



## 2024 END OF YEAR NEWSLETTER

*"Empowering Change, Inspiring Hope:  
Our Journey Together"*

### WHO WE ARE

A world full of opportunities where people become awoken to their awareness of the environment they live in and realize their actions contribute to "a just world without vulnerable children" that is what we do seek for. We therefore, cannot always make that big change as individuals but we can also offer our assistance as a big family on a common platform. We all can make our voices heard and also our contributions felt in the people that we wish to offer such assistance to. Young and Lonely Foundation (YLF) presents that opportunity to bring individuals together as one big family to touch the hearts of people in need through its programmes and activities. We impact the vulnerable by providing them with quality education, health and sustainable agriculture projects that seek to economically empower women and youth in our community.

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ADDRESS: P. O. BOX 5W 47, AGONA SWEDRU, CENTRAL REGION- GHANA  
Website: [www.saintgermainschool.org](http://www.saintgermainschool.org)

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## From the Desk of the Executive Director – Gilbert Kofi Germain



Dear Partners, Friends, and Champions of Change,

As the curtains draw on 2024, I am filled with immense gratitude and renewed hope. This year has been one of significant strides, meaningful partnerships, and unwavering commitment to the mission that binds us together—to create a world of great opportunities for all, especially women and children.

From the streets of Agona Swedru to remote villages across Central Region and beyond, the Young and Lonely Foundation (YLF) has continued to be a beacon of light and a symbol of empowerment. Together, we have delivered life-changing interventions in **education, health, youth and women empowerment, sustainable agriculture, and human rights advocacy**.

With our flagship programs, including the St. Germain School Complex, St. Germain Vocational Training Center, Gender Model Family initiative integrated with Self-diversity in 10 communities across Agona West and Gomoa Central Districts, we have reached over 10,000 individuals—educating, healing, and uplifting communities.

In 2024, we also advanced the GAVI PSR Year 2 project, strengthening local immunization systems and enhancing health outcomes. Through this initiative, community health volunteers were trained, logistics were delivered, and countless children received life-saving vaccines in partnership with Ghana Health service and Ghana Coalition of NGOs in Health.

The **St. Germain School Complex**, our pride in education, flourished this year. We successfully engaged parents and concerns about the school and the children were tabled and addressed. This helped in consolidating our effort to support the educational needs of these students.

And yes, your generous donations—both in cash and kind—made a lot of difference.

As we look ahead to 2025, our vision is bold, but clear: ***expand our reach, deepen our impact, and leave no one behind***. With new projects on digital literacy, community capacity building exchanges, and adolescent health on the horizon, we invite you to walk with us once again.

Let this newsletter serve not only as a reflection of what we've achieved—but as a call to action. Our communities are resilient, our youth are full of potential, and our partnerships are the strength that fuels this movement.

On behalf of our dedicated staff—especially Mr. Kingsley Otoo, our Programs Manager, and Mr. Isaac Obed Saah, our Programs Coordinator, Ms. Charlotte Adi, Ms. Gloria Germain Afari, Mr. Issah Mohammed, Mr. McMartin Botwe, Ms. Pearlings Amoah, Mr. Desmond Ofori, Mr. Samuel Eshun, Mad. Dorothy Eghan, and all our over 20 volunteers across our communities of programme implementation—I say **thank you**. Thank you for standing with YLF. Thank you for believing in a better future. Together, let's rise to the challenge and **build a more just, equitable, and empowered world**.

With warm regards and unwavering commitment.







Pupils having their lunch under our newly constructed shed for the first time.

## SAINT GERMAIN SCHOOL COMPLEX

In 2024, the generous donations to Young and Lonely Foundation enabled the completion of a much-needed canteen shed at Saint Germain School Complex (Charity School of Young and Lonely Foundation). This new facility provided shelter from harsh weather for both students and cooks, ensuring a safer and more comfortable environment. Support from Sigma Gamma Rho Sorority, Inc. (USA) and contributions from Mad. Karen Luckring contributed to the purchase of essential materials, including wood, iron rods, roofing sheets, and labor costs. This improvement is a direct result of your belief in our vision of creating a world where no vulnerable child is left behind.



A typical Friday culinary session with pupils under 10 years. This concept is meant to develop vocational skills interest in kids at their formative years.





A visit to the school always comes with candies and biscuits from the chief servant.



We are in urgent need of your support in keeping our activities and efforts sustained for our school children. You can support us with renovation of our playground equipment, desks, fans to improve the ventilation in the classrooms, school supplies, toiletries, play items, learning materials, food stuffs etc.

To support our initiatives or explore a partnership with us, contact YLF directly at [www.youngandlonely.org](http://www.youngandlonely.org) or [ylfinfo@gmail.com](mailto:ylfinfo@gmail.com)

## St. Germain Vocational Training Center

At the heart of our commitment to empower vulnerable populations, the **St. Germain Vocational Training Center** was implemented to be a beacon of hope for young mothers seeking a second chance at life. Established under the umbrella of the **Young and Lonely Foundation (YLF)**, this center goes beyond skill acquisition—it's about **restoring dignity, sparking potential, and breaking the intergenerational cycle of poverty.**

In 2024, **25 young mothers** were enrolled at the center—each with a unique story of resilience and a common aspiration: to create a better future for themselves and their children.

These young women are currently undergoing hands-on training in:

- **Catering & Pastry Arts**
- **Dressmaking & Fashion Design**
- **Hairdressing & Beauty Therapy**

Their children, meanwhile, are enrolled at the **St. Germain School Complex**, our fully-charity-based educational arm, where they receive **free, quality education** in a nurturing and inclusive environment.

This powerful ecosystem ensures that while mothers are being empowered with vocational skills, their children are not left behind. It's a **holistic model** that centers around care, education, and economic empowerment.

We welcome your support in any form to ensure our girls ensure the full compliment of the art class and be equipped with modern trends in their study area.







Dressmaking and Fashion class



Our girls exhibiting their cooking skills



## PUBLIC HEALTH PROMOTION

In partnership with Alliance for Reproductive Health Right (ARHR), we successfully launched the Gender Model Family (GMF), a strategy under the project “Putting Women and Girls at the Center of Primary Health care in Ghana” in ten communities across Gomaa Central and Agona West Districts. This phase involved community engagement, awareness creation, and the selection of Model Families. The project aims to promote gender equity, improve health outcomes, and empower women and girls in decision-making. Despite challenges such as cultural norms and time constraints, the community durbar ignited meaningful conversations on gender equality and equitable household roles, fostering community ownership and support for the project's success. Our effort touched 10 communities in Agona West and Gomaa Central districts. We trained and engaged 400 individuals directly on the subject matter aimed at effecting a systemic change in Primary Health Care access and delivery.



Advocating for safe sex and HIV/AIDS awareness creation by distributing condoms and encouraging self-testing with ORAQUICK HIV SELF-TEST





Addressing socio-cultural barriers underlying gender inequalities within Primary Health Care delivery among 10 Gender Model Families (GMFs) in Gomoa Central and Agona West Districts.



Health Directorate of the Ghana Health Service, increased male participation and has positively impacted the communities, setting a strong foundation for continued success in future health initiatives.



Immunization and awareness creation with Ghana Health Service and donation of weighing items from YLF to some selected health center during a routine Child Welfare Clinic (CWC) session.

### GAVI PSR 2 Community Sensitization

In the second quarter through to the last quarter of 2024, we again in partnership with Ghana Coalition of NGOs in Health, conducted successful community outreaches on child immunization across five project communities under GAVI PSR 2. Activities included mini durbars, house-to-house engagements, and participation in Child Welfare Clinics (CWCs), which led to significant improvements in immunization rates, including the tracing of defaulters. Over 370 participants attended mini durbars, and 230 children were for example, immunized in August, 2024 alone. More than 2000 individuals, at the end of the project were educated and sensitized on immunization. The partnership with local health workers of Gomoa Central





## WOMEN AND YOUTH EMPOWERMENT

### A Seed of Hope: Scaling Impact Through Stewardship and Community Adoption

In 2023, we took a bold step forward in demonstrating the power of small-scale investment in transforming lives. Through our pilot phase, a single beneficiary received just 100 euros—an amount modest by global standards. Yet, the outcome was wonderful. Sarah, through guidance, community support, and the foundational principles of YLF, demonstrated entrepreneurial discipline, accountability, and measurable success in their chosen livelihood pathway.

This exceptional result sent a clear message: **when empowerment meets stewardship, impact is exponential.**

Motivated by this success, the Board of Directors has unanimously approved an increase in support **up to \$500** per beneficiary to be rolled out in **10 carefully selected communities**. These communities have been at the heart of our programming under the **Gender Model Family (GMF) framework**, showcasing outstanding commitment, transparency, and collaborative ownership of YLF initiatives.

Each of these 10 communities is now being adopted as **“Sustainability Anchors”**—model zones where integrated support systems will thrive and innovation will be locally driven. With women, youth, and traditional leaders acting as frontline change makers, we are fostering not just beneficiaries, but stewards of progress.

To adopt a community or explore a partnership with us, contact YLF at [www.youngandlonely.org](http://www.youngandlonely.org) or [ylfinfo@gmail.com](mailto:ylfinfo@gmail.com)



*One of the first 10 proposed beneficiaries has invested her support into fruit vending and she is very happy to make some extra income to support her 4 kids as a*



In collaboration with the Agona West Municipal National Youth Authority, YLF engages women entrepreneurs on how to sustain their businesses and manage finances for growth.



## AGRICULTURAL DEVELOPMENT/ FOOD SECURITY

In 2024, we explored our goal of promoting sustainable agriculture through mushroom farming. We engaged various stakeholders and mushroom cultivation trainings both international and locally to equip ourselves with mushroom farming skills. The pupils from our charity school were also introduced to mushroom harvesting and diets.

YLF also launched a fish farming project under its school farm initiative at St. Germain School Complex. With a 500-catfish pond capacity underway, the goal is to feed students and inspire them with sustainable livelihood opportunities. Despite challenges, our commitment to building a greener, food-secure future remains unshaken.



Mushroom substrate preparation on YLF farm



Sterilization of substrate



Watering of mushroom (oyster) growing bags





Introducing pupils to mushroom farming; harvesting and mushroom



Nana Ama



Gloria

## A FEW OF OUR 2025 SUCCESS STORIES IN PICTURES



We successfully contributed in reuniting a family in United State of America from Ghana.

Gloria have been successfully equipped with sewing skills and practicing individually (working from home) in their sewing business to support themselves.

10 Gender Model Families (400 individuals) trained and empowered to advocate for system change in Primary Health Care in Agona west and Gomoa Central Districts (Central Region)



A transformed Gender Model Family  
– Mr. & Mrs. Aidoo and children

## RECOGNITIONS AND HONORS RECEIVED FOR THE YEAR 2024 AND NEW YEAR RESOLUTION

Our year ended with some great recognition from the communities and past beneficiaries.







For the year 2025, the following priorities are what we work to achieve;

- Continuous provision of quality education for our enrolled kids, and
- Collaborate with international Technical and Vocational Education Training (TVET) institutions or interested partners to help train the youth, women and children on employable skills as we seek to create economic freedom for a sustainable community development.



*A BIG THANK YOU FOR SUPPORTING US BRING EVERY CHILD  
ALONG IN OUR QUEST TO CREATE A WORLD WITH NO  
VULNERABLE CHILD*

