

CBR Effata

Policy plan

2025-2027

Summary Policy plan 2025-2027

CBR Effata is a small Dutch non-governmental organization working in rural sub-Saharan Africa (Nigeria). CBR Effata aims to help **people with disability** to live in dignity by facilitating rehabilitation and advocacy. In 2022-2024 we have worked on these aims by programs directed at provision of education and community-based rehabilitation for children and adults with impairments, the expansion of inclusive education, the support of orphans and vulnerable children affected by HIV/AIDS, reaching economic independence by Income Generation projects, as well the incorporation of spiritual support in the programs.

Examples of aims that have been reached in the past years are

- extension of Bethel and Berea schools for inclusive education with expanding numbers of pupils
- generation of income with building water tanks
- development of a CBR training course including two weeks of hands-on experience

In 2025-2027 we aim to continue to share our knowledge of and experience in community-based rehabilitation by further development of the training course. In addition, we aim to extend collaboration with other non-governmental organizations to share knowledge and experience in the CBR methods.

CBR Effata General Information

Background

Recent data indicate that in sub-Saharan Africa approximately 2-11% of people is disabled, with disability rates ranging from 4-11% for children. Disability rates are equal between males and females, but is substantially higher in rural areas as compared to urban areas. People living with a disability have poorer health outcomes, lower access to education, less societal participation, and higher poverty levels than people without a disability. Efforts towards reducing the burden of disability remain challenging due to social and political instability, poverty, stigmatization, poor health care system infrastructure, scarcity of trained medical personnel and a shortage of rehabilitation specialists. By implementing care for people with a disability at a local level, community-based programs not only improve access to treatment, but also increase awareness in resource-poor settings. The World Health Organization explicitly advocates using community-based rehabilitation (CBR) to equalize the social integration of people living with a disability. CBR is, therefore, the methodology used to help people with disabilities in our programs.

Mission

The mission of CBR Effata is to improve the physical, mental, and social well-being of people with disabilities in sub-Saharan Africa. To achieve these aims, CBR Effata:

- 1) provides direct medical care to treat or cure physical disabilities or epilepsy, if possible,
- 2) provides means of living with a disability if a cure cannot be attained,
- 3) actively stimulates and facilitates participation of people with disability in society,
- 4) creates awareness and prevent stigmatization of disability in the whole society,
- 5) uses local resources to achieve these aims.

Altogether, CBR Effata aims to integrate individuals with disabilities into society and their acceptance by the community. Since recent years, part of the mission of CBR Effata is to actively share and transfer knowledge in the CBR method to partner organizations.

Method

CBR Effata is a community-based rehabilitation program in which the local community forms the basis of all activities. Rehabilitation is implemented through the combined efforts of people with disabilities, their families and communities. Government and non-governmental programs for health and education are closely involved as well as vocational and social services.

In the working area of CBR Effata, this is realized as follows:

- i) people with disabilities are visited and, if possible, treated at home,
- ii) family and community members are included in the rehabilitation process,
- iii) schools, churches and village meetings are attended for awareness activities,
- iv) vocational training takes place at the village level, through a system of apprenticeship,
- v) by providing means for entrepreneurship for people who have successfully finished their training.

Finally, program parts are transferred to the local administration after successful development.

Focus country

CBR Effata is active in sub-Saharan Africa, focusing on Nigeria. CBR Effata is located in Izzi Local Government Area and Ebonyi Local Government Area, both in Ebonyi State, one of the country's poorest regions. While CBR Effata developed a CBR program in Guinea-Bissau as well, this program was transferred to the affiliated organization Child Care Africa (CCA) in 2023.

Collaborations

CBR Effata has established collaborations at national and international levels. We have formal contacts with Ebonyi State hospitals and several local primary and secondary schools. We collaborate with the Ministry of Health, Education and Social Welfare and with local churches.

Since 2023 CBR Effata actively partners with the organization Child Care Africa (CCA). Following this collaboration, the main project advisor of CBR Effata also works for CCA. The aim of this collaboration involves extension of the working area in Sub-Sahara Africa, and includes among others Guinea-Bissau, Uganda and Sierra Leone.

Registration

CBR Effata was founded in 1996. In 2021 CBR Effata celebrated its 25th anniversary.

CBR Effata is officially registered with the Kamer of Koophandel, The Netherlands, and is registered as a charitable organization (ANBI). Its official website is <https://cbreffata.nl>

In Nigeria, CBR Effata is registered at the Federal and State level as a Christian, non-denominational, non-governmental organization.

Financial position

The total annual budget of CBR Effata spent in 2023 was €67.691,23. This budget is predominantly spent on the programs that fall under responsibility of the Dutch Board and on the sustenance of the project advisor. A small part of the budget (<2.5%) is spent on activities of the Dutch Board. In contrast to the programs that receive direct support from the Dutch board of CBR Effata, a number of programs are under the responsibility and support of our similarly named Nigerian partner organization CBR Effata (for further explanation, see *Management Structure*). The work of CBR Effata depends on financial support from official sponsors and private donations. The programs are, among others, supported by Jars of Clay Foundation, Board of Special Needs and Stephanos Development Foundation. We receive private donations for all programs.

Monitoring and Evaluation

The projects are monitored and evaluated through quarterly reports, and (semis-) annual narrative and financial report, monthly team meetings, quarterly Board meetings and staff evaluations. A monitoring visit by the Dutch Board is scheduled every year to support the programs in Nigeria, by professional donor contacts, transparency and long-term vision and strategy development.

Management Structure

CBR Effata consists of several programs, each with a local Board at the national level, a Program Advisor (Mr F. van der Maas), and an overarching Dutch Board. The Program Advisor advises the local boards of individual programs.

The Dutch Board is mainly involved in the development of new programs. Equally important is working on a sustainable environment in the existing programs. As a guiding principle in our organization, programs become independent from the Dutch board after evidence for independent operation of the program. The local board is, in this case, responsible for the program but continues to receive advice and support from the Program Advisor.

As a result, CBR Effata consists of programs under the responsibility of the Dutch Board and the Project Advisor on the one hand, and independent programs under responsibility of the local boards receiving consultation by the Project Advisor on the other.

For 2025-2027 we anticipate that the Program Advisor will be present four months per year in Nigeria, the remaining 8 months in the schedule of the Program Advisor are dedicated to projects that fall under responsibility of CCA (see also Collaborations).

Nigeria

Background Nigeria

CBR Effata is located in Omorodu, Ebonyi Local Government Area and Nwofe, Izzi Local Government Area, both in Ebonyi State. Ebonyi State has a population of approximately 3.2 million inhabitants, and is primarily an agricultural region. It is the most underdeveloped territory in southeastern Nigeria, with relatively little development assistance from international agencies as compared to neighbouring states. The average life expectancy is 65 years, and has considerably improved in the last 5 years. 2018 World Bank numbers on poverty indicate that the percentage of people with less than \$2.15/day in Ebonyi State is 72.8%, while >99% lives on less \$6.85/day. Most people with disabilities remain at home and have no access to healthcare, rehabilitation or education.

HIV/Aids in Nigeria is an additional problem for people living with disabilities. People with disabilities are particularly vulnerable to contracting HIV/AIDS due to low socioeconomic status and related dependency. Despite instability in the northern parts of Nigeria, the southeastern part of Nigeria – where CBR Effata is active – is at relative peace.

CBR Effata Programs in Nigeria

Community-Based Rehabilitation (CBR) Effata started in 1996 with an Eye Care Unit, an Orthopaedic and Epilepsy Unit and a Vocational Training Unit located now in Omorodu Iseke. CBR Effata works closely with CBM, which sends an eye surgeon every five weeks. An orthopaedic surgeon visits the project every three months for consultations and operations.

In 1999 CBR Effata was expanded with a Special School for the Deaf (primary education), located at Onuenyim Iseke, and in 2004 with an AIDS Ministry located at Nwofe Agbaja. Currently, these projects are administered by and fall under responsibility of local boards.

In 2010, CBR Effata started an Inclusive Primary School in Nwofe Agbaja called *Bethel* to provide inclusive education. To improve the accessibility of secondary education for the disabled, CBR Effata launched *Berea*, a Secondary School with Inclusive Education. Berea started its first semester in September 2014 with both disabled and non-disabled children.

Independent CBR Effata programs in Nigeria

In Nigeria, the following projects fall under direct responsibility of local boards in Ebonyi State, Nigeria:

- Inclusive Primary School Effata, in Onuenyim Iseke
- Aids Ministry in Nwofe Agbaja

The eye project

The eye project combines outreach with monthly visits of a Nigerian ophthalmologist for consultations and surgery. The local workers visit villages to treat people at the spot or refer them to the centre of CBR Effata in Omorodu. Persons who are not eligible for surgery are offered mobility and orientation training to promote independence. The number of consultations in 2024 was more than 6.0000. The number of eye surgeries was 601.

The orthopaedic project

For orthopaedic consultations and procedures, CBR Effata is visited four times a year by a Nigerian orthopaedic surgeon. The local workers regularly visit six outreach centres in the Izzi area. In 2024 the number of consultations and surgical procedures was 1,476 and 142, respectively. Children with cerebral palsy receive specific support, and many people are being helped with crutches and braces. If needed, wheelchairs and artificial legs are provided for free.

The treatment of epilepsy is part of the orthopaedic project. This combination is due to the frequent contractures and injuries resulting from fits and falls in a fire. Per month on average 75 people are treated with medicines for epilepsy.

Vocational training

People with disabilities who finish school or are too old to attend classes can follow professional training in their chosen profession. These are professional skills such as hairdressers and carpenters. Blind students are supported at the Blind school in Iboko. Students with physical disabilities receive financial and moral support to follow regular education. In 2024 we supported 130 children in this Unit.

Inclusive Primary School Effata

From 1999, CBR Effata gave primary education to deaf and hard of hearing children. The policy changed in 2015. Instead of "Special Education", "Inclusive Education" is now provided, which means that children with and without disabilities receive lessons in the same class. The total number of children enrolled in this school is 203, of which 39 are deaf. One teacher is also deaf.

Inclusive Primary School Bethel

This school started in 2010 and has 451 pupils enrolled. A minority (28) is physically disabled, and in 2024 42 orphans from the AIDS program also attended classes. With help of the Steenstra foundation, we have recently initiated an additional class for the deaf, for 10 children living at a distance from Effata primary school. In this class, children get a one-year introduction in sign language, facilitating enrolment in the inclusive school after this year.

Inclusive Secondary School Berea

Berea started its first semester in 2014, aiming at an inclusive program for secondary education. Currently, Berea hosts 600 students, 98 of whom are deaf, and 27 have a physical disability. Two of the teachers are deaf, two of them are physically disabled.

Aids Ministry

The AIDS Ministry started in 2003. Today 700 HIV rapid tests are carried out annually. 100 people are provided with antiretrovirals. There is an active Support Group for HIV-positive people, including approximately 90 persons with HIV/AIDS. The Support Group gathers every month.

In 2024, 100 Aids orphans were helped with education and livelihood, while 60 orphans followed vocational training. Annually, a youth camp is organized with ±250 participating teenagers, of which 35% has a disability.

Water project Rehoboth

Many disabilities in Nigeria are the result of poor hygiene. We, therefore, consider it essential to also work on preventive measures. One way to improve hygiene is by offering clean drinking water. Clean drinking water is a big problem in Izzi during the dry season. Due to our experience with the construction of 5000-litre water tanks in Guinea-Bissau, we have introduced this concept in Izzi since 2017. In 2024, 200 cisterns were built. For people with a disability and poor widows, these cisterns are made for free. The water project also offers employment for young people with disabilities; in 2024, thirty masons were trained to build cisterns, of whom twenty masons were deaf.

Transfer of projects to local boards

From 2025-2026 we aim to transfer responsibility of the following projects to the local boards: Inclusive Primary School Bethel, the Eye Project, the Orthopaedic project and the Vocational Training. These projects will be directly supervised by local Nigerian boards, indicating full independency. For these projects, the Project manager will remain connected as advisor. From 2026-2027, Inclusive Secondary School Berea and Water Project Rehoboth will be prepared for full independency and control by local boards.

Looking back and forward

Evaluating the Policy Plan 2022-2024

From 2022 to 2024, CBR Effata has continued providing community-based rehabilitation for children and adults with disability, as illustrated by the persons that underwent consultation, operation or alternative forms of rehabilitation (see numbers above). While most of these projects are running well, efforts were mainly focused on maintaining the quality of the projects. Interesting as a highlight are the efforts that were put in increasing the economic independence (livelihood) of people with disabilities as a follow-up on the basic support programs. In the last three years, CBR Effata has been active in providing microcredits to individuals with disabilities who left vocational training or who leave secondary school. An example is the water tank program, where people with disability are trained as masons to build water tanks. The construction of these water tanks provides salary for the masons. As another example, CBR Effata has provided financial means to support orphans and vulnerable children affected by HIV/AIDS, facilitating their education. A second highlight is the hands-on course in community-based rehabilitation (CBR). While we described the construction of a training hall and a guesthouse earlier, CBR Effata in Nigeria has now launched a two-weeks training course in the principles of CBR. Although the launch was subjected to some delay from COVID travel restrictions, CBR Effata has now organized two training courses in Nwofe, Nigeria, over the last two years. These training courses were attended by health workers from various organizations from Africa, and involved a two-weeks, hands-on training. CBR Effata is currently developing similar hands-on workshops/courses on leadership and water tank construction. A final point worth mentioning, is the trauma support that CBR Effata provided to staff and individuals affected by tribal violence in Nigeria, that occurred close to the CBR Effata program in 2021, demonstrating the versatility of the CBR Effata program to respond to local needs.

Policy Plan 2025-2027

In the past 25 years CBR Effata has built on programs to support people with disabilities in Nigeria and Guinea-Bissau. From 2022 onwards, the main focus of the activities of CBR Effata has shifted to transfer knowledge and share the experience gained in the past years. From 2025-2027 CBR Effata will work on these aims, in the first place by transferring responsibility of programs to local boards. The responsibility for programs like Inclusive Primary School Bethel, the Eye Project, the Orthopaedic project and the Vocational Training will be transferred to local boards. Here, CBR Effata will only remain involved via the Project Manager, who will serve as external advisor. Also, Water Project Rehoboth and Inclusive Secondary School Berea, will be prepared for independence and local administration. In the second place, CBR Effata will shift its focus towards to sharing our experience of 25 years of CBR. We have recently started a two-weeks CBR training course for field workers who want to know more about CBR. This course has now been given for two years, and for the coming years we aim for one or two training courses a year for small groups (ten attendants per training). In addition, training modules will also be developed for leadership training and a workshop in the building water tanks. The same training facilities and guesthouse will be employed for the various training. Training groups may apply from within Nigeria or other countries in and outside Africa. After the initial training, follow-up coaching will be offered for appropriate local implementation.

Aims and location 2025-2027

Aims
To continue providing community-based rehabilitation for children and adults with visual, physical, mental and hearing impairments.
To further improve educational opportunities for the blind, deaf, mental and physical disabled children.
To increase the economic independence (livelihood) of people with disabilities.
To create further awareness among the general population about prevention, treatment and rehabilitation of persons with disabilities.
To effectively support orphans and vulnerable children affected by HIV/AIDS.
To continue a hands-on course in community-based rehabilitation
To set up a leadership training
To set up a hands-on course in building water tanks
To set up a fund to provide microcredits to individuals with disabilities who leave vocational training or who leave secondary school
To gradually transfer responsibility of all projects to local boards