



SHAPE LIVES INTERNATIONAL
“shaping lives for a better future”

**ANNUAL REPORT
2017**



1. OVERVIEW

Shape Lives International is a registered charity organization (NGO) dedicated to supporting and implementing grassroots projects in Education, Environment, Poverty Reduction and Healthcare. We empower the poor, needy, the victimized and also promote policies that lead to the improvement of the overall standard of living. Shape Lives International is legally registered in Ghana as a Non-Governmental Organization and in the United States as a 501c 3 tax – exempt non –profit.

Shape Lives International was founded in 2004 with the aim of giving hope, love and contributing to making a better place for people in despair; to bring sustainability to those who battle with hunger, health difficulties; to enlighten the ignorant and promote the sharing of knowledge in the society.



2. DIRECTOR'S SPEECH

The idea of making the world a better place for all is a core motivation that spurs us on to take actions that can impact on the lives of persons living in developing communities. The Shape Lives team is very committed to bringing changes in health, education, economic empowerment and development in these societies. As Albert Einstein says, *"Learn from yesterday, live for today and hope for tomorrow. The important thing is not to stop questioning "*

As such we are inspired to doing more and seeking new ways to improve the standard of living in these communities.

3. WHO WE ARE

We are a group of passionate people working tirelessly to share love where there is hate, hope where there is despair, peace where there is strife, sustenance where there is hunger, health where there is disease, tolerance where there is prejudice, knowledge where there is ignorance, respect where there is division, and passion where there is apathy.

We are a motivated organization that welcomes all people to engage in activities that promotes healthy living, economic development, poverty eradication, education and manpower training.

We encourage all donors and partners to participate in our NGO projects because our end game is to assist underdeveloped communities to attain a fair level of development evident in a better standard of living.

4. OUR MISSION

Shape Lives International's mission is to support and implement grassroots projects in education, environment, poverty reduction and health care. Our primary target is to empower impoverished women and children; the victimized and also to promote policies that lead to the improvement of the overall standard of living.

5. OUR VISION

The vision of Shape Lives International is to become the best known and recognized non-governmental/non-profit organization in Africa dedicated to reshaping the health and economic lives of impoverished women, children, the sick, and others victimized by society through supporting, promoting and implementing policies and projects that deliver value for what it offers.

6. SLI's Values:

- Integrity
- Team work
- Accountability
- Transparency
- Loyalty
- Respect for all

Objectives:

Shape Lives International aims to become the best-known and recognized not-for-profit NGO in Africa, dedicated to the following courses:

- **Economic Development and Empowerment**

- To empower those living in poverty, especially women from rural areas, to grow and sustain their income generating activities in order to improve the lives of their families and communities.

- **Education and Training**

- To undertake and support education and skills development projects wherever possible for children and youths of Ghana.

- **Community Development**

- To partner with communities on projects which contributes to the well-being of their inhabitants and the improvement of their living conditions.

- **Environment**

- To support and implement projects that protects our environment.

7. OUR TEAM

Our Management Team/Staff:

Executive Director/President :

Mr. Alexander Kedje

Treasurer: Miss. Olivia Santos

Secretary: Mrs. Mercy Sabbah

Director (Operations): Mr. Francis Chico

Director(Fundraising): Mr. Richard Adom

Director (IT): Mr. Prince Acheampong

Director (Events/Planning): Sarah Obeng

Volunteers:

Wilson Adongo

Fafa Rotimi

Victus Tetteh

Mayebi Augustine

Asuah Mohamed

Doroth Nah

Mary Asante

Dorothy Nayah

Rebecca Klu

Phillimon Attah

Charles Asante

Roland Abah

Vivian Mameser

Dan Nii-Larty

Esther Ameu

Victoria Owo

Yaa Asantewa

Vivian Adono

Theodora Tawiah

8. HIGHLIGHTS OF PROJECTS CARRIED OUT IN 2017

1. Water and sanitation projects

a) **Bume Gravity water system**. We have provided water for more than 5000 beneficiaries in 2017. Repair works were further carried out on the gravity water system of Bume and a new water sedimentation tank for water filtration was constructed.

This gravity water system is a common solution when given available topographic relief as it pipes water without pumping or requiring costly energy. It is a type of water supply in which water falls by its own weight from a high source to the consumers located below. The energy used for displacement is the gravitational energy the water has due to its height.



A picture of a newly constructed water sedimentation tank

Typical gravity systems include a dam or spring catchment (a **sedimentation tank**) to collect the water, and it is piped via gravity by a number of treatment processes (sedimentation, filtration, chlorination). When the water reaches the community, it is clean and in ample supply. This settler has typically four zones: entrance, sedimentation, departure and a sludge collection area.

The main advantages of this configuration system:

- No pumping expenses.
- Low maintenance cost as they hardly have moving parts.
- The pressure of the system is controlled more easily.
- Robustness and reliability.

b) Provision of Clean Drinking Water through Biosand Water Filters.

We have provided Biosand Hybrid Water filters (BSF) to more than 300 households in the Hohoe Municipality. This makes portable water accessible. The biosand filter is an improvement on the traditional slow sand water filters (which has been used for community water treatment for hundreds of years), specifically designed for intermittent or household use.

The filter is simple to use and can be produced locally anywhere in the world because it is built using materials that are readily available (concrete, plastic or any other water-proof, rust-proof and non-toxic materials). The capital cost depends on the local material and cost of labor. However, they require no consumables and the operating costs are negligible.

BSFs consist of a simple container with a lid, enclosing layers of sand and gravel, which traps physical sediments, pathogens and other impurities from the water. A biofilm, which forms a shallow layer of water, sits atop the sand column and contributes to the elimination of pathogens.



Some advantages of this technique include:

- High removal of pathogens.
- Removal of turbidity, color, odor and iron making the water taste and look good.
- Relatively high flow-rates can be achieved (over 30L per hour)
- One-time installation with few maintenance requirements and negligible operation costs, which is very beneficial for low income communities.
- Can be fabricated from locally available materials generating business opportunities for locals.
- Easy to operate and maintain

2. Improving Education And Nutrition For School Children Through School Gardening

This project has as objective to foment the practice of organic agriculture to schools and produce organic vegetables and fruits for the pupils' meals, providing them with healthy, safe and nutritious food (no pesticides, fertilizers or residues) which is also environmentally friendly. It is a way to fight pests, maintain or increase land fertility, etc. In addition, it helps to achieve greater environmental sustainability causing minimal environmental impact.

When growing food in soils balanced by natural fertilizers, the products are more nutritious because they contain higher levels of vitamins (especially C), essential minerals such as calcium, magnesium, iron, and chromium, antioxidants, which help prevent diseases such as cancer.

Gardening offers hands-on experiential learning opportunities in language arts (through garden journaling), visual arts (through garden design and decoration), and nutrition.

Crops and vegetables grown are distributed to the school children and their parents to improve their nutritional status for a healthy life. Four primary schools with a total of 287 children are beneficiaries of this project.

This project helps children to reflect on the benefits of consumption of local products, know the calendar of seasonal native products, encourage teamwork, help them learn the best food for their health and the environment, and create a communication channel with families to change unhealthy habits and encourage consumption of organic and local foods.



School children practicing at the field

3. Shape Lives Bike Mobility And Tours

Shape Lives Bike Mobility and Tours project was kick started in order to improve the community's mobility through bicycles and to promote bicycle tourism in Ghana and beyond.

Riding bicycle has numerous **health benefits** and positive impacts in life and environment. Pedaling is a cardiovascular exercise. It is one of the best activities to burn fat and fight against cholesterol. The position of the back also improves, it helps to strengthen

the muscles of the lower back (the spine) which improves the resistance of the base of our back and, in the long run, the possibility of having hernias decreases. It strengthens the knees, combats stress and allows for a better and stronger immune system.

It is **environmental friendly** as it does not consume any kind of mineral energy but human force. It is a perfect solution to move forward to sustainable mobility and reduce greenhouse gas emissions.

We provided more than 500 bicycles to less privileged citizens and organized 8 tours in the community. Many of these children will be able to use these bicycles to school making it easy to attend to classes, especially for those who live in long distances.



Pictures of some bike beneficiaries

4. Energy Efficient Cook Stove for Poor Families in Ghana

The typical stove used for cooking in most homes in Ghana is not much better than a stone or Iron Age camp fire. It is poorly insulated, inefficiently burns a lot of fire wood and it spews disease-causing particulates into the air which causes loads of infections. These infections in many cases may lead to mortality.

The main groups affected include women and children in households using open fires in built-in kitchens, institutional cooks, kitchen helps, and secondary school students who study with kerosene lamps. However, awareness of the health impacts of stove smoke is low. In addition, the weekly cost of purchasing wood to keep this fire burning impoverishes these families the more as they end up spending all their meager earnings.

The solution we provided was to gift these needy families with better and efficient cooking stoves. These stoves reduces or eliminates the need for wood thus reducing the demand for logging forests, poverty and starvation. In return, these families planted Moringa trees and nurtured them to grow either at their gardens, farms and other designated places for their

nutritional needs. These trees protects the environment and reduces global warming. Altogether, twenty two (22) stoves were provided to these families. These new stoves will decrease the burns, injuries and infections obtained by gas inhaling and will help reduce the risk of violence that women face when collecting wood from outside their town or refugee camps by reducing the frequency of firewood that must be collected.

A well-designed wood or charcoal-burning efficient stove will reduce the fuel used in cooking by about 50%, while

reducing toxic emissions by up to 70%. The improved cook stoves and

their increased efficiency enable households and institutions that purchase fuel wood or charcoal to save money on fuel costs. Women also benefit from using improved cook stoves, with reduced symptoms of bad health from indoor air pollution, less time spent cooking, and less time spent collecting fuel.

Progress towards this category will be measured by calculating biomass fuel savings, rates of deforestation, and mitigated emissions.



Pictures of some families with their stoves

9. FINANCIALS

Highlights of the Organization's financial performance during 2017 include the following:

| | 2017 | 2016 |
|--------------------------------|--------------------|-------------------|
| | GH¢ | GH¢ |
| • Total grant received | 295,308.00 | 286,540.00 |
| • Raised from other sources | 83,053.00 | 146,344.00 |
| • End of period Surplus/(Loss) | (41,836.00) | 68,775.00 |

The Balance Sheet has been signed by the President and two members indicating the Board's approval of such Balance Sheet and Accounts attached.

The balance on the Accumulated Surplus account at the close of the year ended on 31st December, 2017

Look thus:

| | 2017 | 2016 |
|------------------------------------------------------|----------------------------|-------------------------|
| | GH¢ | GH¢ |
| Balance B/Fwd-01/01/17 | 68,775.00 | 126,140.00 |
| Add: Transferred from Income and Expenditure Account | (139,931.00) | (57,775.00) |
| Deferred Income utilized | 29,730.00 | - |
| Balance Transferred to Balance Sheet | <u>(41,836.00)</u> | <u>68,775.00</u> |

Closing Bank/ Cash Balances for the period are as follows:

| | 2017 | 2016 |
|------|-------------------------|--------------------------|
| | GH¢ | GH¢ |
| Cash | 820.00 | 502.00 |
| Bank | <u>92,315.00</u> | <u>254,432.00</u> |

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR
ENDED 31ST DECEMBER, 2017

| | | 2017 | 2016 |
|---------------------------------------------------|--------------|--------------------------|--------------------------|
| | Notes | GH¢ | GH¢ |
| Grants | (2) | 295,308.00 | 286,540.00 |
| Other Income | (3) | <u>83,053.00</u> | <u>146,344.00</u> |
| Total Income | | <u>378,361.00</u> | <u>432,884.00</u> |
| Less: Administrative Expenses | (4) | 52,740.00 | 44,867.00 |
| Bike Mobility Program/Festival | | 105,201.00 | 113,960.00 |
| Project Disbursements: | | | |
| Water and Sanitation Project | (5.0) | 258,670.00 | 78,231.00 |
| Sustainable Agric. Training | (5.1) | 22,710.00 | 130,860.00 |
| Educational Training | (5.2) | - | 16,240.00 |
| Nutrition Training | (5.3) | - | 32,700.00 |
| Improving mobility through Bike | (5.4) | 72,301.00 | 15,327.00 |
| Energy & Environment Initiative | (5.5) | 5,170.00 | - |
| Audit Fees | (6.0) | <u>1,500.00</u> | <u>1,500.00</u> |
| | | <u>518,292.00</u> | <u>470,659.00</u> |
| Excess of Expenditure over Income | | | |
| Transferred to Accumulated Surplus Account | | (139,931.00) | (57,775.00) |

BALANCE SHEET AS AT 31ST DECEMBER 2017

| | | 2017 | 2016 |
|----------------------|--------------|--------------------------|----------------------------|
| | Notes | GH¢ | GH¢ |
| Non-Current assets | | 743,687.00 | 771,598.00 |
| Stationery-Stock | | | 0.00 |
| - Bike | | - | 3,548.00 |
| Cash on Hand | | 820.00 | 502.00 |
| Bank | (7) | <u>92,315.00</u> | <u>254,432.00</u> |
| TOTAL ASSETS | | <u>836,822.00</u> | <u>1,030,171.00</u> |
| REPRESENTING: | | | |
| Accrued Expenses | | 1,500.00 | 1,500.00 |
| Deferred Income | | 877,158.00 | 960,306.00 |
| Accumulated Surplus | | <u>(41,836.00)</u> | <u>68,365.00</u> |
| NET WORTH | | <u>836,822.00</u> | <u>1,030,822.00</u> |

NB: This information is an extracts from our audited accounts. If you need more information about the accounts , please contact us .

10. OUR PARTNERS/NETWORKS





CONTACT US

Ghana - Head Office

Physical Address:

No. 1 Moringa Villa
Shape Lives Centre
Santrokofi-Bume
Volta Region
Ghana

Postal Address:

PO Box 99
Santrokofi-Bume
Volta Region
Ghana
VC0757

Digital Address: VC-0757-6231

United States

455 Elizabeth Ave
Room 16B
Newark
NJ 07112

Phone:

Ghana: +233 244 313929
USA: +1 267 333 4453

Web: www.shapelives.org

Email: info@shapelives.org

Skype: kedje1

Follow us on social media:

facebook.com/shapelives/
twitter.com/shapelives1



SHAPE LIVES INTERNATIONAL
“shaping lives for a better future”