

# 2022 ANNUAL REPORT



## HOPE FOR A BETTER FUTURE (H4BF)

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## INTRODUCTION

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Hope for a Better Future (H4BF) is a nonprofit development organization that drives innovation from the ground up to enhance health, end hunger, overcome hardship and advance women & girls—resulting in a meaningful and measurable change in people’s lives.

Guided by the core values of integrity, accountability, respect and creativity, H4BF envisions a world in which the most vulnerable people will have the power to lift themselves out of poverty and to create vital, healthy lives for their families and communities now and for the future. **H4BF is an organization in special consultation status with the United Nations Economic and Social Council (ECOSOC) since November 2020 and equally a member of the NGO Committee on Social development with the UN since the December 2020.**

HOPE FOR A BETTER FUTURE (H4BF), was created in 2009 and registered in 2014 with Ref No: **19/E.27/750/SAJJP** under the Cameroon Government. In its first 3 years of its existence, H4BF Cameroon did not only succeed in putting up significant work in various areas of development, but built up models for such activity for replication, and have tremendously scaled-up in recent times. Last year H4BF’s programs impacted the lives of over 400,000 people in Cameroon. H4BF has 8 programs that propel her to reach this goal, these include inter alia;

- Advancing Women and Girls
- Helping to end hunger
- Enhancing Health
- Protecting Children
- Engaging Youths

This report is focused on H4BF’s achievements for 2022, the key challenge and plans for 2023



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## FORWARD FROM THE EXECUTIVE DIRECTOR

2022 was a year filled with lots of challenges, however, H4BF was able to meander through to achieve quite a lot in all programs.

Humanitarian response, one of H4BF major axes of intervention, was fully activated to assist Internally Displaced Persons (IDPs) in the North West and West Regions. Despite the challenges, the development activities were carried out in the Northwest and west regions of Cameroon. H4BF 5 strategic axes which are all reflected in 14 out of 17 Sustainable Development Goals formed the base of our interventions with a focus on the less privileged, the poor rural/urban communities, and most especially the Internally Displaced persons.

Some of our major achievements included; the creation of H4BF Vocational Center in Bafoussam and Bamenda, the establishment of a women and girls empowerment center in Nkambe, the establishment of a child protection Safe Space in Bamenda, and the introduction of a mobile clinic services in Ndu, Ako, and Nkambe respectively.

Through our humanitarian response program, we were able to partner with H4BF ambassadors from UK, Europe, and USA through crowdfunding, SERRA Foundation, with technical support from North West and South West GBV (coordinated by UNFPA) and Health (coordinated by WHO) cluster to provide quality MHPSS and SRHR services and will enhance the reintegration of 2500 IDPs into their communities, including people affected by armed groups and survivors' abductions, GBV, and Sexual exploitation and Abused (SEA). 32 support groups were created in communities to support cases of GBV. We equally engaged in humanitarian health response where we identified and trained 94 community health workers to provide, psychosocial support, basic health preventive and curative



treatment to children and adolescents aged 0 to 15 years and pregnant women. Within our health program, 5 students were recruited to join 16 already in training to make a total of 20 in training while 17 continued running health programs within their respective communities. 3517 displaced women and girls including boys and girls benefitted support through our GBV case management services.

Amazing results were also recorded on engaging youth through vocational training at H4BF Vocational training thanks to Partnerships with MasterPeace, Turing Foundation, and Noorderpoort. 218

students were trained on Renewable energy, smart agriculture, computer engineering (apps/website design), and fashion and design. We also designed and launched the website [www.hobefi.org](http://www.hobefi.org) for the easy management of our skill training program. We also won the Erasmus award (EU) grant, thanks to our partnership with MasterPeace, Noorderpoort, APRO, from the EU and SUPISDEW, and FAP NGO from Cameroon. This grant will help us develop a training module, together with our EU partners to train 200 youth in renewable energy and entrepreneurship over the period of 2 years.

As regards Advancing women and girls rights, 33 women Groups with an average membership of 25 women in the North West and West Region were granted loans for the first half of this year ranging from 100,000 to 700,000 FRS through the H4BF micro-credit scheme. This is aimed at empowering women economically to improve on their living conditions and that of their families. We also were awarded a grant by JAC trust to distribute 1500 solar lamps and set

up 5 solar solutions centers to be managed by identified women we trained.

Staff capacity building was not forgotten as we value knowledge. Partners like Global Women's Institute (GWI) supported with training and MEAL tools to advance research capacity and Monitoring, Evaluation, Accountability, and Learning systems.


These are just a few of the many achievements detailed in this report. All these could not be achieved without a great focused and devoted staff members. The support provided by our partners such; MasterPeace, Turing Foundation, SERRA Foundation, Noorderpoort, and our ambassadors from UK, Europe, and USA, just to name a few enabled us to realize the aforementioned.

We look forward to 2023 with a lot of optimism to do much more and widen our partnerships to reach out the those in greater need.



## Program's Achievement Highlights

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Protecting  
Children

Helping for end  
Hunger

Advancing rights  
of  
Women & Girls

Engaging Youth  
&  
Peace Building

Enhancing  
Health



# Advancing women and girls

## Why It Matters

While we know that gender equality is essential to ending global poverty, women and girls continue to face persistent injustice that violates their fundamental human rights, obstructs their access to health services and education, and increases their vulnerability to gender-based violence and exploitation. They are frequently excluded from leadership positions and political processes and are often the worst affected by humanitarian crises.

At H4BF, our mission of empowering the most vulnerable means putting women and girls at the center of our work, by investing in them as leaders, change agents and economic actors.

## What we do

Our programs expand women's access to economic opportunities and health services and partner with families and communities to keep adolescent girls in school, prevent HIV and early pregnancy, and stop gender-based violence and exploitation.

Men and boys are also critical to the changes we seek. In our health and economic empowerment programs, H4BF works with men as partners, fathers and allies to adopt new attitudes and practices that benefit their own well-being and that of their families

## What we achieved

- 93 women trained on basic management, group dynamics, record keeping and supported with startup materials to begin their own businesses
- 3517 displaced women and girls including boys and girls benefitted support through our GBV case management services.
- Over 52,000 people sensitized on gender base violence and women rights.
- 2 women and girl safe spaces were created in Bamenda and Nkambe respectively.





My name is Tuh Emille Tumunchem. I heard about the program from the radio. The program has helped me. When I began my business, it wasn't doing well. I have achieved many things. Before, I couldn't calculate money well but while at the training we studied how to calculate and do many things and it helped me and now my children go to school. There was a year which I didn't sell but this year, I will continue selling for the whole year. I appreciate them and beg them for their continuous support because they are helping me and enabling my children go to school correctly.



My name is Njiti Mirabel Njuh. I heard about this program on the radio and it has helped me a lot. I roast fish and sell and H4BF has helped me to know that I have to keep records if my business. It has helped me and I have improved. I used to buy six kilograms of fish but now I buy ten. I used to buy half a liter of groundnut oil but now I buy a full liter because they helped us. We hope they can help us more so that we increase and promote our businesses because now fish is expensive and groundnut oil too is expensive. If they can help us a little more, we will be very happy. I thank H4BF and SERA Foundation.



## Empowering women to provide Solar Lamps and clean cookstove in remote villages



The ongoing crisis in the North West and South West of Cameroon has disrupted the supply of clean energy that is used for cooking, lighting, heating, and processing of local produce and therefore, disrupting their ability to the achievement of transformational economies, and environmental and social changes within affected communities in North West and South West region.

Cameroon women are the backbone of the economy—they are in charge of farming, and preparing produce, among others, yet they wake up and go to bed without reliable electricity. The lack of a safe and reliable source of energy exacerbates the existing power imbalance between males and females in Cameroon. Women are overwhelmed with heavy domestic roles left to them such as cooking among others.

These roles could be performed well and much easier with reliable energy. In addition, the women purchase candles and kerosene to use at night, they pay some money to the power owners to be able to charge phones, while children do revision at night using candles, all these deter effectiveness and safety. The inadequacy of power contributes to women's vulnerability to family violence and limits effectiveness in their roles as home caretakers, yet they are the ones running small businesses and as mothers and frontline community members, they are in a unique position to interact with communities and hence should be at the center of the efforts to improve energy improvement. The women could even do better if they worked together as teams to challenge these

setbacks.

We engaged, network, and give women the power to earn income while mitigating the impacts of climate change through our solar distribution program. We train women and help them set up solar solution centers within affected communities as a means of empowerment. It allows her to increase her economic potential, invest in her family's health and well-being, and elevate her social status. We strongly believe families will thrive, communities will gain, and nations will grow when more women work.





# Protecting Children

## Why It Matters

An estimated 2.7 million children and adolescents (1.5 million girls and 1.2 million boys) in North West and South West of Cameroon need protection and cross-sectoral services.

Threats and risks to the well-being of girls and boys include family separation, explosive remnants of war, gender-based violence including child marriage and conflict-related sexual violence, recruitment and use of children, abduction and other grave child rights violations.

At least 6,000 children (more than 50 per cent girls) are estimated to have been recruited, abducted, killed or victims of violent attacks by armed groups since the beginning of the conflict. Of those, approximately 50 per cent are survivors of SGBV.

The crisis also has caused severe psychological distress among children. The conflict has not only disrupted the social fabric but has also negatively affected the ability of parents and communities to appropriately care for their children. At least 150,000 caregivers of vulnerable children, particularly female-headed households, foster caregivers and single caregivers with several children, have suffered from severe psychosocial distress and will require psychosocial and/or socio-economic support to assist them to better cater for children in their care.







According to our rapid assessment, teenage girls aged (12 – 17) years are the most at risk to suffer from violence with a percentage of 17%, seconded by young women (18 – 30) years old, single mothers are also at risk to suffer from violence. Most 29.6% of this violence are recorded from the communities, 28.3% at home, 23.0% at job sites and 17.1% in school. Other areas include farm and night clubs.

### What we achieved.

- Over 20,000 children, parents, teachers, and caregivers were 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 281 survivors and their families connected with shelter, medical care, counseling, educational support, and legal assistance throughout the judicial process and beyond.



- 54 community health workers trained on Psychosocial support, Sexual and reproductive health rights (SRHR), and GBV case management to provide support to women.
- We promoted Essential Family Practices and social cohesion for Internally Displaced Persons in the NorthWest and West Regions with close to 58000 IDPs identified and sensitized
- 60 support groups created in communities to promote social cohesion.
- We equally engaged in humanitarian health response where we identified and trained 93 community health workers to provide basic health preventive and curative treatment to children and adolescents aged 0 to 15 years and pregnant women.
- A child-friendly space established in Bamenda.

## Education

- Provided access to learning opportunities for over 1,000 girls and boys with 523 girls and boys in early learning programmes, 213 at primary level and 264 at the secondary level.
- We have Established School Environmental gardens in 6 schools to inculcate values of environmental protection and management in pupils and youths.

## Nutrition & Shelter

- Over 600 one-on-one counselling sessions provided to women on exclusive breastfeeding in the first six months, weaning techniques, and maternal and child health and nutrition
- 500 shelter kits distributed
- Non-food items distributed to over 800 Households
- 3 children treated of severe acute malnutrition
- 38 cases of acute malnutrition referred



# Helping end hunger

## Why It Matters

The Food and Agriculture Organization has determined that, after decades of improvement, the number of people facing hunger is increasing around the world. Since food is central to human survival and well-being, hunger deeply inhibits people's ability to learn, work, and live healthy, productive lives.

Despite being a core need, more than 820 million people—one in every nine—suffer from chronic undernourishment. And, while significant progress has been made toward ending hunger over the last 30 years, that progress began reversing in 2015, leaving more people at risk of malnutrition.

In 2021, prevalence of undernourishment for Cameroon was 6.7 %. Prevalence of undernourishment of Cameroon fell gradually from 22.9 % in 2002 to 6.7 % in 2021.





Food insecurity is a complex issue with many interwoven causes such as poverty, inadequate access to food, lack of infrastructure such as road systems or storage facilities, climate change, natural disasters, conflict, and civil insecurity. People living in poverty can often spend 60 to 80 percent of their income on food, which usually means prioritizing food over other important needs such as healthcare and education.

## What we do

At H4BF, our goal is to identify and address the primary and underlying causes of hunger in order to provide long-term, lasting solutions. Our food security programs are designed to end hunger and malnutrition by imparting climate-smart and nutritionally-targeted agriculture practices; strengthening livelihoods; improving health, nutrition and hygiene practices; and supporting integrated school feeding programs. As with all our programs, these approaches are founded upon strong community engagement and a commitment to sustainability.

**In our efforts to end hunger, we're ensuring vulnerable children, families, and communities have access to the food, nutrition education, and livelihood opportunities they need to live safely and securely in order to resist household shocks.**

## Our Achievement In 2022

- 53 peasant farmers trained on Growing Healthy Food
- 92 micro loans provided for interested mothers and provided with business & money management training and access to microloans to start or grow an agribusiness such as poultry farm, garden, etc.
- 41 women groups empowered to increase access to high-quality foods, income-generating activities, and nutrition knowledge.





# Advancing Health

## Why it matters

Globally, major progress has been made toward enhancing health and saving the lives of millions of people over the last 12 years. Life expectancy has increased, maternal and child mortality rates have decreased, and we've diligently fought against many life-threatening, communicable diseases.

The number of children who die before the age of five decreased from 12.6 million in 1990 to 5.4 million in 2017—a decline of 58 percent. The number of women who die from childbirth and pregnancy complications reduced by 35 percent in the last 10 years alone. In 2018, the number of adults and children dying from HIV-related infections was estimated at 770,000—roughly a 45 percent decline from the peak of the disease in 2004.

Mortality rate, infant (per 1,000 live births) in Cameroon was reported at 47 % in 2021, according to the World Bank collection of development indicators, compiled from officially recognized sources.

While this progress is remarkable, there are still millions of people dying unnecessarily each year from preventable yet life-threatening diseases including malaria and water-borne illnesses. Neglected tropical diseases remain a major threat in many Cameroon while emerging global health challenges such as global pandemics, urbanization, non-communicable diseases, and mental illness place increasing strain on communities and health systems.

## What we do

Concerted efforts are needed to tackle persistent inequities in health outcomes caused by malnutrition, inadequate access to clean water and sanitation, limited access to education and health services, and gender-based violence. This is why H4BF remains committed to enhancing health by addressing preventable maternal, newborn, and child deaths, fighting life-threatening

diseases, and ensuring access to clean water and sanitation—especially in communities facing extreme poverty.





H4BF is dedicated to enhancing the health of individuals, households, and communities by helping them thrive through sustained physical, mental, and social well-being.

## Our achievement in 2022

- 15 female state registered nurses have been trained and supported to become entrepreneurs and to open health clinics in rural areas.
- 92 Community health workers (CHW) trained on Sexual and reproductive Health rights and Psychosocial support
- Trained over 93 CHW and engaged them to provide preventive and curative basic health care to IDPS in bushes, affected communities, urban and peri urban areas
- Over 8 free classes organize in Nutrition, Dance, Meditation, Pilates, Awareness
- Over 18 individual provided with non-invasive care via partnerships with health districts within Mezam and Donga Mantung





## Wash achievements 2022

### Water, Hygiene & Sanitation

- 24 villages trained (girls and boys, households and authorities) on adopting hygiene and sanitation practices
- 2 community provided with access to safe drinking water, improved sanitation, handwashing, and menstrual hygiene facilities
- We have trained 19 water management committees on water management best practices
- 3317 Wash Kits distributed to affected households





# Youth Engagements & Peace Building

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## Why it matters

Young people between the ages of 15 and 35 constitute one-third of Cameroon's population. However, youth's influence on national politics especially in Cameroon remains limited. Because of the violence and corruption associated with politics, parents hesitate to involve the youth especially girls in politics. Perceptions of exclusion have resulted in young people seeking alternative ways to express their dissatisfaction. When frustration reaches high levels, especially in transitional and fragile states, youth may turn to civil disobedience and violence like the situation that have led to the crisis in the two English sections of Cameroon. Young people in Cameroon are beginning to grow up with a historical and political conflict that greatly impacts their lives. Through the media, they are often taught to distrust and disregard the other side.

## What we do

H4BF's ambition is to create perspective, as our deep belief is that the lack of perspective is a root cause of polarisation, extremism and migration. This is even more relevant in Cameroon, a country divided through language barriers causing internal conflicts.

## Our 2022 achievements

- 8 workshops organized on youth career orientation and youth involvement in peacebuilding, community development, and electoral process
- 217 youths trained, at HOPE FOR A BETTER FUTURE VOCATIONAL TRAINING CENTER (HOBEFI), Bafoussam, and Bamenda respectively, and supported with start-up materials to start up their own businesses.
- To promote social cohesion, we organized 3 sporting activities, one in Nkambe, and two in Bamenda.







## STAFF CAPACITY TRAINING

External training included those organized by different agencies. Topics included:

- TRAINING ON GBV, M&E, and GBV RESEARCH (GLOBAL WOMEN INSTITUTE (GWI))
- Education in Emergency (EiE()) training by UNICEF and Plan Cameroon
- Financial Management (PADFA)



## MAJOR CHALLENGES

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- More beneficiaries and communities are more aware of H4BF's activities and, demanding her services. As a low resource project dependent organization, 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
- All H4BF vehicles are obsolete apart from one Hilux, which cannot cover all projects in all 10 Regions of Cameroon. This really slows project monitoring and project timeframe not met.
- The socio-political crises in the country is also a limiting factor hindering the execution of projects.

**Despite this challenging time, H4BF have been inspired and motivated. It has been a joy to witness H4BF's new initiatives come to life this year.**

**Cheers to another year of changing lives together.**

## Contact Information

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## Partnership

During FY2022, H4BF entered into new partnerships and continued existing ones to implement strategic programmes with the support from various partners and donors at the global, regional, and country levels. Global partners, in addition to, MasterPeace Foundation and UNDP include:

