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Organização Não Governamental para o Desenvolvimento

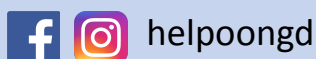
Associação Helpo is a Non-Profit Organisation for Development operating in Portugal, Mozambique, São Tomé and Príncipe and Guinea-Bissau since 2008. Our mission is to promote development through Education and Nutrition.

Helpo works with 38 rural communities and manages 52 support centres to help build and manage schools, libraries, kindergartens, nutrition centres, school canteens and rainwater harvesting systems. The association also supports local communities by organising training sessions and health education programmes. Helpo currently helps more than 57,000 children through funds provided by the Child Sponsorship Programme, individual donations and projects funded by many international organisations and companies.

By making a donation or joining the Child Sponsorship Programme, you are contributing with funds, which are directly sent to our teams in the field. Helpo's teams are on a mission to identify the main problems of each community, together with its representatives, leaders and teachers, and make major life-changing interventions that transform the lives of hundreds of people.



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PROJECT PORTFOLIO | 2008 - 2021

4 Countries | 101 focuses of intervention | 57,000 beneficiaries

Areas of Intervention - Education

I - CONSTRUCTION OF SCHOOL STRUCTURES

Mozambique:

- 99 Classrooms built in brick masonry
- 46 Classrooms (re)built with mixed material (support given in cement and metal sheeting to reinforce the constructions in local material through interior and exterior plastering and zinc roofing)

Sao Tome and Principe:

- 1 Creche built, co-financed
- 12 nursery schools and 2 primary schools rehabilitated
- 2 electrified structures
- 2 rehabilitated school canteens
- Construction and equipping of mediacenter integrated in primary school
- Construction and(or) rehabilitation of 6 playgrounds in the precincts of the kindergartens





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II - PROMOTING SCHOOL GARDENS AND FOOD LITERACY

Sao Tome and Principe:

- Promotion of school vegetable gardens, good practices and food literacy in all schools, at national level - 7 school vegetable gardens created whose maintenance is monitored; and technical support for the creation of vegetable gardens in Lembá and Mé-Zochi district is provided.
- Menutric Project - Improvement of the eating habits of primary school children in Lobata district, through food and nutritional education and of the district **vegetable garden**



III - ACCESS TO WATER

Mozambique:

- **22 Access to water** in school grounds:
- Construction of **3 wells**
- Implementation of **19 Rainwater Harvesting Systems (SAAP)**
- Support for the study Using natural resource wealth to improve access to water and sanitation, by Murdoch University





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IV - COMMUNITY TRAINING

Mozambique:

- 15 communities (students, parents and community leaders) trained on an on-going basis on topics related to nutrition, food security and the importance of pursuing school years.



V - SUPPORT FOR THE IMPLEMENTATION AND MAINTENANCE OF THE LIBRARY NETWORK

Mozambique:

- Construction, training of human resources and maintenance of **20 libraries**
- Support to 52 libraries with the supply of titles (**60,411 titles delivered**)
- Delivery of **2571 secondary school textbooks** with a Mozambican curriculum

São Tomé and Príncipe:

- Supply and equipping of nutrition and food sector in the library of the Higher School of Health.
- Biliomota Project - the travelling library





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VI – SERVICES

Moçambique:

- **Continuous training of animators of pre-school teaching** of 8 pre-schools.
- Teaching staff of 3 Complete Primary Schools trained in pedagogical methodologies.
- **4.897 Students** benefiting from the "Futuro Maior" programme, with a scholarship in Secondary Education.
- **16 Students** students in Higher Education.
- 66 Communities benefiting from the "Story Car" project to promote the proficiency of the Portuguese language.
- Distribution of food: **Daily meal in 8 little schools | School snacks in 10 primary schools.**

Sao Tome and Principe:

- 398 Students who are beneficiaries of the "Futuro Leve Leve" programme, scholarship holders in Secondary Education.
- Distribution and verification of food storage and preparation conditions in two districts under a protocol with the World Food Programme (WFP).
- VESTP - Valorisation of Pre-School Education in Sao Tome and Principe through knowledge and use of local resources, in the district of Lembá.

Mozambique and Sao Tome and Principe:

- Distribution of school materials every year to 15,000 students





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VII - MONITORING AND TECHNICAL SUPPORT

Mozambique:

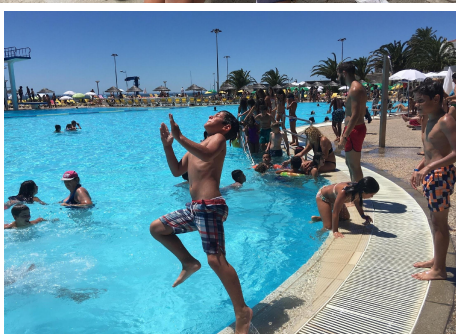
Support for the management and implementation of sustainable model of pre-school education in Mozambique Island as part of the Portuguese Cooperation Cluster phase II.

Sao Tome and Principe:

Support given to PNASE at technical level (nutritionists) and also in material (seeds and growing materials) for school vegetable gardens.

Portugal:

- Study support, monitoring and activities of recreational and pedagogical nature with children from 1st to 3rd grade; food support and distribution of school supplies; Ludoteca open to the children and youth public, in Bairro das Fontainhas. Creation of holiday camps during school breaks;
- MudArte Project - Project implemented in 15 schools in the Cascais municipality, using the 'Teatro do Oprimido' tool to enable students to act in oppressive situations;
- Project for the prevention and reduction of risk behaviour in children and young people of the E.H.S. Saibreiras;





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Setores de Intervenção - Saúde

Areas of Intervention - Health

I - COMMUNITY AND PROFESSIONAL TRAINING

Sao Tome and Principe:

- Community training sessions in cooking for the better nutritional use of autochthonous products, inscribed in the imperative of Food Security, availability/usage aspect.
- 24 Communities of Cantagalo covered by the community component of PANMI, through consultations at health posts and mobile teams, with training of the 24 Community Health Agents on the various stages of maternal and child nutrition and signposting of vulnerable cases.
- POPMISA: project that aims at increasing the knowledge of the risks that alcohol consumption brings to maternal and child health and nutritional status

II - CLINICAL ACTION

Sao Tome and Principe:

- PANMI National: Improve the quality of treatment and prevention of malnutrition in pregnant and lactating women (MGL) and children under five, in health units and in mobile team, in Sao Tome and Principe.
- Pregnant women and children in the Cantagalo and Lembá districts have been signposted and monitored in consultation, outpatients and inpatients.
- Implementation of a national system to supplement the diet of children up to five years of age with micronutrient powder, in all its phases: study, implementation and evaluation of results.





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Intervention Sectors - Emergency

I - Response to Cyclones Idai and Kenneth, COVID-19 and Internally Displaced Persons

Mozambique:

- Support to displaced people in Northern Mozambique: (i) conducting nutritional screening for pregnant women and children up to 2 years old, referral and delivery of food kits; (ii) support for the school integration of children and youth; (iii) creation and implementation of a tool to provide psychological first aid.
- COVID-19 Prevention: rehabilitation of 2 health units; delivery of protection and hygiene material to 10 health units; training, distribution of hygiene and protection kits; delivery of school meals and first aid kits to 15 schools.
- RESPI - Project for reconstruction and resilience in health structures and post-IDAI population in the Dombe region, aimed at improving access to health and the nutritional status of pregnant and lactating women (LGM) and children from 0 to 59 months in the administrative post of Dombe.
- Support under cyclone IDAI in 2019: 121 tons of essential goods sent, 217 tons of food items delivered, 3220 nutrition screenings conducted, 18 rooms rebuilt.

Sao Tome and Principe:

- Support under COVID-19: Posting of awareness materials; distribution of hygiene materials in (i) 12 kindergartens/primary schools, (ii) 14 health posts in Lembá, Mé-Zóchi and Cantagalo districts; delivery of play and individual protection kits in 6 communities; implementation of washbasins at the entrance of 11 kindergartens/primary schools.

