



### *Announcement*

Welcome to the eighth edition of Ndabuchiseh newsletter! Every three months, we publish a newsletter. You can subscribe to our newsletter by filling the form on our website:

[www.ndabuchiseh.org](http://www.ndabuchiseh.org) or write to us at [info@ndabuchiseh.org](mailto:info@ndabuchiseh.org).

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## *Painful Stories of War*



War is a terrible thing. It does not only destroy communities and families but also disrupts the development of the social and economic fabric of nations. The effects of war include long-term physical and psychological harm to children and adults, as well as a reduction in material and human capital. The most obvious consequences of war are widespread death, destruction, horrible abuses of human rights, and trauma.

At the start of a new year, Ndabuchiseh in this edition, reflects on the over 9 years of the ongoing crisis in Anglophone Cameroon: the fighting between government forces and separatists in the North West and South West regions of the country.

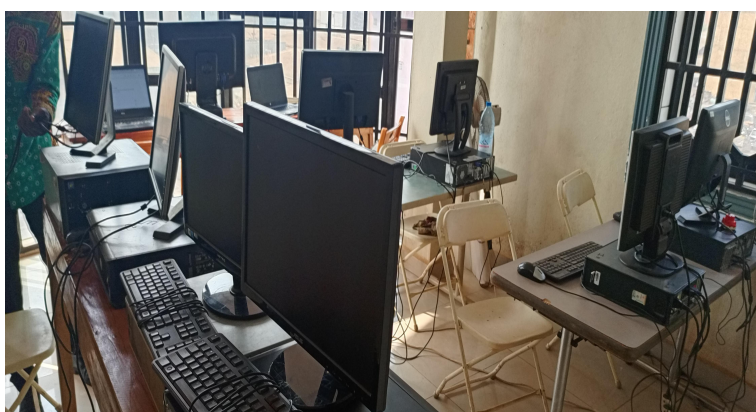
According to the International Crisis Group, the fighting has killed over 3,000 people and displaced 600,000 more. In the Anglophone regions, 800,000 children are out of school, and one in three of the region's four million people are in need of aid.

Hardly a day goes by without news of deaths, abductions, arson attacks, and other forms of violence that have become a reality for people in these beleaguered regions. And in this reality, youth and women continue to bear the brunt.

War trauma from the ongoing Anglophone Crisis manifests as severe psychological distress, displacement, loss of family, disrupted education, and widespread violence affecting youth like John, Gina, and Mike, who have endured horrible abuses, torture, and untold suffering. Ndabuchiseh has been one of those organizations that have mounted humanitarian efforts focusing on psycho social support, education, and basic needs for healing and rebuilding lives amidst ongoing conflict and human rights abuses.

Our beneficiaries have been youth who have experienced various forms of war trauma that have ensued

from the following sources. Psychological Impact: PTSD, anxiety, depression, withdrawal, and inability to express feelings. Displacement & Loss: Families forced to flee homes, losing livelihoods, belongings, and sometimes family members to violence. Disrupted Lives: Youth out of school, adults struggling to provide, and a pervasive environment of fear. Gender-Based Violence: Women face increased sexual assault and abuse from various belligerents.



“At Ndabuchiseh, we envision youth from the English-speaking areas becoming confident and resilient ambassadors of peace, standing up against any form of violence at schools, in their homes, and in any outbreaks of war”

— Emmanuel (Director)

## Three Months into Our Second Cohort Training!

Ndabuchiseh's main project is the Cameroon Youth Peacebuilders Training. This is a nine-month residential peacebuilders training program where Ndabuchiseh takes idle youth out of the violence into a residential setting in a peaceful environment where they will recalibrate, build resilience, develop vital peacebuilding and livelihood skills, and then re-enter their communities as veritable agents of sustainable peace and development.

The second cohort of 15 youth participants is already three months into the training. So far they have been through a thorough psychosocial assessment. This has permitted us to evaluate their mental health, social life, and functioning, covering personal history, family/social support, education/work, substance use, coping skills, and cultural background to create a holistic view for treatment planning. We have started counselling and personal peace practices in one-on-one and group therapy. We have also identified people who could play a leadership role in their lives.





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<https://gogetfunding.com/contribute-to-the-rescue-of-dying-youth-in-cameroons-civil-war/>

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Visit our website: [www.ndabuchiseh.org](http://www.ndabuchiseh.org)

Thank you!

Moreover, we have introduced them to basic ICT skills, which are crucial for today's learning and interactions, such as digital literacy (using computers, the internet, email, and apps), information/data literacy (finding and evaluating info), communication (email, video calls, and social media), safety/security (passwords and phishing), and problem-solving (basic troubleshooting), enabling effective participation in a digital world, from daily tasks to managing personal data and working remotely. These past three months have been fun and educational.

In the next three months, now that they have started to build their new life, we will introduce them to self-employment and entrepreneurship skills in fields such as renewable energy technology, organic farming, community health workers, and forest conservation are introduced.

These livelihoods are chosen for the reason that they are not merely generating income; they can provide the youth with a sense of a higher purpose of helping the community or environment to be better.