



ANNUAL REPORT 2023

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.

We advocate for equal rights and opportunities for all; Gender inequality is a pervasive issue that affects individuals, families, and society as a whole. Gender inequality can take many forms, such as unequal pay for equal work, limited access to education, healthcare, and political participation, forced marriage, sexual harassment or violence and discrimination in the workplace. It's important to work towards creating a more equitable and just world for everyone, regardless of their gender.

We strive to empowering individuals and groups within communities through the acquisition of knowledge, skills and values. It is a collaborative effort that involves building partnerships between community members, local organization, and educational institution.

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 via a community-based approach. 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, Gonorrhoea 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 2023

Projects

- 1) Kicking Out Alcohol Consumption During Pregnancy Among Pregnant Women in the Limbe Municipality (January – March, 2023).
- 2) Free Consultation on Male Fertility and Probing Associated Factors that can Trigger Infertility in Men in communities of Buea and Limbe South-West Region of Cameroon IN collaboration with Community Association for the Improvement of Laboratory Diagnosis and Standard Biomedical Diagnostic & Research Laboratory.
- 3) iRead Initiative in partnership with Esame Foundation (January – November, 2023).

Event

- 1) 2024 Draft Budget of the Limbe City Councils Upon Request by the Limbe City Mayor.

Health Promotion Outreach Program: Kicking Out Alcohol Consumption During Pregnancy Among Pregnant Women in Limbe Municipality

Objective: To raise awareness and discourage alcohol consumption during pregnancy, particularly among pregnant women aged 16 to 60 in the city of Limbe, South-West Region, Cameroon.

Goals:

- 1. Raise Awareness:** Increase awareness among pregnant women regarding the adverse effects of alcohol consumption on fetal development.
- 2. Behavioral Change:** Encourage pregnant women to abstain from alcohol during pregnancy through educational campaigns and community engagement.
- 3. Community Collaboration:** Foster collaboration with local health centers, community leaders, and NGOs to create a supportive environment for pregnant women.

Consequences of Not Implementing Such Projects:

- 1. Fetal Health Risks:** Continued alcohol consumption during pregnancy may lead to fetal alcohol spectrum disorders, affecting physical, mental, and behavioral development.
- 2. Maternal Health Complications:** Alcohol use during pregnancy can increase the risk of maternal health complications, including miscarriage and preterm birth.
- 3. Societal Burden:** Long-term consequences may result in increased healthcare costs, reduced workforce productivity, and higher social and economic burdens.

SDG Linked to the Project:

This project aligns with Sustainable Development Goal (SDG) 3: Good Health and Well-being. Specifically, it addresses target 3.1: "By 2030, reduce the global maternal mortality ratio and end preventable deaths of newborns and children under 5 years of age." The project contributes to improving maternal and fetal health outcomes by targeting a preventable risk factor—alcohol consumption during pregnancy.

I. Executive Summary:

This project spanned three months, from January to March 2023, with intense outreach programs that targeted various health centers, including Bonadikombo Health Center Mile 4 and Limbe 1 Sub-Division hospital (PMI) and other pregnant women in the proximate environs. The aim of this mission was to detach the interest of pregnant women from alcohol consumption and share lights on the consequences that follows if not taken into consideration. Despite our efforts, we observed persistent alcohol consumption during pregnancy, particularly among women aged 30 and above, which is a red flag to our modern society. But we were happy the mission went successful.

II. Intrinsic Factors Leading to Poor Pregnancy Outcomes:

1. **Lack of Awareness:** Some participants were unaware of the harmful effects of alcohol on fetal development.
2. **Sociocultural Beliefs:** Cultural norms and misconceptions surrounding alcohol use during pregnancy contributed to resistance.
3. **Stress and Coping Mechanisms:** Women may resort to alcohol as a coping mechanism for stress, posing risks to fetal health.

III. Activities Involved:

1. Educational Campaigns:

We conducted awareness sessions in two health centers and communities - particularly the Bonadikombo Health Center Mile 4 and Limbe 1 Sub-Division hospital (PMI), and other pregnant women in the respective environs.

2. Workshops and Seminars:

We engaged the participants in interactive sessions to address misconceptions and provide information.

3. Distribution of Educational Materials:

Brochures, posters, and pamphlets were distributed to reinforce key messages.

IV. Task Distribution:

1. Team Formation: Assembled a multidisciplinary team of healthcare professionals, educators, and community mobilizers.

2. Venue Coordination: we collaborated with the aforementioned health centers in Limbe for the events hosting and participant engagement. This was all monitored by Mr. Winchester Nkongo Winyawoko.

V. Indicators:

1. Attendance Rates: Monitored participation levels in outreach events and found it to be 80% successful.

2. Knowledge Improvement: Assessed participants' understanding of the risks associated with alcohol consumption during pregnancy before and after sessions was done by Mr. Dikonge Ngoe Daniel and was found to be 80% successful.

VI. Time Frame:

1. Preparation Phase (January): Team formation, material preparation, and venue coordination chaired by Mr. Winchester Nkongho Winyawoko.

2. Campaign Phase (February): Execution of educational campaigns, workshops, and distribution of materials chaired by Ms. Diana Eyong Nyenti.

3. Evaluation Phase (March): Assessment of program impact through post-event surveys and feedback conducted by our research and development department chaired by Mr. Dikonge Ngoe Daniel.

VII. Budget Plan:

1. Educational Materials: 354,475 XAF (printing of brochures, posters, and pamphlets).

2. Venue Rental and Logistics: 428,030 XAF (rental of spaces, transportation, and setup).

3. Team Compensation: 1,504,000 XAF (honorariums for professionals & community mobilizers).

4. Miscellaneous Expenses: 162,300 XAF (refreshments, contingency).

Total Budget: 2,448,805 XAF

VIII. Challenges Encountered:

- 1. Resistance to Change:** Some pregnant women remained resistant to altering their behavior despite awareness efforts.
- 2. Resource Constraints:** Limited resources posed challenges in reaching a wider audience and conducting follow-up activities.

IX. Lessons Learned:

- 1. Tailored Approaches:** Recognize the diversity in participants and tailor educational content to address specific concerns.
- 2. Community Involvement:** Strengthen community involvement for sustained impact and cultural acceptance.

X. Program Impact:

- 1. Increased Awareness:** A significant portion of participants exhibited improved knowledge regarding the risks of alcohol consumption during pregnancy.
- 2. Behavioral Changes:** While some resisted change, a notable percentage expressed willingness to reconsider their alcohol consumption habits.

XI. Future Steps:

- 1. Long-Term Monitoring:** Establish a system for long-term monitoring of participants to assess sustained behavioral changes.
- 2. Expand Collaborations:** Strengthen collaborations with local authorities, NGOs, and healthcare institutions for a broader impact.

XII. Conclusion:

Despite persistent challenges, the outreach program made strides in raising awareness about the dangers of alcohol consumption during pregnancy. The multifaceted approach involving education, community engagement, and continuous follow-up lays a foundation for lasting change. Hence, this comprehensive report outlines the strategies, challenges, and outcomes of our health promotion program. We remain committed to addressing the persistent issue of alcohol consumption during pregnancy, with a focus on continuous education and community collaboration.

XIII. Acknowledgments:

We extend our gratitude to the dedicated team members, The Bonadikombo Health Center staff especially Mr. Lele Alain Leonel, Mr. Beng Victor as well as the participants who contributed to the success of this program. Their commitment has been invaluable in promoting maternal and fetal health in Limbe.

XIV. Recommendations:

- 1. Continuous Engagement:** Sustain awareness efforts through periodic follow-up sessions.
- 2. Collaboration with Local Leaders:** Involve community leaders to address cultural beliefs.
- 3. Media Engagement:** Leverage local media for broader dissemination of information.



Free Consultation on Male Fertility and Probing Associated Factors that can Trigger Infertility in Men in Communities of Buea and Limbe South-West Region of Cameroon

1. Objective:

- To provide free consultation on male fertility and address associated factors contributing to infertility in males.
- Provide insights into the prevalence of infertility in males and associated factors across the communities in Buea and Limbe, Cameroon.

2. Duration:

6 months (April 2023 to October 2023)

3. Locations:

Bota, Mbonjo, Bonjongo, Wututu, Bobende, Ngeme, Isokolo, and Idenau.

4. Participating age Group

The participating age group was 18 to 65 years of males

5. Executive Summary:

We conducted a six-month outreach program focusing on male fertility in the aforementioned communities of the South-West Region of Cameroon. The average age of the 283 participants was 33.11 years. We noticed some of the key factors influencing male infertility in the area, included alcoholism, smoking, self-medication, and family history, which we gave our participants proper education and suggested remedies to address the problems.

6. Activities Involved:

1. Preparation Phase:

- Stakeholder engagement of the aforementioned communities
- we also carried out Community sensitization on the benefits of our project

2. Consultation and Education Sessions:

- Free fertility consultations
- Educational workshops on male reproductive health

3. Data Collection and Analysis:

- Surveys on alcoholism, smoking, self-medication, and family history were conducted by our research team.
- Data analysis to identify trends and correlations were done respectively.

4. Awareness Campaigns:

- Distribution of informational materials like flyers and posters were made available, announcements over the radio / newsletters and the social media were also aired for several days before the vent started.
- Our community outreach events in all the communities included were interestingly organized.

7. Task Breakdown:

1. Medical Team:

- We recruitment 6 medical professionals to conduct and oversea the consultation and education on male fertility as ascribed by the goals of our project.
- We made provisions of the fertility consultations correspondingly.

2. Educational Team:

- Some of the educational materials we developed were small placards of the male reproductive system illustrating the healthy one and the one prone to infertility by several factors we considered.
- Facilitation of workshops

3. Data Team:

Two members from our research department (typically Mr. Dikonge Ngoe Daniel and Yoti Dikonge) were charged with the following tasks:

- Surveys and data collection
- Statistical analysis

4. Logistics Team:

- Coordination of outreach events were done in a way that each session lasted for 8 hours in a day.
- Resource management was handled by Mr. Winchester Nkongho Winyawoko and he ensured that the funds allocated for the activities met their accurate needs and in time.

8. Indicators:

1. Participation Rates:

- The total number of participants in consultations and workshops were 283 and 105 respectively which is 31.1% on aggregate and not encouraging.

2. Behavioral Changes:

- The percentage of participants that showed a positive change in habits was 31.1%, which is poor for our present society especially in health challenging times like this. Many of the participants proved unserious by not partaking in the workshop session and the free clinical diagnostic referrals we made available for them at the Standard Biomedical Diagnostic and Research Laboratory Bota – Limbe.

3. Knowledge Uptake:

- Pre- and post-awareness survey results were made accurately for our participants.

4. Community Engagement:

- Attendance at community outreach events were encouraging (about 1,000 men on aggregate) though the participants (283 men) were far lesser than the attendees, and we were happy to obtain the blessings of the community heads to penetrate their territories and foster our campaigns

9. Time Frame of Work Distribution:

- March-April: Preparation and stakeholder engagement
- May-July: Consultations, educational sessions, and data collection
- August-September: Data analysis, awareness campaigns, and community outreach events

10. Budget Plan:

I. Personnel:

- Medical professionals, educators, data analysts, and logistics coordinators (2,905,000 XAF).

II. Materials:

- Educational materials, survey tools, and promotional items, communication Permits, fees, and community events (1,087,450 XAF).

III. Logistics:

- Venue rental, transportation (1,128,150 XAF).

IV. Miscellaneous:

- Contingency fund expenses (97,500 XAF).

TOTAL = 5,218,100 XAF

11. Achievements Relative to UN SDGs

1. SDG 3: Good Health and Well-being:

- Provided free fertility consultations to 283 participants, contributing to improved reproductive health awareness.
- Addressed factors like alcoholism, smoking, and self-medication, promoting healthier lifestyles.

2. SDG 4: Quality Education:

- Conducted educational workshops on male reproductive health, enhancing knowledge and awareness in the communities.

3. SDG 5: Gender Equality:

- Recognized the importance of male fertility, contributing to a more balanced understanding of reproductive health.

4. SDG 10: Reduced Inequalities:

- Reached diverse communities in the South-West Region, reducing information disparities on male fertility.

5. SDG 17: Partnerships for the Goals:

- Engaged stakeholders and collaborated with communities, fostering partnerships for sustainable health initiatives.

12. Consequences of failure to implement this project goals

Neglecting the implementation of such projects can nurture the vulnerability of ignorant individuals who keep engaging in social and in appropriate health malpractices that threatens their chances of being fertile.

13. Conclusion:

The outreach program successfully proposed several measures to address male fertility issues in the South-West Region, providing valuable insights into the prevalence of contributing factors. The proposed budget plan and detailed activities provide a comprehensive overview for the hierarchy's consideration.

14. Recommendations:

1. Continued Outreach:

- We will commend the authorities in charge to extend their efforts in supporting such programs to additional communities to reach a broader population, ensuring inclusivity.

2. Long-term Monitoring:

- The government and the health authorities should implement a follow-up mechanism to monitor the sustained impact on people's habits and behaviors towards mitigating infertility in males.

3. Collaboration with Local Authorities:

- We commend our partners and the government to work closely with local health authorities to integrate such programs into existing healthcare services for long-term sustainability.

4. Expand Educational Initiatives:

- There is the need to develop more targeted educational materials and initiatives to address specific cultural and regional factors affecting male fertility.

5. Research and Innovation:

- The government and authorities in charge need to invest in research to identify emerging factors affecting male fertility, incorporating innovative solutions into future programs, because this has a huge role to play in the future workforce of the growing economy of every society.

6. Advocacy for Policy Change:

- Advocate for policies that support reproductive health and address contributing factors to infertility at a regional and national level.

7. Community Empowerment:

- The government through organizations like ours should fund our programs to further empower communities through training programs, enabling them to take ownership of their reproductive health.

8. Integration with SDG-aligned Programs:

- Organizations with similar visions like ours should align future projects with other SDG-related initiatives for a holistic approach to health and well-being.

Generally, by incorporating these recommendations, the project can enhance its impact, align more closely with UN SDGs, and contribute to sustainable improvements in male reproductive health within the South-West Region of Cameroon.

15. Acknowledgments:

We extend our gratitude to the dedicated team members, health center staff, and participants who contributed to the success of this program as well as the Technical Director of the “Standard Biomedical Diagnostic and Research Laboratory GRA Limbe”, Miss. Emada Nkwelle Chantal for collaboration with us to foster this project. Their commitment has been invaluable in promoting maternal and fetal health in Limbe.

APPENDIX

Attached to this report are reference photos



EVENT: GooFirm Foundation's Participation in Limbe City Council's Budget Preparation Upon Request by the Limbe City Mayor.

Summary:

GooFirm Foundation actively participated in the Limbe City Council's event on October 20, 2023, aimed at preparing the 2024 draft budget. The event, chaired by Mayor Paul Efome Ngale, gathered government authorities, stakeholders, and invited organizations like ours to contribute to the financial projections for the upcoming year.

Introduction:

As a health-promoting and sustainable development that improves quality of life for members of the communities by contributing economically, socially and environmentally, GooFirm Foundation recognizes the significance of municipal budgeting in fostering community well-being for the people in the Limbe municipality. The invitation extended by the Limbe City Council aligns with our mission to collaborate on initiatives promoting public health.

Activities Involved:

Our participation encompassed the following key activities:

- 1. Data Presentation:** Sharing relevant health statistics and trends to inform budget considerations.
- 2. Advocacy:** Emphasizing the importance of allocating resources to health-promoting initiatives within the municipal budget.
- 3. Collaboration:** Engaging with government authorities, stakeholders, and other participants to foster partnerships for community health projects.

Tasks:

- 1. Research and Data Compilation:** Gathering pertinent health data to support evidence-based recommendations.
- 2. Presentation Preparation:** Crafting a concise and compelling presentation to effectively communicate GOOFIRM's mission and goals.

3. Networking: Building connections with government officials and stakeholders to explore potential collaborations.

Indicators:

1. Engagement Level: We made sure to measure the extent of GOOFIRM's active involvement in the discussions and presentations involved in the meeting

2. Networking Success: We evaluated the number and significance of connections established during the event, although it wasn't significantly organized as some attendees expressed dissatisfaction of financial projections for the coming year 2024.

3. Impact on Budget: Assess the extent to which GOOFIRM's input influences the allocation of funds towards health-promoting activities in the 2024 budget.

Time Frame of Work Distributions:

- Pre-Event Preparation for the meeting was held by Mr. Derict Mwambo Njie (1day prior): to ensure our utmost involvement in the meeting.
- Research and Qualitative data compilation on health challenges faced by the Limbe municipality to be tabled during the interactive sessions were sorted and compiled.
- Pre-rehearsals on presentation development of our suggestions was done for 2 to 3 hours.
- Event Day (October 20, 2023):
 - Attendance and active participation by GooFirm Foundation included 3 staff (Mr. DERICK Mwambo Njie, Winchester Nkongho Winyawoko and Nyenti Diana Eyong)
 - Networking with government officials and stakeholders.
- Post-Event (1day after):
 - Follow-up communication with contacts made during the event.
 - Internal debriefing and assessment of GOOFIRM's impact.

Crucial Need for GooFirm Foundation's Attendance:

1. Health Advocacy: The session found our attendance crucial to advocate for health-centric budget allocations, ensuring the well-being of constituents is prioritized in municipal planning.

2. Community Partnership: The meeting provided us with a platform to strengthen ties with the Limbe City Council, fostering collaboration for impactful community health initiatives.

3. Expertise Contribution: GOOFIRM brings specialized expertise in health promotion, offering valuable insights that can enhance the effectiveness of health-related budget decisions.

Our Role in the Meeting:

1. Data Presentation: We presented comprehensive health data, aiding the council in making informed decisions aligned with community health needs; especially the indiscriminate disposal of sewage and garbage by inhabitants of the community that foster a cascade of tropical and non-communicable disease such as Malaria, and several forms of Irritable bowel syndromes (such as dysentery, diarrhea and other related bacteriopathy).

2. Advocacy: We displayed our quest to advocate for increased funding in areas such as preventive healthcare, public health campaigns, and community wellness programs.

3. Collaboration: We equally demonstrated our engagement in the council's and stakeholders, exploring collaborative opportunities that align with the municipality's health goals.

Importance of GOOFIRM's Presence in the Meeting:

1. Expertise Contribution: GOOFIRM's presence ensures the incorporation of expert advice on health-related matters, enriching the meeting discussions with evidence-based insights, especially concerns our quest to see the upgrading of most integrated health centres in the municipality like the Limbe 1 sub-division hospital (PMI), that always suffer flood during the rainy season, shortage of medical supply and staff as well as inadequate diagnostic facilities.

2. Community Trust: The presence of a reputable health-promoting NGO enhances public trust in the City Council's commitment to health, fostering positive community relations.

3. Holistic Approach: GooFirm's holistic approach to health promotion complements the Mayor's vision for a comprehensive strategy in the municipality.

Expertise Contributions to Benefit the Council:

1. Evidence-Based Decision-Making: GOOFIRM's expertise ensures data-driven decisions, maximizing the impact of health-related budget allocations.

2. Program Design: We can contribute insights into designing effective health programs, ensuring resources are optimally utilized for community well-being.

3. Community Engagement: GOOFIRM's experience in community engagement can enhance the council's ability to implement health initiatives with widespread community support.

Achievements for the Council and GOOFIRM:

- 1. Improved Public Health:** The council can achieve a healthier community, reducing healthcare burdens and enhancing overall quality of life.
- 2. Enhanced Collaboration:** GOOFIRM can establish long-term collaborations with the council, leading to sustained health-promoting initiatives.
- 3. Community Trust:** Both entities can gain increased trust and support from constituents, demonstrating a shared commitment to community welfare.

Importance of the Event for Constituents of the Municipality:

- 1. Better Health Services:** The meeting's outcomes directly impact constituents by ensuring improved and accessible health services.
- 2. Community Well-Being:** Budget decisions influence the overall well-being of residents, addressing health disparities and promoting a healthier lifestyle.

Effects of Disregarding the participation and Contributions of Health-Promoting Organisations like GooFirm Foundation

- 1. Limited Health Promotion:** Absence of GOOFIRM may result in a gap in health promotion strategies, potentially limiting the effectiveness of initiatives aimed at improving community health.
- 2. Reduced Community Engagement:** GOOFIRM's absence may diminish the level of community engagement, as the organization is well-positioned to connect with diverse demographics and promote health awareness.
- 3. Missed Preventive Opportunities:** The Council might miss opportunities to implement preventive measures and early interventions without GOOFIRM's expertise, potentially leading to increased healthcare costs in the long run.

Generally, GOOFIRM's expertise is crucial for the Mayor's goals of promoting community health and preparing a comprehensive budget. The organization's presence ensures a more informed and effective approach to health-related initiatives within

Budget Plan for Attendees from GooFirm Foundation:

1. Team Transportation: 28,000 XAF
2. Booth Materials: 15,000 XAF
3. Refreshments for Team: 30,000 XAF

Total Budget: 73,000 XAF

Conclusion

GooFirm Foundation's participation in the Limbe City Council's budget preparation event is crucial in advancing our commitment to community health. Through active engagement, networking, and advocacy, we aim to influence budget allocations that will positively impact public well-being in the municipality. The outlined budget plan ensures the smooth execution of our participation, contributing to the success of this collaborative effort. Our participation in this meeting was not just a duty, but an opportunity to contribute significantly to the health and well-being of Limbe's constituents, forging a path towards a healthier and more resilient municipality.

GooFirm Recommendations for the Mayor and the City Council

- 1. Prioritize Preventive Healthcare:** They should advocate for increased funding in preventive healthcare measures to reduce long-term healthcare costs and enhance community well-being.
- 2. Community-Centered Initiatives:** We recommend the implementation of community-driven health initiatives, ensuring programs are tailored to meet the specific needs of constituents.
- 3. Collaboration Opportunities:** We encourage the council and the Mayor to explore collaboration with NGOs, like GOOFIRM, for sustained efforts in promoting public health and community development.

iRead Initiative

SUMMARY

We advance our actions towards 'Social Change' through supporting UN Sustainability Goals - that aims to build, a more prosperous world by the year 2030. **iREAD Initiative** aims at educating individuals between the ages of 15-65 years for **FREE**, on how to read and write so as to improve on their social and economic communication. The subjects taught here are English language, Arithmetic and French language.

Goofirm Foundation follows a strategic approach to the projects to usher development at the bottom level. We are driven with transparent decision-making process with systematic application of management functions of planning & designing, implementing, monitoring & evaluation (M&E) for high impact and provide periodical reports in order to effectively communicate to all the stakeholders. The scheme of work was provided to us by our partner Esame Foundation and was operational from January 2023 – November 2023.



Goal Reached

- Improve linguistic skills
- A richer vocabulary
- Higher quality writing
- Better spelling, and improve social skills.
- Improved on their social and economic communication

Beneficiaries of this project were vulnerable, particularly youth girls and women aged between 20-55 (Widows, Single Mothers, minority groups, the extreme poor.). 29 benefactors all together.



STAFF LIST AND VOLUNTEERS 2023

S/N	NAME	BACKGROUND	POSITION
1	Winchester Nkongho Winyawoko	BSc Management	Executive Director
2	Derick Mwambo Njie	BSc Political Science	Programme manager
3	Ebongkeng Asua Lorna	BSc Banking and Finance	Accountant
4	Nyenti Diana Eyong	BSc Marketing Management	Secretary
5	Che Heidi Ahone	BSc JMC	Communications officer
6	Njobe Flobert Mpatianga	HND Welding and Boiler Making	Field Officer
7	Yoti Dikongue	Bachelor of Nursing Science	Health Officer
8	Yanick Suh Ambessi	Bachelor of Nursing Science	Project Coordinator (HEALTH)
9	Fofungtum Afa-Aseh Nkehmontoh	MSc Public Health	Project Coordinator (WASH) Public Health Consultant
10	Majuewoh Carine	MSc Biotechnology (Medical and Pharmaceutical Biotechnology)	Head of Research
11	Ngoe Daniel Dikonge	BSc Biochemistry and Molecular Biology	Volunteer (HEALTH)
12	Susan Wubnyonga Fokum	BSc Microbiology (Medical Laboratory Technology)	Volunteer (HEALTH)
13	Nkwetisama Ruth Emabu	Diploma in Nursing Science	Volunteer (HEALTH)
14	Atem Augustina Ettengeneng	BSc Psychology	Volunteer(EDUCATION)



International Day of Charity, 5 September 2023. Promoting healthcare services to vulnerable people in Bakingili via our Mobile Clinic.



We Must invest in Children, Women and Girls. Community outreach in Debundscha.



International Women's Day March 8th 2023

Girls and women in tech promote inclusivity and foster economic development. We firmly believe that the more diverse perspectives, backgrounds, and ideas are represented in tech, the better our industry will be.



Community Outreach in Idenau with children and parents. 400+ children benefited from the Back to school initiative in collaboration with Walcutz Community Development Initiative.



Community Outreach towards building resilience SRHR response. Dignity kits provided to 30 IDP women and girls in Tole - SouthWest Region Cameroon, to meet their hygiene needs.