

## OVERVIEW

**SHUMAS (STRATEGIC HUMANITARIAN SERVICES)**, is a Development Non-Governmental Organization whose main goal is to improve lives through the following sustainable developmental programs:

- Education
- Social Welfare
- Environmental Protection and Management
- Health, Water and Sanitation
- Agriculture and Women Empowerment

The Social Welfare program carries out activities that promote the well being of people with special needs (physical disability, blindness, lameness, deafness, and paralysis. SHUMAS achieves this by carrying out the following activities:

- Moral Enhancement Workshops.
- Capacity Building Workshops on Economic Productivity.
- Life Skills Training.
- Provision of Seed Capital to Trainees to start their own businesses.

Despite the success of these projects, two major difficulties were faced: - Stigmatization of disabled trainees and the high cost involved in monitoring the progress of the trainees. This was an indication that the Social Welfare project needed a better approach. And the only approach that could cater for needs of this vulnerable segment of our population was the construction of the **SHUMAS REHABILITATION CENTER** that has as main objective equipping and empowering physically disabled persons with skills

compatible to their disabilities for a fulfilling life and effective participation in development.

## GOAL

To train people with special needs in specific income generating activities (*trades*) with skills compatible to their disabilities, so that they can become independent, self reliant and be able to effectively participate in the development of their communities.

## OBJECTIVES

- Training disabled people in self reliant life skills, so that they will be able to carry out economic activities which enhances their self esteem and enables them to be part of the mainstream of the development of their communities.
- Provide start up capital to graduates to enable an effective integration in their various communities.
- Training them in basic management and leadership skills.
- Continuous monitoring and evaluation of graduates for some years for any possible backfilling.
- set up a revolving micro finance scheme to benefit ex trainees with symbolic interest.
- Advocacy

## VOCATIONAL SKILLS

**(SHUMAS REHABILITATION CENTER)**

The Center is now functional located at the SHUMAS building at Mile 6 Nkwen, a few meters from the Council check point, is comparatively adapted to the following Training Workshops for Life Skills:

- Knitting
- Sewing
- Traditional Embroidery
- Shoe Mending/Making
- Hair Dressing and Barbing
- Craft and Traditional Jewelry
- Cane Weaving

As aforementioned, we also train our target group on leadership and basic management skills. So trainees receive lessons in:

- Basic Management Skills and Record Keeping.
- Basic English Skills.
- Advocacy.

All our Workshops are well furnished and accessible to all physically disabled persons, with a team of qualified and well experienced Trainers.

## DURATION

Training is expected to last for at least two years.

## RESULTS EXPECTED

After the training, we expect the trainees to:

- a) Be well equipped in at least one life skill that fully empowers them economically and socially.
- b) Be armed with leadership and basic management skills to run a good business.
- c) Start up a workshop with assistance.



The instructor in the Embroidery section designing traditional regalia.



Finished products of the knitting section.

### WHO CAN PARTICIPATE?

**Nature of disability:** Those who can be trained in a specific trade and are able to take part in the training

- **Age:** Those with special needs aged between 16 – 30 years old.

- **Commitment:** Those who can fully commit to the training exercise

### TRAINING CONDITIONS

a) All recruited trainees from poor homes receive a tuition scholarship.

b) However, all trainees are responsible for their lodging, feeding and other personal needs.

c) Nonetheless, for those trainees out of Bamenda town, we make easy the acquisition of lodging facilities around the Center.

### WORKING DAYS

Mondays to Fridays:

08:00 am – 15:00

Saturdays:

08: am – 12:00 noon



Trainees in the cane weaving section receiving practical training on cane cleaning.



Training sessions in the knitting workshop.



The trainer in the shoe-making section producing school sandals.

## SHUMAS REHABILITATION CENTER

*MILE 6 NKWEN, BAMENDA*

### A Center for Vocational Rehabilitation

for people  
with special needs  
(Persons with  
physical disability)



*The Staff and Trainees of the SHUMAS REHABILITATION CENTER*

### CONTACT

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