

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website:[www.zozac.org](http://www.zozac.org), email:[info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015

## THE REPORT OF THE ZOZAC FOOD PROGRAMME FOR THE VULNERABLE AND ELDERLY PERSONS 2023

### UNDER THE PROJECT ZOZAC FOOD PROGRAMME



**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location:** Likomba, Tiko SWR Cameroon

**Tell:** (+237) 674274276 / 679963372 / 657424015

**Website:** [www.zozac.org](http://www.zozac.org), **facebook:** ZOZAC COMMUNITY    **Email:** [info@zozac.org](mailto:info@zozac.org)

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website:[www.zozac.org](http://www.zozac.org), email:[info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015

## Objectives:

Our main objective is to promote good health and to eradicate hunger

## Specific Objectives:

- ❖ To open the doors of **ZOZAC community health center** to the general public.
- ❖ To bring fort love peace and unity through humanitarian work.
- ❖ To empower girls with skills for sustainability.

## PROJECT ACTIVITIES:

The project activities were; the training of women on how to make liquid soap. This activity was done by Joyce and supervised by the chairman of the ZOZAC women network Mme Belinda Enoh. The exercise took place at the ZOZAC center Likomba and there were 12 persons in attendance. It should be noted that this came as a pre-preparation to the ZOZAC food program. The lesson that was learnt at the end of the program was that a woman must be self supportive.

The ZOZAC food program: this saw activities like health talks from health personnel, health checks, speech from some Government and local authorities present and distribution of food items to the elderly and vulnerable persons.

## SESSION PROCEEDINGS OF THE ACTIVITIES:

The main program which was the ZOZAC food program that took place on the 18<sup>th</sup> November 2023 started at 10am and ended at 3:20pm. This had activities like **Health Talk** from Dermachem team who spoke on fight aid (snake bit). This was an interactive session as audience give out their experiences and different first aid method to combat snake bit.

**Health Check and counseling at various units** from the Green Life Medical Foundation limbe, ZACPAU Enoh association Tiko, Dermachem services and the ZOZAC community health center Likomba. There was free check on HB and SUGAR. There were three different unites available for the medical persons to check the elderly and give them counseling.

**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZACCOMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website:[www.zozac.org](http://www.zozac.org), email:[info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015

Speech from authorities like the quarter head of Likomba quarter 9, the chief of center social welfare and chief Bou Fredrick Mukong

**Distribution of food items to the elderly and vulnerable persons:** this was an exciting moment as all those who came for the occasion went back with small packages (rice, red oil, salt, magi, savon and half litters of drinkable water)

## CHALLENGES ➤

The major challenge faced was the heavy rain fall which made the environment to be very moody since this activity was done outdoors. Another challenge was that we gave out appeals but so many persons promised to support but did not at the end of the day, which made us to reduce the quantity from each item so it could go for all who were registered as beneficiaries of the project.

## LESSONS LEARNT/RECOMMENDATIONS

- One lesson learnt was to do regular checks always. Do not wait until you start feeling bad before going to the hospital for checkup. In most cases, you wait till you feel like your body is not responding normally, before rushing to the nearby hospital for checkup.
- there is a healthcare center that is accessible to the people of back quart likomba.
- If more of such supports can come to this community, it will be a good thing.

**SUCCESES:** ➤ generally, the program was a success as all the beneficiaries went home with packages. There were over 210 participants.

## Statistical information

activity	Location	No. men	No. women	Disable	No. organization
Making of liquid soap	ZOZAC Center	00	12	0	ZOZAC Community

**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZACCOMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website:[www.zozac.org](http://www.zozac.org), email:[info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community  
tell; +237 674274276 /679963372 /657424015

Health talk on first aid	ZOZAC Center	50	125	6	Dermachem services
Free health check	ZOZAC community health center	50	125	6	Green Life Medical Foundation, ZACPAU Enoh association
FOOD OUT REACH	ZOZAC CENTER	50	125	6	7

## PARTICIPANTS QUOTES

Authorities	Partners	Benefactors
The quarter head of quarter nine was very please as he said 'Am glad change has come through our own children and the best we can do for them is protect and pray for them so as to witness more change'	Greenlife Medical foundation Limbe said we are glad to have the opportunity to work directly with community of Tiko and Likomba precisely and promised to extent their partnership with ZOZAC Community in other to do more works in grassroots communities and empowered more youths with innovative skills etc.	The disable persons where so happy that Zozac Community didn't left them out and that the ZOZAC Health Center being close to the community is a clear advantage to live a healthy lifestyle as they will constantly be educated about their health by zozac health center.
The sub divisional delegate of social affairs Tiko said 'Signing this partnership of five years with ZOZAC Community, is a clear testimony that Tiko is about to witness something great that will witness growth and development that will even touch the nation and	Zacpau Enoh Association Tiko said 'we are happy for we have learned and we will continues to copy these deed by ZOZAC Community so many gets empowered and for grassroots communities to be developed through humanitarian, health and	An elder said 'We are glad that they are remembered, but more happy seeing that this good will initiative is being organize by youths not up to 35, this shows the future of this our Likomba is bright, lets protect them as I know will do more that just

**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZACCOMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website:[www.zozac.org](http://www.zozac.org), email:[info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015

Africa as a whole'	community works.	providing food and free healthcare services.
Sub delegate of Arts and Culture TIKO said 'my being privileged to witness this great program by ZOZAC Community is an assurance that more good things are coming for Tiko, so, lets join them and in this journey.	Falone Foundation said 'At this time, we say our partnership with ZOZAC Community will move on as we are very please with what they are doing and that, we shall give much more in the future so as to fulfill our duty to humanity by eradicating hunger and poverty from our communities'	I have not much to say but to tell us all that, what we have been praying for, has come, so is either we hold it and pray for it to make us grow, or we let it go and fro even the next generation to suffer, so, lets choose our faith and accept development and peace through ZOZAC.

**Partners:** we will like to take this time to appreciate our partners that came in to see that this project becomes a success (green life medical foundation limbe, HARD Uganda, sub delegate of social affairs Tiko, sub delegation of youths affairs and civics education Tiko, Dermachem Services, ZACPAU Enoh association Tiko, Falone Foundation Buea, Save My People Organization Buea, F&G Foundation Buea and...)

## CONCLUSION

two days program end well as 12 girls in Likomba community was trained on the 17<sup>th</sup> on how to produce liquid soap, follows on the 18<sup>th</sup> which witness a massive turn out as over 210 persons had free health check, over 150 vulnerable and elderly persons when home with a pack of food items and the signing of a MOU between ZOZAC Community and sub delegation of social affairs Tiko.

**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZACCOMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website: [www.zozac.org](http://www.zozac.org), email: [info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015

## PHOTOS



Training on how to make liquid soap, at the ZOZAC center likomba on the 18<sup>th</sup> November, 2023.

**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZAC COMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website:[www.zozac.org](http://www.zozac.org), email:[info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015



The attendances showcase their certificate of Participation.

**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZACCOMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website: [www.zozac.org](http://www.zozac.org), email: [info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015



**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZAC COMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website:[www.zozac.org](http://www.zozac.org), email:[info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015



**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZACCOMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website:[www.zozac.org](http://www.zozac.org), email:[info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015



**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZACCOMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website:[www.zozac.org](http://www.zozac.org), email:[info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015



**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZACCOMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website: [www.zozac.org](http://www.zozac.org), email: [info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015



**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZACCOMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website:[www.zozac.org](http://www.zozac.org), email:[info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015



**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZAC COMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website:[www.zozac.org](http://www.zozac.org), email:[info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015



**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZACCOMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website:[www.zozac.org](http://www.zozac.org), email:[info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015



**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZACCOMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website:[www.zozac.org](http://www.zozac.org), email:[info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015



**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZAC COMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website: [www.zozac.org](http://www.zozac.org), email: [info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015



**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZACCOMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website: [www.zozac.org](http://www.zozac.org), email: [info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015



**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZACCOMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website:[www.zozac.org](http://www.zozac.org), email:[info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015



**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZACCOMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website:[www.zozac.org](http://www.zozac.org), email:[info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015



**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZACCOMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website:[www.zozac.org](http://www.zozac.org), email:[info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015



**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZAC COMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# ZOZAC COMMUNITY

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website: [www.zozac.org](http://www.zozac.org), email: [info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015



**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location: Likomba, Tiko SWR Cameroon**

**Tell: (+237) 674274276 / 679963372 / 657424015**

**Website: [www.zozac.org](http://www.zozac.org),facebook: ZOZACCOMMUNITY Email: [info@zozac.org](mailto:info@zozac.org)**

**P.O Box 237 Tiko S.W Region Cameroon**

# **ZOZAC COMMUNITY**

Creating innovative leaders for a better tomorrow



P.O Box 237 Tiko SWR Cameroon

Reg. No. 1165/G.37/C4/VOLI/SAAJP

website:[www.zozac.org](http://www.zozac.org), email:[info@zozac.org](mailto:info@zozac.org), facebook: ZOZAC Community

tell; +237 674274276 / 679963372 / 657424015

**ZOZAC COMMUNITY-Creating innovative leaders for a better tomorrow**

**Location:** Likomba, Tiko SWR Cameroon

**Tell:** (+237) 674274276 / 679963372 / 657424015

**Website:** [www.zozac.org](http://www.zozac.org), **facebook:** ZOZACCOMMUNITY    **Email:** [info@zozac.org](mailto:info@zozac.org)

**P.O Box 237 Tiko S.W Region Cameroon**