



SAFE HANDS ASSOCIATION
A SAFE AND SECURED ENVIRONMENT FOR THE COMMUNITY WE SERVE

SAFE HANDS ASSOCIATION

ANNUAL REPORT

JUNE-DECEMBER 2024



“SAFE HANDS ASSOCIATION”

ADOLESCENT AND FEMALE’S REPRODUCTIVE HEALTH.

This Association will work in collaboration with rural communities, urban recognized groups, youth groups, women groups, individual communities, institutions and other organizations in the improvement of the reproductive health conditions, complications and some solution to adolescent, teenagers and women’s health, and assist in solving some of the their reproductive health issues which hinders them from pursuing their education, professional career, and reaching their full potential.

Safe Hands shall equally work in collaboration with regional delegation of health and other government institutions to ensure that, together we could build a solid society that we can entrust the most vulnerable members of our society to for the greater health.

SAFE HANDS ASSOCIATION will help empower women and adolescent in the most forgotten/ forbidden areas of sex education, feminine hygiene, early paps smear evaluation (prevention of cervical cancer in the girl child), puberty changes. In addition to family planning, prenatal and postnatal care, breast feeding education, safe delivery, and post-menopausal symptomatology.

SAFE HANDS ASSOCIATION will have its head office in **LIMBE, MILE 2** opposite former basic education, 50 meters from the main road to SONARA.

SAFE HAND Association will carry out its various activities in crisis affected areas of the **South west region, North West region** and the **Northern region** of Cameroon.

OUR MISSION STATEMENT:

Is to offer a safe environment that provide quality care, and advanced health information for adolescent, and the female’s reproductive health through our highly qualified medical professionals utilizing advanced medical equipment in achieving a better health outcome.

OUR VISION

To establish Safe Hands as the premier purveyor of the best quality care to adolescent, and the female’s reproductive health.



OUR MOTTO:

A safe and secured environment for our patients and their families.

OBJECTIVES OF THE FOUNDATION

THE GENERAL OBJECTIVE

❖ To Establish A Safe Motherhood And Child Health

SPECIFIC OBJECTIVE

TO WOMEN;

- Preparing elderly women mentally, psychologically and emotionally for the biological and physiological changes during the different menopausal stages through health education.
- Initiate (booking) of women in rural communities who are pregnant and have not yet began ANC
- Continue with subsequent ANC visits (routine test, physical exam, routine supplements and medications. This will be done in fix post,(health centers) and door to door.
- Sensitize the community on pre conception care, family planning, child spacing
- Sensitize the women on prevention of STD and HIV/AIDS
- Distribution and administration of some family planning commodities to women
- Encourage and follow up women for the anti-tetanus vaccine to complete their vaccination calendar
- Distribution of pre-delivery kits (clean and sterile gloves, cord clamps, napkins, sanitary pad, surgical blade, bathing soap, 20mg of oxytocine, 1mg of vitamin k.) to all women in their last trimester of pregnancy.
- Conduction normal deliveries in community health centers.
- Paying of some hospital bills after delivery (IDP women, handicap women, vulnerable women)
- Promote women's right through women's group.
- Fight against STIs, HIV/AIDS, covid-19, malaria, cholera and diseases under surveillance.
- Maternal health and single parenthood.
- Youth and women's involvement in small scale businesses.
- Train and empower women with enterprising skills to enhance self development (through workshops and seminars)



TO ADULESCENT

- Train adolescent on reproductive health risk.
- Educate adolescent on biological and physiological changes.
- Educate adolescent on STIs
- Teenage pregnancy
- Education on family planning
- Hygiene (menstrual) and sanitation for disease control
- Hygiene and sanitation techniques for disease control
- Distribution of sanitary pad to adolescent and women (IDP)
- Orientation aimed at professional development and enhancing self development.
- Promotion of gender equality
- Promotion of GBV activities.

TO CHILDREN AGED 0-59 MONTHS

- Screen children 0-59 years for malnutrition.
- Search for vaccine missed children through community health workers and refer to near-by health center for follow-up.
- Work in collaboration with the regional delegation of health through sensitization of all diseases under surveillance and report suspected cases.
- Collaborate, assist and participate during NIDs(by using trained community health workers to penetrate hard to reach zones).
- Train mothers on how to prepare nutritious food for their babies
- Prepare, package and distribute supplemented processed food to mothers with malnourish children age 0-59 months.(SAFE HANDS supplemented food for malnourish children)
- Educate mothers on proper care of the newborn(breastfeeding, care of the umbilical cord, proper nutrition, appropriate weaning process , good hygiene and identify danger signs in newborn which requires prompt intervention by a care provider.
- Free malaria screening and children aged 0-59 months of age.



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JUNE

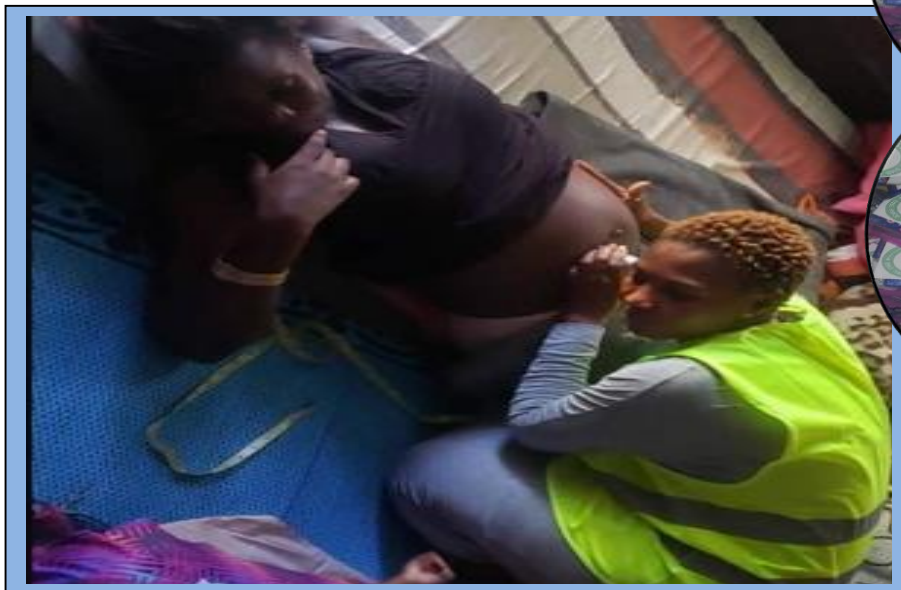
REPORT ON COMMUNITY OUTREACH AND DONATIONS TO PREGNANT WOMEN IN BATIBO, NORTHWEST REGION OF

EXECUTIVE SUMMARY

In June 2024, the SAFE HANDS Association launched a community outreach initiative aimed at supporting pregnant women in Batibo, Northwest Region of Cameroon. This project was initiated in response to the pressing needs of internally displaced women in crisis-affected areas. By providing free antenatal services and covering delivery hospital bills, SAFE HANDS ensures that these vulnerable women received the quality care they deserve during their pregnancy and childbirth.

BACKGROUND

Cameroon has faced significant challenges due to ongoing conflicts, particularly in the Northwest and Southwest regions. Many families have been displaced, leading to increased vulnerability among women, especially those who are pregnant. Access to quality healthcare services has become limited, exacerbating maternal and infant health risks. SAFE HANDS Association recognized the urgent need for intervention to address these challenges and improve reproductive health outcomes for adolescent girls and women.





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PROBLEM STATEMENT

The crisis in the Northwest region has led to a rise in the number of internally displaced persons (IDPs), many of whom are pregnant women facing dire circumstances. These women often lack access to essential healthcare services, which can lead to complications during pregnancy and childbirth. The SAFE HANDS Association identified the need for targeted support to ensure these women receive adequate care throughout their pregnancy journey.

OBJECTIVES

- ❖ To provide free antenatal care services to pregnant women in Batibo.
- ❖ To cover hospital delivery expenses for internally displaced women.
- ❖ To improve maternal health outcomes and ensure safe deliveries for mothers and their babies.
- ❖ To raise awareness about the importance of reproductive health services among displaced communities.

THEME

"Empowering Women through Quality Reproductive Health Services"

LOCATION

Batibo, Northwest Region of Cameroon

STAKEHOLDERS INVOLVED

- ▶ SAFE HANDS Association (Head Office: Mile 2)
- ▶ Community leaders and organizations



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A SAFE AND SECURED ENVIRONMENT FOR THE COMMUNITY WE SERVE

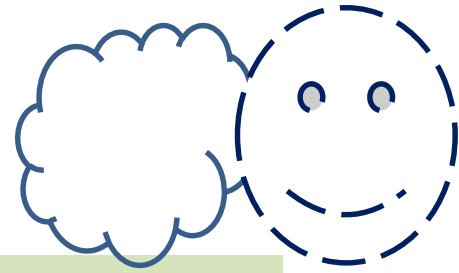
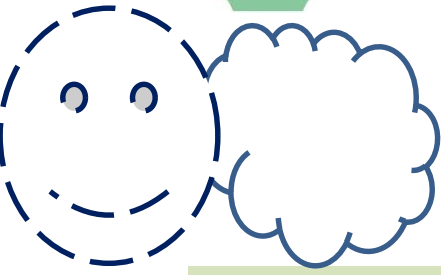


METHODOLOGY/APPROACH

- ▶ **Needs Assessment:** Conducted initial surveys to identify the number of pregnant women in need of support.
- ▶ **Collaboration with Local Health Facilities:** Partnered with local hospitals to facilitate antenatal care and delivery services.
- ▶ **Outreach Campaigns:** Organized community awareness programs to educate women about available services.
- ▶ **Follow-Up Care:** Provided continuous support and follow-up for women after delivery to ensure their well-being.

SUSTAINABLE DEVELOPMENT GOALS (SDGS) ACHIEVED

- ❖ **SDG 3: Good Health and Well-being** - Ensuring healthy lives and promoting well-being for all at all ages.
- ❖ **SDG 5: Gender Equality** - Achieving gender equality and empowering all women and girls.



OUTCOMES/SUCCESS STORIES

The outreach initiative successfully supported **two pregnant** women from Batibo who were internally displaced. Both women received comprehensive antenatal care throughout their pregnancies, culminating in safe deliveries. They expressed immense gratitude for the support provided by SAFE HANDS, stating that without this assistance, they would have faced significant challenges in accessing healthcare services. Both mothers and their babies are currently in good health, showcasing the positive impact of the program.

Through this initiative, SAFE HANDS not only **addressed immediate healthcare needs** but also fostered a sense of community support among displaced families. The success stories from this project highlight the importance of providing targeted healthcare services in crisis-affected areas.





REPORT ON NAPKIN DISTRIBUTION INITIATIVE BY SAFE HANDS ASSOCIATION

EXECUTIVE SUMMARY

In response to the pressing needs of mothers and their infants in rural communities of the Southwest and Northwest regions of Cameroon, the SAFE HANDS Association initiated a napkin distribution program. This project was launched after a community assessment revealed that many women had fewer than two **napkins for their babies**, leading to increased risks of diaper rashes and associated complications. By providing essential supplies and education on proper hygiene practices, SAFE HANDS aims to improve child health outcomes in these vulnerable communities.

BACKGROUND

Cameroon has been facing significant challenges due to ongoing crises, particularly in the Northwest and Southwest regions. Many families in these areas struggle to access basic necessities, including **hygiene products** for their infants. The



lack of adequate napkins can lead to health issues such as diaper rashes, which can cause **discomfort and severe skin conditions** if not addressed. Recognizing this urgent need, SAFE HANDS Association sought to implement a program that would provide essential supplies and education to promote better health practices among mothers.



PROBLEM STATEMENT

The lack of sufficient napkins for infants in rural communities poses a serious health risk. Many mothers report having only one or two napkins available, which is inadequate for proper hygiene. This situation increases the likelihood of diaper rashes, leading to itching, soreness, and potential infections in babies. There is a critical need for intervention to provide both supplies and education on proper infant care.

OBJECTIVES

- ❖ To distribute napkins and paper napkins to mothers in rural communities.
- ❖ To educate mothers on the importance of changing napkins regularly.
- ❖ To promote proper washing, drying, and ironing techniques for napkins.
- ❖ To improve overall child health and reduce incidences of diaper rashes.

THEME

"Promoting Child Health through Hygiene Education and Support"

LOCATION

Rural communities in the Southwest and Northwest regions of Cameroon

STAKEHOLDERS INVOLVED

- ❖ SAFE HANDS Association
- ❖ Local healthcare providers
- ❖ Community leaders
- ❖ Mothers and caregivers in the targeted areas

METHODOLOGY/APPROACH

- Distribution of Supplies: Provided napkins and paper napkins to mothers identified during the assessment.
- Educational Workshops: Organized sessions to educate mothers on the importance of regular napkin changes and proper hygiene practices.



- Follow-Up Support: Offered continued support and resources to ensure mothers implement the knowledge gained.

SUSTAINABLE DEVELOPMENT GOALS (SDGS) ACHIEVED

- ❖ SDG 3: Good Health and Well-being - Ensuring healthy lives and promoting well-being for all at all ages by improving child health through better hygiene practices.

OUTCOMES/SUCCESS STORIES



The napkin distribution initiative successfully reached numerous mothers in rural communities. Many beneficiaries expressed gratitude for the support provided by SAFE HANDS. They reported improved infant health as a result of having adequate supplies and knowledge about hygiene

practices. Mothers shared stories of how they were able to prevent diaper rashes by following the education provided during the workshops. One mother noted that her baby no longer experienced discomfort due to rashes, allowing for better sleep and overall well-being. Through this initiative, SAFE HANDS not only provided essential supplies but also fostered a sense of community support among mothers, empowering them with knowledge to care for their children effectively.



July

REPORT: PROMOTING ADOLESCENT HEALTH AND ENHANCING HYGIENE PRACTICES IN CAMEROONIAN COMMUNITIES

PROJECT JUSTIFICATION



Safe Hands Association, in collaboration with local stakeholders, conducted a health education program focusing on biological and psychological changes in **adolescents** in rural communities of South West and North West Cameroon. The program addressed topics such as menstrual hygiene, reproductive

health risks, family planning, and the prevention of unwanted pregnancies and STDs. Beneficiary adolescents developed the slogan "Postpone pregnancy and plan your future" as part of the initiative. The program culminated in the distribution of sanitary pads and shaving blades to participants to **support their personal hygiene** needs. Additionally, Safe Hands distributed napkins and paper napkins to women in the same communities to improve infant hygiene practices.



BACKGROUND

The initiative aimed to educate and protect adolescents by providing crucial information on health topics and ensuring access to **essential hygiene products**. The lack of adequate menstrual hygiene management resources and infant care products in rural communities posed health risks to adolescents and children, highlighting the necessity of this intervention.



PROBLEM STATEMENT

Rural communities in South West and North West Cameroon lack sufficient awareness and resources to address adolescent health issues and infant hygiene needs effectively. This gap contributes to health risks such as menstrual-related infections and diaper rashes in infants.

OBJECTIVES

- ❖ To educate adolescents on biological and psychological changes, menstrual hygiene, and **reproductive health risks**.
- ❖ To promote family planning and prevention of unwanted pregnancies and STDs among adolescents.
- ❖ To improve menstrual hygiene practices and infant care in rural communities.
- ❖ To empower women and adolescents with essential hygiene products for personal and infant care.

THEME

Promoting Adolescent Health and Hygiene Practices in Rural Communities



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LOCATION

South West and North West Regions of Cameroon

STAKEHOLDERS INVOLVED

- ▶ Safe Hands Association
- ▶ Adolescent participants
- ▶ Women in rural communities
- ▶ Local healthcare providers and educators



METHOD

- ▶ Conducted focus group discussions with adolescents on health topics.
- ▶ Distributed sanitary pads and shaving blades to address personal hygiene needs.
- ▶ Distributed napkins and paper napkins to women for infant care.
- ▶ Provided health education sessions on menstrual hygiene and family planning.
- ▶ Demonstrated proper infant care practices and hygiene routines.

SUSTAINABLE DEVELOPMENT GOALS (SDGS) ACHIEVED:

- ❖ SDG 3: Good Health and Well-being
- ❖ SDG 4: Quality Education
- ❖ SDG 5: Gender Equality

OUTCOME/SUCCESS STORIES:

- ▶ Increased awareness and knowledge among adolescents about health topics.
- ▶ Improved access to menstrual hygiene products for adolescent girls.
- ▶ Enhanced infant hygiene practices among women in rural communities.
- ▶ Empowered women and adolescents to take charge of their health and well-being.



REPORT ON FAMILY PLANNING COUNSELING AND SERVICES BY SAFE HANDS ASSOCIATION

EXECUTIVE SUMMARY

SAFE HANDS Association is dedicated to promoting family planning counseling and services for women of childbearing age, particularly focusing on internally displaced women, women living with disabilities, and other vulnerable groups. By providing free family planning commodities and education, SAFE HANDS



aims to empower women to make informed choices about their reproductive health, allowing them to plan pregnancies, space children, and address hormonal imbalances.

BACKGROUND

In Cameroon, many women face significant barriers to accessing family planning services, particularly in areas affected by conflict and displacement. Internally displaced women often lack the necessary resources and information to make informed decisions about their reproductive health. This situation can lead to unplanned pregnancies, increased health risks, and a cycle of poverty. Recognizing these challenges, SAFE HANDS Association initiated a program to provide essential family planning services and commodities to support women's health and empowerment.



PROBLEM STATEMENT



Many women of childbearing age in Cameroon lack access to family planning services, leading to unintended pregnancies and related health complications. Vulnerable groups, including internally displaced women and those living with disabilities, are particularly affected. Without proper resources and counseling, these women are unable to make informed decisions about their reproductive health, which can have lasting impacts on their lives and families.

OBJECTIVES

- ❖ To provide free family planning counseling and services to women of childbearing age.
- ❖ To donate family planning commodities to health centers serving vulnerable populations.
- ❖ To empower women to make informed choices about their reproductive health.

THEME

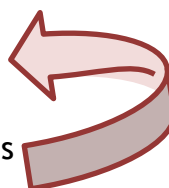
"Empowering Women through Family Planning Education and Services"

LOCATION

Health centers in regions with high concentrations of internally displaced persons and vulnerable populations in Cameroon.

STAKEHOLDERS INVOLVED

- ▶ SAFE HANDS Association
- ▶ Local health centers
- ▶ Community leaders
- ▶ Women's groups and organizations
- ▶ Healthcare providers





METHODOLOGY/APPROACH

- ❖ Partnerships with Health Centers: Collaborated with local health facilities to distribute family planning commodities and provide counseling services.
- ❖ Ongoing Support: Provided continuous support and resources for women seeking family planning services.

SUSTAINABLE DEVELOPMENT GOALS (SDGS) ACHIEVED

- SDG 3: Good Health and Well-being - Ensuring healthy lives and promoting well-being for all by improving access to family planning services for women.

OUTCOMES/SUCCESS STORIES

The family planning initiative has successfully reached numerous women in vulnerable communities. Many beneficiaries reported feeling empowered to make informed decisions about their reproductive health. One woman shared her story of how accessing family planning services allowed her to space her children appropriately, improving her family's overall well-being. Another participant expressed gratitude for the education provided, stating that it helped her understand her body better and manage her health effectively.

Through these efforts, SAFE HANDS has made a significant impact on women's health in the targeted communities, fostering a sense of empowerment and support among participants.

CHALLENGES

Despite the successes, several challenges were encountered during the implementation of the program:



REPORT ON SAFE HANDS EMERGENCY DELIVERY KITS FOR VULNERABLE WOMEN IN CAMEROON

PROJECT JUSTIFICATION

Safe Hands Association is committed to improving **maternal and child health** among vulnerable groups in Cameroon, particularly internally displaced women, women living with disabilities, **neglected pregnant adolescents**, and women in rural areas. The provision of free emergency delivery kits is a critical step towards ensuring safe childbirth and reducing maternal and infant mortality rates in these communities.

BACKGROUND



In Cameroon, many women face significant **challenges** during childbirth, especially those from vulnerable populations. Internally displaced women often lack access to basic healthcare services, leading to increased risks during delivery. Additionally, pregnant adolescents and women living with **disabilities** may encounter barriers that prevent them from receiving adequate

maternal care. Addressing these issues is essential for promoting the health and well-being of mothers and their newborns.

PROBLEM STATEMENT

Many women in Cameroon do not have access to essential supplies and **medical assistance during childbirth**. This lack of resources can lead to complications, increased maternal and infant mortality rates, and **poor health outcomes**. Vulnerable groups, including internally displaced women and adolescents, are particularly at risk



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OBJECTIVE

- ❖ To provide emergency delivery kits to vulnerable women to ensure safe childbirth.
- ❖ To promote maternal and child health through education and access to essential supplies.
- ❖ To reduce maternal and infant mortality rates in targeted communities.

Theme

“Ensuring Safe Childbirth for All: Empowering Women through Emergency Delivery Kits”

STAKEHOLDERS INVOLVED

- Safe Hands Association
- Local health centers
- Community leaders

OUTCOMES/SUCCESS STORIES

The distribution of emergency delivery kits

has had a positive impact on many women in vulnerable communities. One woman shared her experience of using the kit during an

unexpected home delivery, which helped her deliver safely without complications. Another participant expressed gratitude for the education received, stating it empowered her to seek help during childbirth. These stories highlight the importance of providing essential supplies and support to improve maternal health outcomes.



CHALLENGES

- ❖ Resource Limitations: There were times when supplies were insufficient to meet the needs of all women in targeted areas.
- ❖ Cultural Barriers: Some community members held traditional beliefs that hindered acceptance of modern maternal health practices.
- ❖ Access Issues: Geographic barriers made it difficult to reach some remote areas, limiting the distribution of kits.



AUGUST

REPORT ON ADOLESCENT REPRODUCTIVE HEALTH RIGHTS DONATION SANITARY SUPPLIES TO "A BETTER WORLD ORPHANAGE" IN KOBENYANG

PROJECT SUMMARY/BACKGROUND

Safe Hands Association recently conducted a donation drive at "A Better World Orphanage" in Kobenyang, providing essential sanitary supplies, including sanitary pads, toothpaste, bathing soap, and shaving blades to young girls. This initiative aimed to promote menstrual hygiene and body care while addressing the challenges faced by orphaned girls in accessing basic hygiene products. In many communities, young girls face significant barriers to maintaining proper hygiene, particularly during menstruation. Lack of access to sanitary products

can lead to health issues and social stigma. The "A Better World Orphanage" houses many vulnerable girls who are at risk of these challenges. By providing hygiene education and essential supplies, we aim to empower these girls and improve their overall well-being.



PROBLEM STATEMENT

Many young girls in orphanages lack access to basic hygiene products, which can lead to health problems and feelings of embarrassment during menstruation. This lack of resources can negatively impact their self-esteem and educational opportunities.

OBJECTIVES

- ❖ To provide essential sanitary supplies to young girls at the orphanage.
- ❖ To educate participants on menstrual hygiene and body hygiene.
- ❖ To promote health awareness and improve the overall well-being of the girls.

THEME

"Empowering Girls through Hygiene Education and Essential Supplies"

LOCATION

"A Better World Orphanage," Kobenyang, North West Region of Cameroon.



STAKEHOLDERS INVOLVED

- Safe Hands Association
- A Better World Orphanage staff and management
- Volunteers from the North West Region

METHODOLOGY/APPROACH

- ❖ Health Education: Conducted a workshop on menstrual hygiene and body care for all participants before the distribution of supplies.
- ❖ Distribution: Provided each girl with three sanitary pads, toothpaste, bathing soap, and shaving blades.
- ❖ Engagement: Encouraged discussions about hygiene practices and addressed any questions or concerns from the girls.

SUSTAINABLE DEVELOPMENT GOALS (SDGS) ACHIEVED

- SDG 3: Good Health and Well-being - Ensuring healthy lives and promoting well-being for all individuals by improving access to hygiene products and education.



OUTCOMES/SUCCESS STORIES

The initiative was met with enthusiasm and gratitude from the girls at the orphanage. Many expressed relief at receiving sanitary pads, stating that it would help them feel more comfortable during their menstrual cycles. The health education session was particularly impactful; several girls reported feeling more informed and confident about managing their hygiene.

CHALLENGES

While the activity was largely successful, some challenges were encountered:

- ❖ Limited Resources: The number of supplies was constrained, making it difficult to provide additional products to all girls.
- ❖ Logistical Issues: Transporting supplies to the orphanage posed some challenges due to road conditions.

The donation of sanitary supplies and the accompanying health education at "A Better World Orphanage" significantly contributed to improving the hygiene and well-being of young girls living there. Safe Hands Association remains committed to addressing these critical needs and empowering vulnerable populations through continued outreach and support.



REPORT ON SANITARY SUPPLIES DONATION TO CHILDREN WITH DISABILITIES IN CRISIS-AFFECTED AREAS

PROJECT JUSTIFICATION

Safe Hands Association recently organized a donation event to provide essential sanitary supplies to children with disabilities living in crisis-affected areas of the North West Region. The supplies included sanitary pads, bathing soap, toothpaste, toothbrushes, and shaving blades. This initiative aimed to promote hygiene and dignity among these vulnerable children, who face additional challenges due to their disabilities. Children with disabilities often encounter significant barriers to accessing basic hygiene products and services, especially in crisis-affected regions. These barriers can lead to health issues and feelings of isolation. The young girls who received support during this event included those who are blind, have mobility challenges, and other disabilities. By addressing their hygiene needs, we aim to enhance their quality of life and promote inclusivity. **In crisis-affected areas,** children with disabilities are often overlooked in humanitarian efforts. They struggle to access basic hygiene products, which can exacerbate health problems and impact their self-esteem. This lack of resources can hinder their ability to participate fully in society.

OBJECTIVES

- ❖ To provide essential sanitary supplies to children with disabilities.
- ❖ To raise awareness about the hygiene needs of disabled children in crisis situations.
- ❖ To promote dignity and self-care among these vulnerable individuals.

THEME

"Empowering Children with Disabilities through Hygiene and Care"

LOCATION

Crisis-affected areas of the North West Region, Cameroon.

STAKEHOLDERS INVOLVED

- ❖ Safe Hands Association
- ❖ Local community leaders
- ❖ Health educators
- ❖ Volunteers from the region
- ❖ Parents and guardians of the children

METHODOLOGY/APPROACH

- ❖ Provided each child with sanitary pads, bathing soap, toothpaste, toothbrushes, and shaving blades.
- ❖ Supportive Environment: Ensured that caregivers were present to assist children during the distribution process.



OUTCOMES/SUCCESS STORIES

The donation event was a resounding success. The young girls, including those who are blind or require mobility aids, expressed immense gratitude for receiving the supplies. **The girl in a pink top, who is blind, shared how the sanitary pads would help her maintain her dignity during menstruation.** Another girl wearing a cap, who has one leg, felt empowered by the support she received. The event fostered a sense of community and inclusion, showing that love and care can transcend physical limitations. The donation of sanitary supplies to **children with disabilities** in crisis-affected areas significantly improved their hygiene and dignity. Safe Hands Association is committed to continuing its efforts to support vulnerable populations and raise awareness about the unique challenges faced by disabled children in humanitarian contexts. Together, we can create a more inclusive society that values every child's right to health and well-being.





REPORT ON **COCOSOAP TRAINING** AND EMPOWERMENT INITIATIVE

EXECUTIVE SUMMARY/ BACKGROUND



Safe Hands Association, in collaboration with **THE MARGARET ASAH INITIATIVE FOUNDATION**, successfully trained and empowered numerous men and women from less privileged backgrounds and internally displaced persons (IDPs). Participants learned how to produce **cocosoap** and received over **500 cubes** of soap along with essential production tools. This initiative aims to provide these individuals with the means to generate income, improve their living conditions, and uplift their families and communities. In regions affected by **conflict**

and economic hardship, many individuals struggle to find sustainable sources of income. Internally displaced persons and marginalized groups face additional challenges, including limited access to employment opportunities and resources. This training program was designed to address these issues by equipping participants with practical skills in soap production, enabling them to create their own businesses. Many men and women in crisis-affected areas **lack the skills and resources** necessary for economic independence. This situation is

particularly dire for widows, orphans, and those who have dropped out of school. Without proper training or capital, these individuals remain trapped in cycles of poverty and dependency.



OBJECTIVES

- ❖ To train participants in the production of cocosoap.
- ❖ To provide participants with production tools and initial stock to start their businesses.
- ❖ To empower marginalized individuals to achieve financial independence and improve their quality of life.



SAFE HANDS ASSOCIATION

A SAFE AND SECURED ENVIRONMENT FOR THE COMMUNITY WE SERVE

THEME

"Empowering Lives through Skill Development and Economic Independence"

LOCATION

The training took place in Tiko, Musaka, and surrounding villages in Limbe, Cameroon.

STAKEHOLDERS INVOLVED



- ▶ Safe Hands Association
- ▶ The Margaret Asah Initiative Foundation
- ▶ Local community leaders
- ▶ Participants from various backgrounds (widows, orphans, IDPs)
- ▶ Donors supporting the initiative

APPROACH

- ❖ Training Sessions: workshops on cocosoap production, covering techniques, safety measures, and marketing

strategies.

- ❖ Provision of Resources: Distributed over 500 cubes of soap and production tools to each participant at the end of the training.
- ❖ Transportation Support: Arranged transportation for all participants to ensure they could attend the training.
- ❖ Follow-up Program: Established a monthly follow-up system at participants' points of sale to monitor progress and provide ongoing support.

SUSTAINABLE DEVELOPMENT GOALS (SDGS) ACHIEVED

- SDG 1: No Poverty - By providing skills and resources, we aim to reduce poverty levels among participants.
- SDG 8: Decent Work and Economic Growth - The initiative promotes entrepreneurship and sustainable livelihoods.

OUTCOMES/SUCCESS STORIES

The training program was met with overwhelming enthusiasm. Participants left the venue filled with joy and hope for a brighter future. Many expressed their gratitude for the opportunity to learn a valuable skill that will help them support their families. Notably, several widows and orphans who had previously felt hopeless were seen smiling and excited about starting their own businesses. The provision of transportation ensured that all participants could attend, further enhancing their sense of community.



CHALLENGES

While we provided initial supplies, some participants may need additional resources to scale their businesses. Market Access: Participants may face challenges in accessing markets to sell their products effectively. Ongoing Support Needs: Continuous follow-up is essential to ensure that participants can sustain their businesses long-term.

GRATITUDE AND APPRECIATION MESSAGE

We extend our heartfelt gratitude to all who contributed to the success of our recent initiative aimed at empowering internally displaced individuals. Our sister, who has faced

significant challenges as an IDP, has greatly benefited from the free delivery kit, napkins, a bag of cocosoap, and other essential work materials provided through this program. Your generous donations and support have not only equipped her with the tools needed to start a new business but have also instilled hope and determination

in her heart. We pray that God blesses the work of her hands and that she, along with all participants, excels in their new ventures. Together, we are making a meaningful difference in the lives of those in need. Thank you for your unwavering support and commitment to uplifting our community.





Participants loading their bags of soap and working tools into the car for transportation to their various destinations.





SEPTEMBER

PROJECT REPORT: ENHANCING MOTHER AND CHILD HEALTH (ANC/DELIVERY) FOR UNDERPRIVILEGED WOMEN IN NORTH WEST CAMEROON

EXECUTIVE BACKGROUND

The project was born out of the pressing need to support underprivileged and internally displaced women in accessing essential maternal and child health services. Limited access to healthcare facilities, financial constraints, and displacement situations have exacerbated the challenges faced by women during pregnancy and childbirth in the North West Region. Safe Hands Association implemented a program to improve maternal and child health outcomes from conception to delivery in the North West region of Cameroon. The initiative included covering laboratory investigation fees and donating emergency delivery kits, including baby clothes, to underprivileged and internally displaced women. By addressing the critical healthcare needs of vulnerable women, Safe Hands aimed to reduce maternal and infant mortality rates, promote safe deliveries, and enhance overall health outcomes.



PROBLEM STATEMENT: Underprivileged women in the North West region of Cameroon face barriers to accessing quality maternal healthcare services, leading to increased risks of maternal and infant mortality. Financial burdens associated with laboratory investigations and lack of emergency delivery kits further hinder safe deliveries and postnatal care.

OBJECTIVES:

- ❖ To improve access to essential maternal healthcare services for underprivileged women.
- ❖ To reduce maternal and infant mortality rates through timely and quality healthcare interventions.



SAFE HANDS ASSOCIATION

A SAFE AND SECURED ENVIRONMENT FOR THE COMMUNITY WE SERVE

- ❖ To promote safe deliveries and postnatal care practices among vulnerable women.
- ❖ To enhance the overall health outcomes of mothers and babies in the North West region.

THEME:

Enhancing Maternal and Child Health for Vulnerable Women

LOCATION

North West Region, Cameroon

STAKEHOLDERS INVOLVED

- ▶ Safe Hands Association
- ▶ Underprivileged women
- ▶ Internally displaced women
- ▶ Local healthcare providers
- ▶ Community leaders

METHODOLOGY:

- ❖ Identifying underprivileged and internally displaced women in need of maternal healthcare support.
- ❖ Covering laboratory investigation fees for prenatal screenings and assessments.
- ❖ Donating emergency delivery kits, including essential items for safe and hygienic deliveries.
- ❖ Conducting health education sessions on maternal and child health practices.
- ❖ Collaborating with local healthcare facilities for maternal care services.

SUSTAINABLE DEVELOPMENT GOALS (SDGS) ACHIEVED:

- ❖ SDG 3: Good Health and Well-being
- ❖ SDG 5: Gender Equality
- ❖ SDG 10: Reduced Inequality

OUTCOME/SUCCESS STORIES:

- ❖ Increased access to prenatal screenings and essential maternal care services for vulnerable women.
- ❖ Provision of emergency delivery kits leading to safer childbirth experiences.



SAFE HANDS ASSOCIATION

A SAFE AND SECURED ENVIRONMENT FOR THE COMMUNITY WE SERVE

- ❖ Reduction in maternal and infant mortality rates among underprivileged women.
- ❖ Empowerment of women through knowledge and resources for healthier pregnancies and deliveries.

CHALLENGES:

Limited financial resources for covering all healthcare costs for beneficiaries. Logistic challenges in reaching remote and displaced communities for healthcare interventions. Overcoming cultural barriers and misconceptions related to maternal healthcare practices. Safe Hands Association's commitment to improving maternal and child health outcomes among vulnerable women reflects a dedication to ensuring the well-being of mothers and babies in the North West region.

BACK TO SCHOOL SCHEME TIKO---CAMEROON

BACKGROUND

The Back to School Scheme aimed to address the issue of illiteracy among youths by providing essential school supplies to disadvantaged students. The project sought to promote means of young individuals and breaking in their communities. Safe Hands successfully implemented the 2024/2025 Back to School Scheme with the aim of eradicating illiteracy among youths by providing didactic materials to over 100 students from various communities. This initiative not only brought smiles to the faces of less privileged children but also granted them free access to education. The project's success was made possible through the generous support of our partners and sponsors.



School Scheme address the issue of youths by providing supplies to students. The to promote means of young individuals the cycle of poverty communities. Safe successfully the 2024/2025 Back to School Scheme with the aim of eradicating illiteracy among youths by providing didactic materials to over 100 students from various communities. This initiative not only brought smiles to the faces of less privileged children but also granted them free access to education. The project's success was made possible through the generous support of our partners and sponsors.

OBJECTIVES

- To provide school bags, books, umbrellas, raincoats, pens, pencils, water bottles, and other essential materials to over 100 students.
- To support the educational needs of disadvantaged children and ensure they have access to quality learning resources.



SAFE HANDS ASSOCIATION

A SAFE AND SECURED ENVIRONMENT FOR THE COMMUNITY WE SERVE

- ▶ To promote the importance of education and literacy in community development.

THEME

The Theme Of The Project Was "Empowering Youth Through Education."

LOCATION

SOUTH WEST REGION OF CAMEROON TIKO

STAKEHOLDERS INVOLVED

- ▶ Safe Hands organization
- ▶ Partner organizations
- ▶ Sponsors
- ▶ Students and pupils
- ▶ Local community members

METHODOLOGY/APPROACH

Safe Hands collaborated with partner organizations and sponsors to procure and distribute school supplies to the identified beneficiaries. The team conducted needs assessments to ensure that the materials provided met the specific requirements of each student. Distribution events were organized in a transparent and inclusive manner to reach as many students as possible.

SDG ACHIEVED

The project contributed to the achievement of Sustainable Development Goal 4: Quality Education, by promoting access to education and literacy among disadvantaged youth.

OUTCOME/SUCCESS STORIES



SAFE HANDS ASSOCIATION

A SAFE AND SECURED ENVIRONMENT FOR THE COMMUNITY WE SERVE

Over 100 students received essential school supplies, enabling them to continue their education with confidence. Many beneficiaries expressed gratitude for the support received and shared their excitement about returning to school equipped with new materials. The project created a sense of community and solidarity among stakeholders, fostering a supportive environment for education. The project's success would not have been possible without the support of our partners, sponsors, and dedicated team members.





SAFE HANDS ASSOCIATION FOR ADOLESCENT AND FEMALE'S REPRODUCTIVE HEALTH, IN COLLABORATION WITH ZION A HAPPY HOME FOUNDATION

BACKGROUND

Menstrual hygiene

remains a critical yet often overlooked aspect of women's health. Lack of access to appropriate sanitary materials and education can lead to unhygienic practices, stigma, and even gender-based violence. Safe Hands Association and Zion A Happy Home Foundation joined forces to address these challenges and support adolescent girls in



managing their menstruation effectively. **Safe Hands Association** for Adolescent and Female's Reproductive Health, in collaboration with **Zion A Happy Home Foundation**, undertook a project to improve menstrual hygiene among adolescent girls. Recognizing the significance of menstrual health and hygiene in empowering women and girls, the project aimed to provide free, safe, and comfortable sanitary materials to over **50 underprivileged girls**. The initiative sought to combat negative attitudes, misconceptions, and health risks associated with poor menstrual hygiene, ultimately promoting reproductive health and well-being.

OBJECTIVES:

- ❖ Provide three months' worth of sanitary pads and basic necessities to over 50 adolescent girls.
- ❖ Raise awareness about menstrual health and hygiene to combat stigma and misconceptions.
- ❖ Improve reproductive health outcomes by promoting safe menstrual practices.

THEME

Empowering Women and Girls through Menstrual Hygiene Management



SAFE HANDS ASSOCIATION

A SAFE AND SECURED ENVIRONMENT FOR THE COMMUNITY WE SERVE

LOCATION:

The project was implemented in **northwest** to reach underserved adolescent girls in need of support for menstrual health and hygiene.

STAKEHOLDERS

- ▶ Safe Hands Association for Adolescent and Female's Reproductive Health
- ▶ Zion A Happy Home Foundation

METHODOLOGY

The project involved the distribution of sanitary pads and basic necessities to the target beneficiaries, coupled with educational sessions on menstrual hygiene. Partnerships with local organizations and community leaders were established to ensure effective implementation and sustainability of the initiative.

OUTCOME/SUCCESS STORIES:



- Increased access to sanitary materials led to improved menstrual hygiene practices among adolescent girls.
- Raised awareness and reduced stigma surrounding menstruation within the community.
- Enhanced reproductive health outcomes and decreased risk of infections among beneficiaries.

CHALLENGES:

- Limited resources and funding constraints for scaling up the project.
- Cultural barriers and resistance to menstrual hygiene education in certain communities.



SAFE HANDS ASSOCIATION, IN COLLABORATION WITH ZION A HAPPY HOME FOUNDATION, CONDUCTED A PROJECT AT NYARUGUSU REFUGEE CAMP IN **TANZANIA** TO SUPPORT GIRLS WITH MENSTRUAL HYGIENE MATERIALS

EXECUTIVE SUMMARY

Safe Hands Association, in collaboration with Zion A Happy Home Foundation, conducted a project at Nyarugusu Refugee Camp in Tanzania to provide health education on menstruation and menstrual hygiene to adolescent girls. The initiative included the donation of sanitary pads and essential supplies to support the girls in managing their menstrual health effectively. The project aimed to address the lack of access to menstrual hygiene resources and education in the refugee camp, promoting the well-being and empowerment of adolescent girls in this challenging environment.



BACKGROUND Nyarugusu Refugee Camp in Tanzania is home to numerous individuals who have been displaced from their homes due to conflict and instability. In such settings, access to basic health resources, including menstrual hygiene products and education, is often limited. Safe Hands Association and Zion A Happy Home Foundation recognized the urgent need to provide support to adolescent girls in the camp to ensure they can manage their menstruation safely and with dignity.

OBJECTIVES

- ❖ Deliver health education sessions on menstruation and menstrual hygiene to adolescent girls at Nyarugusu Refugee Camp.
- ❖ Distribute sanitary pads and essential supplies to improve menstrual health management among the beneficiaries.
- ❖ Empower adolescent girls to prioritize their reproductive health and well-being despite the challenges of living in a refugee camp.

THEME:

Enhancing Menstrual Health and Empowerment Among Adolescent Girls in Nyarugusu Refugee Camp



SAFE HANDS ASSOCIATION

A SAFE AND SECURED ENVIRONMENT FOR THE COMMUNITY WE SERVE

LOCATION

Nyarugusu Refugee Camp, Tanzania

STAKEHOLDERS:

- Safe Hands Association
- Zion A Happy Home Foundation

METHODOLOGY:

The project implementation involved organizing health education **workshops** on menstruation and menstrual hygiene for adolescent girls in the camp. Additionally, sanitary pads and other essential items were distributed to the beneficiaries to support their menstrual health needs. Collaborations with local partners and camp authorities ensured the successful execution of the initiative within the camp setting.

SDG ACHIEVED:

The project contributes to Sustainable Development Goal 3 (Good Health and Well-being) by promoting access to essential health resources and education for adolescent girls in Nyarugusu Refugee Camp.

OUTCOME/SUCCESS STORIES



- Increased awareness and knowledge about menstrual hygiene among adolescent girls in the camp.
- Provision of sanitary pads and supplies leading to improved menstrual health management.
- Enhanced sense of dignity and **empowerment** among beneficiaries in managing their menstruation effectively.

CHALLENGES

- **Limited resources** and logistical constraints in reaching all adolescent girls in need within the camp.
- Overcoming cultural barriers and social norms related to menstruation education and practices.





BACK TO SCHOOL SCHEME JUBA COMMUNITY, SIERRA LEONE

BACKGROUND

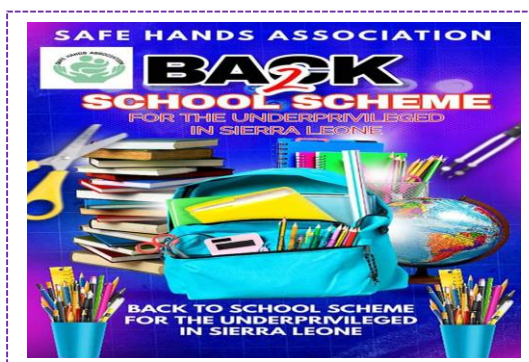
Illiteracy remains a significant barrier to social and economic development, particularly in underprivileged communities. Safe Hands Association recognized the critical need to support children in Sierra Leone with educational resources to ensure they have equal opportunities for learning and growth. The Back to School Scheme was designed to address this pressing issue and provide a pathway for a better future for the children involved. **Safe Hands**

Association, in collaboration with Exceeding Grace Ministries, launched the Back to School Scheme in Juba community, **Sierra Leone**, to address illiteracy among underprivileged children. The initiative aimed to provide 100 children with educational materials such as books, bags, pens, uniforms, and other essentials for the 2024/2025 academic year. By empowering these children with access to

quality education, the project sought to improve their future prospects and break the cycle of poverty and illiteracy in Sierra Leone.

OBJECTIVES

- Empower **100 underprivileged** children with educational materials to facilitate their access to quality education.
- Support children from various vulnerable backgrounds, including orphans, mudslide survivors, and the underprivileged, in preparing for the 2024/2025 academic year.





SAFE HANDS ASSOCIATION

A SAFE AND SECURED ENVIRONMENT FOR THE COMMUNITY WE SERVE

- Promote the importance of education and literacy in breaking the cycle of poverty and inequality in Sierra Leone.

THEME:

Breaking Barriers: Empowering Underprivileged Children Through Education

LOCATION

Juba community, Sierra Leone

STAKEHOLDERS

- Safe Hands Association
- Exceeding Grace Ministries
- Underprivileged children and their families
- Local community leaders and educators

METHODOLOGY:

The project involved a distribution event on Sunday, August 25th, 2024, where 100 underprivileged children were provided with educational materials essential for their academic success. Collaborations with Exceeding Grace Ministries and community partners ensured the efficient delivery of resources to the children in need. The project emphasized the importance of education as a tool for empowerment and social change.



SDG ACHIEVED:

The initiative aligns with Sustainable Development Goal 4 (Quality Education) by promoting inclusive and equitable access to education for underprivileged children in Sierra Leone.

OUTCOME/SUCCESS STORIES

- Improved access to educational materials enhanced the children's readiness for the academic year.
- Expressions of gratitude and joy from the recipients highlighted the impact of the donations on their lives.
- Increased awareness of the importance of education and literacy within the community.

DONATIONS

The donations included books, bags, pens, uniforms, and other essential educational supplies to support the children's learning needs and academic success.





OCTOBER

EDUCATION AND SCREENING CAMPAIGN ON BREAST CANCER

BACKGROUND



In October, **Safe Hands Association**, in collaboration with **Margaret Asah Foundation** and **Zion A Happy Home Foundation**, launched a breast cancer awareness campaign targeting over **400 adolescent girls** and boys. The focus was on educating young individuals about breast cancer and promoting the practice of regular monthly breast self-examinations. **JUSTIFICATION** The campaign aimed to address the lack of awareness and education around breast health among adolescents, emphasizing the importance of early detection through self-examinations. By targeting young individuals, the initiative sought

to empower them with essential knowledge to take charge of their health and well-being.

PROBLEM STATEMENT There exists a gap in knowledge and awareness regarding breast cancer and self-examinations among adolescents, leading to delayed detection and diagnosis. The need for proactive health practices and education in this area is crucial to improving health outcomes and reducing the impact of breast cancer in the community. The campaign took place at **Foundation Education Trust College (FETCOL) in Mutengene**, where the Principal, staff, and students actively participated in the awareness activities and educational sessions.

SUCCESS

The campaign successfully raised awareness among the target audience and equipped them with the skills to perform self-examinations. Partnerships with donors, organizations, and the educational institution contributed to the overall success of the initiative.





SDGS ACHIEVED

The project aligns with SDG 3 (Good Health and Well-Being), SDG 4 (Quality Education), and SDG 5 (Gender Equality) by promoting health education, awareness, and gender-inclusive health practices.

Theme

The theme of the campaign, "You Can Save Yourself by Doing a Breast Self-Exam," underscores the importance of individual agency and proactive health practices in preventing and detecting breast cancer.

CHALLENGE

Challenges faced during the campaign included reaching a wider audience, sustaining education beyond the awareness month, and ensuring continued engagement and follow-up on self-examination practices.

HEALTH TALKS SENSITISATION CAMPAIGN ON BREAST CANCER





EDUCATION AND SCREENING IS THE KEY TO COMBATING ALL FATAL DISEASE CONDITIONS

October 2024 cancer awareness month. Theme “CLOSE THE CARE GAP”. The campaign is all about understanding and recognizing the inequities in cancer care around the globe. “You can make a difference. Join the fight against breast cancer”.

Phase two of our awareness program on breast cancer continues with elderly women this time around aged 50 - 60 years.... See more



recognizing the inequities in cancer care around the globe. “You can make a difference. Join the fight against breast cancer”.





REPORT ON THE INTERNATIONAL DAY OF THE GIRL CHILD

BACKGROUND

The **International Day of the Girl Child** is a global observance dedicated to highlighting the challenges faced by girls around the world and promoting their empowerment and rights. It aims to address issues such as **gender inequality, discrimination**, and lack of access to education and opportunities that hinder the progress and well-being of girls. This day serves as a platform **to raise awareness** about the unique challenges girls face and advocate for gender equality and girls' rights. By celebrating the International Day of the Girl Child, we recognize the potential, strength, and resilience of girls and amplify their voices in shaping a more inclusive and equitable future for all.

PROJECT JUSTIFICATION

The empowerment outreach program on the International Day of the Girl Child with the theme "Girls' Vision for the Future" aims to empower and inspire girls to dream big, voice their aspirations, and drive positive change in their communities. By providing sensitization talks and opportunities for girls to share their vision for the future, the project seeks to foster a supportive environment for girls to thrive and fulfill their potential. The project involves organizing sensitization talks and activities to celebrate the International Day of the Girl Child, focusing on amplifying girls' voices and empowering them to envision a brighter future for themselves and their communities. Girls face various challenges, including limited access to education, gender-based discrimination, and societal norms that hinder their progress and opportunities for growth. The project aims to address these barriers and create a platform for girls to express their aspirations and contribute to positive change.





SAFE HANDS ASSOCIATION

A SAFE AND SECURED ENVIRONMENT FOR THE COMMUNITY WE SERVE

SAFE HANDS ASSOCIATION AND MAGARET ASAH IN. FOUNDATION



OCTOBER 11th
INTERNATIONAL
DAY OF THE

GIRL CHILD



Let her career be driven by passion
rather than gender

kaintalschool.com



OBJECTIVES

- Empower girls to voice their dreams and aspirations.
- Raise awareness about gender equality and girls' rights.
- Inspire girls to take on leadership roles and advocate for change in their communities.

SDGS ACHIEVED

The project aligns with SDG 4 (Quality Education), SDG 5 (Gender Equality), and SDG 10 (Reduced Inequalities) by promoting education, gender empowerment, and inclusivity for girls.

DONATIONS

Donations from partners and supporters may contribute to the success of the project by providing resources for educational materials, workshops, and activities that empower girls and promote gender equality.

CHALLENGES FACED

Challenges in implementing the project may include limited resources, societal resistance to gender equality, and the need for sustained advocacy and support to ensure lasting impact for girls in the community..



MENOPAUSE AWARENESS AND EDUCATION CAMPAIGN ON WOMEN'S HEALTH IN A REMOTE VILLAGE IN CAMEROON

BACKGROUND

Menopause is a natural biological process that marks the end of a woman's reproductive years. However, the transition through menopause can bring about various physical and emotional changes that may impact women's health and well-being. In many remote areas, like **Upper Towe** in Cameroon, women may lack access to

adequate information and resources to manage menopausal symptoms effectively. Therefore, conducting awareness and education campaigns in such communities is crucial to empower women with knowledge and support for a healthy menopausal transition.



SAFE HANDS Association

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Our world menopause day awareness and education campaign took place in a remote village (Upper Towe) in the South w... See more



The campaign evaluated the impact of a Menopause Awareness and Education Campaign conducted in the remote village of Upper Towe in the South West region of Cameroon. The campaign focused on educating women from the peri-menopausal to postmenopausal stages about the signs, symptoms, complications,

and management of menopause. Participants received multivitamins and supplements to support their health for the next six months. Key messages included the importance of a balanced diet, regular medical check-ups, abdominal and pelvic ultrasounds, exercise, and mental health care.



PROBLEM STATEMENT: Women in remote villages like Upper Towe in Cameroon may face challenges in understanding and managing menopausal symptoms due to limited access to information and healthcare resources. This can lead to untreated symptoms, increased risk of complications, and a negative impact on women's overall health and quality of life. Menopause education and awareness campaigns have been shown to improve women's knowledge about menopause, enhance symptom management, and promote healthy lifestyle behaviors. However, there is limited research on the effectiveness of such campaigns in remote and underserved communities, particularly in African countries like Cameroon. This study seeks to contribute to the existing literature by evaluating the outcomes of a menopause awareness campaign in a rural setting.



Let's end this October by raising awareness on menopause. " On this world menopause day 18th of October, I hope every woman finds the strength to embrace this journey and receive the care and support they deserve ".

SAFE HANDS ASSOCIATION AND THE MARGARET ASAH INITIATIVE FOUNDATION sends "warm thoughts and positive energy to all women navigating through menopause. You're not alone, together we will make this transition smoother and more empowering ".



NOVEMBER

PROVIDING FREE EMERGENCY DELIVERY KITS

BACKGROUND

Safe Hands Association has undertaken a crucial initiative to enhance pregnancy and delivery outcomes by **providing free emergency delivery kits** to vulnerable pregnant women and pregnant adolescent girls in remote, hard-to-reach, crisis-affected areas, and host communities to internally displaced persons. In addition to directly supporting pregnant women, the organization has also donated over 30 emergency delivery kits to a community health center in a remote village in the southwest region of Cameroon. These Safe Hands



Emergency Delivery Kits aim to equip the maternity sector and improve birth outcomes for both mothers and children. The provision of **free emergency** delivery kits to vulnerable pregnant women and pregnant adolescent girls aims to address the **challenges** faced by women in accessing safe delivery services in underserved communities. By supporting community health centers with essential supplies, Safe Hands seeks to contribute to reducing maternal and neonatal mortality rates in Cameroon.

OBJECTIVES

- To provide free emergency delivery kits to vulnerable pregnant women and pregnant adolescent girls in remote and crisis-affected areas.
- To equip community health centers with emergency delivery kits to improve maternal and neonatal health outcomes.
- To promote safe and dignified childbirth practices in underserved communities.

THEME

The project theme revolves around "Ensuring Safe Deliveries for Mothers and Babies."

LOCATION

Upper Towe Limbe Cameroon



STAKEHOLDERS INVOLVED

- Safe Hands Association
- Pregnant women and adolescent girls
- Community health centers

METHODOLOGY/APPROACH

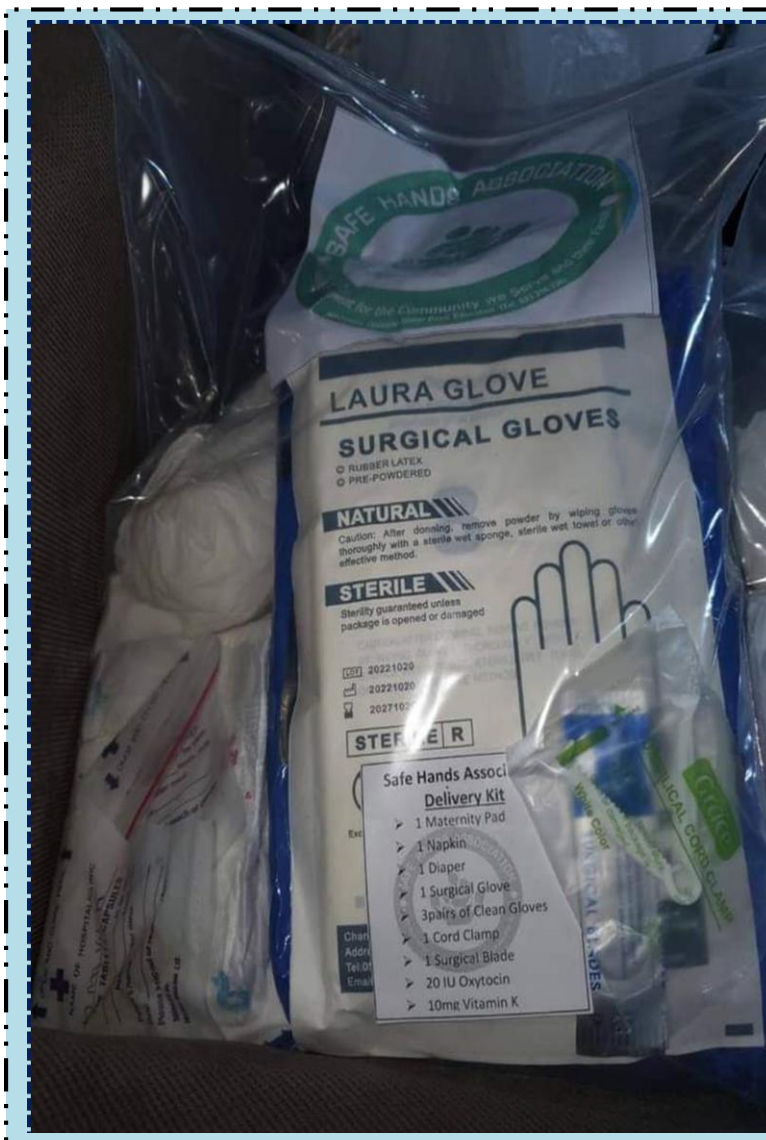
Safe Hands Association identified pregnant women and adolescent girls in need of emergency delivery kits through community outreach and partnerships with local health facilities. The organization procured and distributed the kits to the beneficiaries, ensuring that they had access to essential supplies for safe deliveries. Additionally, the donation of emergency delivery kits to the community health center involved collaboration with local health authorities to assess the center's needs and provide appropriate support.

SDG ACHIEVED

The project aligns with Sustainable Development Goal 3: Good Health and Well-being, by promoting maternal health and reducing maternal and neonatal mortality rates through the provision of essential delivery supplies.

OUTCOME/SUCCESS STORIES

- Vulnerable pregnant women and adolescent girls received critical support through the provision of emergency delivery kits, ensuring safer childbirth experiences.
- The donation of emergency delivery kits to the community health center has enhanced the facility's capacity to provide quality maternal and neonatal care, leading to improved birth outcomes.
- Community members have expressed gratitude for the organization's efforts in promoting safe deliveries and enhancing maternal health in underserved areas.





CHALLENGES



- Limited accessibility to remote and crisis-affected areas posed logistical challenges in reaching all targeted beneficiaries.
- Sustaining the supply of emergency delivery kits to meet ongoing needs remains a challenge that requires continued support and resources.
- Cultural and traditional beliefs may influence the utilization of maternal health services, requiring community engagement and awareness-building efforts.

Safe Hands Association's initiative to provide free emergency delivery kits to vulnerable pregnant women and support community health centers demonstrates its commitment to improving maternal and neonatal health outcomes in underserved

communities. The organization's efforts have the potential to make a significant impact on reducing maternal and neonatal mortality rates and promoting safe childbirth practices in Cameroon.



REPORT ON INTERNATIONAL DIABETES DAY EVENT AT BOJONGO INTEGRATED HEALTH CENTER

BACKGROUND

Safe Hands Association, in collaboration with Margaret Asah Foundation recognizes the importance of promoting health and well-being in underserved communities. The



International Diabetes Day event at Bojongo Integrated Health Center was organized to address the lack of awareness, screenings, and medical resources for diabetes and hypertension within the community. By collaborating with stakeholders and leveraging donations, we aimed to make a positive impact on the health outcomes of individuals in Bojongo. A significant event was held at the Bojongo Integrated Health Center to raise awareness about diabetes, provide

screenings, and offer medical support to the community. The event aimed to educate individuals about diabetes, promote early detection, and provide necessary resources to those in need. Activities included educational sessions on diabetes management, screening for diabetes and hypertension, and distribution of free anti-diabetic and anti-hypertensive medication to individuals already diagnosed with these conditions. The screening process was comprehensive, covering all age groups and including pregnant women to ensure their health and well-being.

PROBLEM STATEMENT

The community in Bojongo faces challenges related to diabetes and hypertension awareness, early detection, and access to necessary medical support. Limited resources and healthcare services contribute to gaps in managing these health conditions effectively, particularly among vulnerable populations such as pregnant women.

STAKEHOLDERS

1. Safe Hands Association
2. Margaret Asah Foundation



3. Bojongo Integrated Health Center
4. Volunteers

RESULTS

- ❖ 84 individuals were screened for diabetes and hypertension, leading to early detection and intervention.
- ❖ Increased awareness about diabetes management and prevention among community members.
- ❖ Donation of essential medical equipment, including blood pressure machines and insulin syringes, to enhance healthcare services at Bojongo Health Center.
- ❖ Distribution of free anti-diabetic and anti-hypertensive medication to diagnosed individuals, supporting their treatment.
- ❖ Provision of 10 emergency delivery kits to the health center and 15 kits to less privileged pregnant women ensuring safe deliveries and maternal health support.

The International Diabetes Day event at Bojongo Integrated Health Center exemplifies our commitment to improving health outcomes in underserved communities. By addressing the challenges related to diabetes and hypertension awareness and access to medical resources, we have made a meaningful impact on the well-being of community members. The collaborative efforts of stakeholders and the positive results achieved underscore the importance of collective action in promoting health and wellness. Furthermore, generous donations were made to the Bojongo Health Center, including essential medical equipment such as blood pressure machines, blood sugar machines with strips, insulin syringes, and other hospital supplies. These contributions will enhance the capacity of the health center to provide quality care to the community and support patients in managing their health conditions effectively.





SAFE HANDS ASSOCIATION

A SAFE AND SECURED ENVIRONMENT FOR THE COMMUNITY WE SERVE

PICTURES OF THE ACTIVITIES





SAFE HANDS ASSOCIATION

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PICTURES OF THE ACTIVITIES AT BOJONGO INTERGRATED HEALTH CENTER





DECEMBER

REPORT ON WORLD AIDS DAY COMMEMORATION AT KINGS COMPREHENSIVE COLLEGE DECEMBER 2024

SUMMARY

Safe Hands Association and the Margaret Asah Initiative Foundation organized a successful event at Kings Comprehensive College to commemorate World AIDS Day. The event focused on raising awareness about **HIV and AIDS** among youths, particularly students. Various activities were conducted, including sensitization sessions on prevention, promoting safe sex practices such as condom use, and **demonstrating the proper use of condoms**. The importance of supporting and accepting people living with AIDS was emphasized to combat stigma. The interactive session with students and teachers was highly engaging, with everyone showing eagerness to learn more about living with and supporting those affected by HIV and AIDS.

ORGANIZERS

Safe Hands Association in partnership with the Margaret Asah Initiative Foundation

LOCATION

Kings Comprehensive College, Bonadikombo Village

OBJECTIVE

To raise awareness and educate youths, especially students, on the prevention of HIV and AIDS, and to reduce stigma associated with the disease.

ACTIVITIES

- Sensitization on prevention of HIV and AIDS
- Promotion of safe sex practices including the proper use of condoms
- Demonstration on the proper use of condoms
- Emphasis on supporting, accepting, and standing by people living with AIDS to reduce stigma

PARTICIPANTS

Students, teachers, and representatives from Safe Hands Association and the Margaret Asah Initiative Foundation



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REPORT: 16 DAYS OF ACTIVISM AGAINST GENDER-BASED VIOLENCE AT KINGS COMPREHENSIVE COLLEGE

BACKGROUND

Safe Hands Association and the Margaret Asah Initiative Foundation successfully commemorated the 16 Days of Activism Against Gender-Based Violence at Kings Comprehensive College. The campaign sensitized students on the significance of upholding values such as respect, gender equality, and fairness, while also addressing the prevalence of gender-based violence. The students were educated on the various types of gender-based violence, their repercussions, and strategies for prevention. The organizers



emphasized the importance of fair treatment for all individuals without discrimination. Furthermore, advocacy messages were delivered not only to the students but also to parents and other community stakeholders to spread awareness and promote a culture of respect and equality. It was highlighted that violence exists not only in the broader community but also within school settings, underscoring the need for collective efforts to combat gender-based violence.

ORGANIZERS

Safe Hands Association in partnership with the Margaret Asah Initiative Foundation

LOCATION

Kings Comprehensive College, Bonadikombo Village

PURPOSE

To raise awareness and educate students on the importance of values such as respect for humanity, gender equality, and fairness, and to combat gender-based violence.



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ACTIVITIES

- Sensitization on the importance of respect, gender equality, and fairness
- Education on different types of gender-based violence, their consequences, and prevention method
- Advocacy messages delivered to students, and community stakeholders

PARTICIPANTS

Students, teachers, and community stakeholders.





EMPOWERING PERSONS LIVING WITH DISABILITIES AT KOBENYANG NORTH WEST REGION OF CAMEROON

On December 3rd, 2024, **SAFE HANDS** in collaboration with **THE MARGARET ASAH Initiative** commemorated the International Day of People Living with Disabilities under the theme "Amplifying the hygiene conditions of persons living with disabilities for an inclusive and sustainable environment." The event included a visit to the Kobenyang Handicap Center in Momo Division, where meaningful interactions were held with children and adolescents living with various disabilities. The objective was to provide support, engage in discussions, and raise awareness about the importance of inclusivity and empowerment for persons with disabilities. **ACKNOWLEDGMENTS** We express our heartfelt gratitude to all our partners, donors, and volunteers who contributed to the success of this initiative. Their support and dedication have played a significant role in making a positive impact on the lives of persons living with disabilities.





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"PROVIDING EMERGENCY DELIVERY KITS FOR PREGNANT WOMEN IN BOME VILLAGE NORTH WEST REGION OF CAMEROON"

In response to the ongoing humanitarian crisis affecting the North West region of Cameroon, SAFE HANDS provides Emergency Delivery Kits for less privileged pregnant women in crisis-affected communities.





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