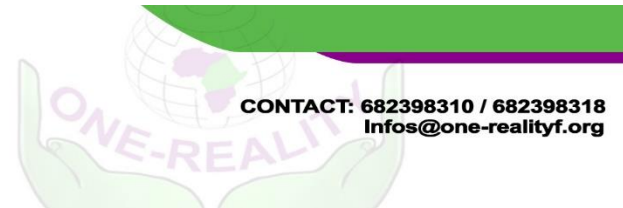




ONE - REALITY (OR)

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Project Title

Stitching Futures: Empowering 150 Vulnerable Women and Girls through Dressmaking in Limbe, South West Region -Cameroon

Project Overview:

This project aims to provide dressmaking training to at least 150 vulnerable individuals in Limbe, Fako Division of the SW region of Cameroon. The target groups include vulnerable adolescent girls, teen mothers, female school dropouts, destitute women, female IDPs, orphans, and victims of GBV and others identified as deserving. Through this vocational skill-building initiative, participants will gain valuable expertise in dressmaking, enabling them to pursue sustainable livelihoods and contribute to their communities, thus developing more resilience. The indirect benefits by their close and distant family members will equally be significant.

It is imperative to pay more attention in developing countries adolescent pregnancy Health, teen mothers, school drop-outs ---etc. The alarming rate of over 25,000 girls under the age of 18 give birth. Some of these young adolescent do not have a proper understanding of sexual reproductive health .This amounts to 7.8 million births per year. And if all pregnancies are recorded, not just births, the number of adolescent pregnancies is much higher in Africa.

Adolescent deliveries from the nine cohorts in Cameroon was 14.4% (95% CI: 10.7–18.6%), the prevalence for early adolescent deliveries was 2.8% (95% CI: 0.4–7.2%), and the prevalence for late adolescent deliveries was 12.5% (95% CI: 6.7–19.8%). When a girl becomes pregnant, her life can change radically. Her education may end in the quarters, and her job prospects or career path may diminish. She becomes more vulnerable to poverty and exclusion, and her health often suffers. In most cases, these teen mothers end up helpless with no source of income or career re-orientation.

One-Reality(OR) is organising a 1 year training workshop to empower 50 Teen Mothers in Cameroon to learn dressmaking in Limbe. Teenage mothers are likely to be in their late teen years.

They most often live with their parents . Prenatal care is relatively low, and incomplete of prenatal workup is common likely due to financial constraints.

Background:

Limbe, a cosmopolitan city located in Fako Division of the SW region of Cameroon, is home to a diverse population, including vulnerable groups such as adolescent girls, teen mothers, female school dropouts, destitute women, female internally displaced persons (IDPs), orphans, victims of gender-based violence (GBV), victims of the ongoing Anglophone conflict, street children etc. These individuals often face significant barriers to education, employment, and economic independence, perpetuating cycles of poverty and marginalization. Considered one of the safest towns in the SW region, incidences of violent gun battles, destruction of homes and property, street harassment, kidnapping, rape and crime wave are generally fewer than in over 90% of other areas in the entire SW and NW regions. This coastal town therefore has become a significant host to thousands of IDPs of all sorts. With this uncontrolled influx, the following context outlines the current humanitarian situation prevailing in this town.

Context:

1. **Limited Educational Opportunities:** Many vulnerable women and girls in Limbe have limited access to formal education due to various factors such as financial constraints, early marriage, and some cultural norms that may prioritize boys' education over girls'. Over 90% of government owned schools in these regions have remained closed now for close to eight years, making the few functional ones to be overcrowded and thus lower quality of the process. The many functional privately owned schools charge high fees, beyond the reach of the majority of these vulnerable groups of persons.
2. **Economic Marginalization:** Without adequate education and skills training, vulnerable women and girls struggle to secure meaningful employment or generate sustainable income, leading to economic dependency and vulnerability. Many are seen hawking petit items on the streets, doing house help jobs, doing farm manual labour etc and these further exposes them to scenes of GBV, rape, abductions, assault etc.
3. **High Rates of Gender-Based Violence:** The prevalence of gender-based violence, including domestic abuse, sexual assault, and exploitation, further exacerbates the challenges faced by vulnerable women and girls, impacting their physical and mental well-being. Some of them live in squalors, makeshift structures or cohabiting with friends. At times more than five individuals are bound to rent and stay in a single room, further exacerbating their situation.

4. Need for Empowerment: There is a pressing need to empower these marginalized groups by providing them with opportunities for skill development, economic empowerment, and personal agency. Dressmaking emerges as a viable pathway towards empowerment due to its potential to offer valuable vocational skills, income-generating opportunities, and avenues for self-expression and creativity. One Reality organization remains one of the not for profit organization that is willing to offer this relief training to these groups of persons, and its structure is highly equipped to accommodate this activity.

Rationale for Dressmaking Training:

- Relevance of Dressmaking: Dressmaking is a highly relevant and marketable skill in Limbe, where there is a demand for locally made garments, traditional attire, and fashion accessories. By equipping vulnerable women and girls with dressmaking skills, they can tap into this demand and create sustainable livelihoods for themselves.
- Empowerment through Entrepreneurship: Dressmaking training not only provides technical expertise but also cultivates entrepreneurship skills, such as business management, marketing, and customer relations. This empowers participants to start their own dressmaking enterprises, become self-reliant, and contribute positively to the local economy.
- Psychosocial Benefits: Engaging in creative activities like dressmaking can have therapeutic and psychosocial benefits, fostering self-esteem, confidence, and a sense of accomplishment among participants. This is particularly valuable for individuals who have experienced trauma or adversity.

"Stitching Futures" project is thus designed to address the urgent need for empowerment among vulnerable women and girls in Limbe by leveraging the transformative potential of dressmaking training. By providing practical skills, fostering entrepreneurship, and promoting self-expression, the project aims to break the cycle of poverty and marginalization, creating a brighter and more inclusive future for these individuals. The objectives of this project have been outlined below:

Objectives:

1. To offer comprehensive dressmaking training to 95 vulnerable women and girls, tailored to their skill levels and aspirations.
2. To equip participants with technical skills in garment construction, pattern making, sewing techniques, and quality control.

3. To foster entrepreneurship and income-generating opportunities through the production and marketing of garments.
4. To promote self-confidence, creativity, and empowerment among participants through artistic expression and skill mastery.

Activities:

1. Technical Training: Provide hands-on instruction in dressmaking techniques, including fabric selection, cutting, stitching, and finishing.
2. Pattern Design: Introduce participants to pattern making and customization, allowing for creative expression and individualized designs.
3. Quality Assurance: Teach quality control measures to ensure the production of high-quality garments suitable for sale or personal use.
4. Entrepreneurship Skills: Conduct workshops on business management, marketing strategies, pricing, and customer relations to enable participants to start their own dressmaking enterprises.
5. Experiential Learning: Organize practical sessions, fashion shows, and exhibitions to showcase participants' skills and creations, enhancing visibility and market access.

Expected Outcomes:

1. Proficient dressmaking skills and technical expertise among participants.
2. Increased self-reliance and income generation through entrepreneurial ventures or employment in the fashion industry.
3. Enhanced creativity, self-expression, and self-esteem among participants.
4. Contribution to local economic development through the production and sale of quality garments.
5. Empowerment of vulnerable women and girls, leading to improved socio-economic status and community engagement.
6. Some of the trainees might get jobs with already existing and successful dress making workshops.
7. Provided with seed capital either by the project donors, benevolent or family members, some of the trainees will set up their own dress making Shops in their villages or move to other cities where the market may be more accessible.
8. With engagement in this training process, idleness will be minimized, exposure to violence reduced, reduced sexual activity, early marriages and thus reduced incidences of unintended pregnancies and sexually transmissible infections.

Impact:

The project's impact will be measured by tracking participants' progress in dressmaking proficiency, entrepreneurial activities, income generation, and personal development. Success stories and testimonials will highlight the transformative impact of acquiring dressmaking skills on participants' lives and their ability to thrive independently.

Sustainability:

To ensure sustainability, the project will facilitate access to market linkages, business networks, and ongoing mentorship for participants. Additionally, partnerships with local stakeholders, including textile suppliers, retailers, and fashion designers, will be leveraged to create sustainable opportunities for growth and collaboration within the dressmaking sector in Limbe. Customer based partnerships shall be created with institutions such as schools, churches etc that house large numbers of people, as potential consumers of the finished products, including but not limited to uniforms. Part of the funds solicited here shall be used to grant seed capital to the trainees upon graduation, who will then be requested to set up their own dress making shops.

Project time line

Projected to run for nine months, it is projected to start in August 1st 2024. Interested trainees can register at the OR office at any time from today, during working hours. It can start earlier if the required funds are available.

Funding

“Empowerment knows no boundaries; it starts with a stitch, a thread of hope woven into the fabric of change. Your generosity can be that transformative thread for vulnerable girls in Limbe, Cameroon. By supporting our project to train these girls in dressmaking, you're not just giving them skills; you're giving them wings to fly, independence to thrive, and dreams to pursue. Every donation, no matter the size, stitches together a brighter future for these girls, empowering them to break barriers and create their own paths. Together, let's weave a tapestry of opportunity, resilience, and empowerment. Your kindness can change lives and stitch futures. Join us in making a lasting impact today.”

This project is an open call for funding from all benevolence of good will. Donations are expected from free/good will, philanthropic individuals, corporate bodies, religious organizations, diplomatic missions, humanitarian organizations, public structures, social groups etc. please, feel encouraged and free to donate for any of the aspects indicated on the table below. This funding has

no upper seal limits, as many more persons are envisaged to be trained in the near future. One Reality shall provide the training structures, training machines and coordination. Training materials, lunch during the training period, trainer stipends and seed capital remain at the benevolence of the donors. The following table gives the itemized costing for the various components of this training. You can give any amount, for any aspect that you feel touched and interested in. Be rest assured, transparency and accountability remain our watch word, and all donors remain free to visit our office and training center to verify and follow up the usage and management of the funds donated.

Sn	Description of item	Units	Quantity	Unit price FCFA	Total amount FCFA
1	Cloth materials for training	Rolls	100	60000	6000000
2	Needles and accessories	Sets	200	40000	8000000
3	Daily lunch to 50 trainees during training, for 9 months.	Plates /days	9000	400	3600000
4	Monthly stipend to 3 trainers	Monthly	27	75000	2025000
5	Designing books, tract papers, chopping powder etc	Sets	50	15000	750000
6	Tapes, scissors, rulers etc	Sets	50	10000	500000
7	Seed capital per trainee (in kind)	Lump sum	50	250000	12500000
	Total				33375000

We are inviting teen mothers or anyone passionate to learn a trade in Tailoring, Fashion and Design , ICT to rush to our head office at Alpha club Limbe or contact us
Email: infos@one-realityf.org @followersOne-REALITY