



SOCIAL WELFARE APOSTOLATE DIOCESE OF KUMBO

CARITAS KUMBO

P. O. BOX 115, KUMBO,
NORTH WEST PROVINCE
REPUBLIC OF CAMEROON
Email: diswe.kumbo@gmail.com

April 30th 2019

(Project No: 121-014-1042 ZG)

**EMERGENCY RELIEF AND HUMANITARIAN ASSISTANCE TO INTERNALLY DISPLACED PERSONS
IN THE DIOCESE OF KUMBO**

(SECOND NARRATIVE REPORT: FEBRUARY- MAY 2019)

FORMAL DETAILS

1.1.	Project title	Emergency relief assistance for Internally displaced persons, Victims of the on-going conflict in English speaking Cameroon (Diocese of Kumbo)
1.2.	Project location/Region	Diocese of Kumbo, P.O. Box 115, Kumbo, Bui Division, North West Region, Republic of Cameroon, West Africa
1.3.	Planned funding period	December 2018- June 2019
1.4.	Legal holder	His Lordship Bishop George Nkuo, Bishop of Kumbo is the legal holder of all projects within the territory of the Diocese of Kumbo. He conceives projects that respond to the needs of the people of the Diocese, assigns the technical department concerned with implementation to develop project proposals that would meet these needs, approves by appending a cover letter to the project and forwards the request to the selected funding agency or donor. In same light as above, he signs all contracts relating to projects being implemented within the territory of the Diocese, follows up on the implementation thereby ensuring periodical progress reports are prepared in line with planned and

	submitted activities. He further ensures these reports both Narrative and financial are submitted to the donor organisation and in compliance with expected standards and in time.		
a)	Name and legal form as registered: Social Welfare/CARITAS Department, Diocese of Kumbo		
b)	Postal Address: P.O. Box 155, Kumbo		
c)	Phone(Landline and mobile) and Fax: (+237) 679884778, 333481950		
d)	Email: diswe.kumbo@gmail.com		
e)	Bank details		
1.4.1.	Official representative (Authorised signatory) of Legal Holder		
	Name	Reverend Father Oliver Ndi	Skype: NA
	Email	finsec@hotmail.com	Phone (both landline and mobile) (+237) 651275976
1.4.2.	Person responsible for financial management		
	Name	Reverend Father Oliver Ndi	Skype: NA
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1.4.3.	Person Submitting the Request		
	Name	Reverend Father Daniel Ache Amuhngwa	Skype: NA
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1.4.4.	Contact person responsible for project (project coordinator)		
	Name	Reverend Father Daniel Ache Amuhngwa	Skype: NA
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Table 1: Formal details

Date/place: 30th April 2019/Kumbo

Name of official representative of legal holder: Reverend Father Oliver Ndi

Legal Holder: Bishop of Kumbo

1. Brief description of how the report was prepared

The report reflects the progress of all activities and actions carried out in relation to the outreach program to the internally displaced persons, victims of the ongoing crisis in the English speaking regions of Cameroon (Diocese of Kumbo). These include serving of more people with food support, health support, psycho-social support and non-food items especially to women and children. All these include implementation of measures that were arrived at during the two days workshop for training of the implementation staff of the humanitarian relief program.

2. Changes in the project Context

2.1. General changes in the Specific Project Setting since the submission of request for funding

The scope of the outreach has been expanded to include psycho-social support of the victims. During the second training workshop with the staff of all diocesan services, it was realised that many victims need not only food or shelter or health support or other identified relief measures, non-food items stated in the project contract. There is need for psycho-social support/trauma care to those victims who are hit directly by the crisis; for instance, those whose homes have been burned, those whose loved ones were shot dead in their presence or those whose children have been killed in the bushes and they just heard the news or never got to even see the corpses or the graves in which their relatives were buried. These people are living under psychological/social trauma and tension. The counselling program of the Diocesan family life department has been engaged to go along with the rest of the team to attend to these traumatised victims.

2.2. Changes in the situation of the target group

The Socio-Political crisis continues to bring untold consequences to families and individuals in and out of the Diocese of Kumbo which warrants immediate and holistic interventions. More human lives are lost almost on daily basis, continuous destruction of property, burning of residential & business houses, arrests, kidnappings & demand for ransoms, threats to lives

etc are the order of the day. As such, many more people continue to flee to safer areas where they have relations, friends or even to survive independently. Some have developed resilience and stayed but their initiative to sustain a living is continuously being rendered fruitless as a result of military harassments. This is the case of Bamkikaaiy in Kumbo and several other villages especially those along the highway like Kikaikelaki, Ntonghi, Mah, Takija, Kishong, Tatum etc. The whereabouts of some family members remain unknown to others. Most families in recently affected areas have been displaced to different directions. This continues to bring a lot of trauma and challenging life situations to both those displaced and the host families.

While serving the other 10 parishes that sent names of victims that were not yet served during the first segment of the program, many more names have come in as the crisis is now hitting even the most interior of villages where people had ran to for safety, further displacing them. Recently, Nkambe central which has been relatively unaffected by this crisis has been hit with more than 40 homes razed down in Watt Village, a village in the outskirts of Nkambe town. This has also been the case in other villages in Nkambe like Ngarum, Mbot, Chup where not only houses are burned but lives especially of young boys taken. This is continuously sending many more into the bushes and those who can afford transport continue relocating into French speaking regions of the country which are not affected by the crisis or at least to nearby Bamenda which though still in the NW region of the country, is much less affected as compared with Bui and now Donga-Mantung divisions.

The household sizes of many families in these towns have swollen tremendously with some families hosting up to 18 persons while the resources to sustain the families remain the same. There are reports of present hikes in prices of basic commodities like rice, fish, vegetable oil, groundnuts etc further rendering affordability of basic commodities more cumbersome, especially that those who relocate to these areas do so under tension and have little or no time as well as limited resources to transport food which is not even readily available for those who stay behind.

The migration to other towns further exposes the people to serious health challenges; first the change in climate which is not suitable to their health, the poor quality of water, the degrading hygiene and sanitation conditions where people use toilets without flushing for fear of increasing water bills or as a result of unavailability of water, over-crowding of such facilities as toilets leading to a possible increase in exposure to infections.

The landlords are continuously raising the cost of house rent using increased number in the houses as justification. Family sizes range from averagely 4 up to about 18 persons in the

house, and unfortunately surviving on the same resources and facilities that initially served just two or three.

Caritas Kumbo and partner implementation services of the program has tracked down and continue to track and register persons displaced out of Kumbo; and has equally stretched out to some of these in Bamenda where about 1,139 internally displaced persons were met and served with life saving support.

2.3. Changes with regard to the Social Welfare/Caritas Organisation

Owing to the fact that this is an emergency humanitarian relief, one of its kind and similar to no other project or intervention carried out by Caritas Kumbo or other related services with whom the project is implemented, it was necessary for continuous capacity building of these services to meet up with the constantly arising changes and challenges in the course of implementation. The services concerned, for instance; justice and peace. Health, agricultural training and family life were led in the effort to improve on quality service delivery by the Caritas team Kumbo;

- Hold meetings after every intervention to share on successes and challenges and bring up innovative ideas to better the next intervention, as well make concrete plans and assign tasks. Roles and responsibilities are assigned to individuals and services to facilitate and render the services provided more efficient
- Liaise with village development associations (VDA) executive members of the four tribes in Kumbo Diocese, the Nso, the Noni, the Oku and the Mbum tribes to identify and register IDPs in the respective towns or localities where they are found. We also worked with other structures and institutions like the churches, Justice and peace and family life commissions where applicable for the same purpose.

2.4. Implication of the changes that occurred in the organisation

Based on the changes in the implementing organisation (Caritas Kumbo) and related services involved in the implementation of the emergency humanitarian assistance, the following implications are deduced;

- Boosted capacities and greater experience gain in project implementation, leading to better, more effective and efficient service delivery to the IDPs
- A data base of IDPs displaced beyond the boundaries of the Diocese of Kumbo established and continuously being updated as more information comes in.
- We were availed with information that enabled us to serve over 1,139 internally displaced persons in Bamenda which is 109 kilometers from Kumbo.

3. Implementing the project and achieving its objectives

Objective 1. Improve living conditions of 11,000 persons			
Target value at end of project	Baseline value at project start	Source and means of verification	Current value
About 6,000 or more IDPs and 3,000 IDP host families identified by November 2018	Over 5,000 IDPs and host family members identified	IDP data base registers	Total displaced persons identified within and without Kumbo Diocese stand at 10,203 , with 8,499 having received life serving support.
Distribution food to vulnerable persons			
6,000 IDPs and 3,000 host families have access to monthly food supplies		Waybills, food distribution registers, IDP registers, activity reports and monitoring reports	Total number of IDPs served till date stands at 8,499 individuals
Distribution of non-food items (hygiene and sanitation supplies)			
Some 1,139 individuals and 266 households in Bamanda have received hygiene and sanitation supplies (laundry soap and sanitary pads)			
Medical consultations and supply of medication to the sick			
186 persons have received medical assistance and medication			
Referrals to hospitals, follow-up and settling of medical bills			

Four cases as follows

◆ Forgwei Godwin

19 years old male who relocated from Nkor village in Noni along with his mother and siblings. He now resides in Kohngi quarter in Kumbo.

He was diagnosed with scrotal pains and tachycardia during gunshots. He has had for five months. The office referred him to Shisong General Hospital where he received surgery and treatment. His medical bills were paid and he is now doing very well

◆ Anna Bang

58 years old female from Nkavikeng Kumbo

She is hypertensive and so was referred to Shisong Hospital for refill and her bills settled

◆ Suinyuy Daniel:

9 months old boy diagnosed with pneumonia and sent to Bansa Baptist Hospital.

Further diagnosis revealed a cardiac defect which needs surgery. The boy received immediate treatment at BBH, the bills settled and later referred to Shisong cardiac centre for the cardiac defect. He has been programmed for surgery but for limited financial resources as health issues of that magnitude were not foreseen. The boy is pending cardiac surgery under the care of Caritas Kumbo

◆ Sunjo Flora, a young lady from Jakiri displaced to Nkar.

Diagnosed with HIV infection already at the AIDS stage with symptoms already evident.

She was referred to Shisong where all necessary tests were carried out and she was placed on treatment. Bills were settled and follow-up is in progress to test her 4 year old child and the partner, though the whereabouts of the partner is unknown to her.

Trauma care/psychosocial support

Apart from the general counselling and coaching given to the over **2,296** individuals during outreach, 31 persons have received one on one counselling support and are being followed up.

Table 2: Objectives achievement

Statistics obtained from village development associations for IDPs out of Kumbo Diocese

S/N	TOWN	LOCATION	NUMBER OF IDPs registered	Number of host families
1.	Bamenda	NW region	1,139	266

2.	Douala	Littoral region	920	250
3.	Yaounde	Centre region	383	109
4.	Makenene	Centre Region	15	57
5.	Baffoussam	West region	16	48
6.	Baham	West region	13	0
7.	Foumbot	West region	33	186
8.	Dschang	West region	8	19
9.	Banyo	Adamawa region	147	60
10.	Bagante	West Region	15	33
11.	Koutaba	West Region	52	105
12.	Totals		2,741	1133

Table 3: Data for IDPs displaced from Kumbo Diocese and residing out of the Diocese

**3.1. Extent of realisation of project objectives
KUMBO-LIMBURG-MISEREOR INTERVENTION)
(CARITAS KUMBO REACHES OUT OT HE INTERNALLY DISPLACED PERSONS)**

Programme goal: Emergency Relief to the displaced and affected population in the Diocese of Kumbo

Objective 1: Living conditions of 11,000 vulnerable persons have improved

Indicators

- At least 6,000 displaced persons receive monthly food supply
- 3,000 households receive clothing and hygiene equipment

Below are the list of areas served recently and the numbers

Place	Date served	Number served food	Number consulted	Number counselled	Remarks
Wainamah	9 th of March 2019	Five families whose homes were burned	-	-	Wainamah was already served and reported. These five families are those whose houses were burned after the first outreach. They sent news to the Bishop through the parish priest and the Bishop immediately assigned the outreach team to take some assistance and a word of hope and encouragement to them.
Meluf	12 th of March 2029	240	66	22	Out of the 22 people who came for psychosocial support was the case of the lady whose husband was shot and house burned identified and follow-up with assistance
Mbveh	14 th of March 2019	679	61	9	3 cases who are HIV positive and had stopped taking drugs, 2 cases of HIV who had not started taking drugs 2 cases with broken homes with whereabouts of father/husbands not known 1 abortion rescue case currently being followed up 2 cases with spiritual problems who were referred to the parish priest We initially set out to serve 186 people but while there many more came representing 493 from different families
Sop	30 th March 2019	235	43	-	No counselling was done. The family life team and the justice and peace workers were not present in the field. However,

					counselling has been scheduled for the next outreach program to Sop
Nkar	2 nd April 2019	213	13	-	<p>A case of a physically challenged girl (deaf) identified. She can communicate well through reading and writing</p> <p>Case of a girl learning knitting from her host mother in Vekovi identified and will be followed up</p> <p>A case of lady with HIV AIDS was discovered. The lady was already manifesting signs and symptoms. She has been followed up, referred to Shisong general hospital for the necessary tests and placed on treatment immediately. Follow-up to test her child and partner is to be done</p>
Jakiri	10 th April 2019	166	3	-	<p>On the day of outreach to Jakiri, there was an intense gun battle between the military and separatist fighters along the high way causing great delay. The team could only arrive Jakiri after 4:00pm. Talks were given and food served to the population that had been waiting all day. Not much could be done on the other aspects like consultation and counselling due to time constraints. Those who were in need of medical attention were served consultation cards and referred to nearby Nkar Catholic Health Centre. Information on a lady whose husband was shot and later arrested to an unknown destination till date was collected and handed to family life for counselling and follow-up. Only three kids with easy diagnosis (upper respiratory tract infections) were administered medication.</p>
Djottin	25 th April 2019	570	0	0	No individual counselling was done. General coaching was carried out with the entire IDP and host population present.

					They received words of encouragement on the need to stay strong and be resilient in the face of such crisis. They were also educated on the need for healthy feeding and good hygiene and sanitation practices in order to stay healthy especially during this period when accessing and affording medical attention is a highly challenging. They were encouraged to follow up their family members who have fled to other towns to ensure that they identify with the VDAs so that it is easy to trace them. They were coached encouraged to watch out against human rights abuse and human trafficking especially for their loved ones away from home.
Buh	25 th April 2019	420	0	0	Buh was formerly an outstation of Djottin parish but was recently carved out into a pastoral zone in preparation against erecting it into a parish. Due to difficulty in movement as a result of the road blocks, the team of four that left for Djottin split into two and served Buh and Djottin simultaneously. The same activity that took place in Djottin took place in Buh.
Totals	Number served	Number that received medical aid	Number who received individual trauma care/psychosocial support		Remark: The total number served is up to 1,306 taking an average of 6-7 persons per family for the five families that were served in Wainamah and the 40 in Tatum who were served through their parish priest
	2,296	186	31		

Table 4: Summary of areas served

Bamenda town

Besides the above listed areas served, IDPs displaced out of Kumbo into other towns were tracked and registered as indicated on the lists in table 2.

Bamenda was already visited and served. Different lists of IDPs that were attended to were as follows

Source of list for IDPs	Number of IDPs	Number of host families
Oku Cultural and Development Association (OCDA)	159	63
Djottin village development association (DADA)	36	13
Nso Development Association (NSODA)	51	16
Donga- Mantung Cultural Association	120	0 (registered as individuals and not in families)
Justice and peace Bamenda	96	31
Futru Parish	393	93
Bayelle Parish	74	26
Mankon parish	91	24
Additional IDPs that were not identified in any list but came after getting news of the outreach program	119	0
	1139	266

Table 5: Details of IDP data for Bamenda

Summary of IDPs served

Total for IDPs served in December and January: **5064**

Total of IDPS served in Kumbo Diocese in March and April: **2,296**

Total of IDPs served out of Kumbo Diocese in April: **1,139**

GRAND TOTAL = 8,499 IDPs served till date

3.2. Implementation of Activities And Generation of Outputs

- Many more IDPs have been registered and classified according to their needs including those living out of the Diocese. The situation continues to degenerate.
- Many more stake holder meetings have been held both internally and externally to better the implementation of the project
- More people have been served food items (rice, beans and vegetable oil)
- Some families have received hygiene and sanitation supplies (Laundry soap and sanitary pads). Clothing, shoes, water filters etc have been foreseen for our next outings
- Some individual homes were visited in Bamenda and their living conditions assessed and recorded. This serves like a guide for the team to be able have an idea on the actual situation in which people who moved out of Kumbo for safety are living.
- The pregnant woman who was a victim with the husband shut in her presence and her home set ablaze received assistance in preparation for her baby. She has been successfully delivered of a baby boy.
- Medical bills of some isolated emergency cases have been settled while follow-up to track their recovery process is ongoing

3.3. Unintended Effects

- While people are being displaced from one place to the other due to the crisis, the general living conditions of some of those who have braved the challenges to stay behind is deplorable. Affording basic life supporting supplies like food, medical care, farm inputs for those who managed to farm around has become very challenging. The news of the emergency intervention in the different areas has led many; most of whom are not internally displaced flooding into the Caritas and Justice and Peace Offices to request for one form of assistance or the other, in most cases food, farm inputs (fertilizers), medical care/bills etc. All these were not foreseen. Some of these could be handled thanks to a separate contribution of 20.130 Euros contributed to the program by some partner parishes and people of good will in the Diocese of Limburg. The amount is accounted for the financial report.
- The news of outreach programs in any area brings many more people who though in need do not fit in the target group as stipulated in the project contract.

3.4. Risks and unexpected opportunities

- ◆ Social and psychological trauma is on the rise as people are affected in different ways by the crisis; those who are homeless, those who cannot trace one or more members of their families, families that are physically separated with family members found in different places with no hope of reuniting, those who have lost family members to bullets, fire, abductions, torture and murder etc. These have led to great negative impact on the families and society as a whole. The services of the Diocesan Family Life office's counselling department have therefore become indispensable in the program. They work along with the implementing organization to offer trauma care and psychosocial stability which food and other forms of assistance alone cannot offer.
- ◆ The kidnapping of students has caused the two lone schools that were operational in Kumbo (St. Augustine's college Nso and St. Aloysius Minor Seminary) to close down unexpectedly thereby interrupting the opportunity some children had of attending school. The threats and in some cases kidnapping and demand for ransom from parents who sent kids to these schools for doing so has caused almost every family that had a child in these schools to unexpectedly relocate their children or the entire family to other towns for safety.

The Bishop and rectors of these institutions made emergency arrangements to assist those who could still afford some money to send their children to St. Paul's college Bamenda. The Bishop and school authorities negotiated with the school in Bamenda to pay 50,000FCFA per student for all those who would be able to afford the balance while the parents finish the rest for the kids to complete the academic year. Just very few parents could afford as they had spent the little they had to enrol the children into SAC and SAMS. The money already paid had been converted into stock including salaries already paid for the period they had spent in school. It was no longer easy given these reasons to come up with financial balances for reimbursement for these situations.
- ◆ Continuous deterioration of the crisis has caused thousands to continue to flee out of the Diocese into other towns for safety. Majority of these find themselves in deplorable conditions. The tracking process for these people who have migrated out of the Diocese reveals a total of **2,741** found in different towns as shown in table 3 above. This automatically entailed outreach to these places; what was not initially foreseen. It is therefore affecting the budget which initially allocated just within the Diocese.
- ◆ The need to offer farm input support to those who farmed became imperative. This in effect will be a way to curb food insecurity for the upcoming year. Improved farm yields will make available food even for selling to those who might be returning from other areas should the present situation normalise, or to those who were not able to farm as

well as organisations carrying out emergency humanitarian relief assistance to those affected by the crisis.

Assessment of applications for farm inputs is currently taking place. The locations and sizes of the farms are being established and the amount of farm inputs needed for each identified farm calculated and stated. This will guide in budgeting for purchase, transportation and distribution of the products.

3.5. Evaluation

4. Conclusion (Overall Assessment of the Situation on Ground)

The emergency relief intervention program has no doubt gone a long way to improve not just on the living conditions of many displaced individuals and families within and without the Diocese of Kumbo. Many people have improved health, improved feeding, relief from psychological trauma. The message of hope and encouragement given alongside the physical support has instilled hope to those who had lost hope in the face of the whole situation.

With the advocacy for resolution of the conflict carried out to individuals and institutions identified as occupying key positions and roles in resolving the conflict, there is positive hope that there will be a positive step in first of all ending the human rights violations in the two regions in general and Bui and Donga-Mantung Divisions (Kumbo Diocese) in particular.

4.1. Lessons by Target Group

Given the positive impact of the talks preceding food distribution and the higher tendencies of more psychological and social trauma lived by people, the different departments enriched their packages with more practical and straight to the point ideas to empower the people and build resilience. Amongst the talks given the people are the following

- ✓ Human rights watch/Human trafficking and abuse talk given by the Justice and Peace workers
- ✓ Health tips, good hygiene and sanitation practices to promote good health given by the Health Coordination office workers
- ✓ General counselling on the family and trauma care/psychosocial support by Family Life Counselling team. This is accompanied by one on one counselling sessions with individuals in need for such.

All these constitute a strong package which not only avails them with knowledge but builds strong self-esteem and resilience. During outreach, the packages are sometimes modified to suite the actual situation on the ground. However, the general content is maintained. Home visits to some persons bring a lot of hope with knowledge of the fact that they are not left

on their own in the midst of crisis. The presence of the team in their homes already brought a lot of enlightenment and hope to them. We thank Misereor and the Diocese of Limburg for making this possible.

4.2. Lessons learned by Caritas (Implementing organisation)

The prolongation of the crisis and the growing and varying needs of the people affected in different ways have widened our scope on emergency humanitarian relief assistance. As we continue to implement every day we are faced with new and rather challenging situations which without the project would never have imagined especially in the context of the crisis which is the very first experience for all services involved in the execution of the program. We have also learned that it was necessary to consider, plan and budget for those who move out of the Diocese into other towns, a lesson we only learned in the course of implementation. Unforeseen was also the identification and taking on board village development association leadership structures and other actors who would assist in identification, registration and submission of IDPs out of the Diocese as we cannot be physically present in all these towns; and even if we were would not be have the capability and capacity like them to locate, identify and register these persons.

We also learned in the course of execution that some people as a result of the high need for assistance tried to register in more than one centre. For this reason, there is always crosschecking of lists to eliminate duplication of information before serving the people.

Some VDA leaders because of their political stance are resistant to collecting information of the IDPs in some towns. Others tried to politicize the activity causing many IDPs who are even under trauma to refuse to be identified though in great need of assistance. They prefer to preserve the little dignity they still have left in them rather than identify with people who use their situation for their political ambitions. We insist on inclusive service without prejudice to ethnic origins, political leanings or religion.

After home visits to some families hosting many IDPs, it came to our notice there are certain conditions that arise as effects of the crisis that will be sustained in these families for a long time and will need attention even after the crisis ends; for instance, for someone whose house or business setting was burnt and maybe a family member shot, providing life support measures and even constructing a house would need follow-up with psychosocial support and trauma care for a long time to bring the person out of the trauma. This entails post crisis measures would need to be taken on board.

5. Internal and external actors

5.1. Implementing staff

Apart from the staff of Caritas Kumbo and Justice and Peace office that were specified at project conception as the implementing staff, pastoral centre workers and Shisong General Hospital guest house workers were sooner taken on board after the relocation of

more people for safety into these institutions. Besides these, the services of the Diocesan Health Coordination office and the Diocesan Family life offices became imperative in providing holistic care to the target population. The services of more drivers had to be employed to carry the increased staff around for execution and now especially to areas out of Kumbo Diocese. The agricultural training program staff would later be involved in the assessment of farms for the few who need farm inputs to improve on the crops cultivated.

5.2. Other actors

Other initially unforeseen but very vital actors now include the village development associations (VDAs) of the different villages, in a global perspective the major tribes that form the Diocese of Kumbo. These include Oku Cultural and Development Association (OCDA), Nso Development Association (NSODA), Djottin Development Association (DADA) and Donga-Mantung Development Association. We also work with Ecclesial communities where need be to track and register the IDPs. Also is the Archdiocesan Justice and Peace and Social Welfare commissions in Bamenda that did not only register and submit the lists of IDPs but also delegated a staff each to accompany the outreach team from Kumbo in serving the people in Bamenda. The finance department of the Bishop's House Kumbo has been very instrumental in ensuring smooth program operations. The Bishop, His Lordship Bishop George Nkuo has been very supportive and in some cases went to the field to minister to the needs of some of these persons.

6. Monitoring and evaluation

There is high risk involved in the execution of the project because of fear of individuals being victimized by either the state militia or the armed separatist fighters. In some cases, this made movement within the target area really challenging. A relay evaluation mechanism through telephone call to local contacts could facilitate monitoring of the program.

Cases of isolated victims who needed and were offered additional attention like follow-up counselling, health care, cases of rape etc are being followed up by home visitations or phone calls to monitor the impact of the project. Generally, there is positive feedback. A 28 year old lady in Meluf whose husband was shot and their home razed leaving her with a kid and pregnancy received assistance and has put to birth successfully. It is no doubt that the project is impacting positively the lives of the people and augmenting generally the economic situation of the area.

7. Outlook/Sustainability

7.1. Level of Sustainability of positive effects

The positive effects of the project on the population are obvious. The smiles of hope and appreciation received from the people after intervention, the expression of gratitude and the availability of food to support their feeding which though short term; leave long term memories as they live with the hope of not being abandoned. Those who receive medical care have ensured healthy lives for the time being. The coaching talks, trauma care and psychosocial support given them helps in building hope and resilience impart longer term effects on the victims. Improving on expectations from the farms through farm inputs would be one way of boosting the sustainable effects of the program.

7.2. Rating of Structural sustainability

There have been continuous assessment and evaluation meetings with the implementation staff and other stake holders. This is either fourth nightly or after every intervention. This has continued to build and improve on the capacities of the staff. During these meetings, previous interventions are evaluated and innovative contributions made to better the next ones.

7.3. Financial sustainability

Those who receive farm input supplies are expected to donate a percentage of their harvest (corn, beans and others) to support in providing for those who are underprivileged victims. This is expected to impart positively on the program by providing food for atleast a few really desperate cases in the long term.

8. Summary assessment

From all the experiences gathered most of which have been highlighted in the preceding part of this report, it is but obvious that the immediate intervention of the Diocese of Limburg and Misereor in the face of this crisis has brought meaning and hope to the lives of thousands of persons affected in one way or the other. We on behalf of the people who in every occasion send gratitude remain grateful to the Diocese of Limburg and Misereor for their support to the program.

9. Cooperation with Misereor and Diocese of Limburg

While remaining ever grateful to the Diocese of Limburg and Misereor, we pledge our availability and cooperation in this exercise and for all other endeavours to help our local communities. On behalf of all the beneficiaries we extend our appreciation as well to those

partner parishes and individuals in the Diocese of Limburg who contributed the sum of €20,130 to support the internally displaced and affected populations in the Diocese of Kumbo. The expenses of this money are included in the financial statement and involve areas that were not initially identified and thus not budgeted for at the time of submission of the project proposal.

Proposal/Appeal for a Way Forward: Based on our experience and the situation on the ground, it would be important to continue with these life saving measures for an additional period of six months; July to December 2019. There is still a very high need especially for basic food supplies to support displaced families. There is also need to continue with support with basic health and sanitation facilities especially for women and children. Some of those who have returned from the bushes do not have basic shelter because their homes were destroyed. It would be important to consider roofing sheets for these cases so they can at least have a place to lay their heads especially now that is raining season. So too is a high need of psycho-social support for victims of trauma. These have been identified according to the various circumstances. This being the case, we would be appealing to be allowed to submit another project proposal with clear activities and properly calculated measures and costs that would reflect these current needs (July to December 2019)

We remain most grateful to Misereor and the Diocese of Limburg for stepping in with measures that have truly uplifted human dignity while ensuring life and guaranteeing safety with a view to lasting happiness for these displaced persons within the Diocese of Kumbo.

May God Bless you all.

Sincerely Yours,

Annexes

Annex 1: Activity pictures



Picture 1: Victims Of burnt homes in Wainamah receive food assistance from the Diocese of Kumbo



Picture 2: Parish Priest (extreme left) and seminarian (extreme right) join the victims to receive their food assistance



Picture 3: Smile of hope from a victim burnt home (Wainamah)



Picture 4: Caritas Kumbo coordinator gives word of hope, encouragement and consolation to the internally displaced and their hosts (Meluf)



Picture 5: Medical consultations (Meluf)



Picture 6: Cross checking names on register to ensure everyone is served



Picture 7: Food rations in Meluf, ready to be served



Picture 8: Reaching out to the internally Displaced in Meluf



Picture 9: Offering psychological support/trauma care to emotionally traumatized victim



Picture 10: Meluf



Picture 11: Diocesan Family Life Counselling Team giving psychosocial support to the Internally Displaced Persons in Mbveh



Picture 12: One on One encounter with a traumatized lady in Mbveh who does not know the whereabouts of the husband who escaped for safety



Picture 13: Medical Consultation, Mbveh Parish



Picture 14: Outreach team cross checking food rations for IDPs in Mbveh Parish



Picture 15: Mbveh



Picture 16: Attending to the Health needs of the Internally Displaced Persons in Sop Parish



Picture 17: Food rations ready to be served to the IDPs, Sop



Picture 18: Sop



Picture 19: IDPs in Nkar chant songs of joy to welcome the outreach team
Picture 20: IDPs in Nkar assist the outreach team in offloading food stuff from the pickup van



Picture 21: Nkar IDPs have their health needs attended to



Picture 22: IDPs signing out their food in Nkar



Picture 23: At the service of the IDPs in Nkar





Picture 24: Presence of the twin boys and their young mother who is a mother of two sets of twin boys made our day even better in NKar



Picture 25: Cross section of Internally Displaced Persons in Bamenda, in groups according to lists on which they were identified



Picture 26: A word of Hope and encouragement from the Coordinator
 Picture 27: reading of the Bishop's address to the IDPs in Bamenda



Picture 28: Coaching on the importance of good health, hygiene and sanitation practices
 Picture 29: Hundreds of food packages rationed and ready to be served IDPs in Bamenda



Picture30: Coaching IDPs against human rights abuse and human trafficking which could arise as a result of vulnerability of victims



Picture 31: Home and family management in the face of crisis as a means of keeping families intact (Diocesan Family Life Office)



Picture 32: People enabled differently (the displaced visually impaired) were part and parcel of the outreach in Bamenda

Picture33: Assisting a victim who was caught by a stray bullet on the leg to carry her package home



Picture 29: Home visits to some IDPs in Bamenda



Picture 30: A host and family head displaced from Djottin talking with the outreach team about family situation



Picture 36: Loading food items for Djottin and Buh



Picture 37: Social Welfare commission members assisting in rationing, Buh



Picture 38: Buh



Picture 39: Cross section of Djottin beneficiaries



Picture 40: Godwin Nyunofon, displaced from Djottin, underwent surgery and now recovered

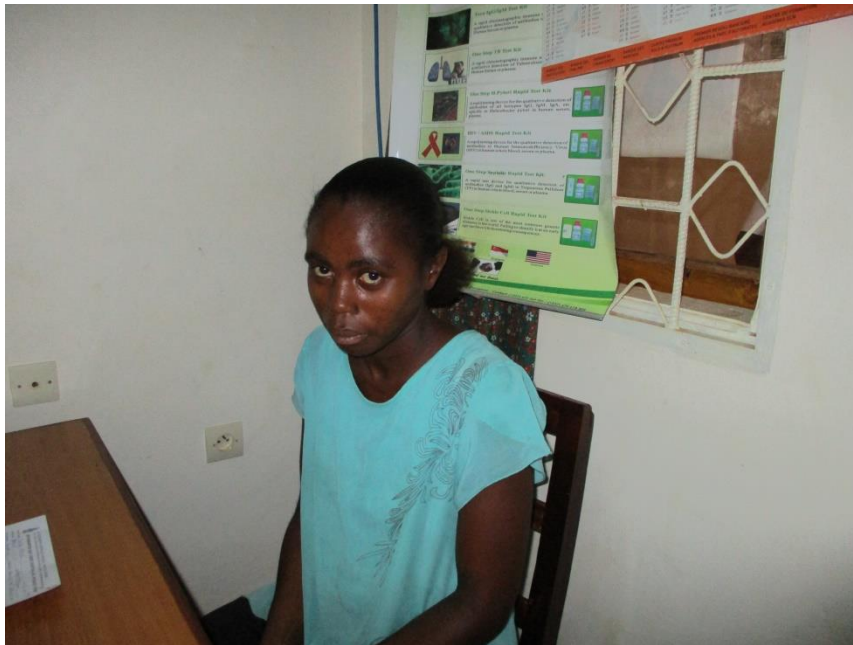


Figure 1: Miss Flora, tested HIV, referred to Shisong Hospital for all necessary tests. Presently on ARV treatment

ANNEX 2: home visit reports

A report from the home visits conducted during the Outreach visit to the internally displaced persons in Bamenda by family life office and Health coordination office.

Group one

First home: Mrs. Ngum Evette.

Origin: Oku

Total number of IDPs: 12

Total number in home: 15 persons ranging from 7 months old baby to 54 years old

Living conditions

Their living conditions were not very encouraging as some of them sleep on the floor and some on sitting room chairs. They manage to feed on the little they have even though not enough.

One of the young girls about 16 years old have been experiencing severe lower abdominal pain but lack money to consult in the hospital. The 7 months old baby was not well circumcised and was booked for re-circumcision at 20,000frs but the procedure was not done because of lack of money. Six of the children have enrolled in school but often sent away from class as they have not paid fees.

Source of lively hood

Mrs. Evette who is the host was a teacher but does not teach.

Health education was offered on prevention of respiratory tract infections, balanced diet. General counseling on family management, cooperation and love was equally offered. BEPHA sensitization was done.



Picture 31: Some IDPs living with Mrs. Ngum Evette

Second home: Mrs. Katu Josephine

Number of IDPs: 10 IDPs with ages ranging from 5 to 22 years

Total number in host home: 16

Location: Mile 2, Ntabessi

Living conditions

They said they are barely struggling to make ends meet with a lot of difficulty. However, they manage to afford basic feeding.

Their major problem is over crowding thus limited sleeping space. All the children were happy.

The woman was somehow traumatized as her husband has been blocked in Oku making it difficult for her to manage the home on her own.

She received counseling and psychosocial support from the family life counselor



Picture 32: Part of the family of Mrs. Katu Josephine

Third home: Mr. Fonweban Issaiah

Location: Ntabessi

Number of IDPs: 8

Total number in household: 13

Source of livelihood

The entire household survives on food from Pa Issaiah's farm and his pension.

General living conditions

Only five out of the eight IDP kids are attending school. They barely manage to afford daily feeding. One of the IDP kids is seriously traumatized as a result of separation from her family. The child was counselled.

Thirteen other Internally Displaced persons from Oku were identified renting in a single room in Pa Issaiah's compound.

Fourth Home: Mrs. Prudence

Three other families hosting IDPs from Kumbo Diocese live in the same compound. These are;

The family of Ngu Ephraim with a total of 6 persons

The family of Dzelamonyuy Blessing, (Pregnant) and living with 3 other persons in the house. She was seriously traumatized. She was counselled one on one. She is facing severe financial difficulties and is recommended for constant follow-up.

Mrs. Emma with a total 8 persons

All these families are displaced from Kumbo and are renting in either one or two room houses. On our way back we met more families with IDPS displaced from Kumbo

Mr Boniface from Jakiri 5 of them in number

Mr. Kisife from Mbveh with 5 IDPs

Yancho Eunice hosting 13 IDP displaced from Tatum.

We spoke and condoled with all them and equally encouraged them to join us at the Cathedral the next day. One of them came but explained that his priority need wasn't food but accommodation. At the cathedral, a one-on –one counselling was done. We attended to two IDPs all experiencing stress with the serious case being a woman with gestational DM and Hypertension. She is much traumatized because she is afraid of her delivery prognosis. She has been striving to survive but life has not been easy with her. Constant follow up will be done to know about her wellbeing.

Group two

First home: Mr. Mdiyun Cletus

Location: Mile 4 Nkwen

Origin: Djottin

Number in household: 9

Source of livelihood: Mr. Ndiyun Cletus was a teacher but now goes around and does petit jobs through which he fetches little income in order to provide for all those living with him. The wife was recently assisted with a little farm where they are presently cultivating some food crops to assist feeding the family. Mr. Ndiyun hosts amongst other IDPs his mother in-law who is sick. They live in a far from completed house with two sleeping rooms and a sitting room. The children sleep on thin mattresses on the floors of the rooms and in the sitting room. This house was offered to them by a sympathizer. They fetch water from neighbours and wells nearby for home use.

The health worker spoke with the old sick woman, enlightening her on how to better take care of her health. The man was grateful that we came all the way to meet and spend time with them. Their greatest wish is for the crisis to end so they can return home.



Picture 33: Mr. Ndiyun's sick mother in-law



Picture 34: Offering psychosocial support to the sick



Picture 35: Mr Ndiyun and Family Life Counselor

Second home: Mrs. Kihla Maria Lawir.

Origin: Jakiri

Number of IDPs: 8

Total number in household: 10

Source of livelihood: Mrs. Kihla is a civil servant.

Living conditions: The situation of the house is encouraging. They live in an apartment with three bed rooms and a sitting room with two clean water system toilets. The children sleep on the beds in the rooms and some on mattresses on the floor in the sitting room. She is able to afford three meals a day for the family. She had enrolled four of the children in school except the two girls from St Augustine's college Kumbo (Asheri and Buri) who just came in February. They two girls are still living with the trauma experience when they were kidnapped while in school at SAC. They were assured of being safe with their aunt and eventual resuming classes in September 2019 as promised by their aunt. They were also encouraged to have a program of revisiting their notes while at home. We gave them some health talk on how to keep the toilets always clean, to always wash their hands before

and after meal and especially to watch out for the little ones to always wash their hands especially after using the toilet. They were very grateful and thanked us for coming.



Picture 36: Mrs Kihla and some of her kids and the Internally Displaced

Third home: Mrs. Wirba Ophilia.

Location: Mile 4 Nkwen

Origin: Mbiame

Number in household: 10

Source of livelihood: The woman is a contract worker. They are still surviving on the food stuff that they brought along as they escaped for safety. They survive on her salary for the months that she is paid.

Living conditions: Mrs. Wirba Ophilia and the kids live in a rented house with just one sleeping room and a sitting room. There is just one toilet in the house. The husband is a military man who is currently in Mbiame and unable to send any form of support for the family due to the nature of things in Mbiame.

The lady was forced to flee with the kids after the son was kidnapped and a ransom of 500,000FCFA paid to the kidnappers. She is hosting an eight months pregnant girl who fled from Nguti and trekked to Kumba when the crisis escalated in Nguti. She found herself in Bamenda and was rescued by Mrs. Wirba.

The kids sleep on the bare floor and on the chairs in the sitting room. The lone bed in the room is reserved for the pregnant young girl. The pregnant woman is desperately in need of a delivery kit in preparation for delivery.

Their only hope is for the crisis to end and for them to be reunited with the father since now she has to single-handedly provide for the children.

They were educated on some health and family life tips.



Picture 37: Mrs Wirba and the pregnant girl receive psychosocial support and health education

Fourth home: Mr. Wirba Walters

Number in household: 11

Source of livelihood: The man's salary

Living conditions: Though earns a salary, they have been surviving from a good will neighbour who assists them with some food and basic needs. This neighbour assisted them to locate a relatively cheap apartment where they are currently renting. The apartment has two water system toilets but one is malfunctioning and dirty.

They feed mostly just twice a day. He is currently looking for a job to augment his income in order to improve the feeding and living conditions for his family. Most of the children sleep on the bare floor. The children are not in school yet as they relocated to Bamenda two weeks ago to meet their father who has been in Bamenda since September.

They were educated on the importance of good hygiene especially of the toilets as majority of those in the house are children and may not handle the toilets well. They were educated on how to maintain good nutrition even with the little they have. They were also counselled on the need to keep their family together despite the crisis.



Picture 38: Part of Mr Pascal's family

Home number five: Mr. Sendze Roland

Living conditions

Mr. Sendze is former taxi driver from Kumbo. His house was burnt in Kumbo and his son killed, he then escaped to Bamenda with 4 grandchildren to the house of his cousin who at the time was living in a two room house with his wife. They had to transfer to an incomplete building which the cousin had put up where some of them are lying on bare floor. However, they have bunk beds but they have no mattresses to put on them. They are surviving thanks to the cousin's wife who manages a saloon to provide a meal each day and the cousin who though a builder is working to pay the money he loaned in order to put up the building.

They also depend on the little food the children bring home each day when they go to help people in their farms and they give them. He also cultivated a small farm around the compound to augment the feeding. They had very little food at home. Theirs is a very desperate situation. They solicited for mattresses.



Picture 39: Bunk bed with no mattress



Picture 40: Sleeping space



Picture 41: Last food left for the family

Suggestions

After the visits the outreach teams came up with the following suggestions;

- Provision of at least beds and mattresses to some of the families or just mattresses in some cases to take the people off the could floor as sleeping on bare floor is not just uncomfortable but detrimental to health

- Financial assistance to cover up for the health, education, nutritional needs of some of the families.

ANNEX THREE: Summaries of coaching talks given to the IDPs and their hosts during outreach

1. FAMILY LIFE APOSTOLATE’S ROLE IN PROVIDING PSYCHO-SOCIAL SUPPORT COUNSELLING COPING MECHANISMS TO INDIGENES OF KUMBO DIOCESE AFFECTED BY THE CRISIS WHO HAVE BEEN TRAUMATISED

Appreciation to the host families

We wish to first of all sincerely thank the various **host families** for their spirit of solidarity in welcoming these unexpected brothers and sisters from various localities of the Diocese of Kumbo. Their coming was unexpected and certainly unprepared. We know your reactions to this are very normal. These are happenings that we least expected but have affected us physically, emotionally, economically & psychologically. When someone close to you passes away whether expected or unexpected, you can start to question your faith. Experiencing violence in any way can be traumatic and can sometimes lead to **insomnia, stress, anger, depression, loss of self-esteem, drug abuse etc.**

Communication: At this moment when families are set apart is very important. Always be in touch with the various family members where ever they are if possible. Don’t isolate yourself. Connecting with others will help to heal you. Keep a strong support network around you with either family members or friends and ask for help where possible.

We equally encourage **group therapy** where you join with other trauma survivors and discuss your experiences, difficulties, losses and coping techniques. You will realize that you are not alone in your trouble but with others. You may even realize yours is a bit better than others’ situations.

Participate in social activities especially those activities you used to enjoy and reconnect to real life. Volunteer to help others not necessarily with material things but with good advice & ideas. This will remind you of your strengths.

We have to learn to adopt the **3As** principle especially while with the host family. **ACCEPTING** the present situation which of course is not under your control, **ADJUST** to the conditions in which you find yourself now and then finally **APPRECIATE** God and the host for every effort and security that you have at least.

Live with the **HOPE** that no condition is permanent and that the Crisis will come to pass and that life may be **BETTER** than it is now. **PRAY** for a **QUICK SOLUTION** to the Crisis.

NB: Those persons who still have worries that cannot be shared publicly and wish to meet a Counselor for one-on-one discussion are advised to meet them after this. You are reminded of the **STRICT CONFIDENTIALITY** concerning the discussion.

2. Justice and Peace Summary Outline Package for IDPs

Content: Education on Human Right Issues: Relating to the fight against Domestic Servitude, Labor exploitation, trafficking in Persons, Gender based violence, Non-violent Communication etc. (supporting documents accompany the talks –flyers, posters and Manuals).

Purpose: Create awareness on some human rights violations that may arise as a result crisis: especially with the present state of IDP and their host families vulnerabilities; Boost the self-esteem of the IDPs, build resilience and a strong sense of coherence in them that can help them build positively from the crisis; Couch IDPs to be able to resist and denounce such these or relative human right abuses.

Follow-up Planning: Working in collaboration with Village Development and Cultural Associations from Bui and Donga Mantung Divisions in the different host towns with a Memorandum of Understanding to track, continue sensitization, protect and enhance the rights of IDPs in their localities.

Catch Phrase: I Am Not What Happened To Me: I Am What I Choose To Become

3. Health coordination outline of package to IDPs and their hosts

Content: Helping the people to establish the link between good hygiene and sanitation practices, healthy nutrition and good health.

Purpose: Educate the people on good hygiene and sanitation practices and related measures through which they can improve their health and limit spread of infections especially in heavily populated homes where hygiene and sanitation facilities are not proportional to the number of people they serve. These include;

Personal hygiene practices like proper hand washing at key times, menstrual hygiene for women etc. **Good environmental hygiene** practices like regular cleaning of toilets and disinfection where and when possible, emptying of standing waters, regular ventilation of homes etc.

Good nutrition. This entails managing the little available to balance their diets, reduction in salt and oil intake, food hygiene etc.

Catch phrase: **“prevention is better than cure; good health is the greatest asset”**