



ANNUAL REPORT 2023



Hope Spring Nations | Cameroon

FOREWARD BY THE EXECUTIVE DIRECTOR

Hope Spring For All Nations | Annual Report 2023

Janet Sama Mesang

Executive Director



As we reflect on the past year, we are filled with gratitude for the unwavering support that has made our work possible. The year

2022 has been a remarkable one, marked by numerous success stories from our beneficiaries. Despite the challenges, failures, and lessons learned, we have remained steadfast in our vision and commitment to serving our community. In 2023, Hope Spring for All Nations expanded its reach, providing essential services and life-changing programs to the most vulnerable.

One of our key initiatives was providing relief support to internationally displaced persons (IDPs) in Mamfe Central. We trained identified IDP women on commercial food crop farming, bookkeeping, and personal evaluation to help them keep records of their growth and continuity, as well as how to record incomes from their farms and convert their farming activities into more revenue-generating ventures to improve their standard of living.

Navigating the challenges of operating in Mamfe Central, an area affected by the Anglophone crisis, required resilience and adaptability. Our team worked closely with local partners and community leaders to ensure the safety of our staff and beneficiaries. We also implemented flexible programming that could be adjusted to meet the changing needs of the community.

Despite the challenges, we were able to successfully implement our programs and provide much-needed support to the IDP's and IDP women in Mamfe Central. I am immensely grateful to all of Hope Spring for All Nations' staff for their selfless service and bravery, and to all those who have contributed to the success of our organization. Together, we can create a future where every individual can thrive and reach their full potential.

As we envision 2023, we are filled with both excitement and anticipation. We have ambitious plans to expand our programs and reach even more people in need as well as to embrace all challenges that might come our way.

With heartfelt gratitude,

Janet Mesang Espe Sama

Founder and Executive Director

ORGANIZATION OVERVIEW

Hope Spring For All Nations (HSFAN) is a children driven as well as women driven Non-Profit and Non-Governmental Organization. It is as well, a people driven NGO that works for the promotion of Gender Equality and Women Empowerment in the communities, villages, and towns. **Hope Spring For All Nations** strives to improve quality education for all children there by enhancing a future generation of responsible citizens who will commit to improve the situation of their respective nations and bring about peaceful solutions to the issues of the state.

HSFAN was created in the year 2022 by some generous citizens who are concerned with the plight of children and women especially the most vulnerable persons in our communities. HSFAN's priority are the youths, children whose parents are unable to provide for the school and health needs and minority groups such as widows, single mothers, displaced persons and their families, orphans and children in distress, and persons suffering from diseases such as HIV and AIDS infected persons and fight against malarial infections among children. As such, Hope Spring For All Nations (HSFAN) has been involved in activities relating menstrual hygiene of girls in schools and communities in the Southwest Region of Cameroon, assessment of human rights violation and abuse in the Buea Municipality.

Sustainable livelihood programs through agricultural projects are being carried out in the English Speaking Regions of Cameroon with an objective to assist internally displaced persons and the most vulnerable people of the communities to be able to sustain a decent life and to have some basic needs for better living. HSFAN is committed to the respect of human right values as well as the dignity of people and their rights in the area of Sexual and Gender Based Violence, children's right to education, food, health and wellbeing, and the right to employment opportunities for all.

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Program Highlights

- **Program 1:** [Providing Relief Support to Internally Displaced Persons (IDPs) in Mamfe Central, Cameroon]

- **Program 2:** [Integrated commercial food crop farming for sustainable livelihood and well-being of internally displaced persons (women) in mamfe central]
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activities.

OUR STORY

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When I was 5, my parents told me the challenges they encountered as orphans. My mum became an orphan when she was 8 months old, while my Dad became an orphan at the age of 1. As destiny brings people together, they decide to settle down in their youth as orphans, though. When they told me a history of what they went through as kids without parents. They started telling me this history when I was 5 years old. I cried from time to time, and I began helping the needy with food. Whenever my mum gave me food, I would not eat all of it, I would share with the orphans we had around us in the community where I came from. My dress was always wet because I spent most of my time fetching water for the elderly in my community. I had three mad people I used to take care of until now. I still take care of one of them who is still alive, popularly known as "APISAH". I'm so emotional that when I see cases like the ones I listed above, I always burst into tears. When I decided to do the gestures, I listed above and from the story of my parents, I said to myself I would create an organization for people like "these." I still didn't stop with this vision as I grew up, I knew God sent me for people like "them", I decided to come up with HOPE SPRING FOR ALL NATIONS with the support of my Husband who has been single handedly funding the organization since 2019. From the name of the organization, I know it's what God wants to use me to bring their wishes to reality or make their wishes arise and become a reality. I believe God blessed us to be a blessing to people like orphans, less privileged, children, and the elderly. I don't feel fulfilled if I find someone who is in need around me and I don't help them.

Here we are today with HOPE SPRING FOR ALL NATIONS

Hope Springs for All Nations (HSFAN) is a dedicated non-governmental organization (NGO) committed to fostering empowerment and promoting gender equality within vulnerable communities across Cameroon and globally. Established in accordance with Law No. 90/53 of 19 December 1990, which governs associations and NGOs in Cameroon, HSFAN stands as a beacon of hope and support for those in need. At the heart of our organization is a steadfast commitment to ensuring the rights and well-being of our members. The Executive Director/Founder plays a pivotal role in safeguarding these rights, ensuring every member receives fair treatment and has access to impartial hearings and judgments. HSFAN operates under a constitution that guides all our activities, embodying both our legislative framework and judicial oversight. This constitution guarantees the integrity and privacy of our organization, prohibiting any external interference unless explicitly authorized by decisions from our founder. As we move forward, we invite and encourage all our members to uphold the values of loyalty and respect towards our organizational framework. This constitution is the cornerstone upon which all our internal and external affairs rest, guiding us in our mission to create a more equitable and empowered world.

Mission

“Our mission is to actively reach out to and uplift the most vulnerable among us—children, youths, the elderly women/men—by providing essential support and resources to overcome poverty.

Vision

“Empowering the Vulnerable: Children, Youths and Elderly Women/men to Rise Above Poverty and Embrace Life’s Fullness. United by Hope and Love, We Stand with All Backgrounds in Every Corner, Protecting and Empowering for a Brighter Tomorrow.”

Our Values

E

Equity

We dedicated to reducing inequality and ensuring fair access to resources and opportunity for ..

C

Collaboration

We believe in the power of partnership and collaboration.

T

Transparency

Committed to improve standers in our country.

S

Sustainability

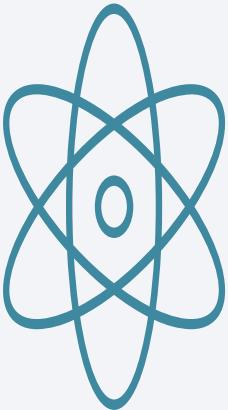
What we do is meant to last.

DEPARTMENTS



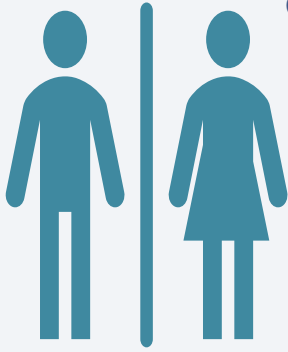
Health Department

In the tapestry of life, good health is the most precious thread, weaving the aspirations of individuals and communities alike. At Hope Spring for All Nations, we staunchly believe that access to quality healthcare is not a privilege but an inalienable right for every individual, regardless of their circumstances. It also seeks to increase access to essential needs (medical, nutritional, and psychosocial support), for women, children, vulnerable persons and remote communities.



Education

At Hope Spring for All Nations, we believe that education is the cornerstone of a thriving society. Our “Education for All” initiative is a beacon of hope, dedicated to breaking down barriers and ensuring that every child, regardless of their background, has access to quality education.



Gender Equality

At Hope Spring for All Nations, we envision a world where every woman is a beacon of strength, resilience, and empowerment.

Our commitment to gender equality is woven into the very fabric of our mission.

We understand that when women thrive, communities flourish.

HSFAN is focus in areas such as, education, financial empowerment, and healthcare.



Women Empowerment

At Hope Spring for All Nations, we believe in the extraordinary resilience and untapped potential that every woman holds. Our Women Empowerment program is a cornerstone of our commitment to fostering gender equality, breaking barriers, and empowering women to shape their destinies.

PROJECT OVERVIEW

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PROJECTS

2023

Our Goal

Our goal is to transform the lives of the most vulnerable children, Youths, elderly women/men by breaking the cycle of poverty and building a foundation for sustainable development. Through targeted interventions, education, and empowerment initiatives, we aim to foster resilient communities where everyone has the opportunity to live a life of dignity, health, and well-being, in alignment with the United Nations Sustainable Development Goals (SDGs). We are committed to creating an inclusive, equitable world where hope and love drive us to protect the rights of all and to ensure that no one is left

Key achievements

2023 marked a remarkable year in the Hope Spring for All Nations quest for better living condition within the communities as well as the families and in schools. Activities such as Sensitization Talk on Menstrual Hygiene and Menstruation in Government High School (GHS) Bokwoango was conducted in order to address the challenges of stigma and misinformation surrounding menstruation, particularly for young women in rural areas. By creating a safe space for open discussion and providing accurate information on menstrual hygiene practices, the talk empowered 50 girls to manage their periods with confidence and dignity. Each of them received the following items: 1 pack of Sanitary Pad each, 1 Calendar diaries each and 1 pack of pant liner each.

Beneficiaries Information

Number of populations	50
Age group	14–18
Background	Students at GHS Bokwango, Buea.
Needs	<ul style="list-style-type: none"> ▪ Education on menstrual hygiene ▪ Dispelling myths ▪ Managing periods with confidence

We equally conducted a Christmas giveaway project with the aim of spreading joy and hope to Vulnerable 50 IDPs women aged 50 years and above in Buea, south west region of Cameroon and to foster a resilient community where everyone has the opportunity to live a life of dignity, health and wellbeing, in alignments with UN Sustainable Development Goal 2 aim to achieve zero hunger. The following items were distributed as part of our initiatives: 50 bags of rice, 1 liter each of groundnut oil to 50 beneficiaries, 50 packets of Maggi, 500 bars of Savon to 50 beneficiaries. Everyone took 10 bars of Savon as it is an essential hygiene product that promotes cleanliness and helps prevent the spread of diseases. The distribution of soap aimed to improve personal hygiene practices among the underprivileged. Also, the distribution of these items was aimed to fight hunger and promote basic hygiene and sanitation among vulnerable families in bunduma.

PROJECTS CONDUCTED

PROJECTS I



A Sensitization Talk on Menstrual Hygiene and Menstruation in Government High School (GHS)

Bokwoango

Project overview

Hope Spring for All Nations organized a sensitization talk on menstrual hygiene and menstruation for girls in Government High School Bokwoango, Buea. This initiative addressed the challenges of stigma and misinformation surrounding menstruation, particularly for young women in rural areas. By creating a safe space for open discussion and providing accurate information on menstrual hygiene practices, the talk empowered 50 girls to manage their periods with confidence and dignity.

More focus was laid on form two and three because it is a transitional period for most students in the class with girls entering their puberty stage with age range 14-18 years. The survey done on March 10 through interviews with some teachers in the school indicated that 75% of the students had already begun menstruating, while 35% had not. However, regardless of their age and the importance of open communication, students grapple with stigma surrounding menstruation. This stems from societal taboos that treat it as something dirty or shameful, a lack of comprehensive education leading to fear and embarrassment and the fear of judgment and isolation due to traditional gender norms. This often

makes them hesitant to discuss these issues openly, hindering their ability to manage their periods properly.

This sensitization talk aimed to address these challenges by creating a safe and supportive space for girls to learn about their bodies, proper hygiene practices, what to do and how to manage their periods with confidence.

The positive outcomes included increased knowledge, boosted confidence and critical resource distribution. Looking ahead, HSFAN plans to expand this program through reusable pad workshops and access-to-pad initiatives, furthering their mission to improve the overall health and well-being of young women in the community.

Project objectives

The specific objectives.

- To provide a safe space for girls to discuss menstruation openly and without shame, by encouraging open communication about menstruation between girls and a trusted adult figure on campus.
- To educate 50 girls in Government High School Bokwango on proper knowledge on menstrual hygiene including using and disposing of sanitary pads, the importance of menstruation, its cycle and prepare minds of those who have not started yet.
- 1. To reduce myths and misconceptions surrounding menstruation by 70%, empowering them on how to manage their periods with confidence and dignity.

By achieving these objectives, the Hope Spring for All Nations organization aims to improve the overall health and well-being of young women on campus and the Bokwango community at large.

Outcomes:

The activity yielded positive results:

- **Increased Knowledge:** The girls gained valuable knowledge about menstrual hygiene and menstruation, allowing them to manage their periods effectively.
- **Confidence Boost:** The sensitization session aimed to empower girls to approach their periods with confidence.
- **Resource Distribution:** By providing sanitary pads, the organization addressed a critical need and in the long run, ensured these girls would not miss school due to lack of resources.

PROJECTS 2

Christmas Give Away

Slogan: One act of kindness at time: Spreading joy and hope

Project overview

The Christmas give away project was aimed at spreading joy and hope to Vulnerable IDPs women aged 50 years and above in Buea, southwest region of Cameroon. HSFAN stands as a beacon of hope and support for those in need. It is committed in transforming lives of the most vulnerable children, youths and elderly women and men by breaking the cycle of poverty and building a foundation of sustainable development. We aim to foster a resilient community where everyone could live a life of dignity, health and wellbeing, in alignment with UN Sustainable Development Goal 2 aim to achieve zero hunger. HSFAN believes that one way of extending those warm feelings is by doing something good for other people. Supporting those that are struggling is one way of spreading hope and joy. We equally believe that an act of kindness becomes a lifeline, pulling them from the death of despair into the light of hope. This act of kindness resonates with their feelings and sense of belonging and oneness.

At the peak of the anglophone crisis so many youths, men and women migrated from the suburb where the crisis was intense, majority of them lost their homes and belongings as it was completely burn to ashes. They move into Buea center precisely Buduma to seek relief, shelter, health and food. The community of buduma among other communities in Buea witness and hosted a huge influx of internally displace persons.



based on field assessment and observation conducted, we noticed that the Elderly IDPs women were living in deplorable conditions with little or nothing to eat. They lack access to basic necessities like nutritive food items, sanitary kits and water.

In emergency situation like this, HSFAN decided to provide relief support to IDPs women aged 50 years and above since they were the most vulnerable by donating food items and wash kits. Despite this huge success, not everybody benefited from the items since the population turnout was more than the items to be distributed. Thus, we recommend that free donors should support us in our mission to spread joy, hope and goodwill to reach out to all the most vulnerable women, men and youths in our next project.



Main Objectives

To carried out a charity giving initiatives to vulnerable internally displaced women aged 50+ and families.

Specific Objectives

To Identify vulnerable IDPs and families within Buduma who lack access to nutritive food and proper hygiene kits.

To provide essential food items and hygiene kits to underprivileged IDPs and families within Buduma community.

Outcome

The immediate outcome of this product was that it provided relief support to 50 IDPs women age 50+ in Buduma. Also, HSFAN succeeded in reaching about 85% percent of the population in buduma. All the participants expressed heartfelt gratitude to HSFAN for providing them with food and sanitation items.

Success story

After our sensitization talk on menstrual hygiene and menstruation, the students expressed gratitude for the valuable information they received and shared their plans to implement healthier menstrual hygiene practices in their daily routines.

Additionally, during our Christmas giveaway event for elderly women, we witnessed tears of joy and gratitude as they received bags of essential food items. Many of the women expressed how this assistance would alleviate their financial burdens during the holiday season and beyond.



Acknowledgement

Special thanks to HSFAN board of directors (BOD) for providing the money needed to carry out these projects. We equally appreciate the efforts of HSFAN workers to ensure the success of the projects carried out. Finally, we wish to thank the participants for their collaboration to ensure the success of this work.

Board of Directors

Janet Mesang Espe Sama

Chief Executive Director

Muarice EnowMbi

Executive Director/Financial Manager

Team Members

- DIENGA LEOLIN LOBE

Program Manager

- ALOBWEDE ELIZABETH ESUNG

Administrative Assistant.

ACHARLE CARINE

Research/Training and Development Officer

- FRU MARCELINE FONKWAH

Environmental Protection and WASH Officer

Contact Information

info@hsfan.org for more information



Plate 1: Sensitization talk on the importance of menstrual hygiene Plate 2: An overview of the menstrual cycle

GALLERY FOR ORGANIZATIONAL ACTIVITIES

Plate 3: Lectures on menstrual hygiene products

Plate 3: Lectures on menstrual hygiene products

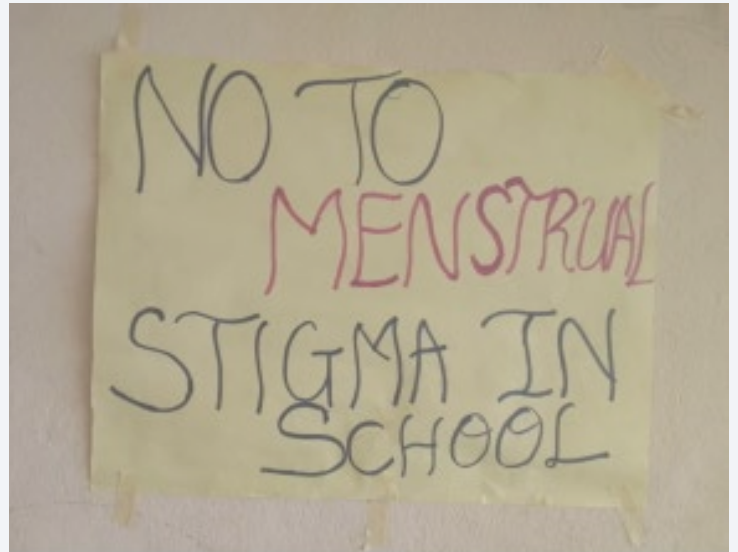


Plate 4: Addressing Myths and Misconceptions



Plate 5: Distribution of sanitary pads



Plate 5: Distribution of sanitary pads



B. CHRISMASS GIVE AWAY



Cooking oil



Sharing of rice and other gifts



Participants present



Distribution team



Distribution team



Food distribution