

VIAC NEWSLETTER



We hope this first edition of our 2023 newsletter brightens your day. This first newsletter of the year is a welcome series for our new subscribers. We give you a clear introduction of our organization what we do, how we benefit the community and how we people can help.

WHO ARE WE?

Vision in Action Cameroon (VIAC) is a youth-led not-for-profit organization that supports and enables adolescent girls and young women (AGYW) and communities in programs and influences change in the areas of Research (Evidence Generation), Advocacy (community mobilization), information & communication. VIAC is committed to feminist principles, using gender transformative and rights-based approaches.

At VIAC we believe that reproductive Health is a fundamental human right of every woman and man throughout her/his life cycle.

HOW DO WE BENEFIT THE COMMUNITY?

Our commitment to non-discrimination allows everyone to take advantage of our initiatives and receive equitable treatment, including sex workers, who rank among the most marginalized and misunderstood demographics in our society. The skills and abilities of sex workers have been developed in the areas of safe sex negotiation, information on STI prevention, HIV, and safe abortion, along with the provision of reproductive health care needs like; condoms, contraceptives, and free HIV screening. Working with sex workers has given the team a better understanding of the difficulties they encounter and has resulted in the development of a solid community partnership where sex workers are at ease seeking information about their reproductive health.

Through our frequent educational sessions and tests, our communities are continually being informed of the WHO prevention measures for Covid 19. We organize focus group discussions with adolescent girls and young women in these rural communities to clarify misconceptions about the virus and further encourage testing and maintenance of proper hygiene. We focus our attention on those with disabilities and those in crisis-affected regions



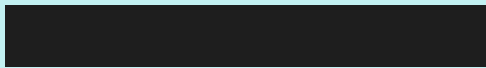
Regarding gender-based violence, particularly intimate partner violence, VIAC has developed educational sessions, focus groups, and safe spaces in accordance with its strategic plan to increase gender equality and young people's involvement in communities. Adolescent boys and girls have participated in focus groups and workshops on gender-based violence, with a particular focus on sexual harassment, rape, positive masculinity, bullying in schools, cyberbullying, and what to do in the event of a violation.



Due to the stringent laws governing abortion in Cameroon, all forms of the practice are considered to be "unsafe." Because the majority of the population has been misinformed and is thus driven by unsafe abortion procedures, this has created a significant loophole in our community.

With young leaders, VIAC has made a conscious effort to do research, organize trainings, safe spaces for discussion, and various capacity-building workshops on access to abortion information and services.

This has further provided a distinct narrative about abortion in a society where it is forbidden, helping to reduce stigma associated with the procedure. This has empowered young girls to learn about their SRHR and make decisions that are best for them.



We help the community by working on advocacy issues. In the past two years, VIAC has explored implementation research (IR) as a strategy for instructing young adolescents, particularly girls, on various menstrual health management issues. working with six secondary schools in Cameroon's south-west VIAC has been able to alter the attitudes and behaviors of over 3,242 students across 6 schools in the South West Region of Cameroon by working with six secondary schools in that region.



Using our menstrual health management comic book titled, "Siewe the period angel," a total of 78 school champions were taught in these six secondary schools to serve as peer educators for menstrual health management. Intense follow-up has been conducted at these institutions with the assistance of focal persons to make sure that school champions in these schools are instructing their peers and transferring the leadership mantle after completing their studies at the institutions.



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OUR STRATEGIC RETREAT



As a tradition, VIAC organized its first strategic retreat of the year with employees of the Bamenda and the Buea branch offices. The retreat creates a safe space for the team to step out of their daily routine to examine goals and accomplishments, debate essential revisions from prior years, and discuss other crucial organizational issues that need to be addressed or altered in a secure environment. During the retreat, a number of topics were discussed, including presentations of the communication plan for 2023, assessments of staff performance, financial projections, instruction on digital security, and report writing.

ANNUAL REPORT



Hello,

We are profoundly proud of the fact that we have made it through one of the most unpredictable years in history under adverse circumstances and with valuable lessons to live by.

We look back at 2022 with admiration for the level of flexibility and adaptability we exhibited, which saw us realize tangible achievements that have propelled us into 2023, with the challenge to do even better.

Special thanks to my VIAC team, the Board of directors, and our partners for the unwavering support to our cause of promoting the right to health.

[DOWNLOAD REPORT](#)

HOW CAN PEOPLE HELP

You can support our course by engaging on our social media platforms, sending an email to volunteer with us, highlighting issues of SRH in your community which needs to be addressed and donating to support our course.

[Website: www.viacame.org](http://www.viacame.org)

[Email: info@viacame.com](mailto:info@viacame.com)



HOTLINE

I want to know more about

- Unprotected sex
- Unwanted pregnancy
- Right sexual choices
- Staying healthy
- STIs

- Safe abortion
- Menstrual Cycle
- Contraceptives
- Domestic Violence

AUNTY QUEEN HOTLINE, a sexual reproductive health information service providing safe, reliable and confidential information on sexual and reproductive health to adolescent girls and young women in Cameroon just with a telephone at your convenience.

Hotline Number: +237 673 532 667  

Contact Aunty Queen: +237 673 532 667