

Tanzania 2017 Care Outreach



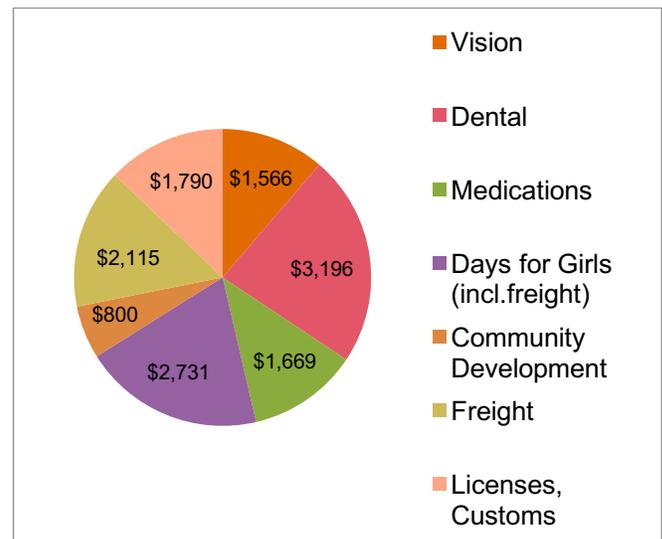
The residents of the Nyarugusu Refugee Camp and of Ilemela District of Mwanza Thank you. Through your generous support and the volunteer efforts of many, HHF was able to deliver healthcare and support services.

3000 Refugees and Tanzanians Gained Health and Hope

“As a boy I became a refugee, I had no hope of care for this pain for many years. Thank you.”
“We fear rape each day as we must go far walk to firewood. Now I can go no fear. Now I am happy”
“Please do not go” “Please come back.”

Outcome of Care Outreach by the numbers:

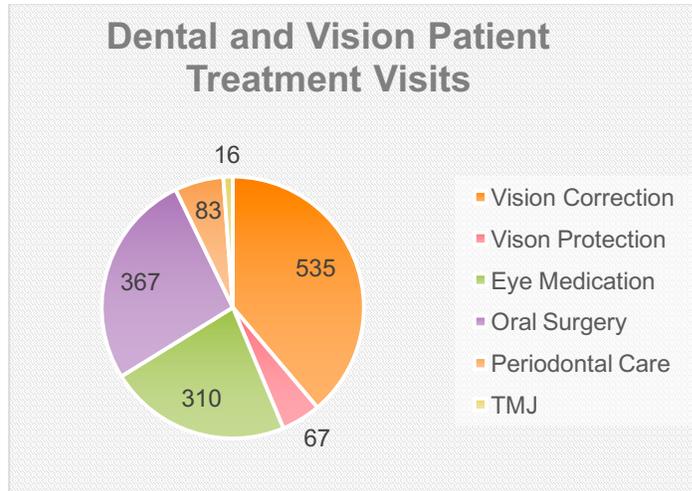
- 912 eye care patients
- 466 dental care patients
- 1000 toothbrushes provided
- 805 girls able to attend school full time (DfG)
- 100 women trained to teach Self Defense skills
- 45 trained in first aide
- 20 trained in erosion control
- 45 women established in sustainable businesses
- 35 local jobs created
- 158 student participants in sports camp
- 120 students receive new desks and equipment
- 10 student leaders start a Boy Scout program
- \$11,407 Care Outreach service cost



Outreach Programs:

Health

Dental Care - 466 visits and 1000 toothbrushes
Vision Care - 912 visits and 602 glasses
First Aide "First Responder" Class – 45 attendees



Health

Community First Aide "First Responder" Class



What do you do when "911" does not exist?YOU become the First Responder.

"There are many motorcycle accidents on the roads and no one to help. Now we can help."

Community First Aide takes on new meaning as we learn to deal with what we have to address medical emergencies from splinting a fracture arm to helping a head injury victim and transport to safety.

Hope

Education

- Women's Health and Hygiene
- Self Defense Trainer Course Nyarugusu Camp
- HHF Tumaini Tutor School
- Erosion Control/ Transportation Infrastructure

Women's Economic Empowerment

Youth Leadership through Sport and Scouts

Hope

Women’s Health and Hygiene – Keeping 800 young mothers and girls in school



Tanzanian girls lose 45 school days each year without access to feminine supplies.

“This is a big problem for me. Thank you for this gift”.

HHF Volunteers and members of Days for Girls Chapters in Bellingham, Anacortes, Lynden, Lynnwood, Everett and Kent joined forces to make 800+ washable feminine hygiene kits for distribution in Nyarugusu Refugee Camp maternity ward and schools, and to school girls in Mwanza. To date HHF has kept 1300 girls in school during their periods!

Hope

100 Women Complete Self Defense Trainer Course in Nyarugusu Camp



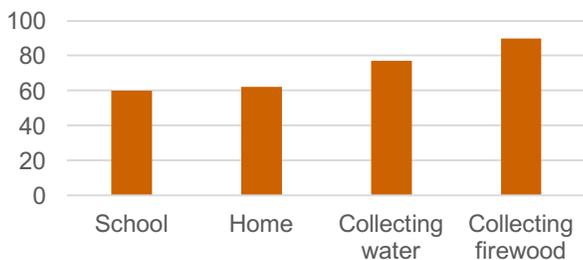
In Nyarugusu, women and girls are at high risk of rape as they collect water and firewood.

“I am afraid each day to get firewood. Now I can go no fear. Now I am happy I know what to do”.

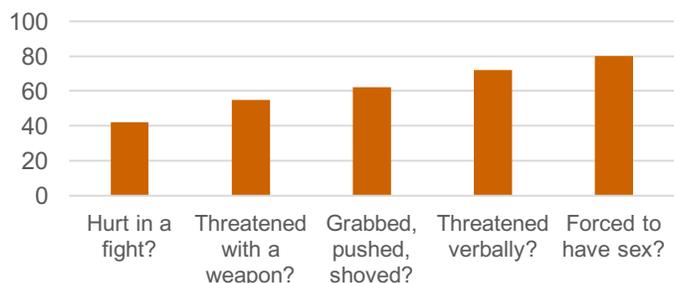
HHF joined with Master Self Defense Instructor Judy of Studio Naga, CA and Kwa Wazee of Tanzania to bring a 4-day Self Defense course to Burundian and Congolese refugee women.

Pre-class survey showed women had not learned Self Defense and were not confident they could protect themselves if attacked. Post-Class 100 % were confident to say ‘NO” and protect themselves. They plan to continue practice and teaching sessions in Nyarugusu Camp.

Where are You Afraid of Personal Violence



In Past Year Have You Been



Hope

HHF Tumaini Tutor School Student Learning



Orphaned children don't have finances to attend government or private schools regularly.

"I dreamed of a chance to go to school. I will do my very best. This is everything to me"

We are continuing to build a solid educational program. Our free, small individually focused classes are helping orphaned students catch up with peers and excel. Student scholarships to government schools are available to sponsor children in need. The "Shoe Lending Library" and "Nutrition Program" have spiked school attendance and learning. This year we added more student tables, chairs, large chalk board, and 11 more laptops.

Rosemary and Paulina *cherished* spending time with their HHF Sponsors Nic and Kim Olson!
Let us know if you would like to Sponsor a Scholar.

Hope

Women's Economic Empowerment



Women are sole family providers, raising their own and additional orphaned children.

"To get enough food was hard. Now we work together so business is strong, and I have a savings".

Our core 45 women who worked solo "crashing rocks" 7 years ago are now healthier and happier. They are in successful business groups, utilizing HHF microloans and have coordinated to rent indoor market space. To set them apart in the marketplace with attractive advertising, colorful clean surfaces, and protection from sun and rain, this year solar lights, colorful umbrellas and vinyl "carpets" were added to their stalls.

Hope

Erosion Control/ Transportation Infrastructure



Funds and programs are lacking to repair roads deeply rutted and dangerous to local traffic.

"We pass here, but it is dangerous at night as one may fall inside. It is good to learn to stop erosion".

A community education project in erosion control and path/road maintenance engaged community action for safe roads. Ten dump loads of dirt, 150 sand bags, 8 check dams and lots of community activity working and learning together got this job done!

Hope

Youth Leadership through Sport



Kenzie of Durango Youth Soccer sent 100 donated pairs of soccer shoes to Tumaini students.

"I love these the best! With this I can shoot my best game. Thank you for these shoes!"

Soccer shoes lovingly donated to Tanzanian Tumaini students are in use on the field daily. HHF Sports Camp was attended by 158 student athletes. Soccer for boys; Netball for girls.

Fast feet, high kicks, headers, blocking, teamwork, self-esteem and leadership. These kids ROCK

Hope

Youth Leadership through Boy Scouts



These students yearn for leadership and role models, to help them reach their full potential.

"We are Boy Scouts of Tanzania. It is important to learn and lead our community and Tanzania."

Some HHF Tumaini students have mothers, none have fathers. As men are not available, Sele, age 17, serves as Scout Master. We are working to link these Scouts with Boy Scouts of America mentors. Sele proudly wears a Scout scarf sent by Mt. Baker Council, BSA of Washington.

Thank You SO Much for Supporting Health & Hope Foundation