



**Hope for the Better Future Cooperative  
(H4BF)**

**2018 Annual Report**



Contact: +237671977678/ +237 670363968

Email: [info@h4bfcooperative.com](mailto:info@h4bfcooperative.com),

Website: [www.h4bfcooperative.com](http://www.h4bfcooperative.com)

## **FORWARD FROM THE EXECUTIVE DDIRECTOR**

The year 2018 has been an extra ordinary year with H4BF which saw her extend most of her activities to other regions within the country and of course create more impact in the communities where we work to realize our very important mission. The year began with the launching of the 2018 activities which brought together so many partners, local authorities and community participants. We also used the opportunity to invite a variety of media houses that covered the events to give H4BF and her partners a wider audience. In the course of the year 2018, we focused on expanding our activities especially our community water and sanitation projects to communities that faced great water challenges while putting more efforts on sensitization through schools and other community units. We did not leave out the agricultural sector which is the backbone of H4BF activities and so many other activities including environmental advocacy, tree planting, food exchange programs etc.

This year, we also received over 8 volunteers including national and international volunteers from universities, high schools and local communities. These contributed a lot to the accomplishments this year. Our team also increased as we recruited more local contact persons who have been acting as managers in our community projects. Our online community have also greatly increased through the increasing hard work put in by our agile public relations department which is a huge plus to us and our partners.

Despite the efforts we put in, there were lots of challenges we faced noting the current instability in the socio-political atmosphere in the country but the very strong and versatile H4BF tem did not allow the crisis to stop their work.

## **1.0. INTRODUCTION**

Hope for A better future (H4BF) cooperative society is a youth led cooperative society, which was created in January 2009 and later legalized in May 07 of the same year under the Cameroon authorization number NW/IP/SCOOPS/001/14/232. She is a reliable and trustworthy cooperative society in Cameroon run by a network of well-educated dynamic, agile, enthusiastic, passionate and highly flexible young people

H4BF is a network of environmental advocates, Famers, contractors and Individual businesspersons who have come together with the aim of integrating sustainable environmental and socioeconomic growth while helping each other realize a common business goal and giving back to their community through all forms of community development projects. Our services include community water supply (Boreholes, wells), Agribusiness, Construction and Website Designs.

Hope For A Better Future (H4BF) Cooperative Society with the aim to support the action of the Cameroon Government to improve lives, reduce poverty and empower people to realize the fullest of their potentials without limiting posterity from meeting theirs. H4BF believes to give something, you must have something, reason why we set up different wings which enable us fund a percentage of our projects. 50% of our profit is invested back to the business while the other 50% is given back to the community via our different community development programs to achieve this vision of Integrated Sustainable Rural Development, Hope for a Better Future (H4BF) Cooperative Society has 6 wings that propel her to reach this goal, these include inter alia:

We focus on vulnerable groups especially those highly affected by lack of unemployment opportunities, exposure to social ills and limited access to social amenities due to disabilities or distance. For example, the 'Drink Clean and Safe' Project seeks to improve access to clean and safe drinking water for schools and communities in remote areas across the 10 regions of Cameroon. The project focuses on constructing boreholes, hand-dug wells, improved rainwater harvesting for irrigation in home gardening and other domestic chores and small-town piping systems. The Drink Clean & Safe Cameroon Project is also part of a partnership to provide surface water kiosks in peri-urban communities

## **2.0. SUMMARY OF 2018 PROGRAMS AND ACTIVITIES**

## **2.1 Agricultural Program**

### **i. Training**

- 35 farming community leaders and youths were trained on agro pastoral activities under the H4BF training program.
- 152 peasant women farmers were trained on pig and sheep production/management and how to use manure for crop and vegetable farming
- H4BF training program received 160 students on study visit
- 19 students from professional schools and universities carried out internship for degree and Master's program
- H4BF established school gardens and provided garden equipment in 10 schools
- 27 People with special needs were practically trained on climate smart agriculture

### **ii. Seed multiplication**

3 tons of ATP and Kassia maize seeds and 9 tons of Mondial solanum potatoes seeds were cultivated this year to give to poor peasant farmers at subsidised rates.

## **2.2. ENVIRONMENTAL PROGRAM**

### **i. Protection of water catchments**

This year H4BF planted 2 ha of Pygium Africana around the water catchments in Bamdzeng and Mbveh.

### **ii. School Environmental Project**

16 schools have been engaged in the school environmental project aimed at inculcating values of environmental management and protection to pupils and students. In each of these schools' pupils have been practically trained on a tree nursery, composting, crop rotation and environmental management in general. Farm tools (hoes, cutlass, watering cans, seeds etc) are also given to these schools to facilitate execution of the School environmental program. H4BF also donated neem trees to Ecole Puplicue Djafga, Far North Region and Ecole Puplicue, Ouro Boubi, North Region to support the SEP in these H4BF schools.

## **2.3. WOMEN EMPOWERMENT PROGRAM**

### **Capacity building**

Capacity building sessions were carried out with these women on farm management, marketing techniques, and strategies in converting locally grown foods like bananas and plantains into cakes and chips for variation, storage, and sale.

This year a project building capacity of women farming groups on pig and sheep production has been initiated and will continue to be an annual event. 400 women and 52 women in 2 sessions

respectively have been trained on pig and sheep production. Each participant received a certificate, a pig or sheep and a bag of feed after the training for continuity.

## **2.4. WATER AND SANITATION PROGRAM**

### **i. Water**

-Under the water and sanitation program 14 communities were provided potable water. 90 % of the water provided was by gravity and 10% was protected wells. Benefiting communities included the following: Rom, TaahMbveh, Kiroumin, Simonkov, Ngeptang, Nchini, Njenefore, New layout, Balepoh, Bametou, Bipock, Kourom, Mendankwe, Bamesso.

### **ii. Sanitation**

16 toilet blocks of 3 -4 rooms each were constructed in 16 schools all over the national territory.

Hand washing facilities were constructed by all the toilets to inculcate the habit of hand washing in pupils and youths in primary and secondary schools

### **iii. Rehabilitation of damaged well in communities**

5 boreholes were rehabilitated, all with old pipes and pumps replaced and surrounded cleaned and well protected.

## **2.5. VOLUNTEERING**

H4BF also continued to open its doors to national and international volunteers as well as students from universities and professional institutions on internship. This year 30 students from professional and institutions of higher learning had internship placement in H4BF. 10 national volunteers gained skills in development work through H4BF, 24 international volunteers contributed in one way or the other to H4BF activities this year.

## **2.6. OTHER ACHIEVEMENTS**

- H4BF received five national press awards, and the eye newspaper Award Cameroon 2018.
- H4BF participated at the in the peace conference organised by united Cameroon in Baffousam, with title “the role of youths in Peace Building”.

### **3.0 DETAILED ACTIVITIES AND ACHIEVEMENTS**

#### **3.1. Improving school infrastructure for 2018**

##### **a) Applications**

Over the course of 2018, H4BF received a total of 167 applications from communities in need of school infrastructure support. These applications were diverse in need and origin. While most of the applications presented the problem of lack of infrastructures in the different schools, a host of others presented the problem of rehabilitation or the need for teachers. Several also requested support for the construction or equipping of school libraries, science labs, workshops and computer rooms. The applications ranged from nursery through primary to secondary and high schools, and covered government, denominational and private schools. The applications came from all the regions of Cameroon.

##### **b) Feasibility studies**

H4BF carried out 40 feasibility studies in various communities throughout 2018. The projects in provision of well, borehole, toilet and school garden.

Feasibility studies were carried out in the following schools:

- GS Ameng, Fundong/Boyo
- GS Atuabug, Fundong/Boyo
- GS Bonam, Fundong/Boyo
- CNS Manjo, Manjo
- EP Ngokop, Makenene/Mbam et Inoubou
- Ecole Maternelle Ngokop, Makenene/Mbam et Inoubou
- CBC Menda, Bamenda III, Mezam
- CS Kifem, Nkum/Bui
- EP Kourong, Doumrou/
- EP Padjani, Doumrou/
- Ecole Maternelle Mock-Sud, Makenene/Mbam et Inoubou
- EP Kalaki, Dargala/Diamare
- EP Kro Waiffi, Guidiguis/Mayo-Kani
- EP Mayele-Ebe, Maroua II
- CETIC Bangana, Yagoua/Mayo-Danay
- GS Shuken, Mbven/Bui
- GBPS Manjo, Manjo/
- GTHS Bamendankwe, Bamenda I/Mezam
- PS Rifem, Mbven/Bui
- EP Bagara, Yagoua/Mayo-Danay
- GS Nkom-Nkom, Fundong/Boyo
- GS Ntsenlah, Fokou...

- GBPS Upper Bayelle, Bamenda III/Mezam
- GBSS Lsip, Mbven/Bui
- GS Ikuijua, Fundong/Boyo
- GSS Mbveh, Kumbo/Bui
- GTC Ntigi Bambili, Tubah/Mezam
- GSS Bangshie, Bamenda I/Mezam
- GNS Ntoh Mbiame, Mbven/Bui
- GTC Jhibai, Nkum/Bui
- EP St. Joseph de Boulai IBIB, Bibemi/Benoue
- EC de Pitoa Saint Francois Xavier, Pitoa/Benoue
- College Saint Andre de Ngong, Tcheboa/Benoue
- St. Francis Bilingue, Figuil/Mayo-Louti
- EC St. Kisito, Guider/Mayo-Louti
- GS Koko, Mbven/Bui
- GS Kovjo, Mbven/Bui
- GTC Nkeung, Bamenda III/Mezam
- GS Baah-Din, Nkum/Bui
- CES Makenene, Makenene/Mbam et Inoubou

**d) Launching of H4BF Model integrated Community projects in 2014**

Each year, H4BF selects one division to showcase its integrative and participatory approach to sustainable rural development. In 2018, Mbven Sub-Division in Bui division in the North West Region was the selected area. As a result, numerous school toilets construction projects are on-going in this locality, along with improvements to a health centre, water projects, school gardens, scholarships to needy children, and support to women’s groups.

**3.2. School Environmental Programs:**

H4BF strives to inculcate values of environmental management among adolescents and children by supporting the development of school environmental programs. H4BF provides practical training on organic farming and tree planting techniques and provides equipment for school gardens and farms. This program is part of H4BF’ efforts to fight climate change and promote sustainable agriculture.



*Vegetables growing in some H4BF sponsored gardens*

Under the H4BF School environmental program, H4BF also planted over 500 Neem trees which is resistant to prolonged dryness and has medicinal properties in two schools ( EP Djaga and Ouro-Boubi), , in the Far North Region of Cameroon.

Students in these schools were trained on how to nurse and plant trees. The SDO for Mayo Danai, The General Coordinator of H4BF and the Lamido of Pouss demonstrated tree planting in the aforementioned schools



*Students of beneficiary schools using equipment/ H4BF staff giving lessons on bed formation*



*Nursed trees ready for out planting in Ecole Puplic Djafga*

### **3.3. Water and Sanitation in Schools and communities**

H4BF works to improve the sanitation and hygiene situation of adolescents and children through the construction of modern toilet blocks, the provision of hand washing facilities, and the extension of potable water for all schools constructed by H4BF.

#### **3.3.1. Overall objective of the Water and Sanitation program:**

To reduce the incidence of waterborne diseases in rural communities

#### **Specific objectives:**

- To provide potable water to rural communities
- To reduce the amount of time women and children spend fetching water
- To improve the health of rural communities by reducing incidences of water-related illnesses

#### **3.3.2. Water and Sanitation in schools:**

H4BF works to improve the sanitation and hygiene situation of adolescents and children through the construction of modern toilet blocks, the provision of hand washing facilities, and the extension of potable water. In 2018, H4BF constructed nine toilet blocks in the following schools:



*Modern toilet block provided by H4BF*



*Hand washing facility at EP*



*School portable water in EP Ngokop*

In addition, there was construction and extension of potable water in EP Ngokop. This has helped to reduce the prevalence of water-transmitted diseases like typhoid, diarrhoea etc.

#### **Challenges for the Water and Sanitation in schools:**

Despite the remarkable achievements of the education program in 2018, there were some challenges:

- Most communities did not maintain the terms/timeline of the initial agreement, delaying work and the final handover to the communities.
- Resources are limited and not sufficient to respond to all of the applications of merit that H4BF receives.
- The remote location of some communities made it difficult to transport H4BF industrial materials to these communities.
- Internet connections are sometimes slow, leading to problems reporting on time and maintaining communication.

#### **Future plans:**

- We plan to continue constructing more schools' toilets in more communities in all the Regions of Cameroon.
- Provide more water and sanitation component so as to improve on the hygienic situation of schools.
- We intend to involve at least 10 schools in the school environmental programs so that they can improve on their school gardens and inculcate the habits of organic farming.
- In the scholarship component, we intend to reach out to more Regions of Cameroon so as to distribute the scholarship recipients evenly.

### **3.4. AGRICULTURAL**

This annual report provides details of what H4BF did during the year 2018 in the agricultural domain.

As a result of declining soil fertility, poor seeds/breeds, improper management techniques, a decrease in farm household sizes, and an increase in population and land pressure, many rural poor farmers are facing low crop and livestock yields. To cope with this situation, they are resorting to practices that require costly inputs and improve yield only at the expense of the environment and sustainability of their land and income. These farming methods/practices include slash and burn, the improper use of synthetic fertilizers/pesticides and the extension of farm land by clearing down of forests. These activities not only involve a high cost up front, they also detract from the sustainability of the farms, and therefore weaken farmers' abilities to support themselves and their families in the future.

#### **3.4.1. Overall Objective of The Program:**

The overall objective of the program is to contribute to increasing food security, improve small holder farmers' earnings and eradicate hunger amongst poor peasant farming group through training them on sustainable and climate smart agriculture, supporting them with micro credits and materials to enable set up their farms and produce crops and vegetables for sustainability of training centre.

#### **3.4.2. Specific Objectives of the Program:**

- To train poor peasant farming community leaders and unemployed youths on organic farming methods and renewable energy through short and long course programs.
- Inculcate values of sustainable agriculture in pupils through practical training on creation of organic school gardens.
- Reduce farmer grazier conflict and improve animal health by training and demonstration on pasture improvement.
- Improve farmers' access to quality seeds through multiplying and distribution of seeds to farming communities at very low cost.

#### **3.4.3. H4BF Intervention Strategy:**

Inspired by the Millennium Development Goals and Cameroon's current Growth and Employment Strategy and the objectives set by the government, H4BF has been working with close to 600 community-based farming groups across the national territory to help improve earnings of farmers, combat rural poverty, ensure food security and develop production methods that are both economically viable and environmentally friendly. These groups are principally involved in small scale farming, suffocating under the enormous challenges aforementioned

#### **3.4.4. Activities to Achieve Objectives of the Agricultural Program**

##### **a. Training of Poor Peasant Farmers and Youths on Sustainable Agriculture**

##### **Achievements of the long course (two years) training**

##### **Community Animation and Recruitment of new trainees**

During this year community animation on H4BF long course training program was carried out in several communities and 35 new trainees were recruited to start training in January 2016. This is the 3<sup>th</sup> batch of trainee to be recruited for the short course program.



*Community animation in Mbiame community*

### **35 participants trained**

In the course of this year 35 participants received practical and theoretical training at H4BF demonstration farm. The three months course was carried out in collaboration with Ministry of agriculture. This training course was done in alteration (2weeks theoretical training at the centre and 2 weeks with reference farmers). These participants completed their training with a final result score of 96.69%.



*Participants of long course training receiving theoretical lessons*



*Practical training on manure application and solanium potatoes cultivation*

### **Insertion of ex-trainees**

Towards the end of 2018 the territorial commission in charge of validating ex-trainees' projects for funding made of 11 members made of representatives of demonstration stakeholders was appointed and trained. Mme Bisona Solnage was elected as the president of the territorial commission assisted by Shufai Yuwar. The first 5 trainees presented their projects to this team and all their projects were validated.



*Territorial commission during defence of ex-trainees' projects*

### **Monitoring and evaluation of ex-trainees**

Activities of demonstration farm ex- trainees were monitored and evaluated in their various communities. A majority of the ex-trainees are doing excellently well in their communities. All those who were monitored practise livestock, farming and integrated it with crop and vegetable farming.

Some ex-trainees have trained other community members on integrated organic agricultural

### **b. Achievements of Short Course (1 Day to 1 Month) Training Program**

#### **Baseline survey**

A baseline survey was carried out in various communities to assess the needs of rural women farming and get a baseline on their livestock farming systems and challenges faced. This baseline survey enabled H4BF to prepare the short course training on pig and sheep production and management based on the challenges faced.



*Interviews of rural women during baseline on pig and sheep production*

### **Training of peasant women farmers**

This year 152 women farmers were trained in two short course programs, (March and July), specifically on profitable pig and sheep farming. Each trained woman was provided a training manual, a certificate of participation, a piglet and bag of feed or a mature female sheep.



*Women groups during and after training workshops*

### **Monitoring and evaluation of participants**

Monitoring and Evaluation of beneficiaries was also been carried out. More than 90% of the women who benefited from the short course training program, have been able to train more people in their communities. Their animals have also produced piglets and lambs and all of them use the manure to improve on their soils.



*Short course participants with her sheep that has produced 2 lambs*

### **c. STUDY VISITORS and INTERNS.**

The demonstration farm centre received 20 Students on internship from the University of Maroua, Dschang, Bamenda and Yaoundé, polytechnic Bambui, the Regional College of agriculture and the Veterinary school in Jakiri. These interns carried out internships for periods ranging between three weeks to three months. Their main areas of interest included: Biogas, agro-forestry, crops, pasture improvement and the environment in general.

About 200 Students on study visit equally visited the demonstration far



*Student from University of Maroua*

*Students from University of BUST in the trail plots*

### **3.5. COMMUNITY WATER SUPPLY**

14 schools benefited from the school water supply from H4BF. All of the school were located far from pipe borne water in their different communities and in some cases, pipe borne water was non-existent. Because of the serious need of water in the schools and the communities, H4BF decided to provide water either by constructing a modern well with a hand pump or by constructing a borehole. This also depended on the area.

#### **3.5.1. Community water supply in the Far North region**

In the Far North Region, 6 schools benefited from Water Boreholes.

These schools include;

- ☒ EP Mayel Ibbe in Maroua II sub division, Daimare division
- ☒ EP Bagara, Yagoua sub division, Mayo Danay
- ☒ EP Kro-Waiffi, Guidiguis sub division, Mayo Kani
- ☒ EP Ouro Boubi,
- ☒ CES Dama, Kaikai sub division, Mayo Danay
- ☒ EP Zouaye, Datcheka sub division, Mayo Danay



EP Mayel Ibbe Borehole



CES Dama Borehole



H4BF TECHNICAL TEAM AT WORK



H4BF TECHNICAL TEAM AT WORK



### 3.5.2. Rehabilitation of damage boreholes in Bameso community in the west region

#### The problem

Methodology: This feasibility was carried out with technical methods and community inquiries, ie **Pump 4 (Gendarmerie Post)**, we were told it was dismantled by a former technician to repair and later abandoned.

#### 1. Pump one (Mongonni)

- a. All the screws were missing,
- b. The pump head was bad
- c. The cylinder was bad
- d. Cylinder not tied on rope
- e. Rising main are those made of Iron
- f. The surrounding poorly cemented



Testing if the cylinder is connected



The pumping chain tied with nails instead of screws(boles)

#### 2. (King's Place Bamesso)

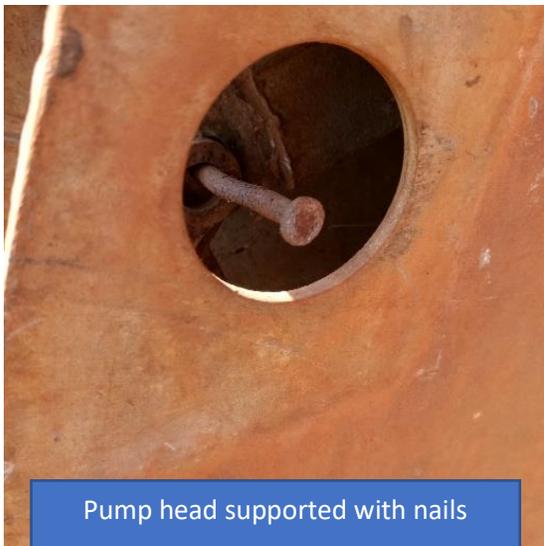
- a. Complete pump is bad
- b. Water completely dried off
- c. Rising main are those made of iron
- d. No sucking pipe connected
- e. Surroundings poorly cemented



Head of the pump damaged and removed

### 3. Pump 3(Ecole Publique de Bamesso)

- a. No screws
- b. Pump head damaged
- c. Rising main made of iron
- d. Sucking pipes not found
- e. No cylinder
- f. Cylinder not tied on a rope
- g. Surroundings dirty
- h. Have stayed waster



Pump head supported with nails



Loose rising main, pulled out hence  
no cylinder



Waste pipe blocked

#### 4. Pump 4 (Gendarmerie Post)

- a. Sucking pipes were removed by former technician
- b. No cylinder
- c. Rising main made of iron
- d. Have stayed water
- e. Cylinder not tied on rope
- f. Some screws not found
- g. No waste pipe connected



Loosed Pump: from enquiries we were told all the pipes, cylinder and rising main we

- a. Pump head damaged
- b. No return valves
- c. Cylinder damaged
- d. Cylinder not tied on a rope
- e. Some screws(Boles) missing
- f. Rising main made of iron
- g. Surroundings poorly cemented



Loosed pump with no screws(boles)

### Effects of the problem

Due to the fact that most of the boreholes in the community, were bad and not functional the inhabitants had to suffer the following effects;

- i. The teaching learning process was slowed at the primary school where the pump was bad because pupils and teachers had to leave the school and tracked for long distances to get water for drinking.
- ii. The hygiene and sanitary conditions of the community was in very poor state because they relied on doubtful sources of water for drinking and hose hold duties.

## **H4BF intervention**

After feasibility had been conducted by H4BF, the feasibility report provided showed an imminent need of intervention given the increased number of boreholes in bad state. Following this report H4BF, due to limited resources, H4BF was only able to help the community by rehabilitating just one out of five boreholes. The borehole will be able to provide water for the community all year round and also provide water for a school under the supervision of a management committee to ensure a proper management so as to make sustainable.

### **Goal**

The goal of the project is to improve access of the school and the community to potable water by rehabilitating a borehole which have not been working for so many years

#### **1. Objectives of the Project**

The objectives of the project include;

- i. To reduce long distance taken by elites to get portable water
- ii. Reduce or completely eliminate water borne diseases in the school environment
- iii. Facilitate and improve the hygienic and sanitation conditions of the school

#### **2. Expected Outcomes**

The expected outcomes of the project are as follows

- A borehole will be rehabilitated at strategic points within Bamesso to ease access to portable water
- Water is available in the community all year round
- The hygienic and sanitary situation of the school is improved

#### **3. Planned Activities**

The following activities were planned to carry the project to completion:

- Planning meeting
- Assembly of local material
- Signing of protocol agreement
- Hiring of skilled labour for the rehabilitation of the borehole
- Buy new cylinders and replace rising main and damaged pipes
- Pressure cleaning of the water
- Rehabilitate the surrounding of borehole for safety and hygiene
- Handing over of the borehole

#### **4. Activities Implemented**

Following a series of meetings between H4BF, and the community authorities of Bamesso, the protocol agreement to kick start the project was signed February 2018. Work started effectively on the site after all local materials were put in place. The rehabilitation of the borehole was completed, surrounding rehabilitated.

##### **1. Pump one (Mongonni)**



The technician arrive site with materials



Dismounting and repair of the head of the pump



Final testing/pumping

## **CHALLENGES**

More and more rural and urban poor communities are increasingly aware of H4BF and are demanding her services. As a low resource, project dependent organisation, H4BF material and human resources are insufficient to meet these demands. H4BF still has the key challenge of no funds for staff salary or operational cost. H4BF depend on volunteers for her service delivery

H4BF still uses public transport for the transportation of materials and for feasibility studies, this always led to delay in execution of project at times total conciliation when we cannot have transport means to get materials to project site

## **GENERAL CONCLUSION**

Generally, 2018 was a very busy year filled with lots of achievements as aforementioned. We look forward to the 2019 still with a lot of zeal and enthusiasm to achieve much more to the benefit of under privileged Cameroonians.

We greatly appreciate the contributions of our national and international partners that contributed to the achievements enumerated in this report