



**Marguerita
Holistic
Health
Center**

A Humanitarian association under Cameroonian law which works for the global health and well-being of mankind.

Association Loi N° 90/053 N°00001416/RDA/Jo6/A2/SAJJP/BAPP

MARGUERITA HOLISTIC HEALTH CENTER

M 2 H C

Caring is Healing, Health is Wealth



"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
W.H.O definition



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Dear All,

The Humanitarian Association Marguerita Holistic Health Center (M2HC) is pleased to present to you its history, through this brochure. It will deal with the genesis of its vision, its perspectives, its management bodies, its partners, its missions, its activities, its ambitions, its care circuit, and the impact of its actions, on the targets (men, women, children, families, people in vulnerable situations, companies ...). A few testimonies, from people who have benefited from the holistic approach (physical, psychological, moral, social, economic, environmental, spiritual, etc.), are given at the end of the document.

Indeed, conceived in 1994, 28 years ago, the vision of the promoter was concretised in October 2019 in Cameroon by the legalisation of the humanitarian association Marguerita Holistic Health Centre (M2HC); vision defined in these terms "To liberate the human being, from his malaise thanks to a holistic care".

This is justified by the fact that people suffering from various illnesses and not always finding relief in conventional hospital structures, misunderstood by their immediate entourage, move from one hospital to another without effective solutions.

Hence the need to create a centre to care for the human being in his entirety and globality.



Our motivation

The Human Being is at the centre of M2HC's preoccupations, as expressed in its mission and actions.

The Humanitarian Association Marguerita Holistic Health Center (M2HC) is not only in line with the vision of the World Health Organization (WHO), which defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, is also inline with the Sustainable Development Goal No. 3 (SDG3) on health and wellbeing, which aims to enable all people to live in good health and to promote the wellbeing of all people of all ages.

Our Vision

Freeing people from their illbeing through holistic care..

Our strengths

- Respect for the best interests of the human being, in all his physical, psychological, social, economic, spiritual and environmental dimensions;
- The care of patients, in a setting that brings them the serenity, inner peace and love necessary for healing;
- A dynamic team of doctors, nutritionists, psychologists, social work experts, economists, men of God and sportsmen.
- Personalized coaching and support, for patients and their families;
- Adequate infrastructures to ensure the well-being of patients: administrative block, medical block, library, sports hall, chapel, hammam-sauna, swimming pool, jacuzzi, massage room, playground, etc.

Mission

To alleviate the suffering of individuals, affected by various diseases, through health, psychosocial, economic, educational, sports and recreational support; to carry out integrated and comprehensive interventions for individuals, and to promote solidarity and living together.

Activities

PREVENTION:
awareness raising , education

LISTENING - ADVICE

**CARE - GUIDANCE -
REFERRAL - COACHING**

Ambitions

To unite more actors and other stakeholders for the vision; to gain notoriety throughout the territory and the international scene;
To be accompanied by institutional, technical and financial partners;
To build a multifunctional complex, for a better holistic care of the human being.

Bodies and Partners

Management bodies

Marguerita Holistic Health Center (M2HC) association is made up of the following management bodies

- General Assembly (GA);
- Executive Board (BE);
- Technical Coordination (CT).

General Assembly

The General Assembly includes:

A Founder who is the guarantor of the vision of M2HC:

Ms ENOH Marguerite born NGO TONYE,

Internal Auditor, Economist and humanitarian enthusiast;

Honorable Presidents:

Pr Emeritus TETANYE EKOE, Professor of Medicine

Ms. VIBAN Gladys, Motivational Speaker

Active or Adhérent members

Sympathisers and Benefactors

The Executive Board

The Executive Board is composed of the following members

President of the Executive Board:

Ms. ENOH Marguerite

Vice-president:

Pr NGBWA Vandelin, Professor in Psychology

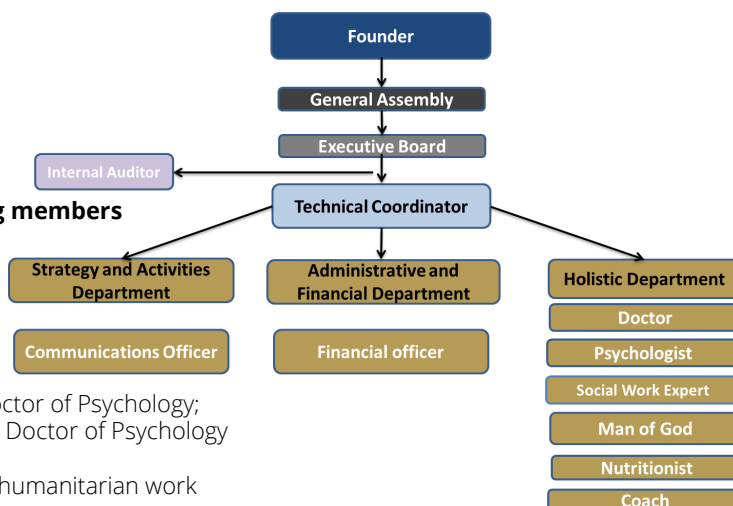
General secretary: Dr BASSOUMBOUL Brigitte, Doctor of Psychology;

Deputy Secretary General: Dr NDOUNGMO Irène, Doctor of Psychology

General Treasurer:

Ms NGO TONYE Alice Véronique, Passionate about humanitarian work

Auditor: Kentsop Odilon, Psychologist



Advisors:

1. Mr. MAKANG Jean Pierre, Social Worker;
2. Me MBANGA ASSAM Honorine, Lawyer at the Cameroon Bar Association;
3. Mrs. EMBE Pierrette, Principal of GHS;
4. Pr Anne Esther NJOM NLEND, Pediatrician

Technical Coordination

The Technical Coordination is the operational unit of the M2HC association. The organization and functioning of the Technical Coordination are defined by a decision of the General Assembly.

Our Resources

They come from :

- Membership fees and annual contributions from members;
- donations and legacies from all natural or legal persons
- the founding President's own funds.

Our Partners

Divided in two categories

Institutional Partners

- Ministry of Social Affaires
- Ministry of Women Empowerment and the Family
- Ministry of Public Health

Civil society organisations

- EPC DJOUNGOLO Hospital
- Associative Network of Practising Psychologists of Cameroon (RAPHA-PSY)
- Association of skills for a Better Life(ASCOVIME)
- Wanyuri Foundation.

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OUR APPROACH

In order to contribute to the relief of the target populations, various themes have been selected, according to the following sources

- M2HC, following the origins and contours of its vision;
- Current issues;
- Major concerns of the partners;
- Participants' concerns at the end of various surveys.

The pictures below show some of the actions that have been carried out with our experts (Doctors, Psychologists, Social Work Expert, Men of God, Economists,...)

The holistic care circuit at M2HC is as follows:



Community mobilisation



Reception and orientation



Group therapy



Individual support by an expert



Listening, advice and referencing



Donations (basic necessities)

How do we measure the impact of our actions?

As a promoter of holistic health, M2HC acts nationally and internationally, on its own initiative and/or by request.

Furthermore, M2HC is firmly committed to carrying out integrated and global health interventions, in favour of individuals, victims of various ailments, with collateral effects, on the families, groups and communities concerned; with a view to making them resilient, for their blossoming, their harmony, the promotion of solidarity and living together.

To understand us better, nothing is better than figures!

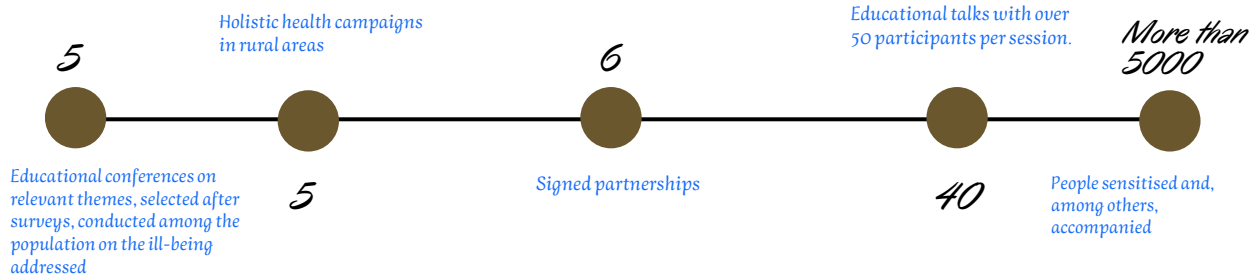
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Achievements and numbers

M2HC in numbers



The fight against drugs and other psychoactive substantive in schools, more than 3,000 students have been sensitised by our holistic approach at the Odza high school and the Adventist college in Odza. As a result, parents and students are already following our holistic approach.



Educational Conference on Women's Financial Exclusion and Poverty: Issues and Challenges for Women's and Family Welfare. In perspective, the setting up of an aid fund for the holistic empowerment of women, requested by the participants.



Post-trauma counselling for internally displaced persons. Approximately 250 people treated, using a holistic approach.

Result: Every week, M2HC receives internally displaced persons at its headquarters seeking holistic care.



High divorce rate among young couples. Group therapy on freedom and decision making in the couple relationship. Result: young people are taken care of at M2HC.



Educational talk on the occasion of the Day of the African Child, on the theme "Serious negligence vis-à-vis children: challenges and perspectives, according to the holistic approach".

Over 150 registered participants, Parents, Children, and Orphanages. In perspective, support on demand by expert psychologists and doctors will be carried out under the supervision of the Technical Coordination.



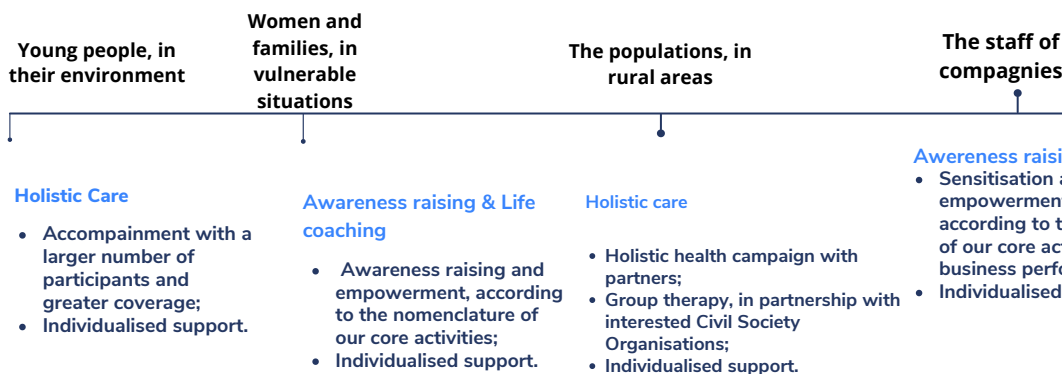
Holistic health campaign in the village of Mengueme with the partner Ascovime: more than 300 people treated.

Result: the number of people seeking holistic support in rural areas is growing.

The aim is to extend the campaigns to other localities..

Perspectives

Projection for the coming years



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A Critical Situation in Cameroon

Cameroon continues to be affected by **violence in the North-West and South-West regions**, and the impact of the crisis is increasingly felt across the national territory and beyond. . Due to this crisis and the significant rise in the prices of basic necessities in the country, **1.5 million people** need humanitarian aid in 2023.

Women and children represent 77% of those in need of humanitarian aid, humanitarian aid, as they are the ones paying a heavy price for this crisis. In addition, it is estimated that almost all of the people affected by the NOSO war are facing acute food insecurity, and most are deprived of basic social services.

In this context, the humanitarian community could contribute to improving access to emergency interventions in **protection, health, food, nutrition, education, shelter, water, hygiene and sanitation**, and will focus on **women and children with the most acute needs**. The specific needs of men and boys should not be forgotten either, particularly in terms of protection.

M2HC's Humanitarian Response

Our major concern being that of freeing the human being from his ill-being thanks to a holistic care, we opted for a direct intervention on the axes of health and education then a deferred intervention on the contributions of needs in first necessity.

Indeed, since 2021, the association, thanks to the support of its active members and partners, has been able to carry out a series of treatments consisting of the following activities:

- **Social Inclusion:** Raising awareness in the heart of IDP homes through inclusive speeches and social exercises on forgiveness and living together.
- **Psychological Follow-up:** About 5,000 people were affected during collective therapies and 484 during individual treatments. The aim was to help alleviate the trauma associated with war incidents.
- **Medical Follow-up:** Thanks to our partner Ascovime, more than 500 patients consulted to date, a hundred free surgeries carried out, more than 1000 drugs distributed free of charge.
- **Donations and Social Assistance:** We have a Humanitarian Assistance service which is responsible for collecting donations and redistributing them to identified households according to emergencies and available funds.

A Project for Girls: Financial Empowerment

From 13 to 20 years old, we observed that the girl victim of the trauma of war presents a higher vulnerability than the other targets, simply because of the feminine condition. We recommend an introduction to entrepreneurship, on a program that we have named **Cameroonian Girl Empowering (CGE)**.

This is a project incubator in which the internally displaced young girl will be at the initiative, following mentoring and many training sessions. The most feasible will obtain funding and support until the project matures, thanks to fundraising that we will do for the cause.

To date, we have registered around fifty pre-subscriptions in the cities of Douala, Yaoundé and Bafoussam, and the campaign continues.

Make a donation?

The sites are large, the cause relevant and the need urgent, but we do not have enough resources. Because of the high cost of living in relation to income, voluntary labor is becoming increasingly rare and working conditions become even more precarious.

We will be delighted to get in touch with you, to register your contribution to the social reintegration of IDP's from the Crisis in North-West and South-West Cameroon.



Reception and installation of women with disabilities in the framework of the psychological follow-up



Group therapy with women with disabilities



Holistic accompaniment with IDPs



Marguerita Holistic Health Center

Join Us, Become a Member!



M2HC

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