

Nicky's Foundation



Newsletter

Supporting vulnerable people in rural south west Cameroon

CONTENTS

Welcome

Special Feature -
Caroline and Daniel

Focus on -
'We Ring the Bell Campaign'

Fundraising

Contact Us

Welcome

Welcome to the Autumn 2024 edition of Nicky's Foundation newsletter.

It's been another busy 6 months for the team in Cameroon who are continuing to support the many people with disabilities in the Mamfe area. Each week the community-based rehabilitation team are carrying out visits to local communities to identify and work with people to improve lives and promote independence wherever possible. The team have a consistent presence within communities to enable a trusting relationship to become established, both with families and with other organisations.

In this edition we have a special feature on two of our beneficiaries, Caroline and Daniel, both of whom have successfully graduated from our Inclusive Livelihood Skills apprenticeship program and we shine the spotlight on the 'We Ring the Bell' campaign, which is a global annual initiative that Nicky's Foundation takes part in.

We also look back at successful fundraising events and look forward to more that are planned.

We would welcome feedback from our readers on ways we can improve the newsletter and if you are planning to hold or have held a fundraising event on behalf of Nicky's Foundation and would like us to share it here, then please get in touch.



Nicky's Foundation team member working in the community promoting independence

Special Feature - Caroline

A trainee at the Inclusive Livelihood Skills Program

My name is Caroline, I am a holder of the National Diploma Certificate in Computer Studies

How did you learn about Nicky's Foundation Livelihood Skills Project?

At first I was schooling, so after I got finished with my final year exams I had nothing doing and I was informed by my fieldworker (Caroline has a hearing impairment and uses bilateral hearing aids provided by Nicky's Foundation) about the Inclusive Livelihood Skills project. I first learned about the Livelihood Skills project when Nicky's Foundation team visited the school.

Did you get to choose which livelihood skill to learn?

I was able to learn the livelihood skill of my choice and it was computer software and secretarial work. I achieved the National Diploma Certificate.

What are your future employment plans when you graduate from the program?

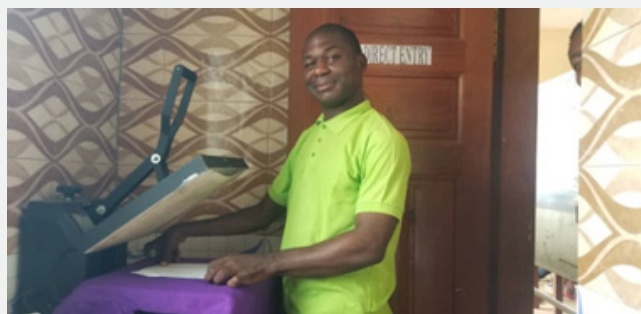
I would really like to continue my studies but for now I applied to and am currently working in Nicky's Foundation Livelihood Skills centre shop where they sell goods made by the trainees.

What did you enjoy most about the program?

I had the opportunity to learn a new skill and I also made new acquaintances!



During her time at the centre, Caroline was asked to be part of the cast of a short film that was produced by a local film director at UAE Productions. The short film was shortlisted for a national award earlier this year and was screened at the regional capital Buea in April.



Special Feature - Daniel

A trainee at the Inclusive Livelihood Skills Program

My name is Daniel, and I am 25 years old.

What were you doing before you knew of Nicky's Foundation?

I had learnt a little about graphic design and so I was keeping occupied by doing a little work in my sister's container beside her house.

How did you find out about Inclusive Livelihood Skills Program?

Mr Thomson was walking past my sister's shop and he saw me sitting there and invited me to visit the centre (Daniel has a condition called hemiplegia, which is paralysis down one side of his body). So I decided to take the step and visit the centre and when I did I saw many more things that were interesting

Since you've been on the program were you given a choice of what to learn? Have you been able to add to what you already knew?

Yes, in my graphic work I have learnt many more things like how to make funeral booklets and specific documents for customers and I think when I'm done I can add these to my graphic work.

What are your plans for when you graduate from the Inclusive Livelihood skills Program? Are you planning to open up a store of your own?

My plan is to add 100% to what I was before. For my vision, I think it's bigger than that. You know in Graphic work we don't think smaller we think more bigger! I would like to go for a bigger shop and to add more people who are like me, to learn more and to be on their own. Because society, they don't look at us like people.

They look at you as if you cannot be anything?

Exactly, I am going to add more disabled people and to train them.

What have you enjoyed about the program?

I've enjoyed so many things because the life that I was living was a lonely life and now I have met friends who have given me more company, even my teachers they were just like brothers and sisters to us and made us more closer to them, than before. I am very happy to be in Nicky's Foundation, it is a good opportunity.

What do you think could be improved in the program?

What I think they need to improve is to ummm I really don't think they need to improve anything, it's all that we are coming to learn. We have to give our best because Nicky's Foundation has given all to make sure we learn something to be something in the future. We have to give out our open mind to learn what they have installed for us to achieve.

Thank you both Caroline and Daniel for your time to speak to us :)

Focus on - 'We Ring the Bell Campaign'

The 'We Ring the Bell' campaign is a worldwide initiative set up by the Liliane Foundation in 2015.

Liliane Foundation, based in Holland, partners with organisations around the world to support children with disabilities in the poorest countries. The idea of the campaign is to make as much 'noise' as possible (ringing the bell) to raise awareness of the right to education for children with disabilities and the campaign now runs in more than 20 countries and involves thousands of children, teachers, parents and care givers.

Nicky's Foundation team participates in the campaign every year. The initiative is incorporated into our child empowerment program of activities (read more about this in Issue 2 of our newsletter) Each year during the campaign we ensure that we visit as many schools as possible to raise awareness and of course involve the many children with disabilities we are already supporting, in the activities.

Each year the campaign identifies a particular theme with 2024 focusing on Inclusive Play-Based Early Childhood Education (IPECE) for all children, including children with disabilities. The importance of early childhood education for all children and especially those with disabilities is well documented. However, in areas where there are limited resources, both in expertise and materials, this can be a challenge.

This year's campaign focused on sharing the importance of IPECE far and wide so educational play can be accessible and available.

The Play challenge asked participants to invent or create games and toys with local materials to promote play-based learning. The Nicky's Foundation team took up this challenge and participated in tutorials to learn how to use materials and equipment available locally to promote play-based learning in family homes.



Our team members visit schools to raise awareness and children blow whistles to make as much 'noise' as possible to attract attention to this important message



Using a poster as a playmat - parents are able to engage in play-based learning with their children

Fundraising

Our annual spring Plant and Cake Sale held in Suffolk was a great success, with many varieties of plants and delicious cakes that sold out in record time! Some of the Cameroon inspired paintings being exhibited in the chapel were also sold and in total, the day's events raised an incredible £2600. Grateful thanks to all involved, an amazing achievement!



Upcoming Events

Peddars Way Sponsored Walk

The fundraising team are back training hard, having had to unfortunately postpone their July walk due to injury. They will now undertake the Peddars Way challenge in mid-September. The walk covers a distance of 49 miles starting at Knettishall Heath and finishing at Holme-next-the-sea. For more details and to sponsor the team, please visit their Go Fund Me page <https://gofundme/2a7899a6> or scan the QR code!



Art Exhibition

We're excited to be hosting our first art exhibition fundraiser in collaboration with five Norfolk based artists supporting Nicky's Foundation. There'll be an eclectic mix of paintings, photography, ceramics and sculptures, some of which will be Cameroon inspired pieces. Visitors will be welcomed to the gallery with a glass of fizz and Cameroonian canapes on opening night! Keep an eye on our social media channels for more details, and opening times are:

Thursday 24th October - 6.00pm - 8.00pm
Friday 25th October - 9.30am - 5.30pm
Saturday 26th October - 9.30am - 5.30pm
Sunday 27th October - 11.00am - 2.00pm



Quiz & Curry Night

Friday 1st November, 7.00PM

Heathlands Community Centre, Woodbastwick Road
Blofield Heath, Norwich, NR13 4QH

The ever-popular Quiz and Curry is back! Always a fun night and the vegetarian curry is delicious! £10 per person, bring a team or join a team on the night, everyone welcome. For more info or to reserve a place/table, please email info@nickysfoundation.co.uk



Nicky's Foundation

www.nickysfoundation.org
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