

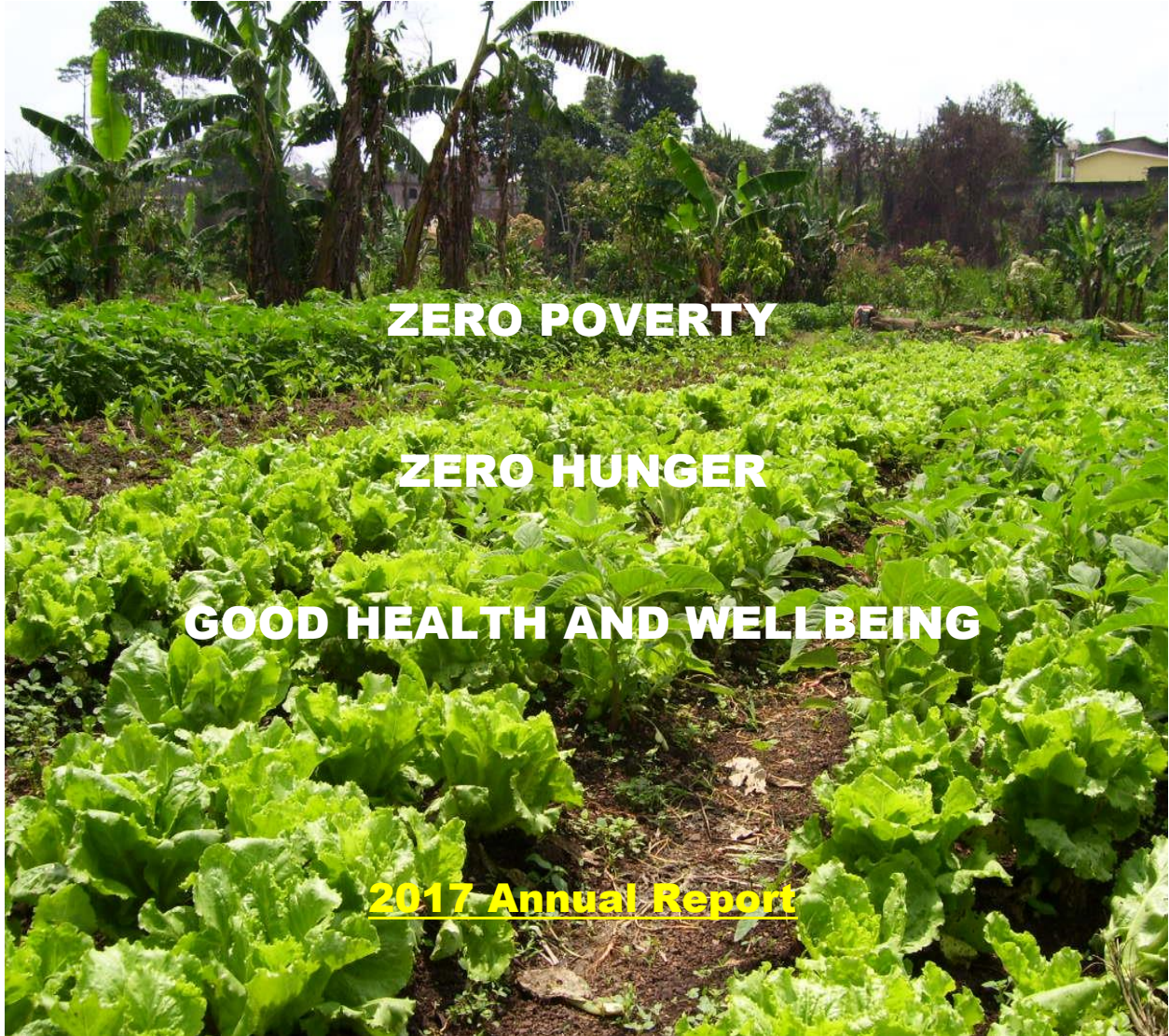


HOPE FOR CHILDREN INTERNATIONAL

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Accelerating Youth Empowerment for a successful Development and Transition.



In 2003, Hope for Children International (HOCI) was founded as a Youth Based Community Centered Development not-for profit organization, with the purpose of providing a safe haven where youths participate in a comprehensive program of sports for life that promotes the physical, educational, health and life skills necessary to prepare and empower them for leadership roles in their communities, prepare them for a smooth transition into responsible adulthood, and success in their personal lives. It was officially registered in Cameroon on December 20, 2014 with registration number 09.G.3/14/1/vol.8/119/OAPP.

Mission of HOCI

HOCI uses the power of sports to educate, inspire and mobilize youths and communities to stop the spread of HIV/AIDS, alcohol, drug use, and other social ills. Through its Life Skills program, it awakens talents in the youths, so as to ensure a smooth transition into responsible adulthood.

Vision of HOCI

HOCI believes that if children are given the necessary tools to succeed, they will succeed beyond their wildest dreams!

HOCI GOALS

- Promote healthy lifestyles and life skills.
- Build community support for youth development and education.
- Encourage behavior change communication among youths and improve on their physical and social well being.

MESSAGE OF THE PRESIDENT/CEO



Youth unemployment in the world is blighting a whole generation of youngsters. The International Labor Organization (ILO) estimates that there are 75million 15-24 year olds looking for work across the globe. An estimated 26million youth are not in Education, Employment or Training. Globally, about 85% of the world's young people live in developing countries and an increasing number of these young people are growing up in cities. In many cities on the African continent, more than 70% of the inhabitants are under the age of 30 with about 65% of the total population below the age of 35 years making Africa the most youthful continent in the world.

In Cameroon, the unemployment rate is 30% while that of underemployment stands at 75% (International Labor Organization's 2013 report). It is worth noting that Cameroon has a population of over 20 million inhabitants and most of the people belong to the middle class. The working population of Cameroon is about 12million and only a little over 200,000 people work in the public service. With government being the highest employer, this implies that the other 11.8million

people who are not government employed are a call for concern. This is the reason why HOCI has to come in to support.

Hope for Children International (HOCI) in a bid to achieve its goals and objectives, and those of the United Nations Sustainable Development Goals, started the reorganization of the youths of the Boyo Division of the North West Region of Cameroon. In the course of the first ever Boyo Youth Forum that held in Fundong, the Divisional headquarters of Boyo Division from November 26 -27, 2015, the idea to create a “The Njinikom Youths Fund” came up. This project has come to add to the farm (garden), and grinding mill projects. The project falls within goal one of the HOCI framework which is to promote Healthy Lifestyles and Life Skills within the youths, and UN sustainable goal one which is to end poverty. These are the projects that HOCI has been carrying out with the young people and women in their various groups for some time now.

The year 2017 was very particular for we put emphasis on two major projects; the cultivation of vegetables as an Income Generating Activity (IGA), and the promotion of hand-washing practices within nursery and primary schools, to promote good health and wellbeing (UN Sustainable Goal 3). It is our wish therefore, that these two will reduce poverty and hunger, and also improve on the general health and wellbeing of the people in that community.

I look forward to continuing on this journey to end hunger and to all the opportunities that 2018 and beyond bring for achieving our shared vision of a world where every woman, man and child leads a healthy, fulfilling life of self-reliance and dignity.

Ayeah James Yongabi
President/CEO

THE GOVERNING BODY OF HOCI CAMEROON

Ayeah James Yongabi
President/CEO

Youmbi Jacqueline Mentchoung
Director of Administration and
Financial Affairs.

Kube Moritz
Senior Manager, Projects,
Operations, Capacity Building,
and Planning

Chungag Juan Ngon
Accountant

KWAKE Gerald
Director of Programs

Tebe Edwan (Esq)
Legal Adviser

Nseh Elvis
Coordinator PALVs

Etonde Laura
Administrative Assistant

Peer Advocates for Life Skills Volunteers (PALVS)

Yuven Anasthasia

Joan Chufi Ayeah

Karh Diane

Ngyie Patience

Leke Thomas

Sufor Belamine

Jubsia Christabelle

Che Ferdinand

Lukong Berinyuy

Tume Delphine

Sih Stehanie Mua

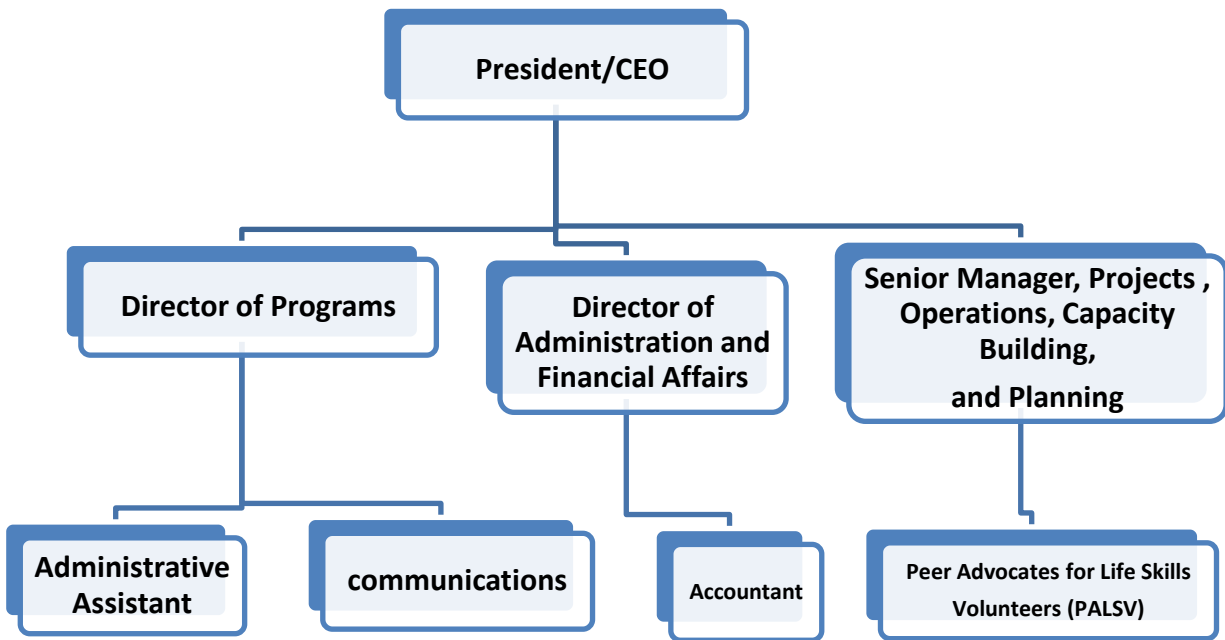
Kwake Gerald

Esua Kate

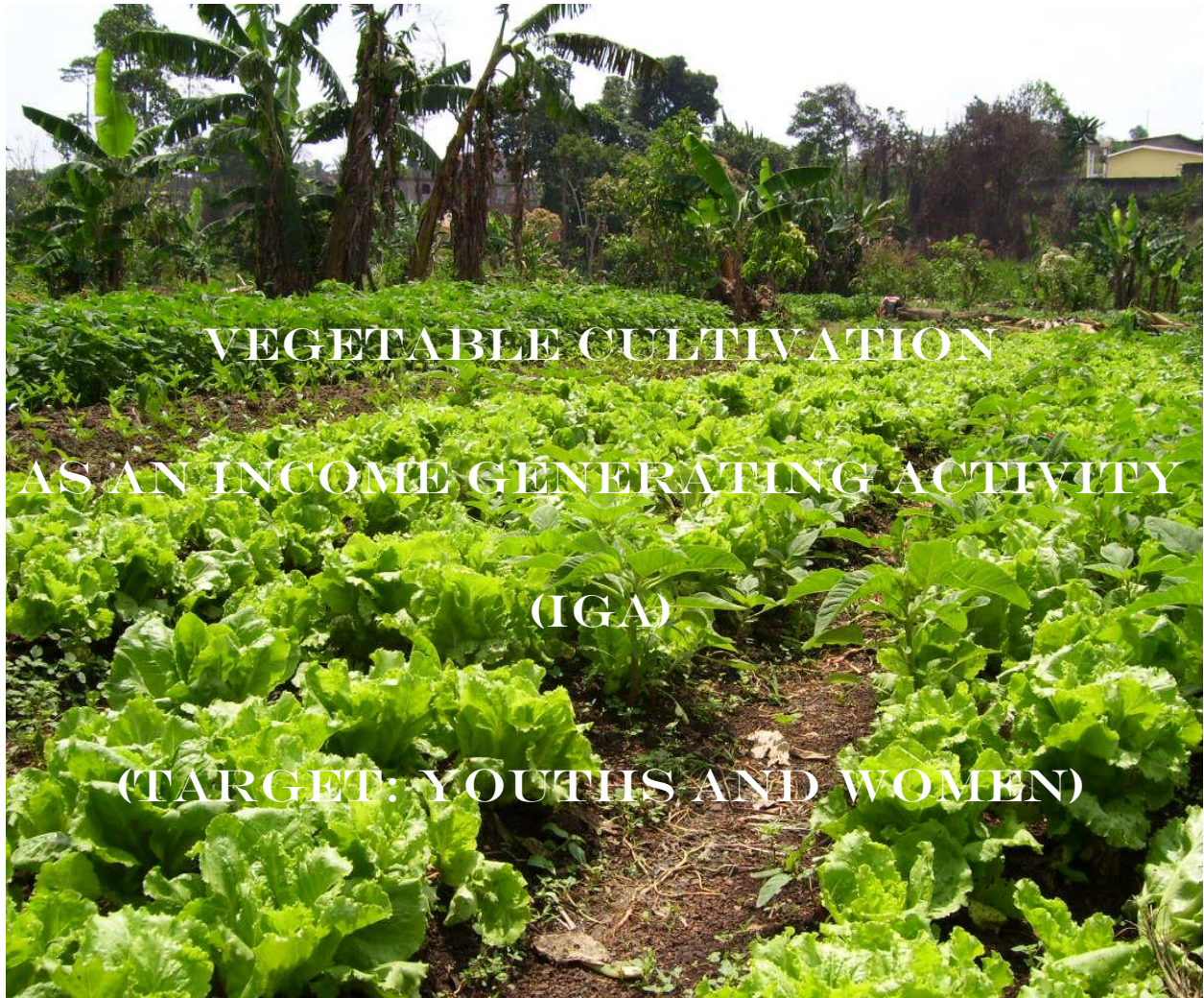
Ngong Violet Bih

Kini Edward

THE ORGANIZATIONAL CHART OF HOCl



PROJECT NO. 1:



VEGETABLE CULTIVATION

AS AN INCOME GENERATING ACTIVITY

(IGA)

(TARGET: YOUTHS AND WOMEN)

This project was nursed in 2015 but only saw the light of day in 2017. This is because we needed time to prepare the participating groups, training materials and the appropriate space for the project to take off. We worked with four (4) youth groups; Bochain, Atuilah, Atukoni and Wombong youth groups, and three (3) womens' groups; Bonii, Know your Neighbor, and Loving Sisters. These groups are all based in Boyo Division of the North West Region. The participants had a one week training and three weeks of practical work.

MOTIVATION

- The project was motivated by the fact that Boyo Division is essentially an agricultural zone and the people here make their living through agriculture.
- Land is not too expensive here and can be easily acquired even through the traditional ruler for free.
- Another pertinent reason is that the women and the youths were ready and available to undertake this project.
- The youths and the women need to be financially independent. To do this, they need to be raising their own money to take care of their individual and family needs.
- Land is available.

The Project

The participants were trained on the following:

- What is a vegetable?
- Dual function of vegetable
- Role of vegetable in nutrition
- Market gardening as IGA

- Principle of vegetable production
- Post harvest handling and marketing

What is a Vegetable?

- It is an edible usually a succulent plant or a portion of it eaten with staples as a main course or as a supplementary food in cooked or raw form.
- Usually its definition is generally based on their use e.g a plant may be considered a vegetable in one place/country but a fruit, weed, ornamental, or a medicinal plant in another country.

The Dual Function of the Vegetable

- Increased production and consumption of the vegetable will provide some essential nutrients in the diet. This will in turn contribute to the physical and mental health.
- Increased production of the vegetable will provide increased income and job opportunities that lead to poverty alleviation.

Role of vegetable in nutrition

1. Cheap and rich source of minerals
2. Cheap and rich source of vitamins
3. Some are a cheap and rich source of protein Example: soybean and potatoes

Major nutrient linked diseases that can be resolved by proper vegetable nutrition

Disease	Cause	Description
Anemia	Lack of iron	Blood shortage
Poor growth and Night blindness	Lack of Vitamin A	inability of the eyes to adapt normally to dim light
scurvy	Lack of vitamin C	gums characterized by sponginess and bleeding

Current situation in Cameroon

- Very low consumption of vegetable (17kg/person/year as opposed to 75kg/person/year)
- One child of every three of pre-school age suffers from Vitamin A deficiency
- One child of every two of pre-school age suffers from iron deficiency
- Many women and girls suffer from iron deficiency because of their monthly flow

Vegetable consumption for improved health

- 300 to 400g vegetable per day is recommended for good health (FAO, WHO)
- Green leafy vegetables are good sources of vitamin C , B and Iron
- Dark green and yellow vegetables are rich in provitamin A or carotene (which is converted into Vit A by the body).

Role of vegetable in income generation

- Many vegetables have a short growth cycle (2-3months) and so can be cultivated at least three times in a year and sold
- Vegetables like pepper and okra can easily be processed and sold at a higher value
- Vegetables can be cultivated during off season and sold at a higher income
- Large vegetable gardens can provide employment for youths and women.

Market gardening as an income generating activity

A farmer has to decide:

1. What vegetable to produce

(Check what people eat and like in your community). Ask from)

- Potential buyer-traders
- Restaurant operators
- Housewives, etc
- Do a need assessment

2. How much to produce?

- Local demand for vegetable is generally inelastic (i.e. if the price is reduced people will not buy more than what they usually buy)

3. How to produce the selected vegetable?

- Production methods and technologies

4. Where to sell the produce?

- Local market
- At home
- Regional markets

Principles of vegetable production

- Using good seeds
- Using a nursery or using direct sowing
- Maintaining good tillage practices (land preparation)
- Adopting an appropriate cropping system
- Field crop management
- Harvesting
- Post-harvest handling

Methods of planting Vegetable Crops

1. Usually transplanted.
2. Usually direct seeded.







Major vegetable crop pest

- **Insect**
 - fruit worms, beetles; aphids, white flies, thrips, leaf miners, cutworms, webworms, borers and leafhoppers
- **Fungi**
 - Blights; wilts; leaf spot; rots and molds.
- **Bacteria**
- **Viruses**
- **Nematodes**

Control of vegetable pest

- Cultural techniques
- Chemical control
- Biological control

Major types of pesticides

1. Insecticides
2. Fongicides
3. Nematicides
4. Nematicide-Insecticide
5. Molluscicides

Harvesting

Some maturity indicators when to start harvesting

- Color e.g. tomato, eggplant
- Firmness/tenderness e.g. Okra
- Size e.g. leafy greens (Huckleberry, amaranth)

PROJECT NO. 2:



Each year, diarrheal diseases and pneumonia together kill almost 4 million children less than five years in developing countries. Children from the poorest 20% of households are more than 10 times likely to die as children from the richest 20% of households. Hands are the principal carriers of disease-causing germs: if widely practiced - and based on scientific research and intensively monitored trials at both household and school levels - it is estimated that handwashing with soap could avert one million of those deaths. Washing hands with soap after using the toilet or cleaning a child and before handling food can reduce rates of diarrheal disease by nearly one-half and rates of respiratory infection by about one-quarter. Handwashing can also prevent skin infections, eye infections, intestinal worms, and avian flu. It can also benefit people living with HIV/AIDS.

OBJECTIVES

- The children will recall where germs are found
- The children will inadvertently demonstrate how germs are spread
- The children will wash their hands with soap automatically .

THE PROJECT

This is the lesson the Peer Advocates for Life Skills Volunteers (PALSV) teach the kids when they visit the schools. The lessons are simple and easy to retain.



GERMS

Germs are all around us, everyday

- ▶ Germs are not like animals
- ▶ Germs are not like plants

A germ is

- ▶ Something so small that you can't see
- ▶ But it can get inside your body and make you sick
- ▶ Because you can't see germs, you never know where they are or might be

Germs can be found in

- ▶ Foods
- ▶ Hands
- ▶ Counter tops
- ▶ Dishes, spoons, forks, knives, etc

- ▶ Clothes
- ▶ Noses
- ▶ Mouths
- ▶ Feet
- ▶ To every part of your body
- ▶ In our houses
- ▶ In the kitchen
- ▶ Sometimes in the food we prepare to eat.
- ▶ On fruits and vegetables
- ▶ Dirty things and dirty places at home
- ▶ **BUT MOST IMPORTANTLY ON OUR HANDS**
- ▶

How do germs travel?

- ▶ Germs travel from place to place through air.
- ▶ When infected hands or germy things touch each other, people or objects

What do germs do in our bodies?

- ▶ They make our stomachs sick
- ▶ They also make us sick when they enter our blood

What should I do to avoid germs?

- ▶ Cook your food very well
- ▶ Don't touch another person's blood
- ▶ **WASH YOUR HANDS WITH SOAP AND WATER**
 - ▶ Before you eat
 - ▶ After using the bathroom or toilet
 - ▶ After playing
 - ▶ If you sneeze or cough on them
 - ▶ When you touch objects or things
 - ▶ When you greet people.

What is the “correct” way to wash hands?

Proper handwashing requires soap and only a small amount of water. Running water or “Tippy Tap” cans or plastic bottles that release just enough for a clean

hand wash each time they are tipped - is sufficient. One should cover wet hands with soap; scrub all surfaces, including palms, back, between the fingers, and especially under fingernails for about 20 seconds; rinse well with running water rather than still water, and dry on a clean cloth or by waving in the air. An easy way to gauge 20 seconds is to find a familiar song that takes about that long to sing; choose any popular children's songs that can be used for this purpose.

Why isn't it enough to wash hands with water alone?

The more common practice of washing hands with water alone is significantly less effective than washing hands with soap. Fecal pathogens lodge in the natural oils of hands, and water alone will not dislodge them. Using soap adds to the time spent washing, removes the oils carrying most germs, and leaves hands smelling pleasant. The clean smell and feeling that soap creates is an incentive for its use.



Washing of hands is fun. It leaves our children healthy, strong and happy. It reduces illnesses, deaths and expenditure.

CONSOLIDATED (AUDITED) FINANCIAL STATEMENT DECEMBER 31, 2017

(The figures presented below are in US Dollars. Cameroon uses the CFA Franc.

Exchange rate is 550CFAF/1US\$.)

I: ASSETS 2017

Cash and cash equivalents	91 986
Receivables, net	76 329
Micro-credits loans, net	28 680
Investments	50 749
Property and equipment, net	20 790
Other assets	21 022
Total Assets	289 556

II: LIABILITIES

- Accounts payable and accrued expenses	30 719
- Deferred net	17 562
Total	48 281

III: SUPPORT AND REVENUE

- Contributions and grants	30 878
- Others	12 941
Total	43 819

IV: EXPENSES

Program Services

- Education and advocacy	81 666
- Acquisition of agricultural space	50 000
- Acquisition of farm tools and others	32 760
- Fabrication of handwashing apparatus	17 550
Total	181 976

Supporting services

- Management and general	51 915
Total	51 915

Total Expenses:	181 976 + 51 915	233 891
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NOTE:

Most of our funds came from individuals and foundations who accepted to support the initiative, and give a positive touch to youth development. Special thanks go to the following:

- 1. Saint Albert Charity, Njinikom*
- 2. Mr. Kube Maurice, Yaounde Cameroon*
- 3. Mrs. Angafor Claris Mbeng, USA*
- 4. Mr. Nchoji Fidelis, USA*

The rest of the money came from members' contributions and donations.

CONCLUSION

Global poverty, hunger, good health and wellbeing... If the answers were easy, the problems would have been solved by now. HOCl knows the challenges are complex, which is why we ask ourselves each day: What can we do to make our work more effective in empowering the youths and ending hunger and poverty?

In this report, we've tried to ask some of the questions we wrestle with as we struggle to build a better, safe, and a more just world for all. We don't have all the answers. But only by asking questions, challenging old paradigms and seeking new perspectives can we create real solutions.

We are grateful that these projects are able to give answers as we do not give the youths and their communities, fish, but we train them how to fish themselves. Running a garden or farm as an individual or as a group does not only render the youth independent but also empowers them economically as they make money out of the sales of their produce. This at the same time, their standards of living is improved and the level of hunger reduced. They eat their vegetables and they also sell them. Hunger is reduced, poverty is reduced and the living standards and wellbeing of the population is improved on. This project falls directly in line with goal 3 of the United Nation's Sustainable Development Goals (UNSDG).

The same phenomenon is witnessed at the level of nursery and primary school health. Learning how to wash hands properly reduces to almost zero illnesses within the school milieu even at home since the children carry home the good

practice of washing hands. The wellbeing of the children and the entire community is guaranteed.

HOCI has not yet received funding for its major projects. Considering the impact these projects that have been executed with meager sums from a few individuals, and membership fees have made in the communities concerned, the impact could be greater if we received some funding to increase the scope of our work. The more reason why we are extending a hand for collaborative partnerships with local and international NGOs, charities and Foundations, who are interested in the work we do.

There's another question that is fundamental to HOCI's work: "Will you help?" We are so grateful to hear a resounding "yes" year after year. Your confidence in HOCI and generous compassion will enable our dedicated staff to make a difference each day. HOCI changes lives.

**Thank you for being on board this train of
Change and hope,
For our children and youths.**