

Wealth, Health and Wellbeing project in Northern Ghana – Tools for Self Reliance

This project will empower young women and men in Northern Ghana to realise their potential and live healthier and more fulfilling lives. This will be achieved by:

- 1. Improving opportunities:** we will provide vocational training to 40 people, and support them in establishing their own enterprises, enabling them to earn a sustainable income.
- 2. Changing attitudes:** we will carry out a school outreach project with 1,000 young people focusing on early marriage and other issues like sexual health and gender based violence.

Although this project is primarily about female empowerment we recognise the need to explore and challenge existing attitudes of boys and men, so we will also work with them.

About Tools for Self Reliance and our partner

Tools for Self Reliance is a UK based charity with a mission to reduce poverty in Africa by helping people build sustainable livelihoods by providing training, tools and support. We are really grateful for Kennington Overseas Aid's previous grant, which enabled us to train people in rural Northern Ghana to set up their own businesses. If successful we would be delighted to come and present the project to you and attend community events. We can also provide you with leaflets, photos and case studies

This project will be delivered by our partner, Northern Sector Action on Awareness Centre (NORSAAC). They have been instrumental in delivering successful sexual health and female empowerment projects and they recently developed a toolkit to raise awareness of these issues, which was rolled out in 26 schools across the region. They have also delivered five vocational training projects for us.



Previous NORSAAC trainees completing their vocational training, funded by the charity

Why does this project need your support?

This project will work across 20 communities in the Mion and Tolon Districts, in Northern Ghana. Women in Northern Ghana are the most marginalised group in the country. They have less access to education, healthcare, good nutrition, or opportunities to generate an income. They are also prohibited to own land or property and shockingly violence against women is culturally accepted.

Northern Ghana has one of the highest rates of child marriage, with one in four women married before their 18th birthday. Poverty and teenage pregnancies are critical factors in early marriage - 41% of girls from the poorest families are married before 18, as opposed to

only 11% of girls from the richest families. The high bride price paid for young women in Ghana means that the poorest families feel it is a survival strategy.

Education is significant too - the longer a girl remains in education, the less likely she is to marry young. Early marriage puts young women at risk of sexual, physical, and psychological violence, reduces their opportunities, and carries life threatening health consequences. They are more likely to become pregnant early, which disrupts their schooling and impacts upon their ability to earn an income.

Other issues affecting young people in Ghana include limited information about sexual health. Less than 10% of young people in Ghana use contraceptives and the take up of health services is low, which can lead to the spread of illnesses like HIV. NORSAAC has extensive experience of working in communities to change behaviour...

Training and intervention from NORSAAC managed to stop Zelia, aged 17, from being forced into an arranged marriage. She said, ***“I am now free from those harassments from my parents because the man has even paid dowry for another lady who is older than me. I can now concentrate on my education and I want to become a nurse in future.”***

This project will tackle all aspects of female empowerment. By reducing child marriage and educating women about their rights, they are more likely to stay in school, which opens up opportunities for them to earn an income. The vocational training will help break the poverty cycle, by providing men and women with the skills to support themselves.

Project outline

This holistic project will include education and outreach, as well as practical vocational training.

Vocational training

The 12 month vocational training project will be managed by NORSAAC, but trainees will go on apprenticeships with existing businesses to master their trades. Each person will receive...

- An apprenticeship with a business where they will specialise in one of the following trades: beekeeping/beehive making, welding, tailoring and electrical wiring
- 12 days of interactive business skills training covering business planning, record keeping, book keeping, customer care and saving money.
- Literacy and numeracy training and life skills training.
- The opportunity to gain a nationally recognised trade qualification.
- Upon graduation they will receive a set of high quality tools, a small loan and help to establish their own businesses, plus follow up business support.

Community outreach and education

NORSAAC will deliver community outreach activities to 1,000 young people in schools in Mion and Talon Districts. These will be interactive workshops and presentations, as well as the distribution of communications materials. The following issues will be covered...

- Child marriage and its negative impacts on women’s health and economic activities.
- Safe sexual practices, HIV/AIDS prevention and getting the correct treatment for these conditions, contraception, accessing family planning services.
- The health risks and impacts of having children at a young age.
- Breaking down myths about gender based violence and sexual violence.
- Women’s rights and breaking down gender stereotypes relating to job types.

This project will train community leaders and village chiefs as advocates, so that they can disseminate this information in their communities and help change attitudes. Awareness campaigns will also be broadcast on local radio stations.

Outcomes

- 40 people will have the skills, tools and qualifications to set up their own businesses or secure employment.
- Within six months of the project ending we expect to see graduates’ monthly incomes increase three to six fold
- 40 graduates will be able to use their increased incomes to benefit around 160 family members (the average household has four other dependents) to pay for their health care, their children’s school fees and buy better food.
- 1000 young people will have an increased understanding of safe sexual practices, contraception and health services, so that they can make safer and healthier choices.
- Young women will be more aware of their rights regarding issues like gender based violence and child marriage, enabling them to make informed decisions about their future.

By choosing this project, you will be helping people like Aisha, from Northern Ghana...



“Before we would burn charcoal and be in the sun all day and this was bad for us – we would also be burnt from the heat of the charcoal – a tailors job is a healthy job and we are not in pain now, Aisha”

Aisha, aged 25, recently graduated from a tailoring project funded by the charity. She is married and has three children. Before her training, she earned a living burning charcoal, but this really affected her health. Her father died when she was young, so she never went to school. The training taught her how to make school uniforms, women’s shirts and dresses and how to run a business. Since graduating she has set up her own enterprise with another graduate and she earns five times more a month than she did selling charcoal. She can now support her family and feels optimistic about her future.

Evaluation and evaluation

Through information collected from NORSAAC we will provide you with regular updates on the vocational training and community outreach work. This will be collected through case studies, pre and post project questionnaires and things like a change in people’s monthly income. We will also carryout an evaluation of the project six months after it has finished and we will be able to provide you with a detailed report and case studies showing the difference this project has made to people’s lives.

Budget

The total cost of this project is £26,934 and NORSAAC and Tools for Self Reliance are contributing £6,999, leaving a shortfall of £19,935. A grant of £20,000 will mean the project is completely funded. The cost per person works out at just £19.23 for all 1,400 beneficiaries.

Item	Description	Total Project cost	NORSAAC's contribution	TFSR's Contribution
Identifying trainees	Identification of 40 trainees, includes transportation costs	£519	£195	
Materials	Purchase of training materials such as metal and cloth for trainees to practise their trades	£1,080		
Trainer's fees	Expenses given to businesses who will host apprentices	£510		
Business skills training	Delivery of business skills training for 40 trainees, includes transport costs for trainees, training materials and trainer's fees	£2,432	£1,508	
Life skills training	Includes trainer's fee, materials and transport cost for trainees	£2,420	£1,496	
Monitoring	Monitoring of vocational training	£268		
Tool kits	Preparation, shipping and collection and distribution of 50 tool kits	£2,500		£500
Loan for graduates	Repayable loan for trainees at £50 each	£2,000		
Monthly visit to collect loans	Monthly visits by NORSAAC staff to all 40 graduates to collect loan repayments	£680		
Outreach & education	Staff costs related to the delivery of school and community outreach, and the development of materials and resources.	£2,435		
NORSAAC staff costs	Project management costs relating to delivery of vocational training projects and outreach activities,	£4,680		
NORSAAC's overheads	Contribution towards NORSAAC's training centre e.g. utilities and vehicle running costs	£1,790		
TFSR costs	Contribution towards Project Officer's salary and Work Shop Manager, who will oversee the refurbishment of tool kits	£3,120		£1,500
Evaluation visit	Costs, flights and subsistence for two people to evaluate the project	£2,500		£1,800
Total		£26,934	£3,199	£3,800
Shortfall		£19,935		