



HELP EXTENSION GROUP(HEG)

Motto: *Brings; Grace, Hope, Faith & Peace to Africa.*

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2015, SUMMARY OF HEG'S REPORT.

HEG'S OBJECTIVES INCLUDE;

- ❖ *We Execute Humanitarian Projects mostly in rural communities and city slums.*
- ❖ *Our mission is mainly to save lives and improve on the living standards of the underprivileged which may include the sick, the orphans, widows, the blind and handicap, poor and needy, etc.*
- ❖ *We do promote Education, Health, Agriculture, Youth and Community Development.*
- ❖ *In the domain of Education, HEG offers scholarships to kids (orphans, street children, etc.) in conventional and vocational institutions. HEG offers training in computing at her secretariats.*
- ❖ *We promote Youth Development by equipping youths through vocational training programs under HEG's scholarship scheme. The youths are given orientation and assistance to start up.*
- ❖ *In the domain of health, HEG gives assistance to the sick and sensitizes people on the cause and treatments of some common diseases. We also give management and preventive measures on some diseases to people of communities.*
- ❖ *HEG promotes nutrition and hygiene.*
- ❖ *We promote Agriculture especially in rural areas by teaching modern techniques through workshops and providing tools, chemicals and seeds to improve on agricultural productivity in the communities.*
- ❖ *We open farms to demonstrate quality agricultural practices, group farmers that grow the same type of crops, train farmers (youths and families) living in suburbs to be productive in agriculture.*
- ❖ *HEG embarks on peace building to resolve inter-tribal disputes by organizing workshops to educate the villagers on the consequences of wars which brings calamity and misery.*
- ❖ *HEG promotes community Development by taking new technology to communities and donating machines to promote main socio-economic activities in specific communities.*

THE HELP EXTENSION GROUP(HEG) OFFERS COMPUTER TRAINING AT HEG'S SECRETERATIATS TO ALL AGE GROUPS.

From the 5th January, 2015, HEG offers computer skill development training program to all age groups as a means to fight unemployment, poverty and illiteracy. At HEG's secretariats, student, businessmen and farmers are trained on how to explore the internet. HEG organizes conferences and workshops on many topics. The Help extension Group(HEG) offers financial, material and moral support to the beneficiaries.



Donation of Palm Oil Mill(machine) to some Farmers in Mbengwi.

On the 16th of February, 2015, the Help Extension group(HEG) donated a palm oil mill(machine) to some farmers in Njembeng community of Mbengwi, Momo Division, North-West Region of Cameroon. This was done in order to improve on the living standards of the people by facilitating the production of palm oil which is the main source of income of the people. Before, the farmers were using their feet to crush the nuts on a rocky trough and the process was less efficient, more time consuming and strenuous but now they work at ease with the more efficient machine. Before, more than 50% of the nuts will decay and waste due to lengthy processing time but now harvested nuts are processed more quickly within a shorter period of time and the processed oil taken to the market. More quantity of palm oil is being produced within a shorter period of time and more than one hundred farmers are benefiting from the machine. The Help Extension Group(HEG) brings farmers together to share ideas on how they can better preserve and market their produces. HEG and partners such as the local council do organize trade fairs to provide farmers with opportunities to market their produces.



HEG's Regular Visits to Hospital, Orphanages, Prison and Blind & Handicap Centers:

From the 23rd of March to the 11th of April, 2015, the Help Extension Group(HEG) regularly visits hospital, schools, orphanages, prisons, and blind and handicap centers to support the inhabitants with gifts and words of encouragement and comfort. HEG donates gifts that include material and financial supports. HEG gives preventive and management measures on some tropical illnesses to the people.



PARTICIPATION IN THE CELEBRATIONS OF NATIONAL AND INTERNATIONAL DAYS OF IMPORTANCE TO HEG

The Help Extension Group joins the rest of the public in the celebrations of the following important days;

World Food Day, International Day of Rural Women, International Day for the Eradication of Poverty, World Malaria day, International Day of Families, World's day for Prevention of Child Abuse, World's Peace day, African Child's day, International Women's day, Labour Day, National day, National and International Youth days, Universal Children Day, World's AIDS day.



Registration of Kids in Schools under HEG's Scholarship schemes and Donation of Basic School Needs along with their School Fees to all of them:

From the 15th of July to the 30th of September, every year, the Help Extension Group(HEG) registers kids under HEG's scholarship schemes into schools to begin the academic year. HEG donates school fees and basic school needs to some orphans and vulnerable kids in the community of Mbengwi and neighboring villages. Many kids from families that are not able to afford for their education have been put under HEG's scholarship scheme. Most of these kids have lost both parents as a result of HIV/AIDS. Others have come from families that are suffering from abject poverty who desire to study but cannot afford. Some Fulani girl children who were deprived of their right to education due to tradition/culture have also been registered by HEG to attend schools. HEG's scholarship scheme aims at reducing the illiteracy rate and enable the people to have the potential of self-reliance in the community.



REPORT OF THE WORLD BREASTFEEDING WEEK(WBW) 2015.
Theme; BREASTFEEDING; Breastfeeding and Work. Let's Mak it Work!

This report includes; picture evidence of activities before and during the WBW, outcome, successes, challenges, and lessons learned and finally the actual budget form with receipts.

Before WBW, HEG's members attended preparatory meetings with the FECABPA, MINSANTE and UNICEF at the Department for Promotion of Public Health, Mballa II, Yaounde Cameroon.



During the WBW, the Help Extension Group(HEG) members attended and participated in the launching of the World Breastfeeding Week(WBW), Regional Briefing in Bamenda at the North-West Regional Delegation of Public Health.



HEG's week of Activities in Mbengwi for the World Breastfeeding Week (WBW)celebrations started immediately after the Regional Briefing. The Help Extension Group(HEG) sponsored announcements and daily radio discussion programs to promote breastfeeding over the Rainbow radio, the Mbengwi FM for a period of one week. Other activities were realized within the following three days as follows;

Day 1, 07:00AM to 08:00AM Saturday 01/08/2018,

Launching by raising the banner at main entrance to Mbengwi town.

Day 2, 9:00AM to 11:00AM Monday 03/08/2015,

Street parade with placards and cardboards carrying messages about Breastfeeding across a distance of over 2 miles through the center town of Mbengwi by organized groups of people of different works of life.

13:00 to 16:00 Visitations,

Visit to hospitals and maternity sections for breastfeeding advocacy.

Visit to Administrative offices (S.D.O. for Momo Division, Divisional Delegations).

Visit to schools, prison, market places.

Day 3, 09:00AM to 01:00PM Friday 04/08/2015,

- Rallied all participants and invitees at the HEG secretariat Mbengwi.

- T-shirts, note books and soaps were distributed during the program.

- Recent statistics on issues in relation to breastfeeding were announced.
- Songs were presented to encourage breastfeeding.
- HEG's coordinators presented power point and video lessons on breastfeeding and nutrition, breastfeeding and hygiene and breastfeeding positions.
- Snacks (food and drinks) were distributed to participants during the program.
- Nursing mothers and grandmothers shared some of their personal experiences on breastfeeding.
- A word of advice from medical staff was given.
- The village authority, HRH Fon of Mbengwi also gave words of encouragement to promote breastfeeding.
- Closing remarks and 'take-home' message from the HEG Coordinators.

Pictures taken during the programs include the following;



Strengths of the activities that worked well include the following;

- Funds, materials like T-shirts, flyers, posters, guidance from FECABPA, MINSANTE and UNICEF gave much strength to the program as invitees were attracted to receiving for themselves.
- The Help Extension Group(HEG) worked hard to extend the campaign through radio programs, visitations to some institutions and donation of soaps to promote hygiene among nursing mothers.

Weaknesses or Challenges are the threats/obstacles that were encountered in the course of project such as;

- Many postponements of the World Breastfeeding Week (WBW) celebrations in Cameroon kill the spirit of the people causing them to be reluctant in responding to WBW programs.
- The funds for the World Breastfeeding Week (WBW) is very limited and stands the risk to indebt the coordinators as they may be forced to go extra miles in order to ensure the success of the project.

Opportunities or Collaboration with the public and other organizations include the following;

- Participation of representatives from the Divisional Delegations of Health, Social Affairs and Women Empowerment and Family added to the confidence of the public towards the breastfeeding campaign.
- Many grandmothers and fathers or husbands to the nursing mothers attended the program and gave their pieces of advice to promote breastfeeding.

Lessons learned and suggestions towards next year's World Breastfeeding Week (WBW) campaign include;

- We have learned that the people will want to attend only if they are sure that beside the teachings, they will benefit a meal, materials and financial support to compensate their transportation.
- We suggest that the World Breastfeeding Week (WBW) should be observed in Cameroon at the appropriate time when it is being celebrated internationally.
- The nursing mothers and the entire public are discovering the reality about breastfeeding and many of them have taken the decision to breastfeed as recommended.

Successes of the World Breastfeeding Week (WBW) as realized by Help Extension Group(HEG) include;

SN	SUBJECT	QUANTITY/AMOUNT	REMARKS
1	Funds	170,000 Francs CFA	From UNICEF through MINSANTE and FECABPA.
2	Media	20,000 Francs CFA	Radio announcement on WBW over Mbengwi FM
3	Media	15,000 Francs CFA	Radio educative program on Breastfeeding over Mbengwi FM
4	Per Diem	10,000 x 4 = 40,000F.	04 of HEG's coordinators received 10,000frs each.
5	Feeding _(snacks)	40,000F.	Sandwiched bread and drinks for about 75 people.
6	Banner	01 at 15,000F.	Banner was printed and hosted at main entrance to Mbengwi.
7	Chairs	100 x 100frs = 10,000F	Chairs were rented to provide seats for the WBW program.
8	Canopy	01 at 10,000F	There was need for a canopy to shed the people from sun.
9	Sound system	15,000 Francs CFA	The sound system was used to facilitate communication.
10	Soaps(savon)	17,000 Francs CFA	Cubes of savons were given to every nursing mother.
11	Transport	26 x 1000frs = 26,000F	Most people, especially the nursing mothers expected transport.

The **Total Amount** spent by **HEG** to realize the **World Breastfeeding Week (WBW)** in Mbengwi = **208,000F. CFA.**

- During the educative radio program on Breastfeeding, 163 calls were received from listeners that signify the interest of the people on the campaign topic.
- On the final day of the Breastfeeding campaign, people from all works of life and ethnic groups including the Fulani's attended which indicates that the public is participating in the Breastfeeding promotion.
- More than 80 people were present on the final day of the campaign and among them were more than 25 nursing mothers, 15 mothers who had just weaned their children, 10 grand mothers and 12 pregnant women.

NB.

The Help Extension Group(HEG), has realized many projects that this report cannot contain. Kindly observe a summary of what the organization is doing on the field in many Regions all over Cameroon. Thanks.

Sincerely.....
4TH AUGUST, 2015.



Chum Joshua Tata
PRESIDENT / COORDINATOR