



HADASSAH FOUNDATION

Sharing Lives, Enhancing Well-being

Vision: To enhance the well-being of individuals in our communities (especially teenagers, youths, orphans, vulnerable children, women & internally displaced persons) to improve the resilience of these individuals

Mission: To enhance people's wellbeing, build their resilience so they can better deal with challenging life situation & strength Social cohesion in Communities



Humanitarian Assistance



Gender Based Violence



Human Rights



Child Protection



Psychosocial Support & Counselling



Mental Health Support



Social & Emotional Learning

PREPARED BY: HADASSAH FOUNDATION NGO

DECEMBER 2023

**LIST OF ABBREVIATIONS**

Abbreviations	Definition/Meaning
ADDA	American Anxiety and Depression Association
CRTV	Cameroon Radio Television
EWCG	Enlighten Word Christian Gathering
GBHS	Government Bilingual High School
GBV	Gender-Based Violence
HASCON	HADASSAH Foundation
HIV/AIDS	Human Immunodeficiency Virus/ Acquired Immunodeficiency Syndrome
IDPs	Internally Displaced Persons
MHPSS	Mental Health and Psychosocial Support
NGO	Non-governmental Organization
PSS	Psychosocial Support
SEL	Social and Emotional Learning
STDs	Sexually Transmitted Diseases
STIs	Sexually Transmitted Illnesses
UNFPA	United Nations Population Fund



FOREWORD

As post-COVID-19 consequences continue to pose adverse conditions among populations worldwide, problems of mental health, gender inequality, gender-based violence (GBV), and human rights issues continue to plague societies and communities in different ways. Besides, amidst these problems in Cameroon, in particular, is the ongoing conflict in the Northwest and Southwest regions that has left many persons in vulnerable situations with significant impacts on their psychological well-being.

In 2023, acknowledging the existence of the above problems and the adverse conditions affecting the well-being of vulnerable persons during the COVID-19 pandemic period, the Hadassah Foundation continued its work to enhance the well-being of vulnerable groups in underserved communities in the southwest region of Cameroon.

Our work in 2023 focused on critical areas that addressed issues relating to challenging situations adversely affecting the well-being of IDPs, Youths, Children, Women, etc. This was done through psychosocial support and counseling, mental health support/education/advocacy, social and emotional learning education in schools, education on youth sexual and reproductive health, and human rights promotion as we work to fight gender-based violence, to empower women, and offer humanitarian assistance as the need arises.

This year, many of our staff were trained in different expert fields of GBV, MHPSS, etc., enabling us to work with clients better and deliver better services. Thanks to our partners, GBV AoR cluster SWNW UNFPA, Cameroon, for the many capacity-building training opportunities.



Ayuk Etongo (Executive Director/Founder)



ABOUT THE REPORT

This report provides an overview of Hadassah Foundation's work in the year 2023 in its head office found in Buea (precisely in Bakweri town, opposite the executive hotel entrance). It shows the activities, projects, accomplishments, challenges encountered, way forward, collaborations, and expenses for the year.



1. WHO WE ARE:

1.1 History of HASCON

Hadassah Foundation (HASCON) is a legally registered NGO (**Registration number 109/G.37/C84/VOL1/SASC**) operating in Buea, Cameroon, founded in 2018, inspired by the ongoing Anglophone crisis and the traumatic situations surrounding the lives of internally displaced persons (IDPs). Other than IDPs, the host communities also face an alarming rate of undesirable circumstances that surround many individuals (particularly orphans, teenage mothers, and youths) due to the increase in violence, poverty, drug abuse, and economic hardship as people are unable to achieve sustainable livelihood because of the ongoing crisis in Northwest and Southwest regions. The NGO's head office is in Buea southwest region. The NGO has experience in offering psychosocial support and counseling, humanitarian response/reach out, Health care (raising awareness on sexual and reproductive health/mental health issues), Human rights education/advocacy, Education (Social and Emotional Learning-SEL in schools), and work in promoting Gender equality including GBV and Women empowerment.

1.2 HASCON VISION

Our vision is to enhance the well-being of individuals in our communities (especially teenagers, youths, orphans, vulnerable children, women, and Internally Displaced Persons) to improve the resilience of these individuals to maximize their potential. In pursuit of our vision, we offer Psychosocial support and counseling, Mental health support/education/advocacy, Social and emotional learning education in schools, education on youth sexual and reproductive health, Human Rights promotion, work to enhance Gender equality/women empowerment, and Humanitarian response.

1.3 NGO MISSION

To enhance people's well-being, build resilience to better deal with challenging situations, and strengthen community social cohesion.



1.4 OUR VALUES

Transparency, Accountability, Integrity, and Impartiality

1.5 HASCON WORKS IN THE FOLLOWING AREAS

- 1.5.1 Psychosocial Support (PSS)
- 1.5.2 Mental health support/education/advocacy
- 1.5.3 Social and Emotional Learning-SEL Education in Schools
- 1.5.4 Provide education on youth sexual and reproductive health
- 1.5.5 Human Rights Promotion
- 1.5.6 Gender Equality, GBV and Women Empowerment
- 1.5.7 Humanitarian Response

1.6 GOVERNANCE AND HASCON ORGANISATIONAL STRUCTURE

HASCON Cameroon has an experienced staff working to make the organization's activities successful. Coupled with their work experiences and educational abilities, our staff possesses unique qualities, including resilience, ethics, professionalism, creativity and innovation, excellent decision-making, analytical capabilities, ability to learn new skills, and excellent project management skills.



HASCON Organizational chart





1.7 Our People



Ayuk Etongo

Founder
Executive Director
(Psychosocial Counselor)



Kim Akwo

Assistant Director
(Human Rights / Gender-based
Violence)



Patience Ashumbi

Education
and
Training Officer



Martha Ako

Gender Equality
and Women
Empowerment Officer



Kinyam Nji Fominyen

Country Manager (GBV expert and
Psychosocial Counselor)



Tabi Bissong

Administration
and
M&E Officer



Agnes Njemo

Volunteer Coordinator



Rhonda Nformi

Project Manager and CIP officer



Cecelia Monjowa

Humanitarian Officer



2. Description of Projects Realized in Line with HASCON'S work

HASCON offered the following services in the year 2023:

In the **psychosocial support area**, Hadassah provided psychosocial support to youths at Marian-Mojoko orphanage and St. Valentine Center Buea, where almost all the children were internally displaced, with a significant number of them in their teen and adult years.

In the **healthcare area**, we educated and raised awareness about hygiene during puberty years and how it affects the mental health of IDP youths whom we were working with. In addition, other sessions were carried out on sex education, issues related to teenage pregnancy, STDs/AIDS, and how it affects people's mental health. These activities were done in schools like Morock Primary School, St. Valentine Center, and Marian-Mojoko Orphanage.

On **Education** in Social and Emotional Learning (SEL), we addressed the issues of anger management sessions, bullying, conflict resolution, mental health illnesses, and study skills with schools like Morock Primary School, Greenfield Primary School, Miss Christian Cameroon, St Valentine Center, and Marian-Mojoko Orphanage all located in Buea and Aura Foundation in Limbe.

Our **humanitarian work** entailed sporting activities for women, and it was all having fun and remembering good old days while small competitions were involved, after which they were given prizes in cash and kindness.

Our work on **gender-based violence (GBV)** entailed carrying out awareness-raising sessions with the people in schools, orphanages, and the community at large.

In other activities, Hadassah handed one cash prize award for best community projects (offering service to the community) to one of the Miss Christian Cameroon contestants for 2023. The award of 100,000 FCFA was given to the contestant with the best community projects. The aim of providing this award was based on our interest in promoting community service and reaching the most vulnerable as we advocate for an all-inclusive society. Furthermore, we celebrated our Christmas with kids at St. Valentine's Center.



2.1 Psychosocial Support (counseling intervention to IDP children/teenagers/youths at Marian-Mojoko and St Valentine orphanage)

Project Duration	February-May 2023/ October – December 2023
Donor	Self-Sponsored by Hadassah Foundation

Aim of the Project

- ❖ This offered psychosocial support, sex education, group and individual counseling, and socio-emotional learning sessions at Marian-Mojoko Orphanage, Buea Southwest Region.
- ❖ To teach children life skills and offer psychosocial support that promotes their mental well-being, leading to a healthy and productive life at St Valentine Orphanage Buea Southwest Region

Place of Implementation and How it was Implemented (including Activities)

- ❖ From 06th February to May 08th, 2023, HASCON's staff worked with children at Marian-Mojoko Orphanage. Psychosocial sessions were held with the orphans at the orphanage. These sessions specifically aim to teach them life skills in understanding their emotions, how they affect their well-being, and how to build healthy relationships. Individual counseling was done with the kids after assessing their needs and difficulties during group counseling. This counseling was done to aid in preventing mild and severe mental health issues such as anxiety, depression, and hyperactive disorder. Also, each activity used an icebreaker to relax the atmosphere and create a good rapport between orphans and the staff.
- ❖ From 16th October to 17th December 2023, the HASCON team also worked with the orphans at St Valentine Center. Educative sessions were held with the orphans. These sessions aim to teach the children life skills and offer psychosocial support to promote their mental well-being, leading to a healthy and productive life. Also, I want to see how they could build healthy relationships among themselves, learn skills and strategies through problem-solving, and learn critical thinking skills, which are essential in times of stress. To create awareness about child protection



issues, including sex education, especially for teenagers. We also held educative sessions on improving communication and supporting them with decision-making skills through group counseling.

- ❖ Social activities were also organized with the children to prevent isolation and to support them in interacting with society. For instance, on 14 February 2023 and 17th of December 2023, the HASCON team organized a game, leisure, and interactive program with the children at Marian-Mojoko and a Christmas party with orphans at Valentine Center.

Achievement

- ❖ HASCON improved the children's well-being through these Psycho-social support sessions. We successfully raised awareness and added knowledge to these orphans' lives. HASCON, after careful observations and counseling sessions, saw an improved increase in self-esteem, the ability of these children to communicate better with their siblings, and their academic performances due to knowledge acquired from the study skills and learning style sessions carried out with them.







2.2 Health Care (Sexual and Reproductive Health of Youths-STDs, HIV, Puberty, and Hygiene)

Project Duration	January to December 2023
Donor	Self-Sponsored by Hadassah Foundation

Aim of Project

- To educate youths on topical issues like drug abuse, teenage pregnancy, HIV/AIDS, sexual abuse, and how to keep safe in crisis periods.
- To educate children on proper hygiene, its importance, and its effects.
- To reduce the risk of illnesses such as malaria and cholera affecting our communities by creating awareness and bringing a drop-down on mental illnesses in our society.

Implementation Activities

- ❖ In 2023, HASCONs worked in health care by educating children, youths, and adults. This project aimed to provide them with knowledge and raise awareness about how they could protect themselves. Sessions were held on hygiene during puberty and sex education and how it is related to their mental health. Venereal diseases such as STIs, STDs, and HIV/AIDS were also treated at Marian-Mojoko Orphanage and St. Valentine Center with the children and youths of both centers.
- ❖ HASCON also focuses on mental health education and advocacy, offering psychosocial services and counseling to needy people. Sensitizations were also carried out in schools, communities, and different professional groups (models and churches), focusing on the most common mental health illnesses like depression, anxiety, eating disorders, post-traumatic stress disorders, and stress. We examined the concept, the common symptoms, effects, types, and preventive measures.



Achievement

- ❖ This activity reinforced our work in the healthcare area. HASCON was successful in raising awareness about hygiene in puberty, mental health, sex education, issues related to teenage pregnancy and how it affects youths' mental health as well as Venereal diseases (STIs, STDs, and HIV/AIDS) at Marian-Mojoko Orphanage, and St. Valentine Center.
- ❖ HASCON successfully raised mental health awareness with the staff in some schools like Morock and Greenfield. In addition, HASCON did workshops on mental health with some models of Flocy Network (Miss Christian Cameroon). The awareness-raising or mental health sensitization sessions were done using the simplest form for understanding and possible preventive measures.



Hygiene and puberty session at Marian Mojoko and St. Valentine



World aids day at morock primary school.



DRUG CAMPAIGN: SAY NO TO DRUGS AMONGST YOUTHS IN BUEA



2.3 Education (Social and Emotional Learning)

Project Duration	February to June 2022
Donor	Self-Sponsored by Hadassah Foundation

Aim of Activity

- ❖ It aimed to support relationships, create positive communication, and teach kids healthy ways of solving conflicts.
- ❖ It was also geared towards teaching teenagers and youths how to manage their anger without causing harm.
- ❖ It was aimed at ensuring and finding good coping strategies to overcome mental health illnesses like anxiety and eating disorders.
- ❖ It was equally aimed at carrying out career/educational mentoring programs for people aged 15 to 30.

Implementation Activities

HASCON carried out educative sessions on anger management, bullying, conflict resolution, study skills, and learning styles from the 06th of February 2023 to the 08th of May 2023 at Marian-Mojoko, St. Valentine, Morock, and Greenfield. This project aimed to teach the children how to manage themselves in school, at home, and various communities. Also, there was a project a writing training session for HASCON staff alongside the staff of Teen Alive. This training aimed to build the capacity of the organization's staff to be very effective, efficient, and relevant to every task. Furthermore, there was a career orientation/educational mentoring program with staff and university students at Hadassah Foundation, which was held on the 2nd of March 2023, carried out by the CEO of HASCON Mme. Ayuk and Mr. Gordon of UNFPA. This program allowed students to study educational psychology, sociology or anthropology, gender studies, and international relations. It allowed them to receive guidance on their career pathway and meet experts in their field. In collaboration with the Ministry of Women Empowerment and



Family, the Ministry of Education, and other local NGOs, the Hadassah Foundation sensitized the public on Gender-based violence and online safety via CRTV and Hi TV Buea. We also had a talent kids workshop geared toward creating healthy relationships, teaching teenagers how to manage their anger and healthy ways of solving conflict without causing harm.

Achievements

HASCON successfully carried out social and emotional learning (SEL) in two schools, including educating youths on the effects of anger, conflict, and bullying on their academic performance and behavior and various ways to improve their study skills.

This has gone a long way in increasing their academic performance and creating healthy relationships among the children. Also, teachers and young girls have been educated on how to manage themselves and maintain good hygiene.





Social and Emotional Learning Sessions in Children and Youths in Schools



2.4 Humanitarian Support

Project Duration	March 2023
Donor	Self-Sponsored by Hadassah Foundation

Aim of the Projects

- ❖ It aimed to sensitize the population on the relevance of being physically and mentally healthy.
- ❖ To promote peace and togetherness.
- ❖ Promote physical health through active living sports games.
- ❖ Aimed at creating social cohesion among the people in various communities.

Implementation Activities

HASCON, in collaboration with TEENALIVE, participated in the celebration of International Women's Day in Wolikawo Village in the Southwest region of Cameroon. Following the theme: for an inclusive world, innovation and technology for gender equality. The sub-theme was women, identity, well-being, and culture in a digitalization era on the 6th and 7th of March 2023. A competition was organized for the women on that day, and prizes were given in cash and kindness.

Achievements

HASCON donated cash prizes and other prizes, like bags of rice and buckets. The organization made refreshments of food and drinks for everyone present for the two days it lasted. We achieved our goal of making the women relaxed by remembering the good old days and getting prepared for the women's day on the 8th march through the games (tug of war, sizo, dogging, and football).





2.5 Gender-Based Violence

Project Duration	6TH MARCH TO 16TH DECEMBER
Donor	Self-Sponsored by Hadassah Foundation

Aim of the Projects

This project aimed at raising awareness of Gender-Based Violence (GBV) to promote peace and reduce the rate of violence in schools, orphanages, and churches.

Implementation Activities

According to the European Commission Gender, gender-based violence is violence directed against a person because of that person's gender or violence that affects persons of a particular gender disproportionately. Gender-based violence is a significant area in which we work at HASCON, particularly with females, males, and children. We held a session on the concept of gender-based violence, its causes, forms, types, immediate factors, and consequences of GBV. Following the 16 days of activism, we had several sessions with schools, churches, orphanages, and social gatherings. We had sessions with schools like GBHS Bomaka, Morock Nursery and Primary School, Greenfield Bilingual Nursery, and Primary School Buea. We had a session with the Christians of Enlighten Word Christian Gathering (EWCG) and the youths of EWCG and orphanages like St Valentine Center. We also had some workshops with staff from different institutions, such as the staff of Morock Nursery and Primary Schools and Greenfield Bilingual Nursery and Primary School. We educated the teachers on gender-based violence, its causes, types, its consequences, and how it can be avoided. Our primary aim was to raise awareness to foster peace and reduce the rate of violence in the other spheres mentioned above. Maintaining a healthy and calm living environment is our utmost priority.

Achievements Activities

The session was highly participatory through questions and answers, icebreakers, group work, and presentations. According to the pre-test conducted at the beginning of the session, most participants had little understanding of the topic. A post-test was conducted at the end of the



session, resulting in a better understanding of the topic. At the end of the sessions, flyers and referral pathways were handed to them.





3. Other Activities

3.1 Award to best Community Project in Miss Christian Cameroon 2023

HASCON handed one cash prize award to one of the Miss Christian Cameroon contestants for 2023. The award of 100,000 FCFA was given to the contestants for the best community projects. Our interest in this contest was to encourage community service to reach the most vulnerable in the community and enhance the well-being of the public and society. The award was handed



over by HASCON staff to the winner, **ASENGE FABIOLA**, at **Chariot Hotel**, where the finals took place.





3.2 Staff training and partnerships.

- a) Two (2) days of Project proposal writing capacity training in partnership with TEENALIVE from the 15-16 January 2023





- b) Training with Action Against Hunger (AAH) on disability inclusion and accommodation in humanitarian settings on the 22nd of February.



- c) Workshop at the Women Empowering Center in preparation for the Women's Day program





- d) Partnership with TEENALIVE on online safety with pupils at GS Great Soppo focused on the rights of girls and children and media use.



- e) Mentoring workshop for final year students at the University of Buea in partnership with UNFPA





f) Launching of an international women's day program





- g) A round-table discussion as a tool for women's economic empowerment and gender equality CRTV Buea



- h) Buea flood GBV data collection training after the Buea flood response meeting at the UN Office Buea.





i) Partnering with COHEP Buea to offer psychological first aid (PFA) to IDP survivors of the flood in Muea



j) MHPSS training in Douala hosted by UNFPA in collaboration with MINPROFF.





k) Focused group sessions with young girls and women in Bachuo and Mbinjong villages in the upper Bayang sub-division in the Manyu division



l) Training on data management among civil societies at OCHA





m) Two days of MHPSS training hosted by IOM



4. Hadassah's Christmas with orphans at St. Valentine

Christmas is when we develop a feeling of love, warmth, and security, and no one is exempted. Every year since our existence, we have organized a Christmas with orphans, reaching out to them during the festive season, putting a smile on their faces, and letting them know they are not forgotten or alone.

This year, we celebrated Christmas with one of our most active orphanages: St Valentine's Center. We have worked with IDP children of St Valentine orphanage for three months. It was a time of euphoria as we, as an organization, decided to spend this time with them. We had short games, storytelling, short presentations of songs by the orphans, and refreshments.





5. Conclusion

The goal of the HADASSAH FOUNDATION is all about sharing lives and enhancing well-being. Caring for the most vulnerable orphans, children, IDPs, women, and teenagers is something that makes meaning most times. To invest in a child's future is to invest in growing up healthy minds. Children, IDPs, women, and teenagers are the primary victims of the current crisis (most vulnerable) and are faced with displacement and a lack of healthcare, education, and mental health services. The above activities portray a need for more activities to help grow and assist the needy population. The activities carried out enhanced the lifestyle of many mentally, emotionally, and physically just by attending to their emotional and psychological needs regardless of the challenges faced. All these would not have been possible and successful without the collaboration, participation, and cooperation of HASCON staff, participants, and partners.

6. CHALLENGES AND WAY FORWARD

Challenges

Certain drawbacks were highlighted during the year within the organization and its implementation. For example, some of the children were scared to express themselves, and others were ignorant of the topics; thus, time management was a challenge as we could not respect the time given since we needed them to understand the educative sessions and life skill lessons offered.

Way forward

With all said and done, there is a need for proper sessions and projects on sex education, healthy relationship tips, purpose-driven talks, classroom evidenced-based learning, and more in-service training on community project writing to tackle livelihood problems, to empower vulnerable persons to war against depression, gender-based violence and other issues that can make a person handicap.

Also, there is a need for sessions on the effects of drug abuse with teenagers and adults in orphanages, religious institutions, modeling industries, schools, and communities, as many are ignorant of the present and after-effects of drugs both mentally and health-wise. Finally, there is a need for continuous sensitization on mental health and its importance to personal growth.