



# PROJECT REPORT

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## **The Hygiene & Health Initiative: Health & Dignity**

**Organized by: LifeLine Charity Foundation**

**Date: 1st April, 2025**

**Location: Kumasi Children's Home & Cherubs Foundation, Kumasi, Ghana**

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### **1. Overview**

The *Hygiene & Health Initiative: Health & Dignity* was a large-scale outreach organized by LifeLine Charity Foundation to improve hygiene, health, and self-esteem among underprivileged children and caregivers in Kumasi.

This project focused on providing essential hygiene supplies and practical health education to two partner institutions — Kumasi Children's Home and Cherubs Foundation — both long-time beneficiaries of LifeLine's mission.

Over 5,000 hygiene items were distributed, impacting hundreds of children and staff. The project also included hands-on demonstrations, talks on personal care, and group activities designed to make learning about hygiene engaging and empowering.

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### **2. Objectives**

The project aimed to:

- Promote hygiene and sanitation literacy among children and caregivers.
- Provide essential hygiene supplies to reduce preventable infections.
- Support menstrual health education and break taboos surrounding it.
- Uplift the self-esteem and well-being of children through dignity-driven care.

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### **3. Key Activities**

#### **a. Donation Drive**

Prior to the event, volunteers launched a donation campaign to gather hygiene products such as soaps, toothbrushes, toothpaste, sanitary pads, towels, and disinfectants. These were packaged for easy distribution to both institutions.

#### **b. Educational Session**

Volunteers hosted an interactive hygiene workshop that covered topics like:

- Handwashing techniques
- Oral hygiene routines
- Menstrual hygiene awareness
- Personal grooming and cleanliness

Demonstrations were kept fun and participatory to ensure engagement, especially among younger children.

#### **c. Distribution & Interaction**

After the workshop, LifeLine distributed the items directly to children and caregivers. Volunteers also spent time playing, talking, and encouraging the children — reinforcing the message that hygiene is not just a habit but a form of self-respect and care.

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### **4. Impact & Results**

- 5,000+ hygiene items distributed (2,000 soaps, 1,800 toothbrushes, 900 tubes of toothpaste, 300 sanitary pads, 100 towels, and assorted disinfectants).
- Two major institutions served, supporting over 400 children and staff members.
- Interactive hygiene education sessions led by trained LifeLine volunteers.
- Boost in morale and self-worth among beneficiaries, particularly adolescent girls.

“You didn’t just give us soap — you gave us confidence.”

— Caregiver, Cherubs Foundation

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## 5. Voices from the Field

“Seeing the kids smile while learning about hygiene was priceless. It showed us how far small efforts can go when they come from the heart.”

— LifeLine Volunteer

“We’ll never forget how you explained things with patience and kindness. The children loved every part of it.”

— Matron, Kumasi Children’s Home

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## 9. Conclusion

The *Hygiene & Health Initiative — Health & Dignity* reaffirmed LifeLine’s belief that cleanliness and health are fundamental human rights, not privileges. Beyond distributing supplies, the project restored confidence, dignity, and hope — especially for children growing up without family support.

Through compassion, teamwork, and education, LifeLine continues to prove that lasting change begins with small, consistent acts of care.

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## Contact Information

### Lifeline Charity Foundation

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Signed,

Adolf Lobowicz

**Co-Founder & Executive Director**