



SAFE HANDS ASSOCIATION

ANNUAL REPORT 2025



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MILE 2, LIMBE SOUTH-WEST REGION OF CAMEROON



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JANUARY 2025

SEXUAL AND REPRODUCTIVE HEALTH



SENSITIZATION CAMPAIGN ON CERVICAL CANCER AT JONAM BILINGUAL NURSERY AND PRIMARY SCHOOL AT GRA LIMBE, SOUTHWEST REGION OF CAMEROON

SAFE HANDS ASSOCIATION and THE MARGARET ASAH INITIATIVE ASSOCIATION are Non-Governmental Organizations committed to improving the reproductive and general health of adolescent girls, teenagers, and women in Cameroon, particularly in underserved and crisis-affected areas. With its headquarters in Limbe and activities spanning the Southwest, Northwest and Far north Regions, the organization **empowers the community** through educational campaigns, medical assistance, and health support. Its vision is to create a safe and secure environment where women and adolescents can access quality reproductive healthcare and make informed health decisions. Addressing taboo topics such as menstrual hygiene, puberty, and cervical cancer, the association collaborates with medical professionals and health institutions to fill gaps in healthcare, especially in marginalized and neglected communities.

In January, the organization carried out a successful sensitization campaign on cervical cancer at JONAM Bilingual Nursery and Primary School in Limbe. This campaign, targeting both boys and girls aged **9–14**, We emphasized on the *importance of HPV vaccination, regular screenings, and understanding the symptoms and risks of cervical cancer*. The pupils were enthusiastic and engaged, asking insightful questions that demonstrated their curiosity and eagerness to learn.





According to the World Health Organization (WHO), cervical cancer is the fourth most common cancer in women (young girls and adolescents) globally, with around 570,000 new cases diagnosed in 2018.



Despite facing challenges such as limited resources, cultural taboos, and occasional reluctance **from parents**, SAFE HANDS ASSOCIATION has seen great success. The emotional connection and gratitude expressed by students and teachers during the *cervical cancer campaign reaffirm the importance of this work*. Smiles, thoughtful questions, and emotional testimonies highlighted the campaign’s success in inspiring and educating. The organization recommends further engagement with stakeholders, integration of health education in school curricula, and continuous funding to expand reach. With dedication and community support, Together, we are paving the way for a better, safer future for all.

TARGET AUDIENCE	NUMBER	ITEMS DONATED
Girls	116	A chart
Boys	87	A token of appreciation
TOTAL	253	



By sensitizing adolescent girls, we are educating, creating awareness, and proactive health behaviors, which is going to reduce the percentage of women with cervical cancer in the community.

FEBRUARY 2025

**SENSITIZATION CAMPAIGN ON CERVICAL
CANCER AT THE BONJONGO INTEGRATED
HEALTH CENTER - 29TH JANUARY 2025 LIMBE, SOUTHWEST**

Background: Cervical cancer and birth defects are major health problems, especially in developing countries like Cameroon. Many women and children suffer because they do not get the right information or care in time. Cervical cancer is the fourth most common cancer in women worldwide, and birth defects affect millions of babies each year. Because of this, SAFE HANDS ASSOCIATION and THE MARGARET ASAH IN. ASSOCIATION organized a health campaign at the Bonjongo Integrated Health Center in the Southwest Region of Cameroon. The goal was to educate and help **breast-feeding** mothers, student nurses, hospital staff, and community health workers learn about these important health issues. Over 90 people attended the campaign. The main idea of the campaign was to teach people how to prevent cervical cancer and birth defects. First, we wanted to raise awareness about how these health problems affect women and children and how they can be prevented. Second, we wanted to promote the importance of taking preventive actions like getting the HPV vaccine, going for regular check-ups, and eating healthy during pregnancy. Third, we aimed to give student nurses a chance to gain practical experience so they could become better healthcare professionals.



We used simple and interactive manner to pass our message. The session included group discussions where participants shared ideas, asked questions, and received clear answers from health experts. We used large banners with



pictures and key messages to help everyone understand better. The health workers explained how to take care of women’s health, prevent cervical cancer with vaccines, and manage pregnancy properly. It also gave student nurses a chance to learn outside the classroom.

ACTIVITIES CARRIED OUT

We started the event with group introductions and warm-up activities so people felt comfortable. Then we held short workshops and talks by health professionals about cervical cancer and birth defects. Participants were divided into groups for discussions,

and health workers used charts and posters to demonstrate important points. There was also a Q&A session where people asked many useful questions. At the end, we gathered feedback from everyone so we can improve future campaigns.

STAKEHOLDERS INVOLVED

The people and groups involved in the campaign included: SAFE HANDS ASSOCIATION, THE MARGARET ASAH INITIATIVE, Bonjongo Integrated Health Center staff, student nurses doing internships and community health workers Everyone worked together to make the campaign a successful one.

SUSTAINABILITY AND MONITORING

To make sure the campaign has a lasting impact, we plan to keep working with local health centers. We will follow up with participants to see if they are using the advice they received. We will also track how many women get vaccinated or go for check-ups after the campaign. The student nurses will continue spreading the information they learned in their future careers. Feedback will help us improve future campaigns.

CHALLENGES FACED

We faced a few problems. Some people were shy and uncomfortable talking about topics like cervical cancer. Some parents were not sure about the importance of vaccines due to myths and lack of information.



SUCCESS STORIES AND OUTCOME

it was very successful. Many people thanked us for sharing useful information. Nursing mothers were happy to learn how to keep their children healthy. The student nurses were excited to apply what they had learned in class. One mother said, *“I now understand how important it is to get screened early. This may save my life.”* The health center’s staff said the campaign helped fill a big gap in health education.

RECOMMENDATIONS AND CONCLUSION

We recommend doing more campaigns in other communities, especially in rural areas where people have less access to health information. We also suggest working closely with local health authorities to keep the message alive. In conclusion, SAFE HANDS ASSOCIATION and THE MARGARET ASAH INITIATIVE are making good progress toward helping women and children stay healthy. We thank all our partners, health workers, volunteers, and community members.



Cervical cancer remains a significant global health concern, with the World Health Organization (WHO) designating it as the fourth most common cancer among women. In 2018, around 570,000 new cases were diagnosed worldwide, underscoring the urgency of preventative measures. Meanwhile, Birth defects on the other hand is another pressing issue, affecting millions of children and families annually.

The WHO emphasizes the importance of prevention, early detection, and proper care in addressing these health challenges. One of the most effective strategies discussed during our campaign was the importance of vaccination against the human papillomavirus (HPV), a leading cause



MARCH 2025



SENSITIZATION ON CERVICAL CANCER AT BOJAH CULTURAL ASSOCIATION BALI NYONGA, SOUTHWEST REGION OF CAMEROON

Still: in the quest of serving the under-served

Safe Hands Association, in collaboration with the Margaret Asah Initiative, organized a health sensitization campaign at the BOJA Cultural Association-Bali Nyonga,. This project aimed to address the pressing health issues of cervical cancer and birth defects, which continues to cause serious harm to families and communities across the country. Cervical cancer remains a leading cause of death among women in sub-Saharan Africa, and most cases are due to late diagnosis and poor access to vaccination and screening. Similarly, birth defects are common in areas with limited antenatal care and poor maternal nutrition. With support from the World Health Organization (WHO) and other international health guidelines, our campaign focused on raising awareness, prevention, and education as key tools to reduce these conditions in Cameroon.



The first objective of this campaign was to **educate women and men of reproductive age about cervical cancer**, its causes, and how it can be prevented through lifestyle choices and medical interventions such as the HPV vaccine. Secondly, we aimed to **increase awareness of birth defects**, what causes them, and how expectant mothers and their partners can prevent them through proper antenatal care, good nutrition, and avoiding harmful practices during pregnancy. Lastly, we wanted to **engage men as key partners in reproductive health**, encouraging them to support their wives and families by attending health talks, understanding the risks, and being involved in decision-making around family health. These objectives align with our organization’s broader goal of promoting a safe, inclusive, and informed society where health is a shared responsibility.

We used a **community-centered approach** that made information accessible and relatable to every participant. We first engaged community leaders and cultural groups like the BOJA Cultural Association to help gather people and encourage attendance. We organized group discussions, delivered *short health talks* using visual aids such as banners and charts, and hosted **interactive Q&A sessions** where participants asked questions and shared personal stories. This approach helped us build trust and made the learning environment more inclusive. Our health practitioners used Pigin-english explain to them. . We also had **demonstrations**, showing how HPV vaccines work, and how good maternal habits prevent birth defects. The hands-on approach helped participants connect with the material more deeply.



ACTIVITIES CARRIED OUT

The campaign started with welcoming remarks and brief introductions to warm up the crowd and build rapport. This was followed by structured **health talks** on cervical cancer, HPV, and birth defects.. There were **interactive demonstrations** using our banners that showed the reproductive system, images of different types birth defects, and healthy pregnancy practices. A key highlight was our **open forum**, where both men and women expressed concerns and asked specific health questions. We also distributed **information leaflets**, and health professionals gave advice and referrals for further screening and vaccination. The atmosphere was lively and participatory, with many participants staying long after the formal program ended to seek additional guidance.

STAKEHOLDERS INVOLVED

This project would not have been possible without the involvement of several key stakeholders. The BOJA Cultural Association played an role in mobilizing the community and offering a safe venue. The Margaret Asah Initiative Association provided technical support and helped design the educational materials.

SUSTAINABILITY AND MONITORING AND EVALUATION

To ensure the long-term success of this campaign, we plan to work closely with local health centers to **track follow-up visits for screening, vaccination, and antenatal care**. Community health workers will help monitor progress and provide ongoing support to participants.

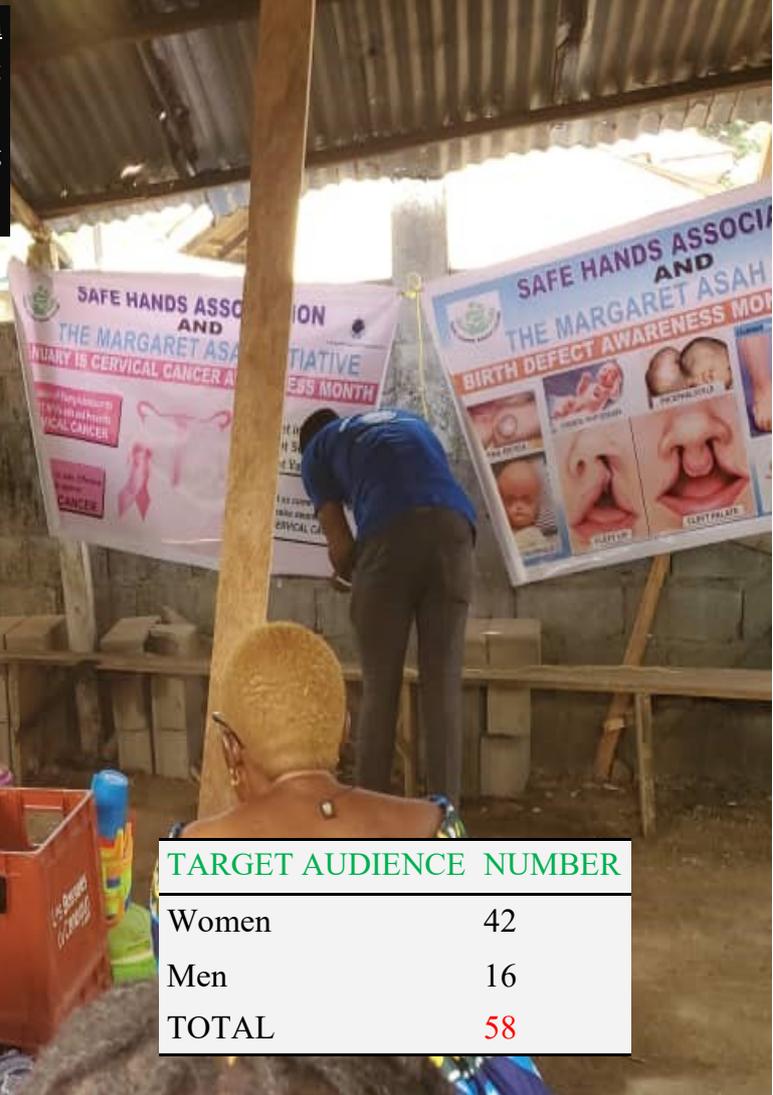




Despite the success of the event, there were a few challenges. Some community members were initially hesitant to participate, especially men, due to cultural taboos around discussing reproductive health. **SUCCESS STORIES**

The impact of this campaign was visible and heartwarming. Participants expressed deep appreciation, with many saying this was the first time they had received such clear and helpful health information. Women shared stories about past pregnancies and said they finally understood the causes of complications they had experienced. One man stated, *“Now I understand how I can help my wife during pregnancy.”* we noticed a great change in attitude, and several participants requested to organize similar sessions in other meeting houses.

It should be noted that organizations like the World Health Organization together with the @Ministry of Public Health in Cameroon is also playing an important in addressing cervical cancer and birth defects globally. Providing guidelines to treatment and screening n response to the Anglophone crisis in Cameroon.



TARGET AUDIENCE	NUMBER
Women	42
Men	16
TOTAL	58

**CHARITY VISIT TO GOD FIRST OPHANAGE-
 Wotutu Village, Southwest Region of
 Cameroon.**



PROBLEM STATEMENT

Menstrual hygiene and access to sanitary materials remain significant challenge for many adolescent girls in Cameroon, particularly those in villages and orphanages. This can lead to health problems, absenteeism from school, and reduced self-esteem. Furthermore, the lack of education on menstrual hygiene and reproductive health exacerbates the issue.

In our continued effort to serve the underserved and improve the lives of the people around us, **Safe Hands Association**, in partnership with the **Margaret Asah Initiative Association**, organized a charitable health and donation outreach to **God First Orphanage in Wotutu Village**, located at the Southwest Region of Cameroon. This initiative focused on supporting **adolescent girls** with essential sanitary and hygiene items, health education, and emotional support. Our organization is dedicated to improving adolescent and female reproductive health, especially in rural, crisis-affected, and low-income communities. Many orphanages, like God First Orphanage, face significant challenges in meeting basic health needs due to lack of resources, leaving girls particularly vulnerable to poor menstrual hygiene, infections, and emotional

stress, our goal was to ease these burdens and promote dignity, cleanliness, and confidence among the girls. This aligns with our **vision of creating a safe and secured** especially the most vulnerable. The objective of this activity was to **improve menstrual hygiene management** among adolescent girls at the orphanage by providing sanitary pads, soap, and basic hygiene education.



The warm reception from God First Orphanage shows the importance of our ongoing outreach efforts to support underserved communities. In addition, international organizations such as the United Nations Population Fund (UNFPA), World Health Organization (WHO), and International Planned Parenthood Federation (IPPF) are actively involved in advancing reproductive health and rights globally.



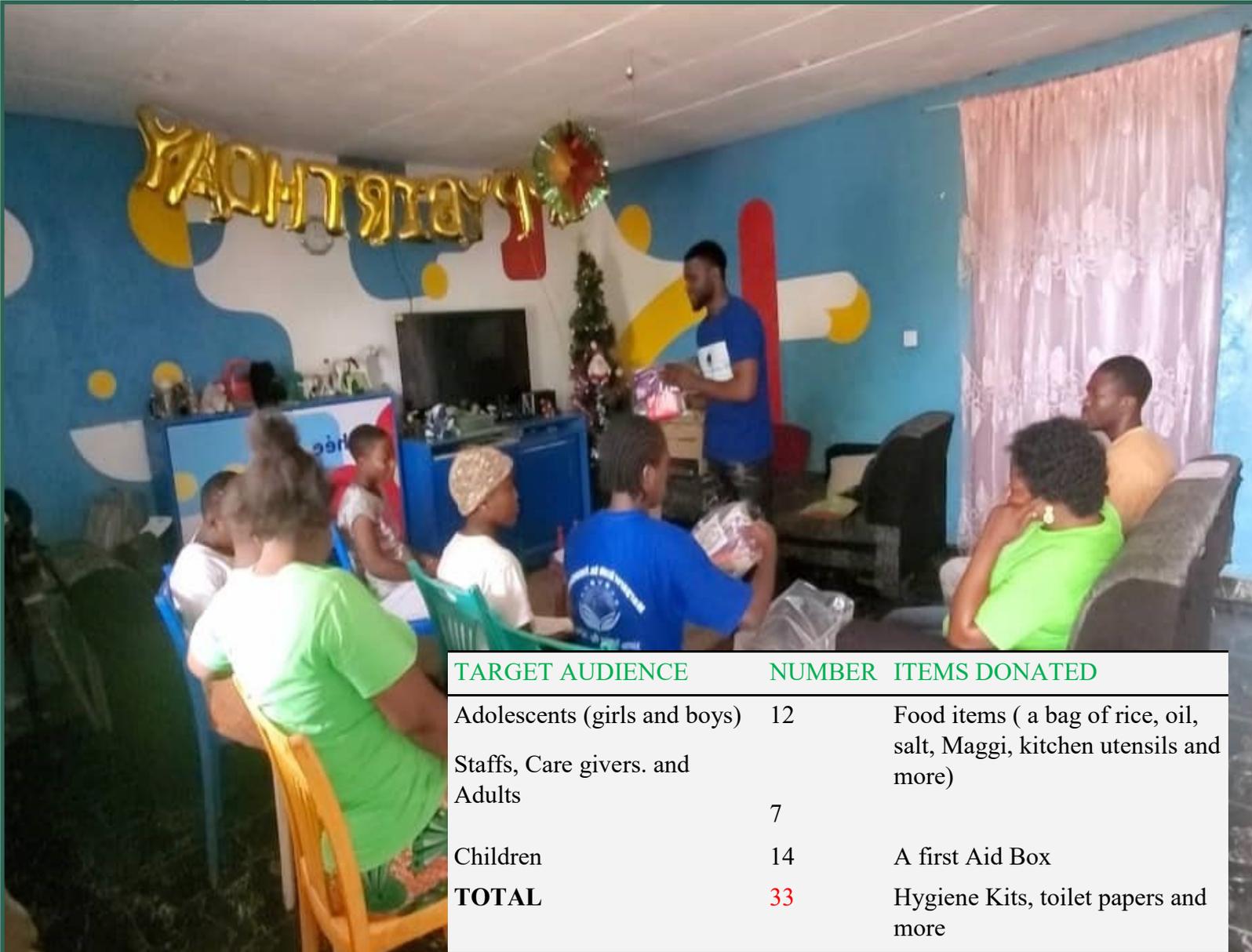
The day began with a **warm welcome and introductions** from both the staff and children. Ice-breaker games were used to help the girls feel relaxed and to build trust. This was followed by a **short health talk on menstrual hygiene and personal care**, which was made interactive through questions, examples, and demonstrations. We then proceeded to the **donation**, where our team handed over the items to the orphanage manager and spoke briefly about their intended use. A brief **discussion session** was held with the girls to answer any questions about puberty, hygiene, or health challenges they face. After the main program, the team spent time interacting one-on-one with the children, offering emotional support and encouragement. This project directly supports **SDG Good Health and Well-being** by addressing the menstrual hygiene needs of vulnerable adolescent girls and improving their access to basic medical care. Furthermore, by donating food and supplies, we supported Zero Hunger, and indirectly strengthened: Quality Education, as girls who manage their menstrual hygiene better are less likely to miss school. Working toward these goals brings Cameroon closer to achieving international health and gender equality benchmarks. The main stakeholders involved in this outreach included Safe Hands Association, the Margaret Asah Initiative Association, and the staff and children of God First Orphanage. The orphanage caregivers played a vital role in helping us plan, identify the children’s needs. To ensure the continued impact of this visit, we have established a follow-up plan with the orphanage caregivers.



Our team will provide **periodic health talks** every few months, especially on hygiene, puberty, and minor health care. The first aid box will be monitored by trained orphanage staff, and any stock shortages will be reported to our association for restocking. Additionally, we plan to train at least one caregiver on **basic first aid and health monitoring**, allowing the orphanage to manage minor health issues independently.

OUTCOME

The visit was a touching and powerful experience. The children welcomed us with smiles and songs, and their faces.. One of the girls shyly said, *“Now I don’t have to miss school during my period anymore.”* The caregivers were emotional and thankful, with one saying, *“You have made our girls feel seen and loved today.”* Our health expert noted that the girls were eager to learn and very responsive to the health education. The team left the orphanage with a renewed sense of purpose, knowing that we had not only donated items but **restored confidence, dignity, and joy** to young girls who needed it most.



TARGET AUDIENCE	NUMBER	ITEMS DONATED
Adolescents (girls and boys)	12	Food items (a bag of rice, oil, salt, Maggi, kitchen utensils and more)
Staffs, Care givers. and Adults	7	
Children	14	A first Aid Box
TOTAL	33	Hygiene Kits, toilet papers and more

JUNE 2025

COMMUNITY HEALTH PROMOTION

A CHARITY VISIT TO PLEROMA INSTITUTE CLINIC BOBENDE VILLAGE SOUTH WEST REGION,



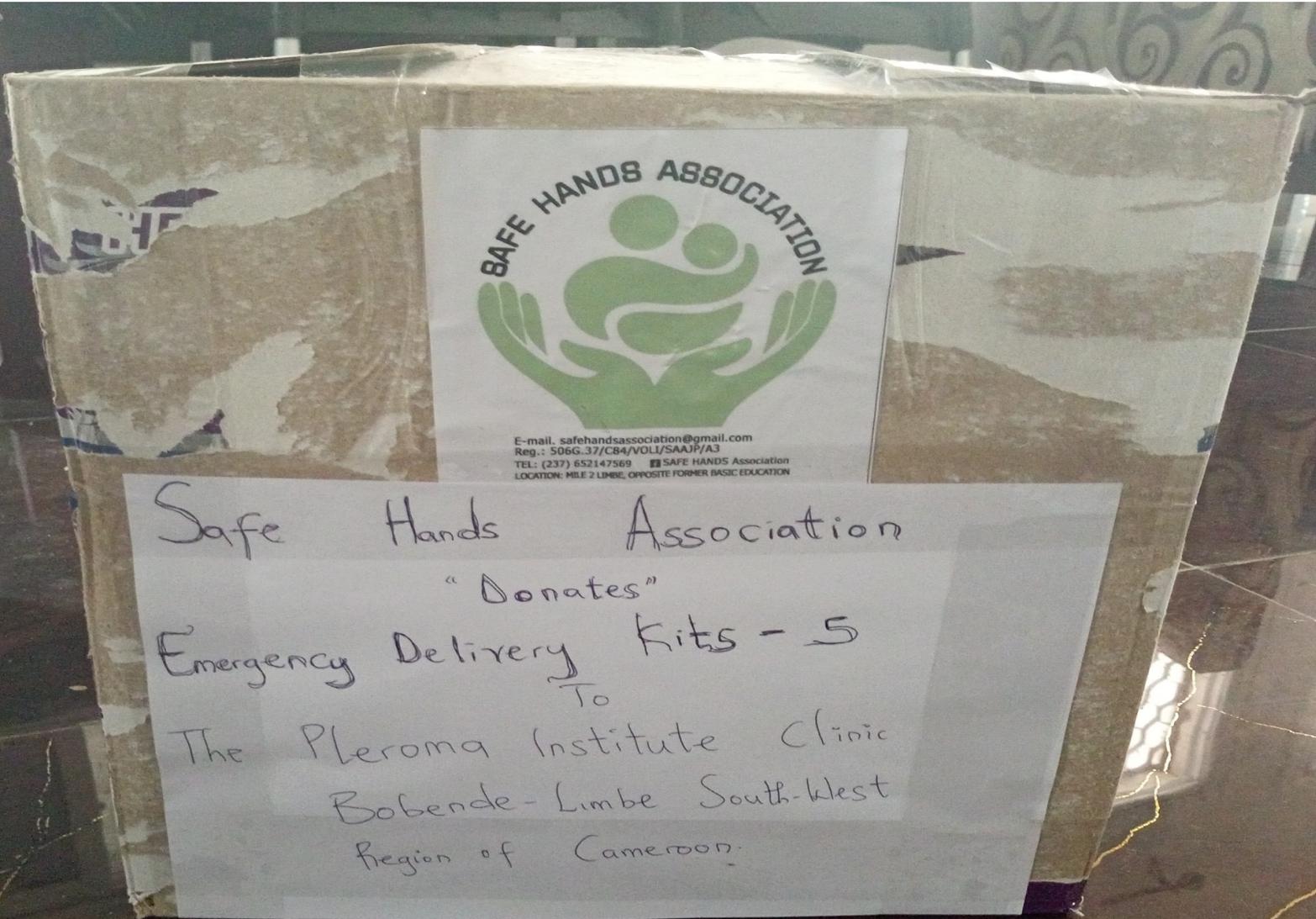
Access to quality healthcare in many parts of Cameroon remains a significant challenge, especially in rural and underserved communities. Recognizing this, Safe Hands Association and the Margaret Asah Initiative Association have continuously worked to bridge the gap by supporting **local health facilities** with medical resources and services. In line with our mission to promote community health and strengthen healthcare systems, we organized a donation outreach to the Pleroma Institute Clinic in Bobende Village. This clinic serves a role in providing basic and emergency healthcare services to the local population. Problem Statement: Many health facilities in rural areas like Bobende operate with limited resources, outdated equipment, and inadequate support for patients. **Pregnant women**, the elderly, and persons with chronic conditions such as diabetes face immense difficulties in accessing timely and quality medical care. These gaps in service delivery contribute to high maternal mortality, poor disease management, and preventable health complications. **Objectives of the Donation Visit**

To strengthen the healthcare delivery system at Pleroma Institute Clinic., to provide commonly used medical equipment and medications to improve service capacity. And to offer emergency delivery kits for expectant mothers at no cost.



TARGET AUDIENCE	NUMBER	ITEMS DONATED
Staffs, Volunteers	11	Hospital equipment's
Student Nurses	21	Medications
TOTAL	32	Free Emergency Delivery Kits

As part of the outreach, Safe Hands Association and the Margaret Asah Initiative Association subsidized the cost of medical care for several individuals within the community. This included waiving or reducing hospital bills for pregnant women, elderly patients, and others unable to afford care. This initiative helps to reduce the financial burden on families and ensure that no one was denied healthcare due to cost. The initiative was well-received by the clinic's management, community leaders, and beneficiaries, with gratitude expressed for the support provided. To ensure the sustainability of this impact: Follow-up visits will be conducted to assess equipment usage and emerging needs Partnerships with other NGOs and local authorities will promote Community awareness and health education programs will be integrated into future visits Capacity-building workshops will be organized for clinic staff to maximize the effectiveness of the donated equipment actions are aimed at long-term health system strengthening in Bobende and surrounding communities. We extend our heartfelt appreciation to all the donors, supporters, and volunteers who contributed to making this outreach successful. Your dedication to community health and development is a testament to the power of compassion and collective action. Special thanks to the Pleroma Institute Clinic staff for their collaboration and ongoing efforts to serve the community with commitment and care. This donation visit reflects our continued resolve to support and uplift under-served communities through practical, sustainable healthcare interventions. By working together, we are fostering a healthier, more inclusive society where everyone has access to quality medical care regardless of their socioeconomic background. We remain committed to this cause and invite more partners and supporters to join us in serving humanity.



July 2025

COMMUNITY HEALTH PROMOTION



DIABETES SCREENING AT UPPER TOWE

VILLAGE SOUTH WEST REGION, CAMEROON

Non-communicable diseases (NCDs), particularly diabetes, are on the rise in Cameroon. The World Health Organization (WHO) classifies diabetes as one of the leading causes of death in low- and middle-income countries. Despite its growing prevalence, many Cameroonians—especially those in rural and semi-urban communities remain unaware of their diabetic status due to limited access to healthcare and lack of awareness. This screening was organized to bridge the gap in early diagnosis, offer free testing services, and raise awareness among the inhabitants of Upper Towe about the dangers of undiagnosed and uncontrolled diabetes including **pregnant women**. In areas like Upper Towe, there is limited access to health education and diagnostic tools, leading to under diagnosis and poor management of chronic diseases such as diabetes. Most people in our community only seek help when complications starts, and by this time treatment becomes more costly and complex. Early detection remains a major challenge due to: *Poor awareness, Financial constraints and Limited health infrastructure*



TARGET AUDIENCE	NUMBER	ITEMS DONATED
Staffs, Volunteers	12	Hospital equipment's
Participants Screened	27	Medications
TOTAL	39	Free Delivery Kits



Methodology: Community Mobilization:

The population was mobilized using the town crier and support from community health worker (CHW) The campaign was held at Shalom Health Center, Upper Towe.

Screening Activities:

- Health Education Talks
- Blood Sugar Testing (Fasting/Random)
- Blood Pressure Measurement
- Medical History Assessment

Health Education Focus Areas:

Symptoms and complications of diabetes
 Lifestyle modification: diet and exercise
 Importance of routine health checks
 Referral options and follow-up care

Challenges: low population turnout: Attendance was lower than anticipated. Possible reasons included poor understanding of the screening’s importance, farming season commitments.



AUGUST 2025

MOTHER AND CHILD HEALTH PROMOTION



CELEBRATING WORLD BREASTFEEDING IN THE NORTH WEST, FAR NORTH AND SOUTHWEST REGIONS OF CAMEROON

Breastfeeding is universally recognized as one of the most effective ways to ensure child survival, optimal growth, and healthy development. According to the World Health Organization (WHO) and the United Nations International Children’s Fund (UNICEF), exclusive breastfeeding for the first six months of life provides all the nutrients, fluids, and energy a baby needs. It also protects against common childhood illnesses such as diarrhea and pneumonia, which are major causes of child mortality in low- and middle-income countries. Beyond six months, continued breastfeeding combined with safe and appropriate complementary foods remains essential for healthy growth and development until at least two years of age.

Globally, World Breastfeeding Week (WBW), celebrated from 1st to 7th August each year, is coordinated by the World Alliance for Breastfeeding Action (WABA) in collaboration with WHO and UNICEF. It serves as a global platform to raise awareness on breastfeeding’s role in improving child and maternal health, reducing malnutrition. This year’s global theme, “*Enabling Breastfeeding – Making a Difference for Working Parents*”, emphasizes the urgent need for support systems that empower mothers to breastfeed effectively, regardless of employment status.

Problem Statement

While the benefits of breastfeeding are widely acknowledged, many mothers in Cameroon—particularly those in rural and crisis-affected areas—face significant barriers to initiating and sustaining optimal breastfeeding practices. These barriers are most severe in the Far North Region, where socio-economic and environmental challenges intersect to create a high-risk environment for infant health. Nutritional Challenges: the Far North is one of Cameroon’s most food-insecure zones due to recurrent droughts, erratic rainfall, and poor agricultural yields. Many mothers themselves are malnourished, affecting breast milk production and quality.

Health System Gaps: access to health facilities and trained breastfeeding counsellors is limited. Remote communities have little or no exposure to professional breastfeeding support during pregnancy or after delivery.

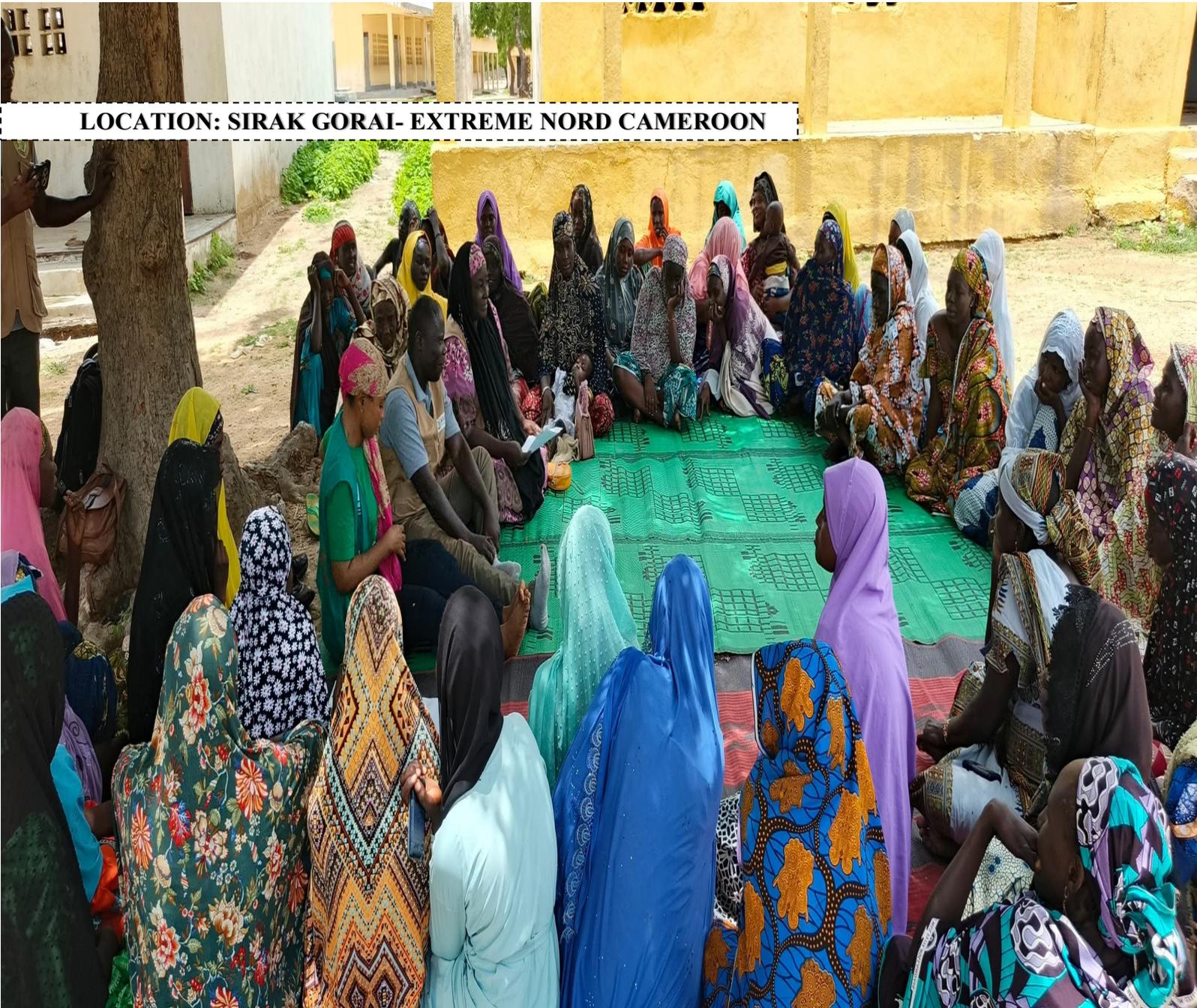
Cultural Beliefs and Practices: In some villages, colostrum is discarded due to myths that it is “dirty,” and early introduction of water, herbal drinks, or solid foods is common. These practices compromise exclusive breastfeeding and expose infants to infections.

TARGET AUDIENCE NUMBER ITEMS DONATED		
Breastfeeding mothers	579	Breastfeeding leaflets
Pregnant women and teenagers.	274	Food items
TOTAL	853	Free education on various breastfeeding techniques



OUR RESPONSE - WHAT WE ARE DOING

Recognizing these barriers, Safe Hands Association and The Margaret Asah Initiative in partnership with ARDHU have committed to taking practical, community-based action that aligns with WHO, UNICEF, and WABA recommendations. Our support to the breastfeeding initiative includes: **Community Health Education:** We organize outreach sessions in villages, health centers, and hospitals to explain the nutritional, health, and emotional benefits of exclusive breastfeeding. We tailor our communication to local languages and cultural contexts, using interpreters where necessary. And we also involve community health workers in all activities, building their capacity to provide ongoing breastfeeding counselling.



LOCATION: SIRAK GORAI- EXTREME NORD CAMEROON

Practical Demonstrations: We demonstrate various breastfeeding techniques and positions—including cradle hold, football hold, and side-lying—helping mothers identify the most comfortable and effective method. **Distribution of Illustrated Breastfeeding Guides:** We provide leaflets with step-by-step guidance and photographs, designed to be easily understood even by mothers with low literacy levels. **Focus Group Discussions and Peer Learning:** we create spaces where mothers can share experiences, challenges, and tips. These sessions foster mother-to-mother support networks that can continue beyond our visits. **Engagement with Local Health Workers:** We involve community health workers in all activities, building their capacity to provide ongoing breastfeeding counselling. **Advocacy and Global Alignment:** at safe hands our programs are designed in line with UNICEF’s Global Breastfeeding Collective Call to Action and WHO’s Ten Steps to Successful Breastfeeding. by reporting outcomes to local and international partners, we contribute to the global effort to raise breastfeeding rates.

Location: Mayo Sava- Extreme Nord Cameroon



WHY THIS MATTERS

These interventions directly address the root causes of poor breastfeeding practices in Cameroon’s most vulnerable regions. They provide knowledge, skills, and support systems to mothers, helping them overcome socio-cultural and economic barriers to breastfeeding. With sustained funding and technical support, these initiatives can be scaled up to reach more mothers in crisis-affected and hard-to-reach communities ultimately reducing infant mortality, improving nutrition, and building healthier futures. The primary objective of this year’s World Breastfeeding Week activities was to sensitize nursing mothers on the critical importance of exclusive breastfeeding during the first six months of a child’s life. Exclusive breastfeeding is proven to provide the ideal nutrition infants need for healthy growth and development while boosting their immunity against life-threatening illnesses. Beyond the first six months, mothers were also encouraged to continue breastfeeding up to two years or beyond, as recommended by global health authorities, while introducing complementary feeding. A second goal was to equip mothers with practical skills by demonstrating a range of breastfeeding techniques and positions. These included the cradle hold, cross-cradle hold, football hold, and side-lying position each selected to offer comfort, prevent nipple pain, and ensure proper latching for effective milk transfer. Such demonstrations were especially beneficial to first-time mothers and those struggling with breastfeeding challenges.

Location: Mankon Bamenda Northwest Region of Cameroon



We also prioritized the distribution of illustrated educational leaflets to all participants. These guides were carefully designed with pictorial instructions for ease of understanding, especially for mothers with limited literacy. The goal was to provide a take-home reference that could reinforce learning after the sessions.

Locations Visited: Our activities were conducted in strategically selected locations across three regions of Cameroon, targeting both urban and rural communities to ensure a broad reach. In the Northwest Region, sessions were held in Mankon and Bansa, are areas also facing significant maternal health challenges due to ongoing crises. In the Southwest Region, activities took place at the Regina Pacis Hospital Mutengene and CMA Muea. In the Far North Region, the program reached mothers in Sirak Gorai, Mouhour, Mikili and other locations facing barriers to breastfeeding promotion.

Location: Regina Pacis Hospital Mutengene Southwest Region of Cameroon



According to the World Health Organization (WHO) and the United Nations International Children’s Fund (UNICEF), exclusive breastfeeding for the first six months of life provides all the nutrients, fluids, and energy a baby needs. It also protects against common childhood illnesses such as diarrhea and pneumonia, which are major causes of child mortality in low- and middle-income countries. Beyond six months, continued breastfeeding combined with safe and appropriate complementary foods remains essential for healthy growth and development until at least two years of age



Location: Regina Pacis Hospital Mutengene Southwest Region of Cameroon



ACTIVITIES CARRIED OUT

Health Education Session: we did an interactive health talk with the mothers highlighting the nutritional, immunological, and psychological benefits of breastfeeding for both mother and child. We addressed common myths and misconceptions about breastfeeding, such as beliefs that breast milk alone is insufficient for infant growth, and clarified facts. Additionally, we also talked about the promotion to the Sustainable Development Goals (SDGs), SDG 3 (Good Health and Well-being), to help them understand the global importance of their actions.

Demonstrations: Practical demonstrations formed a central part of the program. Mothers were shown step-by-step how to use different breastfeeding positions, ensuring proper latch to prevent complications like nipple soreness or mastitis. The demonstrations were interactive, with mothers encouraged to practice under guidance, building their confidence and skills.



Location: C.M.A Muea Southwest Region of Cameroon

The 2025 World Breastfeeding Week activities carried out by Safe Hands Association and The Margaret Asah Initiative successfully reached hundreds of mothers with life-saving breastfeeding education. By working across the Northwest, Southwest, and Far North Regions, we delivered impactful, evidence-based interventions that addressed both practical skills and cultural perceptions. Our work not only contributed to improving maternal and child health in Cameroon but also reinforced the country’s participation in global breastfeeding advocacy efforts. We remain committed to sustaining and scaling up these efforts, leveraging both local partnerships and international collaboration to ensure that every mother is equipped with the knowledge and support needed to give her child the best start in life.

Location: C.M.A Muea Southwest Region of Cameroon





Without a flexible working schedule, mothers tend to leave children in the care of others who may prematurely introduce other foods which are unhealthy for the child. While language and Communication Barriers, In multilingual areas like Sirak Gorai, Mouhour, Mikili and others in the extreme north region messages in French or English may not be understood by all mothers, leading to poor adoption of recommended breastfeeding practices.

OUTCOMES AND IMPACT

Across all locations, the program reached over **800 nursing mothers directly**. However, the benefits extended to others as well, including expectant mothers, grandmothers, and community health Workers who influence infant feeding decisions. These participants are vital change agents within their communities, as their knowledge and encouragement can significantly impact breastfeeding adoption rates. The initiative led to a marked increase in awareness about the benefits of exclusive breastfeeding, especially among mothers in rural communities. Many mothers expressed confidence in their ability to breastfeed exclusively for the recommended period. The activities also strengthened mother-to-mother support networks, creating informal peer groups that will continue to encourage and guide each other beyond the event. Practical skills improved as mothers practiced correct positioning and latching during the demonstrations. Importantly, the program gathered valuable qualitative data on cultural barriers and practical challenges to breastfeeding, which will inform future maternal and child health programs.



MID-AUGUST 2025

WATER SANITATION AND HYGIENE (WASH)

📍 SAFE WATER, SAFE LIVES INITIATIVE IN THE EXTREME-NORTH REGION OF CAMEROON

The Far North Region of Cameroon continues to face critical challenges in accessing safe drinking water, with many families relying on contaminated wells and streams. This exposes communities, particularly children, to preventable waterborne diseases such as cholera and diarrhea. In response, Safe Hands Association organized the Safe Water, Safe Lives initiative to tackle this urgent need. Recently, the association successfully reached out to 100 inhabitants teaching them on practical local water purification techniques and distributed 300 aqua tablets to households. These immediate interventions provided families with safer drinking water and equipped them with life-saving knowledge to reduce disease outbreaks.





However, the need remains overwhelming as thousands of vulnerable families in hard-to-reach communities are still without access to safe water. The association recognizes that ensuring lasting impact requires scaling up interventions, including more training sessions, wider distribution of purification materials, and stronger community engagement. With additional support and resources, Safe Hands Association can expand its reach to prevent needless suffering, safeguard children’s health, and bring renewed

TARGET AUDIENCE	NUMBER	ITEMS DONATED
Children\ adults	102	Aqua taps
Breastfeeding mothers	27	leaflets
TOTAL	129	300 aqua taps

DONATION OF FREE

MOTHER AND CHILD HEALTH

EMERGENCY DELIVERY KITS TO LESS

PRIVILEGED WOMEN IN SIRAK GORAI

Access to quality maternal healthcare remains a major challenge in the Far North Region of Cameroon, limited health infrastructure continue to put women and children at risk. Many women in rural and crisis-affected communities face difficulties during childbirth due to a lack of basic medical attention and trained personnel. To address this need, a donation campaign of free emergency delivery kits was organized to support less privileged pregnant women and promote safer deliveries.





The main goal of the initiative was to: Provide essential delivery kits to underprivileged pregnant women. Reduce risks of maternal and neonatal complications lastly to encourage the women to make us of the health centers and avoid the use of home delivery. We educated the women on how to identify danger signs during pregnancy, the importance of antenatal visits, and on various nutritional diets healthy for both mother and child. We donated a total number of **100 delivery kits** to women who couldn't afford and assisted others to pay for their delivery fee.



- Content for One Emergency Delivery Kit (1)**
- Plastic Sheet (100cm by 100cm)
 - (1) Surgical Gloves
 - (1) Surgical Blade
 - (3) Pair of Clean Gloves
 - (1) Soap
 - (1) Maternity Sanitary Pad
 - (1) Cord Clamp
 - (1) Napkin
 - (1) Diaper
 - (3) Gauze
 - (1) Instruction leaflet

NUMBER ITEMS DONATED

100	Emergency delivery kits
3	Flip charts
Total	103



ENDING AUGUST 2025

SEXUAL AND REPRODUCTIVE HEALTH



DONATION OF HYGIENE KITS TO ADOLESCENT GIRLS IN VILLAGES IN THE FAR NORTH REGION

Adolescent girls in the Far North Region face significant barriers to managing their sexual and reproductive health. Poverty, cultural taboos, and lack of access to basic hygiene products often result in school absenteeism, low self-esteem, and increased vulnerability to reproductive health issues. To respond to this challenge, a donation of hygiene kits was made for adolescent girls in villages, with the aim of promoting menstrual hygiene management, dignity, and empowerment. The initiative aimed at supporting adolescent girls with hygiene kits to manage their menstrual cycles safely and with dignity. And raising awareness on sexual and reproductive health (SRH) through education and discussions during our donations. This encourage school retention by reducing absenteeism caused by lack of menstrual products. By donating hygiene kits and raising awareness on sexual and reproductive health, the Association reaffirmed its dedication to safeguarding the rights and wellbeing of women and girls. The main goal of this initiative was to promote dignity and self-confidence among adolescent girls and women while ensuring that no girl misses school simply because she lacks access to basic menstrual hygiene products. Keeping girls in school is important for the future of their communities, and ensuring they have sanitary pads, soap, and other hygiene items is a practical yet powerful way to achieve this. In addition, the program improves hygiene practices, reduce the risk of infections, and empower young women with knowledge about their bodies and their reproductive health.

Location: Mouhour- Extreme Nord Cameroon



TARGET AUDIENCE	NUMBER	ITEMS DONATED
Adolescent girls	39	Hygiene kits
Women of child bearing ages	25	Food items
TOTAL	64	Free education on menstrual and body hygiene.



Each hygiene kit contained three packs of sanitary pads, bathing soap, toothpaste and toothbrush, shaving blades, toilet tissue, panties and instruction leaflets. These items, though affordable, mean so much in the daily lives of the beneficiaries. Many adolescent girls and women in these villages often go without safe menstrual products, exposing them to health risks and forcing them to skip school or withdraw from community activities. With these donations, they were able to regain dignity and manage their hygiene with safety and confidence. The activity was implemented in schools and community centers, where Safe Hands Association staff and volunteers engaged the beneficiaries not only in distribution but also in the focus group discussions. Girls and women were educated on menstrual hygiene management, safe disposal of sanitary pads, infection prevention, and their sexual and reproductive health rights. This discussion helped to reduce the stigma and silence around menstruation, encouraging open conversations that build healthier and more supportive communities. The impact of the initiative was immediate and inspiring. Girls expressed their relief at being able to attend school regularly without fear or embarrassment, while women felt more equipped to care for themselves and their families. The distribution promoted dignity, boosted education by keeping girls in classrooms, and strengthened health and hygiene practices across the communities visited. By addressing both material needs and knowledge gaps, the Safe Hands Association is helping to break cycles of inequality that hold back women and girls in crisis-affected areas. While the activity was a success, challenges were noted. Limited resources restricted the number of communities reached, and cultural taboos sometimes made discussions on menstruation sensitive. In addition, poor road networks complicated access to some remote villages. Despite these obstacles, the initiative achieved its objectives and highlighted the urgent need for continued support in this field.





Moving forward, Safe Hands Association Will keep expanding this program to reach more schools and households, strengthening partnerships with government agencies, NGOs, and international organizations to sustain and scale the initiative. Investing in local production of reusable sanitary pads could also ensure a more affordable and sustainable solution for girls and women in the region. This activity has proven that small, consistent efforts can restore dignity, promote education, and protect the health of vulnerable women and girls. Safe Hands Association is committed to building on this work and invites international partners to join in advancing sexual and reproductive health rights for all. Together, we can ensure that every girl stays in school, every woman lives with dignity, and every community thrives.

SEPTEMBER



**BACK-TO-SCHOOL SCHEME
 MONDONI CAMP, SOUTHWEST**

In September 2025, which marked the beginning of the 2025/2026 academic year, Safe Hands Association in partnership with the Margaret Asah Initiative carried out a Back-to-School Scheme in Mondoni Camp, a community located after Tiko southwest Region of Cameroon. For many children, the start of a new school year was a time of worry rather than excitement. Poverty, loss of parents, abandonment, and daily struggles for survival had placed education out of reach for countless vulnerable children. It was in response to this urgent need that Safe Hands Association intervened. Through the Back-to-School Scheme, the Association supported at least 200 children and above in Mondoni, each receiving enough



school materials to take home and use throughout the academic year. The package included school bags, umbrella, water bottles, writing boards, color, exercise books, pens, and other essential materials. For families already struggling to make ends meet, this support meant that their children could walk into classrooms prepared and confident. To further ensure inclusivity, the founder offered full scholarships to children living with disabilities in the camp, giving them not only access to school but also the dignity of equal opportunity.





The impact was immediate and heartwarming. Children who had lost hope of ever stepping into a classroom again were able to return with joy and dignity. Parents expressed deep gratitude, explaining that the intervention had lifted a heavy burden from their shoulders (As a parent expresses her self in one of our interviews). Most touching of all were the smiles and words of the children themselves, who expressed their excitement at having the opportunity to continue their studies. This initiative supports the achievement of Sustainable Development Goal (SDG) 4: Quality Education, which calls for inclusive and equitable quality education and lifelong learning opportunities for all. By removing financial barriers, supporting children with disabilities, and ensuring that orphans and vulnerable children had the chance to learn, the Associations reaffirmed their commitment to advancing this global goal at the grassroots level.



Although this activity achieved remarkable success, the challenges remained significant. The number of children in need in Mondoni continued to rise, far outstripping the available resources. Many beneficiaries required more than just school fees and supplies they also needed feeding, healthcare, and psychosocial support to fully thrive. Safe Hands Association therefore appealed to donors, sponsors, and the wider public to join hands in sustaining and expanding this initiative. Education, as demonstrated through this program, was more than just a pathway to learning; it was a lifeline that could break cycles of poverty and give children a fair chance at a better future. Every contribution made a difference, transforming not only individual lives but also strengthening the entire community. Safe Hands remained committed to this mission and pledged to continue working tirelessly to put smiles on the faces of children in Mondoni and beyond. Together with partners and supporters, the Association believed that it was possible to transform lives, empower communities, and secure a future filled with possibilities.



TARGET AUDIENCE	NUMBER	ITEMS DONATED
Children	211	school bags, umbrella, water bottles, writing boards, and
Children living with disability	3	color, exercise books, pens,
TOTAL	215	other essential materials.

OCTOBER 2025

BREAST CANCER AWARENESS MONTH

This Campaign, organized by Safe Hands Association in collaboration with the Margaret Asah Initiative, was an impactful program aimed at educating, informing, and empowering women and men within the community about the importance of early detection and self-breast examination. This year’s campaign brought together participants, including women, men, and teachers. Breast cancer continues to be a global public health challenge, and the **World Health Organization (WHO)** identifies it as the most commonly diagnosed cancer worldwide, accounting for approximately 2.3 million new cases in 2020. Despite the alarming statistics, breast cancer remains one of the most treatable forms of cancer when detected early, making awareness campaigns like this one essential. Safe Hands Association, through its continued dedication to community outreach, recognized the urgent need to engage populations in conversations around breast health—an issue often surrounded by silence, myths, and stigma. The campaign’s overarching goal was to provide both women and men with reliable, evidence-based information that could help reduce late-stage diagnoses, improve survival rates, and encourage a more proactive approach to personal and family health. One of the most remarkable aspects of this year’s campaign was the inclusive approach, recognizing that breast cancer affects not only women, but also involves men, the campaign promoted shared responsibility and encouraged them to become advocates for early detection within their families and communities.



BREAST CANCER AWARENESS

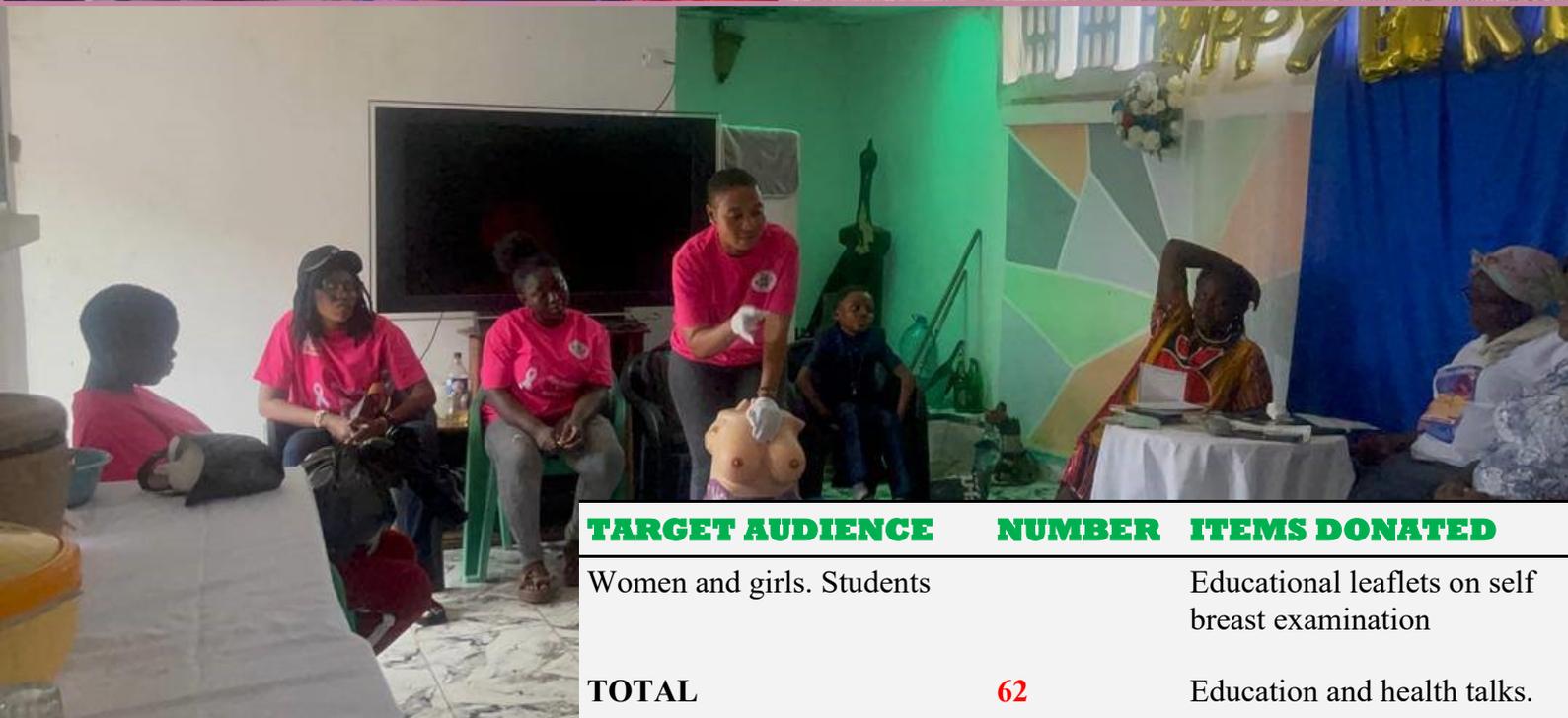
Don't wait for symptoms — check today! Breast cancer caught early is more treatable. Safe Hands encourages all women to perform monthly breast self-exams and go for screening. ❤️

Mile 2 Limbe SW

in Safe Hands Association

www.safaha.org #SafeHandsCares #CheckYourBreasts

Safe Hands Association extends its deepest gratitude to all facilitators, volunteers, and community leaders who contributed to making this event possible, as well as to international health organizations such as WHO, UICC, and Breast Cancer Now for their continued leadership in cancer control and advocacy. As we continue to spread hope, knowledge, and support, we reaffirm our belief that through collective effort and awareness, early detection truly saves lives. The campaign’s activities were carefully arranged to blend education, illustration and engagement, ensuring that participants could both learn and practice what was taught. While genetics can play a role, lifestyle factors such as diet, physical inactivity, obesity, alcohol use, and delayed childbearing also contribute significantly to breast cancer risk. We encouraged our participants to embrace preventive measures, including maintaining a balanced diet, engaging in regular sports, and going for clinical breast examinations.



TARGET AUDIENCE	NUMBER	ITEMS DONATED
Women and girls. Students		Educational leaflets on self breast examination
TOTAL	62	Education and health talks.

NOVEMBER 2025

16 DAYS OF ACTIVISM AGAINST GENDER BASED VIOLENCE

The 16 Days of Activism Against Gender-Based Violence (GBV), observed globally from November 25th to December 10th, provided Safe Hands Association in partnership with the Margaret Asah Initiative an opportunity to join the international community in advocating under the theme **“Unite to End Digital Violence Against All Women and Girls.”** This year’s theme highlights the increasing threats women and girls face in digital spaces, including harassment, cyberbullying, non-consensual sharing of images, and online exploitation. Our goal for the 2025 campaign was to raise awareness, promote digital safety, and empower young people with the knowledge and skills necessary to navigate online spaces responsibly. Over the course of the campaign, we reached at least 500 persons through our online activities and onsite engagement, making this year one of our most impactful efforts in addressing digital violence and reinforcing community participation in preventing GBV. Our activities included a sensitization campaign across various social media platforms, during which we designed flyers and advocacy posters, shared safety messages, and encouraged survivor-centered dialogues to motivate victims to seek help. These efforts sparked meaningful conversations about cyberbullying, misinformation, and the growing risks of online sexual exploitation.



25 November to 10 December 2025, marks the

16 DAYS OF ACTIVISM TO END GENDER-BASED VIOLENCE

Theme: **“Unite to End Digital Violence against All Women and Girls”.**

www.safaha.org

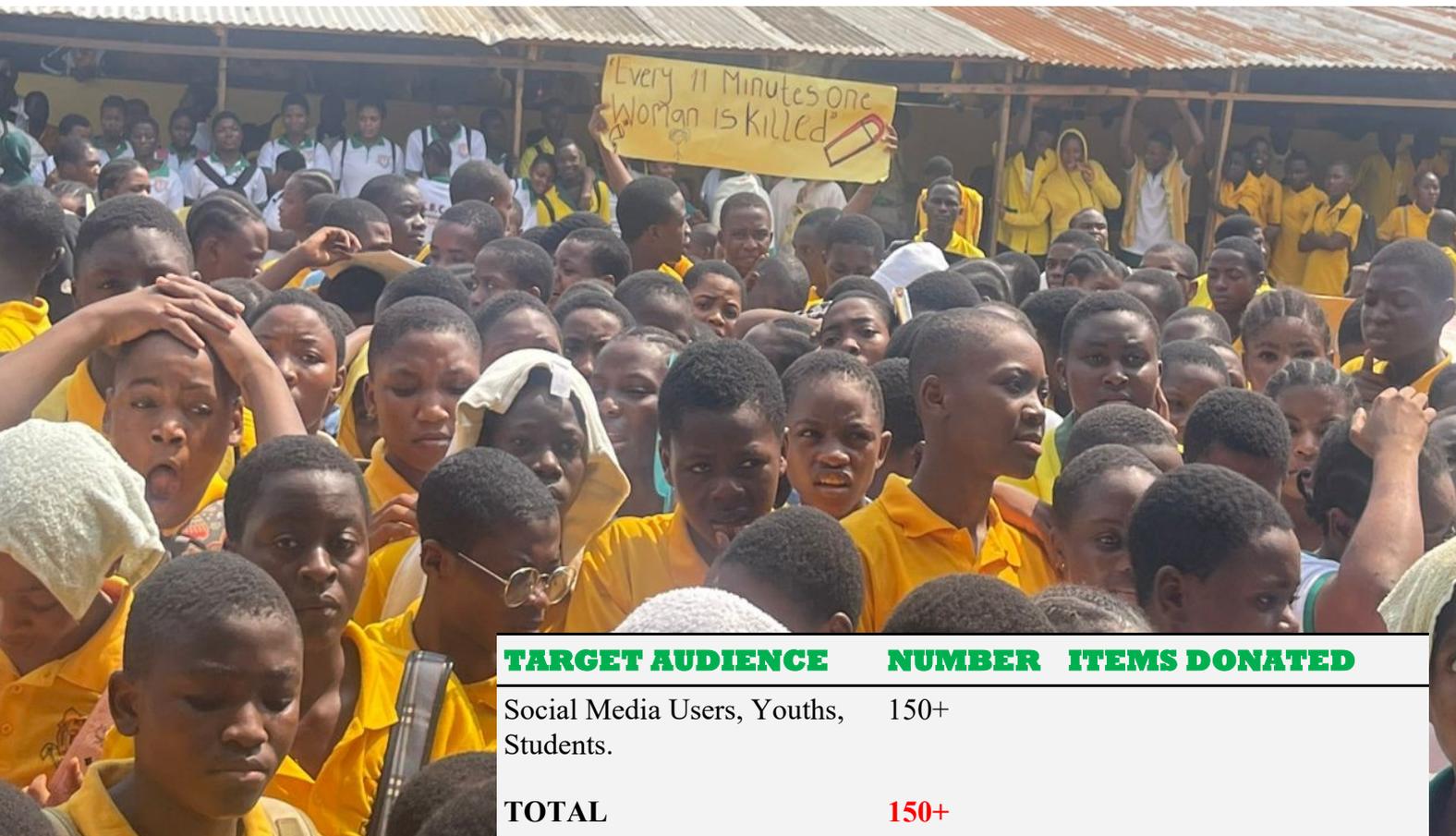
SAFE HANDS ASSOCIATION

safahandsassociation@gmail.com / info@safaha.org



To complement our online actions, we visited Kings Comprehensive Community College Mile 4, where students, teachers, and administrators actively participated in an interactive session focused on digital violence and its effects on mental health, self-esteem, academic performance, and overall wellbeing.

Throughout the campaign, we observed gaps in knowledge regarding the legal implications of digital violence in Cameroon. Girls expressed feeling more vulnerable to harassment online, while teachers requested stronger partnerships to address GBV-related challenges in schools. Despite encountering challenges such as limited digital literacy among younger students, resource constraints for printing materials, and occasional poor internet connectivity, the campaign generated strong engagement and highlighted the need for sustained activism. We recommend expanding school outreach programs, developing more youth-friendly digital safety materials, strengthening collaborations with community leaders and educational institutions, and advocating for the enforcement of cybercrime laws that protect women and girls. Overall, the 2025 campaign was highly successful, helping to unite communities both online and offline in the fight against digital violence. Safe Hands Association and the Margaret Asah Initiative remain committed to creating safer digital environments, empowering young people, and



TARGET AUDIENCE	NUMBER	ITEMS DONATED
Social Media Users, Youths, Students.	150+	
TOTAL	150+	



DECEMBER 2025

Safe Hands Association, in partnership with the Zion A Happy Home carried out a charity visit to the Tiko Camp this December a season that reminds us that love is best expressed through sharing. Our team engaged warmly with the community, especially on elderly women and widows who continue to face daily challenges. The atmosphere was filled with joy as beneficiaries welcomed us with smiles and appreciation, reminding us that our presence and support truly matters during this time of giving.



Thank you is a response from a grateful heart!



During this outreach, we donated essential items such as food supplies, nutritional supplements, and basic medications to 21 elderly women and widows. We also assisted them with words of encouragement and emotional support to uplift their spirits during the festive season. This December outreach reflects our ongoing commitment to stand with crisis-affected

communities, spreading compassion and ensuring that no one feels forgotten. Together, we continue to share love, restore hope, and strengthen the bond of humanity



TARGET AUDIENCE	NUMBER	ITEMS DONATED
Elderly Women and widows	21	Food items, medication, supplements.
TOTAL	21	House hold items.

OUR IMPACT FOR THE YEAR 2025

The year 2025 marked another important step forward in Safe Hands Association's mission to advance reproductive health, empower women, and support adolescents in Cameroon's most vulnerable communities. Through consistent effort and collaboration, we continued to bridge health and social gaps that affect thousands of individuals, especially in underserved areas. Throughout the year, our outreach programs, community engagements, health campaigns, workshops, social media sensitization, and direct donations reached more than 4,000 people across both rural and urban settings. These initiatives allowed us to connect directly with communities, build trust, and provide the knowledge and resources needed to improve their health and well-being. Our work focused on several key areas, including sexual and reproductive health, maternal and child health promotion, community health education, women's empowerment and civic engagement, and water, hygiene, and sanitation. Each of these programs was designed to address specific community needs while fostering long-term awareness and sustainable change. The positive feedback from beneficiaries and local partners has been deeply encouraging. It confirms the value of our approach and motivates us to keep improving and expanding our services. As we look ahead, we remain committed to deepening our impact, strengthening partnerships, and ensuring that more individuals—especially women and young people—can lead healthier and more empowered lives.

**Total N° of
persons
reached 4000+**

**Donation of
Free Delivery
Kits 538+**

**Donation of
Free Hygiene
Kits 378+**

**Community Out-
reach/Women
Empowerment**

**Back-To-School
Scheme 600+**

**Social Media
Engagement
1000+**



ANNEX / PICTURES OF ACTIVITES FROM JANUARY TO DECEMBER 2025



JANUARY



FEBRUARY



MARCH



APRIL





MAY



JUNE



JULY



AUGUST



SEPTEMBER



OCTOBER



25 November to 10 December 2025, marks the

16 DAYS OF ACTIVISM TO END GENDER-BASED VIOLENCE

Theme: "WITE to End Digital Violence against All Women and

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 SAFE HANDS ASSOCIATION
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NOVEMBER



DECEMBER

CONTACT US AT

FOR YOUR DONATIONS
(MATERIAL/FINANCIAL) USE THE
INFORMATION BELOW



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TEL: (+237) 673400972

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SAFE HANDS ASSOCIATION

SAFE HANDS ASSOCIATION

Website: www.safeha.org

Location: Mile2 Limbe Opposite Former
Basic Education, 50 meters from the Main
SONARA road, Forth Story Building
Black roof, White House on your left.



Bank Name: United Bank For Africa (UBA)

Account Name: Safe Hands Association

Account Number: 16064000212

Swift Code: UNAFCCMX



MTN Mobile Money (+237) 673400972

Name: Margaret Asah Initiative Foundation

