

Women Empowered to start small businesses in Nkambe, Donga Mantung



How an H4BF coordinated crowd funding helped Amadou have a surgery

H4BF Newsletter

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Cameroon RenewED Project:

Government lauds initiative to train 200 youths on Renewable Energy



The Governor of the West region, Awah Fonka Augustine has promised government support for a project to train over 200 Cameroonians in renewable energy, life skills and social entrepreneurship.

The training is a European Union co-funded project

dubbed Cameroon RenewED being implemented by Hope For A Better Future (H4BF) NGO in partnership with a consortium of 3 EU organizations (Noorderpoort, APRO, Master Peace) and 2 other organisations in Cameroon (FAP and Sopisdeu)

Mogni, Foumbot Sub division:
H4BF sensitize, consult, test population of Malaria, HIV/AIDS



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Government lauds initiative to train over 200 youths on Renewable Energies

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The governor made the promise during a courtesy call by H4BF and her partners to his office on June 21, 2023. After listening to the objectives of the project, the Governor expressed his satisfaction that Internally displaced persons, youths women and the minority Mbororo community were the targets of the project while hoping that the necessary knowledge should be transferred so as to stop the rampant migration by youths into western countries.

He thanked the European partners for bringing in their knowledge and experience. The students are being trained at

Hope For A Better Future Vocational Training Institute, HOBEFI.

The courtesy call was within the sides line of the Transnational Programme Meeting between the partners of project in Bafoussam during which they fine tuned the modules of the training.

Earlier, the partners had also been received at the North West Governor's Office where Marceliout Djunang, Chief of Division for Economic and Socio cultural affairs welcomed the project and indicated that the administration of the region is ready to accompany the partners to ensure the success of the project

The team also had a an information sharing meeting with the Regional Delegates of Employment and Vocational Training for the North West regions during which the Delegates also promised their support for the project acknowledging that HOBEFI is effectively registered with them.

The Regional delegate for the North West region Anna Anambe Ndifon epouse Ngwa lauded the partners for accompanying the government of Cameroon in it's Vocational Training policy while promising he will facilitate certification and internship placement for students.

The same promise was made by the Regional Delegate of Employment and Vocational Training for the West region Alain Emile Njankouo.

The partners also had a partnership meeting with the National Employment Fund, Cameroon to see how to link the youths who will be trained with the employers through the NEF. During the meeting, the Director of the Central Agency Ndziga Obama José promised the availability of all regional branches of the institution to work with the partners of the Cameroon RenewED project.



HOBEFI kick starts training of youths on renewable energy, social entrepreneurship

Hope For a Better Future Vocational Training Institute has commenced the training of some young Cameroonian youths on renewable energy, life skills and social entrepreneurship.

The training is a European Union co-funded project dubbed Cameroon RenewED being implemented by Hope For A Better Future (H4BF) NGO in partnership with a consortium of 3 EU organizations (Noorderpoort, APRO, MasterPeace) and 2 other organisations in Cameroon (FAP and Sopisdeu).

Over 200 students will be trained by the end of project.

The primary target groups of the project include vocational education organizations and teachers, youths within the age group of 16-30 years, (60% fe-



male/40% male) Employees of business partners, private sec-

tor, local decision makers and other etc.

At transnational meeting: Partner Organisations Fine tune training modules

From the 19th to the 24 of June, 2023, Stakeholders of the Cameroon RENEWED project, H4BF, Noorderpoort College, Apro Formazione, MasterPeace, SOPISDEW Cameroon and FapNGO fine tuned the modules of the training program and also brainstormed on different aspects of the project.

This meeting took place in Bafoussam, West region of Cameroon.

Apart from the brainstorming meetings, the partner organisation will engage with administrative of the region to put them to speed with the objectives and expected outcomes of the project.

They also took time off to visit some Renewable Energy facilities in the city of Bafoussam to seek partnerships and collaboration.

Apart of the intense work to fine tune modules, the participants also had time to congregate in a cultural evening during which they had cultural exchanges. The European partners were entreated to African

cuisine and culture. They also took time off and watched Elite One football matches played in the city of Bafoussam



Revisiting the launching of the project

The project was launched on Wednesday, March 23 at the HOBFI center in Bamenda in the presence of the Divisional Officer of Bamenda 1 Sub Division, the Mayor of Bamenda 1 Council, the Regional Delegate of Vocational Training, and other administrative and local officials likewise representatives of development and humanitarian agencies in the North West region.

The objective of the project is to improve and increase the capacity of vocational education teachers and trainers; to boost their exposure using 21st-century and innovative renewable energy blended vocational education materials.

The primary target groups of the project include vocational education organizations and teachers, youths within the age group of 16-30 years, (60% female/40% male) Employees of business partners, the private sector, local decision-makers and other etc.

At the end therefore, we intend to have 9 trainers trained; 200 students trained who will create personal business plans hosted by 25 business Train-the-trainer project with schools, business and local government and network, and partners in Netherlands and Italy, to strengthen the capacity of the Cameroon partners.



Over 100 youths trained on renewable energy

Hope for a Better Future in partnership with MasterPeace and with funding from the Turing Foundation trained youths drawn from the West and South West region of Cameroon on renewable energy.

During the two day training in Bafoussam, from the 8-9 June, 2023, the youths were entreated to different modules around renewable energy developed by H4BF's knowledge partner Noorderport.

The training is part of H4BF's mission to create a new generation of youth leaders who are committed to promoting sustainable energy solutions.

Participants during the training were provided with hands-on training on renewable energy and also had sessions on understanding the concepts of energy efficiency and brainstorming on how to implement energy reduction practices in their communities.

They were equally introduced to the financial aspects of renewable energy projects. They received training on how to develop sustainable business models, build a successful

team, and obtain funding from various sources. These skills helped participants understand the economic benefits of renewable energy, which are essential for the success of any sustainable energy

project.

Throughout the program, participants engaged in group discussions and team building activities that promoted the importance of teamwork.



Mogni, Foubot Sub division: H4BF sensitizes, consults, tests population of Malaria, HIV/AIDS

The population of Mogni, a locality in Foubot Sub division, Noun division of the West region have been sensitized on the importance of preventative methods against HIV, malaria, malnutrition and the importance of safe water, hygiene and sanitation practices.

This thanks to Hope For A Better Future, Non Governmental Organisation, that on Saturday March 4, and March 5 2023 also handed some WASH kids to the population, provided medications to those were diagnosed with diseases.

Mogni is a rural community that harbours some internally displaced persons from the crisis affected North West and South West regions of Cameroon and partly inhabited by the minority mbororo indigenes.

After two days days of sensitization, consultation and treatment, the population could not hide thier joy.

"We are really grateful to H4BF for coming up with this initiative. There were a lot of health tips that we did not know but now we are aware of. We are also very grateful for the kits and medications given to us" observed Ibrahim Adamu one of the resident and an IDP from Kumbo in Bui Division.

According to the Founder and Director of H4BF, the initiative was aimed at identifying the healthcare context in the Mogni community, through the collection of demographic data such as age and gender, and health-related data such as HIV and malaria infection, blood pressure and child malnutrition. Analysis



of this data will allow H4BF to identify the most pressing healthcare needs of Mogni and tailor future interventions there accordingly.

He also added that the initiative was aimed at treating patients diagnosed with malaria and severe acute malnutrition and offer all patients consultation with a doctor. Patients with ailments outside of H4BF's target areas like hypertension or other serious illnesses, could then be referred to the Chascam Health Centre or local hospitals for further treatment.



How an H4BF coordinated crowd funding helped Amadou have a surgery

H4BF recently mobilized supporters who raised funds to support the surgery of a 3 year old kid diagnosed of henia.

Amadou, was on March 4, 2023 diagnosed with a potentially life threatening inguinal hernia during a free medical sensitization done by H4BF and her partners in Mogni, a rural community in the Noun division of the West region of Cameroon that harbours some internally displaced persons from the crisis affected North West and South West regions of country and partly inhabited by the minority mbororo indigenes.

This condition required im-

mediate surgery but the family could not afford it due to lack of medical insurance and means of livelihood. H4BF rallied some supporters who raised the totality of the amount required to do the surgery via a crowd funding drive.

On April 1st 2023, Adamou successfully underwent a successful surgery at the Chanas Medical outfit in Foubot.

The doctors opted for an open surgery to repair the Inguinal hernia.

"Since my son left the hospital, he has continued to keep a broad smile. He look much healthier now. We cannot thank the public enough for



their donations and we will always be grateful to them. I hope they know that their kindness has changed Adamiu's entire life" said the mother in tears of joy.

This initiative is part of H4BF mobile clinic program where medical teams are sent to consult and treat the isolated and vulnerable population as well as to newly displaced populations especially those in the crisis areas of Cameroon.

Dan Blackman, Our UK volunteer grateful for opportunity to work with H4BF

Our volunteer from the United Kingdom, Dan Blackman recently ended his two months volunteering at H4BF.

During his stay, he accompanied us in all our interventions especially in field works.

Dan is a graduate of the London School of Hygiene & Tropical Medicine and now works at the UK Health Security Agency as an Epidemiology and Information Analyst.

His area of interest is infectious disease epidemiology. Dan has a special interest in mobile clinics and that's why he accompanied H4BF to

Mogni in Foubot, West region where the population of the area especially the mbororo minority was consulted of some diseases and those diagnosed given free medication.

In an impromptu farewell in his favour, the Director of H4BF thanked Dan for braving the odds to come despite the crisis in the region.

In response, Dan appreciated H4BF for hosting him, for the hospitality and said the objectives of the organization



IDPs and Host communities in Nkambe benefit 115 solar lamps

Many IDP and host community households within Nkambe do not have access to electricity or have a limited electricity supply. This affects the quality of life of people and as a result people are forced to seek alternative sources of fuel for their activities.

Women purchase candles, kerosene and pay some money to charge their phones, while children do revision at night using candles, all these deter effectiveness and safety.

During the month of March, H4BF with funding from Jac Trust distributed 115 solar lamps targeting vulnerable IDPs and host families within Nkambe in Donga Mantung Division.

H4BF promotes the use of renewable energy in households to help vulnerable IDP and host community families. This distribution will benefit over 350 in-



dividuals to help prevent gender-based violence and keep families safer at night.

The solar lamps will be used for educational benefits as kids will be able to study at night, and improve safety conditions given that they are safer than kerosene lamps which can cause fire and emits green-house gases during combustion which are leading causes of climate change.

Beneficiaries were selected

based on standard vulnerability criteria targeting child and women headed households, households with persons living with disabilities, Internally Displaced Persons, single parent headed households etc.

"We are indeed very grateful for these solar lamps. Having one solar lamp will save me 500frs weekly and I will live with assurance of the fact that my children will always do their homework" says a beneficiary in Nkambe.

300 Sanitary Napkins Distributed to Rural Women and Girls of Big Babanki

Having access to a sanitary napkin is one of the most challenging things to afford by a Big Babanki woman. As a result of the ongoing crisis affecting the North West and South West regions of Cameroon, most of these women and girls run to the bushes for safety without basic needs including sanitary napkins. Most often the road that leads to the main town where the napkins can be bought is blocked for weeks and very risky to travel. Markets in the villages have been shut down and traders focus on providing basic food stuff than sanitary napkins.

"When my sisters and i started menstruating, the last time we ran away from the fighters, we had to cut our



loins into smaller pieces and use. My sister who did not have a spare dress was using grass to pad herself, We are

happy with the knowledge on menstruations and the pads given to us by H4BF" said one of the beneficiaries.

Teenage pregnancies have been on the rise in the community as men rape and impregnate women and girls. Other girls have adopted prostitution due to poverty, resulting to several abortions.

These ills are on the rise due to inadequate knowledge on menstrual hygiene management and sexual, reproductive health rights. Providing these

women and girls with sanitary pads is a booster to a reduction to period stigma.

This distribution has also gone a long way to solve the hygiene problem in the community, as they do not have access to portable water but depends on water from far off rivers for laundry and other uses. The women were so grateful receiving their sanitary

pads while the boys and men were happy to receive for their sisters and mothers.

These activities aligns with H4BF project Providing access to Quality GBV services and Strengthening Resilience of Vulnerable Persons at Risk of Gender-Based Violence in Mezam and Donga Mantung, North West region of Cameroon, and proudly funded by Stichting Serra Foundation

H4BF Encourages men and boys to support women and girls to effectively manage menstruation

Men and boys in the Big Babanki within community joined the women and girls to listen to the menstrual hygiene talk which aimed at supporting the women and girls understand their menstrual cycle and to adopt best management and hygiene practices. This was a rare event as it was the first ever activity in the community to involve the other sex in female sensitive related talks.

Just like in other communities' men and boys in Kedjom Keku see menstruation as a topic that is bizarre to be discussed in public. Accepting to be part of the talk, asking questions and happily collecting pads for their sisters was a great stride to show that gender norms can be reduced or broken.

Cultural beliefs that surround menstruation have often silenced women in most communities and relegated them to the background where their voices or opinion are neither heard nor accepted.

H4BF has continued to strive for equal rights imploring the men and boys to support women and



girls manage their menstruation hygienically and with dignity.

Most of the girls and women 9 to 21 expressed satisfaction after being enlighten on a better understanding of their menstrual cycle and hygiene tips to help them manage menstruation in school and elsewhere.

“With the crisis still ongoing, most of us girls in this community do not have access to sanitary pads. The covid 19 lockdown made things worse as we were obliged to use pieces of cloths to pad ourselves, we are grateful to h4BF for bringing us pads.” said a teenage mother who had coincidentally gotten

pregnant as a result of ignorance in calculating her menstrual cycle.

Some ten most vulnerable girls went home with dignity kits to help them manage their hygiene challenges. Each of the women, girls, men and boys equally went home with a packet of pads.

These activities aligns with H4BF project Providing access to Quality GBV services and Strengthening Resilience of Vulnerable Persons at Risk of Gender-Based Violence in Mezam and Donga Mantung, North West region of Cameroon, and proudly funded by Stichting Serra Foundation



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POWERING A FAIRER FUTURE

Hope for A Better Future Non governmental organization has emerged victorious in the 2023 Ashden Award her strides in Powering Refugees and internally displaced persons.

"Our awards are supporting the pioneers bringing renewable energy where it is needed most – to farmers and refugees in the Global South, and to communities across Africa, the continent facing the greatest energy poverty challenge. We are also

tackling the skills and jobs shortage that holds back energy access" a statement from Asden website reads.

H4BF submitted the project it has been implementing which helps women affected by conflict grow their incomes as solar technicians – and even become owners of 'solar shops', selling products to their community.

Reacting to the good news, the Director of H4BF Ngo Abdoulai said he was elated that the project which they

hold close to their hearts was selected..

"We want to dedicate this award to all the women the crisis hit North West and South West regions who have been deprived of electricity and those who don't have the opportunity to access it. We promise to continue to ensure that women have access to clean energy and also a have means to take care of their families through renewable energy business. Access to clean electricity is your right and we will continue to accompany you".

Women Empowered to start small businesses in Nkambe, Donga Mantung

As part of the efforts to achieve its vision: "Improvement of socio-economic status of rural women and wellbeing of children and the community as a whole", H4BF with support from Stichting Serra Foundation organized a three-day training for vulnerable women in Nkambe- Donga Mantung Division to equip them on skills to start and manage small businesses.

The objective of the training was to improve the business management skills of these women to guarantee maximum income. The training topics included Financial Management Skills, Record Keeping, Customer Care, Calculating Profit and Cost Categorization. The training was facilitated by H4BF Team.

During the training, the women were encouraging to constitute themselves into a self-help group and choose their leaders. Three positions were proposed; President, Secretary and Treasurer. After receiving training, these women were given start up grant to enable them start up or maintain their respective businesses.

H4BF will continue to monitor their progress and provide with the mentorship and continues support needed for them to be self sustainable.

The training session also elaborated to the participants that the business and the owner are separate, hence the dealings of the owner is separate from the business.

However, it was stressed that they as business owners have two very important and valuable roles in life and that is being a business owner and a member of a family and each dealings for the two role should be kept separated at all times and never in any phase of the business they should be merged into one hat.

Furthermore it was emphasized to the participants that the aim of the business is to make profit and grow. Therefore, stressed upon the point that the growth and success of their business will depend on how well they manage the resources of their business and also their ability to evaluate the opportunity and use it to their advantage.

They are reminded that they need to take full responsibility of their business as the full control and all decision making authority of their business lies only with them. They were informed that their success will guarantee the continuation of the project.



Walls of Connection by Master-Peace: HOBFI joins the Bandwagon

The walls of Hope For A Better Vocational Training Institute, HOBFI now bear a messages of hope for a future with clean energy through education.

Hopeful messages in beautiful paintings that indicate that despite difficulties to access clean due to climate change and poor policies, education in renewable energy can provide clean energy for all and provide other business opportunities.

Through a project dubbed "Cameroon RENEWED", HOBFI inside her classrooms will in the next 2 years train over 100 youths on renewable energy in Cameroon.

The paintings are part of Masterpeace' "Let's Colour Walls of Connection" project in partnership with AkzoNobel which aims at transforming 100 walls in 40 countries to inspire and energize cities to be more connected, livable and colorful.

The goal is to colour walls that are dividing communities or bear negative connotation for the local people and to bring communities together to create murals and by working together to make the wall a positive colourful location for them.

