

## YOUR ANNUAL UPDATE FROM CAMEROON

We wanted to share some exciting progress made possible in Cameroon - thanks to support from you!

Gender inequality, school dropouts and lack of clean water are the challenges which children facing in Cameroon. Boys are often pressured into unsafe working conditions and girls are forced into early marriages. Children must leave school grounds to search for water, often missing lessons in order to do so. Also, they are struggling with chronic malnutrition and food insecurity.

Throughout fiscal year 2020, with the help of your sponsorship, we were able to support people living in challenging condition. We have ensured girls and boys have access to quality primary education in inclusive, safe and gender-sensitive environments. Also, we were able to improve household incomes and give women economic independence.

We are grateful to you for making these changes possible. We know you will enjoy reading on to see how your generosity is changing the lives of children, like your sponsored child, across this region.



## OUR IMPACT

IN BAMENDA, **5,299** PEOPLE  
TRAINED ON CHILDREN'S  
RIGHTS AND CHILD PROTECTION

**1,740** KILOS OF SEEDS  
DISTRIBUTED FOR COMMUNITY  
GARDENS IN GAROUA

**864** SCHOOL BOOKS  
DISTRIBUTED IN BERTOUA

**23,604** FAMILIES IN BITENG  
RECEIVED COVID-19 WASH KITS

## PLAN INTERNATIONAL COVID-19 RESPONSE



COVID-19 is having devastating impacts all over the world. It is not only a health emergency, it is an education and protection emergency. Since girls are often worse affected during a crisis, Plan International is putting them at the heart of our response and long-term outlook. We have scaled up healthcare systems, food security, access to clean water, handwashing and awareness campaigns, and keep education in children's lives via radio broadcasts.

# ECONOMIC EMPOWERMENT

Empowering the community with entrepreneurship opportunities enables people to improve their income and achieve economic independence.



**THE ECONOMIC EMPOWERMENT PROJECT  
ADDRESSES HOUSEHOLD ECONOMIC SECURITY,  
FOOD SAFETY AND EMPOWERS WOMEN**

We are helping Bertoua residents, especially young women, develop small businesses raising chickens, goats and sheep. These businesses generate income and promote food diversity in the community.

We set up 30 groups to carry out agriculture activities in 12 communities. These beneficiary groups learned management skills such as group dynamics, as well as practical skills like corn cultivation and market gardening. Additional training modules included livestock and poultry management in collaboration with national government organisations.

We helped 12 beneficiary groups purchase and distribute materials to build chicken coops and access feed, veterinary products and breeding equipment. In addition, 18 goat pens were constructed, and the groups were supported as they cultivated 30 corn farms.

## PREVENTING AND TREATING MALNUTRITION

Malnutrition is a serious problem in Garoua. More than 20% of children grow up without enough food to eat, and parents lack knowledge on nutritious foods for healthy development.

To help all children grow up strong and healthy, we have supported 10 nutrition homes with essential supplies to screen and treat children suffering from malnutrition.

Almost 500 children have been treated in these homes, receiving nutrient-rich food and healthcare.

We have also held cooking demonstrations for parents, including 241 nursing mothers and 165 fathers. Parents now know how to care for their malnourished children and prepare locally available nutritious food.

*"I have observed visible changes in my child. He is no longer sick all the time and now has an appetite. This project is good because my child has regained his health and I have learned a lot. I now know how to take better care of my child."*

**Odette, 25, project beneficiary**



# PROTECTING AGAINST COVID-19

The COVID-19 pandemic has a devastating impact in Cameroon, especially on the poorest residents. The Biteng area is the most affected region in the country.

Our COVID-19 response programme worked to fight the pandemic, help the community with basic needs, and save lives.



**OVER 23,604 HOUSEHOLDS RECEIVED WASH KITS TO HELP PREVENT THE SPREAD OF COVID-19**

We trained health personnel on COVID-19 case management in order to prevent the spread of the virus. Health personnel learned to detect cases of the virus and provide psychosocial and clinical support.

Community-based home visits helped families learn the importance of hygiene habits such as frequent handwashing. Families received wash kits with soap and jugs with taps. In addition, handwashing devices were provided to main government partners. Community leaders and youth groups facilitate and manage the distribution of these resources.

These measures are helping the community to prevent the spread of COVID-19.

## LEARNING IN CRISIS ENVIRONMENTS

Violent attacks by armed groups and the military have forced many people to leave their homes. Social services have also been impacted. About 4,400 schools remained closed in the Bamenda, which has prevented children from continuing their education and gaining the skills they need to get a good job. Girls are at particular risk of being forced into an early marriage and not returning to school once the crisis is resolved.

In order to help all children access quality education, we have supported 2,492 children and young people to attend local education centres. At these centres, children have improved their reading and mathematics skills, and they have also learned about health and hygiene. Children were also provided with materials so they can continue to learn at home until schools reopen.

*"My friends used to make fun of me because I couldn't spell. Each time I said something wrong, they would laugh at me. I am so thankful to Plan International for being here!"*

**William, 9, project beneficiary**



# YOUR SUPPORT IS CHANGING LIVES

With your support, we will continue to protect children's rights so they are able to thrive.

In the coming year, we will continue to work with the children, families and partners across Cameroon:



- Continuing to support girls' clubs and youth empowerment activities, especially for young women. Religious, traditional and community leaders and parents will be involved in the effort to overcome gender discrimination.



- Continuing to improve literacy skills of out of school children through community child support structures and child friendly spaces in order to support their return to school. Girls will be supported to complete quality and inclusive secondary education.



- Providing vocational training for youth, especially young woman, to support them to earn a living. We aim to achieve inclusive, gender-equal employment processes.



- Continuing to support communities and households during COVID-19 by providing hygiene kits and raising awareness of important hygiene practices to reduce the spread. We will help children to grow up healthily and receive care, nutrition and early developmental stimulation.



- Continuing to advocate for children's rights within the community so they can achieve their full potential.

These are just some of the many ways your kindness will continue to touch the life of your sponsored child and other children. We would not be able to do this without supporters like you!



## MESSAGE FROM ADAMA GARBA

Programme Area Manager, Biteng

"Your contribution during the past year has brought significant changes to the lives of children, especially girls. This will go a long way to improve the children's situation. We thank you for supporting a child from the Biteng area."



## MESSAGE FROM FRANCESCO KABURU

Programme Area Manager, Bamenda

"Your contribution has greatly improved the lives of children, families and especially girls. The emotional well-being of children and adolescents was improved through their participation in psychosocial support activities during this Corona crisis period. Thank you for your support!"



## MESSAGE FROM ABONGTA SHU MONCHA

Programme Area Manager, Garoua

"Our projects demonstrate clearly how feasible it is to transform lives within local communities and how socio-cultural norms hindering the wellbeing of girls could be challenged in ways that sets the stage for young people, especially girls, to learn, lead, decide and thrive."



## MESSAGE FROM CERGE NJI

Programme Area Manager, Bertoua

"Through the implementation of our projects and programmes, we provide important contributions that impact the lives of children, especially girls. These great achievements are only possible because of your confidence and support given to fulfil our work. For this reason, we say, thank you!"

