



Helping Hand for Survivors Inc. 2022 Activities REPORT

Helping Hand for Survivors believes that a survivor is not only a victim of rape or sexual violence, but also anyone regarded as strong or courageous enough to be able to overcome adversity, misfortune, or any type of life other people enjoy freely, that one cannot live due to something that happened and is, now preventing the individual from living a free life.

Our Mission:

The mission of Helping Hand for Survivors, Inc. is to educate, assist, and promote the recovery and healing of stigmatized women, girls, and children surviving and residing in the poorest communities devastated by conflicts.

Our Vision: We envisage the next generation in developing nations empowering and educating communities to achieve self-sufficiency, particularly women/girls and children in war-torn nations.

Administration:



HHS Women leaders in Walungu, preparing for the meeting led by Mother-Leader, Isabelle pictured on the right.

The previous year at HHS was fantastic. We were able to accommodate the significantly increased demand for survivor services in the past year thanks to the generosity of supporters like you. With your help, we will continue to support vulnerable women, widows, and children in

the coming year 2023, when and when they need us most. Despite many obstacles, 2022 was highlighted by numerous undeniably successful events. What we accomplished together last year:

1700 Survivors Served

20 Children (Orphans) educated

3 Orphans adopted

2 handicaps served

5 Support Group Services served.

1 clinic (Centre Hospitalier Grand Samaritain) extension opened in Bukavu to support women and children. This year 800 patients (women) were treated (550 in Goma and 250 in Bukavu).

How to DONATE: send a check to PO.BOX 23325, Lexington, KY 40523 or PayPal at

info@hsurvivors.org or online www.hhsurvivors.org or *Interac e-transfer* at

info@hsurvivors.org. Thank you.

Women Empowerment:

1. Microfinance Loan Program

The objective of the Microfinance Loan Program is to create an environment that enables Congolese women and youth to obtain capital to improve their social and economic status. Specifically for women, support and promote social equality and leadership. Microfinance loan is the practice of offering a modest loan to persons who often do not have access to capital to invest or build a microbusiness, resulting in a sustainable solution to overcome poverty and achieve economic stability. The concept of sustainability encompasses poverty, inequality, climate, and environmental degradation, as well as peace and justice. A difficulty involving the individual, the community, and the local government. A further objective is to develop mental and physical independence and confidence in order to obtain freedom, dignity, and safety.



Some of the HHS women, beneficiaries of the microfinance loan program display their small businesses at Mugogo market in Walungu.

In the Democratic Republic of Congo's economically disadvantaged households led by women, a sense of power is absent. The women in the programs of Helping Hand for Survivors, Inc. have a generational and cultural assumption that men control the outcome of their life. Whenever the death or abandonment of a spouse necessitates the realignment of one's beliefs, the future can appear dismal. At Helping Hand for Survivors Inc., we have discovered that women, regardless of the country in which they reside, possess intrinsic qualities and a desire to earn a living. Given the necessary funding, tools, and training, these women excel! Regardless of whether they're selling bread or producing guinea pigs, all of our working participants have a newly discovered sense of personal fulfillment.



Women holding guinea pigs to fight malnutrition. Image 2 Woman in our microloans program selling bread.

2. Nutrition and Agriculture:

This year, HHS distributed seeds of onions, cabbages, eggplants, and greens (amaranth) to 115 women to enable them to cultivate and reimburse a small portion of their harvest to the group, which will have to be redistributed to another group of women to make the group truly independent and thereby maintain an agricultural seed collaborative and eventually become seeds production in the area and sell on the seed on the market, which is very profitable and a significant source of income. Below is the image of Women working in HHS’s experimental field planting vegetables.



3. Agriculture and livestock

In the Democratic Republic of the Congo, agricultural livelihoods influence the nutrition of individual family members through many paths and interactions. Pregnant or breastfeeding

mothers and children under the age of five are the two categories most susceptible to malnutrition in this country. At Helping Hand for Survivors, Inc., we have observed a substantial body of evidence linking the use of maternal, infant, and young child feeding and care practices to reductions in chronic malnutrition. This evidence supports the value of integrating nutrition, and social and behavioral change into agriculture development activities. Due to gender-based violence in the country, the majority of vulnerable women lack access to nutritious food, thus we equip them with the means to cultivate vegetables.



These chickens provide eggs that are distributed to malnourished children's families.

Helping Hand for Survivors Inc., (HHS) has been providing instructional tools that enable female survivors to manage their limited resources and combat malnutrition. 596 malnourished children were assisted by HHS in the areas of Walungu and Kalehe in 2022. After recovering from malnutrition, 150 students were able to return to school. To encourage mothers, Helping Hand for Survivors continues to give a variety of seeds, including beans, maize, soy, tomatoes, potatoes, peanuts, and livestock. Without your assistance and the products, they produce, their children cannot attend school. Therefore, we appreciate your assistance and commitment to reducing poverty in these areas in the Democratic Republic of Congo.



Health, Nutrition, Water, Sanitation, and Hygiene (WASH):

Although access to clean water and sanitation is a fundamental human right, millions of people in the Democratic Republic of the Congo still lack access to clean water. Helping Hand for Survivors produced bleach in 2022 to keep hospitals clean and give clean water to the community in Bukavu. This bleach is also utilized for hand washing and in public locations. The HHS continues to manufacture bleach for water treatment to decrease waterborne diseases. In addition to responding to community emergencies and outbreaks of life-threatening diseases such as cholera, this program implements prevention and control measures to improve health and socioeconomic development, as well as to prevent and control the spread of life-threatening diseases such as cholera. The image below depicts technicians of Helping Hand for Survivors Inc. making bleach or chlorine that will be used to sanitize areas and water.

The image below in picture 1 demonstrates the use of the Bleach maker by the HHS team and Coordinator Baraka Consolat. Image 2 illustrates the director of Centre Hospitalier Grand Samaritain in Bukavu, Dr. Seraphin explaining the benefits of Bleach in hospitals and other spaces.



Education:

HHS currently supports 25 orphans, including 19 girls in elementary school and a family of five with two girls and three boys. We are glad to report that three of the nineteen orphans assisted by HHS have been adopted, while 16 females still require adoption. One year of tuition, school materials, and uniforms for one child costs \$200. This assistance is necessary for a girl's survival.

Challenges: These children require a standard structure in which to study. Observe that there are no windows, doors, or roofs to shield youngsters from the sun and/or rain.



Ministry: Uganda

HHS has a spiritual ministry in addition to its physical and mental health initiatives. In 2023, the HHS Ministry in Uganda will continue to adopt Matthew 28:19 as its main passage. Together, we worked ceaselessly to accomplish our Lord's will and mission. Not by our own strength, but by the might of the Almighty God, was it accomplished. Our evangelist, Mr. Rodrigue, continues to preach the gospel and baptize new believers. We give thanks to God that our numbers have

grown and that women are now empowering themselves through sewing machines and evangelism. Currently, there are 626 individuals. We are grateful for how far our God has taken us.



Women at the HHS ministry in Uganda are supporting each other in prayers.

The objective for 2023: This year has been declared the "Year of Faith." The remaining reference verses are Hebrews 11:1 and Romans 10:17. We will pray fervently to God and ensure that the following tasks and projects are completed in 2023.

1. More evangelism by preaching salvation and reverence for God.
2. A healthy and effective group of Christians.
3. Bibles and instruments used during worship.



HHS Evangelist Rodrigue leading Bible study and Women making handbags using sewing machines for women empowerment in Uganda

Hospitals: Centre Hospitalier Grand Samaritain (Grand Samaritan Hospital Center). In addition to the clinic launching in Goma in 2020, we are pleased to announce that Centre Hospitalier Grand Samaritain opened in Bukavu. Thanks to your assistance, Congolese women can now give birth securely in our clinics. Despite the need for change, lengthy distances continue to pose obstacles for women giving birth on the route to hospitals. There are numerous more reasons why women lose their babies, such as a lack of a clean environment, a nearby

hospital, a delivery table, etc. This year, HHS was able to open an extension in Bukavu to assist the region's impoverished households. We cannot express enough gratitude for your assistance in making our dream a reality.



Image 1. Centre Hospitalier Grand Samaritain Goma. Image 2: Centre hospitalier Grand Samaritain Bukavu.

Activities in Canada

Holistic Trauma Healing:

Helping Hand for Survivors Canada held free Holistic Trauma Healing sessions in the Toronto area throughout the entire year of 2022. These workshops are practical, cost-free, and efficient. People joined us at their own discretion and timing. Numerous young and old participants profited from the workshops. These are quite beneficial for the mental health of individuals, particularly after Covid-19.



Holistic Trauma Healing in session

African Culture Promotion: In addition to other programs, our Canadian chapter of Helping Hand for Survivors promotes African culture and values. Because culture is frequently viewed as the total sum of a people's choices and shared characteristics, a people's values might be considered part of their culture. In promoting African culture and values, we do not assume that all African communities have the same explanations for circumstances, the same language, the same manner of dress, etc. However, many African communities possess fundamental similarities that, when compared to other cultures, indicate a wide gulf of difference. At Helping Hand for Survivors Canada, we strive to demonstrate the relevance of African culture and values to Canadian society. African culture and values are important to us and to the future of African children and their relevance can be developed and maintained, so lending credibility to genuine African identity.



African cultural dance and food sharing

Human Right Consultation, Anti-Racism, and Anti-oppression

Helping Hand for Survivors Canada (HHSC) also engaged in many anti-racism, anti-oppression, and training seminars. We take these challenges seriously at HHSC because they are genuine and require action. In addition to these concerns, we are now certified as consultants in human rights. In order to better practice DIVERSITY, EQUALITY, and INCLUSION in the workforce, we advise every institution to incorporate this type of training into their policies and regulations. We offer leadership development opportunities to members of congregations, community leaders, and organizations in order to cultivate knowledgeable, and influential leaders. Please contact us if you would want us to deliver specialized training to your church, school, or group.



Training on diversity, equality, and inclusion Great Toronto Area