



**NO MORE: Gender based Violence and learner pregnancies in Namibia**

## **[Survivor's Story] Title: Talking Helps**

Lovisa is a short 60-year-old woman who is fair in complexion. She was born in the Northern regions of Namibia. Lovisa is a married woman and the mother of three children. They built their homestead together the very year they got married. She lived in their home with their children while her husband worked in a different region.

At the beginning of 2019, Lovisa and her husband visited the Regain Trust office because her husband started to abuse her psychologically and physically. "My husband started to be at work for many years without visiting us, it turns out he had another woman there. I had been waiting for my husband for many years. When he finally decided to come visit us, he came with his other woman and two children, one of these kids was just a few months old" narrated Lovisa.

Lovisa said "I was busy attending a sewing course by that time, but I decided to drop out of the training, so that I could take care of my kids and my husband's kids because they were too young. Years flew by and the bond between my partner and I faded each day. When my husband retired, he came home, and the situation worsened. He started abusing alcohol and when he returned home from the cuca-shops he would start insulting me and try to get violent when I retaliated. On most nights, our children always stopped us from fighting. One of our children quit her job to be at home fulltime because of the situation at home."

"My husband started bringing his mistresses home and he stopped communicating with me. I would cook for him, but he would throw my food away in my presence. By then, he chased me out of our room, and I had to make myself a shack in our yard. He told me not to go at his part of the house and not to enter our bedroom. This made me feel so sad because I was already feeling lonely before he retired from work and now when he is living at home, it feels as though we are siblings with a rivalry and so much hate. When I was feeling overwhelmed, I would find refuge in my bible, sing spiritual songs, praying and talking to our pastor about my situation" recalls Lovisa.

I sought help from Regain Trust, where I received counselling. The Social Worker counselled not just me, but my husband too. She assisted us peacefully and helped me accept and own my story. The situation in the house is gradually getting better because my husband does not insult or fight with me anymore and he eats my food now. However, we still do not sleep in the same room. I am encouraging other people that are having the same or similar problems or those who will find themselves in the same situation to tell someone about their problems. It is important for us to confide in trusted family members, trusted friends, and social workers or counsellors. Through talking we learn that we are never alone" concluded Lovisa.



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Regain Trust empowers survivors of Gender Based Violence through psychological therapy sessions, one on one and group sessions. The intervention process helps and empowers survivors to open up and speak out about their experiences. Awareness campaigns are done through public dialogues, media campaigns and trainings. The organization advocates for a holistic approach to address GBV.

Regain Trust and (FES) Friedrich Ebert Stiftung with co-funding from the European Union are implementing a project that will contribute towards National efforts to address Gender based Violence and Learner Pregnancy in the Khomas, Erongo and Northern Regions. The project titled "Survivors Speak Up!" seeks to Increase and enhance the delivery of prevention, psychosocial, health, legal and protection services to reduce the prevalence of GBV & LP.

Find upcoming events and more information about Regain Trust on our website and Facebook Page.



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