

2025

2025, ISSUE NO. 02

Sung Foundation Annual Newsletter



✉ sungfoundation6@gmail.com

🌐 www.sungfoundationghana.org

☎ +233 20 817 1196



**SUNG
FOUNDATION**

TABLE OF CONTENTS



01

About Us

02

Mission, Vision and Core Values

03

Message from the Executive Director

04-10

Year in Review – Projects Undertaken and Key Achievements

11-14

Events

15

Success Story

16

Health Corner

17

Looking Ahead: Our Plans for Next Year

18

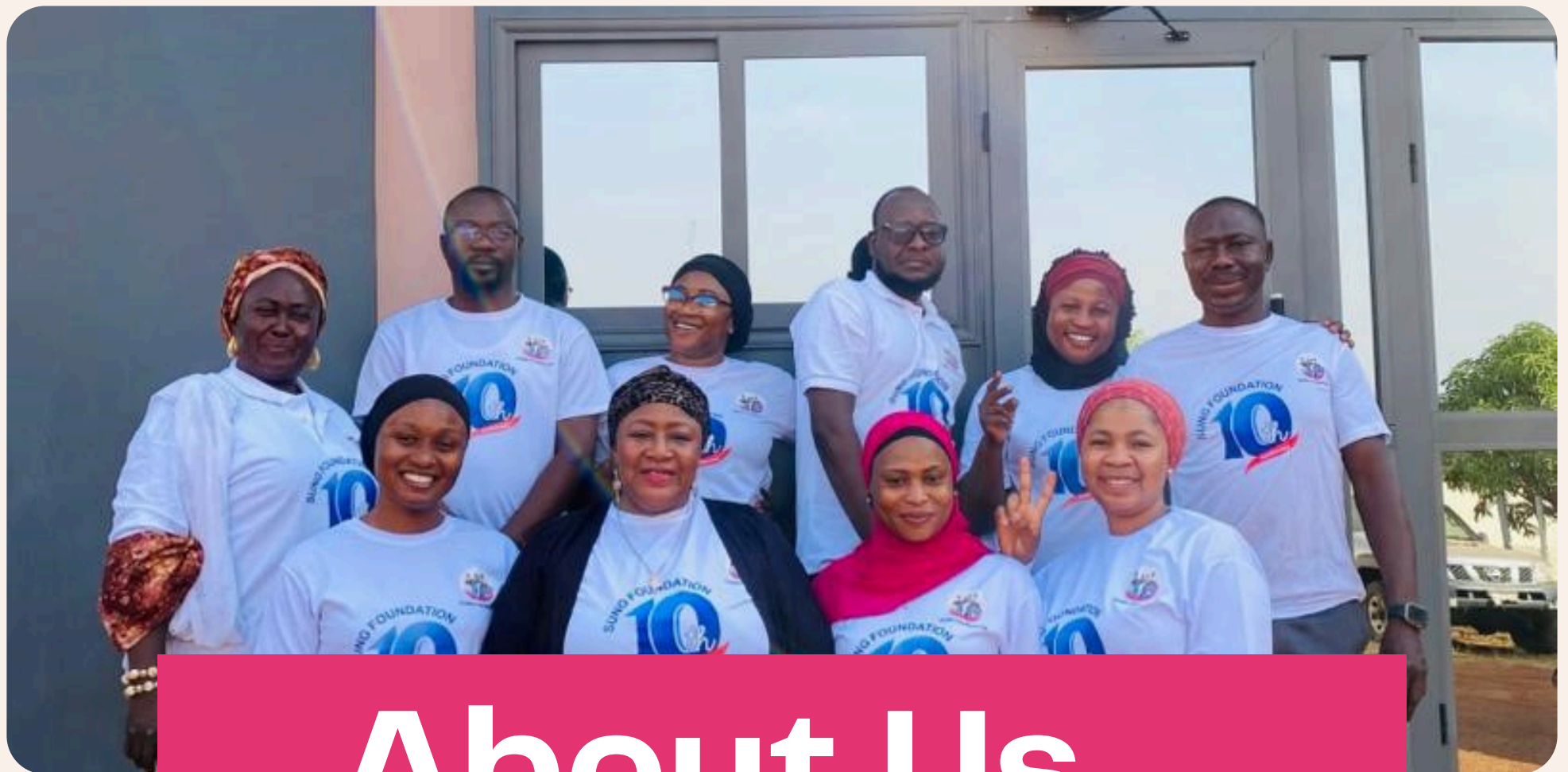
Acknowledgments

19

Board of Directors

20-21

Gallery



About Us

Sung Foundation (SUFOD) is a local non-governmental organization based in Tamale, Ghana's Northern Region. We currently operate in five regions across the country – Northern, Savannah, North East, Upper West and Upper East Regions.

SUFOD is a women-led organization, founded by women for women and girls, with a strong focus on supporting children, persons with disabilities, and other marginalized and vulnerable groups within our operational communities.

The organization was established in 2010 and formally registered with the Registrar-General's Department in 2013 by a group of committed women led by Hajia Fati Seidu Tambro. Our core mission is to empower women and children and contribute to the reduction of poverty and inequality in society.



Mission, Vision & Core Values

OUR MISSION

To empower children, women, girls, and other marginalized groups at both the community and institutional levels, and to build a strong women's movement that promotes the protection of rights and enables women to live in dignity.

OUR VISION

A society where every person enjoys equal rights and lives a life of dignity. At SUFOD, we envision a Ghana in which opportunities are accessible to all, regardless of gender, age, or social status.

OUR CORE VALUES

- Commitment to reducing poverty
- Promotion of equal rights for all
- Upholding and enhancing the dignity of every person

Executive Director's Message

I give thanks to Almighty Allah for His protection, guidance and blessings that have brought **Sung Foundation** this far. I sincerely appreciate our Board of Directors, management, staff, volunteers, partners and community stakeholders for their dedication and unwavering commitment throughout the year under review.

The 2025 reporting year was marked by intensive programme delivery, learning, partnerships and resilience. A key milestone was the renewal of our collaboration with **CARE International Ghana**, which enabled us to continue improving the nutrition and financial security of women and children under five in the Savannah Region.

Despite funding constraints, including the impact of recent funding cuts by **United States Agency for International Development**, the organisation remained focused, adaptive and community-driven



Through continued collaboration with **African Women Development Fund, Gower Street UK** and the **Roddenberry Foundation**, we sustained critical interventions that strengthened women's leadership, advanced protection for women and girls, promoted environmental action and improved health and hygiene practices.

As we reflect on the year, I am proud of the resilience demonstrated by our team and the communities we serve. We remain committed to deepening partnerships, strengthening our systems and expanding our impact to ensure that women, girls and vulnerable groups continue to live with dignity, safety and opportunity.

Hajia Fati Seidu Alhassan
Executive Director

PROJECTS UNDERTAKEN AND KEY ACHIEVEMENTS



Amplifying Rural Voices for the Rights and Safety of Women and Girls (AWDF)

With support from the African Women's Development Fund (AWDF), Sung Foundation implemented the Amplifying Rural Voices Project in ten communities across the Tolon and Kumbungu Districts to strengthen community action for the protection, leadership, and rights of women and girls.

● Key Achievements:

- Mobilised women, girls, traditional leaders and local authorities through community and district-level durbars, focus group discussions, radio advocacy and market sensitisation campaigns, creating safe spaces for dialogue on gender-based violence, child marriage and digital safety.
- Trained 150 women ambassadors to lead community awareness creation and advocacy for the rights and safety of women and girls.
- Supported communities to introduce local by-laws on teenage pregnancy, domestic violence and child protection, strengthening community accountability and protection systems.

Through this initiative, Sung Foundation strengthened rural women's voices and promoted community-driven actions to improve the safety and dignity of women and girls in Northern Ghana.





VOICES FOR JUSTICE: CONSOLIDATING GRASSROOTS LEADERSHIP TO END GENDER-BASED VIOLENCE – KASA PHASE II (AWDF)

With support from the **African Women’s Development Fund (AWDF)**, Sung Foundation is implementing **KASA Phase II** in the **Tolon District** to deepen and sustain community action against sexual violence, early child marriage and silence around abuse. Building on the successes of Phase I, the project focuses on strengthening grassroots leadership, reinforcing community accountability systems and amplifying the voices of women and girls through creative advocacy and movement building.

KASA Phase II was designed to strengthen existing school and community structures and promote closer collaboration among women leaders, traditional authorities and community groups to improve prevention, reporting and response to sexual violence.



Key Achievements:

- Strengthened the advocacy, leadership and public-speaking skills of girls through training of Girl-Child Clubs in debate, poetry and public speaking.
- Strengthened drama and poetry clubs to promote creative advocacy and community dialogue on sexual violence and child protection.
- Provided refresher training for 30 women-led groups to sustain community-level movement building against sexual violence.
- Conducted community radio engagements to increase public awareness and support for ending sexual violence and child marriage.
- Reactivated Community Working Committees (CWCs) to support monitoring and enforcement of community by-laws on sexual violence and child protection.

Through KASA Phase II, Sung Foundation is consolidating grassroots leadership and strengthening community accountability systems to ensure women and girls in Tolon are better protected, heard and supported.

GROWING PROJECT (CARE INTERNATIONAL GHANA)

The GROWING (Generating Revenues and Opportunities for Women to Improve Nutrition in Ghana) Project is a four-year, seven-month action research initiative implemented with support from CARE International Ghana to address nutrition and livelihood challenges affecting women and young children. The project adopts an integrated approach that combines agriculture, nutrition, gender equality, financial inclusion, and market systems.

The project aims to empower women to take greater control of their lives and economic activities, while creating an enabling environment that challenges harmful gender norms and promotes positive attitudes and behaviours that support gender equality within households and communities.

The key objectives of the GROWING Project are to:

1. **Enhance nutrition** by improving dietary practices and promoting the consumption of nutritious foods, particularly among women and children.
2. **Increase women's and youth control over income** by strengthening income-generating opportunities and decision-making power.
3. **Strengthen inclusive and resilient food systems** by promoting gender-equitable, climate-smart and nutrition-sensitive agricultural practices.

Sung Foundation implemented the project in the **West Gonja Municipal and North Gonja Districts** of the Savannah Region, covering **45 communities across three implementation cycles**. Core project components included nutrition education, gender dialogues, VSLA formation, marketing support and climate-smart agriculture.

Major activities implemented under the project included:

- Selection and training of Gender Champions, Village Agents and Community-Based Extension Agents.
- Establishment of demonstration plots for groundnut and Orange-Fleshed Sweet Potato.
- Formation and training of Village Savings and Loan Associations.
- Community-level gender dialogue sessions.
- Land rights and social analysis action trainings.
- Promotion of backyard gardening and climate-smart agricultural practices.





Gower Street Climate Change Project (Gower Street UK)

With funding support from **Gower Street UK**, Sung Foundation implemented a climate action and environmental sustainability initiative in the **Tamale, Sagnarigu and West Mamprusi Districts** to promote clean energy adoption, strengthen community climate awareness and encourage environmentally responsible practices.

The project focused on engaging young people, households and key stakeholders to take practical action against climate change, while promoting healthier and cleaner alternatives to traditional cooking and transport systems.

KEY ACHIEVEMENTS

- ✓ Strengthened youth leadership for climate action:** Existing eco-clubs were revitalised and new eco-clubs supported in selected basic schools, empowering students to serve as climate ambassadors and lead environmental awareness activities in their schools and communities.
 - ✓ Promoted clean cooking solutions at community level:** Community and radio sensitisation activities were conducted to promote the use of clean cooking technologies, including clean cooking bags, improved cookstoves and briquettes, contributing to reduced indoor air pollution and environmental degradation.
 - ✓ Increased awareness and uptake of renewable energy options:** Households and community members were sensitised on the use of solar-powered electricity and other renewable energy solutions for domestic purposes.
 - ✓ Advanced dialogue on low-emission transport systems:** Transport unions and transport companies were engaged through targeted advocacy sessions to promote electric mobility and reduce reliance on fossil fuel-powered transport.
- Through this project, Sung Foundation strengthened community and youth participation in climate action and contributed to practical, community-driven responses to climate change in Northern Ghana.





RODDENBERRY FOUNDATION WASH PROJECT

In 2025, Sung Foundation, in partnership with eTrash2Cash and with support from the Roddenberry Foundation, implemented a community-based WASH and environmental sustainability initiative in the Kumbungu District to improve hygiene practices, promote menstrual health, and strengthen livelihoods through plastic waste management.

The project focused on strengthening knowledge, practical skills and community ownership of sanitation and waste solutions, while supporting women and girls to adopt healthier and more sustainable practices.

Key Achievements

- ✓ **Improved hygiene knowledge in schools and communities:** Hygiene education sessions were conducted with students and community members to strengthen good sanitation and personal hygiene practices.
 - ✓ **Enhanced menstrual health and school participation for girls:** A total of 200 reusable sanitary pads were distributed to students in five schools, supporting girls to manage their menstruation safely and remain in school.
 - ✓ **Strengthened women's livelihoods through waste recycling:** Women's groups were trained in plastic waste management and recycling to promote income-generating opportunities and environmental protection.
 - ✓ **Improved community waste management systems:** Five plastic waste bins were distributed to women's groups to support organised waste collection and improved community sanitation.
- Through this initiative, Sung Foundation contributed to healthier schools, cleaner communities and strengthened economic opportunities for women in the Kumbungu District.

EVENTS



Empowering Women for Leadership: International Women's Day Commemoration in Kumbungu

Sung Foundation marked the 2025 International Women's Day celebration with members of a Village Savings and Loan Association (VSLA) women's group in Kumbungu District, creating a space for dialogue on women's leadership, shared responsibility in households, and community decision-making.

The event brought together the Executive Director, Hajia Fati Seidu Tambro, the Gender and Governance Officer, Shafawu Adam, Hajia Ayisha Freeman, and other staff members to engage women on practical pathways to leadership and collective action.

Participants were encouraged to challenge harmful social norms, support one another to take up leadership roles, and promote the fair redistribution of unpaid care work to reduce the burden on girls and protect their education. The engagement also enabled women to share experiences and identify local solutions for strengthening their influence in community governance and economic life.

The commemoration reinforced Sung Foundation's commitment to building confident women leaders and advancing inclusive, community-driven development in Kumbungu.



Empowering Women Through Skills Training in Tolon and Kumbungu

Women in Tolon and Kumbungu districts participated in hands-on skills training sessions focused on pastry making and liquid soap production. From preparing local favorites like chips to learning soap-making techniques, participants gained practical skills they can turn into small businesses.

The sessions were filled with excitement and active participation, reflecting a strong desire among the women to build sustainable sources of income. One of the trainings in Tolon was led by our dedicated staff member, Kismatu Adam, highlighting the power of community-driven impact.

Through these initiatives, Sung Foundation continues to support women with the tools they need to achieve economic independence and create lasting change in their communities.





Pink October: Free Breast Cancer Screening for Women in Garizegu and Kumbungu

In commemoration of Pink October, Sung Foundation, in partnership with Collective Action Against Poverty in Ghana (CAAP Ghana), organized free breast cancer education and clinical screening for women in Garizegu and Kumbungu on 21st and 25th October respectively.

Garizegu, home to Sung Foundation, hosted the first outreach, where women received practical education on breast health, early detection and preventive care, alongside free screening services. The initiative created a safe and supportive space for women to ask questions, learn self-care practices and understand the importance of seeking timely medical support.

The activity strengthened community awareness on breast cancer and reaffirmed the joint commitment of Sung Foundation and CAAP Ghana to promoting women's health and saving lives through early detection.





Commemorating the 2025 16 Days of Activism Against Gender-Based Violence

As part of the global 16 Days of Activism, **Sung Foundation**, in collaboration with **Collective Action Against Poverty in Ghana (CAAP Ghana)**, engaged students of Tali Junior High School in the Tolon District on 9 December 2025, under the theme “UNiTE to End Digital Violence Against All Women and Girls.”

The engagement was led by the Executive Director of Sung Foundation, **Hajia Fati Seidu Tambro**, who emphasized the growing risks young people face online and the need for early education on digital safety.



A panel comprising **Commission on Human Rights and Administrative Justice (CHRAJ)**, represented by **Inusah Iddrisu**, together with **Comfort Tani Alhassan** and **Fouziatu Abdul Wunbei**, educated students on online abuse, image sharing, cyberbullying and responsible use of social media.

Students actively participated through poems, songs and a quiz on gender-based violence and digital safety, reinforcing key messages on respectful online behaviour and personal protection.



The event strengthened awareness among young people and reaffirmed the commitment of Sung Foundation and CAAP Ghana to promoting safe digital and physical spaces for girls and boys in the Tolon community.



Contributing to the Beijing+30 Shadow Report

In 2025, **Sung Foundation** contributed to the national Civil Society Organizations’ Shadow Report marking Beijing+30, a global milestone reflecting progress and gaps in advancing gender equality and women’s rights.

The Foundation was represented by **Thelma Kolpoabil Mahama** in the national reporting process coordinated by **NETRIGHT-Ghana**. Through this engagement, Sung Foundation amplified the voices and lived experiences of women and girls from Northern Ghana and contributed to policy-focused recommendations for stronger protection, inclusion and accountability.

This participation strengthened Sung Foundation’s advocacy role and reinforced its commitment to ensuring that grassroots realities inform national and global gender equality discussions.





Recognizing Excellence at the 2025 Closing Meeting

At the end-of-year closing meeting for 2025, Sung Foundation took time to celebrate and honour three outstanding staff members whose dedication and contributions have significantly advanced the work of the organization.

The honourees, Sayibu Umar-Farouk, Programmes Manager; Adam Shafawu, Gender and Governance Officer; and Thelma Kolpoabil Mahama, Media and Communications Officer were recognized for their professionalism, commitment, and the passion they bring to their respective roles. Through their efforts, the Foundation has continued to strengthen its programs, amplify community voices, and deliver meaningful impact across the communities it serves.

The recognition formed an important part of the closing meeting, providing an opportunity to reflect on the year's achievements while appreciating the individuals behind the work. It also served as a moment to inspire continued excellence and teamwork within the organization.

The recognition formed an important part of the closing meeting, providing an opportunity to reflect on the year's achievements while appreciating the individuals behind the work. It also served as a moment to inspire continued excellence and teamwork within the organization.



Sung Foundation remains committed to fostering a supportive and motivated team, recognizing that its people are at the heart of its mission to empower communities and create lasting change.



SUCCESS STORY

Building Resilient Communities

In 2025, **Sung Foundation** continued to make a lasting impact across Northern Ghana, despite financial challenges. Through strategic partnerships with local and international donors, the Foundation empowered women and girls, strengthened community systems, and promoted sustainable development.

The year saw communities become more engaged in **women's leadership, gender equality, and health awareness**, while grassroots structures for addressing gender-based violence and child protection were strengthened. Environmental sustainability and hygiene interventions reached new audiences, promoting clean practices and livelihood opportunities.

Through targeted advocacy, community mobilization, and capacity building, Sung Foundation reinforced its **commitment to inclusive development**, creating spaces where women and girls can thrive, communities can grow sustainably, and collective action drives lasting change. 2025 was a year of resilience, progress, and hope, paving the way for an even stronger 2026.

Health Corner – What to Do When Someone Is Choking



Choking can happen suddenly, at home, in the office, or during meals. Knowing what to do can save a life.

Check quickly:

If the person cannot speak, cannot cough properly, is holding their throat, or is struggling to breathe, they may be choking.

Step 1: Encourage coughing

If the person can still cough, let them do so. Do not slap the back immediately.

Step 2: If the person cannot breathe or speak

Stand behind the person and perform abdominal thrusts:

- Place one fist just above the belly button
- Hold your fist with the other hand
- Pull inward and upward sharply
- Repeat until the object comes out

For children:

Use the same technique, but be gentler with your force.

Emergency tip:

If the object does not come out and the person collapses, **call emergency services** immediately and continue helping if trained.

Prevention tip:

Encourage children to eat slowly, chew food well, and avoid talking or laughing with food in their mouths.

Small knowledge. Big difference. One skill can save a life.



Looking Ahead: Our Plans for Next Year

As we move into 2026, **Sung Foundation** is committed to building on the strong foundations laid in 2025 and deepening our impact across the communities we serve.

In the coming year, we will focus on:

- **Scaling women and girls' leadership and voice** by expanding community and school-based platforms that strengthen advocacy, public engagement and movement building for gender equality.
- **Strengthening community systems to prevent gender-based violence**, with greater emphasis on digital safety, enforcement of community by-laws and collaboration with traditional and local authorities.
- **Expanding climate and environmental actions**, particularly youth-led initiatives, clean cooking promotion and practical climate-smart solutions at community level.

- **Deepening health, nutrition and WASH interventions**, including menstrual health, hygiene promotion and nutrition support for women and children.

- **Enhancing partnerships and resource mobilisation with key allies such as CARE International Ghana, African Women Development Fund, Gower Street UK and Roddenberry Foundation**, while seeking new collaborations to sustain and scale our programmes.

Guided by our mission to empower women, girls and marginalised groups, 2026 will be a year of consolidation, innovation and stronger community-driven action for dignity, safety and inclusive development.

ACKNOWLEDGMENTS



Sung Foundation sincerely expresses its appreciation to all partners, supporters and community stakeholders whose commitment made our 2025 achievements possible.

We are deeply grateful to CARE International Ghana, African Women Development Fund, Gower Street UK and Roddenberry Foundation for their continued trust and support in advancing women's rights, community resilience, climate action and WASH interventions.

We also acknowledge the valuable collaboration of Collective Action Against Poverty in Ghana, NETRIGHT-Ghana and eTrash2Cash for their technical support, advocacy partnerships and community engagement efforts.

Our heartfelt thanks go to traditional authorities, district stakeholders, schools, community leaders and volunteers across the Northern communities for their cooperation and leadership.

Finally, we commend the Board, management and dedicated staff of Sung Foundation for their unwavering commitment and passion in delivering impact for women, girls and vulnerable groups throughout 2025.



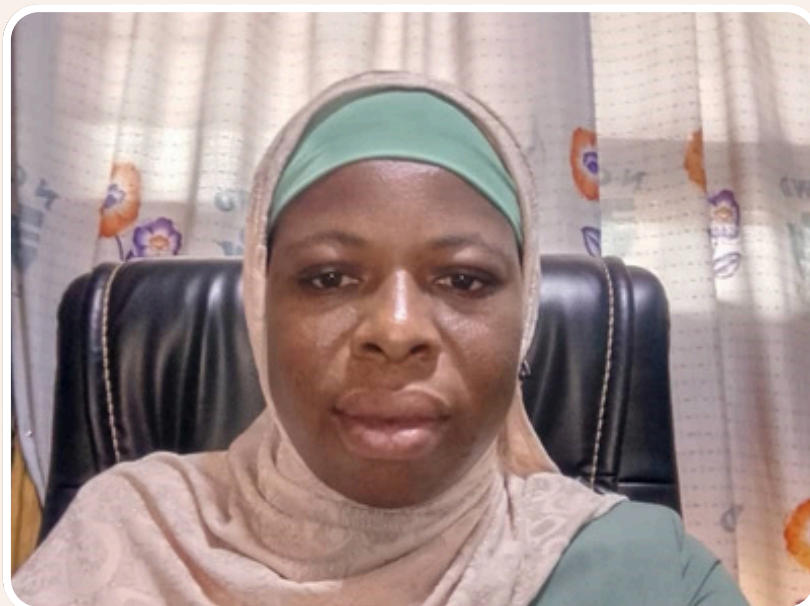
Board of Directors



Hajia Fati Seidu Tambro
Executive Director, Sung Foundation



Alhaji Mohammed Awal Alhassan
Executive Director of Norsaac



Bushira Alhassan
Director of the Department of
Gender, Northern Region



Alhassan Issahaku
Executive Director of A&A
Global Consult



Ansar Zaman Alhassan

Gallery



Gallery



Social Media



@Sung Foundation



Sung Foundation Ghana



Sung Foundation



www.sungfoundationghana.org

Prepared by: Thelma Kolpoabil Mahama
Media and Communications Officer