

YOUR ANNUAL UPDATE FROM SENEGAL

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

Most rural families in Senegal rely on agriculture to feed their families and generate an income. However, climate change has caused a continuous drop in rainfall and temperature rise, leading to decreased crop yield. Besides, most residents do not have the opportunity to receive quality education. Girls often drop out of school and marry at an early age, while in general, children cannot receive better education due to financial pressure.

Throughout the fiscal year 2020, with the help of your sponsorship, we were able to improve community hygiene by setting up sanitation facilities, addressing the danger of tuberculosis, and improving education about the importance of hygiene. We also implemented project activities to empower community members combatting tuberculosis.

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 KAOLACK AND LOUGA,
11,696 RESIDENTS LEARNED
SAFER SANITATION

18 VILLAGES EXTENDED
WATER SUPPLY NETWORKS
IN LOUGA

1,356 COMMUNITY LEADERS
AND RESIDENTS EDUCATED FOR
TUBERCULOSIS IN THIÈS AND
SAINT-LOUIS

6,998 STUDENTS LEARNED
ABOUT ADOLESCENT
REPRODUCTIVE HEALTH IN
KAOLACK AND SAINT-LOUIS



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.

IMPROVING HEALTH OF MOTHER AND CHILD

High maternal mortality, insufficient pre- and post-natal healthcare, and a lack of male support make healthy pregnancy and childbirth a struggle for women in Louga.

Our maternal healthcare programme addresses pre- and post-natal care, as well as male involvement, ensuring women and their families are healthy and safe.

We monitored over 2,000 pregnant women and breastfeeding mothers for healthcare needs. Pregnant women and children who displayed health risks were referred to healthcare facilities, and new healthcare facilities were built to serve 23 villages. In addition, more than 38,000 people benefitted from home health visits.

The larger community also gave support: Over 3,000 grandmothers trained in Maternal-Newborn-Child Health. Men challenged cultural stereotypes to become involved. Community leaders, from religious leaders to village chiefs, learned about maternal and child care, and the 'School of Husbands' helped men support the health of women and children.



HEALTHCARE ACCESS AND COMMUNITY INVOLVEMENT PROVIDES SUPPORT TO PREGNANT WOMEN, NEW MOTHERS, AND THEIR FAMILIES

KICK-OFF FOR GIRLS' LEADERSHIP

Our 'Girls Kick Off' programme strengthens girls' leadership skills, enabling girls in Thiès to challenge gender inequality and position themselves as leaders within their communities. The project enlists the participation of the entire community, including school and sports leaders and local authorities, to support girls' equality, health, and equal opportunity.

300 girls received football training, with the support of coaches and supervisors. The teams then participated in a women's' football tournament. Girls worked together, gaining confidence and making their voices heard. Supported by the community, the girls promoted gender equality, challenged discriminatory norms and attitudes, and developed leadership skills that will serve them in the future.

"Thanks to this project, we asserted our positions as girl leaders. With the support and help of my football team, we travelled throughout our village to collect information about families' needs and also sensitize them about disease prevention."

Sophie, 15, sponsored child



STRENGTHENING HOUSEHOLD FOOD SECURITY

Food insecurity caused by a lack of rainfall, household poverty and the rising cost of essential commodities has had a devastating effect on families in Kaolack.



VILLAGE SELECTION COMMITTEES HELPED IDENTIFY 350 VULNERABLE HOUSEHOLDS FOR FOOD SECURITY AID

Our programme addresses nutritional security for vulnerable households, providing solutions to the problem of acute malnutrition in children under 5 years old. To do this, we focused on micro-gardening and small-scale animal husbandry, female entrepreneurship, and increasing knowledge in the community about nutrition.

Over 300 vulnerable households were provided with livestock and training sessions on breeding and caring for animals. Children's diet improved, and the increased family income paid for household expenses, healthcare, and school fees.

In addition, grants were given to 20 women selected as community micro-entrepreneurs. These women, through their funding, set up village food shops, as well as cereal processing units, and manufacturing of local juices and hygiene products such as soap and detergents.

LIFE SKILLS TO SUCCEED

Girls in Saint-Louis face economic barriers due to gender discrimination. Our leadership programme enables women in Village Savings and Loans Associations to access positions of responsibility in the community, and develop their entrepreneurial capacities through training and access to financial resources.

The programme helped 20 girls attend vocational training, enabling them to begin a stable future. The project assisted 35 young members of the Regional Forum of Youth and Child Leaders to advocate to decision-makers on the defence of their interests. In addition, at least 400 people learned about gender equality, child marriage, and empowerment.

"After attending the vocational school, I am more independent and it gave me a chance to acquire knowledge on sewing and plan for my future. I now put into practice my skills with tailors. Big thanks to Plan for all the years of happiness!"

**Ramatoulaye, 17,
former sponsored child**



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 Senegal:

- Installing more female-friendly hygiene facilities in schools in order to enable girls and young women to access clean, safe and hygienic toilets. Besides, we will continue to advocate for girls' rights and promote girls' leadership.
- Informing adolescents about reproductive health through awareness-raising talks and activities. In addition, we will continue our advocacy programmes against tuberculosis and malaria, with emphasis on prevention and referral.
- Continuing to develop programmes to keep girls enrolled in school, focusing on encouraging girls to participate in science subjects and advocating for girls' education. We will also work to improve the quality of education for all students.
- Empowering girls with vocational training and helping them transit to quality employment. Moreover, we will continue collaborating with the training centres of catering and sewing, and form partnerships with additional organisations.
- Improving child protection and prevention frameworks through community child protection mechanisms.

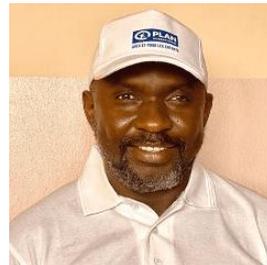
These are just some of the many ways your kindness will continue to touch the life of your sponsored child and other children. We would not be able to do this without supporters like you!



MESSAGE FROM PAPA SIDY DIOP

Programme Area Manager, Kaolack

"Thank you from the bottom of our hearts for your support and sponsorship of a child in Kaolack. With your help we were able to make significant progress in ensuring children's rights to education, health, and a violence-free life. You have allowed us to improve their lives and we are excited to do more in the coming year."



MESSAGE FROM ABDOULAYE DIOP

Programme Area Manager, Thiès

"Your commitment to children enabled us to carry out programmes promoting child rights, and improving the living conditions of women and girls through the provision of better school facilities, and the promotion of female leadership and improvement of child nutrition."



MESSAGE FROM ALY FAYE

Programme Area Manager, Louga

"The important progress, interventions and positive changes made in our area are undoubtedly the results of your valuable and unflinching support! We express our deepest gratitude for your contributions and sponsorship of a child, which allow them to enjoy the rights that all children should have. Thank you!"



MESSAGE FROM CHEIKHOU NDIAYE

Programme Area Manager, Saint-Louis

"Without your precious support, we would not have been able to make the significant progress and positive transformation of our communities which will benefit families and children for years to come. We express our sincere gratitude and appreciation for your commitment for the greater benefit of children."



Plan International Hong Kong sincerely thank volunteer Mr. Chong Hip Kuen, William for consolidating this report.