

Helps International (HINT)

2007 Annual Report

1. Heather Talbot Completes her first HIV Seminar

Saturday 20th of January 2007



HIV/AIDS in Cameroon in 2005

Adults aged 15-49 with HIV/AIDS = 470,000

New HIV infections, 2006 and Adult HIV prevalence (%) = 5.4

Women age 15-49 with HIV/AIDS = 290,000

Children with HIV/AIDS = 43,000

AIDS orphans (ages 0-17) = 240,000

AIDS deaths = 46,000

Source: unaids.org

Part of our mission at HINT is to contribute to the global fight against HIV/AIDS. In this regard, Heather Talbot a volunteer from England ran her first "Training of Trainers Workshop" from Jan 15-18, 2007 with about 17 participants. The trainees represent different groups of people in the society and the idea is to help them run HIV sensitisation seminars and campaigns among their own people. It costs us about US\$ 400 to run a seminar for 25 educators and covers food, transportation, manuals, related material... Consider supporting these seminars. Her next seminar comes up from March 5-7 2007.

2. HINT gets a new website

Monday 8th of January 2007



We are glad to announce that Helps International now has a new website built to enable online donations! Thanks to the wonderful skills of Joseph Talbot currently volunteering with HINT

from England you can now support us conveniently through PayPal. We are looking forward to setting up an online store in the near future. We will let you know as soon as this is completed. We are inviting you to go to the online donation page to celebrate this with us by "Testing" the online donation service. Your donation will be much appreciated.

3. HINT admitted into Generous Giving Network

Tuesday 2nd of January 2007



Helps International has been admitted into the Generous Giving Network. What does this mean? Generous Giving is a privately funded Christian ministry that seeks to encourage givers of all income levels—as well as pastors, church lay leaders and others—to experience the joy of giving and embrace a lifestyle of generosity, according to God’s word and Christ’s example. It was launched in 2000 by the Maclellan Foundation to stir a renewed, Spirit-led commitment to generosity among Christians. Generous Giving does not solicit donations.

Through the Generous Giving Marketplace (the world’s largest searchable database of faith-based funding opportunities ...) verified and approved Christian churches and nonprofit ministries can post funding opportunities which can be viewed and possibly funded online by thousands of donors worldwide.

We can post as many projects as we want but we must pay US\$ 45 per project for it to be visible to donors. This is where we need you to come in. If you will like to pay for one or more projects to be visible, please contact us. Thank you.

4. Ted and Glenys Talbot Visit Helps International (HINT)

Sunday 4th of February 2007



Ted and Glenys Talbot, the parents of Joseph Talbot, currently volunteering with HINT recently made a visit to Cameroon to see their son and daughter in-law (Heather Talbot) and to visit Helps International (HINT) and see for themselves the work they are doing.

They were also able to visit several other parts of Cameroon including Babanki-Tungo in the North West Province, Korup National Park in Mundemba, Kribi, Limbe... "We are very please with the work Helps international is doing especially in the area of helping to educate

children from poor homes. Thank you also for taking good care of Joe and Hev"

5. Oxford University Donates to Helps International (HINT)

Monday 23rd of April 2007



The Learning Technologies Group of Computing Services at the University of Oxford has donated the sum of 500 British Pounds towards the establishment of the Wotolo IT Training Centre.

Because of a large influx of students into our IT Training Program, it became necessary to set up a Centre dedicated entirely to the training needs of the communities in which we work so as to decongest the current centre at Bonduma.

The new Centre is only about 100 meters away from the current one and so eases management. However, the total amount of money needed to completely setup the Centre is 3,800,000 FCFA (about \$7,600)

6. Joseph and Heather Talbot have returned to Britain

Sunday 10th of June 2007



After 11 months volunteering at Helps International, Joseph and Heather Talbot return to Britain on June 7th. During their time with us, Joseph has written and taught classes in Web design and manipulating digital images with Photoshop, as well as building this website. Heather has produced and run a 'train the trainers' HIV education program, from who's ranks she has established 'HINT-HED', an HIV Educators group. Heather has also set up the Wotolo Community Health Advice Centre. We are grateful to Joe and Hev

for the work they have done during their stay, and wish them well on their return to Britain.

We have very exciting volunteer opportunities, if you want to volunteer, read more here.

7. Joanna Tilson arrives Buea from the USA

Thursday 12th of July 2007



Joanna Tilson arrived Buea last Sunday July 8, 2007 to work as a volunteer with Helps International (HINT). Joanna is a librarian and will be working on the Community Library Project (CEL) initiated by HINT. CEL will provide thousands of school textbooks to hundreds (and eventually thousands) of orphans and needy children in and out of Buea. She will also help with organization of Back Packs 2007 on September 8, 2007. Back Packs is an annual event during which HINT offers scholarships, books, and uniforms to orphans and needy children.

We will equally discuss setting up Helps International (HINT) as a 501(c)3 organization in the United States of America. Joanna, you are welcome to the beautiful town of Buea, Cameroon and we hope you will enjoy your over two months stay here.

8. Genesis Tinshu at Dallas, TX, USA

Monday 9th of July 2007



Tinshu Genesis G, Executive Director of HINT and Pastor of Buea Community Church spent the month of June at Dallas Theological Seminary (DTS) in Dallas, TX, USA attending the Global Proclamation Academy (GPA) organized annually by Ramesh Richard Evangelism and Church Health (RREACH).

Tinshu was one of 26 pastors invited from 26 countries for GPA 2007. He was invited in 2006 but could not attend because he could not obtain a US visa. The GPA is a high

level pastoral and Leadership Training Opportunity for influential pastors from the developing world.

Learn more about RREACH and the GPA at www.rreach.org.

9. Helen Savage, arrives Buea from England

Tuesday 3rd of July 2007



Helen arrived on May 29, 2007 just in time to meet up with the send off ceremony in honour of Joseph and Heather Talbot that took place on May 30.

As a trained nurse with business background, Helen will continue with Heather's work which involves training Community HIV Educators who will become effective HIV/AIDS educators in their communities. She will also be putting together a manual to provide training on small business set up and management. She then hopes to run a number of Small Business Seminars before returning to England. We will also be working on raising funds for our micro finance program.

Helen, welcome to HINT and we hope you will make use of every opportunity to share your knowledge, experience, and skills.

10. Certificate Award at HINT

Wednesday, August 29th, 2007



On September 15, 2007 at OIC in Buea, Helps International will award certificates to qualified students who have completed a minimum of 5 modules through our Computer Training Program. If you need a certificate, you must register with 3000 FCFA on or before September 14, 2007 at the latest. Late registrations will not be accepted. On the same day, we will also be giving educational support to some of the neediest children in and around Buea. You are invited to this very special ceremony.

11. Two volunteers depart, two volunteers arrive

Wednesday, August 15th, 2007



Joseph and Heather TALBOT returned to England on June 7, after close to 12 months volunteering for HINT. Thank you Joe & Hev for your time and resource investment at HINT. Meanwhile, on May 29 and July ..., Helen Savage from England and Joanna Tilson from the USA respectively arrived Buea to volunteer at HINT. Welcome, Helen and Joanna, and we hope you have an exciting time at HINT, in Buea, and in Cameroon.

We have very exciting volunteer opportunities and if you want to volunteer read more here.

12. Food For Funds (FFF) 2007

Wednesday, August 15th, 2007

On October 16, 2007, the world will be commemorating World Food Day (WFD). While others will have more than enough to eat, others will be dying of hunger. What an unequal world. On that day, HINT will launch a program that we call Food For Funds (FFF).



We are asking that you bring together 3 or more people or as many as you can bring together for a meal. You will eat together with your group members and then discuss ways to effectively end hunger in the world. We will invite you and your group members to share your thoughts right here on this post. Just click on comments below. We will also be asking that you and your group members make donations to help with HINT's poverty alleviation projects. You can read more about this here.

13. Computers For Sustainability (CFS)

Wednesday, August 15th, 2007

HINT currently depends on spontaneous individuals and organisations of good will to donate to its work. None of these individuals or organisations have decided to support us on a long term basis. HINT does not have any permanent source of funds to support its charitable work. This is very delicate as we must continue with the projects we've started as well as expand to other communities.

Computers for Sustainability (CFS) has been designed to help establish a permanent and sustainable base of funds for the work of Helps International (HINT) in Cameroon and the rest of Africa.

14. Back Packs 2007 & Buea Community Library Project (BCLP) Launch

Wednesday, August 15th, 2007



On September 8, 2007, HINT will provide education Support in the form of Scholarships, textbooks, uniforms to about 100 over 50 orphans and children from poor home in and around Buea. On that same day, we will also formally launch the Buea Community Library Project (BCLP).

BCLP focuses on providing school textbooks to orphans and children from poor homes so that they can still get a good education. Joanna Tillson, a volunteer from

the USA has worked very hard for the past 5 weeks to put all this program together.

We are currently accepting donations to these and other children. CFA 25,000 (US\$ 53) will buy all textbooks for 1 primary 6 child in a year; CFA 50,000 (US\$ 106) will provide for 2 children, and so on. Go here to read more and learn how to donate.

15. HINT Improves it's IT Training Program

Sunday 19th of August 2007

HINT has improved, modified and upgraded its IT training curriculum. We have upgraded our Windows, Excel, and Access Training manuals to Office 2002.

We have also added a number of modules including MS DOS, Networking (A+), Hardware Maintenance.

16. Back Packs 2007 & Library Launch

Friday 10th of August 2007



On September 15, 2007, HINT will provide education Support in the form of Scholarships, textbooks, uniforms to over 50 orphans and children from poor home in and around Buea. On that same day, we will also formally launch the Buea Community Library Project (BCLP). BCLP focuses on providing school textbooks to orphans and children from poor homes so that they can still get a good education.

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Download the application form for the Buea Community Library Project from hint's website. Deadline to submit this form is August 31, 2007 at HINT's head office at Bonduma, Buea.

17. HINT-HED educates over 200 people on HIV/AIDS at Mile 16

Thursday 2nd of August 2007



On August 1, 2007, HINT-HED (HINT HIV Educators Group) educated more than 200 people at Mile 16 during an outreach organized by Commonwealth Students Union at the University of Buea.

Led by Helen Savage from the UK volunteer the group, at the LEFEM hall at mile 16 carried out a PowerPoint projection on HIV/AIDS followed by a thrilling drama. The many questions asked at the end of the training session proved their quest for more knowledge about this pandemic.

18. Back Packs 2007, a huge success

Sunday 16th of September 2007



Back Packs 2007 was a huge success. Last Saturday, September 15, 2007 41 children (mostly orphans) with their families and guardians gathered at OIC Buea for the official award ceremony. The children received Textbooks, uniforms, School bags, School fees.

The Cameroon government was represented during the ceremony by the Divisional Inspector for Basic Education, in Buea, in the person of Madam Lifongo.

We wish to express our gratitude to the following people who donated generously to help these underprivileged children.

Kidlington Baptist Church, England

Micheal & Margaret Astbury, England

Joseph and Heather Talbot, England

Ted & Glenys Talbot, England



19. Helen completes last HIV Seminar

Wednesday 5th of September 2007



Helen Savage ran her last HIV Educators Seminar this week. She is due to return to England this Friday after volunteering with HINT for over 3 months. While here Helen donated so much of her business and medical skills to HINT and the Buea community as a whole. She spent time researching strengths and weaknesses of micro finance Institutions in Buea. Her research has been very useful in further developing HINT's micro finance project. Her achievements are many among which are: Improvements to Heather's HIV Training of Trainers' PowerPoint presentation. She conducted a number of HIV HIV Educators seminars.

She wrote a complete business proposal for our micro finance project based on her research in Buea.

She wrote an excellent PowerPoint presentation on training micro business operators.

She wrote a PowerPoint presentation to sensitize a community on Sexually Transmitted Infections (STIs).

Then she prepared another PowerPoint presentation to provide basic hygiene training to a rural community.

20. Dominion Sisters Credit Group formed

Wednesday 31st of October 2007



A second Credit Group has been formed at Great Soppo, Buea, called Dominion Sisters Credit Group (DSCG). The group was formed

A HINT Credit Group is a group of people from the same community who each have a business of their own but have come together so that they can benefit from our micro-credit loans.

HINT uses micro-credits to help very poor people (esp women) come out of poverty by giving them loans of between 50,000 - 100,000 FCFA to start or grow their business.

The group made up of 6 women is led by Agbor Doreen with Deborah Adigom as Treasurer.

Our commitment is to help 1000s of rural women come out of poverty through offering micro-loans.

If you share the same heart then you can join us as a partner.

Go here for photos of group members and the training session that took place later.
Together, we can make a difference!

21. First FFF raises \$2,645.22 (CFA 1,203,337).

Wednesday 17th of October 2007



The first ever Food For Funds (FFF) event raised \$2,645.22 (CFA 1,203,337).

The funds will be used to help rural women in and around Buea to start or grow small businesses that are the only means of livelihood for the family.

The funds were raised through 16 generous donors during the first ever Food For Funds (FFF) event that took place in Buea, Cameroon and

Arlington, USA on October 14, 2007.

In the next few weeks we will give out loans of about CFA 50,000 (about US\$109) each to about 20-25 people (mostly women).

Our offering basket is still open and remains open throughout. Will you consider making a donation to change a family? We very strongly encourage you to take action and do something. Together, we can make a difference!

October 16 every year is World Food Day (http://www.fao.org/wfd2007/index_wfd2007.html). So, FFF will be used to join the rest of world to raise awareness about the importance of food and consequences of lack of it. FFF will also be used to raise funds to help people come out of poverty through micro credit as a sure way to help them get more food on their tables.

Thank you for standing with us and we look forward to hearing from you soon.

22. Ekona Self-Help Christian Women (ESCW) Credit Group has been formed.

November 3, 2007



The group was formed on November 3, 2007 and is made up of 5 women. Each of these women does a business of their own and qualify to receive a loan from HINT.

Group Leader: Prudencia Enow
(Phone: 75932676)

Group Treasurer: Deborah Anchi

Membership Fee: 1,000Fr

Ekona is a rural community with thousands of residents. About 90% of the population survives through micro-businesses.

We request that you consider making a donation that will provide more loans to more women. To donate online, visit our online donation page or send a check to:

Hope Outreach International Ministries (Put HINT in the Memo)

10993 N Harrells Ferry Road

Baton Rouge, LA 70816-8304

Phone: (225) 272-5432

23. HINT to participate in Inveneo's ICIP Training Program in Cameroon

Monday 26th of November 2007



HINT has been selected to participate in Inveneo's ICIP Training Program in Cameroon.

Inveneo creates highly sustainable and affordable ICT infrastructure technologies designed specifically for organizations that provide vital services -- education, healthcare, economic development -- in remote and rural areas in the developing world. Inveneo partners with local ICT companies/organisations in countries it serves around the world to provide skilled and cost effective installation and support

services for clients. These ICT Partners are certified by Inveneo and available to sell. This program is called the Inveneo Certified ICT Partner (ICIP) program. Upon completion of the training, scheduled to run from November 26-December 2, 2007, HINT will become one of Inveneo's in-country certified partners.

24. 16 people receive training and or loans

Tuesday 20th of November 2007



16 people including 14 women and 2 men in Ekona town received training on how to start, run, and grow small businesses for income generation. The one-day seminar took place in Ekona at the Full Gospel Church Hall. At the end of the training, 5 women received loans ranging from 20,000 - 75,000 Frs. The loans will enable most of them to buy in bulk, so that they can make more profit that will be used to improve their social and economic conditions. Several other women and groups are

looking up to us but we are running out of loans. We need you come in so we can help more women.

25. 12 Women receive 12 loans of 50,000 FRS each

Tuesday 13th of November 2007



6 Members of the Dominion Sisters Credit Group and 2 from the Female Welfare Credit Group down at Bonduma, today received 50,000 Frs each from HINT to start or grow their businesses. The excited women all gathered at HINT's office, signed the promissory notes, and collected their loans.

26. Tobias Blaser arrives Buea from Switzerland

Tuesday 13th of November 2007



Tobias arrived Buea on November 13 2007 to volunteer with HINT for 3 months.

He holds an M.Sc in Electrical Engineering and is also a specialist in computer hardware maintenance and networking, with additional knowledge in software and computer administration. After arriving on 13th, he immediately started working on 14th! While at HINT, Tobias will help maintain computers at our 2 training Centres here in Buea. We also hope he will also be able to train some hardware maintenance students as well as

some in programming.

27. 6 Women receive small business training

Monday 12th of November 2007

6 members of the Dominion Sisters Credit group located a Great Soppo Buea have received a one-day seminar on small business management and set up. Combining the business skills that HINT's Executive Director, Tinshu Genesis gathered during the Global Social Benefit Incubator (GSBI) organized by Santa Clara University in the USA in concert with the Leavey School of Business Administration in 2006, he trained the women on topics such as:

Session 1:

Choosing your business

Planning your Finances

Session 2:

Assessing Profit: Will it work?

Borrowing Money

Session 3:

Keeping Records

Expanding your Business

Go here for photos of recipients and the training.

A big thank you to Helen Savage in the UK for helping to put this training material together during her volunteer time at HINT.

Helps International

(HINT)

Cameroon

Our Mission/Purpose Statement

To improve on the social and economic well-being and health of the poor through education, skills development, and job creation.



NGO Registration No.
022/G.37/D.14/1/vol. 8/022/OAPP/98
with the government of the Republic of Cameroon.

1. Who We Are

Helps International (HINT) is a community-based non-profit NGO that was founded to help improve on the social and economic well-being and health of the poor through education, skills development, and job creation without discrimination of race, color, religion, political beliefs, gender, national origin, or disability.

2. Our Objectives

- To fight poverty and unemployment by providing marketable skills in ICTs, agriculture, and business set-up & management.
- To provide interest-free loans to jobless and poor youths for business start-ups, thereby reducing unemployment.
- To improve on the health condition of the poor by setting up Health Centres in poor communities.
- To contribute to the fight against the rampant transmission of HIV/AIDS and other STIs through education and development of self-reliant projects for jobless adults, and vulnerable youths.
- To provide education, health care, clothing, and feeding assistance to orphans, street children and very poor children from subsistence farming homes.
- To contribute to community development through projects such as wells, portable water, health units, schools, Electricity...
- To offer emergency relief to victims of natural and/or man-made disasters when need arises.
- To HELP anyone in need whenever we have the resources to.

3. How we are organised

HINT Cameroon is led by an Executive Council comprising an **Executive Director** who works in close collaboration with an **Administrative Assistant**, **General Secretary**, a **Treasurer**, **Financial Secretary**, and **Communication Manager**. A **Board of Directors** provides overall guidance.

4. Our Projects/Strategies

i. Information & Communication Technologies (ICTs)

1. Community ICT Training Centres
Provide **access** to and job-oriented **training** in Computers, Internet, secretarial administration, web design, Networking, Computer Maintenance, Desktop Publishing, Photo Editing.
2. Computers for Development (ComDev)
Provision and installation of Computers in Schools, Community Centres, Non-profits
...

ii. Education

1. *Child sponsorship*
Providing, textbooks, fees, and uniforms to orphans and children from poor families.
2. *Community Education Libraries*
Ensuring that children in primary and secondary schools have the textbooks they need to be successful in their studies.
3. *Community Education Centres*

Providing orphans and children from poor homes the opportunity to still have a dissent education despite their poor backgrounds.

iii. **Health**

1. *Community Health Centres*

Making it possible for the local community to have access to low-cost and affordable health care services.

2. *HIV/AIDS*

Sensitisation/awareness, Training Community Educators, Prevention, Counseling, support for PLWHA.

iv. **Economic Development**

1. *Micro-finance*

Providing interest-free loans to young enterprising youths for business start-ups.

2. *Research Institute for Social Entrepreneurship & Technology (RISET)*. RISET will provide a two-year intensive entrepreneurial training to youths between the ages of 17-30 who have a passion to transform communities through Social Entrepreneurship. In the meantime, we run short seminars for young business people.

v. **Community Development**

1. Providing clean drinking water to underprivileged communities.
2. Providing electricity in underprivileged communities through Solar Energy.
3. Emergency Relief.

5. Achievements

- More than 600 youths have been trained since 2003 to be able to effectively use the computer and the internet.
- We currently run 2 IT training centres located in Buea, Cameroon equipped with over 30 computers.
- More than 50 children have been helped to attend school.
- More than 25 unemployed youths have been trained as web designers. With their new skills, they can generate income that will help them overcome poverty in their lives.
- About 12 people have so far received loans for micro-businesses.
- More than 60 community leaders have been trained to become HIV/AIDS Educators within their communities.
- HINT is a certified training partner with Kabissa's "Time to Get Online" Training program. Kabissa is a Washington-based NGO.
- HINT won the Global Junior Challenge competition in 2004 in Rome.
- HINT' was a participant at Africa Source II, which ran from Jan. 8-15, 2006, in Uganda, organized by Tactical Technology, Netherlands.
- HINT's Director is a graduate of the 2006 class of the Global Social Benefit Incubator (GSBI) program at Santa Clara University, USA.
- HINT has been congratulated by Cameroon's Minister of External Relations with a letter dated Jan. 24, 2005 and referenced 000219/DIPL/D3/SDCNG/ONG

6. Our Financial Policies

Integrity, financial accountability and transparency are our guiding principles in financial matters. At the end of each year, we audit our accounts and we send a financial report to all our donors.

7. Some urgent needs

- Computers, Laptops, Digital Cameras, Cell Phones, Computer Parts, Printers and Fax machines, Office Stationery, Scanners, Photocopy Machine
- Clothes
- Shoes
- Toys
- Wheelchairs
- Medical Equipment
- Educational Books For our Library
- Sewing Machines
- Carpentry Tools
- Farming Tools
- Public Address System (Microphones, speakers, amplifiers, ...) for seminars, etc
- We accept any kind of useful equipment.

8. How You Can Help



Volunteer your skills.



Make a secure online donation via PayPal through our website at www.hintonline.org Consider supporting us regularly



You can also make a direct bank-to-bank transfer into our UK or Cameroon Bank account. Contact us account details.



You may also donate any of the items listed in section 8 above.



You can organize an event to raise funds for our work right where you are.

9. Some of our current/past corporate donors:

Several individuals, families, and corporate bodies have supported of our work. A few of them are listed here:



Oxford University,
England



Kidlington Baptist
Church, England



University of Buea,
Cameroon



Tactical
Technology,
Netherlands



Valley Life Centre,
USA



Santa Clara
University, USA



Kabissa,
Washington, USA



Digital World
Foundation, Italy

“Never underestimate the power of a clear path”