

HIGH FIVE CLUB

changing lives in Africa, £5 at a time

Women's Tailoring Programme, Cameroon



Earlier this year we started exploring ways we could partner with the community-run and owned **Charity for Rural Community Development (CRUCDEV)**, to help them with their goal of lifting marginalized women in the south west region of Cameroon in Central Africa out of poverty. Such grass-roots community organisations really struggle to access grants and funding, as most international donors prefer to work with larger charities, often run by internationals, where there is less perceived risk. At High Five Club we prefer to turn things upside down and pro-actively seek to develop relationships with grass-roots community-based orgs to give them a helping hand up on the development ladder – starting with small projects initially to build trust. Our joint working with CRUCDEV is an example of this ethos.

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CRUCDEV is dedicated to helping vulnerable children, youths and women lift themselves out of poverty through education, capacity building and imparting new skills so that local people can set up and run small-scale enterprises to improve their livelihood. They too work at the grass-roots level like High Five Club in villages, schools and women's and youth groups - empowering them to make a difference to their own lives.

High Five Club Support:

High Five Club has joined hands with CRUCDEV to run a 1-year tailoring training programme for 30 marginalized adolescent girls, widows and vulnerable women from eight villages in Bajoh District adjacent to Bakossi National Park. These ladies, all from low income households, are being trained in tailoring and embroidery skills at CRUCDEV's Community Empowerment Center in the small rural town of Epen-Bajoh. The ladies have begun to develop the skills and expertise needed to make a range of clothing for the local market – including school uniforms, trousers, skirts, t-shirts, gowns, church uniforms and traditional dresses.

High Five Club members supplied the funds to equip these ladies to work in this vocational programme out of the centre by purchasing:

- 6 pedal sewing machines
- 1 embroidery machine
- Stitching materials
- Designing books, needles, tracing papers and chopping powder

The women have also been trained how to run a small local enterprise.



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During the training the ladies were made aware that the provision of the tailoring equipment from the High Five Club had come because they were living in an area with wildlife. They understood that community development and wildlife conservation can go hand in hand, and is High Five Club's mission. That by protecting the wildlife with which they live, the community can benefit ☺

For more information contact cheryl@highfiveclub.co.uk

All of the women are now self-employed and making and selling their products from the Community Empowerment Center. With the money they are now earning they are able to sustain their families and send their children to school. One of the ladies told us:

"Before this tailoring programme I had no way to help my family. Now I have learnt a skill that allows me to pay for my children's school fees. This tailoring programme is my new source of hope".

The tailoring equipment and materials needed to resource the Tailoring Centre was just £826. Such a small amount to transform the lives of 30 vulnerable women and their families by giving them a livelihood and, critically, hope for the future.

