

We contribute to:



COMMUNITY EMPOWERMENT

In our projects, we focus attention not merely on outcomes and results, but rather on the process of people regaining control. Community empowerment is like planting a tree: it takes time to grow and become stronger.

Our Child-Centred Community Development projects have an average duration of seven to eight years. It is a beautiful and fascinating process to gradually step back and watch how community structures take over the wheel, for example in Mavindini, Kenya, where our CCCD project came to an end. It is also a delicate process with regular setbacks and expectations to be managed. In 2022, we put a lot of effort into streamlining training and capacity-building for partners during different phases of the programme.

In short-term projects, our efforts are focused on involving all people in community dialogues: men, women, youth, children, people with disabilities, and community leaders. These conversations in themselves are the pathway to change. In Wau, South Sudan, people with disabilities now take part in community activities and decision-making. In India, children enjoy taking part in Child Parliaments, contributing to improved child well-being in their communities.



Achieve gender equality and empower all women and girls

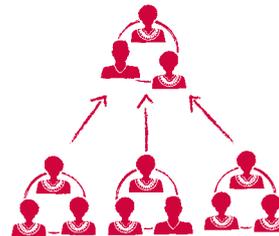


Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels

Key statistics:

1,920

Self-help groups supported



207

Cluster Level Associations supported

Topics of community dialogues

facilitated by Help a Child in 2022 included:

child rights child marriage

peacebuilding conflict

personal safety resolution

inclusion of people with a disability sexual and gender based violence

girls **healthy environment**

rights child protection

positive parenting

BURUNDI

Bringing hope and restoring dignity



Since 2020, Help a Child Burundi has been involved in the support of households affected by natural disasters.

With support from Universitas Foundation, the project's initial focus was on arranging shelter and providing cash for food aid, NFI kits and micro loans. From the start of the project, the vision for the affected people was on reintegration and restoration of their dignity, as the name 'Hembura' (Restore) suggests.

In 2022, in partnership with Holland Green Tech and Social Action for Development (SAD), Help a Child trained 250 households at the Sobel relocation site in child protection, parenting, nutrition, climate smart agriculture, gender inclusion and social cohesion. And a green vegetable and fruit garden was installed to improve nutrition and food security conditions.





UGANDA

Lowering thresholds for children with a disability

In Abim, Uganda, Help a Child works with the partner organization SAO. Together we are working hard to improve the conditions of children with disabilities.

The biggest challenge is to ensure that children with disabilities can go to school. Last year, with support from Help a Child, SAO arranged wheelchairs and walking frames

for children with a disability. Some households received two pigs for additional support. In time, the piglets can be sold for school fees and to pay for medical expenses.



'Lucky has difficulty walking and standing. With this wheelchair, I can take her to church and the market.'

Rosalyn (aged 29), mother of Lucky (aged 3)

Disability inclusion - improving conditions **Uganda - Abim** (Empowerment Score Card)

Average score for 'Disability inclusion' given by project participants in Abim, Uganda between 2019 and 2022.



INDIA

Meet eleven-year old Imak, Minister of Health

Child participation, of course, matters a lot to Help a Child. In our projects in India, Child Parliaments are used as a playful and instructive method to involve children in decision-making.

This is eleven-year old Imak. He is Minister of Health in his village in Purnea, northern India. The Child Parliament is just having its weekly meeting. The ministers discuss various topics on their agenda. They each have their responsibilities. The Minister of Education makes sure all children in the village attend school. If a child is absent, he plans a home visit to check on the missing child. In the event of sickness, the Minister of Health checks with the health officer to see if any action is needed. In this system the children learn to look after each other, solve problems, and ask adults for help if necessary. The children take their roles very seriously and are committed to the project!



SOUTH SUDAN

‘No more hiding!’



‘I am now a complete human being like anyone in the community,’ said Agwer from Agok (Wau Country) after completing the life skills training as part of the Pride! Programme. Since he was born with a hunchback, people always considered him as someone not able to share opinions in community matters. ‘Before I attended Pride activities, I used to hide myself in the forest making charcoal and avoiding interaction with people. Through life skills

training I started a little farm producing enough to pay for daily needs and school fees. The most important thing is that I can now spend time with my family. No more hiding in the forest!’

Pride! is a three-year consortium project implemented by DORCAS, Help a Child and Light for the World, and funded by the European Union. Pride! addresses the main barriers to the participation of women and people

with disabilities within community activities, local political decision-making, and society at large. As a starting point, community dialogues were organized to bring people together and eliminate prejudices. It also opened the door for people like Agwer to participate in life skills training. Help a Child designed the guide for these community dialogues. In total, 1,430 people from eighty different communities in Wau and West Gogrial counties participated in the dialogues.



Mavindini: Community project successfully delivered

Just a day in December. Women proudly display the vegetables they have grown in their shared field. Children put cuttings of trees in the ground to express a new beginning and to show what they have learned at the children's club: to take care of yourself, look after each other, and be mindful of the environment. Together with the facilitators, they dance and perform role play.



We are at the closing ceremony of the Child-Centred Community Development project in Mavindini, Kenya. It is a day filled with festivities. And with good reason! A long partnership between the community of Mavindini and Help a Child has come to an end.

It all started back in 2013 when Mavindini was selected as a new project area for Help a Child. Together with various community groups, we took time to identify challenges and opportunities in the area for improving the well-being of children. Through a participatory process, we decided what the programme in Mavindini should focus on: enhancing self-reliance among youth, boosting socio-economic resilience through agribusiness, water, sanitation, and hygiene, increasing the quality of primary education, and improving child well-being, child protection, and

parenting. This theory of change was the foundation for deploying all kinds of activities. From setting up self-help groups and overarching Cluster Level Associations to conducting parenting sessions and training farmers in agricultural techniques. Beehives are now in trees. And a farmer takes us to his land to show us the water storage. Thanks to the project, he brought the people and resources together to excavate this pond. Now he and his family have enough water to withstand periods of drought.

The programme has improved the position of people with disabilities. Help a Child established disability groups and linked them to relevant ministries. This has helped people to easily acquire special identity cards, giving them access to government services. 'This group makes me feel empowered and accepted', says Virginia (47). Her

husband has a disability too. Together they have three children, for whom they can pay school fees by themselves. And in the end that is the overarching aim of the project. To make sure that children can go to school and receive all inputs for a promising future.

The ceremony has come to an end and people are starting to clean the tables and clear the white tents. After today's ceremony, the members of self-help groups will continue to meet regularly. The same applies to the farmer groups, the child protection committee, and various other community structures. The children's club will meet every Saturday, just as it did before. Yes, the people of Mavindini are determined to continue to build on the foundation that has been laid. Thanks to thousands of private sponsors, we can state: 'Mission successfully completed!'

