



H4BF CAMEROON

2019 Annual Report



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FORWARD FROM THE EXECUTIVE DDIRECTOR

The year 2019 has been an extra ordinary year with H4BF CAMEROON which saw her extend most of her activities to other regions within the country and of course create more impact in the communities where we work to realize our very important mission. The year began with the launching of the 2019 activities which brought together so many partners, local authorities and community participants. We also used the opportunity to invite a variety of media houses that covered the events to give H4BF CAMEROON. In the course of the year 2019, we focused on expanding our activities especially our community water and sanitation projects to communities that faced great water challenges while putting more efforts on sensitization through schools and other community units. We did not leave out the agricultural sector which is the backbone of H4BF CAMEROON activities and so many other activities including environmental advocacy, tree planting, food exchange programs etc.

This year, we also received over 12 volunteers including national and international volunteers from universities, high schools and local communities. These contributed a lot to the accomplishments this year. Our team also increased as we recruited more local contact persons who have been acting as managers in our community projects. Our online community have also greatly increased through the increasing hard work put in by our agile public relations department which is a huge plus to us and our partners.

Despite the efforts we put in, there were lots of challenges we faced noting the current instability in the socio-political atmosphere in the country but the very strong and versatile H4BF CAMEROON did not allow the crisis to stop their work.

1.0. INTRODUCTION

H4BF CAMEROON is a Non-Governmental Organization constitute by professionals in the year 2009 to meet the developmental challenges facing the Rural Community, with commitment, professional inputs backed by professional knowledge of the development dynamics of the contemporary Cameroon.

In the nearly 3 years of its existence, H4BF CAMEROON has not only succeeded in putting up significant work in various areas of development, but has built up models for such activity for replication as well as scale-up

H4BF CAMEROON has a significant experience of working within the 10 regions of Cameroon. These activities have been in various areas that include children rights and education, health and HIV/ AIDs, livelihoods and micro finance, natural resource management, Disaster risk reduction and climatic change management.

Empowering the most marginalized groups like trafficked children & women, single & destitute women, children in difficult circumstances, Rehabilitation of Persons with Disabilities (PWDs) and other vulnerable groups like those infected and affected by HIV/AIDS and relief operations during floods and cyclones are some of the other interventions carried out by H4BF CAMEROON in both urban and rural settings in its operational areas.

The major strategies that have been placed in all development interventions undertaken by H4BF CAMEROON are Institution Building, capacity building, convergence, leverages and linkages, networking, advocacy and lobby.

Mission

The most ambitious mission of the organization is to strengthen the struggles of rural, poor, oppressed, exploited people of under privileged backward communities for their empowerment and survival by developing alternative means of livelihood with full access to education, health care, shelter, safe drinking water and sanitation, income generating facilities, gender equity, availability of basic human rights and self-help initiatives.

Vision

H4BF CAMEROON visualizes an egalitarian civil society free from exploitation, oppression that involves all section of people irrespective of caste creed religion in the holistic development of the people, for the people, by the people.

OUR APPROACH

We believe in peoples' participatory approach in all stages of our development initiatives. We always adopt rural development planning and action programme through study-cum-survey with the active peoples' participatory approach. For undertaking action planning, implementation and follow-up initiatives in rural areas involvement of grassroots level peoples' organizations such as self-help groups, women groups, village health groups, small and marginal farmer's clubs, (CBOs), forest protection committees and local councils is must in our strategy.

2.0. 2019 ACHIEVEMENT

1) ACCESSING WATER, HYGIENE AND SANITATION



- 13 villages trained (girls and boys, households and authorities) on adopting hygiene and sanitation practices
- 18: villages (households, health centres and schools) provided with access to safe drinking water, improved sanitation, handwashing, and menstrual hygiene facilities
- 400: villages (local authorities) take ownership for water supply, sanitation and hygiene services
- We have trained water management committees in all communities where we have provided potable water



2) ACCESSING RENEWABLE ENERGY

- 53 + Enterprises trained and established
- 14 + Financial Support provided to small and medium size energy supplied businesses
- 15 + Innovative Models created
- 12 + new Engagements taken



3) ENDING MALNUTRITION

- More than 80 peasants' farmers trained on Growing Healthy Food
- Over 600 one-on-one counseling sessions provided to women on exclusive breastfeeding in the first six months, weaning techniques, and maternal and child health and nutrition
- Over 80 micro loans provided with interested mothers to provide business & money management training and access to microloans to start or grow a business.
- Over 20 women groups empowered to increase access to high-quality foods, income-generating activities, and nutrition knowledge
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4) EMPOWERING WOMEN & GIRLS



- Over 200 women trained and supported with start-up materials to begin their own businesses
- Over 200 micro loans provided with interested mothers to provide business & money management training and access to microloans to start or grow a business.
- Over 10,000 reached via gender base violence awareness creation workshops and trainings
- 92 women have been trained on livestock farming, basic management, group dynamics, record keeping and post-harvest management.

5) PROTECTING CHILDREN

- Over 20,000 children, parents, teachers, and caregivers reached through awareness creation on prevention techniques- teaching them how to stop abuse before it begins
- Over 12 workshops organized on effective investigations with a child victim-centric approach.
- Over 8 survivors and their families connected with shelter, medical care, counselling, educational support, and legal assistance throughout the judicial process and beyond.



6) IMPROVING AGRICULTURE

- 12 unemployed youths and leaders of farming communities between 16-35 years have received training on climate smart agriculture and agro pastoral activities for 2 years and 10 months training course at the H4BF Biofarm center
- More than 100 women, youths and leaders of farming communities have received training on livestock production/ management, planting technics, post-harvest management for the short course program at the H4BF Biofarm Centre
- More than 13 students from universities and professional schools in Cameroon have been provided internship opportunities at the Biofarm center
- At least 352 students from secondary schools' professional institutions and universities have carried out study visit at the Biofarm centre.

- 22 rural women farming groups have been provided micro credits to enable them improve on their farm productivity and livelihood.
- More than 240 youths, women and leaders of farming community have received a series of short course trainings on site and seed selection, livestock farming, planting technics and post-harvest management.
- 80 tonnes of maize seeds and 5 tonnes of potatoes seeds have been multiplied and distributed to farming groups at subsidised rates.
- We have established a sustainable marketing strategy for peasant farmers by facilitating transportation of food stuff from areas of abundance to areas of scarcity.
- We have established school gardens in about 15 schools to inculcate values of sustainable agriculture in pupils and students



7) IMPROVING HEALTH

- 2 female nurses state registered nurses have been trained and supported to become entrepreneurs and to open health clinics in rural areas
- Over 15 free classes organized in Nutrition, Dance, Meditation, Pilates, Awareness
- Over 7 individuals provided with non-invasive care via partnerships with health districts in Bamenda

8) PROTECTING WILDLIFE/ENVIRONMENT

- Replaced 5,000 Eucalyptus trees detrimental to farm lands and water catchment with 2,000 water shed and agroforestry trees in water catchments and farm lands in Noun, in the west region and Bui and Donga Mantung Divisions in the north west region
- We have Established School Environmental gardens in 4 schools to inculcate values of environmental protection and management in pupils and youths

9). YOUTH ACTIVISM & TRAINING

- Over 18 workshops organized on youth career orientation and youth involvement on community development and electoral process
- 32 youths trained and supported with start-up materials to start up their own businesses



CHALLENGES

More and more rural and urban poor communities are increasingly aware of H4BF and are demanding her services. As a low resource, project dependent organisation, H4BF material and human resources are insufficient to meet these demands. H4BF still has the key challenge of no funds for staff salary or operational cost. H4BF depend on volunteers for her service delivery

H4BF still uses public transport for the transportation of materials and for feasibility studies, this always led to delay in execution of project at times total conciliation when we cannot have transport means to get materials to project site

GENERAL CONCLUSION

Generally, 2019 was a very busy year filled with lots of achievements as aforementioned. We look forward to the 2019 still with a lot of zeal and enthusiasm to achieve much more to the benefit of under privileged Cameroonians.

We greatly appreciate the contributions of our national and international partners that contributed to the achievements enumerated in this report