

Impact **report**

2022

Raising our game
for children

Help  a
CHILD



Morning walk

Children walking to school in the early morning in Masisi, North-Kivu (DRC). In times of conflict and uncertainty, the daily rhythm of school offers a degree of stability for children and their parents. Through the newly launched private Emergency Fund, the Kids@Risk project gives practical and moral assistance to children and their families in Masisi by providing education, food, protection, and psychosocial support.

Read more about Kids@Risk and the Emergency Fund on page 24.

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Game changers

Worldwide, more and more children and families are in need. Conflict and insecurity have increased, while global warming has pushed ever more families out of their homes and jobs. The war in Ukraine has affected the whole world through increasing prices and unavailability of resources. Hunger has affected more than 14 million children across the globe.

Against this background, Help a Child is raising its game to give more, better, and faster support to children and communities. This means scaling up effective approaches such as our Parenting Challenge (p. 18), being creative in harnessing resources, for example through our charity shops (p. 53), and seeking new partnerships for co-creation (p. 49). In our programmes, we are using clever ways to reach more households at the same, or even less, expense. By training 'model farmers', for example, who in turn pass on knowledge and skills to others. And by working with hundreds of passionate community facilitators, the vital pillars of our group-based approach.

Every page in this report shows the results of our determination, made possible by the great support given in many ways. The need is high. So is our ambition. In turmoil and times of need, we are thankful that our Lord is in charge of this world. We trust that He will continue to bless our efforts.

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.

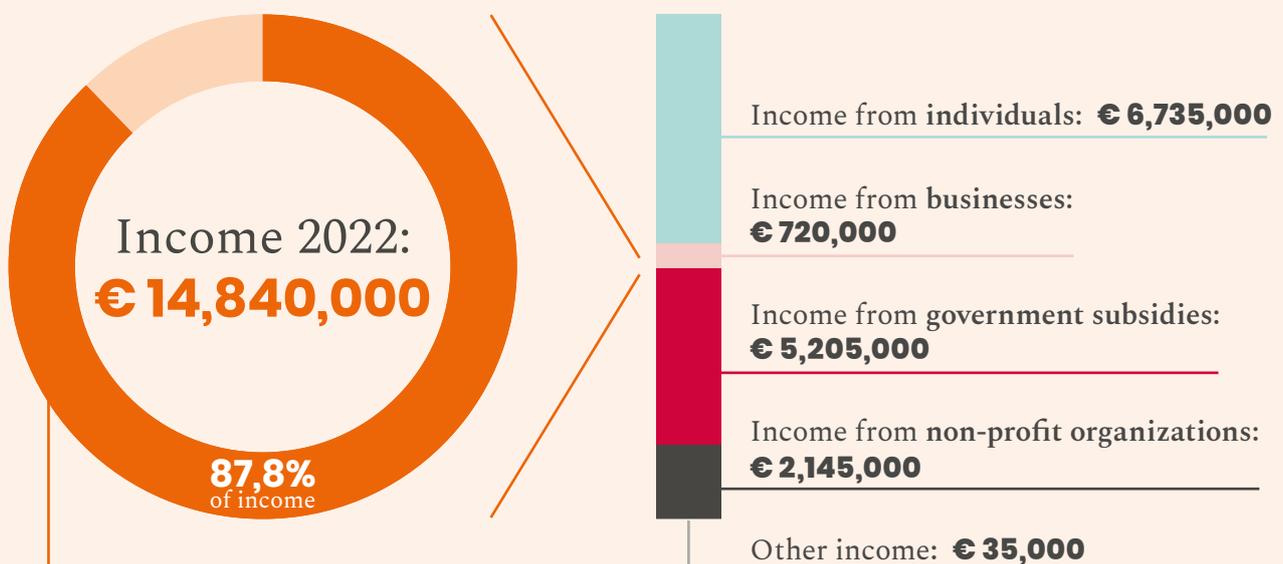
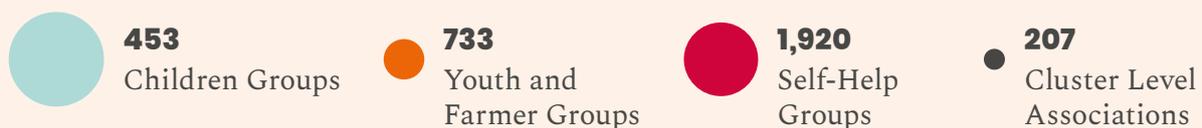


Key statistics 2022

Help a Child supported:



Help a Child established and/or strengthened:



Expenditure on objectives: **€13,034,000**



CHAP.1



Programmes

In a world with increasing numbers of children and families in need, we are called to raise our game by scaling our work, and to do so according to the highest standard in order to have as much impact as possible. In this chapter we want to share our efforts and results during the year 2022 in reaching that goal.

Aiming for the highest standards and impact

We are continually trying to improve our work, to design, implement, and scale programmes with high quality and relevance for our beneficiaries. This chapter first shares some general initiatives to reach that goal. The second part of the chapter gives concrete examples on what that means in the countries we work in.

Appropriate and relevant Support

Participatory design is a key principle in our community development projects. To activate even more community members in the crucial design phase of the project, we added a new element to our Community Challenge. Here, community dialogues and initial activities such as parenting training are

being combined to give the project a quick start while taking enough time for envisioning. In 2022, the first 'new style' community development projects were launched in Kenya and Malawi.

In Burundi, we assist refugees and returnees from DRC with cash interventions, which people can spend on their own individual needs.

Through our innovation trajectory, we were able to embed and scale child-led monitoring and research in our programmes. We will increasingly include child-led research in existing community groups and activities.

Strengthening local capacities and avoiding negative effects

In response to the rising demand for disaster risk reduction, we prepared a strategy, training materials, and tool sheets to integrate this in all of our community development programmes. The climate-smart Integrated Farm Planning (IFP) approach of Wageningen University is being rolled out further and is

about to be scaled-up in collaboration with other organizations. Part of doing no harm is having clear exit strategies in place. We refined the phasing and process flows of our community programme to better guide partners in shifting their role from coordinator to coach, and to help communities gradually take over coordination. In response to the rising costs of food, we explored creative ways to make people less dependent on food distributions. We did this in collaboration with key players, such as UNHCR in Burundi and other places. 'Do no harm' is a core principle in the integrity policies that we updated last year. We developed online and face-to-face trainings to give staff a good induction into these policies. A focal point is making sure these trainings are followed by all staff.

Communication, participation, and feedback

To be relevant in our work, it is important to involve the communities

that we work with, not only during the design phase, but also during the implementation of a project. That is why we have stepped up our effort to have feedback mechanisms in place. Our Community-Based Feedback and Complaints Mechanisms (CBCFM) are now in place, and most country offices and partners have received training. In 2022, eight countries contributed to the CBCFM database. That is three more countries than in 2021. Seeing this progress is encouraging, however, discipline in reporting and responding to the complaints will require our ongoing attention.

Coordinated and complementary assistance

2022 was a year of co-creation. In South Sudan, we intensified our cooperation with ZOA and Dorcas. Revolving funds have proved to be a good way to create better access to finance for poor households, and we launched a new private funding model to support children in extreme poverty, with the first activities in DRC.

In our process of starting up new community projects, we invited other parties to the table to co-design plans. In Burundi, for example, we invited the World Food Programme and other organizations to joint envisioning on programmes and interventions.

There are some steps to take in further formalizing our relationships and agreements with partners with a view to authenticity and complementarity.

Skilled and well-supported staff

Country offices are building expertise and have started up communities of practice to exchange knowledge on topics of parenting, child development, and protection. For example, our senior protection officer in South Sudan trained our DRC staff on child protection and

the What's Up approach. These and other events generate a lot of positive energy and underline our global ambition to deliver quality for children at the highest level.

Main results in 2022

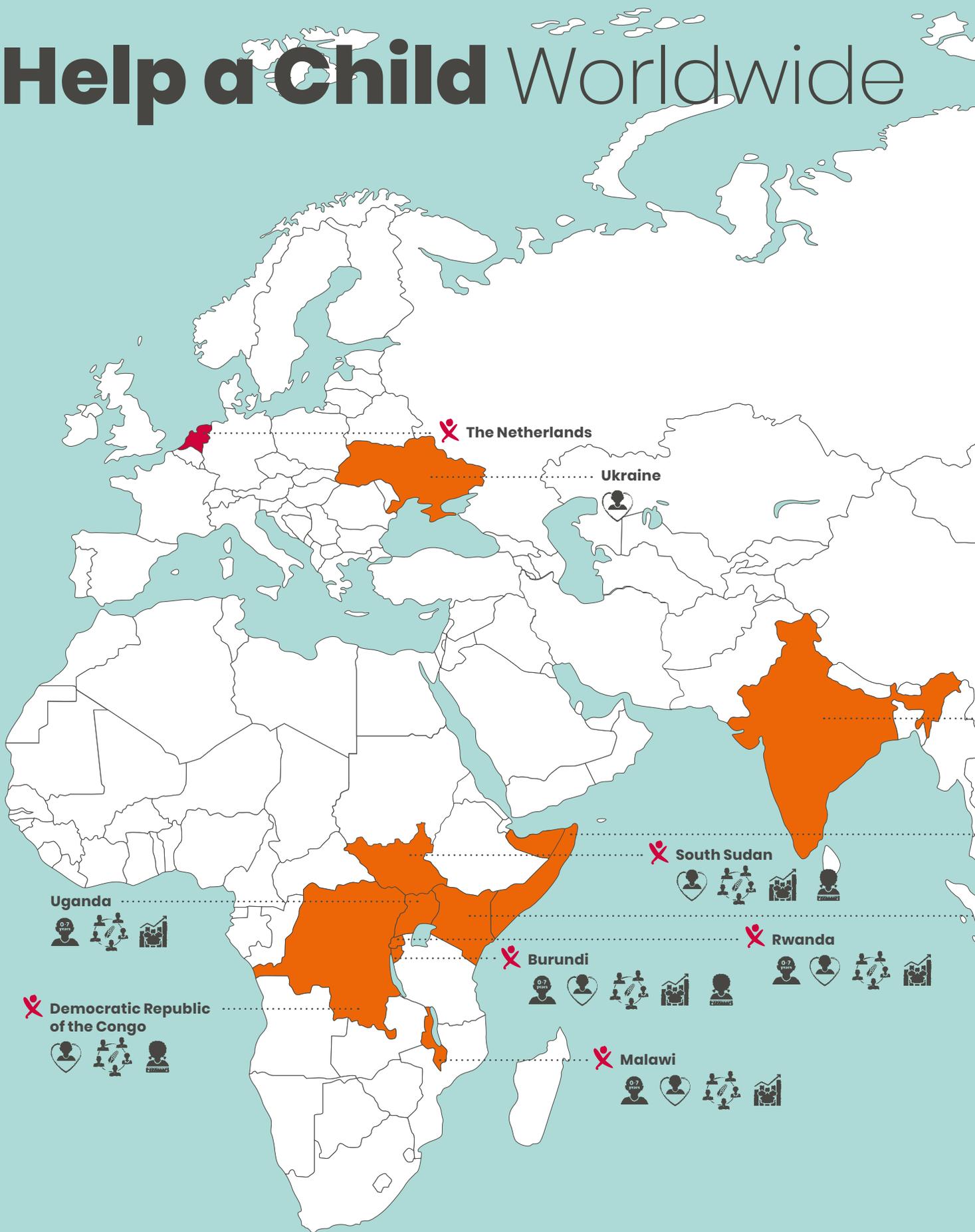
This first chapter gives an overview of the main achievements in 2022 per area of expertise. These five areas are: Early Childhood Development, Child Protection, Food Security and Livelihood (special attention for Youth & Work), Community Empowerment, and Health, WASH & Nutrition.

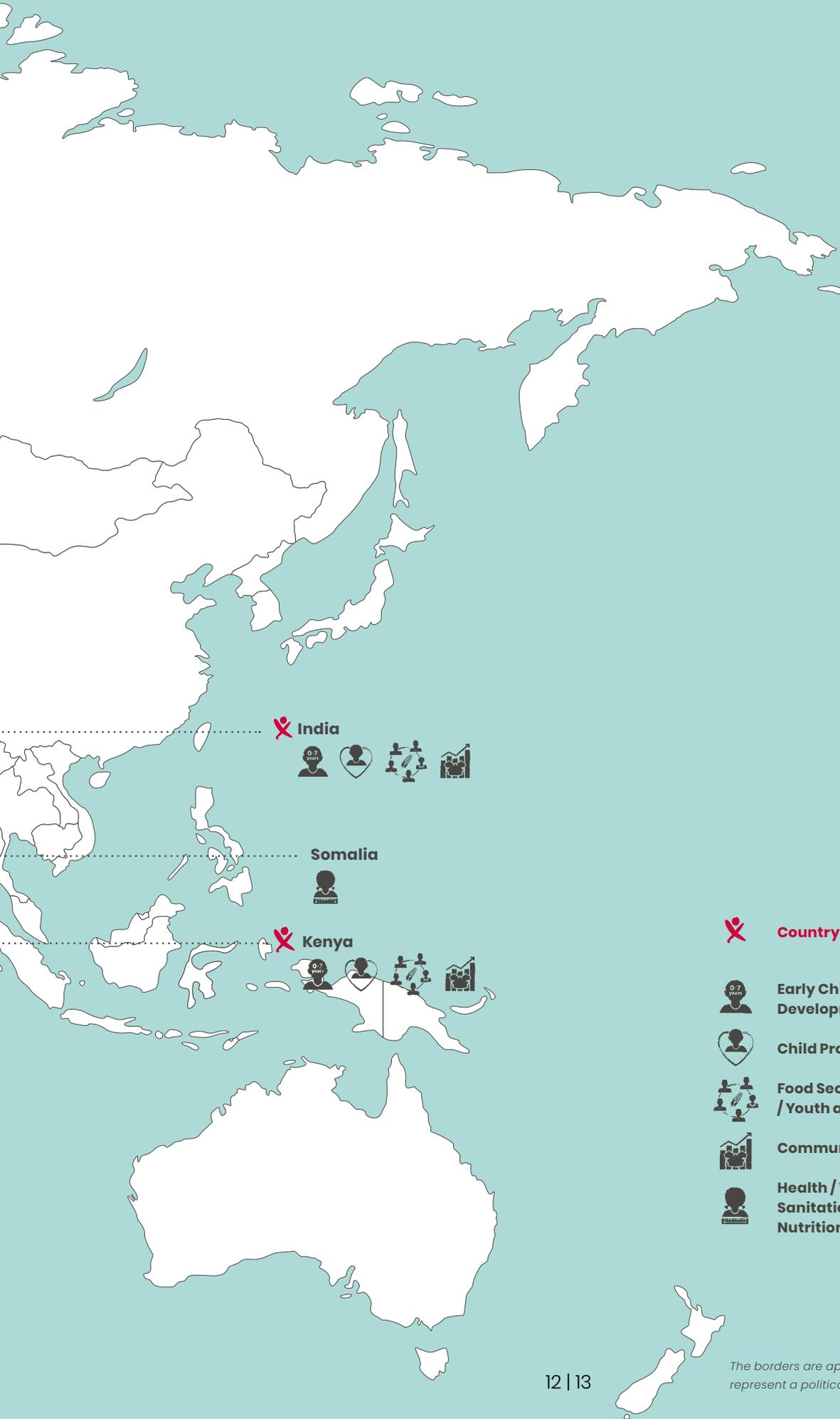
Through these programmes and in true partnership with many organizations, Help a Child has contributed to the following Sustainable Development Goals:





Help a Child Worldwide





 India



 Somalia



 Kenya



 **Country Office**

 **Early Childhood Development**

 **Child Protection**

 **Food Security and Livelihood / Youth and Work**

 **Community Empowerment**

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

We contribute to:



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



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



EARLY CHILDHOOD DEVELOPMENT

One of the expertise areas of Help a Child is Early Childhood Development. What happens in the early years of a child's life lays the foundation for future health, education, and economic outcomes.

Because of climate change, conflicts, and secondary effects of the COVID-19 pandemic, a growing number of children under the age of five are at risk. Their development is negatively affected by poverty, poor nutrition, and a lack of access to basic services and early education opportunities. Help a Child aims to ensure that children from an early age receive the care and support they need to develop and to cope with growing global challenges and inequality. To increase impact, sustainability, and inclusion of the poorest households, Help a Child works at family, community, and governmental level. In 2022, our focus was on the upscaling of our parenting programme, the establishment of more ECD model and community centres, the integration of kitchen gardens and nutrition into our ECD centres, and systemic change through increased collaboration and sharing of expertise with local and national stakeholders.

Key statistics:

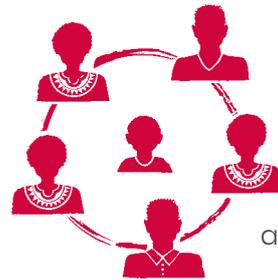


75,309
young children (0-7)
supported



525

ECD centres supported



14,930
parents involved
in parenting and
awareness sessions



INDIA

Creative ways to defeat malnutrition



In 2022, we saw food prices rise around the world. For vulnerable households in our project areas, this is just another challenge on top of many others. Many families struggle to offer their children healthy and nutritious food.

Our ECD centres offer integrated health and nutrition services and are therefore increasingly important in addressing this need. In India, so called nutri-gardens were established near the ECD centres. Women were trained in mother and child health and informed about locally available resources for nutritious food. ECD caregivers received training from a specialized nutritionist. Growth monitoring was also arranged at the ECD centres and, together with government offices, we organized a campaign on malnutrition to reach out to tribal families.

Nutrition India (Child Status Index)

Average score for 'Nutrition' given by project participants in India halfway through and at the end of a CCCD project.





MALAWI

Developed: **early childhood teacher curriculum!**

To improve the quality of early childhood education in Malawi, collect evidence, and advocate for better ECD services, Help a Child started a collaboration with Nkhoma University in Malawi and Viaa Zwolle in the Netherlands.

Thanks to joint efforts, a curriculum was developed last year for a four-year Bachelor of Education in Early Childhood Education and Development.

As part of this curriculum, knowledge exchange will take place through internships at the Early Childhood Centres of Help a Child Malawi. After successful submission to the National Council of Higher Education (NCHE) Senate in Malawi (March 2023), Help a Child hopes to expand the collaboration with Nkhoma University and Viaa to build a professional learning community for sharing knowledge and good practices.

RWANDA

Building a future for children together

Since 2018, five Early Childhood Centres have been built as part of the collaboration between World Servants and Help a Child Rwanda.

In 2022, Help a Child Rwanda again welcomed a group of enthusiastic volunteers from the Netherlands to support community-led construction of ECD centres. The exchange programme aims to contribute to mutually enriching

encounters through community visits, activities, and involvement of local youth in the project. To ensure sustainability, the centres were built in project areas of Help a Child, so the new centres can be linked to established community structures.





Parents should always support each other



Opening of a community-based Early Childhood Development Centre, realized thanks to the promotion and support of Parent Support Groups.

An ordinary Wednesday in Adumini, a community in Bileafe, North-West Uganda. Less ordinary is the sight of a group of people sitting together and talking. Men and women, of various ages and backgrounds. What are they discussing? Welcome to the monthly meeting of the Parenting Support Group!

Raising children is a beautiful but tough responsibility. Like everywhere else in the world, parents in Adumini often struggle alone, while most of their challenges are very recognizable to other parents. Poor harvests, for instance, or rising costs. And the fact that schools were closed for almost two years because of COVID. And what about the youngest children? Where will they

get the space to develop fully and prepare for school?

Self-Help Group 'Plus'

The support group meeting today in Adumini resulted from the initial phase of the Child-Centred Community Development programme in December 2020. To realize participatory programme design, implementing partner African Evangelistic Enterprise

(AEE) organized a series of group meetings to map challenges and opportunities. During these meetings, parents came to realize how much they have in common. The parenting support groups were born. Two years later, 28 Parenting Support Groups, with an average size of 60 members, are active in Bileafe and Katrini. Besides continuing with savings and loans, which are a familiar part of



Members of the Green Channel Support Group collecting their savings. The slogan on their T-shirt says: 'Together as one in peace and development.'



Hillary

regular self-help groups, Parenting Support Groups add an important component focused on creating a child well-being environment from household to community level. The group provides a common platform for all parents with different levels of income to learn different parenting skills from one another.

Bringing back the inner child

Useful guidance for this exchange is provided by the set of Parenting Challenge modules. Some commonly used modules in Bileafe are: 'Supporting children in their education', 'Protecting our children', 'Basic health and hygiene', and

'Feeding our children'. These topics are preceded by an introductory module. Here, parents first look at themselves. Who was I as a child? What good and bad experiences from my childhood do I take with me? How is this reflected in the bond with my child?

Discussing and reflecting on these kinds of topics, combined with practical assistance and saving money, turns out to be a powerful combination. Some support groups started advocating for an Early Childhood Centre to be established in their village. Since the start of the Parenting Support Groups, four community-based ECD centres have opened their doors!

Transformation

But an even bigger impact might be the changed attitudes of mothers and fathers. Like that of 37-year old Hillary. The Parenting Challenge urged him to reflect on his past behaviour. 'Parenting has transformed my life and my family. I learned to love my wife and my children. I now come home early to spend time with them and check their health and provide for their needs. I asked for forgiveness for missing out on my responsibilities.'



What is the impact of the parenting support group on your children's well-being? Answers from parents:

- Our family is better organized now.
- Better hygiene.
- When my child comes home from school, I make time for her and ask how she did.
- More peace and harmony in the house.
- I didn't have a latrine before. Now I have arranged one.
- I now know how to maintain a vegetable garden. My children eat healthier food now.



We contribute to:



CHILD PROTECTION

One of the main goals of Help a Child is to provide a safe environment for children and protect them from harm. Help a Child does this by activating and strengthening the so-called rings of responsibility surrounding children.

Governments at national and local level have an important role to play through laws and social services. Community members can protect children by being aware, supporting each other, and responding when action is needed. The most impactful ring of responsibility, however, consists of parents or others – grandparents, foster parents, aunts and uncles, older siblings – who take care of children on a daily basis. A fulfilling but also demanding task, especially when income and prospects are low, and stress is high. Help a Child has been focusing a lot on this group of parents and caregivers by means of different interventions. In 2022, many parents came together in groups to discuss and exchange experiences, using our practical, fun, and easy-to-use Parenting Challenge modules. In other areas, where women and children are basically at constant risk of violence and exploitation, we used 'What's Up, Ladies?!'. This group-based method helps women to map out the main risks in their community and develop action plans for better protection.

In Ukraine and DRC, child protection trainings were facilitated for social workers to help them detect possible harm and respond adequately. And in most of our projects, child protection committees have been trained to prevent and respond to child abuse and exploitation.

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:



453

children groups supported

4,946

children supported through child protection activities



16,000

people reached through 'End child marriage' campaigns



SOUTH SUDAN AND DRC

Training and exchange to **protect more children**



'Child protection is a serious matter here', explains Galla, Senior Protection Officer for Help a Child in South Sudan. 'Especially in Pibor, children are facing challenges such as child neglect and early child marriage. In some cases, girls are already booked for marriage by the age of five. They join their husband when they are only twelve or thirteen.'

By various means, Help a Child tries to improve the situation of girls and boys in Pibor and Wau. Galla: 'We have established eight child-friendly spaces in Wau and Tonj North County. The spaces play a central role in all kinds of protection activities. Mothers and children can come here to play

and talk. Each centre has a child help desk where children can share any problems or challenges. And we facilitate *What's Up?!* sessions from here. *What's Up?!* is a unique tool developed by Help a Child to engage children, youth, parents, teachers, and community members in addressing social and psychosocial issues.'

Last year Galla travelled to Goma to train staff and partners of Help a Child DRC on *What's Up* roll-out and facilitation. Galla: 'In Wau and Pibor, we can clearly see how *What's Up?!*, combined with other protection activities, is making a change for children. Some parents who already gave their daughter away for marriage are now reconsider-

ring. And mothers and fathers are becoming more involved in positive parenting. After the training in DRC, it was noted that community needs in DRC are similar to the needs in South Sudan. Therefore, we expect *What's Up?!* to have a positive impact on children in DRC.'



UKRAINE

Mental health support in times of war

Because of the high need for mental health and psychosocial support in Ukraine, Help a Child, in collaboration with Dorcas, developed a psychosocial group programme for both children and adults. Through group sharing, movement, psycho education, and games, children and their parents were supported to deal with the psychosocial consequences of the war.

Social workers, psychologists, and volunteers of different organizations in Ukraine, Moldova, and Romania were trained by Help a Child and Dorcas to implement the programme. Implementation of the programme took place from September and had good results. It is not always easy to share sensitive topics like emotions and stress-coping with other people. Participants mentioned that the programme helped them to share and recognize experiences and to feel mentally supported.



SOMALIA

What's Up, Ladies?!

In Somalia, Help a Child started to provide psychosocial support for vulnerable women and children through Medair and local partners.

The first four groups, comprising eighty women in total, followed ten sessions of our 'What's Up, Ladies?!' method. They talked about the value of trust and

confidentiality and mapped safe and risky areas in their communities. During the group sessions, the women shared hidden stories from their past. In addition, they made a protection action plan. They mentioned things such as fetching water together as a group and using a light when visiting the toilet. Some parts of the training need slight adjustments to fit the culture and context. But overall the support groups were received well. As one of the women testified afterwards: 'I will use the mapping and teach my children about it.'



KENYA

‘Helping children in every way we can’

Juliet and Purity are child facilitators and part of the Child Protection Committee in Mavindini, Kenya. They create a safe place for the children of their community and offer help when it is needed.

Juliet: ‘It is important that children have people they can trust and who they can talk to about everything that bothers them. We are part of the community but not of their families, and this helps to provide a safe space. The children

here face many difficulties, such as malnutrition, lack of education, or (sexual) abuse. We want them to know they are not alone, and we are here to help them in any way we can. Through Help a Child, we received the necessary training to do this. The programme in Mavindini is being phased-out this year, but we now have the necessary skills to continue child protection.’

The child facilitators continue to meet in their committee and share the different stories they hear from



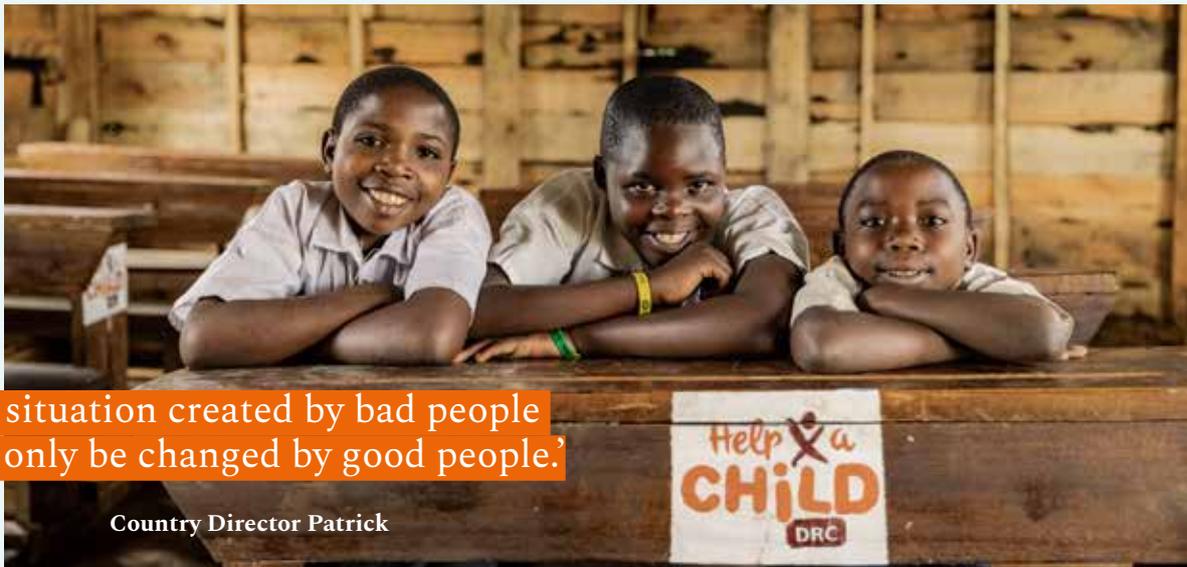
the children. Also, different policies are in place, such as a procedure to protect the children from abuse and make sure the perpetrator is held accountable. Last year, the first person was convicted of child abuse through the Child Protection system.





Providing support on the frontline

In 2022, Help a Child launched a new Emergency Fund to support children who need our attention the most. The first pointer on the map: Masisi, North Kivu. 'Being here is like standing on the frontline. When you are working here, you definitely learn to pray,' commented one of the colleagues from the Help a Child DRC team.



'A situation created by bad people can only be changed by good people.'

Country Director Patrick

DRC is the largest country in Africa. Considering its natural resources, wide rivers full of fish, and fertile soil, it is a land of opportunity. Unfortunately, recurrent violence, conflict, and civil wars have brought tremendous suffering to the people. The projects of Help a Child, as well as a field office, are situated in North and South Kivu, close to the border with Rwanda and Burundi. 'Last year, the situation here was tense and critical, especially due to rising rebel groups such as M23. At a certain point last year we prepared to evacuate the field office. In the end, the danger was averted just in time. But in Masisi we need to be alert at all times,' explains security officer Dirk-Jan.

Jean

It is very challenging to start and maintain project interventions in an area like Masisi, where we constantly have to choose between helping children and securing staff. Moreover, during the rainy season, the area is extremely difficult to access. This does not make things any easier. Still, we have a strong desire to be here. We see how war, poverty, and hunger leave deep marks on children and families.

Like Jean*, who one day walked to the field and was kidnapped and made to work for a militia group. For months, he was forced to carry heavy arms and use drugs and alcohol. He managed to escape but has a hard time adapting to normal life.

And 'normal life' is still very hard. Children eat one meal a day at the most. Girls have cause to feel unsafe in many places. And hardly any health care is available. It is heartbreaking to see children suffer this much.

Keep going

On behalf of our constituency, through the Emergency Fund, we want to reach out to these children and families in a project called 'Kids@Risk'. Together with our partners in DRC, the aim of this project is to provide food, protection, education, and psychosocial support. Because 'sometimes hope is all that is left, we need it to keep going,' says Patrick Mugula, Country Director for Help a Child DRC.

'We have worked in volatile areas like Masisi before,' says Simone Schoemaker, Manager Fundraising & Awareness, 'but with the

Emergency Fund, we are taking a new step to use private funds structurally in an area with so many uncertainties. An adventurous step, because it involves possible interruptions and deviations from plans. We trust our private donors will understand this, precisely because their support is so desperately needed here.'

'A situation created by bad people can only be changed by good people,' adds Country Director Patrick. That is why Help a Child aims to bring about changes for children and families in DRC. In 2023, we hope to expand the Emergency Fund and start a new project in South Sudan to reach more children in the places where there is most need.

**Fictitious name*



We contribute to:



FOOD SECURITY & LIVELIHOOD / YOUTH & WORK

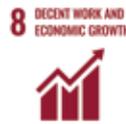
2022 was the year of battling climate change. Changes in climate include erratic rain patterns. For some project areas, such as in Burundi and Uganda, rains came too late, and water was very scarce. In other regions such as Pibor (South Sudan), heavy rains caused floods or washed away precious crops and topsoil.

We have carried out an inventory of climate problems and localized solutions. The results have been shared amongst country offices and partner organizations. In the coming years, we plan to realize more climate-adaptive programming together with the communities that we serve.

In 2022, we saw how youth is engaging in green business and value chain production. Thanks to irrigation, innovation, and access to local markets and finance, a number of farmer groups were able to achieve year-round agri-production. Creative methods, such as drying and grinding fish, were used in other areas to extend food security at times of drought. And Integrated Farm Planning (IFP) turned out to be an effective and promising method to transform the agricultural practices of model farmers and surrounding farmers through training of trainers.



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:



733
(youth) farmer groups supported

17,530
number of youth (19-25) supported in youth groups
49% male /51% female



19,031
people received agricultural inputs



SOUTH SUDAN **Fish on dry land**

During the rainy season, the river in Pibor has more than enough fish to feed the community. But food is scarce in the dry season.

To increase the availability of protein in the dry season, women formed groups of twenty to process the fish they collect when the river is full. They dry the fish in a locally made oven and then grind it. The fish powder is put in jars and partly used at home to feed the family, and partly sold at the market. This is improving the economic situation of the women in Pibor.



Andries Schuttinga, CEO of Help a Child, visiting the project members in Pibor.



Young women from Pibor demonstrating their dried fish products at the market.



DRC

Hope reborn through agriculture

To support people in Masisi who returned home after being displaced, Help a Child supported 2,882 people to form self-help groups. Through these groups, the households received agricultural tools, vegetable seeds, and training in good agricultural techniques.

The lack of seeds and tools meant that the yield was not enough to feed the families and malnutrition became prevalent. Now the yield has increased, giving the family enough food to eat. The introduction of market gardening allows the farmers to make up the food deficit

in their household and contributes to the recovery of the economy in their homes.

In total 870 households, existing of 6,858 people, were directly supported by food security activities.



One of the farmer groups in Masisi, DRC.



Mrs Antoinette (48), widow and mother of six, was affected by many displacements and conflicts in her village in Masisi but restarted her agricultural activities after receiving seeds and tools. 'Many thanks to Help a Child for allowing me to relaunch my agricultural activities and begin to restore my income sources. This assistance gave me the hope of living again after so many displacements and conflicts in my village.'

MALAWI

Youth business, green business

Malawian youth is on the right track in scaling-up innovative green businesses.

After clean cooking training, facilitated by Help a Child, youth groups in Mwalwene, Zilakoma, and Edingeni are proactively advocating for reducing firewood use and bringing back lost forest. The Jovwira youth group of fifteen members set a great example by planting 8,719 pine trees as a long-term investment on community wasteland. By doing so, they can earn money and save our planet for future generations.



42 youth groups

supported in Malawi

INDIA

Mapping opportunities for farmers

Motivation + innovation + cooperation = flourishing agribusiness. That is the idea behind the Integrated Farm Planning approach, or PIP, to use the French acronym.

In 2022, PIP was brought to Gajapati, India. Help a Child started by facilitating training for 160 farm families from eight villages. The key tool in this approach is a map drawn by all family members to describe the current situation and envision the future situation of their farm. Based on experiences elsewhere, we are hopeful that this programme will create a solid foundation for soil and water conservation and increase agricultural income.



Farmers from Gajapati district listening to a PIP training on agricultural sustainable practices.

Want to read more about PIP?
helpachild.org/our-expertise/food-security-livelihood/pip/





Fighting climate change

If we go back to the summer of 2022, news images come to mind: dry riverbeds in Italy, inland navigation that had to be suspended in several places. The effects of climate change are clearly beginning to permeate Europe, but have been visible in other parts of the world, such as Africa, for much longer. 'Climate change is real here in Africa.' This statement clearly echoes throughout the survey that Help a Child conducted among our implementing partners last year.



Full attention during a farmer awareness and training meeting in Purnea, India.



This youth self-help group in Rwanda has become an official cooperative, specialized in organic vegetables for the Kigali market.



A PIP farmer from Edingeni, Malawi, shows her PIP plan to other farmers for input and discussion.

Due to climate change, our partners experience the need to adapt current programming towards more climate-smart approaches. In fact, adaptation is not an option, but rather a survival strategy to cope with food insecurity, soil degradation and lower economic revenues. In dialogue with our partners, and in turn with the communities that we serve, we identified four main pathways:

1

Improve communities' and households' knowledge of water management and water harvesting and mainstream these activities in our programmes.

2

Raise more awareness of climate change among children aged eight to 15.

3

Empower and mobilize communities to undertake joint environmental activities, such as community clean-up days.

4

Link up with specialized and expert organizations on climate adaption.

Help a Child is determined to continue down this path. An important start has already been made by embracing Integrated Farm Planning or PIP, a model from Wageningen University, aimed at increasing the intrinsic motivation of farmers and their families to adopt climate-smart agriculture. Besides PIP, environmental activities, such as tree planting and clean-up activities, are increasingly embedded in our project interventions. Another important window is to apply innovative techniques such as solar irrigation, climate-neutral greenhouses, and vertical gardening. These techniques make efficient use of available resources. At the same time, they boost the image of agribusiness as an exciting and attractive profession for youth. It is time for a new generation to take over.

Adaptation is not an option but rather a survival strategy.



Litter collected by the community in Orwamuge, Uganda, during a clean-up day. This generates a healthy environment and a small fee for daily costs such as school fees.



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

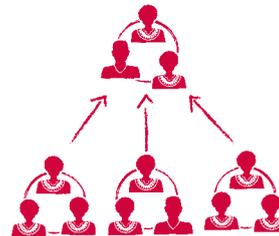


Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels

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.

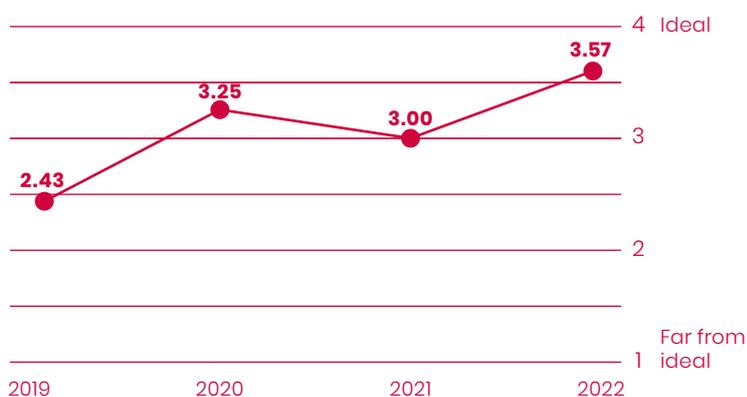


'Lucky has difficulty walking and standing. With this wheelchair, I can take her to church and the market.'

**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!'



We contribute to:



HEALTH, WASH AND NUTRITION

Basic needs, such as clean water, health, and sanitary services, are important preconditions for sustainable development and resilience of vulnerable children and their families.

In 2022, Help a Child implemented Health, WASH, and Nutrition programmes in DRC, South Sudan, Somalia, and India. In our holistic Child-Centred Community Development programme, Health, WASH, and Nutrition are integrated aspects, involving, for example, the strengthening of community structures, awareness campaigns, and lobbying and advocacy activities. Early Childhood Development Centres are also taking up their role, especially in detecting and defeating malnutrition (see page 15).

2022 has been a difficult year for vulnerable families and children. The post-covid economy, high inflation, and rising prices added up. Moreover, floods, drought, and conflicts in our project areas caused an increase in displacement, malnutrition, waterborne diseases, and other health issues. Our response to the increasing humanitarian needs was hampered by the decreasing value of the euro and access constraints due to insecurity. However, together with our strong local partners, we have been able to reach many vulnerable people with lifesaving Health, WASH, and Nutrition services.



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:

 **34,811** people supported through clean water supply

Soap distributed to **58,037** people 

 **87,560** people have been reached with hygiene promotion messages

18,948 young children received treatment for malnutrition 



INDIA

‘This health centre is a blessing to us’

In the mountain area of Gajapati, resources are limited. Inhabitants of the surrounding villages work as daily labourers and make just enough money to eat. Hardly any health care is available.

In the Community Centre of Bithal, health care and education are offered by Help a Child. An ambulance service is available to transport those in need and house visits are made to the most remote areas. Over fifty villages are covered by these services.

Sujenti (33) visits the centre with her son Rezma (3). ‘This place is a blessing to us and the only place we can go. The hospital is forty kilometres away. There is no transport, and the fees are high. Here, support is free and the education we’ve received has changed the lives of our children. The nurse teaches us about hygiene and women’s health, which prevents a lot of diseases.’



An ambulance service is available for those in need of medical support.



Sujenti taking her son Rezma (3 years) to a medical consult.



DRC

No shower, **no school**



In addition to the construction of latrines and improving the availability of clean water in North and South Kivu, DRC, the Help a Child team supported the construction of showers in schools.

This was done in response to the need expressed by girls. Previously they would abandon school out of shame as they had no dignified place to refresh themselves. Since the installation of the showers, school attendance by girls has indeed improved and girls are determined to complete primary school.



2,333 girls & **2,447** boys
have access to clean showers

SOMALIA

Life-saving response to disastrous drought



each life matters

In Somalia, Help a Child has supported Medair and local partners to reach out to the many people badly affected by 'the worst drought in decades'.

The drought, combined with exceptionally high food prices and continuous conflicts, caused a massive displacement of people. In response to the many disease outbreaks and staggering acute malnutrition numbers, additional

funding was arranged to scale up screening and treatment. A total of 114,240 children were screened, of whom almost 19,000 were actually admitted to nutrition programmes. All of them received life-saving treatment.



18,948

children received treatment for malnutrition



114,240

children screened for malnutrition



Baby Yare being assessed during a follow-up visit.



Defining the way forward in large-scale humanitarian response

According to the latest UNHCR estimates, Burundi hosts at least 86,000 refugees and 2,500 asylum seekers, mainly coming from DRC. Together with UNCHR, the World Food Programme, Help a Child Burundi has provided assistance, while looking for tenable solutions.



Gaëlle Hazika, Humanitarian and Disaster Response Manager for Help a Child Burundi: 'We encourage ownership and freedom of choice.'

Basis facilities

A first step is to make sure people have access to basic facilities, such as clean water, food, shelter and cash aid. In addition to this, Help a Child supported 16,566 refugees in the Kinama and Musasa camps by distributing NFI kits consisting of jerrycans, soap, mosquito nets, mats and other essential household items.

Constraints in addressing climate change

Burundi is rated as the poorest country in the world. Its capital city Bujumbura Mairie now tops the list of the fastest growing cities in Africa. Without strategic investments, the nation is at risk of not being able to cater for its exponentially growing population. Gaëlle Hazika, Humanitarian and Disaster Response Manager for Help a Child Burundi: 'There are around 75,000 internally displaced people in Burundi. The majority of them, around 89%, had to leave their homes due to heavy rains and floods. Families who had to leave these areas often cannot return to their homes for years.' Furthermore, Burundi faced extended dry seasons causing farmer setbacks and reducing livelihood opportunities.

Empowering vulnerable people

It is not the only challenge. Gaëlle: 'When people are detached from their home, their entire lives are turned upside down. Many people feel depressed and struggle to get back to daily life. This often leaves deep marks on their children too.'



Dignity, empowerment and regaining perspective are therefore important principles in the projects of Help a Child in Burundi. Gaëlle: 'Where possible, we encourage freedom of choice and ownership. In Musasa, for example, we gave out cash vouchers redeemable for soap, so people could buy their own.' Next to the Musasa camp, Help a Child Burundi launched a fish farm project. With their own funding generated from trading fish, another fish farm was installed. At the Sobel relocation site 250 households were trained in nutrition, climate smart agriculture, child protection, parenting, gender inclusion and social cohesion (see also page 33).

Way forward

Increasing food prices and a recent cholera outbreak are an additional challenge for vulnerable people.

They are an extra reason to look for alternative solutions. Gaëlle: 'It is sustainable and cost-efficient. Together with the World Food Programme, UNHCR and other organizations, we're looking for ways to deploy this kind of activity on a larger scale. We need to tackle serious issues, such as access to land and microfinance. But this is definitely our way forward.'



Total number of displaced people supported in Burundi in 2022:

16,566
Refugees

21,429
Returnees

32,535
Internally displaced people



Programmes: other results

CCCD programme

For the first time a combined programmatic and financial audit of partners was conducted in 2022. Two different teams visited Rwanda and Kenya to audit the partner organizations and their project implementation.

In July 2022 there was time for exchanges and learning. Staff from the various country offices (Malawi, Burundi, Kenya, India and the Netherlands) were hosted by the team of Help a Child Rwanda to learn more about the best practices of the CCCD programme.

In 2022 the project in Mavindini (Kenya) came to an end with good results. In Burundi and Malawi, preparations were made to start new projects. In both countries, new partners and locations have been identified.

Disaster response and Nexus

In 2022, we started to offer and integrate our disaster response expertise to international and local partners. In Ukraine, we provided

training on mental health and psychosocial support to Dorcas and local partners responding to the war in Ukraine. In Somalia, Help a Child's expertise on child protection was integrated in the joint response programme implemented by Medair and four local partners. In addition, we conducted a self-assessment against the CHS standard to see how we had progressed since the previous assessment. It was good to see that many lessons learned had been implemented. Help a Child is committed to increasing the quality and accountability of our disaster response programmes and in 2023 we will seek independent verification against the CHS. Another milestone in 2022 was the development of the new Kids@Risk programme in DRC to bridge the gap between short-term humanitarian aid and longer-term interventions to improve the well-being of children affected by crisis. This will be combined with a new fundraising model in the Netherlands. We aim to scale this model up to other countries after verifying the results and impact in DRC.

Lobbying and advocacy

Local and national governments and other decision-makers are vital to support and sustain the impact of our programmes for the well-being of children and communities. Government agencies and large NGOs also play a crucial role in the scaling of concepts. Through lobbying, advocacy, and maintaining good relationships, we aim to ensure that barriers are addressed, and that systems and structures are of good quality and accessible. Among other initiatives, the following activities took place in our programme countries in 2022:

- The Rwanda office participated in a regional summit on agroecological businesses. Young people from the projects in Rwanda were selected to join and showcase their great achievements in organic farming, compost making, greenhouse farming, and irrigation systems.
- The Building Bridges in Burundi programme was one of the finalists in the World Justice Challenge, during the World Justice Forum that took place in The Hague.
- In South Sudan, a 16-day campaign aimed at ending child marriage was organized. Senior government officials, traditional chiefs, church leaders, and NGOs attended this campaign and made strong statements against child marriage.
- Help a Child Malawi took part in the ECD Week of Action, lobbying the private sector to contribute financially to ECD centres in Malawi.





CHAP. 2



Organization

We need a strong organization to design and implement quality programmes. In this chapter we want to share how we have organized ourselves to deliver impact through our programmes.

Governance

Management

In 2022, 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 currently consists of seven members. They also work in compliance with a set of regulations. These outline their relationship with the Board of Directors, whilst again also contain-

ing provisions to avoid conflicts of interest and ensure the separation of duties. The Supervisory Board meets regularly four times a year with the Board of Directors and has one study day each year during which a self-evaluation is always conducted. Various advisory committees provide the Supervisory Board with information on specific policy areas, such as fundraising, programmes, and finance. For 2023, we have scheduled a project visit with the Supervisory Board.

Human Resource Management

In 2022, we made a follow-up to our 2021 vitality scan by training all our Dutch colleagues. In three sessions we learned to take responsibility in four key areas (responsibility for ourselves, our expertise, our team, and our organization). In addition we learned about giving each other professional feedback and practised this ourselves. In some of the countries, we trained middle management to strengthen management skills.

With the coronavirus restrictions lifted, we formalized our 50% working-from-home policy. To make sure we stay connected and meet each other sufficiently face to face, we established recurring monthly starting sessions and regular team days. We also arranged to meet at the office as part of departments and project teams.

In almost all country offices, including the Netherlands, we implemented the personal development plans as a means of tracking progress and stimulating personal growth. Almost all countries now have a contextualized HR handbook available. Where needed, we provided country-specific support. In Kenya, for example, we discontinued the direct implementation of projects. We therefore needed to support staff members with career development and job application training.

Another new development was the introduction of a trainee policy that allows young starting professionals (from both the Netherlands and the countries we work in) to gain experience and knowledge by partnering with them in a year-long traineeship.

Integrity

After reviewing and updating our integrity policy in 2021, we developed and/or updated two online training components in 2022 in line with our most recent policies: the Integrity Introduction Course and the Code of Conduct Exam. We developed these components in three languages (English, French, and Dutch) to make sure all staff could understand the content clearly. By the end of 2022, 50% of all staff had completed these trainings. In almost all countries, team trainings on the Code of Conduct, moral deliberation (quartet game), and the use of the flow chart were facilitated. Training has been developed for country offices and partners around community-based feedback and complaints mechanisms and the training has been given in four countries so far. As our internal confidential contact person left the organization, we decided to appoint an external confidential contact person through a specialized agency.

Security

In 2022, Help a Child adjusted two safety and security protocols and two updates of country security plans. Nineteen staff of the Help a Child office in the Netherlands followed a safety training. Fortunately, no major incidents occurred involving Help a Child staff in 2022. Towards the end of the year, tensions in Goma City (DRC) intensified due to actions of the rebel group M23. We planned to evacuate the team from Goma City, but eventually evacuation was not needed. For 2023, two country offices working in volatile areas are planning to train their staff in safety and security.

Quality management

Child safeguarding

Help a Child is committed to protecting children from harm and abuse. Our [Child Safeguarding Policy](#), which is part of our Integrity Policy, describes our procedures to minimize risks and how to respond to child protection concerns within our organization. In the case of our Disaster Response Programme, Help a Child has employed experts to undertake proper protection management, to contextualize policies and to increase support for child protection within project communities. In 2022 a Child Protection training programme was organized for staff in the DRC. This was facilitated by the Senior Child Protection Officer for Help a Child South Sudan, an approach which benefited the teams in both countries. In the future Help a Child will promote more exchanges of this kind between offices. Since 2021, Help a Child is a full member of the Keeping Children Safe (KCS) network and adheres to the internationally recognized child safeguarding standards it has set out.

Core Humanitarian Standard

In 2019, Help a Child conducted its first self-assessment to the Core Humanitarian Standard (CHS). In 2020–2022 many improvements were made as a result. These included the strengthening of our feedback and complaints mechanisms and the design and implementation of a training and induction programme for all staff on integrity and other key policies. In December 2022, around 50% of



all staff completed the integrity training on our e-learning platform. Help a Child aims to increase the online training coverage in 2023. In January 2022, Help a Child became a full member of the CHS Alliance. In the second half of 2022, a new CHS self-assessment was conducted. This led to new learnings for the future and a clear-cut improvement plan, which we immediately started working on. In 2023, Help a Child will continue the CHS journey and undergo an independent CHS verification audit by an external audit company called HQAI.



CHS SELF-ASSESSMENT
VALID FROM DEC 2022 UNTIL DEC 2024
Help a Child

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 the creation of 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 stage, the database has been rolled out and is in use in five countries. In 2022, we registered 516 complaints and feedback cases, ranging from positive feedback, requests for information to major programmatic complaints. For more information, we refer to page 13 of the Financial Statements 2022.

Monitoring and auditing

Help a Child has developed a new, integrated audit tool that allows us to audit implementing partners on all quality criteria at once, including those for the CHS and Keeping Children Safe. These monitoring and audit tools were applied in 2022 and have resulted in lessons learned that are helping us to further improve the processes and tools in 2023. Lessons from individual monitoring and audits are followed up by country offices and implementing partners. Lastly, we received a recertification from CBF – the Netherlands Fundraising Regulator – in 2022.

Innovation and scale-up

2022 was an innovative year for Help a Child. As needs around the world are increasing rapidly due to climate change, conflicts, and migration, inventiveness and creative thinking are very necessary. That is why we do not hesitate to innovate! After taking courses and setting up a strategy for innovation and scale-up in 2021, innovation became even more hands-on in 2022 with the Innovation Challenge. The Challenge is a competition in which Help a Child staff can win a cash prize for an innovative idea. More than ninety (!) ideas were put forward from all eight Help a Child country offices, from which six winners eventually emerged. Examples include using drones to quickly map situations and improve the coordination of emergency aid, digitalizing village banks in which people collectively save money, and involving children in moni-

ring and evaluating our projects. It was a great journey in which we also made use of Innovation Cafés: informal, online meetings where colleagues from all countries could learn from each other, exchange ideas, and look for solutions.

Co-creation

Along the path of strategic innovation, Help a Child made major strides in co-creation in 2022. In a number of countries, our long-term development projects came to an end or entered the final stage. Therefore, we invited donors and international NGOs to envision the next steps together. In some countries, we decided to select intervention areas and develop programmes together. We were pleasantly surprised to see the willingness of other organizations to start this journey together. We did not see concrete results yet in 2022, but the process has already been refreshing. So far, it has helped us to reflect on our added value and our willingness to achieve impact together.

Knowledge management and learning

In 2022, we invested in better coordination of training and induction of staff and implementing partners. We expanded and updated our e-learning platform and are now in a better position to follow the progress of each individual staff member through regular progress reports. For our Child-Centred Community Development Programme, we created a training flow to better guide implementing partners throughout the programme and support them in their shifting role through the various phases of the programme. For integrity, we developed a training calendar to make clear who needs what training and when. Several training and exchange visits took place to equip our international experts on early childhood development, youth & work, community empowerment, communications, and other topics.



Rwanda 'Drones4Kids' was one of the winners of the Innovation Challenge.

CHAP. 3



Funding and Finance

In 2022 we took a fresh look at our core programmes and available funding. We started exploring ways to better align and complement funds from different origins with the aim of implementing stronger programmes with more impact for children. This meant identifying key concepts for upscaling, embracing new partners, testing, and scaling new funding models, and envisioning the future of our development and humanitarian programmes and possible connections between them. This chapter will close with an account of the income and expenses in 2022.

Institutional relations

Help a Child wants to actively involve its institutional partners in growing our dreams in the different countries we work in. This means we have focused on deepening our partnerships with existing donors and exploring new partnership opportunities with those that share our ambitions.

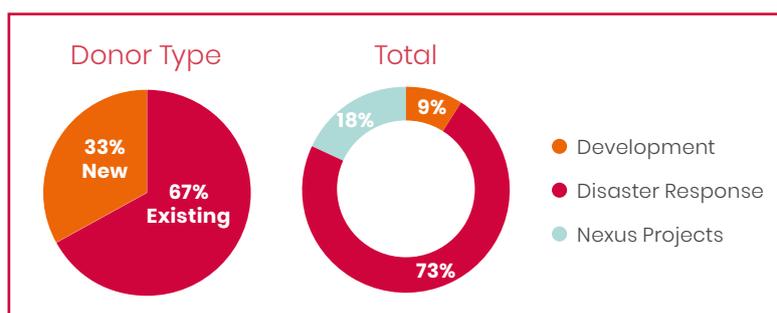
Existing partners have increasingly supported us this year on the topics where we want to grow. We are pleased to have been able to receive almost half a million euros for early childhood development from foundations, UNICEF, and UNWOMEN. In addition, several businesses and foundations have once again supported us with revolving funds and thereby invested in agribusiness development for young families. The Ministry of

Foreign Affairs of the Netherlands, through the Dutch Relief Alliance, once again supported our disaster response programmes.

We were also fortunate to attract new donors who were impressed by our innovative solutions. We managed to find new donors for about one-third of our programming! Especially within the scaling of our 'Empower 2 Protect' project – aimed at building social cohesion and reducing sexual and gender-based violence in DRC, we

managed to find many enthusiastic partners.

Finally, we worked hard to make our fundraising more strategic, capitalizing better on our proven concepts and core programmes, and conducting fewer 'stand-alone' projects. Since September 2022, we have had a business developer in Help a Child who is working towards aligning our ambitions with our projects and finding suitable partners. We hope this will result in even more deep, mutual, and strategic partnerships for the coming years.



Dutch constituency

In 2022, we found new ways to make people in the Netherlands aware of the situation of children in need and possible ways of providing support. Together with three other Christian sponsor organizations (Compassion, Woord en Daad, and World Vision), we organized the Week of the Sponsored Child. During this very first joint sponsor campaign we were able to gain a lot of publicity. The campaign was very well received, and it helped us to bring sponsorship a step closer for a lot of people. Another way to reach new private donors was by organizing lead campaigns.

We see that child sponsorship has a great impact, not only on the sponsored children and communities but also on the private sponsors. Through interviews with families who support our work, we learned that the sustainable approach of our Child-Centred Community Development programme is an important reason for people to choose Help a Child.

Over the past years, we have seen a clear trend towards giving more digitally. For example, in our school fundraising campaign that takes place in October, the number of digital donations has doubled compared to a year ago. This encourages us to process donations and provide faster feedback on the results. The first steps in automation have been taken, but we still need to invest further to be able to keep up with the numbers and speed of feedback in the coming years.

Besides child sponsorship as the principal and most secure source of income, we launched the Emergency Fund last year. This was done through a full media cam-

	2022		2021	
	Donors	Average donation	Donors	Average donation
Individuals	22,147	276	22,644	269
Churches	547	1,058	542	962
Schools	104	1,125	104	769
Companies	250	2,877	218	2,705
Charitable foundations	58	27,021	72	12,696
Bequestors	21	23,758	34	11,389
	23,127	415	23,614	363

paign with exposure on national television, radio, and newspapers and through our own channels. So far, private fundraising within Help a Child has been solely focused on child sponsorship and long-term development projects in relatively stable project areas. With the Emergency Fund, we add a model focused on the great need in unstable crisis areas like DRC, where it is very hard, and sometimes impossible, to realize long-term projects. Our support will be focused on providing food, protection, trauma assistance, and education, or in short: providing some stability in an unstable and unsafe environment. With the Emergency Fund, we are breaking new ground. Much is still unclear, and we are learning a lot along the way, but we are grateful that in this way we can serve those children who need our attention the most.

In 2022, Help a Child again received great support from churches, schools, and businesses, which makes us very grateful. Through various campaigns and events, we reached out to our donors and informed them about the results of their support. We organized two church visits to Rwanda to facilitate exchanges between pastors and deacons, their congregations, and wider communities. Five new companies signed up as Growth

Partners, bringing the total to fifty! And almost fifty schools joined the school campaign organized in cooperation with CBC during the Month of the Christian Book. Through these schools, we reached ten thousand children, teachers, and parents/caregivers and raised over € 71,000.

Lobbying 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 and humanitarian policy is as effective and child-friendly as it can be. We also lobby on other important topics such as mental health and psychosocial support, youth employment, and climate adaptation. We do this in collaboration with many other organizations and as part of broader networks.

In 2022 we organized expert meetings with the Ministry of Foreign Affairs and with members of parliament from various political parties. Together with other organizations we provided input for the new policy memorandum and the Africa Strategy of the Ministry of Foreign Affairs. We also raised awareness of issues related to children's rights in print and online media.



Charity shops

We are incredibly thankful for the success of our charity shops. More and more customers know where to find us. The general acceptance of buying secondhand is growing in the Netherlands. In addition, we increased the salesfloor area in two of our stores. All in all, this resulted in an increase of more than 50% in our turnover.

We received the key to our fifth location and by the time you read this the doors of this store will have opened. A big thank you goes to our 250 volunteers who tell the Help a Child story in words and actions.



Finance

In this paragraph we provide a summary of our financial statements for 2022. The audited financial statements for 2022 are published in a separate document.

Balance sheet as at December 31, 2022

In 2022 our cash decreased slightly. This is mainly due to a deficit of almost € 300,000 in 2022. On the other hand, receivables decreased due to the final disbursement of the Addressing Root Causes (ARC) programme in 2021; short-term liabilities decreased by more or

less the same amount due to lower payables to partner organizations.

Financial fixed assets increased by almost € 100,000 because of an additional loan provided to a microfinance institute and an additional loan for further investments in the charity shops.

Reserves and funds decreased by more than € 350,000 in 2022. The balances of the designated funds remained relatively stable at approximately € 1.5 million, although there were some large movements in the individual funds. The designated fund for our programmes in India increased by € 335,000 in 2022 because of low expenditures in these programmes. Other funds decreased because we managed to devote these funds to projects implemented in 2022, such as disability (King Fund) and a disaster response project in Beirut. In Kenya we started three new programmes in which income from sponsorships is still lagging somewhat; as a result, Kenya has a negative designated fund of almost € 100,000. This negative balance will be reduced in the next couple of years now that sponsors have been linked to these programmes.

The continuity reserve decreased by € 203,000. In 2022 we received slightly lower unearmarked donations than budgeted, and income from bequests was also € 51,000

lower than budgeted. In addition, operational expenses were slightly higher than budgeted, which ultimately resulted in the decrease of the reserve amount.

Statement of income and expenditures 2022

Income increased by € 219,000 in 2022. Due to the crisis in Ukraine the income for disaster response was € 176,000 higher, mainly in the categories of individual donors and non-profit organizations (churches). On the other hand, income from private donors and churches for other purposes decreased slightly. This may have been caused partly by the fact that some individual donors and churches may have donated to Ukraine instead of other programmes. On the other hand, we faced the challenge of maintaining the number of sponsorships. One reason for this was the fact

that our marketing and communication had some vacancies in 2022, which led to less capacity to execute our campaigns to attract new sponsors. Moreover, our constituency, like everybody in the Netherlands, faced increased prices and insecurity about their personal financial situation due to inflation and high energy prices in 2022, which may have made potential sponsors hesitant to enter into a long-term commitment.

Our income from institutional resources decreased by € 600,000 compared to 2021. In 2021 Help a Child still received € 1.3 million for the Addressing Root Causes programme in Burundi. We had already taken this into account in the budget and ended 2022 with income from government subsidies that was almost € 240,000 higher than budgeted.

Besides higher income from the Dutch Relief Alliance for our three Joint Response programmes, we also managed to secure funding in Burundi and the DRC from several international donors.

Our programme expenditures were higher than budgeted because we received more income. In 2022 we committed the donations received for Ukraine to a number of partner organizations who are active in Ukraine or neighbouring countries.

It has been a challenge to execute our programmes within the budgetary constraints, as we also faced high inflation in Africa. In addition, the US dollar strengthened significantly against the euro, posing even more challenges in countries that use the US dollar as their home currency (the DRC and South Sudan), but also in our other countries

Balance sheet as at December 31, 2022

(amounts in € 1,000)	December 31, 2022	December 31, 2021	December 31, 2020	December 31, 2019	December 31, 2018
ASSETS					
Intangible fixed assets	103	75	70	76	92
Tangible fixed assets	656	651	644	708	614
Financial fixed assets	319	228	507	533	382
Receivables and accrued items	1,133	1,680	1,722	2,102	696
Cash and cash equivalents	3,439	3,715	3,969	4,451	5,506
Total assets	5,650	6,349	6,912	7,870	7,290
LIABILITIES					
Continuity reserve	1,788	1,991	2,416	2,572	2,587
Special purpose reserves	510	611	358	370	401
Special purpose funds	1,577	1,625	1,257	873	407
Total reserves and funds	3,875	4,227	4,031	3,815	3,395
Long-term liabilities	4	8	285	226	201
Short-term liabilities	1,771	2,114	2,596	3,829	3,694
Total liabilities	5,650	6,349	6,912	7,870	7,290

whose local currencies are strongly linked to the US dollar. In the course of 2022 we had to monitor our budgets closely. In general we managed to remain within the budget despite these major challenges.

The expenditure on objectives as a percentage of our total income was 87.8% in 2022 (2022 budget: 88.9%; 2021 actuals: 85.6%); as a percentage of our total expenses, the expenditure on objectives was 86.2% in 2022 (2022 budget: 85.8%; 2021 actuals: 86.5%).

Costs of raising income increased slightly in 2022, but not as much as we budgeted. As stated previously, we had a number of vacancies, which prevented us from executing the campaigns as planned. On the other hand, we managed to start the Emergency Fund in order to have a new channel to raise funds

for our programmes in a disaster response context.

The costs of raising income as a percentage of raised income were 9.1% in 2022 (2022 budget: 10.0%; 2021 actuals: 9.0%).

Costs of management and administration increased to € 745,000 in 2022. One reason for this was that we decided to hire external capacity to accelerate projects in ICT, more specifically introducing Microsoft 365 to the country offices and implementing the project management software solution ProjectConnect.

The costs of management and administration as a percentage of total expenditure were 4.9% in 2022 (2022 budget: 4.5%; 2021 actuals: 4.4%).

In 2023 we expect to budget for a moderate increase in income. The increase will be achieved in part through an adjustment to the monthly sponsorship contribution.

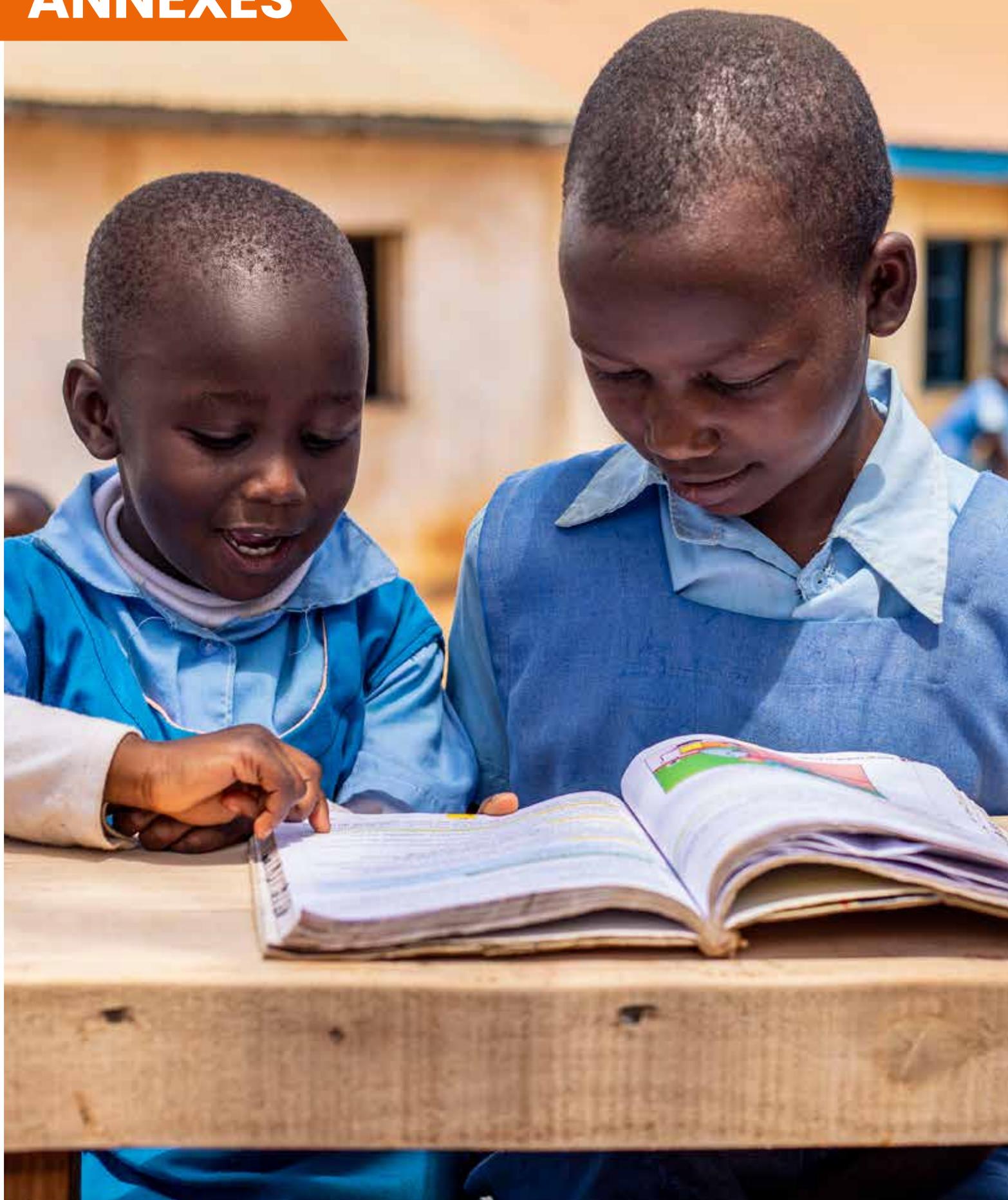
For subsidies from governments we expect the income to stabilize at € 5 million in 2023.

When budgeting for 2023 we faced a major challenge due to the high inflation rates and the very strong dollar in the second half of 2022. For that reason we had to make some tough decisions for the 2023 budget. In the first quarter of 2023 we saw the euro gaining strength, which will provide us with a little more flexibility to manage our budget in 2023.

Statement of income and expenditures 2022

(amounts in € 1,000)	2022	Budget 2022	2021	2020	2019	2018
INCOME						
Income from individuals	6,736	6,692	6,557	6,551	5,952	6,792
Income from businesses	719	614	605	556	425	374
Income from government subsidies	5,205	4,964	5,821	6,416	4,062	3,125
Income from non-profit organizations	2,146	2,102	1,642	1,327	1,305	1,189
Other income	35	5	-3	6	10	37
Total income	14,841	14,377	14,622	14,856	11,754	11,517
EXPENDITURE						
Expenditure on objectives	13,034	12,780	12,511	12,885	9,795	9,489
Costs raising income	1,346	1,444	1,319	1,114	1,006	909
Management and administration costs	745	676	638	573	507	527
Total expenditure	15,125	14,900	14,468	14,572	11,308	10,925
Balance	-284	-523	154	284	446	592
Net financial income and expenditures	-9	-5	9	32	-20	-11
Total liabilities	-293	-528	163	316	426	581

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

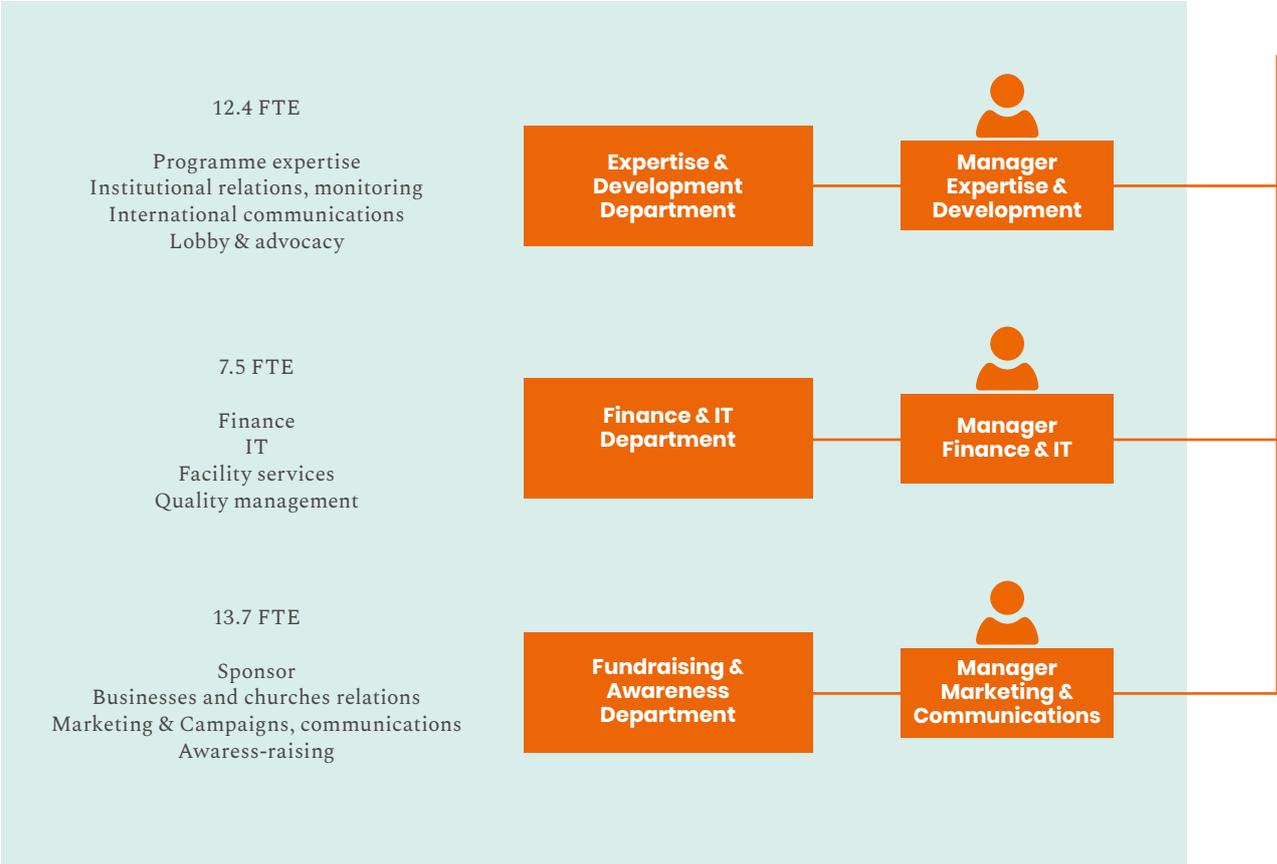
Specific results in four areas contribute towards holistic child development: children themselves, youth, parents and the wider community.

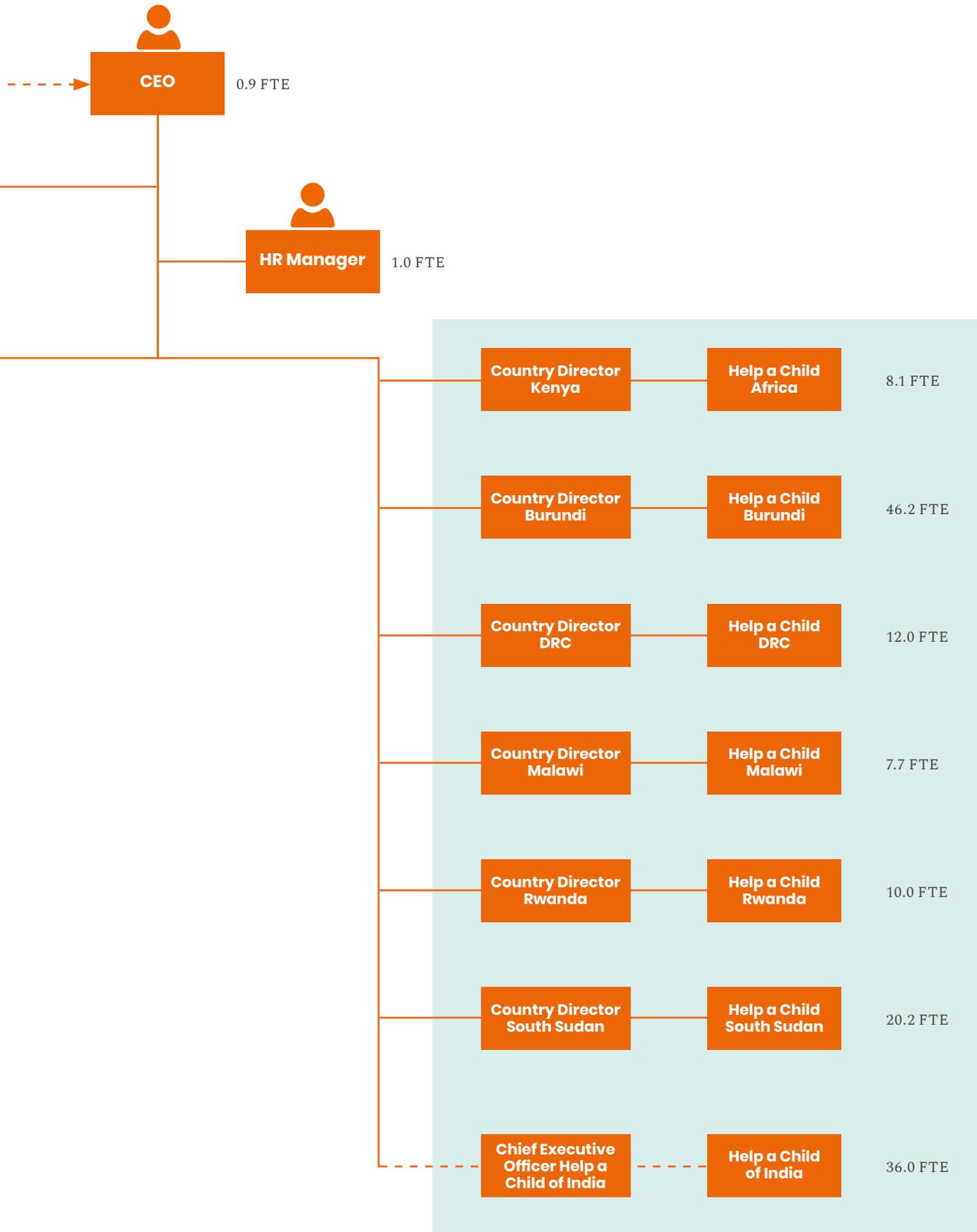
Organizational chart

 = 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)
- Holland Green Tech

Donors:

- UNHCR
- World Food Programme (WFP)
- Stichting Universitas
- Dutch ministry of Foreign Affairs
- DRA Innovation Fund (DIF)
- IOM
- Growth Partners

DRC

Implementing partners:

- ADED (Appui au Développement de l'Enfant en Détresse)
- Help Channel Congo
- BEATIL / ALT (Bureau d'Etudes et Appui Technique aux Initiatives Locales / Action for Living together)

Donors:

- Dutch ministry of Foreign Affairs
- USAID-Bureau of Humanitarian Affairs
- Novo Nordisk
- Other foundations and businesses

INDIA

Implementing partners:

- Help a Child of India
- RPC NEI (Reformed Presbyterian Church North East India)
- Cuttack Humanity Trust

Donors:

- Netherlands Embassy in India
- Enza zaden
- Other foundations and businesses

KENYA

Implementing partners:

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

Donors:

- EO Metterdaad
- Growth Partners
- Van Rheenens Fund
- Other foundations and businesses

MALAWI

Implementing partners:

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

Revolving fund partner:

- Solinica

Donors:

- Comic Relief
- Stichting Universitas
- EO Metterdaad
- Other foundations and businesses

RWANDA

Implementing partners:

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

Revolving fund partner:

- Sangwa Sacco

Donors:

- UNICEF
- Stichting Pharos
- UNWOMEN
- Ready 4 Schools Rwanda
- Stichting Rehoboth
- Rijk Zwaan
- World Servants
- Other foundations and businesses

SOMALIA

Implementing partner:

- Medair

Donor:

- Dutch ministry of Foreign Affairs

SOUTH SUDAN

Implementing partners:

- Across
- BNA (Boruboru National Association)

Donors:

- Dutch ministry of Foreign Affairs
- EU (DG INTPA)
- Woord en Daad
- UNDP

UGANDA

Implementing partners:

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

Revolving fund partner:

- Postbank

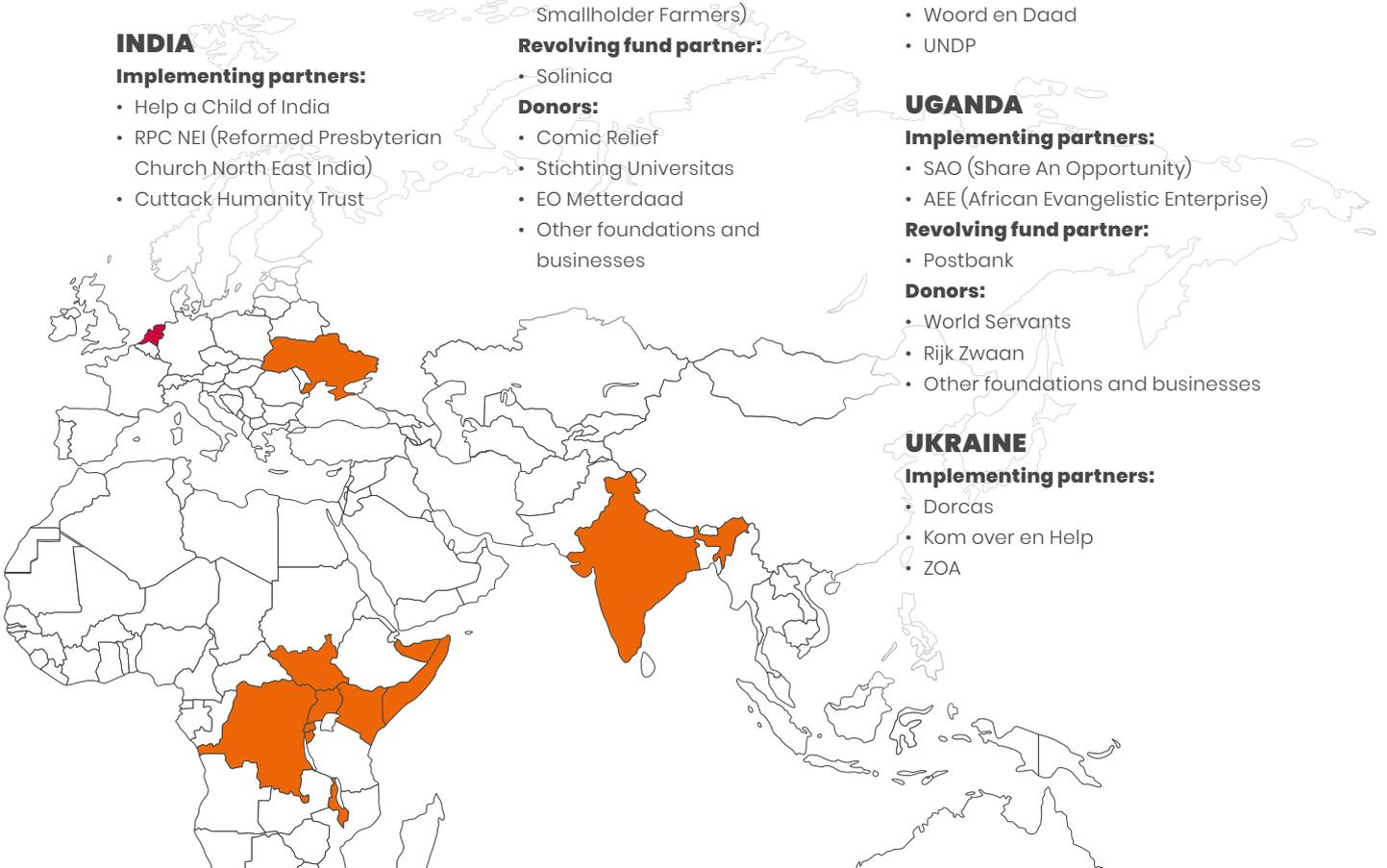
Donors:

- World Servants
- Rijk Zwaan
- Other foundations and businesses

UKRAINE

Implementing partners:

- Dorcas
- Kom over en Help
- ZOA



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
- UNHCR
- University of Utrecht (UU)
- University of Malawi
- Hogeschool VIAA
- War Child
- Wageningen University & Research (WUR)
- Woord en Daad
- World Servants
- World Vision
- ZOA

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Help a Child is certified according to the ISO 9001:2000 standard. The certificate number is KSC-K40399/06

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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