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Welcome

Welcome to the Spring 2025 edition of Nicky's Foundation newsletter.

In this edition we focus on more success stories from trainees graduating from our Inclusive Livelihood Skills program.

We also share with you the celebration of the grand opening of a new Baptist School of Public Health rehabilitation training centre in the southwest region of Cameroon. This facility will offer undergraduate programs in occupational therapy, social work and physiotherapy, among others, and with such expertise in the area we are already looking at how we can work collaboratively in the future.

You will also read an update from Mildred, one of our team members in Mamfe who has recently graduated from the former School of Public Health.

Turning to our plans for fundraising, as many of you know we're potty about plant sales and so this year we're having 2!. We also look back at successful fundraising events during the autumn of 2024.

Our team celebrated International Women's Day on 8th March 2025. Trainees from our Inclusive Livelihood Skills Centre (pictured below) showcased the outfits they had made for the event.

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 on International Womens Day

Focus On - Success Stories

Helen

Helen, a young woman from Besongabang village which is about 5 miles from Mamfe in Cameroon, was born with a condition causing seizures that were happening so frequently her family did not know how to help her. The situation worsened leading to her parents abandoning her to live with her grandmother.

The frequency of her seizures meant Helen was unable to attend school and was confined to the house. Helen's life changed significantly through Nicky's Foundation Inclusive Livelihood Skills Program, supported by Nicky's Foundation and Liliane Fonds. Helen joined the program in 2023 received community-based rehabilitation services including mental health assessment and prescription medication to help manage her health condition. Once her seizures were controlled, Helen was able to attend the Inclusive Livelihood Skills Centre for training in business skills including help with numeracy and literacy following which Helen had the skills to open her own provision store in the village.

As Helen herself says, "Since starting my business two weeks ago, my mind is at peace. I can now buy my own drugs, feed myself, and people come to talk with me - which never happened before."
Helen's success story demonstrates how partnerships between local organizations can empower youth with disabilities and challenge stereotypes, showing their potential as valuable contributors to their communities.
Our Inclusive Livelihood Skills program strives to offer an individualised approach to young people with disabilities with the intention to help them overcome the many barriers they face in their lives.



Mr Bibila

Our Inclusive Livelihood Skills Program has a number of objectives, not least to raise awareness of the inclusion of people with disabilities into community life. Now into our 3rd Year since opening, we took time to seek the views of a number of stakeholders to understand the impact our Program is having through their eyes. A lead administrator for Mamfe, Mr Bibila, has expressed strong support for our Program which is testament to the efforts made by our Mamfe team to raise awareness of the issues faced by young people living with a disability in the area.

In a recent interview, Mr Babila highlighted the Program's significant achievements in providing vocational training in various fields including hairdressing, dressmaking, music, and graphic design. "Disability is not inability," the Administrator emphasised, noting how the program has successfully challenged community perceptions while equipping participants with valuable economic skills. Looking toward the future, Mr Bibila called for broader community involvement to ensure the program's sustainability.

"Local administration like the Mamfe Council and the Chiefs in Manyu division should see into it that the entire Manyu division supports such a great development for young persons with disabilities," he stated. He also proposed establishing partnerships with local businesses to create job placement opportunities for program graduates. While acknowledging his limited past involvement with disability initiatives, Mr Bibila committed to supporting future graduates of the program. His endorsement marks a significant step toward institutional support for disability inclusion in the region. These insights reflect growing administrative commitment to disability inclusion in Manyu Division, potentially paving the way for more sustainable and inclusive development initiatives in the region. Mr Bibila is the Sub Divisional Officer in Mamfe Central.

Mildred

Congratulations to Mildred

Mildred joined our team in Mamfe in 2022 and since then has been working hard both in the field and in her studies to become a social worker specialising in community-based rehabilitation. In December Mildred successfully completed her two-year program at the Cameroon Baptist School of Public Health and this achievement marks an important step forward in strengthening support for young persons with disabilities in the Mamfe area.

Mildred, received her education through a collaborative scholarship program supported by Nicky's Foundation, the Cameroon Baptist Health Empowerment, Disability and Inclusive Development (EDID) program, and the Liliane Fonds. Her graduation from the Community Based Rehabilitation (CBR) program represents not only academic success but also embodies a deeper commitment to disability advocacy in her working community.

"This achievement goes beyond personal accomplishment," Mildred explained. "The knowledge and skills I've gained during my two years of study will enable me to create meaningful impact in the lives of people with disabilities."

She emphasized her dedication to ensuring that individuals with disabilities are fully included in community opportunities and can participate effectively in various activities.

We send enormous congratulations to Mildred!



Special Feature -

Launch of the new Baptist School of Public Health Training Facility

On 25th January 2025 representatives from Nicky's Foundation were invited to join the official opening of the Baptist School of Public Health Training Centre in Mutengene, southwest region of Cameroon. This facility will offer undergraduate programs in occupational therapy, physiotherapy, social work and multi-skilled technical courses meaning that in the near future a new generation of rehabilitation therapy staff will be available to work in the area. This is such good news for the people living in Mamfe and the surrounding area which, due to the rurality, have very limited access to trained rehabilitation staff so it is our hope to collaborate with this new training centre going forwards. It was great to be part of such a momentous occasion and for staff and trainees from our Inclusive livelihood Skills Centre to be invited to participate in the opening ceremony.

"Every challenge is an opportunity" these are the words of Louis a trainee who has a visual impairment after his music performance at the inauguration ceremony.

Louis has been passionate about singing and telling real life stories through music but did not have that opportunity or platform to show case his talent but with the timely intervention of CBR Program and the inclusive livelihood program his talent is gradually being exposed to the public.

Representatives from Liliane Fonds were at the event which gave the Nicky's Foundation team an opportunity to meet members of the organisation who have supported the set-up of our Inclusive Livelihood Skills Centre. It was great to finally meet up face to face! We hope that next time Liliane Fonds team travel to southwest region they will visit us in Mamfe!



Pictured below is Thomson, Program Coordinator, Mildred, CBR Supervisor (far right) along with one of our trainers and two trainees from the Inclusive Livelihood Skills Centre meeting Nicky Bor, representative from Liliane Fonds, The Netherlands.



Fundraising

Art Exhibition at Fairhurst Gallery, Norwich

In October last year we hosted our first art exhibition which was a collaboration between Nicky's Foundation and 6 Norfolk based artists. The collection of art included photography, watercolours, oil and ceramics and the event was a resounding success. It was great to welcome so many people through the doors and to showcase some local artwork, which, for some of the artists, was their first opportunity to exhibit their work. The opening event (pictured) was busy to say the least!



Quiz Night

In November we hosted our annual Quiz Night. We were delighted to see some familiar faces once again supporting the event and to see some newcomers. We take a half time break from quizzing to enjoy a delicious veggie curry. It's always a fun evening with the Quiz being closely contested!

Upcoming Events for 2025

2 Plant Sales and More!

This year we will be holding 2 Plant and Cake sales -

Saturday 17th May 1pm - 4pm Wroxham Church Hall, Norwich Road NR12 8RY.

Saturday 24th May 10am - 4pm at Peasenhall and Sibton Methodist Chapel IP17 2NH.

At both events there will be many plants on offer along with a bake sale and the opportunity to have a cuppa and a chat with the team about the work of Nicky's Foundation.

On **Saturday 24th May**, there will be an exhibition of Dawn's paintings from her Cameroon inspired collection.

Quiz Night

Friday 31st October 7-10.30pm - Heathlands Community Centre NR13 4QH

Teams of up to 6, £10 per person including food and snacks.

For more info on fundraising events please contact us at info@nickysfoundation.co.uk or message us on Facebook, Instagram

Nicky's Foundation

www.nickysfoundation.org

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