfilled the goals, objectives and targets of the FRHAM National Strategic Framework (2016-2022) and putting their heart and soul in the preparation of the New Strategic Framework (2023 - 2028) which emphasizes on the 4 pillars and 12 pathways.

Best wishes,

Dato' Dr. Kamaruzaman Ali
DSDK, SDK, ASK, BKM
President, FRHAM

CHAIRPERSON'S MESSAGE



DR KAMAL KENNY SARAVANAN

I would like to begin by stating that Covid-19 pandemic has affected almost all countries and more than 50 million people around the world. Governments were operating in the context of radical uncertainty, and faced with difficult trade-offs given the health, economic and social challenges it raises. By the early 2020, more than half of the world's population had experienced lockdowns with strong movement control measures. Beyond the health and human tragedy of the coronavirus, it is now widely recognised that the pandemic triggered the most serious economic crisis. As a consequence of this scenario, we were severely affected adapting to new approaches to transition from our comfort zone where we can make the most impact in our work as well as continually making ourselves relevant and adept in the new pandemic era.

As playing fields are constantly being redefined according to the global situation at hand, it has not stopped us from finding new ways to make sure that our services reach out to the vulnerable, underserved and marginalized as it is our commitment to meet their needs. This is a big challenge for FRHAM as it strives to optimize resources in the context of reduced and limited funding.

In 2021, the pandemic entered its second year filled with uncertainties and challenges, but we remained committed to place our stakeholders' interests and needs above all guided by our mission to improve the status of sexual and reproductive health in Malaysia within a strong and resilient family system.

Moreover, we appreciate the government's willingness to address issues affecting Malaysia's youth, given that they make up a third of the population and that we require a cohesive, focused national approach to address concerns that had been lingering for years. We uphold IPPF's policy in engaging youths in the Federation's leadership roles as voices of the youth which is enshrined in our Constitution as well as their engagement in leading their own SRHR agenda.

In line with the objectives to enable young people to receive comprehensive sexuality education, FRHAM have received a grant to implement a project known as 'Differentiated HIV Services for Key Population (DHSKP)' - Men who have sex with Men (MSM) which is a three-year project initiated by the Malaysian AIDS Council with funding from The Global Fund, for an initial period of one year (July 2022 to Jun 2023), with the provision of grant continuation based on performance. This project aims to increase testing coverage and treatment initiation among MSM while at the same time increasing the coverage of package services for MSM.

Besides the above project, FRHAM and the State MAs participated in several projects. These include the SRHR project for the displaced community funded by the Japan Trust Fund, Gender Equality Campaign project launched by FRHAM as a beneficiary of Gucci's Chime for Change, Project on Information, Education, Knowledge on HIV for young people funded by Gilead Foundation, Research project on 'Understanding Pathways to Adolescent Pregnancy' funded by UNFPA/Burnet Research Institute.

CHAIRPERSON'S MESSAGE

In terms of challenges, I foresee the need to revive and improve the Secretariat knowledge on effective mechanisms for Coordination, Training, Monitoring and Evaluation as well as to improve the lines of communication. The Secretariat besides allocating resources to the State MAs has to effectively play the role as the nerve centre in the provision of technical assistance and source of information.

I wish to put on record my sincere appreciation to the various donors, particularly IPPF and other partner organizations be it Government Organisations (GOs) or Non-Government Organisations (NGOs) in enabling FRHAM to remain relevant and continue to spearhead the organization to greater heights even during turbulent times and in the future.

I thank the outgoing Executive Directors Ms Syirin Junisya and Ms Nora Murat, the Head of Administration and Finance Ms Li-Lina Wu and the Head of Programmes and Projects Ms Mehalah Lingam for their dedication and commitment to the organization in carrying out their work diligently towards achieving the vision and mission of the organization.

I also would like to appreciate the perseverance and determination of our volunteers for their contribution towards achieving the objectives of FRHAM's National strategic Framework. I must also thank the dedicated staff of State MAs and the FRHAM Secretariat, who have been tirelessly working continuously and creating strategic partnerships to enable our outcomes and objectives are met. Last but not least, I would like to take this opportunity to thank my fellow Principal Office-Bearers for their unstinting commitment and support.

Best wishes,

Dr Kamal Kenny Saravanan
Chairperson, FRHAM

HONORARY SECRETARY- GENERAL'S REPORT



DR. SATHESH KUMAR PERIYASAMY

Covid-19 had a profound negative impact on the economy, including the government, non-government, and corporate sectors. FRHAM and its 13 State Member Associations were not spared, but they remained resilient and carried out the programmes as planned for the last three years, from 2020 to 2022. Towards the end of this period, it is reassuring to see that the severity of the pandemic has begun to decline as a result of the government's extensive vaccination roll-out. FRHAM continued to promote and deliver family planning and SRH services during these years, while also advocating for and promoting SRHR education to women, men, youth, and marginalized communities. With the commencement of the pandemic, and subsequent Movement Control Orders (MCOs), employees adapted to working from home by eliminating the need to commute to work, facilitating convenience, saving time, and flexibility, and therefore fostering improved work-life balance.

The ongoing support of our funders and partner organizations, as well as the dedication and ingenuity of volunteers and staff, enabled us to carry out all planned projects and deliver services in accordance with the four outcomes established in the National Strategic Framework (2016-2022).

Outcome 1: Policies and Programmes That Respect, Project and Fulfill SRHR and Gender Equality is Implemented

As part of implementing a country monitoring project to review the status of the Convention on the Elimination of Discrimination Against Women (CEDAW) and the adoption of the Gender Equality Act, FRHAM participated in a workshop on Gender Equality Sustainability plan organized by the Asia-Pacific Resource and Research Center for Women (ARROW). The workshop evaluated the project achievements and taking this into consideration, FRHAM developed the way forward through a sustainability plan on advocacy and public support for gender equality in fulfilling its SRHR agenda.

We are curious in our efforts to strengthen FRHAM's visibility through tie-ups with a variety of partners, and in this instance, we are grateful for the collaboration with Global Impress in The Gender Equality Campaign's project launched by FRHAM as a beneficiary of Gucci's Chime for Change, a global campaign initiated by Gucci to convince, unite and strengthen voices advocating for gender equality. The Campaign, in keeping with the spirit of Gucci's Chime for Change, focuses on raising awareness, amplifying voices, and connecting the public with various organizations working to achieve gender equality in Malaysia. Under the Gender Equality campaign, FRHAM has released one talk show on the facebook page of 'Speak Up Malaysia'.

HONORARY SECRETARY- GENERAL'S REPORT

Outcome 2: People in Malaysia are fully informed and empowered to act on SRH and Rights

In order to enable young people to receive comprehensive sexuality education, FRHAM and the State MAs have reached out to young people through talks, forums, training, campaigns, workshops using the Reproductive Health Adolescent Module (RHAM).

In addition, FRHAM and the State MAs partnered and collaborated with several Government Organisations (GOs) and Non-Government Organisations (NGOs) to provide CSE and SRHR services to young people. A total of 10,492 young people below the age 24 received services through our service delivery network.

Each year, FRHAM expanded its networks on a wider coverage to empower people in Malaysia on SRH & Rights. The Communication and Digital Campaign to Promote Sexual Reproductive Health (SRH) information to Young People is one of the projects that FRHAM continuously worked on in 2022. Funded by UNICEF, it is "Let's Talk Sex" with the goal of empowering youth to make informed reproductive health decisions, especially for young people at the age between 13 to 24 years and parents as the target audiences. Although the project has been completed at the end of 2021, it is still being sustained as there is still a massive unmet need.

Outcome 3: Provision of quality and integrated SRHR services accessible by all especially the marginalized and the underserved

FRHAM and the State MAs delivered a comprehensive SRHR services through its network of 25 static clinics, 222 mobile/outreach clinics and 139 COMCEFP outlets which include 119 doctors and 20 paramedics. Besides the provision of contraceptive services, the types of non-contraceptive services include gynaecological services, obstetric services, HIV/AIDS services, STI/RTI services, urology services, abortion services, sub-fertility services as well as non-SRH services including management of non-communicable diseases such as diabetes and hypertension.

Through the IPPF Japan Trust Fund (JTF), FRHAM successfully implemented a project in safeguarding the SRHR needs of the displaced persons from Rakhine state in Malaysia which is extended and ongoing. The project had created an impact on the marginalized community in creating awareness and empowering them through an enabling environment on the need for SRH services. The SMAs of Kedah, Kelantan, Melaka, Penang, Perlis and Selangor participated in the project. FRHAM partnered with several NGOs such as Tzu Chi Foundation and Mercy Malaysia to provide the necessary SRH education, awareness and services.

In serving the marginalized, FRHAM implemented the Differentiated HIV Services for Key Populations (DHSKP) project for female sex workers and women at risk as well as for Men having Sex with Men (MSM) in partnership with Malaysian AIDS council. This project has reached out to 1260 high risk online clients both men and women and provided 299 face-to-face contacts as well as 182 HIV/AIDS tests.

To provide preventative information and knowledge, education and awareness to young people on HIV a project funded by Gilead Foundation was implemented. This project was participated by FRHAM, Kelantan, Pahang and Terengganu. The project conducted 523 awareness sessions, trained 300 trainer of trainers and conducted 544 youth sessions.

Outcome 4: A high performing, visible and accountable FRHAM

FRHAM has been featured in the online and news media on several occasions. Specific mention is to be made of the following which was highlighted in the media: launching of a new brand of condom known as 'Wonderleaf', participation in World AIDS Day as well as opinion of the Chairperson of FRHAM in the news media on children's mental health during Covid-19.

HONORARY SECRETARY- GENERAL'S REPORT

Besides contributing to the outcomes of the National Strategic Framework (2016 – 2022) through various planned projects, the year 2022 was rather a busy year for FRHAM Secretariat and State MAs as they were preparing for the New Strategic Framework (2023 – 2028). The mechanism included FRHAM conducting a Strategic Framework and 3 year Business Plan (2023 – 2025) workshop participated by the SMAs. In addition, several virtual meetings were held with the State MAs to provide the necessary inputs for the development of their individual plans.

To provide long term visibility to the organization, FRHAM undertook a research project funded by UNFPA/Burnet Research Institute on 'Understanding Pathways to Adolescent Pregnancy in Southeast Asia' The research identified the causes that lead to intended and unintended adolescent pregnancy as a consequence of early marriage which will be useful in the development of appropriate programme related policy and recommendations to effectively address adolescent pregnancy. A dissemination seminar is scheduled in 2023 in collaboration with key country stakeholders including government, non-government and UN agencies to demonstrate the relevance and visibility of the organization.

Furthermore, in order to reflect visibility and highlight the organization's work, FRHAM will continuously strive to update its website with current ongoing events, highlighting partnerships with like-minded organizations, and serving as a vehicle for networking with our existing and new partners and donors.

Service Statistics

In the last three years from 2020-2022, we served 178,279 clients (2020-59,758, 2021-62,828, 2022-55,723) including women, men and young people from urban, suburban, poor and vulnerable communities. Female clients comprise 97% in 2020, 93.6% in 2021 and 92.0% in 2022 of the total clients served. The average number of young people client below 24 years of age was 5.6% (2020- 8.0%, 2021 -5.4%, 2022 – 4.2%) of the total clients. On the other hand, clients from poor and vulnerable communities comprises of 17.2% in 2020, 17.3% in 2021 and 12.2 in 2022.

A total of 854,625 services (2020-242,207, 2021-267,405, 2022-316,173) were provided, comprising 357,972 non-SRH services, 307,517 non-contraceptive services and 160,296 contraceptive services. General contraceptive counseling formed 38.8% of the total contraceptive services, followed by 37.5% oral contraceptive services.

Finally, I would like to express my sincere thanks to my fellow volunteers, the Principal office-bearers and all staff both at FRHAM and State MAs for their hard work, commitment and loyalty.

Best wishes,

Dr Sathesh Kumar A/L Periyasamy
Honorary Secretary- General, FRHAM

OFFICIALS OF FRHAM

PRESIDIUM

Federation of Reproductive Health Associations, Malaysia (FRHAM) consists of individuals with great experience and accomplishments that brings a breadth and depth of knowledge and perspective to our work in sexual and reproductive health.



PRESIDENT

Dato' Dr. Kamaruzaman Ali



VICE PRESIDENT

Dr. Philip Kho Thong Kwong



VICE PRESIDENT

Dr. Lilian Hong Yih Cheng



VICE PRESIDENT

Ms. Yeap Meng Chee



VICE PRESIDENT

Datuk Dr. Raj Karim



VICE PRESIDENT

Datuk Dr. Yee Thiam Sun

PRINCIPAL OFFICE BEARERS



CHAIRPERSON

Dr. Kamal Kenny Saravanan



VICE CHAIRPERSON

Dr. Wee Chong Hui



**HONORARY
SECRETARY-GENERAL**

Dr. Sathesh Kumar A/L Periyasamy



**HONORARY
SECRETARY-GENERAL**

Mr. Krishnan A/L Marimuthoo

COMMITTEES AND HONORARY OFFICIALS

NATIONAL COUNCIL PRINCIPAL OFFICE BEARERS

CHAIRPERSON	Dr. Kamal Kenny Saravanan
VICE CHAIRPERSON	Dr. Wee Chong Hui
HONORARY SECRETARY-GENERAL	Dr. Sathesh Kumar A/L Periyasamy
HONORARY TREASURER-GENERAL	Mr. Krishnan A/L Marimuthoo

STATE MA DELEGATES

JOHOR MA	Dr. Priya Muruhaya
KEDAH MA	Dr. Nisha Angela Dominic (until December 2020) Ms Nirvene Kaur Randahawa
KELANTAN MA	Dr. Annuar Husainy Bn Hussein (until December 2020)
MELAKA MA	Assoc. Prof. Siti Hawa Ali
NEGERI SEMBILAN MA	Datuk Haryaty Hamdzah
PAHANG MA	Ms Helen Teo Siew Lai
PENANG MA	Datin Dr. Selva Malar Rasiah Madam See Cheng Kim (until February 2022)
PERAK MA	Dr. Mallise Tong (from March 2022)
PERLIS MA	Mr Ong Tee Chew Puan Hjh Murizah Mohamad
SARAWAK MA	Dr. Satesh Kumar A/L Periyasamy (until December 2020)
SABAH MA	Ms Wong Poh Yee Mr Liew King Hee (until December 2020)
SELANGOR & FT FREHA	Mr Lim P'ng Huat (from December 2020)
TERENGGANU MA	Dr. Kavitha Kalaimany Sr Mohd Zukee Mohd Ragam

YOUTH MEMBERS

YOUTH MEMBER 1	Ms Wong Li Xin
YOUTH MEMBER 2	Ms Elvin Velarian Victor
YOUTH MEMBER 3	Ms Nur Izzeti Bt. Abdullah
YOUTH MEMBER 4	Ms Nurliyana Fatihah Bt. Mohd Hairi
YOUTH MEMBER 5	Ms Nur Shafiqah Bt. Noor Ashani

OTHER OFFICIALS

HONORARY LEGAL ADVISOR	Ms Kunamony Kandiah
HONORARY AUDITOR	Dr. Choong Sim Poey Mr Rosli Hamid
TRUSTEES	Assoc. Prof Dr Mary Huang Soo Lee Ms Mary Pang Mooi Fong

COMMITTEES AND HONORARY OFFICIALS

COMMITTEE MEMBERS

PROGRAMME AND MANAGEMENT

Dr. Kamal Kenny Saravanan (Chair)
Dr. Sathesh Kumar A/L Periyasamy
Mr. Krishnan A/L Marimuthoo
Dr. Wee Chong Hui
Ms Wong Li Xin
Mr Lim P'ng Huat
Dr. Dinesh Mahalingam

PROGRAMME EVALUATION

Sr Mohd Zukee Mohd Ragam (Chair)
Assoc. Prof. Dr Maisarah Ahmad
Madam See Cheng Kim
Assoc. Prof. Dr Tey Nai Peng

EDUCATION AND TRAINING

Assoc. Prof. Siti Hawa Ali (Chair)
Mr Krishnan Marimuthoo
Ms Raja Nadiyah Raja Zaharudin Shah
Ms Poh Yee Wong

MEDICAL

Dr. Dinesh Mahalingam (Chair)
Dr. Priya Muruhaya
Dr. Norhana Bt. Yazid

YOUTH

Ms Wong Li Xin (Chair)
Mr Elvin Velarian Victor
Ms Nur Izzeti Bt. Abdullah
Ms Nurliyana Fatihah Bt. Mohd Hairi
Ms Nur Shafiqah Bt. Noor Ashani

REPRESENTATION IN OTHER AGENCIES

IPPF ESEAOR

Dr. Kamal Kenny Saravanan
Assoc. Prof Siti Hawa Ali
Ms Wong Li Xin (Youth)

NATIONAL AIDS COUNCIL

Dr. Sathesh Kumar A/L Periyasamy

MALAYSIAN COUNCIL FOR CHILD WELFARE

Dr. Kamal Kenny Saravanan

NATIONAL COUNCIL OF WOMEN'S ORGANISATION

Datin Dr. Selva Malar Rasiah

NATIONAL COUNCIL OF WELFARE AND SOCIAL DEVELOPMENT

Mr Krishnan A/L Marimuthoo

SECRETARIAT

STAFF

EXECUTIVE DIRECTOR

Syirin Junisya (until March 2021)

Nora Murat (from April 2021 until October 2021)

Dr. Rajeswari Nagaraja (from November 2021)

HEAD, ADMINISTRATION AND FINANCE

Li-Lina Wu (until May 2021)

Izzati Hazwani Mohamad (from July 2021)

HEAD, PROGRAMME AND PROJECTS

Mehalah Lingam (until January 2020)

Mohd Fadzrel Bn. Abu Bakar (from July 2021 until March 2022)

PROGRAMME AND PROJECTS OFFICER

Jeremy Tan Fok Jun (until August 2021)(Nov 2021 to Feb 2022)

Heema Shaantini A/P Basker (until August 2020)

Jenell Albert Joseph (until August 2020)

Norsyamimie A Rahman (until August 2021)

Sharmilah Rajendran (from March 2021)

Sriyati Bt. Ahmad (from Nov 2020 until Jan 2022)

ADMINISTRATION AND FINANCE ASSISTANT 1

Vimala Rajah Kasinathan

ADMINISTRATION AND FINANCE ASSISTANT 2

Heema Shantini A/P Basker (from March 2021)

Nor Nellissa Bt. Nor Azmi (from February 2022)

ADMINISTRATION AND FINANCE ASSISTANT 3

Azmi Mohd Khadri

GLOBAL FUND PROJECT TEAM (2019-2023)

PROGRAMME MANAGER

Khairyl Nabil Bn. Razali (from August 2019 until October 2021)

Shahrul Anwar Bn. Sallehuddin (from April 2021 until June 2022)

Nirvinjeet Singh Sidhu (from Sept 2022)

FINANCE ADMIN COORDINATOR

Rizqin Thahirah Bt. Mohammed Thairem (until June 2020)

Aziah Jasmine Bt. Zulkefle (from August 2020)

OUTREACH WORKER

Mohd Fakarudin Bn. Zulkiflee (from Sept 2019 until December 2021)

Fatimah Bt. Abdullah (from Sept 2019 until Feb 2020)

Adib Saddam Bn. Husin (from Oct 2019 until March 2021)

Foong Chern Hong (from Oct 2022)

Muhammad Aidil Wafi Bn. Rosli (from Oct 2022)

Muhammad Fitri Bn. Abu Bakar (from Oct 2022)

Muhammad Lutfi Bn. Mohammad (from Oct 2022)

Shurren Nathan A/L Yoganathan (from Jan 2022 until June 2022)

Syahindah Bt. Md Rizal (from Oct 2021 until June 2022)

Noorfaraie Bt. Parman (from April 2021 until June 2022)

Aznie Anneesa Bt. Azmi (from Oct 2021 until June 2022)

Phuah Jia Sheng (from Jan 2022 until June 2022)

CASE WORKER

Albert Tan Wai Zhin (from Nov 2019 until Sept 2020)

Zaidatul Farhana Bt. Ahmad Yatim (until June 2020)

An Nur Cahaya Bt. Jais (until June 2022)

INTERNS

Shanan Teo
Sharmilah Rajendran
Anis Amira Bt. Azmi
Anastasia Alexander Stephen
Nur Shafiqah Bt. Md Ethuhar
Muhammad Bn. Azizi
Shashimalar A/P Mathialagan
Nur Nadhirah Bt. Usaini
Nur Khuraishah Bt. Sulung
Nurul Aina Amirah Bt. Mohd Zareen
Ikram Hamdi Bn. Muhiyidin
Hilmi Zikri Bn. Salehuddin
Nor Nellisa Bt. Nor Azmi

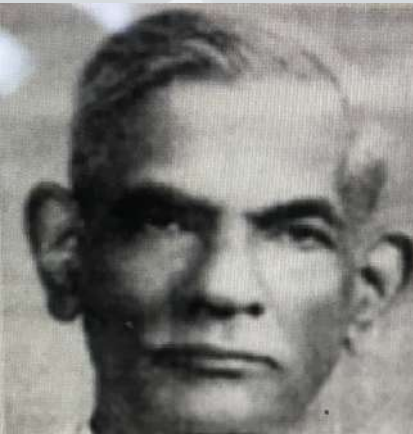
Muhammad Haris Bn. Usman
Shereen Bt. Sayed Ali
Madiah Bt. Mohd Afzal
Kausaliya A/P Paramasivam
Nur Shafiqah Bt. Noor Ashani
Siti Khadijah Bt. Asha'ari
Mohd Rizal Bn. Mohd Razali
Ms Liyana Nuryahirah Bt. Johari
Amirul Fikri Bn. Khamarrul Bahrin
Farihin Bt. Zulkifli
Fredique Serawa Anak Nuing
Safura Damia Bazla Bt. Whayab

OUR JOURNEY

through out the decades

1935

A Family Planning Committee was set up by Dr. A E Duraisamy (a government obstetrician) and his group.



1938

Ms Margaret Sanger (the founder of IPPF) and Ms Edith Howe (from UK) intorduced family planning in Malaysia.



1935 - 1967

Subsequently, Selangor FPA was established in 1953, followed by Johor (1955), Perak (1956), Melaka (1957), Kelantan (1958), Kedah & Pahang (1961), Penang (1961), Terengganu, Perlis and Negeri Sembilan (1967), Sarawak (1964) & Sabah (1967).



1958

Federation of Family Planning Associations, Federation of Malaya (FFPAM) was registered.

2005

FFPAM received accreditation from International Planned Parenthood Federation (IPPF).

2008

FFPAM's name changed to Federation of Reproductive Health Associations, Malaysia (FRHAM) in recognition the emphasis on reproductive health over family planning.

2012 - 2016

FRHAM received second and third accreditation from International Planned Parenthood Federation (IPPF).

SERVICE STATISTICS 2022



55,723

Total clients



92.0%

51,250 of our clients are female



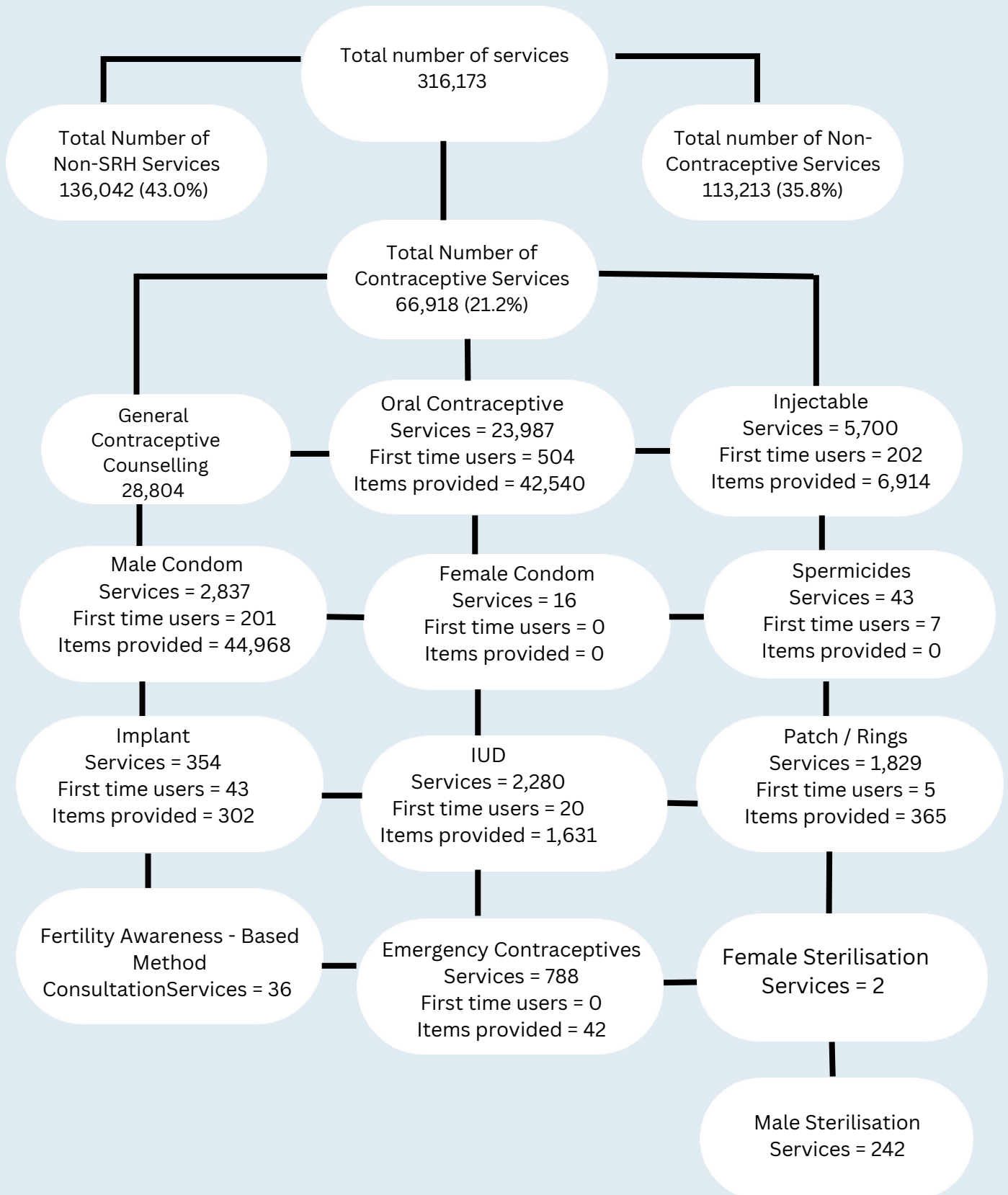
12.2%

6,818 clients are from the poor and vulnerable communities



4.2%

2,325 of our clients are young people below 24 years old



SERVICE STATISTICS 2021



62,828

Total clients



93.6%

58,784 of our clients are female



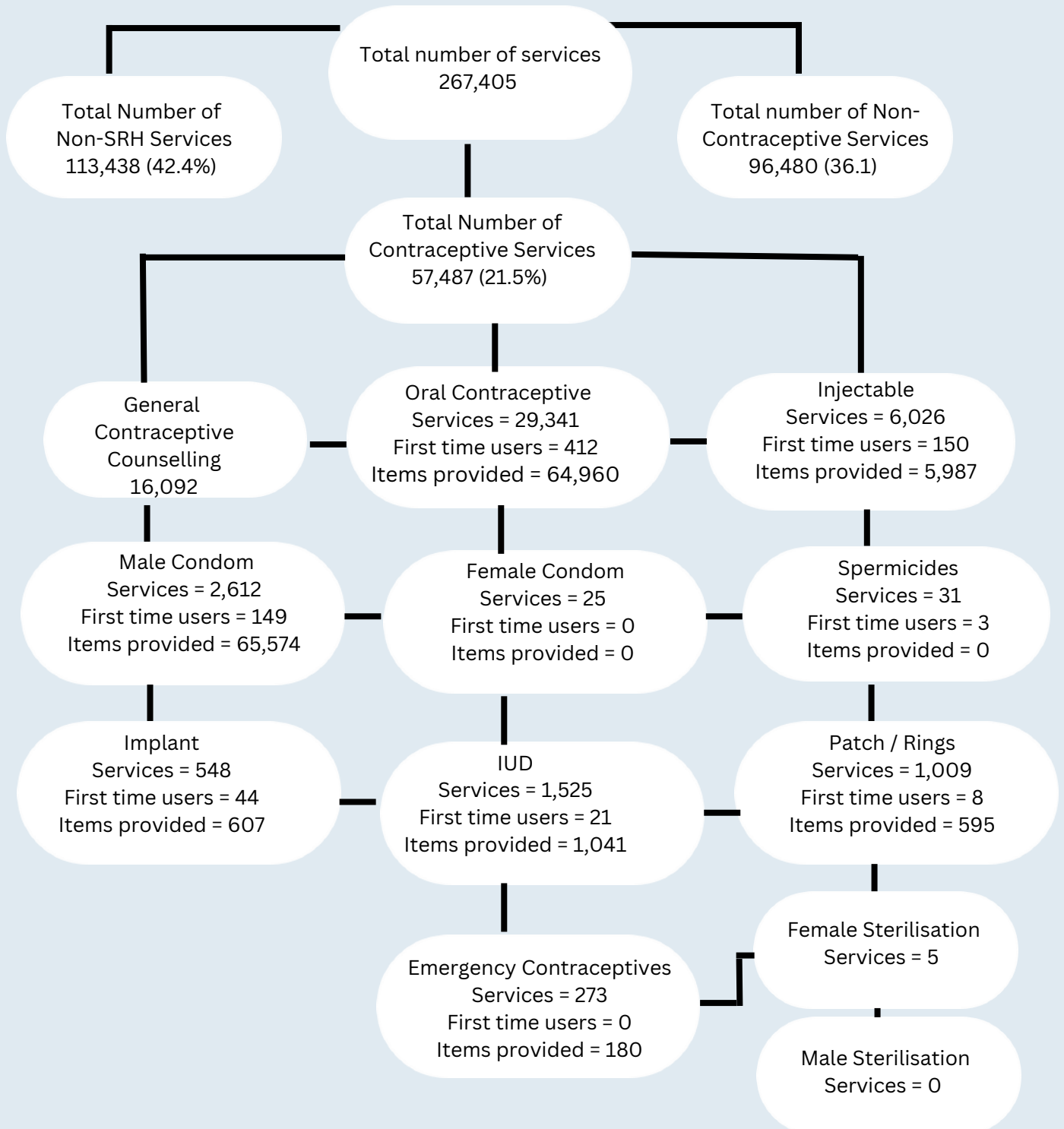
17.3%

10,852 clients are from the poor and vulnerable communities



5.4%

3401 of our clients are young people below 24 years old



SERVICE STATISTICS 2020



59,758

Total client



96.1%

56,026 of our clients are female



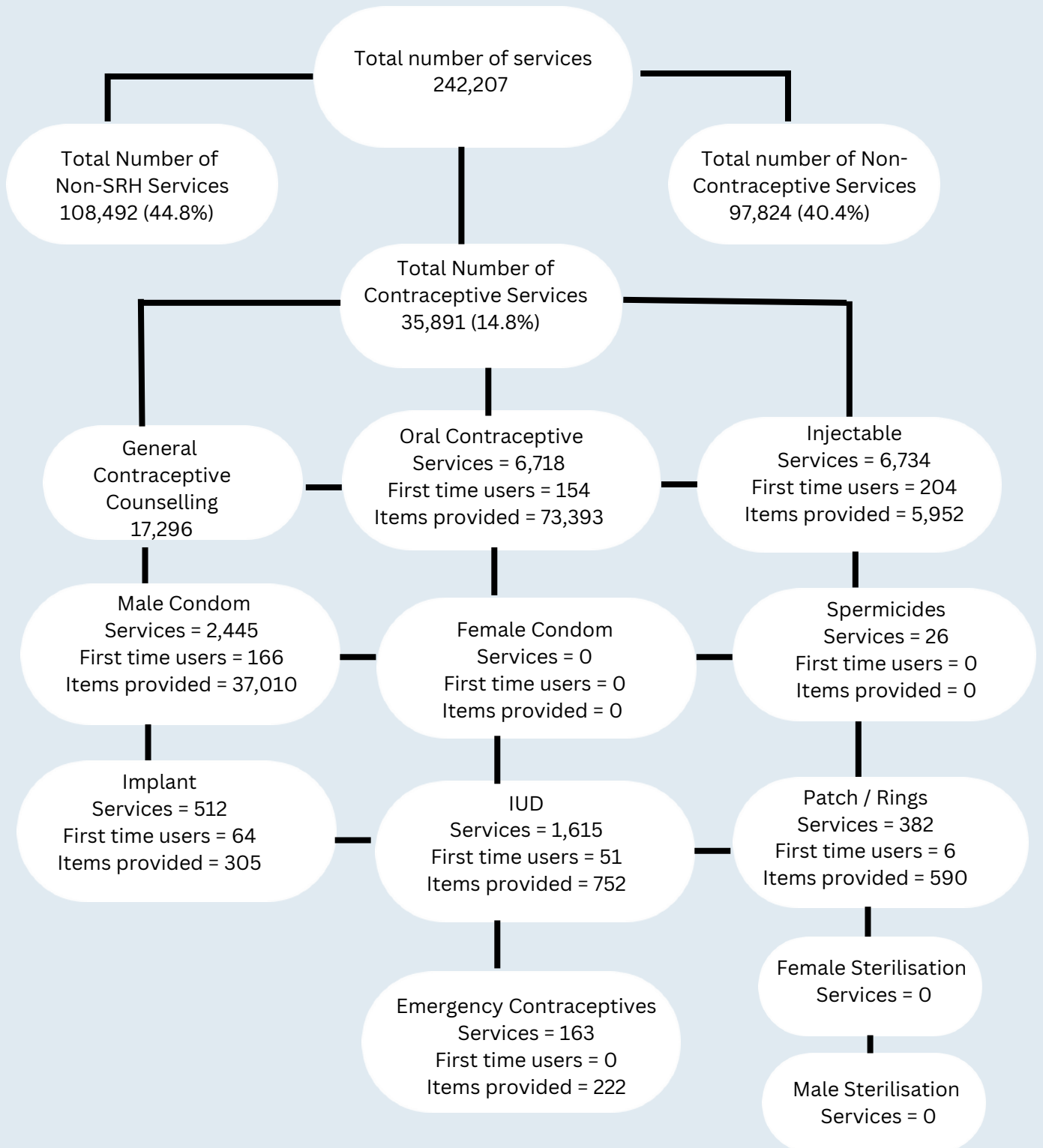
17.2%

10,301 clients are from the poor and vulnerable communities



8.0%

4,766 of our clients are young people below 24 years old



FRHAM National Strategic Framework

2016-2022

OUTCOME 1

Policies and programmes that respect, protect and fulfil SRH and Rights and gender equality are implemented.

- Promote existing SRHR policies and programmes by FRHAM and partners.
- Engage young people and activists to promote existing policies and programmes on SRHR and gender equality.

- Enables 100,000 young people to receive CSE and SRHR services.
- Engage and strengthen partnership with key government agencies, women groups, media and young people to promote SRHR.

OUTCOME 3

Provision of equality and intergrated SRHR services accessible by all especially the marginalized and the underserved.

- Step up delivery of SRHR services to all groups of population including the marginalized and underserved.
- Establish aged-friendly programmes at 50% of States MAs.

- Build a strong and committed volunteer base; skilled and competent staff.
- Develop effective communication strategy to improve visibility and presence of FRHAM.

OUTCOME 2

People in Malaysia are fully informed and empowered to act on SRH and Rights.

OUTCOME 4

A high performing, visible and accountable FRHAM

FRHAM TRIENNIAL DELEGATES CONFERENCE

6th December 2020



Outcome 1



Policies and programmes that respect, protect and fulfil SRH and Rights and gender equality are implemented.

Objective

- Promote existing SRHR policies and programmes by FRHAM and partners.
- Engage young people and activists to promote existing policies and programmes on SRHR and gender equality.

IPPF Regional Workshop: Quality of Care Framework from 10 – 14 October 2022 in Phnom Penh, Cambodia.

IPPF organised a Regional Workshop on Quality of framework with the objective to:

1. Develop enhanced understanding of QOC framework.
2. Discuss strategic alignment and results framework of QOC, IPES Plus MISIP
3. Increase knowledge and skills of participant implementation of ESEAOR Virtual Quality Assessment tools including Humanitarian QOC Assessment
4. Develop POA for strengthening MA Clinical Governance/QOC Awareness System including roll out of QOC tools.

This workshop was participated by 20 personnel from the regional Member Association of Cambodia, Laos, Thailand, Myanmar, Philippines, and Malaysia. The participant from Malaysia was Ms Christine Low Bee Cheng, Manager of Penang RHA.

The five days workshop was packed with introduction to the subject, simulation exercise to gain in depth understanding, group activities, presentation and discussion.

As part of the workshop program, a visit was undertaken to one of the Reproductive Health Association of Cambodia (RHAC) clinic. The visit showcased, a model of an up to date reproductive health clinic with facilities such as an examination room for Pap smear and ultrasound, laboratory, dispensary and waiting area.

The outcome of the workshop was a plan of action for implementation to enhance the quality of care services of FRHAM MA Clinics.



Participants posing for a group photo.



Presentation by Ms Christine on quality integrated service delivery.



Participants' visit to Reproductive Health Association of Cambodia (RHAC)

MELAKA



Outreach sessions conducted by RHA Melaka

KEDAH



Outreach session by Kedah FHA at Kampung Berjaya, Kedah

PERLIS



JAPAN TRUST FUND (JTF) - Safeguarding the Sexual and Reproductive health and rights of the displaced persons from Rakhine State in Malaysia (FRHA)

The project achieved 60% of its planned activities, demonstrating success in carrying out the proposed project. It provided a total of 25,437 services, which include 16,623 SRH services, 1,702 non-SRH primary care services and 7,112 health screening-related services.

- The project is funded by the Japan Trust Fund (JTF) through the International Planned Parenthood Federation (IPPF).
- It was initially scheduled for 2 years, from September 2020 to August 2022, and was reprogrammed with an extension to February 2023.
- Several state MAs (Selangor/FT, Melaka, Kedah, Perlis and Penang) and FRHAM implemented the project



Community leader's sensitisation sessions



CSE sessions with students



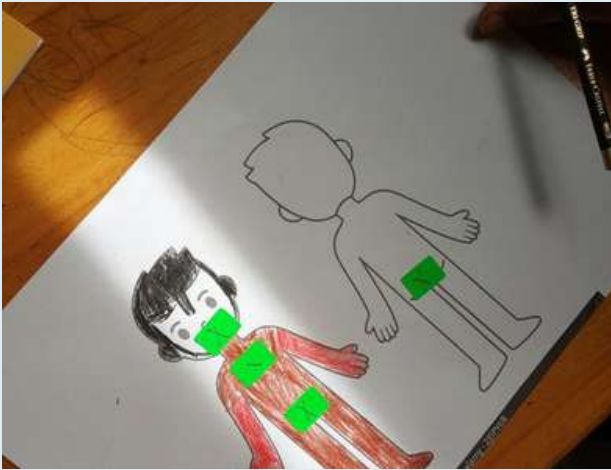
Awareness sessions



Community leader's sensitization sessions



Awareness sessions



CSE Sessions with students

The JTF project achieved an overall 60% of its planned activities, demonstrating success in carrying out the proposed project. We have provided a total of 25,437 services, which include 16,623 SRH services, 1,702 non-SRH primary care services and 7,112 health screening-related services

In summary, the main activities included in this project were:

- Production of IEC materials,
- Digitisation of the Reproductive Health for Adolescents (RHAM) module,
- SRH awareness raising talks,
- Sensitisation training for Rohingya leaders,
- CSE sessions,
- Service provider training,
- SRH services,
- Networking meetings, and
- Selection of community leaders to provide support



CSE sessions conducted by FRHAM at Madrasah Abu Bakr Sidik, Ampang



Outreach by Penang FHDA at Telaga Air, Penang



Outreach session by FRHAM at Al-Ikhlal Rohingya School, Selayang



Networking meeting with Perlis FPA at Kangar



SRH awareness talk by Penang FHDA at Kg. Kota, Penang



FRHAM collaborated with Autrui Global to conduct CSE and outreach sessions to Rohingya community at Madrasah Abu Bakr Sidik, Ampang

Advancing Pharmacists' Role - Myths and Facts about Sexual Health and Family Planning

Penang FHDA, together with Malaysian Pharmaceutical Society (MPS) Penang and MPS Young Pharmacists Chapter (MPSYPC) Penang together with Malaysian Community Pharmacy Guild (MCPG), organised a workshop on "Advancing Pharmacists' Role - Myths and Facts about Sexual Health and Family Planning Workshop" in conjunction with MCPG's 15th annual general meeting (AGM) for its fellow health care professionals.

This 1-day interactive workshop was attended by about 200 pharmacists which was aimed to empower pharmacists to help men and women take control of their own reproductive health and family planning. With increased knowledge in sexual education and reproductive health, including contraceptive pill counselling, men's health and comorbidities, family planning etc, pharmacists and allied health professionals can increase role in disseminating accurate information about sexual health to the community.



Chief Minister of Penang, Mr. Chow Kon Yeow giving his speech during the event.

A diverse group of healthcare experts gathered to discuss the Sexual and Reproductive Health services.

Mr. Chow stressed that family planning services must be free and made accessible in both urban and rural areas.



Participants at the workshop

Mr. Chow expressed his gratitude to the organizing committee for successfully organizing the workshop, adding that the state was fully supportive of such initiative.



Penang FHDA officials at the workshop

Training for Service Providers (Reproductive Health Association of Kelantan, ReHAK)

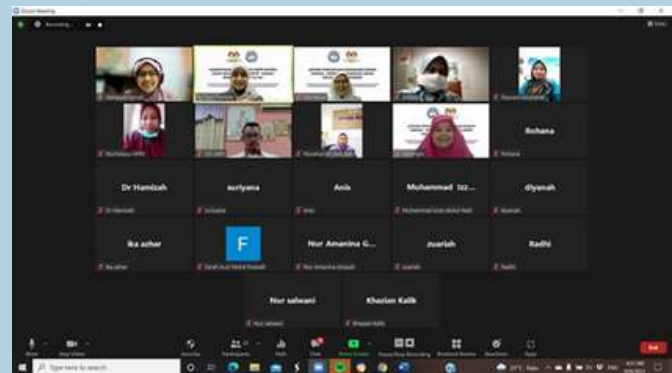
ReHAK, with the support from Ministry of Health through their grant for mental health, has conducted a series of training for service providers on the Prevention of Intimate Partner Violence (IPV) – Emotional/Psychological Violence. Among the service providers involved in the training were PDRM and health service providers (JKN, hospital and clinics). The training aimed to enhance understanding of intimate partner violence, particularly emotional/psychological violence, identify the multi-agency latest practices in handling IPV cases and to discuss the referral pathways for IPV as well as administrative data management.

Due to Covid-19, all training were conducted via Zoom platform. The training was divided into 3 sessions. The first two sessions were carried out according to the department (police and health service providers). For the 3rd session, all participants from Session 1 and 2 convened and attended the Capacity Building Training. A total of 23 participants attended the training. Ms Melissa Mohd Akhir, a consultant and an activist, was invited as the resource person for the session. During the 3rd session, participants were exposed to the foundation of capacity building according to

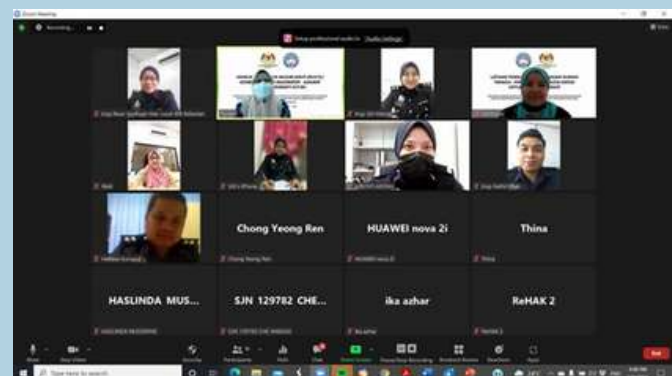
- Reality on the ground
- Laws and guidelines related to IPV
- Consistent efforts among relevant agencies.



Capacity Building Training on Intimate Partner Violence - Psychology/Emotional Violence with representatives from PDRM, JKN, Hospitals and Health Clinics



Training session with health service providers



Training session with participants from PDRM

Gender Equality Initiative

On 2 March 2020, 'She Decides Day' theme is Celebrated the #NewNormal, as well marked the launch of a Gender Equality Initiative which FRHAM implemented together with the Asian-Pacific Resource & Research Centre for Women (ARROW) and Justice For Sisters, with support from the European Union in Malaysia.

Women and girls are constantly faced with multi-level barriers that restrict their ability to exercise their reproductive rights for the sake of their health and well-being. But not many know where to go and how to exercise for their rights to be fulfilled, and engaging with policymakers to sensitise them to create an enabling environment for these women and girls in pursuing these rights, and obtain gender equality in society. It will be a long journey yet it needs to be done.



Photograph during Gender Equality Initiative event



Launching of Gender Equality Initiative

Meaningful Adolescent and Youth Engagement (MAYE)

FRHAM has endorsed the Global Consensus Statement on Meaningful Adolescent and Youth Engagement (MAYE), signalling their commitment and intention to improve MAYE. At the launch of the Statement in November 2018, they were join along 250+ signatories (organizations, agencies, companies, governments and others) in to respond to this global initiative in promoting MAYE and collectively improve the partnership with young people with the aspiration to accelerate efforts to achieve the Sustainable Development Goals.

This consensus highlights the importance of sexual and reproductive health and right to young people in order to allow them to be empowered to make informed choice in pertaining to their health, well-being, and life.

Together with their partners individuals who endorsed the document, they are working hand in hand in providing a more enabling environment for the younger generation in reducing adolescent pregnancies', upholding their rights to sexual and reproductive health



Gender Equality Initiative (Reproductive Health Association of Kelantan, ReHAK)

ReHAK also collaborated with the Asian-Pacific Resource and Research Center for Women (ARROW) in implementing the Gender Equality Initiative (GEI) under the project 'Grounding Human Rights in Malaysia for All: Embracing Change'. The project aimed to support the realization of the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW) and the Universal Periodic Review (UPR). The project was funded through European Instrument for Democracy and Human Rights (EIDHR). The main objective of the project was to build capacity of local CSOs/NGOs in Kelantan in the implementation of the relevant CEDAW and UPR within the human rights framework to achieve gender equality.



Capacity Building Workshop with Young Girls at Hotel Perdana.

Through the project, ReHAK able to conduct two capacity building consultations meeting with young girls and CSOs/NGOs, respectively. A few issues have emerged from those two consultation meetings such as child marriage, menstrual health, gender equality, rights, violence against women, Covid-19 situation among women in terms of economy and unemployment issues, mental health as well as SRH issues among disable persons. The consultation meetings were then followed by the Capacity Building Workshop with Young Girls and CSOs/NGOs, which were conducted separately. For the Capacity Building Workshop with Young Girls, a total of 20 young girls aged 15 – 24 years old attended the workshop.



Consultation meeting with six selected CSOs/NGOs to discuss issues related to gender and rights.

The workshop aimed to increase awareness of adolescent sexual and reproductive health and rights and gender equality, initiate the process of encouraging youth involvement and develop capacity to advocate in youth sexual and reproductive health issues as well as to shift their mindset regarding gender equality. Among the topics covered in the workshop was concept of rights, child marriage, gender equality, menstrual health and mental health. Overall, the participants showed an increase knowledge in SRHR.

IPPF Global Youth Forum and General Assembly

The 2022 IPPF Global Youth Forum and General Assembly was held in Bogota, Colombia from November 21-25 in Grand Hyatt Hotel. The delegates coming from different parts of the world discussed a variety of important issues related to youth sexual and reproductive health and rights and IPPF 2023-2028 strategic plan. FRHAM was represented by Ms Wong Li Xin, Chair person, Youth Committee.



Fundamentals of Youth-led Accountability

IPPF Global Youth Forum

IPPF Global Youth Forum was a 1-day event focused on revising youth resolution and recommending actions to the General Assembly.

Seven resolutions pertaining to youth was made as follows :

- Committing to a meaningful youth IPPF strategy
- Ensuring youth involvement in the IPPF rebranding process
- Prioritizing core funding for youth-related projects
- Building capacity within governance structures
- Creating a global platform for youth to connect and share
- Ensuring that Member Associations are safe spaces for youth
- Creating a mentorship program for intergenerational growth



Ice-breaking

IPPF General Assembly

The General Assembly reviewed and discussed the IPPF 2023-2028 strategy, with a focus on person- centered care and the need to reach more people with quality care. The panellists also reported on the Board of Trustee, IPPF programmatic and financial performance, and the world situation regarding issues such as war, COVID-19, and climate change, all of which can affect sexual and reproductive health and rights. The delegates were given the opportunity to ask questions and provide feedback.



The panellists



Discussion on the third day



Voting day

The delegates also discussed the renewal of the IPPF brand and celebrated its 70th anniversary. A youth representative gave a speech about standing for people and justice, which highlighted the importance of putting the needs and rights of individuals first in all efforts to promote sexual and reproductive health.

Finally, the delegates voted to review and approve the IPPF strategy for 2023-2028. This was a critical moment in setting the course for the organization's work over the next several years, and ensuring that IPPF remains committed to advancing sexual and reproductive health and rights for all people, especially youth and marginalized groups.



Landing on a collective definition in IPPF event

Overall, IPPF Global youth forum and general assembly was a productive and informative event, with a focus on empowering youth to take an active role in advocating for sexual and reproductive health and rights and also a long term plan and actions that includes all people for a better future.



Last day of General Assembly



Forum on IPPF Strategy 2023-2028

The implications for FRHAM include the following:

- 1) Create strong connections with youth groups in all 13 states of Malaysia.
- 2) Raise awareness and promote the importance of SRHR.
- 3) Involve ourselves on a global level by participating in international conferences and events.
- 4) Organize a National Youth Camp by the end of 2023. This camp will serve as a platform for young people to come together, learn new skills, and share their experiences.

FRHAM National Strategic Framework 2016-2022

OUR COMMITMENT

FRHAM's National Strategic Framework (NSF) is thematic and country-specific. The goals, targets and indicators set out on SRHR issues and challenges address at least 5 goals of the Sustainable Development Goals (SDGs), in particular Para 26 of the 2030 Agenda for Sustainable Development on health and well-being : “to promote physical and mental health and well-being, and to extend life expectancy for all, we must achieve universal health coverage and access to quality health care. No one must be left behind.

We commit to accelerating the progress made to date in reducing newborn, child and maternal mortality by ending all such preventable deaths before 2030. We are committed to ensuring universal access to sexual and reproductive health-care services, including for family planning, information and education”.

We firmly commit to address the challenges in our National Strategic Framework (2016-2022) and in the process contribute towards achieving the nation's vision 2020 specifically in the establishment of strong and resilient families.

Outcome 2



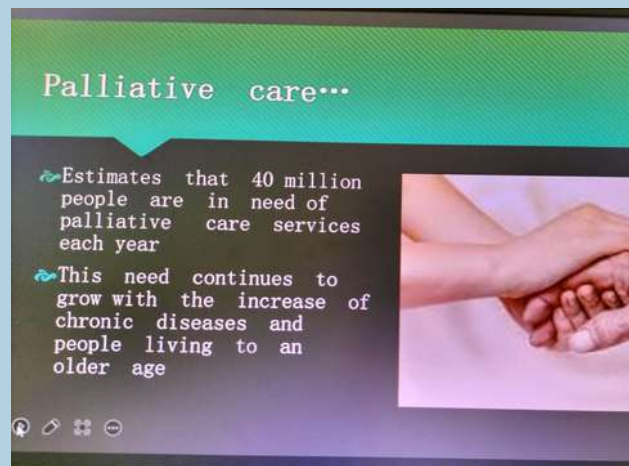
People in Malaysia are fully informed and empowered to act on SRH and Rights.

Objective

- Enables 100,000 young people to receive CSE and SRHR services.
- Engage and strengthen partnership with key government agencies, women groups, media and young people to promote SRHR.

Comprehensive Sexuality Education (CSE)

Information, Education and communication (IEC) programme/activities play a vital role in complementing the various program strategies of Sabah FPA. Provision of up-to-date and accurate information is an effective way to disseminate information and messages to mobilize support for sexual and reproductive health and rights.



Sabah FPA implemented several webinars on sexual reproductive health and rights related topics from year 2021 until year 2022. The first Webinar Program Kesedaran: Kesejahteraan dan Kesihatan Komuniti Wanita supported by Sabah Council of Social Services, was implemented in several series from April until June 2021. Another few series of Webinar Program Kesejahteraan Keluarga were also implemented in October and November 2021 respectively. The project was supported by Kementerian Pembangunan Masyarakat dan Kesejahteraan Rakyat. The 'Webinar for Nurses' was implemented in June 2022.

Providing Access to Reproductive Health Programmes/Activities.

The outreach activities were implemented in the estates, villages and peri-urban areas of Kota Kinabalu, Tawau, Lahad Datu and Kudat respectively. The marginalised women's group were screened for Pap smear and urine test. In addition, the information on sexual and reproductive health and rights related topics were disseminated for this group of communities.



Ladang Imam, Sime Darby Plantation, Tawau



KL Kepong Estate, Lahad Datu



Sabahmas Estate, Lahad Datu



Kg. Tenghilan, Tuaran



Kg. Dampirit, Kudat



Sg. Balung Estate, Lahad Datu



Reproductive Health Services Project for Estate Workers and Families

Reproductive Health Services Project for Estate Workers and Families is a project supported by Sedane Labour Resource Centre (SLRC). It was implemented in the plantations and estates in Tawau and Lahad Datu respectively. There were several activities implemented for these group of communities such as awareness talks, general health check, deworming session for the children, Pap smear test and Hepatitis B screening.

Clinic Services

FReHA served 806 people and reached out to 362 new clients through the Yayasan Hasanah project. A Pap Smear Campaign which was a collaboration with Beyond Borders a Migrant and Refugee NGO.

Project under CIMB Bank 2022 (Selangor/FT FReHA)



Malaysian Association for the blind



Migrant women - (Domestic Workers)

In conjunction with the International Women's Day on 8th March 2022, FReHA provided an online talk on cervical cancer and breast cancer to a group of 25 women. In collaboration with the domestic workers association, FReHA conducted quarterly online and physical talks to the members of the association.

MSRI - Somalia Refugee Community (Selangor/FT FReHA)



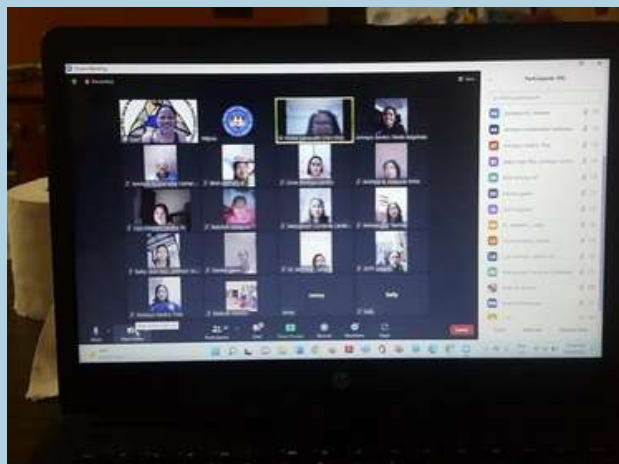
Malaysian Association of the deaf.

In January 2022, FReHA was sponsored by CIMB Bank to provide fifty women with Pap smear services and to conduct awareness talks on the importance of cervical cancer screenings. Fifty women from the marginalised community especially women living with disabilities were reached out. This project forged partnership with NGOs who specifically work with people living with disabilities.



SRH Talk to Somalia Refugee Community by FReHA volunteer.

FReHA collaborated with Malaysian Social Research Institute (MSRI) to provide sexual and reproductive health (SRH) awareness talks to a group of Somalia refugee women. A series of talks over 3 days were held reaching out to 30 women.



Online awareness talk on cervical and breast cancer by FReHA for migrant women workers.

CSE for Refugee Teenagers (Penang Family Health Development Association, FHDA)

FHDA organized informal sessions to increase awareness and acceptance of family planning among the refugee community due to stigma and male-dominant culture. The Myanmar Muslim refugee women from Arakan who live in Penang, mainly rohingya, were dependent on their men.

The community were vulnerable to teenage motherhood, lack of child spacing and required their husbands to lead them for health care. Maternal and women's healthcare were issues are of great concern.

FHDA organised awareness talks during outreach to homes of refugee hosts. They used IEC materials, streamers, breast examination teaching model, toy dolls, laptop to give gender-based violence information, family planning and condom usage videos in Rohingya language. These were sourced from the International Catholic Migration Commission (ICMC) and Federation of Reproductive Health Associations, Malaysia.



CSE for students at Jelutong



Jelutong @ Selfless Together Learning Centre



"Who am I" session



JTF CSE mixed class at Kota Giam



CSE for boys group



CSE mixed class-hair lice

Youth Road Tour 'Youth for Tomorrow' 3.0 (Reproductive Health Association of Kelantan, ReHAK)

In 2022, ReHAK once again collaborated with Kota Bharu District Health Office to conduct the Youth Road Tour 'Youth for Tomorrow' 3.0 programme in primary and secondary schools in the District of Kota Bharu. About 14 schools (5 primary schools and 9 secondary schools) were reached out through this programme. The activities include talk on adolescent's health, health screening and followed by small group discussions on topics such as puberty, reproductive organs, menstrual, safe and unsafe touch, HIV/AIDS, pornography, sexual violence as well as mental health. About 850 students, mainly standard 4, 5 and 6 and Form 1, 2 and 3 took part in the programme.



Primary school children learning about puberty and reproductive organs



The team for the Road Tour Youth for Tomorrow 3.0

KPT Prihatin, Komuniti Sejahtera Programme (KRIS)

ReHAK also collaborated with O&G Department and Medical Social Work Unit, HUSM to run programmes for adolescents under the Ministry of Higher Education Grant called 'Program KPT Prihatin, Komuniti Sejahtera (KRIS)'. Programme with O&G Department was on the awareness of puberty and menstruation in children. The programme was held in 2 primary schools with Standard 3 until Standard 6 female school children. About 550 children were involved in the programme. The activities include group discussion on changes during puberty, menstruation and management of menstruation. The children also were screened on their health and school children who had health issues were referred to HUSM.



ReHAK volunteer explaining on the body changes during puberty to the school children at SK Geting, Tumpat

Awareness Programme

ReHAK also collaborated with Medical Social Work Unit, HUSM in organizing an awareness programme called “Program Kesedaran Kesihatan Remaja Negeri Kelantan” on the 21 August 2022 at Dewan Besar Sektor Sumber Teknologi Pendidikan, Pengkalan Chepa, Kota Bharu. The participants were mainly the Form 6 students from schools in 6 districts in Kelantan (Kota Bharu, Bachok, Pasir Puteh, Tumpat, Machang and Tanah Merah). The programme aimed to raise awareness on the health, emotional, social and economy impact of child marriage, violence in a relationship and how to respond, teenage pregnancy, mental health and healthy lifestyle as well as promotion on the career as Medical Social Worker. ReHAK also took the opportunity to promote its youth-to-youth club to the participants. About 100 students attended the programme. The event was divided into two sessions, the first session was allocated for the talks and the second session was the workshop. During the workshop session, students were divided into a few groups and each group were given a topic such as cyber-bully, child marriage, stress among adolescent, suicidal among adolescents and teenage pregnancy to discuss and present.



ReHAK exhibition booth at the “Program Kesedaran Kesihatan Remaja Negeri Kelantan



Group presentation on the assigned topic

CSE Workshop

Besides school children, ReHAK also worked with teachers on strengthening the delivery of comprehensive sexuality education in schools. With the support from the High Commission of Canada in Malaysia through the Canada Fund for Local Initiatives (CFLI), ReHAK has partnered with Kelantan State Education Department and District Education Office has conducted a workshop on Strengthening Teachers’ Capacity in Delivering CSE in Schools in 3 districts (Bachok, Tanah Merah and Machang). A total of 111 teachers attended the workshop and they have been reaffirmed on their knowledge of CSE which will give them the skills needed to deliver the subject in schools comfortably. The teachers also have increased awareness on procedures in handling and reporting abuse cases involving school children.



Workshop with teachers in Tanah Merah District

UNICEF Project Cakna Remaja (CARE) (Reproductive Health Association of Kelantan, ReHAK)

In February 2020, ReHAK organised a 3 days, 2 nights study tour to Kuala Lumpur for the students of Project Cakna Remaja (CARE) SMK Badang. It is a School and Community Intervention Programme which was funded by UNICEF to empower adolescent girls and boys in Badang, Kelantan to make informed choices to realise their reproductive health and rights and improve the policy environment through capacity building of relevant stakeholders for effective implementation of adolescent reproductive health programs, particularly in school.



Participants visiting the National Monument.



Participants visiting Putrajaya.



Participants visiting Petrosains, the Discovery Center.



Participants visiting Seri Perdana Kompleks.

Comprehensive Sexuality Education (CSE) (FRHAM)

FRHAM carried out a Comprehensive Sexuality Education (CSE) talk at Stella Maris International School under the Project Cakna Remaja. It was a remarkable experience for both the students and the facilitators to learn from each other. The facilitators taught the students how to identify safe touch and bad touch with the aim to equip the students with information that can protect themselves. Questions that reflected the myth of young people about SRHR information was raised and adequate knowledge was given to them.



Students listening attentively to a CSE talk.



LINC KL

During International Women's Day, March 7- 8, 2020, Selangor/FT FReHA had an information booth set up. At this event, sanitary pads were distributed and information on the services by FReHA were disseminated. FReHA also spent time talking to older women and young girls about the importance of breast self-checking, and they also talked to men about prostate and testicular reproductive cancers. FReHA also offered free doctor consultations. The information booth at LINC KL was a success because FReHA was able to increase FREHA's visibility while also attracted 10 new clients.



Students are amused by the talk.

Family and Community Health Promotion (Reproductive Health Association of Kelantan, ReHAK)

The Family and Community Health Promotion program was conducted at the Badang office next to Pasar Kedai Buloh. Penggawa and Penghulu Badang, Kota Bharu District Health Office, USM School of Dental Science, AADK, LPPKN, Umieaktif, Generasiku Sayang, YOKUK as well as ReHAK volunteers and students from SMK Badang and the residents in surrounding areas present enlivened the ceremony.



Consent & Sexual and Reproductive Health and Rights for the visually impaired

Selangor/FT FReHA organized a talk for the students of Malaysian Association for the Blind and 60 Students attended the vibrant yet informative talk conducted by volunteer speaker Ms Juliana Ooi.

Online Workshop on Unintended Pregnancy and Baby Dumping

Selangor/FT FReHA organized a workshop for the students of Taylor's College. This was an online talk. Almost reached 50 students for this talk.

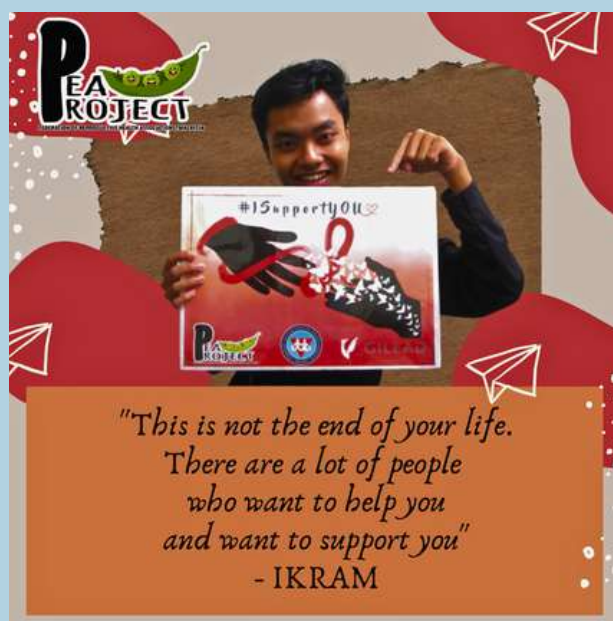
PEA Project - Social media campaign (#ISupport You)

The Prevention Education and Awareness (PEA) Project started a social media initiative funded by Gilead with the collaboration of FRHAM and International Youth Alliance of Family Planning (Malaysia Chapter) to initiate the conversation among young people on the topic of HIV.

People living with HIV were often surrounded by stigma and discrimination which hinder their access to services and healthcare, especially those young people who are living with it.

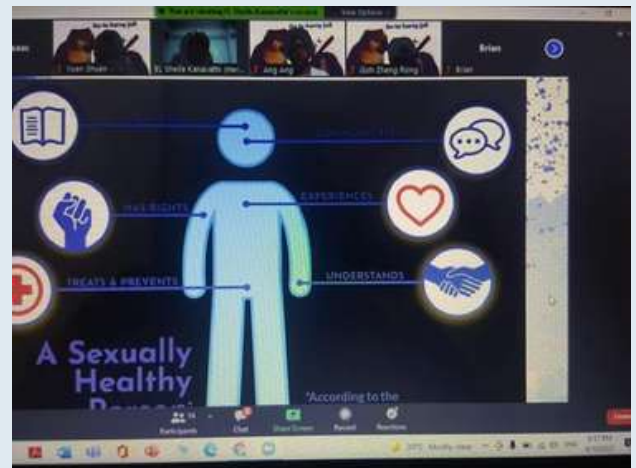
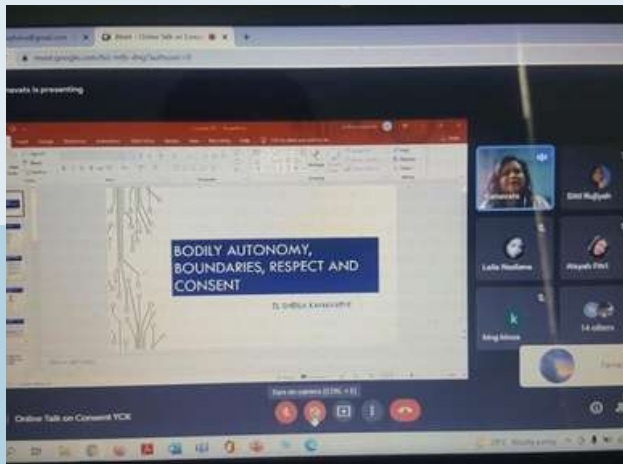
Due to this, many young people who are living with HIV (YPLHIV) often marginalized and afraid to seek out for testing, treatment, and support from people surrounding them.

FRHAM believe that youths in this country are changemaker to the society and they can create an enabling environment for young people to support each other despite their HIV status. Thus, they launch the #ISupportYou or #SayaSokongAnda campaign.



Awareness talks - Youth Yayasan chow kit

FReHA was in discussions with young people from Yayasan Chow Kit. They had a good exchange of views and opinions on the topic of Bodily Autonomy, Boundaries, Respect and Consent.



SRHR awareness & basic contraceptive session for service providers

Selangor/FT FReHA was approached by 2 doctors who requested them to conduct a refresher course on basic contraceptive methods. Dr Asari who is a member was the lead facilitator and shared his experiences and knowledge on the practical side of providing sexual reproductive health services.

Doctors were introduced to Sexual Reproductive Health and Rights as a main background of the work carried out at FReHA. Ms El Sheila Kanavathi, an experience SRHR educator/trainer was the key lead for this session.

Through this activity, FReHA has broadened its scope of sessional doctors and was able to retain Dr Gouri Gandhi, as the sessional doctor for the weekend clinic.

Awareness talks - Subang Jaya Buddhist Youth Group

Sexual Health, Sexual Rights and Mental Health. Is there a connection? Selangor/FT FReHA organised a workshop with a group of young adults to commemorate World Mental Health Day on 10 Oct 2021. It was a session on identifying how mental health can be connected to sexual health.



Outcome 3



Provision of equality and intergrated SRHR services accessible by all especially the marginalized and the underserved.

Objective

- Step up delivery of SRHR services to all groups of population including the marginalized and underserved.
- Establish aged-friendly programmes at 50% of States MAs.

Community Led PrEP Service Consultation Meeting at Penang



58th Annual General Meeting and First Exco Meeting at Perlis FPA Premise



Health Care by CRSM and Perlis FPA at RPA Batu 16, Kaki Bukit



Health Care CrossOver Perlis FPA and Penang FHDA with refugees at Perlis FPA Premise



Health Care by CRSM and Perlis FPA at Dewan Kaki Bukit





Field Visit by Penang FHDA (CrossOver Programme for refugees)

**Outreach Health Awareness Programme,
Program Kesedaran Kesihatan.**



Outreach Health Awareness Programme,
Labu, Negeri Sembilan FPA.



Free Health Check-Up for
community at Kaki Bukit, organized
by CRSM (Crisis Relief Squad of MCA)



Pusat Khidmat Masyarakat DUN Labu, Batu
10, Labu, Negeri Sembilan FPA.



Pusat Khidmat Masyarakat DUN Labu, Batu
10, Labu, Negeri Sembilan FPA.

Participants of IPPF Data Management Strategies, (DMS), workshop on Field Visit to Negeri Sembilan FPA.

IPPF Data Management Strategy (DMS) Workshop
15-19 August 2022

Objective of the workshop were:

- Fully understand and appreciate the DMS and its components
- Articulate the relevance of DMS in their own organisational context
- Develop a realistic, time bound, practical action plan to implement the DMS
- Align with the New Strategic Framework (NSF) and the Results Framework.

A total of 21 participants namely from Indonesia Planned Parenthood Association (IPPA), FPA India, FPA Nepal, SROP and Pacific MAs, FPA Sri Lanka and FRHAM attended the workshop. The participants from FRHAM include Dr. Rajeswari (Executive Director), Ms. Sharmilah (Programme & Projects Officer) and Ms. Engie (Penang FHDA Programme Manager). A field visit was undertaken on the 3rd day of the workshop by visiting Negeri Sembilan FPA to learn about their data management system

A plan of action was developed for each of the participating MAs for the next three years (2023-2025)



Mrs Tan, Treasurer of Negeri Sembilan FPA welcoming the participants



Participants posing for a group photo at Youth Friendly Clinic, Seremban

Training for JTF Project 2022 at Penang FHDA Office and Outreach program at Bkt. Tambun



JTF Project 2022 at Penang FHDA Office



Basic Counselling Skills and Case Management at FHDA Office (organized by Penang FHDA)



JTF Project 2022: Outreach Program for Rohingya refugees at Kg. Kota, Simpang Empat and Utan Aji, Perlis



**JTF Project 2022: Outreach Program
at Kg. Utan Aji, Kangar**



**JTF Project 2022: Outreach Program at
Bkt. Tambun, Pulau Pinang**



Access to Sexual and Reproductive Health (SRH) Services for Refugees Living in Kelantan

In 3rd quarter of year 2020, ReHAK received a short-term grant from the UNHCR to run a project called "Access to Sexual and Reproductive Health (SRH) Services for Refugees Living in Kelantan". The project aimed at introducing sexual and reproductive health (SRH) in the form of medical/modern family planning method and improving access of services to the refugee population specifically Rohingya women in Kelantan. The short-term project started in mid-August 2020 and ended in December 2020. The project focused specifically in Kota Bharu sub-districts of Kadok and Melor.

The project has enabled ReHAK to expand their networking with a few new NGOs such as Malaysian Relief Agency (MRA) and IMAM Response and Relief Team (IMARET), who has been the key organization supporting the refugee population in the state.

On the other hand, they also encountered with a few challenges during the project. One of the challenges was the language barrier. Most of the Rohingya women not able to speak in Bahasa Malaysia or English, and only spoke in their dialect. For the project, ReHAK had to hire male interpreters as they could not find a suitable female interpreter, only managed to find female interpreter towards the end of the project.



SRH services given to the Rohingya women at ReHAK's clinic

During the project, they managed to approach 44 Rohingya married women (with consent) for brief personal profiling, and provided SRH clinical services such as pap smear, family planning method, breast examination and ultrasound to 39 women. ReHAK also provide basic medical check-up, for example, blood pressure and BMI. The project also supported 3 women for their deliveries. 5 women received awareness on SRH and access to services, however, they did not attend the clinic sessions. Apart from that, they also conducted two focus group discussions (FGDs) with the Rohingya women and one focus group discussion with local women. From the FGDs with the Rohingya women, they were able to identify issues regarding SRH, breastfeeding, children educational status and relationship with local women



Site visit to the Rohingya community

KPT Prihatin, Komuniti Sejahtera Programme (KRIS)

ReHAK was invited by O&G Department USM to conduct 3 outreach programmes, with support from the Ministry of Higher Education Grant called 'Program KPT Prihatin, Komuniti Sejahtera (KRIS)'

The first outreach programme on "Kempen Saringan Pap Smear dan Cakna Kesihatan Wanita untuk Keluarga Bahagia dan Negara Gemilang" was held in Pulau Perhentian, Besut, Terengganu on 27 May 2022. About 150 participants attended the event. The activities include health screening, health talks, pap smear screening and consultation as well as exhibition. They managed to conduct 16 pap smears.



General health screening at Pulau Perhentian



Health Talk: Cervical Cancer at Pulau Perhentian

Another outreach programme with O&G Department on "Kempen Cakna Kesihatan Wanita & Keluarga" was held on 24 June 2022 at Masjid Tengku Aziza, Melor, Kelantan. About 240 participants attended the event. The activities include exhibition, health talks, general health screening, coloring contest for children, lucky draw as well as services such as pap smear screening, breast examination, ultrasound and family planning method were provided. During the campaign, they managed to do 19 pap smear screening, 5 implants and 3 IUCD insertion. They also had the opportunity to sell their pre-loved item as part of ReHAK's fund raising activity.



Kempen Cakna Kesihatan Wanita & Keluarga at Masjid Tengku Aziza, Melor, in collaboration with O&G Department, USM.

The last collaboration with O&G Department, USM on the health campaign was held at Pulau Sri Tanjung, Teluk Renjuna, Tumpat. The event on "Projek Kesedaran Kesihatan Wanita" was held on 25 August 2022 and was attended by about 250 participants. The activities done were similar to the two previous events. ReHAK managed to do 26 pap smear screening during the event.



Projek Kesedaran Kesihatan Wanita at Pulau Sri Tanjung, Teluk Renjuna, Tumpat in collaboration with O&G Department, USM.

Differentiated HIV Services for Key Populations (DHSKP) in Malaysia

The DHSKP project funded by Malaysian AIDS Council (MAC) and Global FUND (GF).

The project aimed at providing differentiated HIV services to key populations in Malaysia. The focus of this project is on the targeted communities of female sex workers (FSWs) and men who have sex with men (MSM). Through tailored interventions, this project aimed to address the unique challenges faced by these populations in accessing HIV prevention, testing, treatment, and care services.

Through this project, FRHAM reached out to 1260 online clients, 299 face-to-face clients and 182 HIV/STI test were done, with the assistance of JEJAKA, the sub recipient of this project.



Jasmeen (Finance Administration Coordinator) and Shahrul (Programme Manager), representing the DHSKP team, participated in the Paralegal Training 1.0 organised by the Malaysian AIDS Council. From left: Shahrul, Gen (Lawyer), Jasmeen, Davin



The staff meeting was conducted at the FRHAM meeting room.



Jasmeen (Finance Administration Coordinator) and Shahrul (Programme Manager), representing the DHSKP team, participated in the Paralegal Training 2.0 organised by the Malaysian AIDS Council.



Jasmeen, Nirvin, and Foong, staff members of the Differentiated HIV Services for Key Populations (DHSKP) project, were invited to attend the MYHIV Forum organised by the Malaysian AIDS Council at Hospital Sungai Buloh.



DHSKP staff have been invited to collaborate with the Japan Trust Fund (JTF) project to co-organize an event focused on the Refugees community.



The programme manager and the case worker from FRHAM engage in a discussion with the programme manager from KLASS to address and resolve the issue that has arisen.



FRHAM organised the World AIDS Day event at Doorset Grand, Subang Jaya. From left: Vimala, Dr. Satish, Jasmeen, and Nellissa



Capture photos featuring FRHAM staff and interns.

"eh,ada test percuma jom kita pergi"

JOM BUAT TEST

1. COMPLIMENTARY HIV & STI SCREENING TEST
URJAN SABINGAN HIV & STI PERCUMA
2. COMPLIMENTARY COMMODITY KITS (CONDOMS AND LUBRICANTS)
KIT KOMODITI (KONDOM DAN PELINCIR) PERCUMA
3. BOOK YOUR SLOT FOR APPOINTMENT WITH FRHAM CHWS (LIMITED SLOT!)
TEMPAH SLOT UNTUK TEMU JAJLI DENGAN PKK FRHAM (SLOT TERHADU)

SERVICES

HIV SCREENING TEST

HIV 3RD GEN TEST : FREE
HIV 4TH GEN TEST : RM 25.00

STIS SCREENING TEST

SYPHILIS TEST : FREE
HEP C TEST : FREE
HEP B TEST : RM 15.00

MONDAY | 27 MAR 2023
TIME | 12PM-6PM
VENUE | FRHAM SS15 SUBANG JAYA

HEALTH CAMP 2023

FRIENDS N' FRHAMILY

"discover : be you 4 you"

- SAFE SEX FUNDAMENTAL
- SOGIESC 101
- COMMUNITY-BASED TESTING

SATURDAY, 11 MARCH 2023
UPLUS SPACE, DAMANSARA
limited seats ! contact us for more information

ORGANIZED BY: JEJAKA HEALTH
SUPPORTED BY: JEJAKA HEALTH
SPONSORED BY: JEJAKA HEALTH

All relevant posters promoting the services have been disseminated through FRHAM's social media channels.

JTF Project 2022: Clinic Session at Perlis FPA Premise



Pre and Post Covid Hygiene distribution



During phase 5 of MCO, Selangor/FT FReHA worked with KOA Malaysia and KAREX to distribute hygiene packs. The hygiene packs include sanitary pads, soap, washing detergent. KAREX donated 1000 condoms which were also distributed to partner NGOs who worked directly with their beneficiaries. The NGOs that worked with were;

- Malaysian Social Research Institute- works with mediterranean refugees residing in KL and SELANGOR.
- Health Equity Initiatives- works to provide mental health counseling to all refugees residing in KL and SELANGOR.
- International Domestic worker's federation- provides empowerment workshops for migrant workers specifically domestic workers.
- FREHA's existing clients who are vulnerable and resides near FREHA in the Syed Putra area.



Outreach Project and Initiatives for the marginalised community



Sexual Health Services



Sexual Health Services



Education awareness

Yayasan Hasanah's project allowed FReHA to continue providing access to sexual reproductive health services and education awareness to the community during the time of COVID - 19 pandemic was still raging. The project enabled FReHA to provide reproductive health services to B40 women from vulnerable communities which includes the women from the B40 groups, refugee/ asylum seekers and women living with disabilities. In addition to providing clinical services the project provided sanitary pads to the vulnerable communities to overcome period poverty that continue to exist in the community. Services were provided to 400 persons and conducted awareness talks for 250 women and girls.

Dewan Bandaraya Kuching Utara (DBKU)



Blood screening



Taking BMI



Vaccination

Semenggoh Camp



Blood Screening

Taiyo Yuden



Blood Screening



Taking BP



Talk on Teenage Pregnancy

Tanoti House



Motivation



Youth Health & Education Workshop

A 2 days workshop for 36 Universities students from Universiti Malaysia Sarawak (UNIMAS) and Swinburne University in collaboration with International Association of Students in Economics and Commercial Sciences (AIESEC) in Malaysia was held to empower young people to make responsible decisions regarding sexual relationships.

This workshop provided young people on knowledge of sexuality education and better understanding of reproductive health issues and life skills were inculcated to young people with aims of reducing social problems related to unwanted pregnancy among teenagers.



Group Work



Teenage Pregnancy



HIV

Stop Stunting Project -2022-2023

Sarawak Family Planning Association took up this project based on statistics that Sarawak has high rate of stunted children in rural areas compared to other areas.

The village chosen is situated in Northeast of Kuching and West of Sejingkat in Sarawak, which is a fishing village.

The duration of the project is one year for 10 children age 1 to 5 years in collaboration with a milk powder company. Our assessment at the end of the project shows that there was improvement in health, weight and height of the children



Outcome 4



A high performing, visible and accountable FRHAM

Objective

- Build a strong and committed volunteer base; skilled and competent staff.
- Develop effective communication strategy to improve visibility and presence of FRHAM.

ANNUAL GENERAL MEETING KEDAH FHA 2021



58TH ANNUAL GENERAL MEETING AND FIRST EXCO MEETING AT PERLIS FPA PREMISE



Health Care cross over Kedah/Penang refugees at Kuala Nerang



The Open Day and Official Opening

The Open Day and Official Opening of Harrington Family Clinic in conjunction with Sabah FPA 55th Anniversary was implemented on 22 October 2022 at the Headquarters of Sabah FPA, Kota Kinabalu Branch. The Sabah FPA's services has been upgraded to a full-fledged clinic. The Harrington Family Clinic will provide a one-stop primary healthcare services including general ailments to the existing pool of clients as well as new clients. The opening of the clinic was officiated by the nominated Assemblyman and former Chief Minister YB Datuk Seri Panglima Yong Teck Lee.



Capacity Building Workshop

FRHAM conducted the capacity building workshop to empower their State Member Associations of Terengganu, Pahang, and Kelantan on approaches and methods of using art in educating young people about HIV and debunking the fear they have on people living with HIV.

FRHAM hope that this project can assist the Malaysia's government in accelerating its HIV response and ending AIDS as per the National Strategic Plan of Ending AIDS 2016-2030.

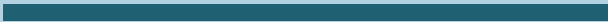


Federation of Reproductive Health Associations, Malaysia (FRHAM) and Selangor/FT (FREHA) have jointly conducted a capacity building workshop for a youth based project to learn the creative approach of using arts and drawing to educate young people about HIV and provide a platform to generate youth-driven advocacy in the SRHR field of work.



The team were joined and supported by Mr. Bryant Gonzales, the Senior Youth officer from IPPF ESEAOR making it a more effective and impactful project for young people in Malaysia. Preventative measurements for COVID-19 were taken at the workshop to ensure the health and safety of the participants are protected.





Outreach Activity

FRHAM have distributed food for 200 frontliners working on Covid-19 with the collaboration of Carrisa Beauty. The food baskets were distributed to several location including Klinik Kesihatan Bandar Botanic, Pejabat Kebajikan Masyarakat Daerah Petaling, and at few roadblocks from Klang to Kuala Lumpur highway.



The outreach team went on a humanitarian drive providing basic necessities to the clients who were badly affected by the Movement Control Order (MCO). This drive was made possible by Coalition PLUS in collaboration with the Malaysian AIDS Council (MAC).



60th Annual General meeting Kedah FHA 2022



Food packs were distributed for the poor in villages and estates in Tawau who are affected by the Covid-19 pandemic. This mission was collaborated with Mercy Malaysia Sabah Chapter Tawau Branch.



Kursus Kepimpinan MKNK 2022



FReHA engages with other NGO Movements



Majlis Mesra dan Penyampaian Geran Tahunan Yayasan Sultanah Bahiyah 2022



North - south initiative (NSI)



North - south initiative (NSI)

Meeting JTF FRHAM Northern Hub



MERCY MALAYSIA

FRHAM IN THE MEDIA



LETTER | Reduce adolescent pregnancy, uphold sexual and reproductive health

Federation of Reproductive Health Associations Malaysia
Published: Sep 16, 2020 10:51 AM - Updated: 11:08 AM

LETTER | We, leaders and representatives of civil society organisations, professional societies, scientific associations, faith-based organisations, government agencies and departments, private for-profit entities, non-governmental, non-profit organisations, and citizens of Malaysia, are united to reduce unintended adolescent pregnancies in Malaysia.

We desire a society where every person below 18 years of age enjoys health and well-being, is treated with love and respect, and is capable of realising their fullest potential. However, we are concerned with the reported rising rate of unprotected adolescent sexual activity, of which the health and social impacts include unintended pregnancies, unsafe abortion or miscarriages, disrupted education, child marriage, social stigma, and further victimisation.

Due to legal, social, and cultural barriers, safe and meaningful access to sexual and reproductive health education and services remain inadequate. Adolescents are one of the most vulnerable and hidden groups as their voices and health needs are not being heard or met. We believe that as a civilised and responsible society, it is time that Malaysia does everything to protect our adolescents, young mothers, and their babies.

We take note of the causes of adolescent pregnancies and the requirement of multi-factor solutions. The health needs, the developing autonomy and capacity, and the psychosocial struggles of adolescents should be highlighted. Everyone in society is responsible to stand in solidarity with our adolescents and support their needs. We are united behind the fullest range of policy options to reduce adolescent pregnancies in Malaysia. Multiple stakeholders must commit to and implement political, social, scientific, educational, health systems, and access

HOME / WHAT YOU THINK Consent for sex out of wedlock a false premise in sexual reproductive rights — Rafidah Hanim Mokhtar

Tuesday, 15 Sep 2020 08:41 AM MYT



Follow us on [Instagram](#) and subscribe to our [Telegram](#) channel for the latest updates.

SEPTEMBER 15 — We would like to respond to the statement by the Federation of Reproductive Health Associations Malaysia published in your website.

Let us speak plainly and clearly as the above mentioned consensus statement is heavily loaded with jargon and at times unclear and contradictory.

Adolescents and school children must be taught right from wrong. We teach them that certain actions are wrong. For example, stealing is wrong, harming others is wrong, engaging in corruption is wrong, polluting the environment is wrong. Similarly, having sex out of wedlock

FOR WHAT YOU THINK

WHAT IS POPULAR

1. Malaysia IPCC call is a step backward: police accountability — Amnesty International Malaysia, ARTICLE 19, G

2. Conviction stands unless and until it is aside — Hafiz Hassan

3. No time for persons' complacency —

HOME / MALAYSIA

Family planning clinics still essential during MCO, groups tell Putrajaya

Tuesday, 14 Apr 2020 06:36 AM MYT
BFB | 1201/Week

Deputy Health Minister Shows Parliament How To Use Easy HPV Self-Tests

By CodeBlue | 10 August 2020

Dr Noor Azmi Ghazali says 60% of women in Malaysia do not go for pap smears to check for cancer.



Deputy Health Minister Dr Noor Azmi Ghazali shows HPV self-test kit for cervical cancer. Screenshot from YouTube @PrimerMalaysia

KUALA LUMPUR, August 10 — Deputy Health Minister Dr Noor Azmi Ghazali announced he will use an HPV self-sampling test for cervical cancer, as he demonstrated a test today.

Dr Noor Azmi pointed out that although government clinics provide pap smear, 60 per cent of women did not undergo pap smears for the past three years, while 25 per cent did not know of other methods of cervical cancer screening, according to the 2017 Health and Morbidity Survey.

He also noted that the Ministry of Health (MOH) has recorded 25 per cent of pap smears only in 2019, compared to its target of 40 per cent.

As a trained doctor, Dr Noor Azmi said pap smears were not comfortable and not all women. During a pap smear, a woman lies on her back on the examination table with legs spread and feet up on stirrups, as a health professional inserts a speculum and uses a tool to scrape a small sample of cells from her cervix.



We are concerned by the reported rising rate of unprotected adolescent sexual activity, of which the health and social impacts include unintended pregnancies, unsafe abortions or miscarriages, disrupted education, child marriages, social stigma and further victimisation.

Due to legal, social, and cultural barriers, safe and meaningful access to sexual and reproductive health education and services remain inadequate among adolescents.

The health needs, the developing autonomy and capacity and the psychosocial struggles of adolescents should be centrally placed, and everyone in society has the responsibility of standing in solidarity with our adolescents and supporting their needs.

In developing our child- and adolescent-centred commitments, we have conducted multiple robust discussions over a long period. In these discussions, we have carefully considered the ethical, religious, political, scientific, cultural, and Malaysian contexts.

in the first six months of this year, there were 53 cases of abandoned babies, an average of 3 days and 1 abandoned baby in 15 years

(KUALA LUMPUR) — MALAYSIAN ALLIANCE OF REPRODUCTIVE HEALTH ASSOCIATIONS (FRHAM) SAID THAT IN THE PAST 15 YEARS, MALAYSIA HAS HAD AN AVERAGE OF ONE CASE OF ABANDONED BABIES EVERY THREE DAYS, AND SEVEN OF THE 10 ABANDONED BABIES FOUND ARE STILLBORN.

the coalition points out that this is the conclusion they have reached after the statistics, with 53 cases of abandoned babies occurring in the first six months of this year alone, with unsafe sex as the leading cause of unwanted pregnancies.

In addition to the heartbreaking cases of abandoned and stillborn babies, the coalition also focuses on the physical damage caused by unwanted pregnancies among young girls, these young mothers, who are in their late teens, suffer from high blood pressure, severe infections, or underdevelopment of their embryos because they are "pregnant too early".

In its message, the alliance noted that young mothers who become pregnant during their youth face various health threats, while also seriously affecting the social and economic status of young mothers, who may drop out of school, become vulnerable by relying on others for care, and be despised and stigmatized.

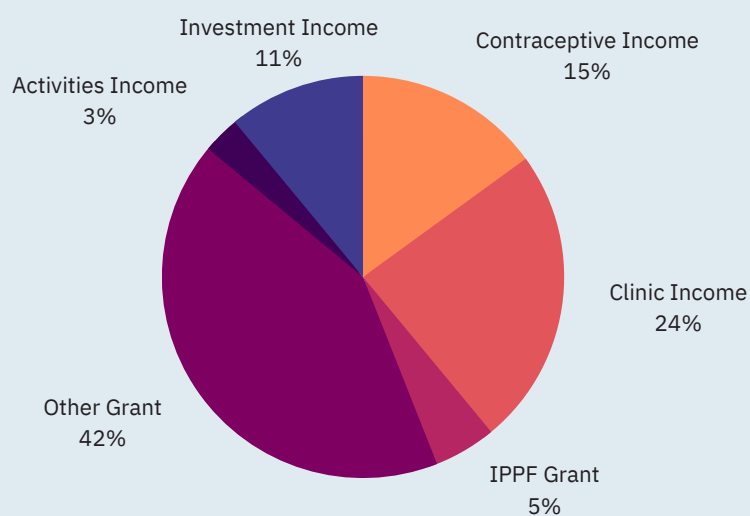
call on the government to protect women who are injured by unwanted pregnancies

"that's why we've made this statement calling on the government to protect and restore our young mothers' health from physical and mental damage"

FINANCIAL OVERVIEW 2020

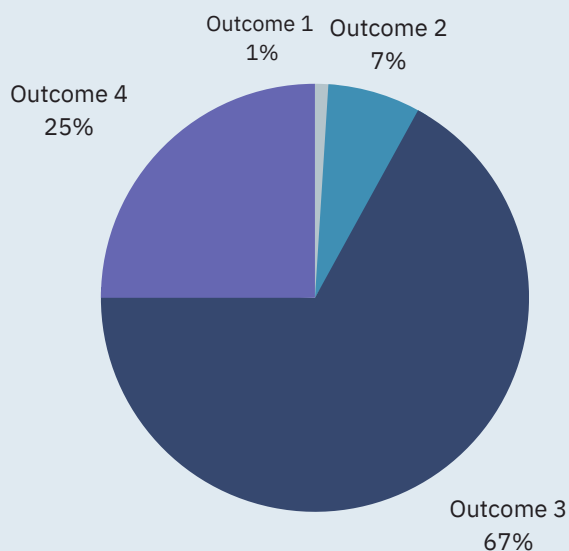
INCOME

SOURCES	RM	%
Contraceptive Income	1,070,641	15
Clinic Income	1,755,625	24
IPPF Grant	385,064	5
Other Grant	3,123,397	42
Activities Income	242,306	3
Investment Income	838,270	11
Total	7,415,303	100



EXPENSES

EXPENSES	RM	%
Outcome 1: Advocacy & Champion Rights	81,972	1
Outcome 2: Awareness & Empowerment	462,042	7
Outcome 3: Integrated & Accessible Services	4,553,518	67
Outcome 4: Governance, Management, Development & Sustainability	1,702,045	25
Total	6,799,577	100

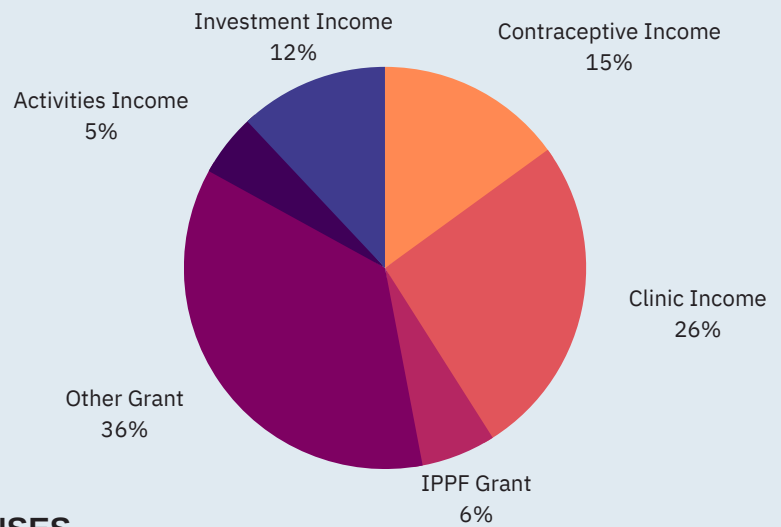


Note: Selangor FREHA's data is not included.

FINANCIAL OVERVIEW 2021

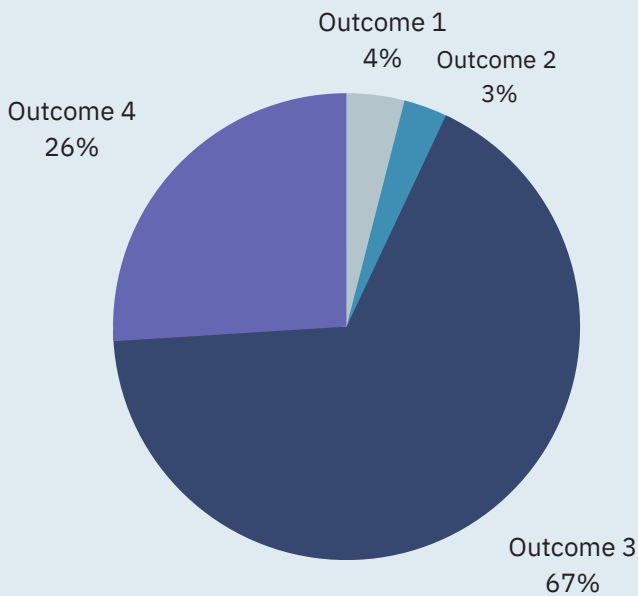
INCOME

SOURCES	RM	%
Contraceptive Income	1,014,699	15
Clinic Income	1,777,846	26
IPPF Grant	410,380	6
Other Grant	2,494,203	36
Activities Income	331,055	5
Investment Income	812,098	12
Total	6,840,280	100



EXPENSES

EXPENSES	RM	%
Outcome 1: Advocacy & Champion Rights	274,572	4
Outcome 2: Awareness & Empowerment	251,029	3
Outcome 3: Integrated & Accessible Services	4,642,217	67
Outcome 4: Governance, Management, Development & Sustainability	1,798,755	26
Total	6,966,573	100

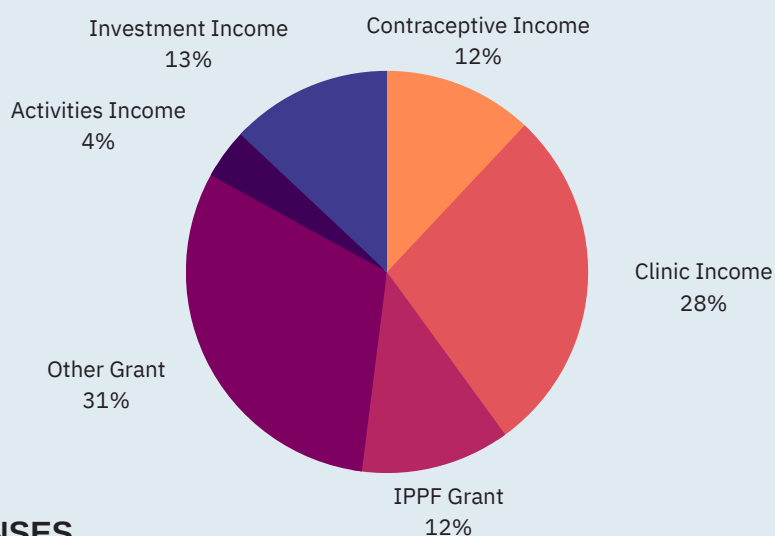


Note: Selangor FREHA's data is not included.

FINANCIAL OVERVIEW 2022

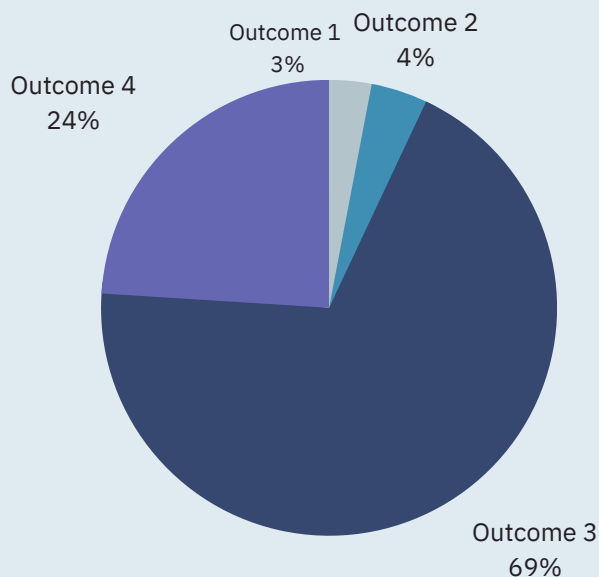
INCOME

SOURCES	RM	%
Contraceptive Income	793,779	12
Clinic Income	1,818,260	28
IPPF Grant	786,020	12
Other Grant	1,981,278	31
Activities Income	241,726	4
Investment Income	814,937	13
Total	6,436,000	100



EXPENSES

EXPENSES	RM	%
Outcome 1: Advocacy & Champion Rights	207,935	3
Outcome 2: Awareness & Empowerment	214,761	4
Outcome 3: Integrated & Accessible Services	4,261,978	69
Outcome 4: Governance, Management, Development & Sustainability	1,446,215	24
Total	6,130,889	100



Note: Selangor FREHA's and Kelantan REHA's data is not included.

STATE MEMBER ASSOCIATIONS

State MAs (State Member Associations) run clinics that provide services mainly related to Sexual and Reproductive Health & Rights (SRHR).
Our clients range from young people, women, men and older adults as well as the underserved, marginalized and key populations.

AVAILABLE SERVICES

CONTRACEPTIVE SERVICES

ABORTION COUNSELLING AND REFERRAL GYNAECOLOGY SERVICES

- Pap Smear, Ultrasound, Breast Cancer examination, etc

OBSTETRIC SERVICES

- Ante and Post natal consultation, pregnancy test

UROLOGY SERVICES

SPECIALIZED SRH SERVICES

- Counselling on gender based violence, relationship, sexuality, etc

HIV / AIDS

- Screenings, PrEP, PEP, etc

STIs/ RTIs

- Screenings, treatments, Hep B and HPV vaccinations

NON-SRH SERVICES

- Diabetes, Hypertension, Hyperlipidemia, etc

TRAINING

- Adolescents and young people's SRHR ie good/bad touch, sexual offences, etc

OUTREACH PROGRAMS

- Mobile services to vulnerable population ie refugees, indigenous people, migrant workers

STATE HEALTH CENTRES

<p>PENANG FAMILY HEALTH DEVELOPMENT ASSOCIATION (PENANG FHDA)</p> <p>333 Jalan Perak, 11600 George Town Telephone: 04-282 5191 E-mail: info@frhapenang.org Tuesday - Saturday 8.00 am - 6.00 pm</p>	<p>KEDAH FAMILY HEALTH ASSOCIATION (KEDAH FHA)</p> <p>2 Jalan Kampong Baru, 05000 Alor Setar Telephone: 04-732 1280 E-mail: kedahfpa@yahoo.com Thursday - Sunday 8.00 am - 5.00 pm</p>
<p>PERLIS FAMILY PLANNING ASSOCIATION (PERLIS FPA)</p> <p>140 Persiaran Jubli Emas, 01000 Kangar Telephone: 04-976 0739 E-mail: c.kimeng@yahoo.com Monday - Friday 8.00 am - 5.00 pm</p>	<p>FAMILY PLANNING ASSOCIATION TERENGGANU (FPA TERENGGANU)</p> <p>12 G, Jalan Engku Pengiran Anom 2, 20300 Kuala Terengganu Telephone: 09-622 1763 E-mail: fpatrg@gmail.com Sunday - Thursday 8.30 am - 4.30 pm</p>

STATE MEMBER ASSOCIATIONS

STATE HEALTH CENTRES

<p>REPRODUCTIVE HEALTH ASSOCIATION PAHANG (RHA PAHANG)</p> <p>B-1582, Jalan Beserah, 25300 Kuantan Telephone: 09-566 6403 E-mail: rha.phg@gmail.com Monday - Friday 8.30 am - 4.30 pm Saturday 8.30 am - 1.00 pm</p>	<p>PERAK FAMILY HEALTH ASSOCIATION (PERAK FHA)</p> <p>58 A & 60A Regat Sri Cempaka, Taman Cempaka, 31400 Ipoh Telephone: 05-547 7849 / 016-526 (4233/5233/8233) E-mail: pfhaperak@gmail.com Monday - Friday 8.00 am - 5.00 pm</p>
<p>SELANGOR AND FEDERAL TERRITORY FAMILY REPRODUCTIVE HEALTH ASSOCIATION (FREHA)</p> <p>No 2b, Lorong Syed Putra Kiri P.O. Box 10710, 50722 Kuala Lumpur Telephone: 03-2274 3489 / 017-3561049 E-mail: swpfreha@gmail.com Website: www.freha.org Monday - Friday 8.00 am - 5.00 pm</p>	<p>NEGERI SEMBILAN FAMILY PLANNING ASSOCIATION (NSFPA)</p> <p>3, Jalan Dr Krishnan, 70000 Seremban Telephone: 06-762 2969 / 06-763 5778 E-mail: nsfpa29@yahoo.com Monday - Friday 8.30 am - 4.30 pm Saturday 8.30 am - 2.30 pm</p>
<p>REPRODUCTIVE HEALTH ASSOCIATION MELAKA (RHA MELAKA)</p> <p>2A-3, 1st Floor, Dewan Hang Tuah, Jalan Hang Tuah, Melaka Telephone: 06-284 4475 E-mail: rhamelaka@gmail.com Tuesday - Saturday 8.30 am - 5.00 pm</p>	<p>JOHOR FAMILY HEALTH ASSOCIATION (JOHOR FHA)</p> <p>10-A Jalan Abiad Satu Taman Pelangi, 80400 Johor Bahru Telephone: 07-333 7772 E-mail: johorfha@gmail.com Monday - Tuesday & Saturday 8.30 am - 4.30 pm</p>
<p>SARAWAK FAMILY PLANNING ASSOCIATION (SARAWAK FPA)</p> <p>Jalan P Ramlee P.O. Box 788, 93716 Kuching Telephone: 082-426 982 E-mail: sfpaswk@gmail.com Monday - Friday 8.00 am - 5.00 pm</p>	<p>SABAH FAMILY PLANNING ASSOCIATION (SABAH FPA)</p> <p>Council of Management, 613 Jalan Family Planning Centre, off Jalan Kebajikan 88000 Kota Kinabalu Telephone: 088-245 209 E-mail: hqsfpa@gmail.com Monday - Friday 8.00 am - 4.30 pm Saturday (1st and 3rd week) Closed Saturday (2nd and 4th week) 8.00 am - 12.00 pm</p>
<p>REPRODUCTIVE HEALTH ASSOCIATION OF KELANTAN (ReHAK)</p> <p>4261-F, Jalan Kebun Sultan, 15350 Kota Bahru Telephone: 09-748 (3323/2407) E-mail: rehakelantan@gmail.com Monday & Wednesday 8.30 am - 6.00 pm Tuesday 8.30 am - 5.00 pm Thursday 8.30 am - 1.00 pm Saturday & Sunday 8.30 am - 4.30 pm</p>	

ABBREVIATIONS

The following abbreviations are used in this report:

AIDS	Acquired Immuno-Deficiency Syndrome
ARROW	Asian-Pacific Resource & Research Centre for Women
CARE	Projek Cakna Remaja
CCRM	Coalition for Child Rights Malaysia
CEDAW	The Convention on the Elimination of all Forms of Discrimination Against Women (CEDAW)
CME	Continuing Medical Education
CMIS	Clinic Management Information System
COMANGO	Coalition of Malaysian NGOs
COMCEFP	Community Clinic Extension Family Planning
CRC	Convention on the Rights of the Child
CRCM	Child Rights Coalition Malaysia
CSE	Comprehensive Sexuality Education
CSO	Civil Society Organizations
DHSPK	Differentiated HIV Services for Key Population
EIDHR	European Instrument for Democracy and Human Rights
FFPAM	Federation of Family Planning Associations, Malaysia
FHA	Family Health Association
FHDA	Family Health Development Association
FPA	Family Planning Association
FRHA	Selangor and Federal Territory Family Reproductive Health Association
FRHAM	Federation of Reproductive Health Associations, Malaysia
GBV	Gender Based Violence
HIV	Human Immunodeficiency Virus
ICFP	International Conference on Family Planning
ICMC	International Catholic Migration Commission
ICPD	International Conference for Population and Development
IEC	Information, Education and Communication
IPPA	Indonesian Planned Parenthood Association
IPES	Integrated Package of Essential Services
IPPF ESEASOR	International Planned Parenthood Federation International Planned Parenthood Federation, East & South East Asia and Oceania Region
IUCD	Intra-Uterine Contraceptive Device
JOICFP	Japanese Organization for International Cooperation in Family Planning
JTF	Japan Trust Fund
LARC	Long-Acting Reversible Contraceptive
MA	Member Association
MAC	Malaysian AIDS Council
MCCW	Malaysian Council For Child Welfare
MISP	Minimum Initial Service Package

ABBREVIATIONS

The following abbreviations are used in this report:

MCO	Movement Control Order
MOE	Ministry of Education
MOH	Ministry of Health
MPS	Malaysia Pharmaceutical Society
MSM	Men who have Sex with Men
MSRI	Malaysia Social Research Institute
MWFCD	Ministry of Women, Family and Community Development
NCCW	National Council on Children’s Welfare
NCWSD	National Council of Women and Social Development
NCWO	National Council of Women’s Organization
NGO	Non-Government Organizational
NPFDB	National Population and Family Development Board Malaysia
NSF	National Strategic Framework
OSCC	One Stop Crisis Centre
PDRM	Royal Malaysia Police
PEERS	Reproductive Health and Social Educations
POA	Plan Of Action
PrEP	Pre-exposure Prophylaxis
QoC	Quality of Care
RHAM	Reproductive Health for Adolescent Module
RRAAM	Reproductive Rights Advocacy Alliance Malaysia
RTI	Reproductive Tract Infection
SDG	Sustainable Development Goals
SRHR	Sexual and Reproductive Health and Rights
STI	Sexual Transmitted Infection
SUHAKAM	Human Rights Commission of Malaysia
TWG	Technical Working Group
UPR	Universal Periodic Review
FSW	Female Sex Worker
UNESCO	United Nations Educational Scientific and Cultural Organization
UNFPA	United Nations Population Fund
UNICEF	United Nations Children’s Fund
WAO	Women’s Aid Organization

“GREATER UNDERSTANDING AND PRACTICE OF PLANNED PARENTHOOD, THROUGH THE USE OF CONTRACEPTIVE MEASURES PRESCRIBED BY DOCTORS AND CLINICS, WILL MEAN THAT THERE WILL BE MORE STRONG AND HEALTHY CHILDREN”

*MARGARET SANGER
FOUNDER OF IPPF*



**FEDERATION OF REPRODUCTIVE HEALTH ASSOCIATIONS, MALAYSIA
(a MEMBER OF THE INTERNATIONAL PLANNED PARENTHOOD FEDERATION)**



@frhamofficial



frham@frham.org.my



@frham



03-5563 7514/16/18