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Registered Charity No: 1155079 / Companies House: 07193333

ANNUAL REPORT 2019



BECAUSE WE CARE

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REFLECTIONS FROM THE CHAIR AND BOARD OF TRUSTEES

The Board of trustees of CAME Women and Girls Development Organisation (CAWOGIDO) wishes to acknowledge the following partners/ donors for their financial and technical support that helped the accomplishment of the planned activities for the year 2019:

The board would also like to take this opportunity in presenting the annual report 2019 to wish you, your colleagues, volunteers and partners a successful 2019 in which we all work together to tackle poverty, support vulnerable adults, address youth sexual health and violence among women and girls (BREAST IRONING) both in the UK and Cameroon. And finally thanking the Diaspora and all other stakeholders including member organizations that helped in one way or the other for the achievement of the 2019 CAWOGIDO's objectives and strategic plan.

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About CAME Women and Girls Development Organisation:

CAWOGIDO is one of the few organizations in the UK involved in the implementation of various activities that promotes the well-being and basic rights of BAME women, girls and young people. The organization supports efforts that empower women within their cultural traditions. We value the strengths and dignity of women and affirm their right to benefit both economically and socially.

Our Vision: CAWOGIDO envisages a world in which women and girls, young people are able to enjoy the highest level of health and social well-being and accorded their human rights, equality and freedom from all forms of discrimination and violence.

Our Objectives: The relief of those in poverty in particular women, girls and young people by such charitable means as the trustees see fit, The promotion and presentation of good health (sexual and reproductive health and gender based violence among young people). The promotion of social inclusion by preventing people from being socially excluded (being excluded from society as a result of one or more of the following factors : unemployment ; financial hardship; youth or old age; ill health (physical or mental); substance abuse or dependency including alcohol and drugs; discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation / gender reassignment; poor educational or skills attainment; relationship and family breakdown ; poor housing so they can play a fuller part in their communities and so that their conditions of life may improve, The advancement of education in vocational and entrepreneurial skills"

Our Philosophy: CAWOGIDO recognizes that poor health of women's, girls' and young people and their inequitable access to health provision, adversely impact on the socio-economic development of women and girls and continues to contribute to poverty.. CAWOGIDO therefore adopts a holistic view which requires a multi-sectoral strategy for the implementation of health, education, economic development and socio-economic programmes. By working with individual women, girls and youth within communities at the local grassroots level, and with community-based organisations, statutory groups, governments and other members of civil society at local, national and international levels, CAWOGIDO seeks to create a better understanding of the multiplicity of issues that impact on the health and well-being of women/girls and young people.

Our Mission: Our mission statement is to continue to support women, girls and young people and vulnerable adults with a commitment to providing and promoting collaboration and enhancing capacity among members and volunteers for collective action towards effective response to our work and its impact. CAWOGIDO recognises that poor health of women, girls and young people and their inequitable access to health provision, adversely impact on the socio-economic development of diaspora women's organisations in the UK and continues to contribute to poverty. CAWOGIDO therefore adopts a holistic view to promote gender equality, stimulate local economies and empower women, girls and young people to become active, involved and powerful change makers. CAWOGIDO seeks to create a better understanding of the multiplicity of issues that impact on the health and well-being of vulnerable adults from disadvantaged communities

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THE CONTEXT OF OUR WORK

WHAT WE DO



PROGRAMMES AND ACTIVITIES

- Vulnerable Adults and Community Support Programs
- Prevention of gender based violence
- Micro-enterprising for small businesses
- Training
- Youth programme
- Health Programmes

Education and Community Support Programs

Upgrading and improving the environment, health, educational, social, and cultural and infrastructure aspects. Education on women and girls sexual and reproductive health through seminars, workshops & conferences and capacity building for women



Educational Support: CAWOGIDO has developed opportunities for elderly people to acquire skills and knowledge in the use of computers and the internet through social support. We supported local elderly people in Greenford to extend opportunity, access and information across the whole spectrum of identified need by providing accessible and inclusive opportunities for socialisation and friendship -- breaking down all barriers to social integration

Our Adult services for 2019 included:

Promoted neighbourly care to support disadvantaged adults in poor health, social isolation and financial hardship once a week from a central base in Greenford and food delivered directly into peoples homes.

Services were offered and delivered in a context of inclusion, accessibility and practical recognition of the multi dimensional diversity of the community we serve.

We served over 60 clients in a culture that celebrates and welcomes diversity – our center clients come together from different cultural background in a fully inclusive ethos and atmosphere.

Our services include:

Befriending Project

For over 20 socially isolated older people

Diabetes Campaign

Risk assessing all members of our community center

Health Promotion Talks

fortnightly talks and discussion on health issues

Exercise groups and

balance classes Varied

exercise and balance classes

every week by a trained coach

Health Monitoring Checks/Personal

Health Plans regular physical health

checks working with individuals and groups

connecting directly to where different communities live

EVALUATION REPORT

CAME/Neighbourly Care Program - Community Participants

1. Currently the membership is 75 people and all have said they enjoy attending the CAME/Neighbourly care centre in Perivale.

2. Because of the success of the project membership is steadily increasing every.
Year 2016=41 Year 2017=62 Year 2018 = 75

3. 15 Male 60 Female 38 living with a disability

4. How they described their Health

Excellent 2

Good 8

Fairly good 15

Not so good 5

5. How often they had contact with family or friends.

Daily 6

2/3 times a week 9

Weekly 10

Monthly 45

Never 5

6. Reason they enjoy coming to the group

Socialising 71 Nice community feel 54

Engaging Activities 59 A sense of belonging 51

Workshops/Talks 51 meeting new people 45

Quiz /Games 50 feel less isolated. 60

Information session 49 Exercise sessions 71

Friendly people 58 Dance sessions. 70

Feel safe 57 Sharing food and drinks 61

6. Activities they like most are:

- socialising

- fell less isolated

- Exercise sessions

- Dance sessions

Reasons being that it helps to build better connections that will transform neighbourhoods into healthy, fun and vibrant places to live and thrive. Good relationships and bringing people together will change communities, debunk myths, fears and stereotypes about others, and increase momentum towards longer term neighbourhood solutions as well as improved their health and wellbeing.

7. Activities that need improvement are:

- More exercise and dance sessions
- walking and sporting activity should be included
- Outings

8. They said without the Centre they will have nowhere to go or travel long distance to other communities. Some said stay at home and be lonely

Prevention of Gender Based Violence: Our strategic plan focuses on three strategic directions: community systems strengthening, improving policies for protecting women and girls from violence and institutional systems strengthening. The adoption of the new strategic plan represented a transition of our strategic thinking and focus guided by fresh evidence and aligned to the UK gender policies 2011 also saw increased networking and partnerships and the scaling up of activities towards training, education and counselling for women and girls affected by FGM. Through our community programme, we have initiated a process of change from within targeted communities, where a cadre of dedicated women volunteers are helping, persuading and empowering other women. We are continuing to raise the issue of Breast Ironing and FGM, and in our future plans we will continue to promote women and girl's sexual and reproductive health through education, advocacy and capacity building especially on matters related to GBV; breast ironing, FGM, Forced marriage, teenage pregnancy, STIs and HIV/AIDS

Micro-Enterprising for small businesses: The main goal of this program is to provide technical help, training, business mentoring and other types of support to developing social enterprise, Income generation for youth and women, micro-enterprise business owners and farm women on how to grow and market their crops. To date, only a few projects have been financed. With the generous support of individuals and businesses, we are hoping to increase the number of projects we support in Cameroon and assist women to market their produce their produces in the UK and to develop sustainable social enterprise for women in Ealing.



Geraldine Promoting Enterprising

Training in London: We conduct specialized training programs such as training for refugees and asylum seeking women, women's participation in community development, health sensitisation and promotion, Training of Trainers (TOT), Attitude and Behaviors change, Participatory and specialized workshops for NGO leaders and capacity building for organisations and members. Workshops for experience sharing, advocacy and policy influencing on cross cutting issues such as HIV/AIDS.

Women and Poverty: A social enterprise programme which will give people tailored support to get back into work and fight poverty is now in place. The programme is different to previous schemes as it assesses people to discover the different types of social enterprise and what barriers are preventing them from engaging.

Skill Building for Farm women in Cameroon - Through our work with various local women's groups in Limbe and Bui, we offer a number of capacity building trainings to farm women. For example, through the use of volunteers and members women have been train to cultivate vegetables and food and sell to generate income.

Youth programme: Our work with young people in the Uk is more of promoting volunteering, sexual health education, sports, apprenticeship, training and employment by a practical means of development of information and skills including counseling and mentorship. We aim to reduce poverty and to bring together a variety of young people from disadvantaged communities, Black and Minority Ethnic groups, develop their potential and mobilise them to engage effectively in community development, education and regeneration activities and build their capacities through education and trainings while addressing cross cutting issues such as sexual health and sexual exploitation, drugs, alcohol and crime .

Health Programmes

We aim to strengthen access to education for women and girls affected by breast ironing, FGM, HIV/AIDS and to strengthen the capacity of local organisations and communities to respond to the impact of breast ironing, FGM and HIV/AIDS among women and girls. Training and education to raise awareness about sexual and reproductive health issues among women/girls and young people. Provision of legal aid and advice to victims of sexual and reproductive health problems and violence. interpersonal counselling. Health service information and orientation,

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Advocacy and Lobbying of policy makers on the prevention of gender based violence.

SUMMARY REPORT OF THE PROJECT SEXUAL HEALTH PROJECT:

The project to provide information and promote sexual health choices for young people

Breast Ironing Activities 2019.

- A large number of printed materials (100 posters, 5000 leaflets and 100 information packs) have been distributed across London and beyond
- In London there is a high level of knowledge among Cameroonian communities and their families on breast ironing as a result of awareness sessions and media campaign, 15 informal discussions and 17 sensitisation campaigns have been held with women about Breast ironing including multiply health implications
- The project now works with 6 community advocates to deliver workshops and help organise events
- 34 people have attended the workshops held so far , 37 people attended the one Safeguarding Children workshops delivered for doctors
- Volunteers held one-to-one support sessions with 2 different women, providing information
- People now call the project coordinator when there is an event about breast ironing, requesting to attend. We see this as a great achievement as it shows that the word about the project is getting out, and that there is interest in the community.
- There are now 6 active volunteers in the project, doing outreach work, promoting the project, and raising awareness in the community
- Training has also been provided through the project to health professionals, community members, young people and project workers. The content of training varies from general information on breast ironing, to media training, to sensitisation skills and campaigning skills.
- Levels of awareness and skills in the group have significantly increased
- The capacity of the organisation to produce and report monitoring and evaluation (M&E) information has improved considerably after the training
- We have developed a stronger relationships with other women's groups and mainstream organisations in London
- One of the outcomes of the project is a deeper awareness among mainstream organisations of what would be required to continue tackling breast ironing in the longer term.
- The project coordinator was able to reflect on the achievements and challenges over the course of the project, and come up with many recommendations for future work on breast ironing
- 1000 copies of promotional materials have been produced and disseminated to raise awareness about breast ironing



LESSONS LEARNT

- Community engagement and empowerment is central to breast ironing campaign work, thousands of people heard about breast ironing for the first time.
- As a Diaspora African women in the UK, We have a huge role that we can play in mobilizing action among African women and girls in the Diaspora to be part of this project and CAWOGIDO has initiated a consultation to engage African young women in the UK on breast ironing issues and cultural belief.
- I am positive that with available resources and skills, African women in the Diaspora can play a crucial role in the attainment of this agenda
- Awareness is, indeed, paramount. we have to stand tall and override tradition or culture in favour of protecting young girls.
- Just like female genital mutilation, breast ironing is considered a tradition - part of our culture, and for this reason some people are not ready to stop the practice.
- Limited Resources to implement unforeseen requests for trainings and awareness sessions from mainstreams organisation
- Very high expectations from us, request for information, request from the media and from the public is huge, we really underestimated the project
- Hosting workshops, group discussions and conferences is still a principle activity. These events aim to raise awareness about breast ironing and boost people's confidence to speak out about and reject breast ironing and often simply provide a safe and sociable space for people to talk, Partnership working with mainstream organisations and community organisations is more sustainable
- Training, mentoring and capacity development is necessary for both individuals and community organisations
- Young people who have the knowledge, skills and confidence, can bring about significant change on issues that interest and affect them.

ACHIEVEMENTS:

For The past 2 years, a number of interesting initiatives have emerged which allowed mainstream organizations, women and girls to speak out about breast ironing, their confidence to speak out about breast ironing has increased. We have established relationship with the social services and the Met. Police child investigation command. We strengthened community engagement and facilitating the work of community members to safeguard the rights of girls at risk of breast ironing and ensure the provision of information and support for women and girls. African and the

Cameroonian community have contributed to promote health and rights of women and girls from breast ironing within their communities. The girls and volunteers from our organisation have been trained and empowered to become advocates for change. Victims of breast ironing who are members of CAME Women are giving testimonies to the public. The media has become a useful tool for promotion of breast ironing especially the BBC world service, Resonance Radio Fm this has contributed to the project being known beyond London where we receive request from Africa, Germany, Italy, France, Holland, New York etc.

THE WAY FORWARD

THE FIGHT AGAINST BREAST IRONING CONTINUES, Our team is dedicated to developing innovative strategies and efficient media campaign messages to deliver outcomes. We are also exploring ways to consolidate our expertise and resources to expand our outreach activities and sensitisation in London and UK. CAWOGIDO has developed effective ways of conducting grassroots community-based prevention work. This has involved taking the time to find out where African people from affected communities meet in gaining their trust and setting up informal discussion groups. This process has led to the of 4 identification of community advocates or groups of young people who spontaneously wish to take forward the breast ironing prevention agenda.

CHALLENGES, PROBLEMS AND CONTRAINST

Limited resources for training new volunteers and motivating young people to participate with prizes and awards.

There is need to help the community become proactive, this encourages flexibility and supports sustainability, it was difficult to achieve with this project and as we continue, we hope to achieve by the end of the year. 'The best community projects are when the community group promote role models, we lack the Greenford role models in sport which was a problem. It is worth noting that role models are important for fostering interest among young people, and there is a need for role models celebrating success stories that highlight Short-term funding can create output rather ready for this. There is need to plan for results which address complex, long-term issues such as changing attitudes and aspirations, thereby developing sports leadership from within the community to compete nationally and even international.

RECOMMENDATIONS

CAME Women and girls development organisation is proposing a strategy that would encourage more female participation, more female leadership at the highest levels of sport and more opportunities for participation and will continue to engage women and girls in sports.

Recruit a Carer or key worker to support our activities with vulnerable adults

CONCLUSION

We will continue to work with our local partners in Ealing to ensure that our vulnerable adults activities intensify. But the project itself proved that there's a way ahead; by empowering volunteers, by bringing communities together, giving them the tools to work – and by listening as well – people from different backgrounds can find common ground and ways to progress.

Trustees / Members

NO	NAME	Position Held	Responsible For
1	Margaret Nyuydzewira	Trustee / Chair	Director / Fund raising/ Policy Officer
2	Geraldine Yenwo ,	Trustee / <i>Treasurer</i>	African programme / Training Coordinator
3	Betty Kemngang ,	Trustee / <i>Secretary</i>	<i>Administrator</i> / Volunteer coordinator
4	Meredith Ashire	Trustee	<i>Programme Manager</i> / Advocacy and Campaign coordinator
5	Benadette Mengnjo	Trustee	<i>Publicity and communication</i>

VOLUNTEERS/MEMBERS,

CAWOGIDO has no full time staff, no part-time staff, and has 10 members/volunteers on the board of trustees a dedicated team of 25 Volunteers. Membership is open to all interested Women and girls who are able to register and pay their dues

Derek Shemlon ,

Berinyuy *Simanka*

Liferter Javnyuy

Bernadette Fonyuy

Armande Baraccon

Christiana Mbi,

Gladys Njiti

Cyprain Mengjo

Patricia Nana

Massey Njiti

Donald Yelan

Elizabeth Mofola

OUR PARTNERS

ACKNOWLEDGEMENT

The Board of trustees of CAME Women and Girls Development Organisation wishes to acknowledge the following:

Partners/ Donors for their financial and technical support that helped the accomplishment of the planned activities for the year 2014/2015: The Cameroon Prime Minister's Office , COMIC RELIEF, Trust for London, Ealing Council, Ealing CVS, Heathrow Community Fund, The John Lyons Charity, Diaspora Volunteering Alliance (DVA), ,

Special acknowledgement also goes to the following Ealing equality council, Ealing women's Forum, Ealing ECN, Ealing Link and GNP Youth Forum, Women resource center London and WHEC

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A huge thank you for all the individuals who supported us both financial and material namely: The Foundation for women's Health Research and Development (FORWARD), The Mellenuim Group (TMG), Positive Vision Bamenda Cameroon, CENDEP Limbe Cameroon, Selamo Poultry Farmers. The Diaspora and all other stakeholders including member organizations that helped in one way or the other for the achievement of the 2014/2015 CAWOGIDO's objectives.

Our Partners:

Cameroon Forum, London UK
 Neighborly CARE
 Women Resource Center, London UK
 Positive Vision – Bamenda Cameroon - mou
 Ealing community Voluntary Services UK
 Ealing Women's Forum
 The Wilde Foundation
 GNP – Northolt, London
 Ealing Refuge Center
 Ealing equality council,
 Ealing ECN
 African Foundation for Development (AFFORD), London UK
 Association for women's Right in Development (AWID)
 SELAMO Foundation, Limbe, Cameroon
 CENDEP Limbe , Cameroon - mou
 Cameroon High Commission, London UK,
 Foundation for women's health and research

SUPPORT US:

Your Donations will make a Difference We would like to thank the many individual donors who continue to support our mission. It is your generous contributions that enable us to make a difference in the lives of so many girls and women. Considering the number of people affected by the devastations of poverty and disease, much more effort is warranted. It is evident that, any fund donated to the organization would be very useful. The organization accounting plan follows the normal accounting procedures and are open to scrutiny by the Board of Directors, Donors/sponsors and external Auditors. Project reports and financial reports would be available to all our supporters. In case any of the supporter wishes to supply the organization with a method for reporting on a particular project funded by them, it would be highly welcomed.

How to Donate: Send your cheque to: Greenford Business Centre, ICG House, Station Approach, Old Field Lane North, Middlesex, London UB6 0AL

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