

NGAMBE-TIKAR HEALTH CENTRE PROJECT REPORT

BY

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TO

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Who will be serve?

This health centre project which serves the entire sub division has much to offer to the population. The health centre will also provide health care services to the pigmy camps, give pre and past test counseilling on HIV/AIDS STDS, conduct screening and provide health education when completed.

Ngambe-Tikar sub division has villages with an estimated population of over 20-30 000 inhabitants with health institution in the following :

CMA Ngambe-Tikar, Gah, Mbambla II, Ngoume, Nditam, Kong.

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|---------------------|--------------------|
| 1. Mbioko | 23. Kpaga |
| 2. Ngoundjé | 24. Bidi |
| 3. Gah | 25. Sandji |
| 4. Mansoh | 26. Kouen |
| 5. Mansouh | 27. Ngoume |
| 6. Sonkou | 28. Mampli |
| 7. Mambé | 29. Mbondé-Pygmées |
| 8. Mbamla II | 30. Nditam |
| 9. Mbamla I | 31. Ndjinga |
| 10. Nzouonkou | 32. Ntchouan |
| 11. Mimbé | 33. Mambioko |
| 12. Ndûn | 34. Pobiong |
| 13. Yindki | 35. Lorivé |
| 14. Yah | 36. Mamboueng |
| 15. Ngambe-Tikar | 37. Mangong-Zoni |
| 16. Ngandié | 38. Kong |
| 17. Mbondé-Mgboutou | 39. Djoussé |
| 18. Mandjang | 40. Barki |
| 19. Gbah | 41. Monzon |
| 20. Mangong | 42. Mandja I |
| 21. Kpang | 43. Mangblang |
| 22. Mandjé II | |

With the growing population these health institutions do not seem to be enough to take care, how ever our center has been doing a good job by going on outstation consulation to the following : Nditamm Ngoume, Ngandjé, Pobiong.

These visit would have been more regular if the means of transportation was available. During the rainy season only vehicule with 4 wheel drive apply on this roads and thus make visit more difficult. Despite the huddles we still do our best to provide the care they need.

We do pray that this project will change the lives of the people of Ngambe-Tikar!

With the completion of the 1st phase and second phase, the center nor looks attractive even though the 3rd, 4th and 5th phases are still to commence very soon. None the less there is absolute need for and extension or second building, to provide ample space and accomodation. The second building blocks will commence as soon as funds are available and foundation will follow suite.

Cameroon has two season : Dry and rainy. The most longest is the rainy season wich begin in march and ends in october/november. This they means that building construction in Cameroon is best from december to february, to avoid unnesscery expenses.

Construction are done in phases-being :

Phase I – Clearing and cleaning of site.

Phase VII – Plastring

Phase II – Digging of foundation/scalvation

Phase VIII – Flooring/cedling

Phase III – Layong of foundation

Phase IV – Painting

Phase IV – Erecting of structure

Phase X – Furnishing

Phase VI – Roofing

When this melhod is taken into consideration, construction is made easily.





HIV/AIDS SCHOOL HEALTH EDUCATION

This sub division has only 4 secondary schools

- 1- Lycée Ngambe-Tikar
- 2- CETI Ngambe-Tikar
- 3- C.E.S. Nditam
- 4- C.E.S. Gah

Our health education program will be carried in the following domain

- 1- HIV/AIDS
- 2- Hand washing
- 3- Oral health (dental care)
- 4- Alcoholism

Ngambe-Tikar on like other part of Cameroon drinking is highly practiced and the case with pupils and student in Ngambe-Tikar, they drink corn beer, spirit, etc. Wich has an effect on their brain think it is fun but we need to discourage that through health education. This habit also has a multiplaying effect that abstinence is not practice any longer. Most of the students in the area have children while still going to school.

PYGMIES PROGRAM



The program is intended to assist this kind of people to associate with every human being irrespective of race, colour, language. The pygmies are the indigenous people of Tikari people and they live mostly near the forest or in the forest.

These are people whose living conditions are deplorable. They have no good drinking water, no toilet and nutrition is very poor.

They make their bowel movements in the bush and rains come rain water carries this into the stream where they carry water. Their occupation is mostly hunting. We need to introduce farming to change their nutrition habit especially with soya beans cultivation, etc.

Most of their children are poorly fed and they end up developing worms abdomens just to name a few.

House outside and inside of pygmies camps



SPECIAL CONCERN—VERY IMPORTANT TO DO SOON AS POSSIBLE

Special concern is building a V.I.P toilets and a well in their pygmies camps

They are in the following camps :

- 1- Mansoh
- 2- Yah
- 3- Ngandi

- 4- Ngoume
- 5- Kouen
- 6- Mbonde

All of these camps have the same problems living condition.

We also have a programme known as Holiday For Hope Cameroon. This programme is intended to provide some special gifts to the pygmies during the Christmas season. The gifts include clothes, toys and candies. This year, the exercise will take place as from 21st to 23rd December in all the 6 camps.

I hope you will be part of this event if not in person, your donation for this program is a highly welcome.



SUMMARY

We will seize this opportunity to thank the donors immensely for their support toward this project. I promise that we will do our utmost best to provide health care to the population and also change the lives of the people we see at this centre, furthermore make a difference in the pygmy camps. We will remain your ambassador in Ngambe-Tikar and Cameroon as a whole. More grease to your elbows. God Bless you all.

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