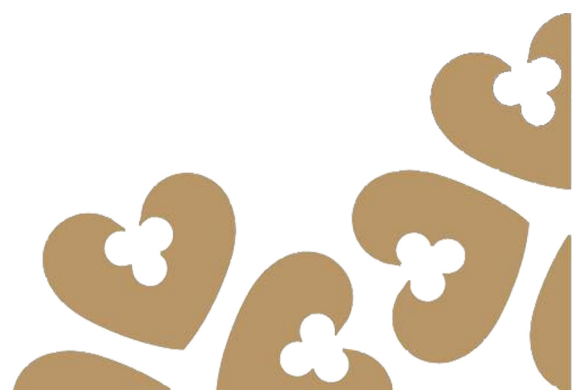




2025 NEWSLETTER

Empowering Lives Transforming Communities



NEWSLETTER – EBLF

MESSAGE FROM THE CEO

Dear Friends and Partners,

As we bring another remarkable year to a close, I am filled with deep gratitude and pride for how far the Empowering Better Life Foundation (EBLF) has come. This year has reminded us that transformation is not born out of comfort, but through compassion, consistency, and collaboration. From our beginnings rooted in a desire to make a difference, we have grown into a community of changemakers who believe that empowering one life can create ripples of hope that uplift entire families and communities.

Throughout the year, EBLF has continued to champion initiatives that align with our mission to empower individuals, especially women and young people, through education, skills development, and community support. We have witnessed inspiring success stories about students who are now leaders in their schools, women who have turned skills into thriving enterprises, and communities that have rediscovered hope through our outreach programmes. Each milestone achieved is a testament to what can happen when passion meets purpose and when we choose to invest in people, not just projects.

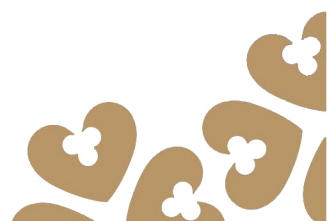
Beyond the numbers and events, what truly defines our journey this year is the spirit of resilience and unity that binds our EBLF family. Our volunteers, staff, and partners have worked tirelessly, often behind the scenes, to ensure that our programmes remain impactful and inclusive. Their dedication has reminded us that while resources are vital, it is people and their commitment, creativity, and compassion, which truly drive transformation. Together, we have not only reached lives but also built lasting relationships that continue to sustain our mission.

To our cherished partners, donors, and friends, I extend my heartfelt appreciation. Your trust and generosity have made it possible for EBLF to continue breaking barriers and creating opportunities where they are needed most. You have stood with us through challenges and celebrated with us in moments of achievement, and for that, we remain deeply thankful. Every gesture of support, has helped us extend the reach of our impact and bring dignity, hope, and empowerment to many.



As we step into a new year, our vision remains clear and unwavering: to build a society where every individual can live a life of purpose, self-reliance, and fulfillment. We will continue to innovate, collaborate, and advocate for the values that define our mission — empathy, inclusion, and sustainable empowerment. The journey ahead is full of promise, and with your continued partnership, I am confident that together, we will achieve even greater impact in the years to come.

Warm regards,
Alma Pokua Adade-Prempeh
Founder & CEO





A VISION COMES TO LIFE: THE LAUNCH OF THE EMPOWERING BETTER LIFE FOUNDATION

On March 5, 2025, a dream that had been nurtured over time became a reality with the official launch of the Empowering Better Life Foundation (EBLF). The event marked the beginning of a new chapter in our collective commitment to building a society where empowerment, compassion, and opportunity intersect to create lasting change.

The Foundation was established with a bold vision to transform communities by addressing the root causes of social inequality and exclusion. At the heart of EBLF's mission lies a deep passion for mental health awareness, inclusive education, menstrual hygiene, and financial literacy. These focus areas reflect our belief that every individual deserves dignity, access, and support to thrive.

Through our work, we aim to ensure that no child is left behind because of social or economic barriers, no girl misses school due to lack of sanitary products, and no mother raising a child with special needs feels isolated or unsupported. We believe that sustainable transformation begins when society moves beyond conversations and turns awareness into action.

The launch brought together partners, friends, and supporters who share in this vision of empowerment. Their presence was a reminder that meaningful change is possible when people unite with a shared purpose.

As our Founder and CEO, **Alma Pokuaa Adade Prempeh**, shared during her remarks, "This is just the beginning, and with your partnership, we will build a future where every individual has the opportunity to thrive."

The Empowering Better Life Foundation stands today as a beacon of hope and a platform through which lives will be empowered, communities transformed, and dreams reignited.







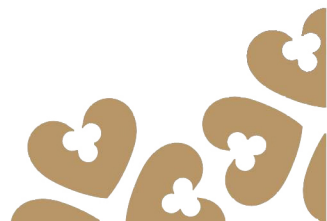
BREAKING THE STIGMA: MEDIA ORIENTATION WORKSHOP ON RESPONSIBLE REPORTING

On 28 March 2025, the Empowering Better Life Foundation (EBLF) held a Media Orientation Workshop on Responsible and Ethical Reporting on Mental Health and Special Needs at our East Legon office. The event brought together journalists, media practitioners and advocates under the theme “Breaking the Stigma: Responsible and Ethical Reporting on Mental Health and Special Needs.”

The workshop provided an open and engaging space for discussions on the role of the media in shaping public views on mental health and persons with special needs. Participants examined how to cover these issues with accuracy, empathy and fairness, recognising how language and representation influence public attitudes.

Facilitators and speakers stressed that responsible reporting goes beyond informing the public. It should also promote understanding and inclusion. Through case studies and storytelling activities, participants gained practical skills to create content that empowers vulnerable groups.

The session reinforced EBLF’s commitment to promoting inclusive narratives and addressing stigma in society. It also strengthened partnerships with media stakeholders who play an essential role in supporting ethical journalism.



BREAKING THE SILENCE: EBL FOUNDATION CHAMPIONS MENTAL WELL-BEING AT PURPLE MONTH 2025

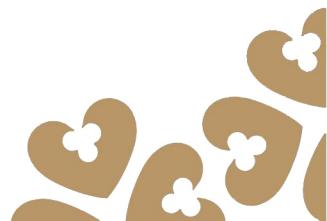
In a powerful gathering of advocates, change-makers, and mental health champions, the EBL Foundation proudly joined the launch of Purple Month 2025, held at the Ghana Shippers Authority Conference Room, Mt. Addico Hall, under the inspiring theme “Mental Well-being: My Voice Matters.”

The EBL Foundation proudly joined the launch of Purple Month 2025 at the Ghana Shippers Authority Conference Room, held under the theme “Mental Wellbeing: My Voice Matters.” The event brought together advocates and mental health champions for a meaningful call to action.

As a sponsor, the Foundation reaffirmed its commitment to promoting mental health awareness, financial literacy and menstrual hygiene, the three pillars that guide its efforts to empower women, young people and families across Ghana.



For the EBL Foundation, supporting Purple Month was an act of solidarity. Its involvement reflects the belief that true empowerment includes mental health as an essential part of personal and social growth.



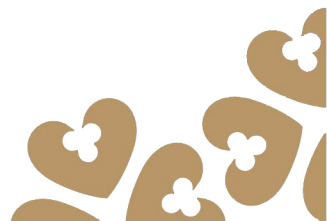
NURTURING FUTURE LEADERS: PROMOTING FINANCIAL LITERACY AND ETHICAL LEADERSHIP AT ST. PETER'S CATHOLIC SCHOOL

The Empowering Better Life Foundation (EBLF) visited St. Peter's Catholic School in Pa-paase for a session on Financial Literacy and Ethical Leadership under the National Development and Youth Empowerment Training Programme. Students learnt practical lessons on saving, responsibility and ethical decision making, sparking thoughtful discussions and strong interest.

The workshop helped students connect classroom learning with real life skills and highlighted that leadership is based on values, accountability and service. Alma Pokuaa Adade Prempeh, Founder and Chief Executive of EBLF, noted that it was inspiring to see young people eager to learn and lead with purpose.



EBLF remains committed to reaching more schools to support the development of responsible and empowered young leaders.



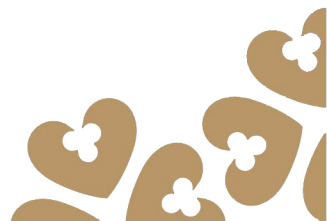
EBLF EMPOWERS PUPILS AT PEDUASE METHODIST BASIC SCHOOL

The Empowering Better Life Foundation (EBLF) visited Peduase Methodist Basic School in Aburi on 8 October 2025 for a session under the Financial Literacy and Ethical Leadership Programme. Pupils took part in engaging lessons on saving, honesty and leadership, and the atmosphere was filled with enthusiasm and curiosity.

As part of the visit, the Foundation donated a three in one HP printer and a whiteboard with markers to support teaching and learning. Each female pupil also received reusable sanitary pads, helping to ensure that no girl misses school during her period. All pupils were given snack packs, a maths set, a reusable tote bag that can be used as a school bag, a notebook and a pen.



The gratitude and excitement from the children reflected the impact of the visit. Beyond the items received, the pupils were reminded that they are valued and supported. EBLF remains committed to empowering young learners and helping them build strong values for the future.



NURTURING YOUNG SAVERS: BUILDING FINANCIALLY SMART FUTURES

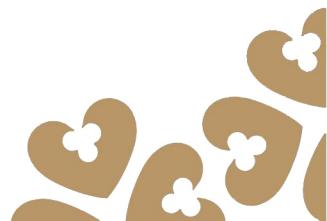
On Monday, 15 December 2025, a follow-up visit was undertaken to Peduase Methodist Basic School, Aburi, to engage members of the newly established EBLF Smart Kids Club – Save Smart: Little Savings, Big Dreams, following the Financial Literacy and Ethical Leadership Programme held on 8 October 2025;

the engagement provided an opportunity to interact with newly selected club executives and patrons, motivate students to remain committed to the club's vision, and reinforce essential lessons on saving, budgeting, responsible spending, and ethical decision-making,

while practical learning was enhanced through the donation of piggy (susu) boxes with seed funds of GHS 30 to each member—an initiative aimed



at instilling a strong savings culture early in life and equipping students with lifelong skills for informed financial choices, financial independence, and responsible citizenship.



PROMOTING FINANCIAL LITERACY AND ETHICAL LEADERSHIP AMONG YOUNG LEARNERS

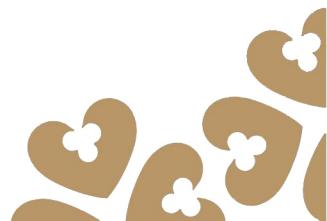
On Tuesday, 16 December 2025, a follow-up visit was paid to St. Peter's Catholic Basic School A & B, Papaase, to engage members of the newly established EBLF Smart Kids Club – Save Smart: Little Savings, Big Dreams, following the Financial Literacy and Ethical Leadership Programme held on 14 May 2025;

the visit focused on interacting with newly selected club executives and patrons, motivating students to remain committed to the club's goals, and reinforcing practical lessons on saving, budgeting, responsible spending, and ethical decision-making,

while hands-on learning was strengthened through the donation of piggy (susu) boxes with seed funds of GHS 30 to each member—an initiative aimed



at nurturing a strong savings culture early in life and equipping students with essential lifelong skills for financial independence, prudent decision-making, and responsible citizenship.





EBLF SUPPORTS GUTSY WOMEN MENTORSHIP PROGRAMME TO INSPIRE YOUNG FEMALE LEADERS

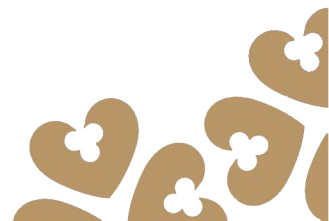
The Gutsy Women Foundation, with the support of the Empowering Better Life Foundation (EBLF), organized the Gutsy Women Mentorship Programme Cohort One Masterclass, held from 26 to 28 November 2025 at the Skills Hub by YOTA in East Legon. The programme is designed to equip young women with the confidence, skills, and guidance they need to lead with purpose and excel across sectors.

Participants received training on leadership development, overcoming gender biases, and the importance of mentorship. Sessions also covered practical financial literacy topics such as saving, financial independence, and planning for the future. The masterclass created an engaging space where young women explored how values, preparedness, and personal growth shape effective leadership.

The initiative reflects the shared mission of both foundations to support women in realising their full potential and contributing meaningfully to national development. The first cohort begins a promising journey of empowerment, growth, and future leadership.

| PARTNERS

INCLUSIVE FAMILY ALLIANCE



OUR IMPACT

Empowering Communities through Dedicated Projects



1

MEDIA ORIENTATION WORKSHOP ON RESPONSIBLE & ETHICAL REPORTING

Date: March 28, 2025
Beneficiaries: 17 Media Houses
Region: Greater Accra Region

2

COLLABORATION WITH KLIKKS FOUNDATION

Service: Speech therapy for 100 special needs students
Duration: Throughout the year
Region: Greater Accra Region

3

COLLABORATION WITH SPECIAL MOTHERS PROJECT

Support Provided: Sewing machines, hair dryers, gas stoves, cash assistance to mothers
Beneficiaries: 400 Mothers
Duration: Throughout the year
Region: Greater Accra Region

4

PARTNERSHIP WITH MENTAL HEALTH AUTHORITY

Event: Purple Month Campaign
Date: May 2025
Region: Greater Accra Region

5

FINANCIAL LITERACY, ETHICAL LEADERSHIP & MENSTRUAL HYGIENE EDUCATION

Location & Date: St. Peters Catholic Basic School, May 14, 2025
Beneficiaries: 2,045 learners
Region: Central Region

6

FINANCIAL LITERACY, ETHICAL LEADERSHIP & MENSTRUAL HYGIENE EDUCATION

Location & Date: Peduase Methodist Basic School, October 8, 2025
Beneficiaries: 406 learners
Region: Eastern Region

7

COLLABORATION WITH GUSTY WOMEN FOUNDATION

Program: Mentorship
Date: November 27, 2025
Beneficiaries: 50 young ladies & 7 mentees
Region: Greater Accra Region



PARTNER STORIES ABOUT EBLF

Klicks Africa Foundation has this to say about EBLF

Empowering Better Life Foundation, an NGO dedicated to supporting women and children, visited Klicks Africa Foundation in January 2025. During the visit, the founder, Mrs. Alma Adade Prempeh witnessed firsthand the growing number of children in need of consistent and professional speech therapy services. Moved by the urgency and the potential to transform lives, she pledged her organisation's full support to fund the engagement of a speech therapist at Klicks for an entire year.

This generous commitment has made an extraordinary difference.

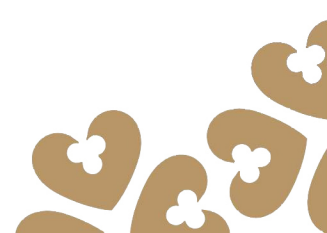
Because of this support, Klicks Africa Foundation has been able to provide more intensive, structured, and effective speech therapy sessions for our children. Many of the kids who once struggled to express their needs, form words, or engage socially are now showing remarkable progress. Their confidence has increased, their communication abilities have improved, and their interactions with family and peers have become more meaningful.



For some children, this has been the first time they received consistent therapy. For others, it has been the boost they needed to reach new milestones saying new words, strengthening articulation, improving comprehension, and learning to communicate in ways that bring joy to themselves and their families.

We are deeply grateful to Mrs. Alma Adade Prempeh and the entire Empowering Better Life Foundation team. Your compassion has created real change. Your support has given our children a voice literally and figuratively. You have eased the burden on families and strengthened the work we do at Klicks every day.

From the bottom of our hearts, thank you for believing in our mission and for standing with the children we serve. Your generosity continues to open doors of possibility for them, and for that, we are truly grateful.



THE INCLUSIVE FAMILY ALLIANCE (FORMERLY SPECIAL MOTHERS PROJECT) HAS THIS TO SAY ABOUT EBLF

Partnering with Empowering Better Life Foundation made a big difference

The Inclusive Family Alliance (formerly Special Mothers Project) has been in existence for 10 years pushing for the inclusion of parents and caregivers in policy formulation, creating awareness on cerebral palsy issues and providing individualised support, parents training.

Community building and empowering workshops are the hallmark of the Inclusive Family Alliance, therefore partnering with the Empowering Better Life Foundation, a non-governmental organization focused on holistic well-being and empowerment, with a particular emphasis on children and the underserved was perfect to create the necessary impact.

The transformative partnership between the Empowering Better Life Foundation and the Inclusive Family Alliance has helped enhanced the lives of hundreds of parents mostly mothers of children with cerebral palsy and touched the lives of so many more children with disabilities

The EBLF and the IFA partnership is a partnership rooted in empowerment and mutual understanding to create visibility for underserved populations and in the case of this partnership mothers of children with cerebral palsy

Mrs Alma Adade Prempeh, Founder of Empowering Life Better Foundation, initially supported hundred of mothers of children with cerebral palsy and other disabilities with livelihoods.

She distributed sewing machines, hair dyers, gas stoves, cloth and some cash to over 400 mothers of children with disabilities, moving to step further to identifying peculiar cases that needed extra support and providing continuous counselling through the Inclusive Family Alliance platform.

The Empowering Better Life Foundation also paid for Caregiver support for the founder of the Inclusive Family Alliance, reducing the weight of the heavy financial commitment of the founder as she tries to navigate the difficult journey of nurturing a child with cerebral palsy in a country where formalised and corporate support system is either non existent or very expensive.

The partnership is not just limited to support but also joining forces to engage in training programmes for stakeholders.

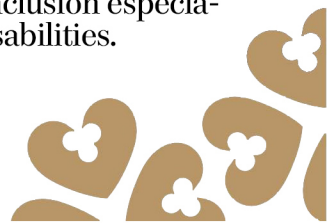
The Empowering Better Life Foundation again offered its platform for the Inclusive Family Alliance and the Mental Health Authority to train selected journalists in Accra on issues of mental health and how the media can effectively report issues on children with disabilities in Ghana.

Mrs Hanah Awadzi, Executive Director of the Inclusive Family Alliance said “I was very excited about the training on journalists on these issues, my passion is to help journalist better frame issues of disabilities in our society especially children with disabilities.”

Training the journalist can help us go a step further in our drive to have inclusive policies, especially policies that supports families, especially mothers of children with cerebral palsy and other disabilities, Mrs Awadzi added
By leveraging its networks, EBLF has also helped expose IFA's work to a broader audience, including policymakers, faith leaders, and development partners, catalyzing new collaborations and expanding IFA's reach.

The two organisations have shared goals, complementary strengths by providing practical guidance, helping parents to access peer support and mental health resources

Mrs Awadzi said the partnership is a fruitful one and hope that through the partnership more stakeholders will be trained to understand, empathise and join the campaign for inclusion especially for families of children with disabilities.



A Tribute of Profound Gratitude

Madam Alma Pokua Adade-Prempeh
From: The Gutsy Women Foundation

Hello Madam,

As we reflect on the journey of the Gutsy Women Foundation, one radiant and constant force stands out, you. It is with the deepest sense of appreciation and respect that I pay you this compliment

Your role as our partner has been so much more than a title; it has been a living, breathing committed partnership. You have been our most resourceful guide and our ever-present pillar. In every critical moment, your heartfelt advice has provided clarity and direction, steering our vision with wisdom and grace.

Your belief in our mission has been given expression through your generous financial support, which has empowered us to turn ideas into impactful initiatives. Beyond this, you have consistently gifted us something equally invaluable, your precious time and profound expertise. Whether serving as a brilliant resource person at our conferences or as a compassionate mentor in our programs, you have directly shaped the hearts and minds we aim to uplift. Your personal participation has left an indelible mark, profoundly shaping our projects and activities and elevating everything we do.



Madam, you embody the very spirit of a “Gutsy Woman,” and we are infinitely stronger for your guidance.

On behalf of the foundation, our volunteers and beneficiaries, I wish you a glorious and happy New Year. May our partnership grow and blossom into eons of years for posterity's benefit.

We are truly honoured to have you. Happy New Year.

Raynelle Boadu,
Founder/CEO
Gutsy Women Foundation

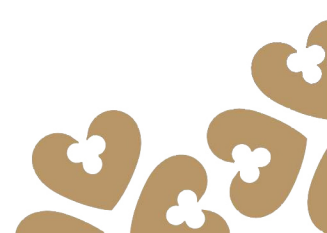


PHOTO GALLERY



Empowering Better Life Foundation LBG

(Registration Number CGo66800924)

Annual Financial Statements
for the year ended 30 September 2025

Empowering Better Life Foundation LBG

(Registration Number CGo66800924)

Annual Financial Statements for the year ended 30 September 2025

Detailed Income Statement

Figures in GHS

Notes

2025

Donations

7

Donations

396,802

Investment income

8

Investment income

1,806

Total income

398,608

Charitable activities

9

Charity support

(129,800)

Outreach project

(84,395)

(214,195)

Fund raising costs

10

Launch expenses

(112,500)

Media & advertising

(27,000)

(139,500)

General & administrative expenses

11

Audit fees

(7,500)

Bank charges

(1,012)

Depreciation

(21,400)

General cleaning

(8,470)

Materials & office consumables

(547)

Staff cost

(40,911)

Support for operations

(600)

Utility

(14,544)

Vehicle running cost

(13,995)

(108,979)

Total expenditure

(248,479)

Deficit from operating activities

(64,066)

Deficit for the year

(64,066)

FULL AUDITED ACCOUNTS CAN BE FOUND ON OUR WEBSITE

www.eblfoundation.org

To promote financial literacy, menstrual hygiene, and mental health awareness

and to support mothers of children with special needs and at-risk youth.

We strive to build a supportive and inclusive society that prioritizes mental well-being, equal opportunities, and ethical financial leadership, ensuring no one is left behind.



5,000+

Targeted Cases



45+

Volunteer



475+

Planned Communities Reach



15+

Targeted Global Reach



Call Us Now

+233 (0) 596 062 874



Send An Email

empower@ebfoundation.org



Address

Djane Ashie Street - East Legon