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ANNUAL REPORT

One life
Cameroon
Giving is Power

One Life Cameroon: 2022/2023 Annual Report

Foreword

As we present the One Life Cameroon (OLC) Annual Report for 2022/2023, we reflect on another period of unwavering dedication and impactful work in the heart of Cameroon. This past year has been a testament to the resilience of the communities we serve and the profound commitment of our volunteers, partners, and supporters. Building on the strong foundations laid in previous years, particularly the significant strides made in 2021, OLC has continued to expand its reach, deepen its interventions, and empower more individuals and families to build a sustainable future. Our focus remains steadfast on delivering tangible results, fostering self-sufficiency, and improving the quality of life for those in greatest need.

About One Life Cameroon

Founded by George Awa, One Life Cameroon (OLC) emerged from a deeply held dream to make a tangible difference in the lives of the underprivileged and vulnerable, from the youngest children to the eldest members of society. Our core philosophy centers on impactful, results-driven interventions designed to address critical needs across various sectors.

Our Work Focuses On:

- **Sustainable Economic Development:** Equipping families, farmers, and rural communities with the tools and skills necessary to lift themselves out of poverty.
- **Improved Nutrition and Food Systems Innovation:** Implementing strategies to enhance food security and promote healthier eating habits.
- **Provision of Clean Drinking Water:** Ensuring access to this fundamental necessity for health and well-being.



OLC's structured programs provide transparent platforms for engagement, allowing supporters and volunteers to witness our efforts first-hand, connect with like-minded individuals, and participate in meaningful volunteering work. Sustainability is at the very heart of our operations, ensuring that our initiatives create lasting change and most importantly, empower communities to thrive independently. We are committed to supporting current and future projects, alongside implementing new programs where appropriate within Cameroon, to guarantee comprehensive support for children, youth, the elderly, farmers, and rural communities.

Our Mission Statement:

To ensure food security by promoting the implementation of modern agricultural techniques, support the disadvantaged and underprivileged, the young and the old, as well as to create awareness and sensitization campaigns on healthcare and promote rural development through volunteering programs.

Partnering Organizations and Their Roles in Rural Aid Achievements

One Life Cameroon's significant achievements in rural aid during 2022/2023, building upon the successes of 2021, were greatly amplified by the collaborative spirit and invaluable contributions of various partnering organizations; National Participatory Development Programme (PNDP), Program for the consolidation and sustainability of agro-pastoral

counseling (PCP – ACEFA) as OLC's operational model inherently relied on their robust network, support and guidance which typically include but not limited to:

- Assist in identifying needs, mobilizing local participation, and ensuring the cultural relevance and acceptance of programs. Their insights are crucial for effective project implementation.
- Assist in supporting local Farmers' Cooperatives and Common Initiative Groups (CIGs): These groups are direct beneficiaries and active participants in agricultural development and capacity-building initiatives. Partners often facilitate their organization and provide technical expertise.
- Collaboration with local authorities ensures compliance, facilitates access to remote areas, and helps integrate OLC's efforts within broader regional development plans.
- Instrumental in delivering the mental health support and medical assistance components of our rural aid, including providing confidential counseling sessions and distributing first-aid kits.
- Denis & Lenora Foretia Foundation: Partnerships with other NGOs often lead to shared resources, expertise, and a broader reach, allowing for more comprehensive interventions in areas like water provision or specialized agricultural training.

Through these vital collaborations, OLC was able to leverage diverse expertise, extend its logistical capabilities, and ensure that aid reached those most in need effectively and sustainably. The collective efforts of these partnerships are fundamental to the success and scalability of our rural aid programs.

Inputs and Outputs of Rural Aid Achievements (2022/2023)

Building on the robust framework established in 2021, One Life Cameroon significantly expanded its Rural Aid initiatives in 2022/2023 specifically to Dogba, Meri and Balaza villages in Diamare division, Far North Region of Cameroon.

1. Rural Aid: Financial & Practical Assistance

Inputs:

- **Financial Assistance:** Increased allocation of funds for direct household support and emergency medical supplies.
- **Volunteer Mobilization:** Continuous recruitment and training of volunteers, expanding the network of individuals offering practical farm assistance.
- **Resource Procurement:** Consistent sourcing of essential supplies like fodder and water purification materials.

Outputs:

- **Medical Assistance:** Successfully disbursed medical assistance, including over 1,500 first-aid kits and essential medicines, to drought-affected farming families across an expanded range of villages within the Diamare Division (i.e., Dogba, Meri and Balaza).
- **Potable Drinking Water:** Provided over 75,000 liters of potable drinking water to rural households, significantly improving access to clean water and reducing water-borne diseases in Dogba, Meri and Balaza.

- **Volunteer Engagement:** Mobilized and deployed over 500 dedicated volunteers who contributed more than 8,000 hours of practical support, ranging from farm labor to logistical aid, directly benefiting over 300 rural farming families.

2. Agricultural Development & Capacity Building

Inputs:

- **Seed Procurement & Distribution:** Sourcing and purchasing high-quality, drought-resistant seeds (maize and pearl millet) suitable for local conditions.
- **Expert Facilitators:** Engaging agricultural experts and community development specialists to lead workshops and provide on-site guidance.
- **Workshop Materials:** Development and provision of educational materials, tools, and demonstration plots for practical training.

Outputs:

- **Seed Distribution:** Funded and distributed approximately 550 bags of maize and pearl millet to rural farmers in Dogba, Meri and Balaza thereby impacting over 850 participating families. This initiative aimed to significantly improve crop yield and food security for the subsequent growing seasons.
- **Sensitization Workshops:** Organized and delivered 45 comprehensive sensitization workshops on sustainable farming practices, climate-resilient techniques, and efficient resource management. These workshops reached over 1,200 families and individual farmers, fostering knowledge transfer and adoption of modern agricultural methods.
- **CIG & Farmers Union Support:** Conducted on-site visits and provided tailored guidance to 25 Common Initiative Groups (CIGs) and Rural Farmers' Unions. This support included assistance with grant applications, organizational development, and connecting them with market opportunities, strengthening their collective capacity.

3. Mental Health Support

Inputs:

- **Counselling Professionals:** Partnering with qualified counselors and community health workers.
- **Community Health Centre Collaboration:** Utilizing existing local health infrastructure to provide accessible services.
- **Awareness Campaign Materials:** Developing and disseminating information on mental health awareness and available support.

Outputs:

- **Confidential Counselling Sessions:** Provided over 300 free, confidential counseling sessions (via community health centers and mobile outreach teams) to rural families. These sessions specifically addressed mental health challenges arising from environmental stressors like drought, economic hardship, and social pressures, promoting psychological well-being within the communities.

- **Awareness Campaigns:** Conducted 10 community-wide awareness campaigns on mental health, reducing stigma and encouraging more individuals and families to seek support from government, local councils and community centres.

Closing Remark from Founder- George Awa

"As the founder of One Life Cameroon, it fills my heart with immense pride and gratitude to present this 2022/2023 Annual Report. This period has been a profound journey of impact, marked by the unwavering spirit of the Cameroonian people and the tireless dedication of our team and partners. Every bag of seeds distributed, every drop of clean water provided, every counseling session offered, and every workshop conducted represents a step forward in our shared mission to empower, uplift, and ensure a brighter future for the most vulnerable. Our focus on sustainable development is not just a strategy; it's a belief that true change comes from equipping communities with the tools to help themselves. The achievements outlined in this report are a testament to what can be accomplished when compassion meets strategic action. I extend my deepest thanks to every volunteer, donor, partner organization, and community member who has walked alongside us. Your trust and support are the driving force behind One Life Cameroon's continued success. We are more committed than ever to our vision, and we look forward to the journey ahead with renewed vigor and hope."

– **George Awa, Founder, One Life Cameroon**

What to Expect from OLC in the Following Years 2024/2025

Looking ahead to 2024/2025, One Life Cameroon is poised for further growth and deeper impact, building on the momentum of our 2022/2023 achievements. Our key strategic priorities for the upcoming year include:

- **Partnering:** Extend our reach by establishing and building sustainable long lasting relationship with like minded non-for-profits local and international.
- **Geographic Expansion:** We plan to extend our rural aid programs to new regions and divisions within Cameroon, reaching more remote and under-served communities with our vital services in agriculture, water, and health.
- **Enhanced Agricultural Innovation:** We will introduce new climate-smart agricultural techniques and explore the distribution of additional resilient crop varieties to further bolster food security in the face of changing environmental conditions. This includes piloting small-scale irrigation projects where feasible.
- **Strengthening Community Health Infrastructure:** Beyond mental health support, we aim to integrate basic health education into our workshops, focusing on hygiene, disease prevention, and maternal and child health, in collaboration with local health authorities.
- **Volunteer Network Growth:** We will launch a targeted campaign to recruit and train an additional 200 volunteers, expanding our human capital and enabling us to scale our practical assistance programs.

- **Impact Measurement and Reporting:** Investing in more robust data collection and analysis to better quantify the long-term impact of our sustainable development model, ensuring transparency and accountability to our stakeholders.

One Life Cameroon remains dedicated to its mission of fostering self-reliance and improving the lives of Cameroonians through sustainable, community-led initiatives. We invite all our partners and supporters to continue this transformation journey with us.