



ANNUAL REPORT 2023-2024

**Advocates to Promote Education, Health and
Sustainable Development (APEHSD)**

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WHO WE ARE

APEHSD is an association, which has as mission to promote quality community lives by supporting initiatives that promote quality education, peace building, youth engagement and gender equity in Cameroon. We have respect for everyone, without any form of segregation, be in terms of race, color, sex, religion, tribe etc., we all possess equal rights. APEHSD is made up of youths from diverse fields of life that have the desire to contribute to the achievement of the Sustainable Development Goals (SDGs) in Cameroon.

Our Mission

APEHSD seeks to promote quality community lives by supporting initiatives that promote quality education, peace building, gender equity, youth engagement and create Synergies that benefit both people and the environment by promoting environmental sustainability through community engagement and empowering marginalized groups through training.

Vision

We envision a community where everyone enjoys quality lives.

Objectives

- ❖ Support and promote actions that eradicate poverty, hunger and access to quality WASH facilities (water, sanitation and hygiene) among women, girls, youths and vulnerable populations of Cameroon.
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- ❖ Encourage and promote quality education and Education plus (SDG 4+) for women, girls, vulnerable populations in Cameroon
- ❖ Support and promote sustainable activities and programs that promote gender equity in Cameroon.
- ❖ Create partnerships and networks with organizations that share our vision of promoting Cameroonian communities where everyone enjoys quality lives.
- ❖ Engage community members in the promotion of sustainable peace building and conflict prevention/resolution.

Our strategies

APEHSD carries out its activities in accordance with its objectives in the following departments as an organization based on advocating change in various domains in life.

- ❖ Capacity Development and Training
- ❖ Partnership development and networking
- ❖ Advocacy and information sharing
- ❖ Economic empowerment and entrepreneurship development for women, girls and youths
- ❖ Community engagement to promote peace building and gender equality.
- ❖ Outreach programs to schools and needy communities

PROGRAM AREAS

Gender Equity

Peace building

Economic
Empowerment

Community
Education

Environmental
sustainability

Word from the Executive Director

Every great institution is one which is purpose driven. Our purpose is what accounts for our existence in the first place; and also what defines us, what motivates us, and what gives meaning to our work. In APEHSD, we endeavor to make a positive impact in the world through our little contribution in making the lives of young girls, youths and the vulnerable population better. We are committed to achieving our goals through capacity building programs, sensitization and outreach programs, especially in remote areas where access to information is difficult. It sometimes requires us to think big, to take risks, and to push ourselves outside of our comfort zones. It requires us to be resilient when faced with setbacks and to learn from our failures as much as our successes. Most importantly, it requires us to work together as a team. Although we are a new organization and have difficulties funding most of our activities, we are working together with the community to gain visibility and sponsorship for the many projects we have to bring assistance to the vulnerable population in the remote areas of our country and particularly the Eastern region of Cameroon where we are located.



Mbibah Giselle Binwi

Executive director

APEHSD

2023 IN FOCUS

In 2023, we joined the UN in commemorating the 16 days activism against gender-based violence. We had an activity on Sex Education and Representative Health



This program was aimed at sensitizing youths on sex education. The participants were expected to learn about sex education and reproductive health in order to better know how their body function and how to take care of it. We worked with a number of 40 participants and the workshop took place in the linguistic centre in Bertoua.

Objectives

The objectives of the program were:

- To empower youths with knowledge on how their body functions
- How to take care of their body and reproductive health
- To let them know that they have a right over their reproductive health and need to be diligent when taking decisions involving their body.
- And to commemorate the UN 16 days Activism against Gender-Based Violence. That is, to join the UN in its advocacy to fight against Gender-Based Violence in all its forms in our society



Achievements



- ✓ This program helped the youths to develop Communication skills such as denouncing any form of sexual abuse or obstruction to their reproductive health rights. They also learned how to talk about sex education without shame, fear or ignorance of the topic.

- ✓ The program also helped to demystify the mystery of sex education amongst youths towards their parents and empowered them with different ways of bringing up the topic with their parents and younger ones. They were also educated on how to go about any reproductive health problem and who to run to.



Picture taken after the workshop on December 10, 2023 with participants and APEHSD staff

2024 IN FOCUS

In 2024, we carried out mostly cost-free activities which involved sensitization in schools and in churches in the east region, precisely in Bertoua. The activities include anti-bullying, peace talks, “knowing my body” etc. Some of the schools we worked with include: Le Levant Bilingual College, St Gabriel Private Bilingual College, Adventist Bilingual College, Sunrise Bilingual College, and Government Bilingual High School Bertoua. We equally worked with youth groups in churches like Presbyterian Church in Cameroon (Bertoua) and Holy Ghost Parish Bertoua.



Objectives

The objectives of these Sensitization talks were aimed at:

- Creating awareness among young people on menstrual sanitation.
- Getting them to learn how to care for the body
- Demystifying the myth of sex education and reproductive health amongst teenagers.



Achievements

Teenagers could talk openly about their problems and difficulties concerning menstrual hygiene.

Students were able to share ideas amongst themselves about particular cases they faced and how to go about them.

Group leaders were appointed to head group activities, helping them to bring out their potentials as leaders, which they never knew they possessed



Picture taken with church kids and pastor of the Presbyterian Church during sensitization activities

Challenges

Securing funding to support our programs is a big challenge

Building trust and credibility with local communities as a young organization seems far fetched

Ensuring long term sustainability of the organization as a whole

Conclusion

These past years have not been easy for a young organization like APEHSD, struggling to solve societal problems in order to contribute in growing a community where people enjoy quality life with reduced Gender Based violence (GBV), stigmatization and discrimination in Cameroon. We are striving to be the example of change that we need in our communities. We remain grateful for all the support we have received so far and we keep hoping for the best.

Our Staff members

As of now, we have a total of four staff members working with us.

Volunteers

APEHSD is equally open to volunteering. We have a number of 2 people volunteering at our organization

Enabling sustainable change for all