



**VALUE HEALTH AFRICA ACTIVITY REPORT  
FOR ADOLESCENT AND TEENS MUM CLUB**

**ABSTRACT**

This report outlines the activities conducted in the teen mom and adolescent clubs. Activities conducted include ; capacity building on entrepreneurship, access to a peer support network, weekly one-to-one support with the facilitators, HIV/AIDS screening and healthy lifestyle and access to extended professional services (Health, education, etc.). This project was launched in 2018 and has been carried out in three communities in the Ngoketunjia Division and Bamenda Health district in the North Region of Cameroon. Since its inception, over 260 teen moms have benefited from these initiatives.

**PRESENTED BY**

VALUE HEALTH AFRICA

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# VALUE HEALTH AFRICA ACTIVITY REPORT FOR ADOLESCENT CLINIC

## BACKGROUND

Adolescence is a transitional phase of growth and development between childhood and adulthood. It can also be referred to as the stage of maturation in which they undergo physical, psychological and social changes. Some of the most common problems of adolescents includes; unwanted pregnancy, exposure to substance abuse, and peer influence and issues related to child abuse, forced labor and career orientation. there is a constant need for them these age group be educated on these societal issues and how to mitigate the harms on them. An estimated 5% to 33% of girls aged 15 to 24 years who drop out of school in Cameroon do so because of early pregnancy or marriage. In Cameroon about 12% of all births are to adolescent mothers making it the highest country in both Central and West Africa with high adolescent fertility. It was observed that the prevalence of adolescent pregnancy is high in rural communities as compared to urban cities.



*VAHA Reaching out to displaced adolescents in the Western Region*

Following the crises in Anglophone Cameroon, adolescents in these regions and displaced adolescents in other regions are facing high rate of rape, unwanted pregnancies especially in rural areas and high mortality rate as a result of abortion or complications in pregnancies. As part

of VAHA' sexual and reproductive health pillar strategic objective to empower adolescent on sexual and reproductive health and rights, VAHA launched an adolescent clinic initiative in 2018 to train, educate and empower these adolescents so that they can be knowledgeable about their sexual and reproductive health and rights, while also gaining life skills to improve their access into the professional space and job market. This project was launched in 2018 with the first seed funding from VAHA' US Based board chair, Souzan Kolia and Husband Bryan with the aim of reaching over 10,000 young people in 05 targeted communities; Bamali, Bambalang, Bangolang and Ndop central and Bamenda health District which are all in the North West Region of Cameroon.



*Physical activity in adolescent club in Bamenda*

## OBJECTIVES

- ✓ Empower young boys and girls in crises zones to take control over their sexual and reproductive health and rights
- ✓ Reduce sexual violence and new infections of HIV and other STDs in the community by improving early diagnosis and knowledge on HIV/AIDS.
- ✓ Empower young people on entrepreneurship and career orientation/ development
- ✓ Provide access to medical care to the affected young people



*Demonstration of handwashing*

## Outcome/ Milestone reached

- ✓ Creation of a peer to peer support network by instituting a routine visit scheme for adolescents reaching over 100 adolescents
- ✓ Awareness raising on sexual and reproductive health and rights; body and environmental hygiene for over 200 adolescents
- ✓ Practical demonstration of first AID, efficient and effective method of hand washing during clinic sessions.
- ✓ Entrepreneurship sessions on the production of Local detergents; practical demonstration and donations of the products to the over 50 adolescents
- ✓ Menstrual hygiene management and the distribution of menstrual pads to over 200 adolescents in Ndop, Bamenda and Baffoussam.
- ✓ Preventive measures on the corona virus
- ✓ Education, counseling on HIV and AIDS. Free screening of over 150 adolescents in Bamenda and Ndop and linkage of positive cases to care.
- ✓ One on One career coaching and motivational talks from inspirational role models during routine clinic sessions.



*Adolescents clinic entrepreneurship/ skill acquisition session: production of detergents from local oils*

### Outdoor activities:

- ✓ distribution of relief materials to over 200 displaced adolescents in Baffoussam.
- ✓ Education of over 2000 adolescents in schools on sexual and reproductive health and rights



Since the launching of the project in 2018, over 1500 young people have benefited in at least one of the activities.

## Request from Adolescents attending the clinic

- ✓ Youths pleaded on VAHA to help them with scholarship projects like learning of a trade or handwork since most of them are interested in hairdressing, tailoring and petty business like selling of fish, soup, omo etc.
- ✓ Adolescents beckon on VAHA to help provide sanitary pads and towels to them
- ✓ VAHA should assist them with face mask and also hand sanitizer and teach them how to fabricate local hand washing sanitizers

### Testimony:

*I came to celebrate the World AIDS Day for the very first time. As a first timer, I was warmly received with pre and post counselling. During the pre-counselling, I was told about HIV and methods of diagnosis, result management and healthy lifestyle. The population was encouraging and the exercise was free as I didn't pay for anything. People got tested even after the working hours. I also learnt about the adolescent clinic and I have attended it. It's absolutely a good initiative because it offers the opportunity for us to become aware of our health. I am already preparing to attend it again on 1/12/2020. I want to thank VAHA for coming to this village to provide an opportunity like this one. It has*

*never existed before in as much as I can remember. May god bless them and may they continue to come.*”—Diana Clovis

## CONCLUSION

In spite of the prevailing current sociopolitical and COVID-19 crises rocking the region and the nation, more than 700 adolescents have benefitted from empowerment and health building meetings.

## BUDGET

| ITEM                               | QUANTITY | UNIT PRICE | TOTAL PRICE (CFA) | Dollars (USD) |
|------------------------------------|----------|------------|-------------------|---------------|
| Office space                       | 12       | 100,000    | 1,200,000         | 2181.818      |
| Accommodation space                | 12       | 80,000     | 960,000           | 1745.455      |
| <b>Office materials</b>            |          |            |                   |               |
| Office Chairs                      | 7        | 40,000     | 280,000           | 509.0909      |
| Normal chairs                      | 20       | 16,000     | 320,000           | 581.8182      |
| Tables                             | 15       | 25,000     | 375,000           | 681.8182      |
|                                    |          |            |                   |               |
|                                    |          |            | <b>3,135,000</b>  | <b>5700</b>   |
| <b>Capacity building materials</b> |          |            |                   |               |
| Gas plate                          | 10       | 5000       | 50,000            | 90.90909      |
| Gas bottle                         | 2        | 30,000     | 60,000            | 109.0909      |
| Pot                                | 2        | 37,000     | 74,000            | 134.5455      |
| Plate                              | 4        | 5000       | 20,000            | 36.36364      |
| Glasses                            | 15       | 1500       | 22,500            | 40.90909      |
| Forks                              | 10       | 500        | 5,000             | 9.090909      |
| Spoons                             | 20       | 200        | 4,000             | 7.272727      |
| Cups                               | 20       | 200        | 4,000             | 7.272727      |
| Chairs                             | 20       | 200        | 4,000             | 7.272727      |
| Carpet                             | 1        | 150,000    | 150,000           | 272.7273      |
| Electric bills                     | 1        | 25,000     | 25,000            | 45.45455      |
| Sewing machines                    | 5        | 250,000    | 1250000           | 2272.727      |
| Marking machines                   | 5        | 90,000     | 450000            | 818.1818      |
| Sewing accessories                 | 3        | 110,000    | 330000            | 600           |
| Make up kits                       | 1        | 70,000     | 70000             | 127.2727      |
| Cooker                             | 5        | 50,000     | 250000            | 454.5455      |
| Baking pans                        | 2        | 70,000     | 140000            | 254.5455      |
| Blenders                           | 10       | 2500       | 25000             | 45.45455      |

|   |      |         |                   |                  |
|---|------|---------|-------------------|------------------|
| Cooking accessories                       | 5    | 25,000  | 125000            | 227.2727         |
| Staffing equipments                       | 1    | 80,000  | 80000             | 145.4545         |
| <b>Subtotal</b>                           |      |         | <b>3,138,500</b>  | <b>5706.364</b>  |
|   |      |         |                   |                  |
| <b>Salaries for teachers (1year)</b>      |      |         |                   |                  |
| English teacher                           | 12   | 50,000  | 600,000           | 1090.909         |
| Mathematics teacher                       | 12   | 50,000  | 600,000           | 1090.909         |
| Computer teacher                          | 12   | 50,000  | 600,000           | 1090.909         |
| <b>sub total</b>                          |      |         | <b>1,800,000</b>  | <b>3272.727</b>  |
|   |      |         |                   |                  |
| <b>Stipends for skills coach (1 year)</b> |      |         |                   |                  |
| Fashion designer                          | 12   | 50,000  | 600,000           | 1090.909         |
| Kitchen chef                              | 12   | 50,000  | 600,000           | 1090.909         |
| Staff tutor                               | 12   | 50,000  | 600,000           | 1090.909         |
| Make-up artist                            | 12   | 50,000  | 600,000           | 1090.909         |
| Stipends for volunteers                   | 12   | 25,000  | 300,000           | 545.4545         |
| miscellaneous                             | 1    | 300,000 | 300,000           | 545.4545         |
| <b>Subtotal</b>                           |      |         | <b>3,000,000</b>  | <b>5454.545</b>  |
|   |      |         |                   |                  |
| <b>Education materials</b>                |      |         |                   |                  |
| Projector                                 | 1    | 250,000 | 250,000           | 454.5455         |
| Screen                                    | 1    | 50,000  | 50,000            | 90.90909         |
| Bold makers                               | 10   | 1000    | 10,000            | 18.18182         |
| Cardboard papers                          | 20   | 500     | 10,000            | 18.18182         |
| Text books                                | 3    | 10000   | 30,000            | 54.54545         |
| Exercise books                            | 1000 | 300     | 300,000           | 545.4545         |
| Pens/pencils                              | 500  | 150     | 75,000            | 136.3636         |
|   |      |         |                   |                  |
| <b>Subtotal</b>                           |      |         | <b>725,000</b>    | <b>1318.182</b>  |
|   |      |         |                   |                  |
| <b>Grand Total</b>                        |      |         | <b>11,798,500</b> | <b>21,451.82</b> |

# TEEN MOM PROJECT

## BACKGROUND

Teenage pregnancy is pregnancy in girls 10-19 years of age. It is a risk condition that requires skilled anti-natal care for good outcome. A report carried out by WHO in 2014 reveals that, about 16 million adolescent girls give birth each year contributing to nearly 11% of all births worldwide<sup>1</sup>. It is more important to note that, 90% of these births occurring in low and middle income countries. In Cameroon about 12% of all births are to adolescent mothers making it the highest country in both Central and West Africa with high adolescent fertility. It was observed that the prevalence of adolescent pregnancy is high in rural communities as compared to urban cities. This is because in the rural communities, majority of the females are forced into early marriages or are being easily deceived since they are not educated enough. An estimated 5% to 33% of girls aged 15 to 24 years who drop out of school in some countries do so because of early pregnancy or marriage<sup>2</sup>.



*Handwashing practical demonstration- Routine clinic*

<sup>1</sup><http://www.who.int/news-room/fact-sheets/detail/adolescent-pregnancy>

<sup>2</sup> World Bank. Economic impacts of child marriage: Global synthesis report. Washington, DC: World Bank; 2017.

Sampled causes of teen age pregnancy include early marriages due to cultural influence, low socio-economic status, sexual abuse, peer pressure, drugs and alcohol, media influence and a host of others. Effects of teenage pregnancy can be devastating on both mother and child with some effects on the mother being school dropout, poor living conditions, poor health habits, depression from the society and risk of complicated delivery. For her baby they include poor living conditions, malnutrition, exposure to diseases and even infant mortality. As part of our sexual and reproductive health pillar, VAHA has developed a program “teen mom’s club” aimed at building capacity, educating and empowering young moms in three communities in Ngoketunjia Division, in the North Region of Cameroon. This clinic was launched in 2018 and ran smoothly till 2019.



*Teen mothers posing with finished product produced during an entrepreneurship session*

Following our attendance sheet analysis, 80% of these teen births are their first births thus this clinic was crucial for them to help improve on their health and that of their babies.

## OBJECTIVES

- Enable young mothers meet a wide range of support needs
- Capacity building on entrepreneurship
- Ensure access to a peer support network

- weekly one-to-one support with the facilitators
- To boost self-esteem by mitigating depression in teen mums
- To share best practices on sexual and reproductive health and safe motherhood with teen mums.



*VAHA in collaboration with giving hope to all foundation organized first ever teen mom conference in the NW Region*

## ACTIVITIES

- Capacity building and entrepreneurship workshops on the production of basic household commodities such as detergents, baby foods; pastries etc
- Creation of a peer to peer support network by instituting a routine visit scheme for teen mums
- Annual conference for teen moms to raise awareness on sexual and reproductive health and rights, understand challenges faced by teen moms and link them to opportunities.

## OUTCOMES

- 60 teen aged mums are empowered which has enabled them generate finance to cater for their babies and themselves.
- Teen mums are able to better interact and share experiences thereby helping each other out of her situation.



*Session on sexual and reproductive health and rights*

- Teen mums are able to practice proper hygiene in order to improve their overall health.
- 60 resilient and confident teen mums becoming mentors to other teen mums
- over 200 teen mums gained knowledge on sexual and reproductive health and rights capable of making informed decisions on the same.

## Challenges and Way forward

- Due to the current crisis, several teen mums have displaced and given limitations in human resource we lost touch of some of the women. VAHA is looking forward to creating more teen mom projects in stable regions where we have many displaced teen moms.



*Entrepreneurship session on food packaging*

- Many have demonstrated interest in starting up their own business in order to support their babies but VAHA is yet to mobilize resources to this regard.
- Many are not literate and have demonstrated interest in going back to school and VAHA will reach out to partners to provide scholarship for them.

- The absence of computers and laptops in the centers hindered remote communication with mentors and coaches who were ready to do peer mentoring remotely (as they were scared to access these crises hit zone for fear of being kidnapped or caught in cross fire).



*Baby food production techniques*

## CONCLUSION

Over 260 teen mums benefitted from our empowerment activities and health education programs.