



ANNUAL REPORT 2022

www.goofirm.org

OUR APPROACH

Welcome to our community. Helping people living in extreme poverty is at the very heart of what we do. Together with the people we support, our partners and supporters, we help tackle root causes of poverty so that whole communities can thrive. In providing women, girls and children with essential health items, together we can improve the health of poor communities as a whole.

Our focus is ensuring that poor communities have access to the resources they need to improve and sustain their health, especially in areas where capacities are strained. Our programs are designed to empower people by building skills and knowledge, strengthening access to information, tools and services. We also work to increase awareness about the social, economic factors that influence health. In recent years our work has focused on people who are harder to reach, and those with the greatest barriers to health, such as women with disabilities, ethnic minorities and indigenous people. We are understanding the inequality in access to health care and work towards reducing it. Healthy women =Stronger families =Healthy communities

The health and well-being of poor communities is improved through a sustainable healthcare system that delivers integrated health services, better disease prevention and management and modern, accessible facilities. We build partnerships to improve access to quality healthcare in the poorest regions of West Africa. We support the training and deployment of local health staff and help build community confidence in their health systems. We work closely with local partners, communities and civil society groups to identify opportunities to improve healthcare delivery, strengthen health financing mechanisms, carry out research and advocate for change to strengthen community health services. We are your neighbors and friends. We are local volunteers working hard to change lives in our communities.

Our Story

Goofirm Foundation is an Independent Youth-Led Health and Development Non-Profit Organisation with headquarters in Limbe Cameroon. Founded in 2020 and legalized in 2022 with Authorization No: 013G.37D14VOLISAAJP. GOOFIRM was founded by inspired youths who saw a need for change by identifying problems and seeking sustainable solutions to hard-to-reach communities. GOOFIRM is governed by a Board of Directors and a Management Team who are chosen based on competencies and needs of the organisation.

Our Vision

Create safer, healthier and more livable societies in which humanity contributes to effective and sustainable development.

Our Mission

To support Community Health through Research, Awareness and Policy advocacy, while prioritising vulnerable girls, pregnant women, infant & children, Sustainable Development, Equal Rights & Opportunities for all via a Community-based Approach.

Objectives

- Raise awareness on common neglected ill-health malpractices, and environmental factors that might endanger our overall health and share lights on the prevention and prophylaxis of emerging tropical and epidemic diseases.
- To promote awareness and to sensitize society with focus on rural areas on the cause of high-risk pregnancy and preventing through our organization.
- Conduct and engage in participatory action research with community members in order to achieve progressive social, economic and environmentally sustainable and transformative change.
- Provide a dynamic and motivating environment for performing quality and multidisciplinary research in medical and health sciences.
- Bridge global challenges with local actions, effecting sustainable change through collaborative partnerships with universities, government, civil society, NGOs, business sector, and grassroots initiatives to improve the livelihoods of individuals and communities.

AREA OF INTERVENTION

Community Health

Promoting access to health care for the vulnerable, the needy, orphans and people with special needs. Community access to Sexual & reproductive health and rights (SRHR) to family planning, Safe birth, Freedom from Gender base violence (GBV), Sensitization on sexual transmissible infections (such as Hepatitis A, B, & C, Human Immune Virus (HIV), Human Papilloma Virus (HPV), Chlamydia, Gonorrhea and Syphilis), and menstrual hygiene. We are continually striving to promote good health and well-being, which all have detrimental impacts on people's lives. Hence, our goal is to encourage practices that help individuals live healthier and longer, while reducing the burden of illness on the society. A healthier workforce leads to better productivity

and improved community engagement. We focus on improving the health and well-being of populations by addressing the underlying factors that influence health outcomes.

Sustainable Development

We work to improve quality of life for all members of the communities we work, in a way that is economically, socially and environmentally sustainable. Our approach takes into account the unique cultural, economic and environmental context of the community and seek to address the underlying causes of poverty and inequality with the collaboration and cooperation among all members of the community, business and civil society organizations.

OUR WORK AND EVENTS IN 2022

PROJECTS

1. Hygiene and Sanitary Education Campaign to Prevent and Fight Against Cholera.
2. Advancing Gender Equality by Improving Menstrual Health, Opportunities in Menstrual Health and Hygiene Management.

EVENTS

- 1 World Health Day 07 April 2022
- 2 International Day of Sport for Development and Peace 06 April 2022
- 3 World Refugee Day June 20, 2022 in collaboration with Presbyterian church mile 2 Limbe.
- 4 World Hepatitis Day 28 July 2022 in collaboration with Bonadikombo Community Health Center (Maternity).
- 5 International Charity Day September 5 2022 in collaboration with Walcutz Community Development Initiative
- 6 Holiday Tech Camp 2022 Closing Ceremony Saturday, August 27th 2022 organised by Nervtek
- 7 "The Walk for Life" event organised by The Njalla Quan Sports Academy

Hygiene and Sanitary Education Campaign to Prevent and Fight Against Cholera for Pupils and Students of Schools in Fako Division



The project targeted the most vulnerable demographic, primary school pupils, and junior secondary school students aged 3 to 18. The mission was clear: empower kids in the communities through comprehensive hygiene education, infrastructure enhancements, and community engagement. Over the course of February 2022, the project reached

seven schools, delivering impactful sessions on proper hygiene practices and raising awareness about cholera prevention.

Activities carried out included interactive sessions, practical demonstrations, and the distribution of educational materials. The program addressed intrinsic factors leading to cholera outbreaks, emphasizing the importance of improved sanitation infrastructure, access to clean water, and ongoing hygiene education.

Project Objectives: To educate pupils in primary schools and students in junior secondary schools in Limbe and Buea, South-West Region of Cameroon, on hygiene and sanitation to prevent and fight against cholera.

Specific objectives:

- 1: Equip primary school pupils and junior secondary school students with the necessary knowledge and skills for maintaining proper hygiene and sanitation practices.
- 2: Collaborate with local authorities to improve sanitation infrastructure, ensuring access to clean water and proper waste disposal.
- 3: Foster a sense of community responsibility by engaging residents in ongoing hygiene initiatives, promoting a sustainable impact.

Mission Statement: "Our mission is to empower kids in the communities of South-West Region of Cameroon with knowledge and resources to prevent cholera outbreaks since they are the most vulnerable group to this virus prevalence. Through comprehensive hygiene education, infrastructure improvements, and community engagement, we aim to create a healthier and more resilient environment for the vulnerable youth."

Intrinsic Factors Leading to Cholera Outbreaks:

1. Inadequate sewage systems and waste disposal.
2. Lack of access to clean water contributes to the spread of the cholera bacteria.
3. Insufficient awareness and education on proper hygiene practices.

Preventive Measures and Recommendations:

1. Invest in better sewage systems and waste disposal facilities.
2. Ensure communities have access to safe and clean water sources.
3. Implement ongoing hygiene education programs in schools and communities.

Reported Activities:

1. Engaged students in discussions and activities to promote understanding of hygiene.
2. Practical demonstrations on handwashing, proper waste disposal, and water purification.
3. Provided pamphlets and materials on cholera prevention.

Results: Over 17,000+ pupils and students gained increased awareness on good hygiene and sanitation practices. The impact will be more substantial with sustained efforts, collaboration, and community involvement. The program successfully reached the target audience, promoting hygiene education and raising awareness on cholera prevention.

Consequences of Inaction:

- 1. Increased Cholera Cases:** Without proper education and preventive measures, the region is likely to experience a surge in cholera cases, leading to a public health crisis.
- 2. Loss of Lives:** Cholera outbreaks can result in the tragic loss of lives, particularly among children who are more vulnerable to the disease.
- 3. Strained Healthcare System:** The healthcare system may become overwhelmed, diverting resources away from other essential health services and exacerbating the impact of cholera.
- 4. Economic Burden:** Cholera outbreaks can impose a significant economic burden on communities, affecting productivity and placing strain on already limited resources.
- 5. Social Disruption:** The social fabric of communities may be disrupted due to illness, fear, and the loss of community members, impacting overall well-being and cohesion. Undertaking a comprehensive campaign is not just a proactive measure; it is a vital intervention to safeguard the health, well-being, and future of the community.

Indicators:

- 1. Attendance Rates:** Measure the number of participants in each session.
- 2. Knowledge Improvement:** Conduct pre- and post-program assessments to gauge knowledge gain.
- 3. Community Engagement:** Assess community involvement and feedback.

Time Frame of Work Distributions:

- **Week 1-2:** Planning and Material Preparation
- **Week 3-4:** School Visits and Outreach Sessions
- **Week 4:** Data Collection and Assessment
- **Week 5:** Report Compilation and Submission

Targeted Schools

1. Street Care Foundation Limbe (4th February 2022)
2. Summerset Bilingual College Buea (9th February 2022)
3. Hope Bilinguals Nursery and Primary School Debundscha (15th February 2022)
4. Government Primary School Bakingili (23rd February 2022)
5. Spring of Life Academy Debundscha (24th February 2022)
6. Government Technical High School Bakingili (7:30 am, 25th February 2022)
7. Government Primary School Debundscha (10:00 am, 25th February 2022)

Budget Plan

Expense Reallocation: we allocated funds based on the actual expenditure during the program, ensuring efficient resource utilization.

- Personnel expenses: 600,000 XAF

- Educational Materials: 200,000 XAF

- Logistics: 600,000 XAF

- Hygiene Kits: 200,000 XAF

- Refreshments: 300,000 XAF

- Miscellaneous: 100,000 XAF

TOTAL = 2,000,000 XAF

Follow-up and Future Recommendations:

- 1. Monitoring and Evaluation:** Establish a monitoring system to assess the long-term impact of the program, focusing on sustained hygiene practices and reduced cholera cases.
- 2. Collaboration with Local Authorities:** Forge partnerships with local health departments and government bodies to implement infrastructure improvements and ensure ongoing education initiatives.
- 3. Community Empowerment:** Encourage community involvement in maintaining sanitation standards, fostering a sense of responsibility and ownership.

Challenges Encountered:

Logistical Challenges: Transportation and venue arrangements faced occasional hurdles, impacting program schedules.

We remain committed to our mission of promoting health and hygiene, and we look forward to continued support from our stakeholders in realizing a healthier and cholera-free South-West Region of Cameroon.

Conclusion: Ongoing efforts are crucial for sustained impact, and collaboration with local authorities is recommended for long-term solutions. As we conclude this project, we celebrate the strides made toward creating a healthier and more resilient environment for the kids and youths in the South-West Region of Cameroon. The engagement with schools and communities has laid the foundation for sustained impact. The project did not only educate the participants but also initiated a ripple effect, fostering a sense of community responsibility. Looking forward, the documentation of lessons learned, challenges faced, and successes achieved will guide future initiatives. The commitment of our team, the collaboration with local authorities, and the active participation of communities underscore the potential for lasting change. This project is not just a chapter in our organization's journey; it is a testament to our dedication to the well-being of communities and a catalyst for continued efforts in achieving a cholera-free and healthier future in the South-West Region of Cameroon.

Acknowledgments: We will like to express gratitude to all participating schools and their constitutional authorities in charge, volunteers, and local communities for their cooperation and engagement during the program.

Advancing Gender Equality by Improving Menstrual Health, Opportunities in Menstrual Health and Hygiene Management



Summary:

Our outreach program, conducted from May 24th to June 16th, 2022, in Limbe Municipality, Cameroon, addressed the critical issue of poor menstrual hygiene among young girls and women.

Focused on installing menstrual pad banks, the initiative targeted Limbe 1 Sub-division Hospital, Presbyterian Church Mile 2 Limbe, Government Bilingual High School Limbe, and Government High School Limbe.

Key Elements:

- Educational sessions on menstrual hygiene and health
- Installation of menstrual pad banks
- Distribution of menstrual pads and hygiene kits

SDGs tied to the Project:

Aligned with Sustainable Development Goals (SDGs) such as:

- Goal 3: Good Health and Well-being
- Goal 4: Quality Education
- Goal 5: Gender Equality

Consequences of Inaction:

The failure to implement such a project could lead to:

1. Increased health risks due to poor menstrual hygiene practices.
2. Continued stigma and cultural taboos surrounding menstruation.
3. Limited access to education for girls, affecting their overall well-being.
4. Exacerbation of disparities among vulnerable groups, including the internally displaced persons affected by the ongoing Anglophone crisis.

Objective: Educating adolescent and adult females about their menstrual health and hygiene management.

Goal: The primary goal of our outreach program, conducted from May 28th to June 16th, 2022, in Limbe Municipality, Cameroon, was to educate and sensitize Adolescence girls (ages 10-19) and women (ages 20-55) on menstrual health and hygiene. This initiative aimed to address the menstrual hygiene needs of girls and women, particularly those with disabilities, less privileged, and internally displaced persons affected by the ongoing Anglophone crisis in the Northwest and Southwest regions of Cameroon.

Target Locations, Dates and Attendees:

1. Limbe 1 Sub-division Hospital (PMI) (May 28th, 2022 with 52 attendees)
2. Presbyterian Church Mile 2 Limbe (June 4th, 2022 with 96 attendees)
3. Bonadikombo Health Centre (June 8th, 2022 with 33 attendees)
4. Government Bilingual High School Limbe (June 16, 2022 with 3000+ attendees)

Target Participating Population

1,000 participants

Total Participating Population:

3181 participants

Participating Age Range:

Adolescence boys and girls (ages 10-19)

Men and women (ages 20-55)

Activities:

- We conducted educational sessions on menstrual hygiene
- Distribution of menstrual pads and hygiene kits
- Engagement with vulnerable groups (disabled, less privileged, displaced individuals)
- Engagement with participants through interactive discussions and Question & Answers sessions

Key Intrinsic Factors Leading to Poor Menstrual Hygiene:

1. Lack of access to menstrual hygiene products
2. Insufficient knowledge on proper hygiene practices
3. Cultural taboos and stigma surrounding menstruation
4. Limited sanitation facilities in schools and public spaces

Significance of Our Intervention:

- Empowerment of adolescence girls and women with knowledge on menstrual hygiene
- Provision of sustainable access to menstrual hygiene products
- Addressing specific needs of vulnerable groups (disabled, less privileged, displaced individuals)
- Contribution to the breaking of societal taboos and promoting open discussions about menstruation

Recommendations for Further Support:

1. We commend the authorities in charge to implement ongoing educational programs on menstrual hygiene in schools and communities.
2. The government and authorities in charge should establish partnerships with local businesses and health promoting organisations like ours for sustainable funding.
3. They should also collaborate with healthcare providers for comprehensive health education and advocate for policy changes to ensure access to menstrual hygiene products in public spaces.

Indicators and Time Frame:

1. Number of participants educated: Daily count during sessions
2. Pad bank installations completed: June 16, 2022
3. Distribution of menstrual pads and kits: Throughout the program
4. Increased awareness in target communities: Post-program surveys

Budget Plan:

1. Educational materials: 250,000 XAF
2. Menstrual pads and hygiene kits: 800,000 XAF
3. Personnel: 900,000 XAF
4. Transportation and logistics: 780,000 XAF
5. Miscellaneous (refreshments, promotional materials): 125,000 XAF

TOTAL = 2,855,000 XAF

Conclusion:

Our menstrual pad bank installation outreach program successfully addressed the crucial issue of poor menstrual hygiene in Limbe Municipality. The knowledge imparted, combined with tangible support, aimed to create a lasting impact on the lives of young girls and women. Continuous efforts and collaboration with stakeholders will further strengthen the initiative's impact and contribute to sustainable menstrual hygiene practices in the community. Our program did not only address the immediate hygiene needs, but also contributed to broader the societal goals on female sexual and reproductive health and rights (SRHR), emphasizing the urgency of sustained efforts to promote menstrual hygiene, education, and gender equality.

International Day of Sport for Development and Peace 06 April 2022



A day to acknowledge the power of sport in promoting peace and erasing cultural barriers worldwide. Sport does not just change bodies. It changes lives. Sport also promotes peace and erases cultural barriers. On the International Day of Sport for Development and Peace, rise to the challenge and celebrate sports as a vehicle for positive social change. Share the joy of sport around you, leave no one out, and reach for your dreams. Sport makes a difference!

World refugee day June 20, 2022

Whoever, whatever, whenever. Everyone has a right to seek safety'. GOOFIRM helps displaced families who fled their homes due to conflicts due to the Anglophone crises. We will always be with them in their difficult moments. Protection is a human right and not a choice.



World Health Day 07 April 2022



THEME: “Our planet, our health”, World Health Day 07 April 2022 was celebrated by GOOFIRM. Aims to keep humans and the planet healthy and foster a movement to create societies more focused on well-being amidst covid-19 and cholera. Environment-related issues are among the major causes of health problems worldwide. We must protect and preserve the planet. The World Health Day is observed on 7 April every year. The day is a means to promote a worldwide movement for health and wellness. It aims to inspire people to reflect on how they can create healthier communities and whole societies while also protecting the planet as a home for present and future generations. We must create societies where each person thrives, a place where health is valued and well-being is at the core of all we do. We need you. Together, let’s make it happen. The World Health Organization (WHO) seeks to protect and improve the health of people around the world. They work to combat major global health challenges and promote evidence-based practice.

World Hepatitis Day 28 July 2022



We commemorate World Hepatitis Day 28 July 2022 to enhance awareness of the viral hepatitis virus with the population of Mile 4 Bonadikombo our local community in collaboration with Bonadikombo Community Health Center (Maternity). We did free screening and counseling of about 119 people including hospital staff. It was a successful event. Let's keep our families and community safe.

International Charity Day September 5 2022

We celebrated international Charity day with kids in different communities where we work. We reached out to about 200+ kids. It was fun with free haircut and free back to school items (books, school bags and stationary) they were all excited about the gesture and they wish it was done often. Words of encouragement and the importance of education was impacted in them by the team. We will always support education and a gesture of togetherness and peace in collaboration with Walcutz Community Development Initiative.



Holiday Tech Camp 2022 Closing Ceremony



Statistics have shown that half of all the people who live across Africa are children – 580 million of them. That number is rapidly growing and is expected to hit 750 million by the year 2030. There’s also a desperate need to give children and youth the skills they need for today's and future careers that will help them, their communities and their countries to flourish as millions of African youths join the workforce every year. Most children across Cameroon especially in remote areas lack access to proper technological tools, platforms, and programs that will enable them to develop, innovate, and enhance their creative thinking and problem-solving ability.

Nervtek on his mission to raise the next generation of innovators designed a special program, the Holiday Tech Camp for children to learn 21st Century skills that match their future needs.

We believe that "Tomorrow's Innovators are made today", hence equipping them with digital skills is very vital. GOOFIRM sponsored 2 kids to attend this year's session of the HTC. After 7 weeks of hands-on learning, the kids were ready to showcase what they’ve learned. It’s was an exciting experience for them, from learning robotics, programming, aeronautics, leadership, & many more.

Afanwi B. Sonia, 10 years old (one of the benefactors of GOOFIRM sponsorship)

#HTC22 EXPERIENCE 



Afanwi Sonia

Best Student, Level 1

“ Through the Holiday Tech Camp, I learned that computer programs are set of codes sent to the computer by a human.

Being a girl in the field of technology inspires me to go further, to create solutions to problems in my community, and to be a role model to other girls globally.

STEAM

For more visit www.nervtek.org



GooFirm Foundation's Participation in "The Walk For Life" Event



Summary:

GooFirm Foundation, dedicated to health promotion, played a pivotal role in "The Walk For Life" event organized by The Njalla Quan Sports Academy in Limbe, Cameroon, from December 15th to 16th, 2022. The event aimed to promote good health through a sports and physical education program, including a health-promoting walk and various health campaigns. This report provides a comprehensive overview of our involvement, highlighting the activities conducted by our medical team and presenting a detailed budget plan for the event.

Introduction:

In collaboration with The Njalla Quan Sports Academy, our invitation to participate in this health-centric initiative underlines our commitment to community well-being. The event, chaired by Mr. Henry Njalla Quan JR, centered around the theme "Stay Active, Live Healthy," aligning with our mission to promote a healthy lifestyle.

Theme:

“Stay active, Live healthy”

Goal of the Program:

The primary goal of "The Walk For Life" program is to promote a culture of physical activity and raise awareness about the importance of maintaining a healthy lifestyle. This includes encouraging regular exercise, preventive health screenings, and safety awareness, contributing to overall well-being in the community.

Objectives of our Participation

1. Community Outreach and Engagement:

- **Objective:** Establish a strong presence within the community by actively engaging with participants during health screenings and safety awareness activities.
- **Benefits:** Enhance visibility and credibility of GooFirm Foundation, fostering trust and building lasting relationships with the community.

2. Health Education and Awareness:

- **Objective:** Disseminate valuable health information, emphasizing the importance of preventive measures, regular screenings, and an active lifestyle.
- **Benefits:** Empower individuals with knowledge, instilling a sense of responsibility for their health and well-being.

3. Specialized Health Services:

- **Objective:** Provide specialized health services, including screenings for hypertension, diabetes, and eye health, contributing to early detection and prevention.
- **Benefits:** Showcase GooFirm Foundation's expertise in healthcare, establishing the NGO as a reliable source for community health services.

4. Collaboration with Local Partners:

- **Objective:** Strengthen partnerships with local organizations, such as The Njalla Quan Sports Academy and healthcare providers, for a collective and impactful approach.
- **Benefits:** Expand the network of collaborators, fostering opportunities for future joint initiatives and amplifying the reach of health promotion efforts.

5. Data Collection and Impact Assessment:

- **Objective:** Gather data on health screenings, participation rates, and community feedback for thorough impact assessment.
- **Benefits:** Inform evidence-based decision-making, enabling GooFirm Foundation to refine strategies and tailor future health interventions to community needs.

6. Promotion of NGO's Mission and Values:

- **Objective:** Align participation with GooFirm Foundation's mission of health promotion, emphasizing values such as community well-being and empowerment.

- **Benefits:** Reinforce the NGO's commitment to positive social impact, fostering a positive public perception and support for future initiatives.

Target population

1000 participants

Working Population

1000+ participants

Target Location

Limbe 1 Municipality, south-west Region of Cameroon

Activities Involved:

1. Health-Promoting Walk:

- **Route Overview:** The walk encompassed significant landmarks, including Middle Farms Stadium, Winners Chapel Church Mile 2, Saker Junction Jumbo Palace, BEAC, Mabeta Park, and concluded at the Njalla Quan Sports Academy in Man O'War Bay Limbe.

- **Participation Incentives:** Participants were encouraged to engage in the walk, promoting physical activity and fostering community connections.

2. Health Campaigns:

-Disease Screenings: Our medical team conducted comprehensive screenings for hypertension, diabetes, kidney disease, and obesity, reaching out to the Limbe population.

- **Eye Health Services:** Extensive eye checks, visual acuity tests, fundoscopy, and cataracts screenings were provided, emphasizing the importance of eye health.

- **Safety Training:** Alongside health screenings, our team facilitated training on fire extinguisher usage and safety emergencies, enhancing community preparedness.

Task:

GooFirm Foundation's medical team assumed a multifaceted role, ensuring the success of health campaigns and providing expert medical assistance. Responsibilities included coordinating with event organizers, setting up medical stations, and actively engaging with participants to address health concerns.

Indicators:

1. Number of Screenings:

- Hypertension, Diabetes, Kidney Disease, Obesity: Tracked the number of individuals screened for each condition.

2. Participation in Walk:

- Community Engagement: Measured the number of participants actively involved in the health-promoting walk.

3. Training Attendance:

- **Safety Emergency Training:** Monitored attendance to ensure effective dissemination of safety information.

Time Frame of Work Distributions:

- Preparation (December 15):

Logistical Planning: We coordinated with the event organizers, set up medical stations, and ensure adequate medical supplies.

- Event Days (December 16-17):

Active Participation: Conduct health screenings, actively participate in the walk, and deliver safety emergency training.

- Post-Event (December 18):

Outcome Evaluation: Review data collected, assess the impact of our interventions, and compile a comprehensive report for our hierarchy.

Budget Plan:

1. Medical Team Travel:

- **Transportation:** Cover travel expenses for the medical team, staff and volunteers, including fuel or public transportation costs 105,000 XAF.

2. Accommodation:

- **Lodging:** We provided comfortable accommodation for the medical team members, 1 administrative staff and 2 volunteers during the event for two days amounting to 180,000 XAF

3. Medical Supplies:

- **Screening Materials:** The budget for necessary medical supplies, including testing kits and equipment we contributed was 350,000 XAF.

4. Meals: We allocate funds for nutritious meals, ensuring the well-being and energy levels of the medical team amounting to 112,000 XAF

5. Documentation and Reporting: Reporting tools including materials, including cameras, notebooks, and other tools necessary for compiling a comprehensive post-event report = 35,000 XAF

5. Miscellaneous Expenses: 135,000 XAF

TOTAL = 917,000 XAF

Challenges Faced and Mitigation:

During the event, the medical team encountered challenges such as unexpected weather condition (too much heat – about 41 °C close to and during the midday hours) prior to the season and

fluctuating participation numbers. To mitigate these challenges, our team remained adaptable, providing shelter for screenings and adjusting schedules to accommodate varying participant turnout. This flexibility ensured the seamless execution of our health initiatives despite unforeseen circumstances.

Community Engagement and Feedback:

Community engagement was a cornerstone of our participation. The medical team actively interacted with participants, addressing health concerns, and disseminating information on preventive measures. Post-event surveys and feedback sessions were conducted to gauge community satisfaction and gather insights for future health promotion endeavors.

Collaborative Partnerships:

GooFirm Foundation forged collaborative partnerships with other local healthcare providers present at the scene as well as The Njalla Quan Sports Academy. This collaborative effort enhanced the impact of our interventions, fostering a holistic approach to community health and well-being.

Impact Assessment:

The success of our participation was evident in the following key indicators:

- Over 1000 individuals participated in the health-promoting walk.
- Screenings identified and addressed health concerns in 500+ community members.
- Safety emergency training reached 200+ participants, empowering them with essential skills.

Importance of GooFirm Foundation's Role:

GooFirm Foundation plays a crucial role in the success of this program by bringing specialized medical expertise and a commitment to community health. Our involvement enhances the comprehensiveness of health services provided, contributing to the achievement of SDG 3 at the local level.

Consequences of Not Holding Such Programs

The absence of health promotion programs like "The Walk For Life" could lead to a range of consequences, including:

- 1. Increased Health Risks:** Without awareness and preventive measures, individuals may be at a higher risk of developing health conditions such as hypertension, diabetes, and obesity.
- 2. Limited Community Engagement:** The lack of community-wide initiatives may result in reduced awareness of the importance of physical activity and regular health check-ups.
- 3. Missed Opportunities for Early Intervention:** Without screenings and health education, potential health issues may go undetected, leading to delayed intervention and increased healthcare burdens.

Impact of the Program:

- 1. Community Empowerment:** The program empowers individuals with knowledge and skills to proactively manage their health, fostering a sense of personal responsibility.
- 2. Disease Prevention:** Regular screenings and health campaigns contribute to early detection and prevention of various health conditions, reducing the burden on healthcare systems.
- 3. Positive Behavioral Change:** The emphasis on physical activity promotes positive lifestyle changes, enhancing overall community well-being.
- 4. Community Cohesion:** Events like "The Walk For Life" bring communities together, fostering a sense of unity and shared commitment to health.

By actively participating in and supporting programs like "The Walk For Life," GooFirm Foundation plays a pivotal role in shaping healthier communities, contributing not only to individual well-being but also advancing progress towards global health-related sustainable development goals.

SDG Tied to the Program:

This program aligns closely with Sustainable Development Goal (SDG) 3: "Good Health and Well-being." By fostering health-promoting activities and providing essential screenings, the program directly contributes to the global effort to ensure healthy lives and promote well-being for all.

Conclusion:

GooFirm Foundation's participation in "The Walk For Life" event was instrumental in promoting a healthy lifestyle and fostering community well-being. Our dedicated medical team, coupled with strategic planning and community engagement, contributed significantly to the success of the event. This report serves as a testament to our commitment to advancing health initiatives for a better, healthier society.

Recommendations for Future Initiatives:

1. We commend the government to strengthen her partnerships with local organizations like ours to expand the reach of health campaigns.
2. we strongly hope the government implements targeted awareness campaigns to increase community participation in preventive health measures.
3. Consider incorporating telehealth initiatives for follow-up consultations and continuous health support.

STAFF LIST AND VOLUNTEERS 2022

S/N	NAME	BACKGROUND	POSITION
1	Winchester Nkongho Winyawoko	BSc Management	Executive Director
2	Derick Mwambo Njie	BSc Political Science	Programme manager
3	Njobe Flobert Mpatiangha	HND Welding and Boiler Making	Field Officer
4	Che Heidi Ahone	BSc JMC	Communications officer
5	Nyenti Diana Eyong	BSc Marketing Management	Secretary
6	Yanick Suh Ambessi	Bachelor of Nursing Science	Project Coordinator (HEALTH)
7	Fofungtum Afa-Aseh Nkehmontoh	MSc Public Health	Project Coordinator (WASH) Public Health Consultant
8	Susan Wubnyonga Fokum	BSc Microbiology (Medical Laboratory Technology)	Volunteer (HEALTH)
9	Kouontchou Toukap Corine	Bachelor of Nursing Science	Volunteer (HEALTH)
10	Atem Augustina Ettengeneng	BSc Psychology	Volunteer(EDUCATION)