

Impact **report**

2021

Walking new roads
to make a change for children

Help  a
CHILD



Story time

Facilitator Susan from Wau, South Sudan, reading a story about the hare and the river. The young children in the room hang on to every word while, unintentionally, the feelings of Bob the hare are reflected in their eyes and faces. Fear, excitement, disappointment, relief... Most of the children, only 5-7 years old, are from internally displaced households that have experienced a lot of violence and hardship during the conflict. Through story-telling and indirect learning, they collect tools and strategies to cope with everyday stress and negative feelings.

Read more about 'Building your Own Buddy' on page 23.

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“Let’s take a step back **and reflect.**”

Another year of the COVID-19 pandemic and its prevention measures has had a devastating effect in increasing poverty and setting back child well-being. Hearing and reading about this is heartbreaking. But it has also spurred us to be resourceful and innovative.

We often need to remind ourselves and our partners to take a step back and take stock of what we actually can achieve. This has been my experience at a personal level – working from a home office every day – and the same applies to Help a Child. Remote working has opened our eyes to alternative routes, to new and unexpected partners and, above all, to the motivation and creativity of people and organizations around the world who support and put into practice Help a Child’s vision for children and communities. It has made us more aware of how to use our strengths and mitigate our weaknesses. And it has helped us to realize that objectives can be reached in many ways, not just the planned or foreseen ways. See for example the article about radio broadcasting to reach (young) parents in Malawi (page 18) or how Help a Child of India provided child protection in two states through coordinating Childline 1098 (page 24).

Our impact report for 2021 can be read as a testimony to that resourcefulness, flexibility and adaptability. It is my hope that in all this we reflect the image of our heavenly Father. Inspired by His creativity and determination, we will continue to walk new and alternative paths in pursuit of our goal: to deepen and widen our impact for children in need.

Andries Schuttinga
CEO



This is Help a Child

Our mission

Help a Child provides a future for children in need, their family, and their entire community.

Our vision

As a Christian non-profit organization Help a Child wants every child – regardless of their social, political, religious, ethnic or economic background – to have a life in dignity, with love and with a promising future.

Our corporate values

We support children and families in need, because we follow Jesus Christ, who showed us God's love for mankind. The Bible teaches us to pass on God's love, to be merciful, to bring justice, to reconcile and to be good stewards. These Christian principles inspire us to give our best in all circumstances. Our corporate values are:

We value every child

We believe that every child is a unique gift from God, made in His image. We include all children, no matter their background, religion or abilities.

We empower people

We encourage children, youth, and adults to use their God-given abilities. We strengthen community structures and mobilize local resources.

We are faithful

We are trustworthy and accountable to the ones we support and the ones supporting us. We use our resources wisely, effectively, and efficiently.

We embrace partnership

We work with others based on equality and respect. We are loyal and honest and expect the same from our partners.

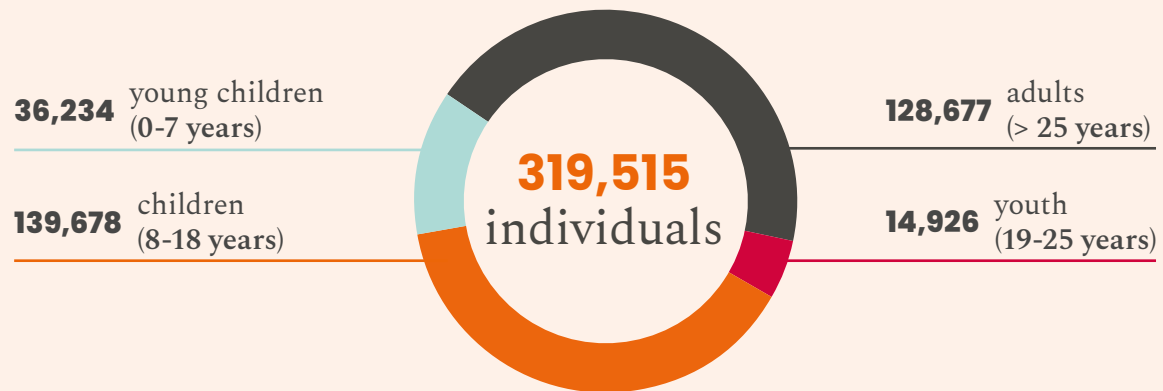
We learn and adjust

We are open-minded and eager to learn. We appreciate feedback and we learn from our mistakes.

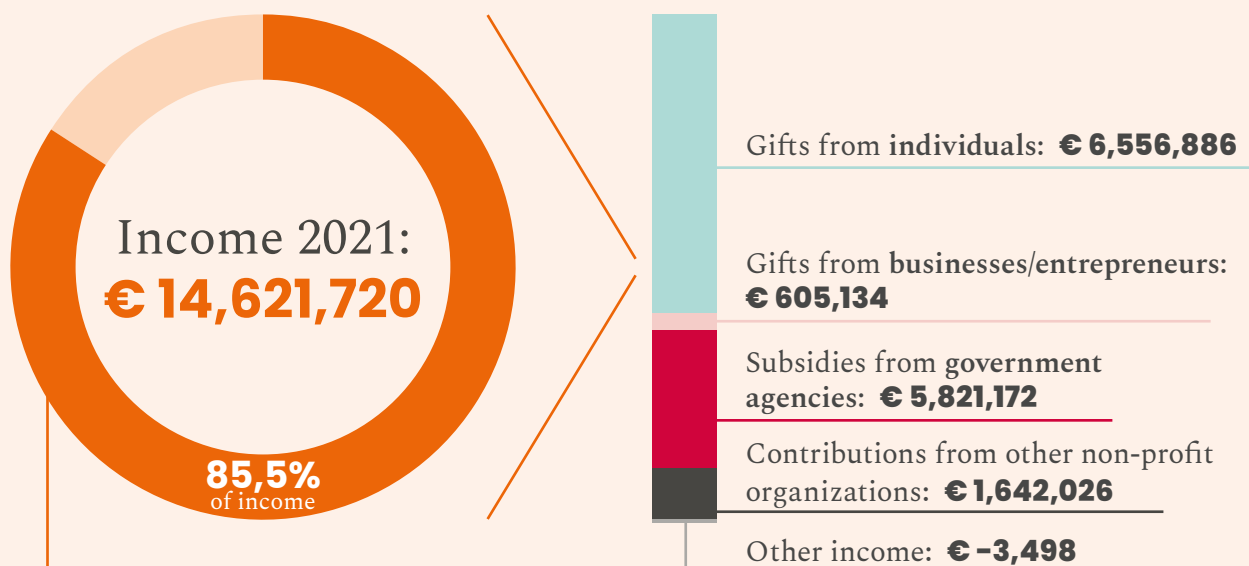


Key statistics 2021

Help a Child supported:



Help a Child established and/or strengthened:



Expenditure on objectives: **€12,510,779**



CHAP. 1



Programmes

2021 was another year of unprecedented worldwide challenges. Increasing numbers of people have been hit by climate-related floods, while the drought in east Africa seems to be the worst in 40 years. The number of people in humanitarian need was the highest ever measured and inequality grew worldwide, all against the backdrop of the continuing COVID-19 pandemic. This called for reflection on how Help a Child can increase its contribution to the Sustainable Development Goals – or, in terms of our multi-annual plan, become more impactful for more children.

Reflections on global trends

Responding to growing needs of youth and young children

According to UNICEF research in 2021, in east Africa the 3–6 age group receives not even a fifth of what has been invested in older children and youth. This illustrates the major needs of young children. Fortunately, 2021 also saw more international interest in early childhood development (ECD), with the WHO and UNICEF initiating a call to action to support parenting and caregiving for young children. Help

a Child has continued to respond to the challenges facing this group, expanding its parenting, protection and early childhood education interventions to new project areas. Many agree that youth unemployment is one of the most pressing issues for countries in sub-Saharan Africa. In 2019, some 60 per cent of all unemployed people were young adults. In Africa alone, each year 15–20 million of them start looking for a livelihood. This year we have boosted youth business skills and livelihood opportunities through revolving funds, youth groups and linkages with companies to ensure participation, with a particular emphasis on girls.

Rebuilding the perspective of an increasing number of refugees

Due to conflict, climate shocks or persecution, more than 84 million people globally had to flee their homes in 2021. This is the highest number ever measured and the trend is still upward. This year we continued or even increased our support in response to humanitarian crises in South Sudan, Somalia and the Democratic Republic of Congo (DRC). Together with the UNHCR, we supported Burundian refugees and returnees, with special attention for unaccompanied children. We are glad to see that

more international actors have started responding to the mental health needs of those who are displaced and in crisis.

Redefining our answer to humanitarian crises, poverty and conflict

COVID-19 has exacerbated many existing challenges. In Somalia, for example, lockdown and health restrictions are limiting access to food for vulnerable families. This, in combination with subsequent climate shocks, has led to an enormous humanitarian crisis. In 2021 we supported households there with food, healthcare and nutrition for children. In many countries we see how crises, poverty and conflict are compounding each other to an ever greater extent. This is why, apart from distributing life's necessities, we have been supporting displaced people to build a perspective and preparing households for disasters through climate-smart agriculture.

Revaluating our South-North relationship

The Grand Bargain of 2016 has rekindled our sector's discourse about localization. Because Help a Child has been working with and strengthening the capacities of local partners for more than 50 years, acting in terms of strong Southern leadership is part of our DNA. In the past two years, however, COVID-19 and remote working have given local ownership a new impulse. In 2021, Help a Child has looked for new local actors for further innovation and to increased impact. Our country offices have been strengthened and some are now ready to take the lead in building local consortia working towards local solutions.

Reinforcing our innovative strength

With our broad and loyal supporter base, we see great opportunities

to upscale our impact in new ways. The challenges of today call for creative solutions. We have shown ourselves to be flexible and quick to adapt, and we want to use these abilities to increase our impact and present the evidence. In 2021 we looked at technological innovations to improve cash transfers and mobile data collection. We collaborated with social entrepreneurs and supported others in upscaling their proven social innovations. And we invested in a strong database to visualize evidence on the impact of our work for children.

Respecting those we support and those supporting us

Downward accountability towards those we serve remains an area in which NGOs need to grow. We are happy to be part of the Core Humanitarian Standard Alliance. This has strengthened our commitment to being accountable for project participants by placing their needs at the centre of both programme design and implementation, and by strengthening feedback systems. Accountability works both ways. Help a Child is firmly grounded in its constituency. Even though young people tend to bind themselves less, in 2021 we were successful in connecting them – and many others. We are proud to inspire and involve our supporters through campaigns, education, guidance and information on how Help a Child is providing a future for children in need.

Main results 2021

This first chapter gives an overview of the main results achieved in

2021 per area of expertise. These five areas are: Early Childhood Development, Child Protection, Food Security and Livelihood (with special attention for Youth & Work), Community Empowerment, and Health, WASH & Nutrition.

Through these programmes, and in true partnership with many organizations, Help a Child has contributed to the following Sustainable Development Goals:

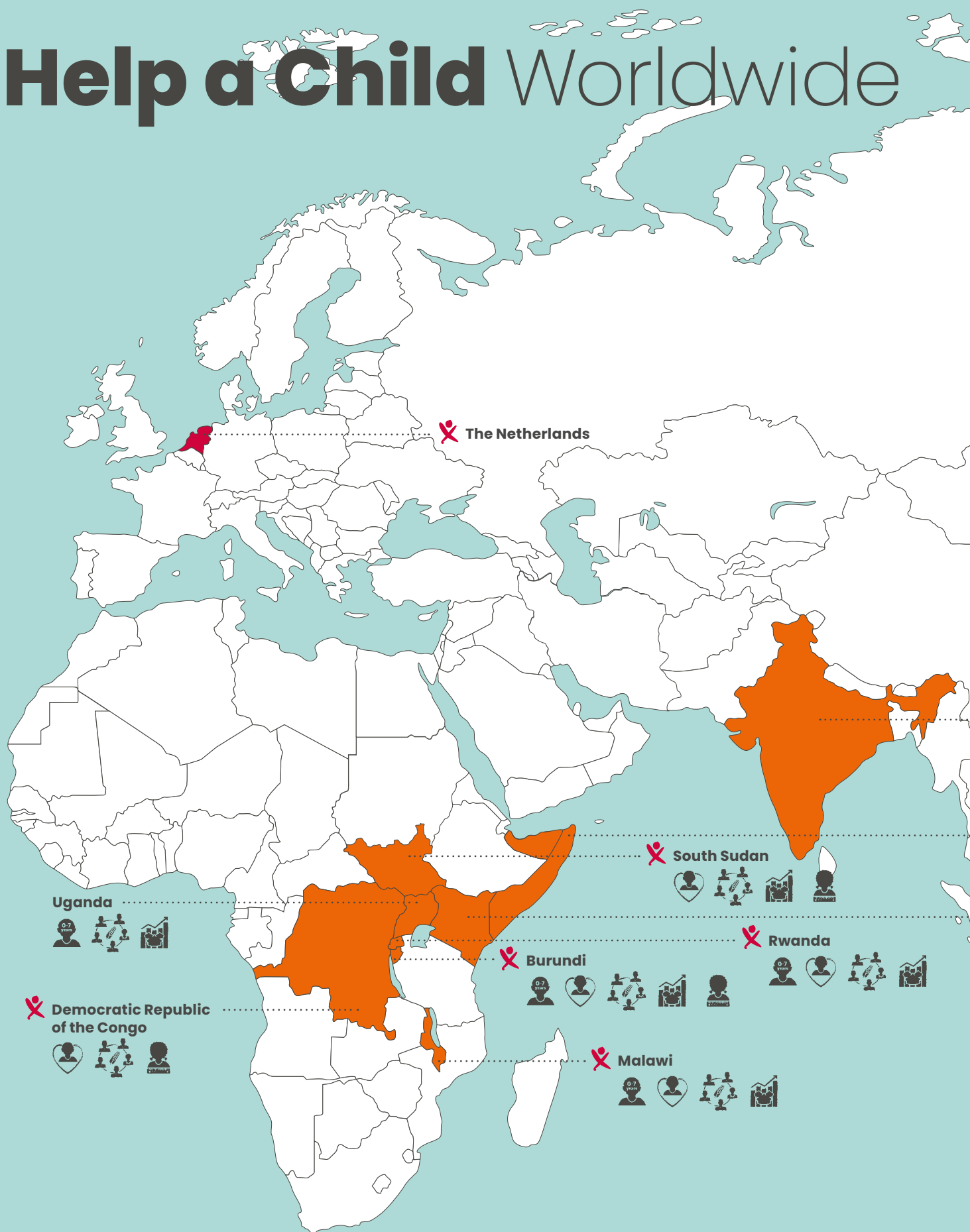


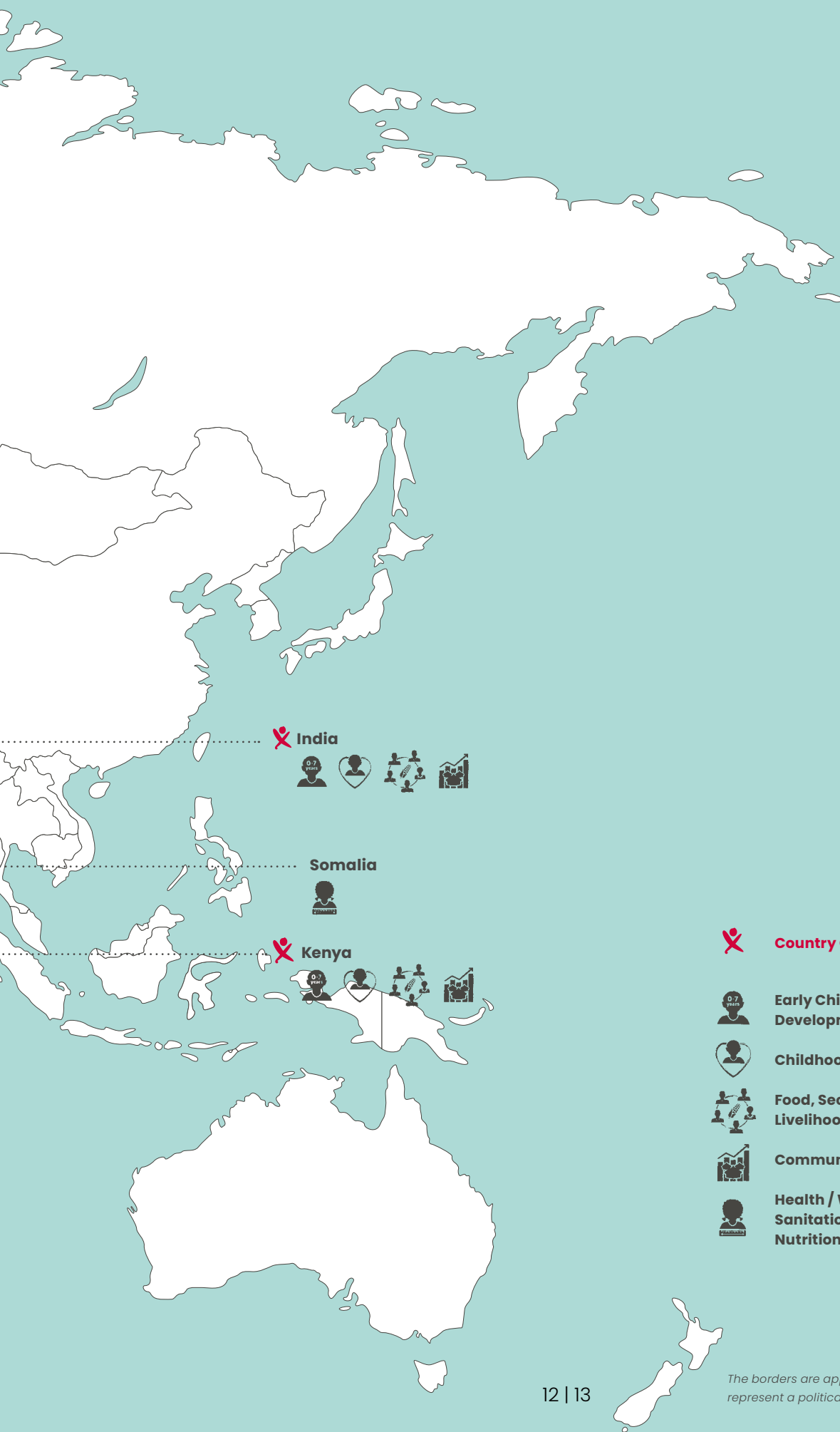
Find our strategic multiannual plan here:
helpachild.org/contact/publications/





Help a Child Worldwide





India



Somalia



Kenya



Country Office



Early Childhood Development



Childhood Protection



Food, Security and Livelihood / Youth and Work



Community Empowerment



Health / WASH (Water, Sanitation and Hygiene) / Nutrition

We contribute to:



EARLY CHILDHOOD DEVELOPMENT

Early Childhood Development (ECD) is an important component of our community development programmes, to ensure that in their youngest years children receive the stimulation and care they need in order to develop to their full potential.

Help a Child focuses on two key aspects of Early Childhood Development: parenting and early learning. The past year has been challenging because of COVID-19. To respond to the increased stress within families and the partial closure of ECD centres, and to reach the least-served children aged 0-3, extra focus has been placed on strengthening parents and on support for early learning at home through home-based ECD. In Malawi, our community-based parenting programme was aired on radio and TV channels to support positive parenting nationwide. Another highlight was the opening of our first ECD model centre as a knowledge and training hub for other centres in the surrounding area. To evaluate and improve the quality of our ECD approach, partnerships have been developed with academic institutions. In Rwanda we launched a study to evaluate the impact of ECD interventions on children's school performance so as to advocate at the national level for better ECD facilities.

3 GOOD HEALTH AND WELL-BEING



Ensure healthy lives and promote well-being for all at all ages.

4 QUALITY EDUCATION



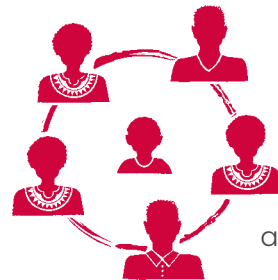
Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.

Key statistics:



36,234
young children (0-7)
supported

380
ECD centers supported



13,679
parents involved
in parenting and
awareness sessions



RWANDA

This is **holistic early childhood development!**



With funding from the Pharus Foundation, we have established our first ECD model centre in Rusizi, Rwanda. This offers integrated services to young children (0-7 years) and their parents, and serves as inspiration for twenty community-based centres in the surrounding area.

Services include health care, nutritional information, education and training in good parenting. To ensure quality, sustainability and ownership, a management committee has been established. This comprises community members who have received capacity-building training on the importance of ECD and on their role and responsibilities in managing and sustaining the centre. Through cooperation with self-help groups, parents are involved in maintaining the centre and are taught about the importance of investing in the early development of their children.

Due to COVID-19 restrictions, however, ECD centres have been partially closed. As a result, the provision of technical and monitoring support to the surrounding centres has been delayed.

45 ECD caregivers trained



240 children served directly at ECD model centre

720 adults supported

42 school management committee members trained



Best performers

Research at primary schools in the neighbourhood of the Early Childhood Model Centre in Rusizi has shown that the **seven best performers in each class** were enrolled from the centre. It also showed that in each class the **ten least good performers** were not enrolled from the Model Centre.



KENYA

Positive parenting pays off

From reflection sessions with communities participating in our CCCD programme in Machakos, Makueni, Kisumu and Homabay counties, it became clear that poor parenting has direct consequences for children. These sometimes include serious violations of their rights, such as neglect and other forms of abuse.

With support from EO Metterdaad, the Kenya Positive Parenting Project has now been implemented. Initially, Help a Child trained 206 parents in positive parenting skills using our Parenting Challenge manual. These parents then went on to exchange their knowledge and skills with more than 3000 others. At the same time, the project has been addressing direct needs in terms of

food security and economic resilience by supporting 31 self-help groups with matching funds to acquire various assets, such as maize milling machines, water pumps and small-scale irrigation kits.

The results are positive: children seem to have more self-esteem and do better at school. Parents report that they are more involved in their children's lives and are less violent towards them. Instead, they talk with them if they have done something wrong. As an extra result, trained parents provided psychosocial support to teenage mothers who had dropped out of school, mainly as a result of the COVID-19 situation. This has resulted in eight young mothers going back to the classroom, leaving their small children with their grandparents.

Parenting Challenge goes international

Based on needs identified in our projects, Help a Child has designed the Parenting Challenge. Launched in 2016, this is a group-based method to improve the knowledge and skills of mothers, fathers and other caregivers. The parents are actively involved in discussions, exercises and group work, and share their own thoughts and ideas.

In 2021 the Parenting Challenge was adopted by Dorcas Aid International for use in nine countries in Africa and Eastern Europe. Two rounds of training have been facilitated: the first to induct trainers into the method and topics, the second to provide on-the-job coaching and answer additional questions.

be used without needing much adaptation. Participants discover that they have a lot of similarities. After all, whether parents live in a small village in Tanzania, the crowded city of Cairo or a camp for Roma in Albania, they all struggle to provide the best for their children. And they all appreciate the chance to share with each other.

Participants discover that they have a lot of similarities.

We are pleased with the results. In a diverse group of countries, the same intervention can

It works, too! At a Roma community in Romania, for instance, it had been very hard for children to go



For the very first time, Help a Child training materials have been translated in Arabic!

to school daily, on time and fed. But now they do arrive promptly every day, having had breakfast. And often bringing a packed lunch as well! In several other countries, it has been noticed that there is less domestic violence since the Parenting Challenge was introduced.

Dorcas has picked up the challenge!



Sarah: "I want all people to know that disability is normal."

UGANDA

"Disability is **normal**"

"Your child has been cursed." That is what parents of a child with a disability often hear from other members of their community. On top of the burden of raising a youngster in these circumstances, this negative community spirit can be very painful.

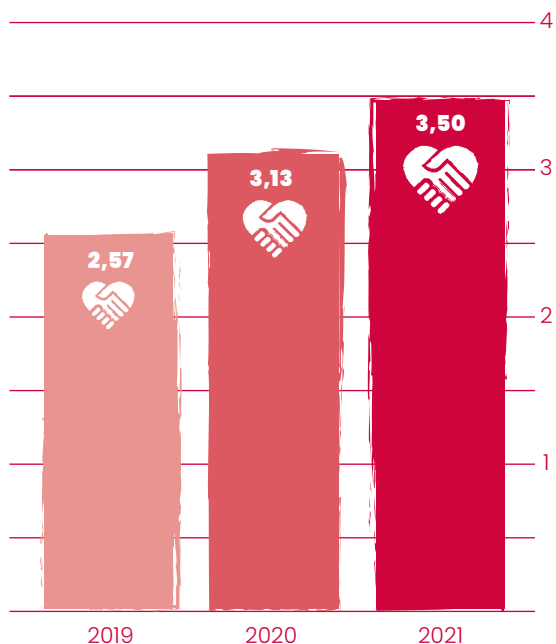
In Uganda, our partner organizations SAO and AEE are creating awareness about the real causes of disabilities and are helping to include children affected by them in daily community life.

Special services for children with disabilities are often not available in remote areas. AEE decided to train nine teachers from different schools in sign language to guide deaf children in their classes. Another nine teachers have been trained in using Braille to support blind children at their schools. And school buildings have been made accessible for children who have difficulty walking. In this way, children with disabilities can attend school together with their peers.

Some children have been helped through an operation. Amongst them Jacob, who is four years old and was born with hydrocephalus (giving him an unusually large head). He could not walk or sit by himself, so his mother Sarah had to carry him everywhere. After an operation at a rehabilitation centre in the neighbouring district, he can now walk and sit unaided. Meanwhile, Sarah is one of 30 caregivers who have been trained in disability management and support for children living with disabilities. She says: "I am now aware that disability is not a curse, nor a misfortune, and I can take care of my son without any fears. I am now a disability champion in my community, and I want all people to know that disability is normal."

Participation of people and children living with a disability

In Abim, where Help a Child works with SAO, for the second year in a row community members gave a higher score (between 1 and 4) for the 'participation of adults and children living with a disability in their community'.





Reaching parents in times of COVID-19

In many countries, lockdowns and school closures in 2021 caused households to become isolated. Especially for young and new parents, who would normally depend on the practical and mental support of people around them, this has been hard to cope with. In cooperation with implementing partners and other stakeholders, Help a aChild Malawi has found creative ways to reach and support young parents.



"Even now, we have calls from media houses to continue with the programme."

**Roreen Mzembe, Programme Manager,
Early Childhood Development, for Help a Child Malawi**

Parenting sessions for first-time mothers and fathers

Many countries saw an upturn in teenage births in 2021, due to child marriages and unplanned pregnancies as indirect effects of lockdowns and the closure of schools. These young mothers and fathers often face extra challenges, such as economic vulnerabilities and a lack of confidence, knowledge and skills. In Zilakoma (Malawi), implementing partner LISAP established five special groups for young fathers and mothers in response to this development. This is on top of another 22 "regular" parenting groups. In all the groups, the modules from Help a Child's Parenting Challenge were used to guide the conversations. Even more than imparting knowledge, the Parenting Challenge sessions are designed to facilitate exchange between parents. In the overwhelming experience of becoming a mother or father,

it is a relief simply to recognize common challenges and to share tips and tricks. By meeting outside, in smaller groups and at times when restrictions were eased, the participants were able to come together quite often.

Radio events

To reach out to even more parents, particularly in times of lockdown and restrictions, Help a Child Malawi – in cooperation with LISAP, WACRAD and the Social Welfare Office of the Ministry of Gender – reworked three modules to make them suitable for radio. Seven stations across the country adopted the programmes and together delivered 63 interactive broadcasts on three themes: child protection, the importance of play and handling critical family issues (positive parenting).

Roreen Mzembe, Programme Manager, Early Childhood Development, for Help a Child

Malawi: "Even now, we have calls from media houses to continue with the programme as it addresses a very critical need for parents to create an environment in every home for every child's optimal development. Some media houses are repeating the pre-recorded programmes from time to time."



We contribute to:



CHILD PROTECTION

Worldwide, approximately three out of four children aged 2–4 are beaten regularly by their caregivers. And one in four lives with a mother who is a victim of intimate partner violence. These numbers from UNICEF are horrific and demand action.

The stress levels of parents and caregivers, and the often related domestic violence, seriously endanger the safety of children.

In another year of implementation, Help a Child has been addressing this need for protection in humanitarian contexts and fragile areas where parents and families are bearing the consequences of conflict (actual or imminent) and trauma. For example, by facilitating child-friendly spaces, through sometimes innovative forms of psychosocial support for children and caregivers and through awareness campaigns targeting key decision-makers.

In CCCD project areas, on top of their 'normal' daily challenges caregivers are confronted by difficulties such as unusual weather conditions due to climate change, COVID-19 and the closure of schools. Many countries report increased child-protection risks due to these circumstances. In India, Help a Child is involved in facilitating and coordinating the Childline service in two states and as a result has gained valuable yet alarming information about how COVID-19 has affected the safety and security of children. In many cases we have been able to intervene and change situations for the better.

1 NO POVERTY



End poverty in all its forms everywhere

3 GOOD HEALTH AND WELL-BEING



Ensure healthy lives and promote well-being for all at all ages.

Key statistics:

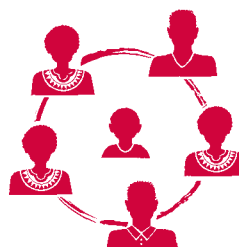


4,261

children groups supported

237

teachers and members of parent-teacher-associations trained about child protection in schools



350

members of Child Protection Committees trained



More empowerment, less child abuse and exploitation



Help a Child uses the Child Status Index as a tool for measuring child well-being in the communities where development projects are being implemented. The scorecard covers eleven dimensions of child well-being, such as nutrition, shelter and emotional health. For each, community members award a score between 1 (very bad) and 4 (ideal situation).

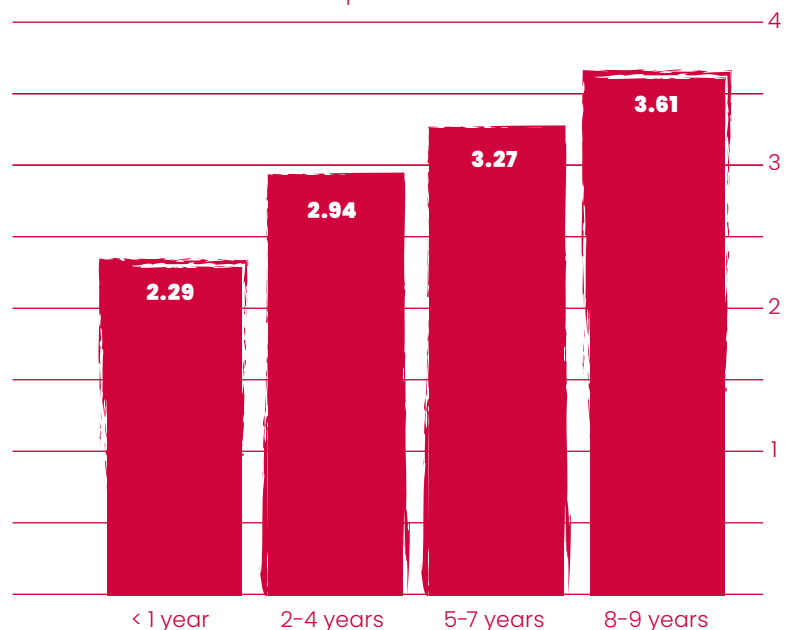
It is encouraging to see that community members report a clear improvement in 'protection from exploitation and abuse' during the course of their projects. Cumulative data from all community empowerment projects funded by Help a Child show that child abuse and exploitation are certainly designated as a concern at baseline (average score of 2.29). Through the various phases of the project, the participants continue to give higher scores for protection against these harmful practices, resulting in a score of 3.61 during phase-out.

Questions asked to score this element include "How many child abuse cases are known in your community?", "Are children and pa-

rents aware of and do they respect child rights?" and "Do children often miss out on schooling due to work responsibilities?"

Child Status Index

Protection from Abuse and Exploitation





SOUTH SUDAN

Sports and play for a healthy mind

Despite growing awareness of the need for mental health and psychosocial support (MHPSS) for children in disaster-response zones, there is still a lack of evidence-based interventions. In collaboration with War Child, Save the Children, Unicef, and SOS Children's Villages, and with support from the DRA Innovation Fund, Help a Child has contributed towards the implementation and upscaling of TeamUp in South Sudan. This is an inclusive psychosocial support-group intervention with structured movement-based group

activities for all children aged 6-18 years. Through joint learning, embedding in the local context and upscaling through a regional

training-of-trainers scheme, we aim to integrate TeamUp into our joint-response programming as a complementary intervention.



SOUTH SUDAN

Building a safe environment in Baggari

How do we create a safe environment together? That is the central question discussed by various community groups participating in What's Up?!, a method developed by Help a Child some years ago. In 2021 we expanded it to Baggari. Forums were organized for children, youth, parents and community leaders. Each stakeholder group defined a list of its main protection concerns and developed a community action plan.

The children came up with effective coping strategies, such as 'Never go where you don't feel safe' and 'First seek advice from elders if you want to visit nearby villages'. The youth participants produced a detailed action plan and voluntarily

organized meetings in four villages to convince other young people to refrain from acts of violence. In the parents' group, child marriage was raised as a concern. This resulted in a plan for sex education for young girls. Other points in the action plan are reporting cases of child abuse and raising awareness in the community about child protection and development.

A concern raised by the community chiefs was that they had not been provided with copies of the Local Government Act Children's Act. This point was picked up by cluster partner UNHCR, which organized a two-day workshop for the dissemination and understanding of these statutes.

SOUTH SUDAN

Stress coping programme for young children

In South Sudan, more than 4.3 million people have been displaced due to protracted conflicts. Sixty-three per cent of them are children. Although people often believe that children are “too young to understand”, young children from displaced families frequently do face challenges such as loneliness and lack of secure attachment.

To address the social and emotional needs of young children and their parents in humanitarian contexts, the participatory group programme Build your own Buddy

(BoB) has been designed and piloted among preschool children aged 5-7 in Jur and Wau River counties.

Through simple stories and creative play, the programme offers six strategies to cope with emotions and stress as a consequence of trauma. The programme was developed by Help a Child and TNO in co-operation with ARQ National Psychotrauma Centre and funded by the Dutch Relief Alliance Innovation Fund. At the close of the pilot in November 2021, many people expressed how BoB fulfilled a need in their communities.



For more testimonies and analyzed data, go to www.helpachild.org/bob.

“At first I looked at BoB as childish, but over time I discovered that the programme suits our situation. All the adventures in the manuals look like they have been selected to match what we are going through and what we really need.”

- Parent



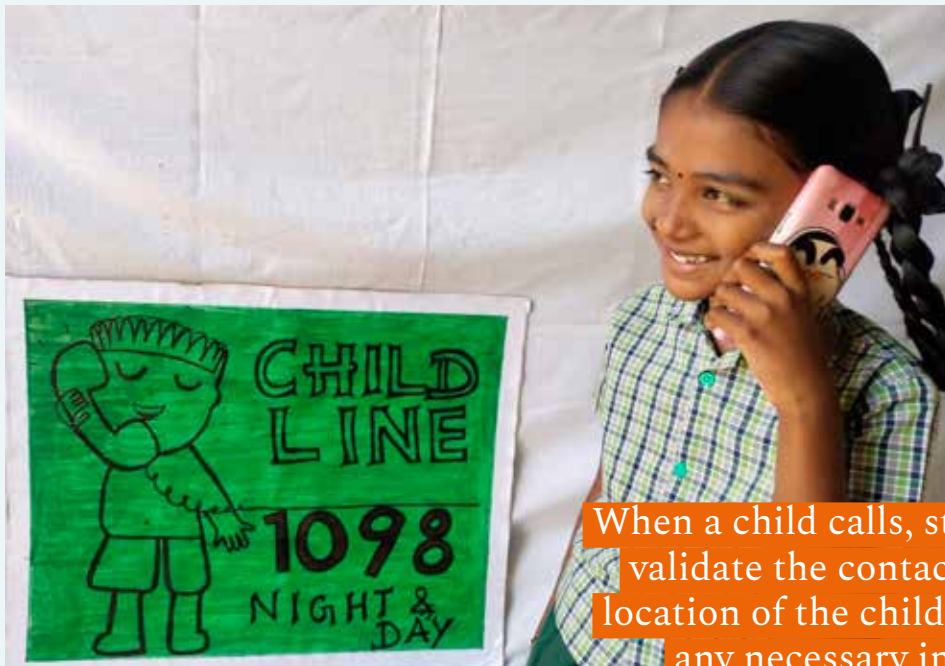
Top: Children reading the BoB storybook together at home.

Bottom: Mother and daughter performing the 'butterfly hug' to stimulate positive thinking as one of the six stress-coping strategies.



Childline 1098: around-the-clock child protection

Child protection is a serious and even growing concern in India. The high number of child abuse and child trafficking cases can be related to extreme poverty, caste differences, alcoholism and negligent parenting. COVID-19 has only worsened these realities, as children dropped out of school en masse and parents were less able to provide for their needs due to unemployment. This is reflected in the number of calls and the gravity of cases processed by Childline 1098, the national free emergency phone service for children.



When a child calls, staff immediately validate the contact, find out the location of the child and coordinate any necessary intervention.

Help a Child of India operates Childline in two districts: Dangs in Gujarat and Tiruvallur in Tamil Nadu. In both projects the teams work around the clock to ensure 24/7 availability. Each team consists of ten staff: eight call takers, one counsellor and one project coordinator. When a child calls, staff immediately validate the contact, find out the location of the child and coordinate any necessary intervention. This is done together with the local police and child-protection committee officials. Childline takes up the legal issues and ensures the child is safe. The teams also conduct awareness-raising programmes at public locations such as bus stands, schools, railway stations and police training colleges to make the Childline service better known.

In Dangs, on average 17 new cases are handled each month. Puspita Nayak, Child Protection Specialist for Help a Child of India, reports, "Last year in Dang we prevented 32 child marriages and helped with six physical abuse cases, two sexual abuse cases and two missing child

cases. We also admitted 15 children to sponsorship programmes. We are happy with each case that can be followed up. At the same time we realize that this is just the tip of the iceberg, as many children from poor families do not have access to a phone at all."

The COVID-19 pandemic has affected children's safety, actual and perceived, at all levels. Puspita: "We notice that COVID-19 has made children more afraid of death. We also hear that parents are hesitant to go to a hospital out of fear of becoming infected. Cases of child marriage and abuse have gone up. We also hear more stories about children who are depressed or even want to take their own life. This is very heartbreaking. At the same time it shows that child protection and our work for Childline have become more important than ever."

The Dangs Childline opened in 2018 and since has processed 1200 cases. Tiruvallur Childline launched in 2019 and has supported 2160 children so far.

Nature of calls received by Childline 1098

- 1 **Child marriage**
- 2 **Child labour**
- 3 **Child sexual abuse**
- 4 **Child physical and emotional abuse**
- 5 **Medical help**
- 6 **Emotional support and guidance**
- 7 **Missing child**



We contribute to:



FOOD, SECURITY AND LIVELIHOOD / YOUTH & WORK

While conflict and weather extremes can be identified as the major causes of food crises in 2021, the economic backlash of COVID-19 has worsened acute food insecurity in fragile areas.¹ In South Sudan, no less than 55 per cent of the population was exposed to food crisis, food emergency or even category 5: famine. Children are especially vulnerable to malnutrition. According to the World Food Programme, worldwide about 75 million children were stunted in 2020 and another 16 million children were malnourished or severely malnourished.

As part of its Food Security and Livelihoods theme, Help a Child combines various short-term, mid-term and long-term interventions, depending on the situation. After the large-scale flooding in South Sudan, for example, life-saving food aid was provided in the form of maize flour, oil, beans, seeds, tools, cash and more. In the DRC and other countries we have provided agricultural training and set up self-help groups to move families away from relying on food aid. In many of our community development programmes we have added advanced agricultural vocational education and training (AVET) and other components, such as the formation of farmer groups, life skills and community-based disaster risk reduction to reach for the ultimate aim: improve the food security of vulnerable households in the long term. Over the entire line, but especially in our community development projects, Help a Child's focus has been to involve young people in agricultural activities, thus boosting food security in their communities while at the same time creating income and livelihood opportunities for the next generation.

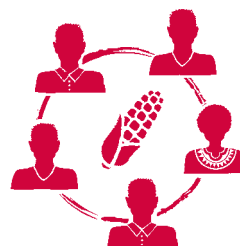
[1] World Food Programme, *Global Report on Food Crises – 2021*.



End hunger, achieve food security and improved nutrition and promote sustainable agriculture

Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all

Key statistics:



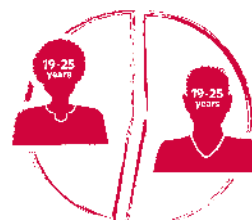
805

Youth and
farmer groups
supported

14,926

youth (19-25)
supported

53% male / 47% female



5,450

households received
agricultural inputs

2,950

households received
agricultural training



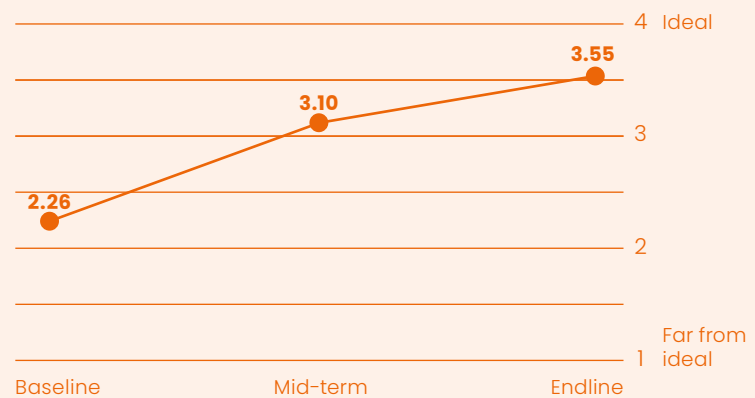
SEVERAL COUNTRIES

Improved food security at household level

In general, 2021 was a good year for farmers in our projects. Abundance combined with higher prices boosted the incomes of farming households, especially those investing in wheat and oilseeds. These favourable circumstances were encouraging for youth and adults who participated in training and farmer groups within our programmes.

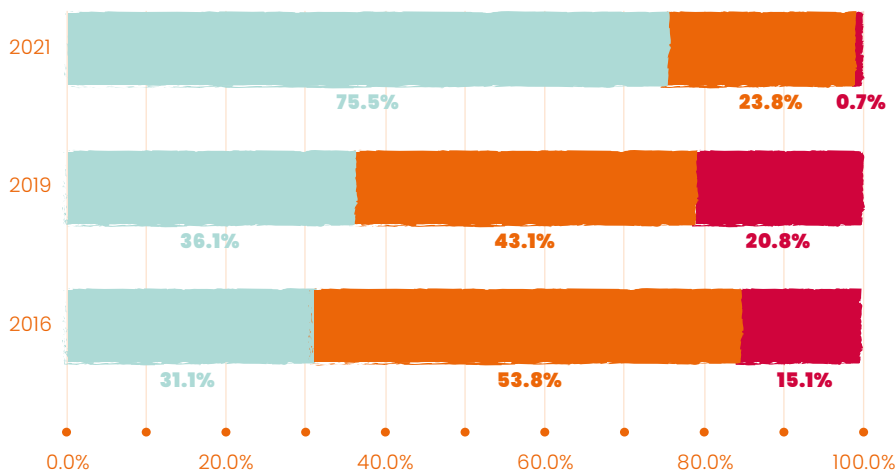
Apart from these favorable circumstances, various other indicators also show that the food security of farming households in the programmes operated by Help a Child improves over time. The scores for 'food security' given by participants in our CCCD programme show a steady improvement over the course of the project, usually with a duration of 8–9 years. Another tool used to measure food security is the Household Hunger Scale. We are grateful to see that households in Burundi have reported significant improvements since the start of the community development programme five years ago.

Average score for 'food security' at the start, halfway through and at the end of a CCCD project
(Child Status Index, data collected from five countries).



BURUNDI Improved resilience

Food security Burundi



- households with no or light hunger
- households with moderate hunger
- households with severe hunger



SOUTH SUDAN

Bridging the hunger gap, boosting resilience

In South Sudan, Help a Child has reached 26,100 people in need with food-security activities. The main interventions have taken place in the Pibor area, which has been affected by floods, conflict and droughts and is categorized by UNOCHA as the location with the highest needs in the country. Over 26,000 people have been assisted there.

To bridge the hunger gap from the spring, the communities were supported with one round of maize flour, beans and oil distribution. The focus of all food-related activities, however, has been agricultural training to increase the resilience of vulnerable households. In and around Wau, more than 3,000 people have been assisted in the same ways.

Unfortunately, Help a Child's partner in Pibor, Across, has been affected directly by the conflict in the area and lost a warehouse to looters and arson. Food and



Challenging conditions in Pibor: the lost warehouse as a result of arson.

agricultural supplies for 6,000 people in need were destroyed. We are grateful that no one was injured in this incident and even more determined to continue agricultural training and complementary food support in South Sudan.

RWANDA

Access to capital for poor farmers

In Rwamagana, Help a Child has piloted an initiative to give farmers access to capital. A revolving fund has been made available by a Dutch entrepreneur. Through implementing partner EPR, participating self-help groups have been trained in initiating income-generating activities, saving and loans. Despite relatively high bank charges and a short payback period, many groups have shown interest and even managed to start paying back their loans, which is promising.

According to the participating families, the project has already been beneficial. Cerena, a 55-year-old widow with three children, states, "The project staff

helped our self-help group to request a loan from SANGWA SACCO. We listed several ideas for income generation and decided to do pig farming. I received one pair, a boar and a sow. Four healthy piglets have been born. I don't have the means to feed all six, so I'm planning to sell three after two months. This will allow me to pay back the loan.

"I've benefited a lot from this project. In the past I struggled to get organic fertilizer, but now I use composted manure on my fields. I couldn't pay the school fees for my children, but soon I hope to have enough money. My children are happy and engaged in taking care of the animals. Together with my group and family members, we can achieve a lot!"



21 self-help groups of +/- **20 members** each have participated in training and received microfinance

DRC

Proud to sprout

Continued instability in the DRC in the past decade has caused large numbers of citizens to flee or migrate to other places in the country. Many vulnerable households, internally displaced families as well as returnees, have been deprived of their livelihoods. The local economies of host communities also come under pressure and acute shortages of food and supplies occur.

As part of the joint response in the DRC, funded by the Dutch Relief Alliance, Help a Child has been supporting vulnerable

households in Masisi and Fizi with agricultural tools, seeds and training in new farming techniques. Training topics have varied from the choice of land to the phyto-sanitary treatment of crops, and from harvesting techniques to the storage and preservation of agricultural produce.

In Masisi, the participants of the training have organized themselves into twelve self-help groups. Under the operating rules established by these groups, weekly contributions are collected. A total of CDF 1,140,300 (US\$570) has been mobilized so



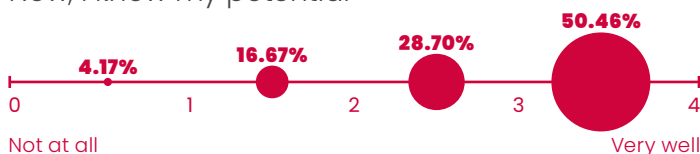
far by project participants. In Fizi, irrigation and drainage systems adapted to the climate change in the area have been set up in community gardens. The participants are happy and proud to harvest crops of good quality, intended partly for consumption and partly for sale.

Grow your talent, harvest a future

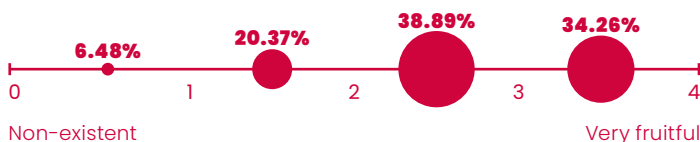
Help a Child has years of experience working with rural youth in changing contexts. The aim is to make them self-reliant and ready for work. Clearly, there is much more to this than finding the right niches and providing training. Even more important is the need to focus on the young people themselves and how they perceive their opportunities. Depending on a multitude of cultural, political, social, religious, family-related and personality factors, this window changes from person to person.

Help a Child increasingly includes these insights in its youth approaches and monitoring. These scores were given in 2021 by young people participating in our Youth & Work programmes in Rwanda.

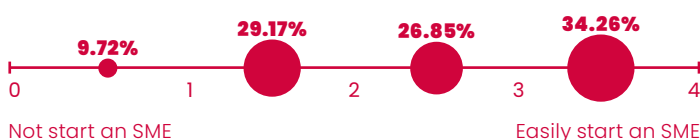
Now, I know my potential



My partnerships with key-stakeholders are



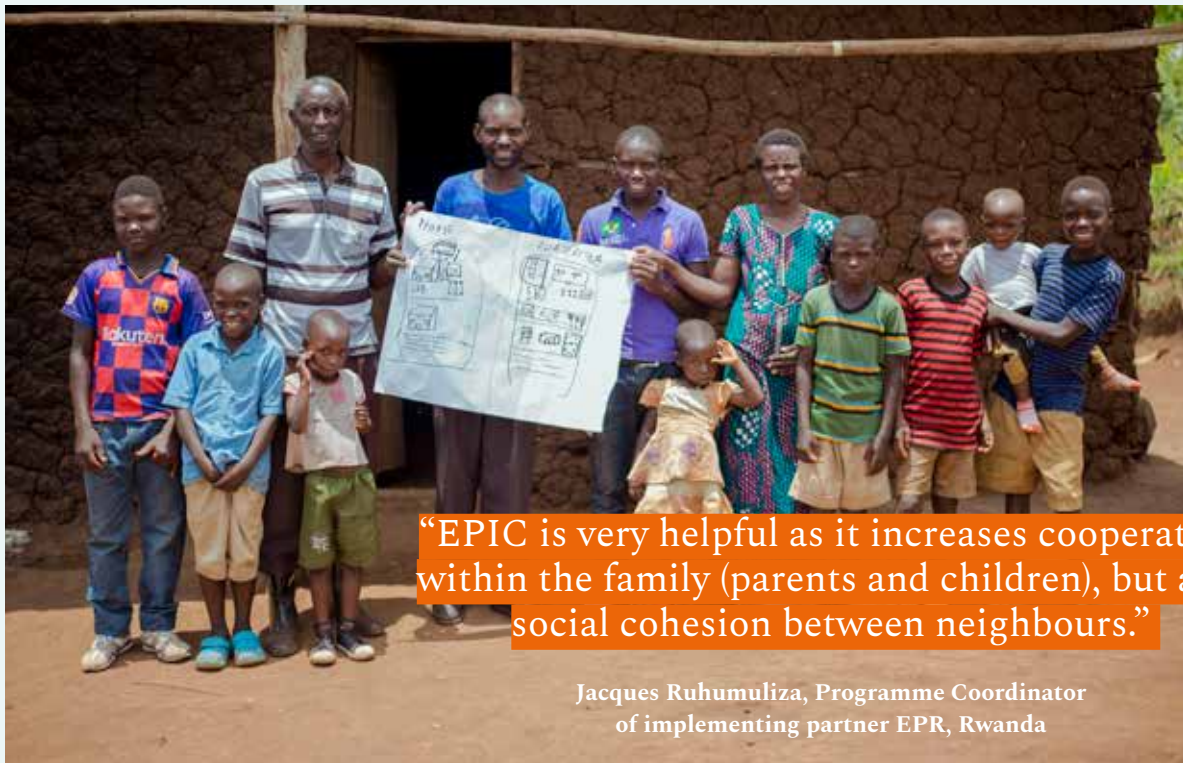
Business start-up





EPIC: grasping the synergy between economic development and child well-being

Economic resilience is an important precondition for child well-being. However, this does not mean that children automatically benefit from economic development. For this reason Help a Child has designed the Economic Programme with Impact on Children (EPIC): a programme for fragile rural communities that pays special attention to children's needs.



A pilot has been set up in Burundi, Rwanda and Uganda, running from 2020 to 2022. One of the burning research questions in this initial phase is, “Do our economic interventions indeed contribute towards better, sustainable well-being for children?” Final conclusions will be drawn in 2022, but our mid-term evaluation has already provided some interesting insights.

Findings of the mid-term evaluation (2021)

- Collaboration and joint decision-making between husbands, wives and their children have been improved.
- Yields and farm incomes are increasing. Parents testify that they now can feed their family



more meals a day, all year round, and can send their children to school.

- Farming families are becoming better stewards of their land and of the natural resources in the community.

Challenges we want to tackle

- Although income is improving, it does not yet cater fully for all family needs.
- Access to markets and to capital for investments is a barrier that we need to explore further.

How EPIC works

EPIC combines best practices and lessons learned in the areas of social resilience, economic development and child development.

One of its key elements is integrated farm planning, making use of the innovative PIP (“Plan Intégré du Paysan”) model developed by Wageningen University. At the household level, family members are invited to develop a shared vision in order to establish a sustainable agricultural livelihood. This results in sufficient, nutritious and responsibly produced food for all family members, including children. Moreover, after a while these households are ready to participate in sustainable value chains, thus enabling economic development that benefits children and youth and reduces inequalities.



We contribute to:



COMMUNITY EMPOWERMENT

“Peaceful and inclusive societies for sustainable development, access to justice for all and effective, accountable and inclusive institutions at all levels.” SDG16 is at the heart of Help a Child’s vision.

In our community development projects, we rely on key principles such as participation and inclusion. Everybody needs to be able to join and be part of the change needed. Across ethnic, generational or other divides, we focus on building trust, reconciliation and a sense of togetherness. Another key principle is sustainability, the ability of communities to face the future after a project ends. In addition to socio-economic empowerment, we focus on what participants need in order to respond to crises and shocks around them. Whether this is empowerment against gender-based violence, for climate-resilient farming skills or on ways to make a livelihood despite being a refugee.

In the innovative Empowered2Protect programme in the DRC and Burundi, we have combined direct prevention against sexual and gender-based violence with mitigation through community dialogue. In South Sudan we have used the national sport, Boroboru, to empower the skills of young people and support peacebuilding between neighbouring communities. Under the Pride! programme, cofunded by the EU, we have supported the inclusion of women with and without disabilities. In Burundi we have nearly completed the Building Bridges in Burundi programme to address root causes of armed conflict, instability and migration. We are grateful that we have been able to harvest so many results and lessons.



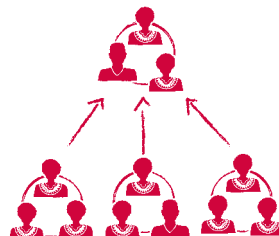
Achieve gender equality and empower all women and girls

Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels

Key statistics:

2,511

Self-help groups and farmer groups supported



248

Cluster Level Associations supported

Topics of community dialogues

facilitated by Help a Child in 2021 included:

child rights child marriage

peacebuilding conflict

personal safety resolution

inclusion of people with a disability sexual and gender based violence

girls rights **healthy environment**

child protection

positive parenting



SOUTH SUDAN

Sport for **peace** **and empowerment**

It is widely known that sports are good for your health and well-being. But they can bring much more. In the past couple of years, Help a Child has reintroduced Boruboru as a tool for empowerment, development and peacebuilding.

Boruboru is a revived traditional South Sudanese sport similar to dodgeball. The new way of playing Boruboru is aimed at using the sport to promote peace among young South Sudanese. Fair play is advocated and more focus is placed on capacity building. Boruboru is now being used by Help a Child as a powerful tool to mobilize children and communities, build peace, empower girls, increase women's participation and

build confidence. So far, only Help a Child has integrated and implemented Boruboru as a development tool in South Sudan.

In 2021 Help a Child linked Boruboru tournaments with protection and social cohesion campaigns at four locations: Wau, Bagari, Tonj South and Tonj North.

23,000 **community members**
reached
with peace and protection messages

1,600 **state and government**
officials reached
with peace and protection messages

720 **girls**
(aged 10-18)
have gained life skills
(non-violence, leadership,
teamwork etc.)





SOUTH SUDAN

Lifting barriers to inclusion

Together with Dorcas Aid International and Light of the World International, Help a Child shares a vision for inclusive and prosperous communities in Wau and West Gogrial counties.

The Pride! Consortium is addressing the main barriers to the participation of women (including those with disabilities) in community activities, local political decision-making and

broader society. At the same time, the programme stimulates their participation through vocational and skills training and by creating access to microfinance. Pride! is co-funded by the European Union. The role of Help a Child is to develop and facilitate community sessions with various stakeholder groups, using our proven and innovative What's Up?! approach. Through these sessions, the community can

identify barriers to and opportunities for the inclusion of women with and without disabilities.



1,370 adults involved in the programme



DRC AND BURUNDI

Breaking the silence around SGBV

In the DRC and Burundi, Help a Child is working on the upscaling journey for Empowered2Protect (E2P), an innovative approach to prevent sexual and gender-based violence (SGBV). E2P combines two elements: the Invi Bracelet as a non-violent self-defence tool and an inclusive community programme. When activated, the Invi Bracelet releases a foul odour to repel attackers in the event of an assault. The community-awareness sessions provide prevention strategies and build knowledge to empower women and men to take an active role in preventing SGBV.

Supported by the Dutch Relief Alliance Innovation Fund (DIF), E2P was piloted in the DRC in 2020. With follow-up funding from DIF, the main objective in 2021 and the first quarter of 2022 is to overcome barriers of scale. This includes improving the E2P Manual for the community sessions and a new design to reduce the price of a single Invi Bracelet.



In Burundi, E2P was launched during the '16 Days of Activism against SGBV' campaign in Bujumbura. Help a Child has cooperated with a number of top Burundian female singers to release a song called *HAGARIKA AMABI*: 'Stop violence against women'. The track made Burundi's hit list, reaching many thousands of people. In Fizi (DRC) and at Musasa refugee camp (Burundi), a total of 270 people (30 per cent of them men) have participated in E2P sessions and received an Invi Bracelet. This project has been implemented in cooperation with two national NGOs: Social Action for Development (SAD) in Burundi and CODEVAH in the DRC.

KENYA

Moving on to **support new communities**

Two CCCD projects in Kenya came to an end in 2021. After years of cooperation between the communities and Help a Child, the people of Matuu and Tamu organized a phase-out ceremony to celebrate the improvements made in recent years and their confidence to carry on the development by themselves.

At the same time, two new projects have been started: one in Kitui and one in Bomet. During the newly designed Community Challenge phase, time has been taken to discuss the needs and strengths of the communities involved in order to design the project well. Self-help groups have been established, as well as parent and farmer groups.

These community structures are expected to lay a strong foundation for sustainable child-focused development interventions in the coming years. With the start of the new projects, we have also welcomed two new implementing partners: for Kitui the National Council of Churches of Kenya (NCCCK) and for Bomet Anglican Development Services (ADS).



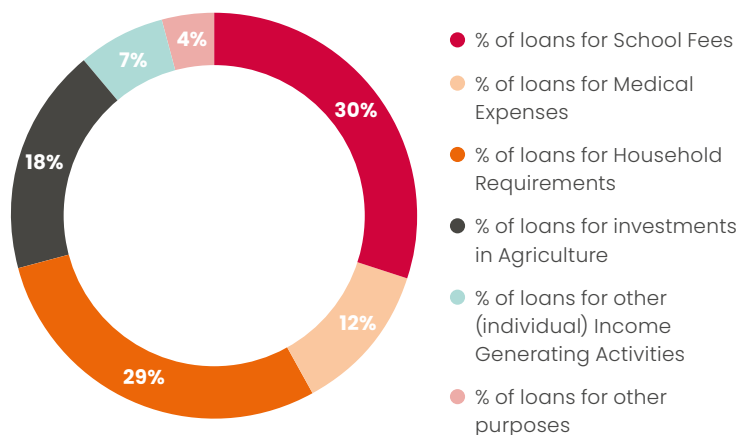
“We will ensure that none of the programmes started by Help a Child will stop. We shall continue well”

– Matuu community member

Women in Matuu showcasing the skills they have acquired and selling their products during the phase-out ceremony.

Purpose of loans in Kenya

In all its development projects, Kenya kept track of the purpose of loans from self-help groups received by households in 2021. Data shows that children benefit directly from the loans through school fees and medical expenses. Another observation is that at least 25 per cent of the loans are used for investments in agriculture and other income-generating activities, which means that households have space to plan ahead.





Bridging barriers for youth in post-conflict Burundi

5 lessons learned



Broken trust, lack of economic opportunities, polarization, unhealed trauma and a justice system deeply affected by reprisals, corruption and civil war. This is the challenging decor facing young Burundians looking for a livelihood, a future. The Building Bridges in Burundi (BBB) programme, led by Help a Child, has offered them a multidimensional approach to overcome those barriers.

Photo: Roleplay and narrative theatre allowed people who used to live in conflict to explore their problems and abilities together.

Funded through the Addressing Root Causes (ARC) programme of the Netherlands Ministry of Foreign Affairs, Building Bridges in Burundi put young people from 15-25 years at the center of peaceful change. Besides impactful results, the programme has delivered many valuable lessons. Here we share five of them.

1. Mixed youth groups are bridge-builders par excellence

BBB established self-help groups as a structure for training, savings and loans know-how and joint income generation. Where possible, the groups were composed of youth from various backgrounds. This approach turned out to be a key strategy in allowing these youngsters to

meet household needs, strengthening social resilience and reducing negative interactions.

2. Informal justice systems have the potential to foster the rule of law

The BBB programme supported various traditional bottom-up mechanisms to play a role in conflict

“Before BBB, I hated anyone of this other ethnicity following my family’s painful experiences in the past. But once I started to participate in the programme, everything changed in me. I have now given myself the task of changing my friends who see things as I saw them in the past.”

BBB youth group participant

resolution. Independent research conducted in 2021 showed these informal justice systems make a significant contribution towards restoring the rule of law. Where the judicial system is broken, informal justice “reduces the distance between communities and judicial services in many aspects” and “allows for the acceptance of a certain order and feeling of a common belonging”.

3. A peaceful future can only be built upon a healed past

BBB linked community members to trauma healing and reconciliation services (THARS), helping youngsters and communities to deal with the legacies of a violent past. From participants, we received reactions like: *“This programme proves that together we can build something solid. United, we are the living force for the development of the country.”* This shows that psychosocial care and peacebuilding are interconnected in enabling sustainable community development.

4. Putting learning above log-frame opens ways for meaningful adaptation

Adaptive programming, which responds to a changing context and lessons learned, has allowed the programme to be highly relevant and to capitalize on new insights. In the original design of BBB, for example, trauma healing was a marginal element. As the programme progressed, however, it came to be emphasized much more strongly. The external evaluation report was positive about this learn-

ing-while-doing attitude, resulting in greater impact by “engaging more directly with reconciliation efforts at the community level”.

5. Patience in participatory approaches pays off

Improving the social contract between local authorities and civil society has been another focal area. Amongst other structures, BBB established and trained community-based mediators, transitional justice focal points and local committees for good governance. In all, 11 different stakeholders were involved in intergenerational dialogues. This long-haul commitment

to bottom-up mobilization was definitely rewarded by the willingness and confidence of the participants.

Despite fragile circumstances, the BBB programme was able to identify some solid foundations suitable for building bridges. These can serve as starting points for youth and community empowerment, both in Burundi and abroad. They support our vision for youth to be resilient, confident and ready for work. And they underline Help a Child’s drive for communities to gain social cohesion, to participate in economic development and to be able to cope with crises.

BBB established:

894 Self-Help-Groups

99 Cluster Level Associations

92% of project participants have confidence to address injustices within their communities.

154 Psycho-Social Assistants trained

15

Local Committees for Good Governance trained that raised awareness among **58,307 people**

11 different stakeholder groups involved in inter-generational reconciliation dialogues



In cooperation with: ALM, Biraturaba, CEJP, Centre Ubuntu, Fecabu, Geste Humanitaire, Help Channel, Kaz'o'zah, and THARS.



We contribute to:



HEALTH, WASH AND NUTRITION

Basic needs like sufficient and nutritious food, clean water and health and sanitary services are crucial for the sustainable development and resilience of vulnerable children and their families.

Young children in the 0-5 age range are especially vulnerable and prone to waterborne diseases when lacking healthy food and clean water. And even more so in fragile areas involved in protracted crises. Providing access to these basic needs is therefore part of the Help a Child theory of change.

In 2021 we implemented health, WASH and nutrition programmes in the DRC, South Sudan, Somalia and India. In Somalia, almost 100,000 children were screened and, if necessary, treated for malnutrition. In the DRC, through various interventions more than 10,000 people gained access to sufficient and safe water for domestic use. Within our CCCD programmes, attention to basic needs has been provided through the establishment of model kindergartens, parenting courses and awareness campaigns about the importance of healthy food and hygienic practices. In another year of the global COVID-19 pandemic, this has been more relevant than ever.



End hunger, achieve food security and improved nutrition and promote sustainable agriculture



Ensure healthy lives and promote well-being for all at all ages



Ensure availability and sustainable management of water and sanitation for all

Key statistics:



33,243

people supported through clean water supply

Soap distributed to

85,957

people



81,669

people have been reached with hygiene promotion messages

16,281

young children received treatment for malnutrition



KENYA**Healthy** community efforts

In the Tamu CCCD project area, community health volunteers, local administrations and cluster-level associations have collaborated with the Ministry of Health in monitoring community-led total sanitation (CLTS) activities at eight newly built homesteads. This has enabled the community to maintain the open defecation-free (ODF) status

it earned in 2019, which is important in maintaining the overall health of the community, especially by preventing diarrhoea and other waterborne diseases.

In Matuu, Machakos County, Help a Child has strengthened the capacity of 44 community health volunteers in community health

promotion, dialogue, COVID-19 awareness, nutrition, first aid, drug dispensation and maternal health-care. This work is geared towards maintaining the general well-being of children and the entire community.

**Community-led total sanitation**

Community-led total sanitation (CLTS) is an innovative methodology for the mobilization of communities to completely eliminate open defecation (OD). They are facilitated to conduct their own appraisal and analysis of OD and to take their own action to become ODF: open defecation-free.

www.communityledtotalsanitation.org

Community health volunteers in Matuu, Kenya, are coming together for a meeting to discuss safe water use.





INDIA

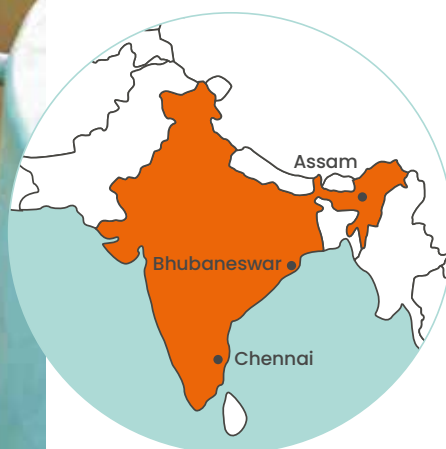
Extra support in response to COVID-19

Several states in India have suffered greatly from the second wave of the COVID-19 pandemic, which started in early March last year. At the end of April, India was the first country in the world to report 400,000 new cases in one day. This second wave was far more devastating than the

first and led to a severe shortage of hospital beds, oxygen and medical supplies. Other effects of the pandemic, such as the closes of schools, unemployment, limited mobility and a lack of food, all further strained the numerous vulnerable households in the country.

Help a Child has received funding from private sources and from EO Metterdaad and Dorcas to respond to some of the needs. In Bhubaneswar, two hospitals have been supported with new respiratory equipment. A 24-hour helpline was established to provide people in need with professional advice and support. A total of 15,000 isolation kits with soap and masks were distributed and 2,000 households received dry rations.

In Chennai, support from Help a Child focused on the educational needs of children during lockdowns. Here, 4,500 school kits and 2,200 food packages were distributed. In Manipur and Assam, Help a Child organized awareness-raising activities, psychosocial mediation, food distribution and the provision of medication.



DRC

Clean schools, **healthy education**



Masisi is affected regularly by violence from armed groups and conflicts between communities. These clashes have led to the displacement of children and their families, and the destruction of community infrastructures such as schools and water points. Help a Child's focus in Masisi is WASH and food security, while Dutch Relief Alliance partner War Child oversees complementary education and protection activities.

The goal in Masisi for 2021 was to improve the WASH infrastructure for nine schools. This has been accomplished. Help a Child has built latrines and set up handwashing facilities that are safe and accessible for children, including those with disabilities. Furthermore, Help a Child has built protected water sources, connected schools to existing water systems and installed rainwater harvesting facilities. We have also supplied sufficient soap, organized a radio awareness campaign and established and trained WASH school brigades to create awareness of hygienic behaviour and COVID-19 prevention. All activities have been implemented in line with the international Sphere standards.

The results: close to 5000 boys and girls can now access a safe and healthy school environment. And significant behavioural change has been observed in hygiene practices.



5,000
boys and girls

can access
safe and healthy
education

9 schools
with improved
WASH facilities



Serving where most needed

Over the past three decades, Somalia has been experiencing a multi-layered and protracted crisis. This has resulted in a dire humanitarian situation, which has been aggravated in recent times by emerging climate-driven shocks (floods and droughts), political tensions, the COVID-19 pandemic and the devastating effects of desert locust infestation. The combined effects are disastrous: 5.9 million people – almost half the population – are in urgent need of humanitarian support. Young children and young mothers are among the most vulnerable groups. Help a Child is grateful for the opportunity to serve the people of Somalia and committed to making a difference for children and families at risk.

Through its international partner Medair and four local partners, Help a Child has implemented an integrated health, nutrition and WASH programme in South Central Somalia. This is part of the Somalia joint response by the Dutch Relief Alliance, funded by the Dutch Ministry of Foreign Affairs and implemented together with Oxfam, SOS Children's Villages, World Vision and their local partners.

Why we work in Somalia, six indicators:

963,000 children
(0-4) in need of nutrition support

1.6 million IDPs in need
of physical and mental care

74 out of 1,000 births
infant mortality rate

162,000
children severely malnourished

8.9 million people
have no access to clean water
and sanitary facilities

46% measles immunization
coverage

Health

For more than 125,000 vulnerable people, we have provided primary health care, reproductive health services and referrals. This includes life-saving services for hard-to-reach communities. Almost 5,000 safe deliveries have been facilitated by trained and skilled health

workers. Some 975 children have received treatment for malaria, diarrhoea and acute respiratory infections. Through the health facilities we support, we have distributed messages to inform people about COVID-19 and to reduce fear and anxiety around this topic. The messages also addressed psycho-

social well-being, MPHSS and stigma reduction.



Read how Care Groups work.

www.helpachild.org/somalia/caregroups



WASH

To reduce waterborne diseases and increase access to clean water, Help a Child, Medair and its local partners have provided access to clean drinking water for 18,600 people. And distributed soap to more than 60,000. Through care groups* and health volunteers, we have created awareness of hygienic practices and behaviour in no fewer than 92,000 people.

The nutrition programmes have had a tremendous impact and saved the lives of many vulnerable under-fives.



Nutrition

We have implemented nutrition programmes at twelve health facilities. Nearly 100,000 children have been screened for malnutrition and more than 16,000 have received treatment for moderate or severe acute malnutrition. The nutrition programmes have had a tremendous impact and saved the lives of many vulnerable under-fives.

Future plans

The Somalia joint response is to continue for at least another two years, and Help a Child has secured funding to prolong the integrated health, WASH and nutrition programme with Medair and local partners. One of the lessons learned from the 2021 programme is that more attention should be paid to child protection and the psychosocial well-being of children, teenagers and women. Help a Child will focus on these areas in 2022–2023, and coach partner staff to add protection activities such as the establishment of child-friendly spaces, support for victims of gender-based violence and facilitation of psychosocial support.

MEDAIR

each life matters



Programmes: other results



Girls taking part in the boruboru tournament (South Sudan) hold banners with self-devised peace and protection messages.

Lobby and advocacy

Local and national government agencies and other decision-makers are vital to support and sustain the impact of our programmes for the well-being of children and communities. This is why we put a lot of effort into lobbying, networking and advocacy to ensure that barriers are addressed and that beneficial systems and structures are of good quality and accessible. Initiatives organized in our programme countries in 2021 include the following:

- Malawi participated in Early Childhood Development Advocacy Week to stress the need to allocate more budget for the care and education of young children. The Ministry of Gender also took part in this week.
- In Rwanda, Help a Child and the University of Rwanda explored possibilities for the implementation of literacy interventions for a new grant opportunity. We also met various stakeholders, like DFID and the Embassy of Japan, to explore potential synergies, collaboration and funding opportunities.
- Help a Child Burundi linked self-help group members to six microfinance institutions. This has resulted in direct support relationships between some of those institutions and some of the groups.
- In Kenya the Ministry of Health subscribed to the Community Engagement Handbook, to be disseminated at the national level and used by community health volunteers. The technical support provided by Help a Child during this process was officially acknowledged.
- Help a Child South Sudan organized various child-led awareness campaigns. One of the most successful events in 2021 was a peace and child protection campaign combined with a boruboru tournament. The final round, with ten primary and secondary schools taking part, was attended by senior state and county government officials including the Minister of Education, the Minister of Cooperatives and the County Commissioner, as well as numerous influential dignitaries from NGOs and churches.

Community development projects

The ultimate goal of Help a Child's community development programme is to contribute towards the sustainable improvement of child well-being within the communities served. For the most part, community development projects are supported through private funding. In 2021 they were implemented in India, Kenya, Burundi, Malawi, Rwanda and Uganda. In most cases, this was done in cooperation with local implementing partners. Both the programming manual and the related Child Ambassador Model (CAM) manual were updated and renewed in 2021. Important lessons learned from our synthesis evaluation, conducted in 2018 at 41 community

development projects, have been included. More emphasis is now placed on a clear phasing of these projects and the shifting role of implementing partners: from coordinator to facilitator to coach.

Another important focus in the new manual is maximizing participation by all community members from the very start of the project, especially in the design phase. This has resulted in a new element in our community development programme, called the Community Challenge, in which participatory project design is combined with starting up initial activities such as self-help and parenting groups.

We have also explored disaster

risk reduction as a new element to be included in our programme. Thanks to the tremendous assistance of two students from Van Hall Larenstein, an assessment tool and training materials for partners have been developed.

In Kenya, our projects in Matuu and Tamu have come to an end. At the same time, two new projects have been started: one in Kitui and one in Bomet. Busia has been identified as a third location, where we will launch a pilot in 2022. Other new projects have been started in Mwalwene (Malawi) and Assam (India).



Sing and dance at the project phase-out celebration in Matuu, Kenya.

CHAP. 2



Organization

To be trustworthy and accountable to the ones we support and the ones supporting us. That is what drives us to keep improving our policies, our staff, our programme quality and our efficiency. This second chapter shows the main developments of our organization in 2021.

Governance

Management

In 2021 the Board of Directors of Help a Child consisted solely of the CEO, Andries Schuttinga. He manages the organization in accordance with a set of regulations covering matters such as avoiding conflicts of interest and the adequate separation of duties.

The Board of Directors is responsible for the organization's policy and its implementation. The policy is formulated and monitored by the Board of Directors, in conjunction with the departmental managers. They jointly make up the management team (MT), which in principle meets once every two weeks. Input from country directors is provided at strategic consultation meetings with the MT, held four times a year. The Board of Directors ensures that the Supervisory Board is furnished promptly with all necessary information for the effective fulfilment of its stewardship role.

Supervisory Board

The Supervisory Board consists of six members. They, too, work in compliance with a set of regulations. These outline their relationship with the Board of Directors, whilst again also containing provisions to avoid conflicts of interest and ensure the separation of duties. Various advisory

committees provide the Supervisory Board with information on specific policy areas, such as fundraising, programmes and finance.

Human resource management

In another year of COVID-19, we have further explored how to collaborate effectively from home and in hybrid meetings. For the Netherlands, we have included the main lessons learned in a policy describing how to work together in the new hybrid reality. Where needed, we have supported employees in creating a good and healthy workplace at home.

In cooperation with an external partner, in 2021 Help a Child carried out a vitality scan of its employees in the Netherlands after receiving signals concerning high pressure of work and raised stress levels. The results were discussed in all teams. We are grateful to work with highly committed staff and thankful for the fruitful sessions which have been held so far. In 2022, both the MT and individual departments will continue reflecting on the outcomes in order to identify steps to

further strengthen the vitality of our organization.

We have also renewed our classic approval and appraisal process, making employees more responsible for their professional development. Employees have collected 360-degree feedback and use this input to reflect on their personal ambitions for the coming year. We will evaluate the outcome of these changes early in 2023.

Starting in 2021, Help a Child has participated in the Inter-Agency Misconduct Disclosure Scheme. This means that all reference checks include a written questionnaire: the Statement of Conduct. Sent to past employers, this covers misconduct such as sexual exploitation, abuse and harassment. Henceforth, references provided by Help a Child will also be subject to the scheme.

Integrity

Help a Child reviewed and updated its integrity policy in 2021. We have now embedded the requirements of Core Humanitarian Standard (CHS), UNICEF, Keeping Children Safe and the Misconduct Disclosure Scheme into this, and developed a flowchart for feedback, complaints and whistleblowing. We have also intensified

our individual and team training. Two sessions for MT and country programme directors were organized, and our country offices in Burundi, the DRC, Rwanda and South Sudan received training on integrity. An e-learning course and exam on integrity have been developed. About 40 per cent of our staff have passed the exam so far.

Security

Help a Child has undertaken various activities to minimize safety and security risks. Six members of staff have followed a safety refresher training course to practise what to do in case of calamities. The Crisis Management Team has been subjected to a safety drill, helping us to evaluate and optimize our crisis management policy and protocols. Due to COVID-19, there has not been much travel. We are grateful that the remaining work visits were completed without any problems.

The Help a Child team in the DRC, stationed at Goma, witnessed the Mount Nyiragongo volcanic eruption at close quarters. The team had some tense days, but was happy and relieved to report no injuries or damage.

At the end of 2021 we sent out a questionnaire to international staff about their feelings of safety. Their input shows that there is still room for improvement. In 2022 we plan to revise the country security plans. We will also pay more attention to the safety training of our staff in the programme countries.

Quality management

Keeping Children Safe

Help a Child has taken further steps to improve the quality of its interventions towards children and their communities, to do no harm and to do our



utmost to prevent sexual or other forms of exploitation and abuse. After years of associate membership, Help a Child became a full member of the Keeping Children Safe Alliance (KCS) in 2021. This is another step in putting in place processes and procedures to minimize child safeguarding risks and to respond adequately to child-protection concerns in our organization.



Core Humanitarian Standard

In 2019 Help a Child began conducting self-assessments for the Core Humanitarian Standard (CHS). In 2021 we worked hard to prepare for full membership of the CHS Alliance. We are therefore proud to announce that, with effect from January 2022, Help a Child will indeed join the alliance as a full member.

Community-Based Complaints and Feedback Mechanism

Part of our quality focus within the Core Humanitarian Standard assessment is to strengthen participation and ownership of project participants. A special focus for Help a Child was to create accessible channels that allow community members to share feedback and complaints. This has resulted in a Community-Based Complaints and Feedback Mechanism (CBCFM) Guide to help implementing partners set up or improve their feedback mechanisms. Help a Child also launched a global database to collect all feedback in one place and so discover any trends. At this moment, the database has been rolled out and is in use in five countries.

In 2021, we registered 201 complaints and feedback cases, varying from requests for information to major programmatic

complaints. For more information, we refer to page 12 of the Financial Statements 2021.

Monitoring & Auditing

We have developed a new, integrated tool that allows us to audit implementing partners on all quality criteria at once, including those for the CHS and Keeping Children Safe. In 2022 Help a Child will set up a well-connected quality management system (QMS) to ensure that all quality processes are clear and owned, and that lessons and action points are used properly by the organization as input for decision-making and learning.

Innovation & Scale-Up

Never hesitate to innovate! A brand-new Strategic Innovation and Scale Up Strategy (SISU) was formulated in 2021. Based on design thinking, Help a Child has created its own SISU process including tools for sprints, prototyping, business model canvas and scaling pathways. This allows us to move from ad-hoc to strategic innovation. Under the SISU strategy, we take need as our starting point: whether that is a need of a community in Malawi or an organizational need in the Netherlands. Two key components are cocreation and business development.

The strategy is already being applied to four innovation projects that are in the process of upscaling: ECD centres, Empower2Protect, Build your Own Buddy and the Parenting Challenge. SISU challenges our organization to discuss questions like: how are needs of children changing over time? What kind of skills do we need to develop? Should we explore new business models? Exciting questions that will help to achieve more impact for more children and to make our programmes future-proof.

Knowledge implementation & learning

High-quality and evidence-based programming, innovation and acceleration depend on a successful and efficient knowledge implementation system. In the past year we have therefore developed a knowledge implementation strategy, streamlining existing and new initiatives for induction and training to ensure that policies and guidelines end up in the hearts and minds of Help a Child and partner staff. As part of this strategy, we have launched the Help a Child E-Learning Academy with courses on various topics, such as our theory of change, integrity and CCCD programme management. We have also renewed our partner portal, where partners can now easily navigate through guidelines, PowerPoint presentations, instructional videos and other resources. In October, 36 international staff followed a course on online training skills. In the coming year we plan to expand the e-learning platform, to coordinate training schedules and to offer more learning and knowledge-sharing events.

Positioning & Collaboration

Over the years, Help a Child has built specific expertise in a number of thematic areas. Although the reality of our programmes is much broader, we have selected spearheads for strategic collaboration to deepen our expertise and maximize our impact. These are early childhood development (ECD), child protection and youth and work.



In June, Help a Child organized a 'Dragon's Den' to explore possible end games and upscaling paths for innovative concepts, soliciting feedback from a tried and tested team of judges.

In ECD, Help a Child has adopted a holistic vision, as visualized in our Nurturing Care Framework, while our specific attention goes to responsive care (parenting) and early childhood education. As part of a competent and expanding network comprising national government agencies (Malawi and Rwanda), academic institutions, charitable foundations and institutional donors such as UNICEF and Comic Relief, Help a Child is making a significant difference in the first and very fundamental years of children's lives.

The second theme, child protection, is closely linked to ECD and in many cases – although not always – operates in combination with ECD interventions. Child-protection issues are often related to domestic instability or violence. Help a Child has developed and piloted a variety of innovative methodologies, such as parenting and community dialogue sessions, psychosocial care and stress coping methods. Impressed by their impact, various partners are willing to broaden our child-protection scope and scale. This makes us confident in continuing to follow this path.

Our third and last spearhead is youth and work. Under the motto 'Grow talents, harvest a future', Help a Child empowers young people to be self-reliant and ready for work. Looking at youth development through the lens of the rural landscape enables us to consider many different factors that influence young people's lives, among them the agency of youngsters themselves (source: IFAD). For this reason, Help a Child employs adaptive programming, focusing on youth's current context and realities through a flexible network involving policymakers, private companies, revolving funds, social partners, Wageningen University and other expert partners.

By bringing our holistic vision of child, youth and community development to the table, we are looking to add to the work of other important actors like the Dutch Ministry of Foreign Affairs, UN organizations, the EU and Dutch charitable foundations, plus many others, in order to make an even greater impact.

CHAP. 3



Funding & Finance

All results presented in this report are, with gratitude, achieved in partnership with organizations, companies and individuals. This final chapter highlights a few of these partnerships as examples of our multifaceted donorbase and constituency. The chapter will close with accounting for the income and expenses in 2021.

Institutional relations

We are very grateful for the continued support of our institutional donors and partners. Despite COVID-19, we have received many contributions from loyal businesses, foundations and government agencies. It is encouraging how generous our institutional partners remain, sometimes even reinforcing their support for our projects due to COVID-19.

Again, we have received great support from the Dutch Ministry of Foreign Affairs – through the Dutch

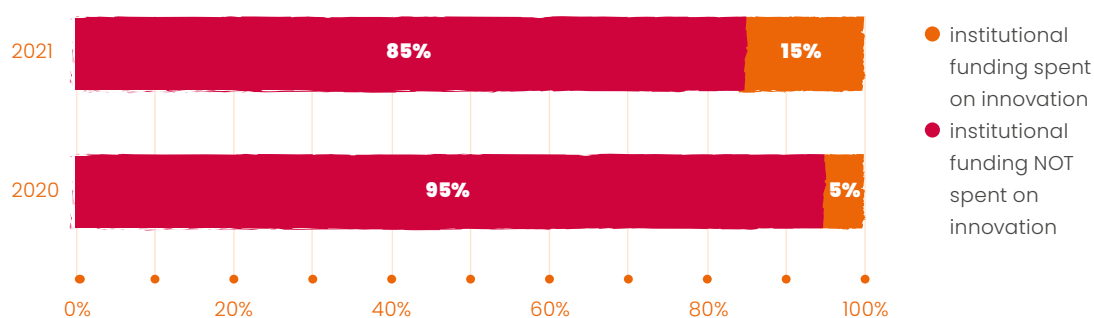
Relief Alliance – for our humanitarian projects in the DRC, Somalia and South Sudan. For these programmes combined, we received 3.3 million euros.

In 2021 Help a Child has looked for new and continuing ways to engage with important institutional actors for development. We have particularly welcomed additional interest from our institutional partners in early childhood development. Business donors have kept investing in our revolving fund, too, supporting great ideas by youth and farmer groups to promote sustainable agribusiness concepts. We have increased our share of

innovation funding in order to scale up some of our own innovative approaches and to support other organizations in their upscaling journey. In 2021 we used 15 per cent of our institutional funding for innovation, compared with 5 per cent in 2020!

Last year we started working with UNHCR to support refugees, becoming a partner in the Burundi Joint Regional Refugee Response Plan 2021. In collaboration with UNHCR and IOM, we have supported refugees and displaced people. Help a Child will continue to collaborate with these important partners in our nexus programmes.

% of institutional funding spent on innovation in 2020 and 2021



Dutch constituency

The number of people supporting our mission grew by 3,449 in 2021, to a total of 22,644. This steep growth can be attributed mainly to the further digital development of Help a Child. One of the steps taken in this respect has been to link our automation software to our customer relationship management system. Together with the donor journeys we have developed, this enables 1:1 communication with our constituency.

Our leads campaigns have been very successful. Through telemarketing activation, we have been able to welcome many new donors. At the end of 2021 we introduced a new positioning concept for bequests, which we plan to implement in 2022. Also in 2021, we started developing a new fundraising model to involve private donors in disaster-response programmes. The launch of this is planned for 2022.

Despite many new steps, the Community Ambassador Model remains the principal and most secure source of funding for Help a Child, involving thousands of private sponsors committed to supporting our Child-Centred Community Development Programme in different countries around the world.

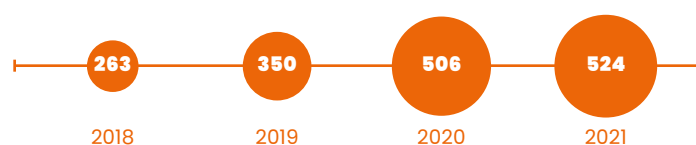
Businesses, churches, schools, charitable foundations and government agencies have also remained loyal to our work. The trust and constancy of our constituency, through financial contributions, prayers and engaged correspondence, has had a great beneficial impact for the children and families in our programmes.

	2021		2020	
	Donors	Average donation	Donors	Average donation
Individuals	22.644	269	19.195	299
Churches	542	962	566	951
Schools	104	769	238	436
Business	218	2.705	194	1.670
Charitable foundations	72	12.696	46	8.404
Bequestors	34	11.389	34	17.956
	23.614	363	20.273	380



The CCCD programme is funded in large part through private sponsorship. The model used has been operational since Help a Child was founded in 1968, its main characteristic being that a private donor sponsors a child or family elsewhere in the world. Help a Child applies the ambassador concept: a child or family is linked to one private sponsor through correspondence and pictures, whilst the contribution made by the sponsor benefits the entire project.

New private sponsors



Lobby and awareness raising in the Netherlands

In order to ensure that children remain on the agenda and continue to be the beneficiaries of aid, Help a Child invests in maintaining relations with Dutch politicians and government officials. We share our practical knowledge and expertise so that government development policy is as effective and child-friendly as it can be. We do this in cooperation with many other organizations and as part of broader networks.

In 2021 we advised the executive committees of several political parties on how they might become children's rights champions in that year's general election. On behalf of KROS, a coalition of fifteen child-focused organizations, Help a Child held a child rights event for Dutch politicians. This was intended to raise awareness about those rights coming under pressure globally and to offer recommendations for policy and agreements based on them. We also participated in a round table at the Ministry of Foreign Affairs on children in



On behalf of the KROS coalition, Help a Child held a child rights event for Dutch politicians to offer recommendations for policy and agreements based on those rights.

development-aid programmes. And we joined a media campaign, led by the Better Care Network, to draw attention to the downsides of voluntourism and to offer alternatives more in line with child-protection schemes.

Charity shops

With the help of more than 200 volunteers, our four charity shops have raised over €175,000 for the work of Help a Child. Although they

had to close for several weeks at the beginning and end of the year due to COVID-19 restrictions, this result was higher than expected. That makes us positive about our future expansion plans. We are happy that the shops are contributing towards the programmes run by Help a Child and proud that they are helping to create a circular economy and a sustainable future.



Thanks to more than 200 volunteers, charity shops have been successful in raising funds for the work of Help a Child in 2021.

Finance

Consolidated balance sheet 2021

(amounts in €1,000)	December 31, 2021	December 31, 2020	December 31, 2019	December 31, 2018	December 31, 2017
ASSETS					
Intangible fixed assets	75	70	76	92	114
Tangible fixed assets	651	644	708	614	480
Financial fixed assets	228	507	533	382	150
Receivables and accrued items	1,680	1,722	2,102	696	1,785
Cash and cash equivalents	3,715	3,969	4,451	5,506	3,447
Total assets	6,349	6,912	7,870	7,290	5,976
LIABILITIES					
Continuity reserve	1,991	2,416	2,572	2,587	2,041
Special purpose reserves	611	358	370	401	245
Special purpose funds	1,625	1,257	873	407	512
Total reserves and funds	4,227	4,031	3,815	3,395	2,798
Long-term liabilities	8	285	226	201	287
Short-term liabilities	2,114	2,596	3,829	3,694	2,891
Total liabilities	6,349	6,912	7,870	7,290	5,976

Consolidated balance sheet

At the end of 2021, our financial fixed assets had decreased significantly compared to the end of 2020. The Addressing Root Causes (ARC) programme came to an end in 2021 after five years of implementation. The grant from the Ministry of Foreign Affairs for this project will be paid in full in 2022 and will no longer have a multi-year component.

The same applies to the contribution to our consortium partners who will receive their final tranche in 2022. The long-term liabilities consequently also decreased significantly in 2021.

Although the financial fixed assets decreased due to the ending of the ARC project in Burundi and the repayment of a loan in the Netherlands, Help a Child provided loans to two microfinance institutes for the first time. As a result, the financial fixed assets include loans to microfinance institutes of almost €80,000. Help a Child formed a designated 'Revolving Fund' to cover the high risk of these loans.

The reserves and funds increased by almost €200,000 in 2021. Designated funds increased by €378,000,

mainly due to the challenges we faced in our India programme. As a result of these challenges, Help a Child had a relatively low expenditure level in India in 2021, so we had to set aside a significant amount to be spent in future years.

The continuity reserve decreased by €425,000. In 2021 it was decided to create an exchange rate reserve and an innovation reserve, which led to a total of €320,000 being set aside at the end of 2021.

As a result, the continuity reserve had a balance of almost €2 million at the end of 2021, which is still sufficient to cover the expenses of our working organization in the event of unforeseen circumstances.

Statement of income and expenditures

Income decreased by €234,000 in 2021, mainly as a result of lower income from government subsidies (€-0.6 million). As the ARC grant ended in 2021, the project expenditures and thus the subsidy for this project were already significantly lower in 2021 compared to previous years. Also, we received two Acute Response subsidies from DRA in 2020, which had a positive impact on the 2020 income. No such subsidies were received in 2021.

Statement of income and expenditures

(amounts in €1,000)	2021	Budget 2021	2020	2019	2018	2017
INCOME						
Income from individuals	6,557	6,682	6,551	5,952	6,792	5,865
Income from businesses	605	407	556	425	374	503
Income from government subsidies	5,821	6,072	6,416	4,062	3,125	667
Income from non-profit organizations	1,642	1,613	1,327	1,305	1,189	1,228
Other income	-3	5	6	10	37	5
Total income	14,622	14,779	14,856	11,754	11,517	8,268
EXPENDITURE						
Expenditure on objectives	12,511	13,220	12,885	9,795	9,489	7,638
Costs raising income	1,319	1,256	1,114	1,006	909	883
Management and administration costs	638	663	573	507	527	473
Total expenditure	14,468	15,139	14,572	11,308	10,925	8,994
Net financial income and expenditures	9	-5	32	-20	-11	2
Balance	163	-365	316	426	581	-724

Income from non-profit organizations increased by more than €0.3 million. This includes the income of €250,000 from our charity shops in 2020 and 2021.

Expenditure on objectives was €0.7 million lower than budgeted. Help a Child of India faced challenges in 2021 due to COVID-19, as the projects had to contend with many restrictions. In addition, the office of our Indian programme was moved to another part of the country, which also had implications for the progress of our programmes.

The expenditure on objectives as a percentage of our total income was 85.6% in 2021 (budget 2021: 89.4%; actuals 2020: 86.7%); as a percentage of our total expenses, the expenditure on objectives was 86.5% in 2021 (budget 2021: 87.3%; actuals 2020: 86.4%).

Costs of raising income increased by €205,000 in 2021. Help a Child continued to invest in private fundraising, more specifically in marketing automation and leads acquisition. These investments have already resulted in significant growth in income and in the number of private donors in the last couple of years. The number of staff in fundraising and communication also increased slightly.

The costs of raising income as a percentage of raised income were 9.0% in 2021 (budget 2021: 8.5%; actuals 2020: 7.5%).

Costs of management and administration increased to €636,000 in 2021, but were €36,000 lower than budgeted due to lower travel and depreciation and lower general expenses compared to budget.

The costs of management and administration as a percentage of total expenditure were 4.4% in 2021 (budget 2021: 4.4%; actuals 2020: 3.9%).

In 2022 we expect a slight decrease in income. In 2021 the ARC programme came to an end and will not be replaced by new funding. As we expect to grow our local fundraising and also to increase our income from individuals, this will almost completely compensate for the fact that we will no longer have the ARC grant in our income.

Help a Child will also continue to invest in private fundraising, taking further steps to develop the emergency fund model of giving to encourage private donors to support our disaster response programmes.

This investment, together with our ambition to start some innovative projects, will be funded from our designated reserves.

ANNEXES



Our Theory of Change

How Help a Child makes a difference



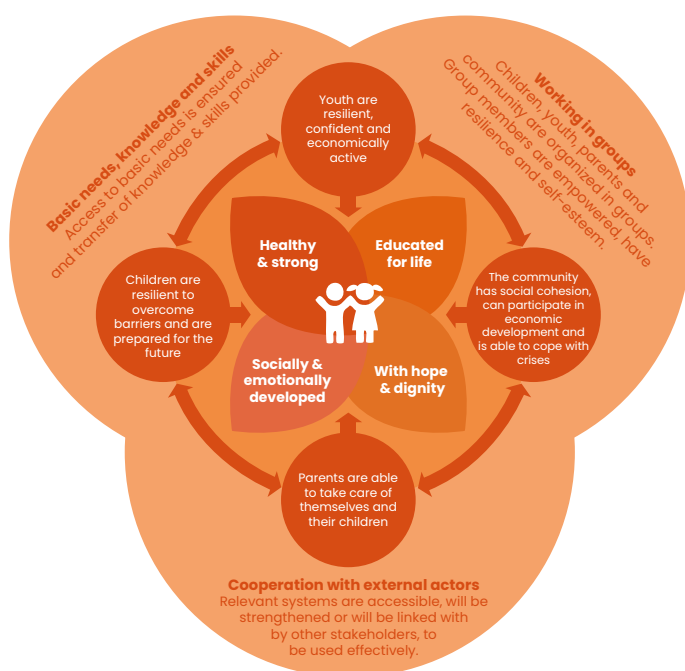
Step 1: overall objective

Central to our Theory of Change is our overall objective: to improve the well-being of children in need so that they can live their lives in dignity and to the fullest.



Step 2: holistic child development

Holistic child development is the core principle in our Theory of Change. It means that we consider all four dimensions of a child's well-being: physical, mental, emotional and spiritual.



Step 4: our main strategies

Help a Child uses three main strategies to achieve the impact we envision: we set up and facilitate groups, we arrange access to basic needs together with the transfer of knowledge and skills and we partner with external actors as much as possible.



Step 3: intended results

Specific results in four areas contribute towards holistic child development: children themselves, youth, parents and the wider community.

Organizational Chart

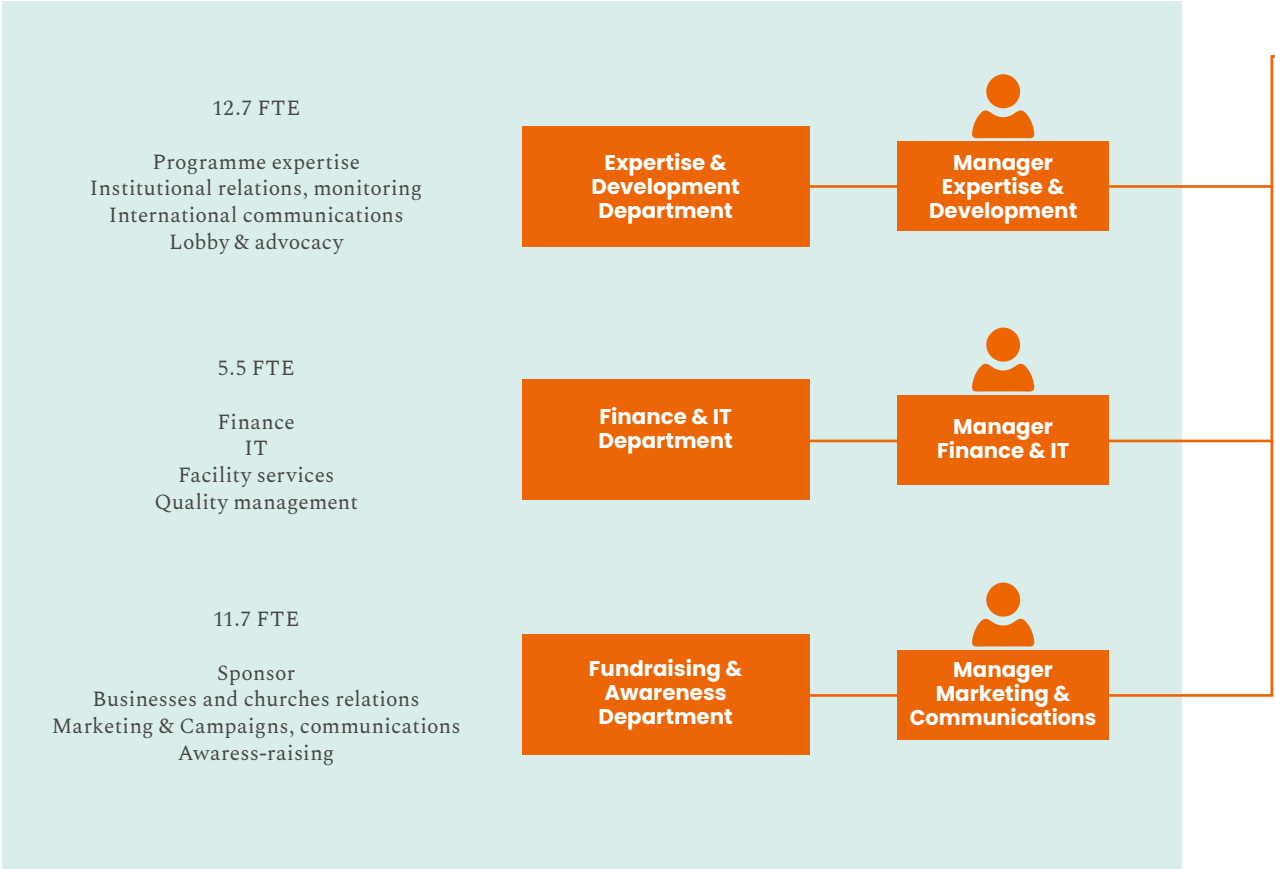


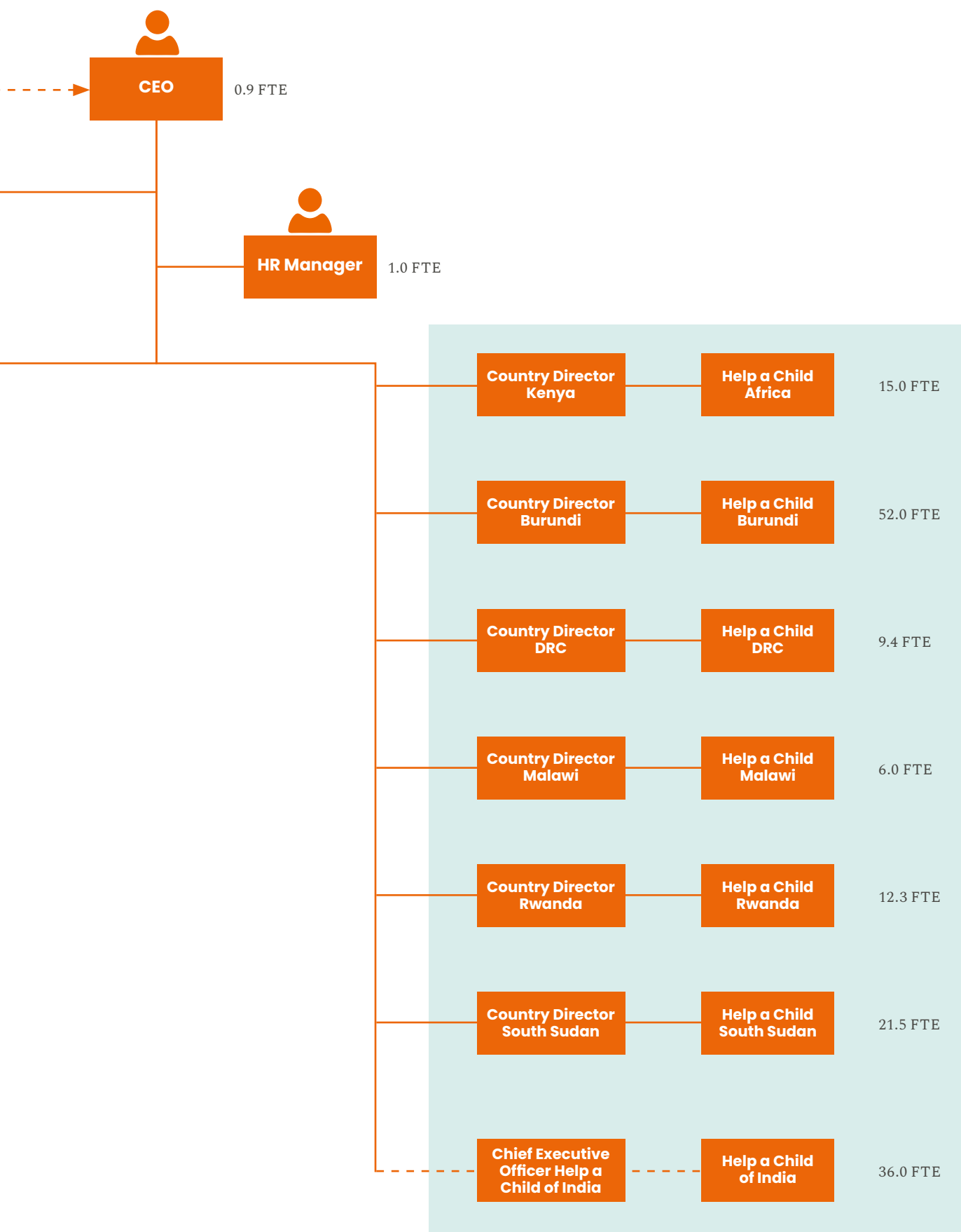
= management team

Supervisory Board

0.7 FTE

Executive Secretary





Our partners

BURUNDI

Implementing partners:

- Help Channel Burundi
- FECABU (Fraternité Évangélique du Christ en Afrique au Burundi)
- Social Action for Development (SAD)

Donors:

- UNHCR
- IOM
- MOFA – ARC
- Universitas
- Groeipartners
- World Food Programme (WFP)
- DRA Innovation Fund (DIF)

DRC

Implementing partners:

- ADED (Appui au Développement de l'Enfant en Détresse)
- Help Channel Congo

Donors:

- MOFA – Dutch Relief Alliance
- USAID
- Rots Bouw

INDIA

Implementing partners:

- RPC NEI (Reformed Presbyterian Church North East India)
- Bethel

Donors:

- B&S Group
- Enza zaden

KENYA

Implementing partners:

- AICCAD (Africa Inland Church Child and Community Development)
- National Council of Churches of Kenya (NCCK)
- Anglican Development Services (ADS)

Donors:

- CRWRF
- King fund
- EO Metterdaad
- Conradus
- Groeipartners
- Van Rheeën Fund

MALAWI

Implementing partners:

- LISAP (Livingstonia Synod Aids Programme; Church of Central Africa Presbyterian)
- WACRAD (Word Alive Commission for Relief and Development)
- National Association of Smallholder Farmers (NASFAM)

Donors:

- Comic Relief
- Universitas
- Onesimus
- Goossens Wonen
- Conradus
- Boxum Beheer

RWANDA

Implementing partners:

- AEE (African Evangelistic Enterprise)
- EPR (Église Presbytérienne au Rwanda)

Donors:

- UNICEF
- Pharos
- UNWOMEN
- Ready 4 Schools Rwanda
- Wees een kans
- Rehoboth
- EO Metterdaad
- Rijk Zwaan
- Conradus
- Nedvest Capital Management
- World Servants

SOMALIA

Implementing partners:

- Medair

Donors:

- MOFA – Dutch Relief Alliance

SOUTH SUDAN

Implementing partners:

- Across
- Environmental Rehabilitation Program (ERP)
- Boruboru Association

Donors:

- MOFA – Dutch Relief Alliance
- EU
- Woord en Daad (PIP Nexus)
- UNDP

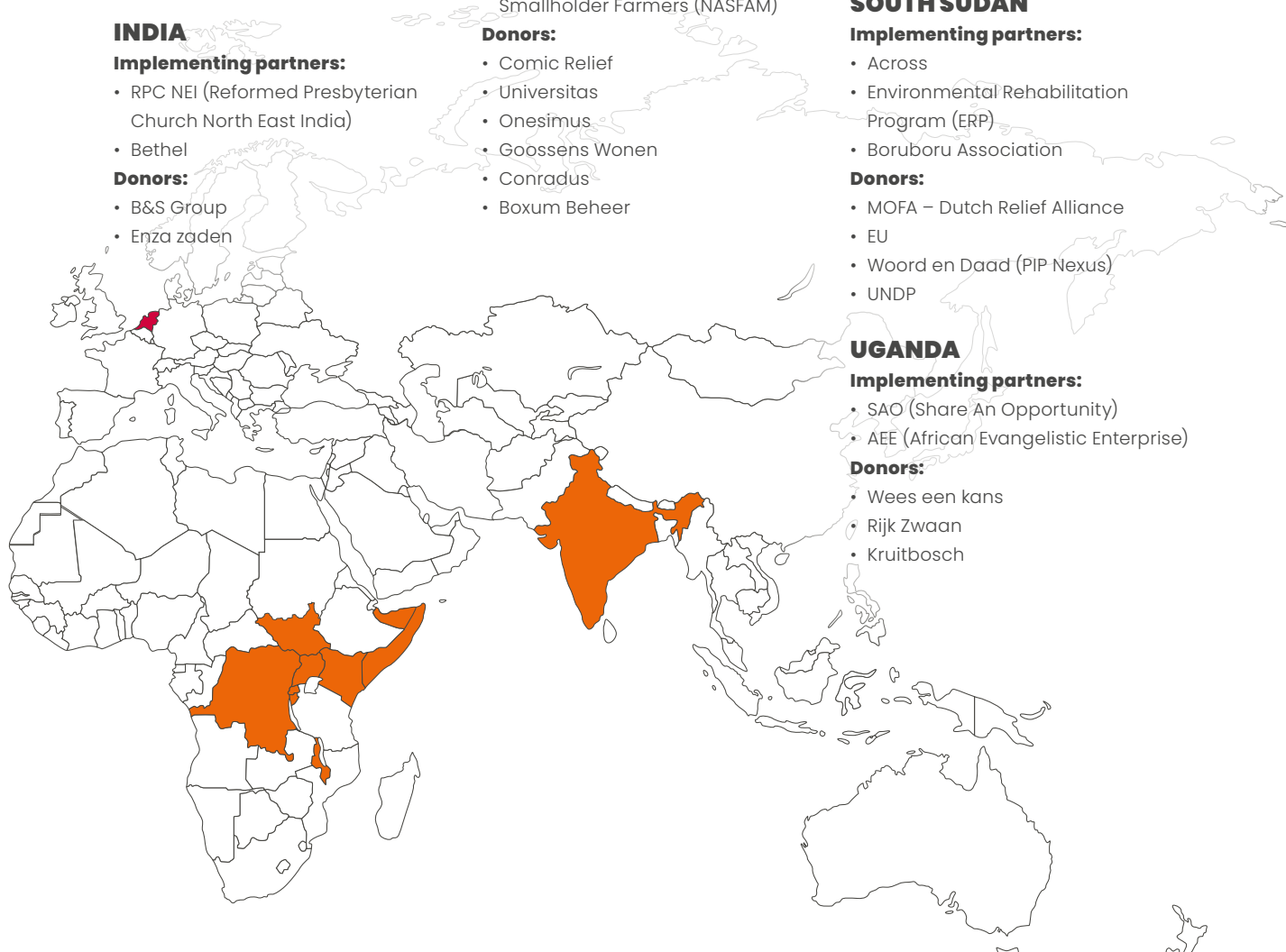
UGANDA

Implementing partners:

- SAO (Share An Opportunity)
- AEE (African Evangelistic Enterprise)

Donors:

- Wees een kans
- Rijk Zwaan
- Kruitbosch



A big 'thank you' to all private donors in the Netherlands and other countries!

Other partners and networks

- American Friends Service Committee (AFSC)
- ARQ International
- Better Care Network Nederland
- Care Nederland
- Core Humanitarian Standard (CHS) Alliance
- Cord UK
- Cordaid
- Dutch Coalition for Humanitarian Innovation (DCHI)
- Dorcas
- EO Metterdaad
- EU Cord
- Global Forth
- Global initiative to support parents: call to action (ECDAN)
- Invi
- Keeping Children Safe
- Knowledge Platform Security & Rule of Law (KPSRL)
- Kom over en Help
- Medair
- Mensen met een Missie
- Oxfam Novib
- Prisma
- Partos
- SOS Kinderdorpen
- Stichting KLIMREK
- Stichting Vluchteling
- Tearfund
- TNO
- University of Utrecht (UU)
- University of Malawi
- Hogeschool VIAA
- War Child
- Wageningen University & Research (WUR)
- Woord en Daad
- World Vision
- ZOA



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NL39 INGB 0001 5993 33

Text: Help a Child

Photography:

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Help a Child is certified according to the
ISO 9001:2000 standard. The certificate
number is KSC-K40399/03

The final and approved version
of this impact report, together
with the financial statements and
auditor's report, can be found here:
www.helpachild.org/downloads



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'Help a Child' is the international name for Red een Kind, an NGO registered in the Netherlands with affiliates in Africa and India.

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