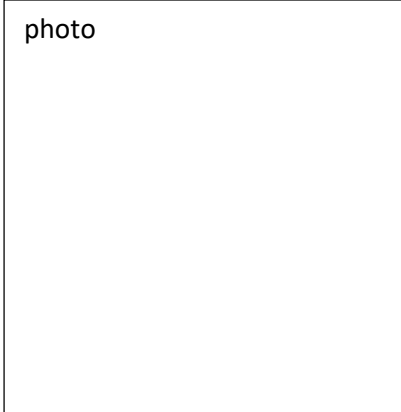




APEX COMMUNITY AID (ACAiD)

CONTINUING A LEGACY OF DEDICATION, RESULTS AND IMPACT

photo



As ACAiD celebrated its seventh anniversary, the underlying foundational principle to leave a legacy remains the same- eradicate prevalent health and social conditions plaguing communities by providing information and appropriate support.

Therefore, 2021 – another insightful year – allowed us to continue to set the pace and the tone for the next recurring years ahead.

Adolescent Sexual Reproductive Health (ASRH), a key focus of our thematic areas was even more so on reinforcing the mission of the organization. We looked headfirst to training about one-hundred and ninety adolescents and over one-thousand, five hundred caregivers on ASRH and sexuality matters. Notwithstanding, our various ASRH outreaches we embarked on in the Teshie environs.

As we will soon celebrate a decade in existence, we deem it appropriate to put structures in place to be the leading institution when it comes to ASRH in Ghana. We are hopeful 2022 will bring greater opportunities to embark on more projects to assume this dream.

We could not have done this year's work without our able volunteers and health personnel in the face of this global pandemic.

William Barnes

Chairperson – ACAiD

photo

STILL SOARING INSPITE OF THE MANY HURDLES WE FACED

Despite its promise, 2021 was a tumultuous year marked by transitions and adjustments necessitated by the global COVID-19 pandemic. Nevertheless, Apex Community AID (ACAiD) remains deeply committed to transforming people's lives and celebrating our seventh anniversary is a significant milestone in this regard.

While we know that challenges will persist, our victories and impact will ultimately make the difference.

We are pleased to report that knowledge of Adolescent Sexual Reproductive Health (ASRH) information has improved in several

communities in the Ashanti Region of Ejisu and Kumasi.

Furthermore, we executed two major outreaches in the Teshie municipality of Accra, and we have learned important lessons in the process of implementing programs. Prioritizing feedback is crucial to the successful completion of our projects.

We owe a debt of gratitude to our health personnel who have shown remarkable dedication in the face of global crisis. Without their unwavering commitment, we could not have come this far.

Looking ahead, we are determined to build on our achievements and do even more this year.

With love,

Dorinda Saawah Bosu

VISION

ACAiD exists to be the leading consultant in the health industry to educate, empower and transform people and their communities through innovative and effective ways of promoting health via support, dialogues and engagements.

MISSION

As a Christian organization, we exist to eradicate prevalent health and social conditions plaguing communities by providing information and appropriate support.

VALUES

- Commitment
- Team Spirit
- Integrity
- Transformation

ADOLESCENT SEXUAL REPRODUCTIVE HEALTH THRIVING – ASHANTI REGION AND BEYOND

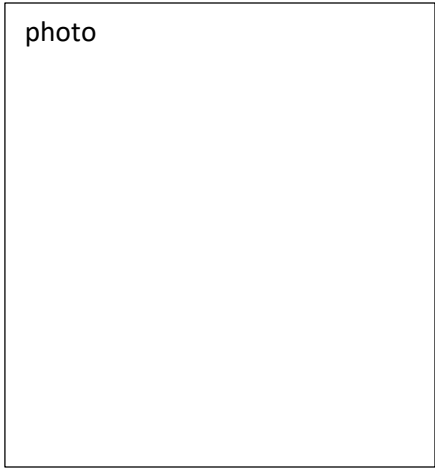
Since its inception, Adolescent Sexual Reproductive Health (ASRH) has been a major thematic area for Apex Community Aid (ACAiD). In 2016, we began a journey to expand our reach across the Ejisu and Kumasi environs of the Ashanti Region, with the goal of spreading awareness about ASRH. Today, 92% of adolescents enjoy peer-to-peer interaction while peer-to-adult interaction is only 8%. ASRH provides adolescents with vital information to make informed decisions about their sexual health.

Recently, ACAiD partnered with some selected Front-line Church Partners of Compassion International Ghana (CIGH) to launch a five-day intensive workshop on adolescent reproductive health. The training topics centered on belief and values, abstinence, and other related topics. The program was designed to empower over 250 adolescent boys and girls from 28 child and youth development centers in Ejisu and Kumasi. Adopting the Structured Peer Network model, we trained the adolescent boys and girls, known as 'peer educators,' to educate and train their selected mates, known as 'peer contacts.' The 'peer contacts' then educated their colleagues, known as 'peer promoters,' in their respective communities. The goal of the workshop was to create responsible leaders and mentors in their communities, with a ripple effect on their peers, to make informed decisions. As a result of this initiative, approximately 2,900 adolescent boys and girls were reached with ASRH information during their monthly engagements in Ejisu and Kumasi.

In addition, approximately 10,000 caregivers in the Ejisu and Kumasi localities of these adolescent boys and girls were sensitized to ASRH and ways to bring up astute children at adolescence. The ongoing project has been successful, judging from the expected outcomes and interviews conducted among participants, team leads, project directors, and facilitators who participated in the training.

SUCCESS STORIES

photo

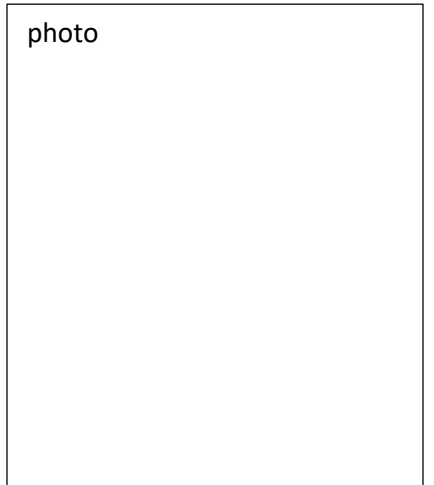


Afia, caregiver

My son used to loiter from one community to the other, with friends disturbing the peace of people. Thank God for True Love Wait project, indeed after several months of training my son has immensely improved. His good behavior and conduct has made him an icon of reference to others and parents are asking how to enroll their wards in the TLW ongoing project.

Kwabena has always been my headache anytime he returns from school, at a point I thought I was cursed. Suddenly my son took a new leaf very impressive behavior it was as if he has been touched by an angel. I thank God for everything and to CIGH and Apex Community AID for initiating the True Love Wait project.

photo



*Afriyie, Asokore Methodist Child
and Youth Development centre*

photo

Dorothy, caregiver

“We don’t have time for our children” before the sensitization with the project, I was always going about minding my own business when I was called upon to come for the meetings. Initially I saw it as a waste of time. Not until I saw the sudden change in my daughter Maa Efi, who practically started paying attention to her books and gladly making time for True Love Waits (TLW) meetings. Today I have become true advocate of the TLW project and its teachings on sexual reproductive health.

‘BOLD 2 DECIDE’ – SCHOOL CHAPTER

The Bold 2 Decide project, launched by ACAiD in 2020, aims to provide comprehensive sexual and reproductive education to both in-school and out-of-school adolescents, empowering them to make informed choices in life. In October 2021, ACAiD's Bold 2 Decide Outreach program engaged 150 students at the Teacher Ishmael Memorial School in Nungua Royal Park. The program utilized interactive methods such as discussions, role-playing, demonstrations, and Q&A sessions to educate students on sexual reproductive health, sexual abuse, STIs, drug and alcohol abuse, and teen pregnancy.

During the outreach, students were educated on sexually transmitted infections like HIV/AIDS, gonorrhea, syphilis, and herpes, including their modes of transmission and prevention. They also learned how to identify situations that could lead to drug and alcohol abuse, premarital sex, or sexual abuse. The program also emphasized the importance of prioritizing education and hobbies, avoiding pornography and explicit films, and seeking advice from trusted adults like parents or teachers.

Adolescent sexual and reproductive health education is a crucial strategy for promoting safe sexual behavior among young people. By providing consistent education, adolescents can develop the necessary knowledge and skills to navigate the challenges they may face in the world. The Bold 2 Decide project is an important step towards empowering young people to make informed and wise decisions about their sexual health and wellbeing.

‘BOLD 2 DECIDE’ – ARTISAN CHAPTER

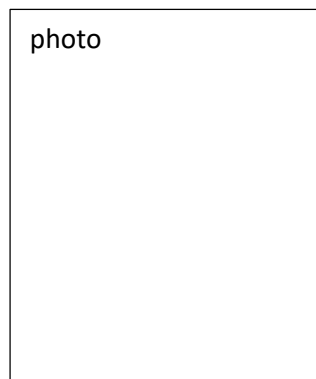
The Artisan's Outreach program was launched in the Nungua community of the Greater Accra Region to educate residents on reproductive health and HIV/AIDS. The program was a follow-up to a similar outreach at the Teacher Ishmael Memorial School in the same neighborhood. After speaking with the children and adolescents about reproductive health and STIs, it was deemed essential to engage with the adults as well.

According to the World Health Organization, reproductive health is a state of complete physical, mental, and social well-being in all matters relating to the reproductive system and its functions and processes. This includes the ability to have a safe and satisfying sexual life and the freedom to choose whether, when, and how frequently to reproduce.

Acquired Immunodeficiency Syndrome (AIDS) is a chronic immune system disease caused by the Human Immunodeficiency Virus (HIV). Adolescents and young adults are the most likely to contract HIV/AIDS, according to available data. The Ghana AIDS Commission reports that 25,955 children and 316,352 adults are living with HIV, with 13,616 deaths attributed to AIDS. To address this threat, the ACAiD team and 'Bold 2 Decide' volunteers launched a sensitization program on the symptoms, modes of transmission, effects, prevention, and management of HIV/AIDS.

To reach a wide audience, the outreach team was divided into groups and approached participants in their shops. The program went beyond discussing HIV/AIDS to cover other STIs such as gonorrhea, syphilis, herpes, and HPV. Prior to the program, 90% of the artisans had little knowledge of STIs. The program's warm and friendly approach encouraged participants to share their thoughts and ask questions, resulting in a more engaging and informative session.

Overall, the Artisan's Outreach program was a successful effort in promoting reproductive health and HIV/AIDS awareness in the Nungua community.



Regina Sika, seamstress

"I didn't want to discuss HIV/AIDS and STIs with my son because I felt he was too young," a 34-year-old seamstress, explained. However, after hearing the discussions, I believe it is better for my son to begin learning them now so that he is not misled by others or, worse, end up making poor sexual life decisions." She initially believed that because the disease was a thing of the past, it should not be discussed. However, hearing the statistics on HIV/AIDS made her realize that the disease was still prevalent and that one needed to be vigilant in order to avoid contracting the disease.

WATER, SANITATION AND HYGIENE (WASH) PROJECT IN THE SEKYERE COMMUNITY

In collaboration with Sekyere Child and Youth Development Center, ACAiD organized a three-day Water, Sanitation, and Hygiene (WASH) program in the Sekyere community located in the Sekyere Kumawu District of the Ashanti Region in Ghana. This program aimed to address the crucial need for clean water, basic toilets, and good hygiene practices to provide children with a healthier start in life.

Unsafe water, sanitation, and hygiene (WASH) can have severe consequences for children. To address this issue, the program included a three-day training on Sanitation and Hygiene for fifty beneficiaries, followed by a community outreach on the last day.

On the first two days of the program, participants received lessons on sanitation and hygiene, including information on the importance of a healthy living environment, protecting natural resources, and preventing the spread of diseases such as cholera, hepatitis, polio, schistosomiasis, and trachoma. The training also highlighted key hygiene practices such as toilet hygiene, nail hygiene, showering twice daily, brushing teeth twice a day, and maintaining good hygiene when sick.

The beneficiaries were taught the seven steps of hand washing, which include wetting the hands, rubbing the palms together, rubbing the back of the hands, interlinking the fingers, cupping the fingers, cleaning the thumbs, and rubbing the palm with the fingers.

On the last day, the program concluded with a community outreach where participants were grouped into five teams to educate the community on what they had learned. The children were observed to effectively demonstrate the seven steps of hand washing to the community members.

Through this program, ACAiD and Sekyere Child and Youth Development Center were able to improve the WASH practices of the Sekyere community, providing children with a healthier and safer environment to grow up in.