

# Clear Mind Foundation Nkoranza-Ghana Annual Report 2023

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## 1. Aim of the Clear Mind Foundation

The Clear Mind Foundation was founded in 2011 and registered in Ghana as well as in The Netherlands as an NGO in 2014.

The aim of the Clear Mind Foundation is two-fold:



- To offer persons with a mild learning disability appropriate paid work and, if needed, supported living. After probational periods these placements tend to be permanent.
- To offer recovered alcoholics sheltered living for those in need. Sheltered work and living for this second target-group is temporary. .

Clear Mind offers jobs at its farm, carwash, shop, garden and restaurant.

## 2. Review of the year 2023. Clients and Development-plan Implementation Report.

### • 2023 Clients Report Disability Group

**Living together, growing in solidarity as a family.** Since at the end of the year 2022 the new residence at the carwash was completed, all special workers, also those who previously lived and worked at the farm, moved into this new building or in other rooms on the carwash-premises, which together form one compound and one community. Living together at one place was an important step into developing a sense of family among the special workers. From this residential area the workers attend work at the different worksites at the location: the carwash, shop, vegetable garden and restaurant. Twice a week the workers attend the cashew-farm, which is located outside town, in small groups.

At the beginning of 2023 we employed a housemother Mrs. Habiba, working side by side with Willie, the manager and father of the project. Through her presence the level of personal hygiene and cleanliness of the compound has improved and shopping at the market and daily cooking at the kitchen was better organized, by way of rotating teams of special workers attending to these and other tasks. The sense of accomplishment in this working together as a community increased. When at the end of the year Mrs. Habiba left, Clear Mind employed two part time student workers in her place, who together (while attending school in the morning) continue and improve on all activities that were started earlier in the year, such as shopping, cooking, cleaning and all aspects of social life included church, sports and early morning exercises to start the day. Both these students, Racheed and Abu, will be employed full time after completing their studies in the middle of 2024. **The actual number of special workers: per 31 dec 2023 is 12.** Some came (Koo Fanti, Timothy, Richmond, Victoria) and some left. (Koo Fanti, Farouk, Kwaku farmer). Frimpong, being still too playful for work, returned to school but on Saturday he comes to work at the carwash. We watch him for 2 years before taking a final decision.



From left to right: Bridget. Kwame, Adjoa, Charles, Amankowa, Yaw, Vicky, Kofi, Frimpong, Amoateng, Timothy and Richmond. The twelve workers portrayed above are permanent workers at Clear Mind. Frimpong needs time to further evaluate and so does Vicky. Bridget has decided to work and live independently in her own house with her small business. Clear Mind is standby in case of need.

Below the 3 persons that left this year: Kwaku, Koo Fanti and Farouk. (Baba under the next chapter was also asked to leave after a few weeks of intoxicated stay at Clear Mind. A pity.



Manager Willie is in charge of all projects as well as the wellbeing of all young workers. His staff is expanding with the students Abu and Racheed. A brother of one of the special workers helps with bookkeeping and another friend volunteers with harvesting the honey at the farm. Kwame Evans is the firstcomer at Clear Mind is the leader of all special workers, helping to clarify and defend their interest to the management and board, being one of the board-members himself. Together with his wife Adjoa he lives at the new residence, where Charles and his wife Amankowa and Yaw also live. Yaw married his wife Victoria in November 2023 and now the new residence is inhabited by the three 'married couples', the remaining rooms being used as TV room and guestrooms, one for the relatives of the young workers and one for outside visitors.



As one of the shops on the carwash compound was not used, it was renovated into an improvised room where 4 more clients sleep, Ineke stays at the room on the side of the residence and at the back of her room another small room was constructed which we call the 'green room', and where client Richmond sleeps together with one of the working students, The other working student sleeps with the 4 young boys in the renovated store. The rented pioneer-house is used by the housemother and other working students, special workers, visitors and staff on probation as well as a reformed alcoholic Baba who however soon after arrival absconded the premises as he was drawn to his old habits.

**The carwash remains the main job opportunity site and the main 'money-maker', of all Clear Mind's worksites.** All special workers assemble at the carwash site early morning to do morning exercises, after which they clean the compound and water the flowers. Then those that wash cars take their position at the entrance to alternately wash cars, while others serve in the shop, weed the vegetables in the garden, make soap or go to the market for daily shopping. The carwash closes at 6 pm. During the mealtimes a few workers stay on call to attend to their work while others eat.

**The store is** operated by Adjoa, Vicky and Richmond. Adjoa cooks eggs and groundnut-cakes and together they sell coconuts and other delicacies. They alternate working at the shop with making soap for the carwash or collect fees at the carwash (Richmond).

**The Restaurant is not prospering** as the local population does not yet embrace the idea of persons with a disability serving food. The restaurant was eventually rented out.

- **2023 Clients report Addiction care:**

During the year 2023 activities in alcohol addiction care continued to reduce after a **stop to AA meetings** since the corona outbreak. The hospital and other care systems are becoming more accomplished in serving addiction care so Clear Mind decided **to concentrate on offering temporary sheltered work** and living if requested. Since very unfortunately the founder of our AA, teacher Paakwasi, himself a reformed alcoholic by way of AA, after a grave terminal illness deceased this year, we formally closed our AA gatherings and only offer rehabilitation by way of finding temporary work if needed. During 2023 we had one person of this target group applying for a job with sheltered living but he disappeared soon after resumption of his work.

- **Report implementation Development Plan 2023: Part 1: Acquirement of land** adjacent to the carwash premises in order to manage its wastewater in use for irrigation of a vegetable garden. Budget for part 1 € 8,000. **Part 2: Installation of off-grid solar energy for 75 percent of the electrical needs of the complex.** A total capacity of 20 Kwp solar energy to be installed, consisting of a 15 Kwp unit for the industrial area and a 5 Kwp unit for the residential area. The total estimate for the solar installation is € 42,799. The budget for part 1 and 2 together: € 50,799.



*N.B. Part 2 was revised in August 2023 because the Dutch Wilde Ganzen Foundation offered to augment the fundraising results with 50%. The original budget for installing one third of the energy needs at the cost of € 25,000 was therefore adjusted to € 42,799, which now serves 75 percent of the energy needs.*

**Description of implementation part 1:** In November 2022 the Ghana Environmental Inspection Team threatened to close our carwash bay, because the waste water was flowing into neighbouring land as our plot of land was too

small. Prior to purchasing more land we studied the possibilities of storing and recycling wastewater. Our manager visited a carwash bay in the region, where a deep basin was dug in adjacent land to contain the excessive water. We decided to construct a similar wastewater collection area and use it for irrigation of a vegetable garden. By starting to prepare our own natural environmentally friendly soap at the washing bay, the waste-water of Clear Mind, unlike chemical soap-powder, no longer pollutes the soil.

The implementation of the further plan as described below was essential for the continuation of the Clear Mind carwash bay, which is the key provider for work of our 14 special workers. Had we not found an outlet for our wastewater the environmental inspection service would have closed our business per April 2023, because of illegal pollution of neighbouring plots with wastewater.

For the plan to succeed it was crucial to buy adjacent land. Land is becoming scarce and expensive in Ghana, especially in roadside areas. But thanks to a cordial connection with particularly one good neighbour we were able to buy half an adjacent plot (measuring 15,2 by 7,6 meters) for the amount of GHS 5,500, included legal paperwork for the transfer of ownership. The purchase took place in February 2023. As lots of goats and sheep are roaming the area we had to construct a fence around the land to protect the crop from being eaten by grazing animals. Then a 4,5 meter deep, 2 meter wide waterhole was dug by local well diggers, and covered by a concrete lid for security sake, so no one could fall into the water basin.



Next step was digging a transverse gutter from the washing area to the water basin, measuring about 20 meter. This was all achieved by May 2023. Our special workers spaded the land and made hand dug irrigation channels, criss-crossing the land with a total length of about 90 meter irrigation canal. Onions and tomatoes, pineapple and cassava, garden eggplants, salad and groundnuts were planted. The first harvest of our own vegetables irrigated by wastewater was gathered in June 2023. The team was happy and proud of the results. We will continue to plant crops that grow well (onions, garden eggs, tomatoes) for home use as well as for sale in our Clear Mind shop.

With pride Clear Mind says it has achieved a solution for excessive wastewater. When in October 2023 the environmental inspection team returned they were so amazed at our solution of the problem and will use it as a model to study for other entrepreneurs in the field.

#### **Financial report development plan 2023 part 1 (Jan to June 2023)**

Land, half plot, with legal transfer and paperwork	55,000
Cement, Quarry, sand	16,520
Ironrods, woods paint	3,181
Blockmolders, mason, diggers, cover manhole, plumbing	11,184
<u>Seeds, summerhut,</u>	<u>5,177</u>
<b>Total GHS</b>	<b>91,062</b>

***The budget for this project amounted to € 8,000. With the current exchange rate the amount in Cedis to be spent on the project was GHS 96,000. With the actual expenditure of GHS 91,062 we were able to remain within the budget. (The exchange rate of the cedi dropped within 12 months from 1 euro/ 7 cedis to 1 euro/ 14 cedis, before it stabilized spring 2023 on 1 euro/ 12 Cedis after intervention by the IMF. To avoid confusion we calculate with the current exchange rate of 1 to 12.)***

## Description of implementation part 2 Development plan: Solar energy for Clear Mind Foundation.

The reason for installing solar energy is heightening the efficiency of the carwash. After Russia invaded Ukraine inflation went sky-high in Africa. This together with a steep devaluation of Ghana's local currency has greatly



increased the costs of living in Ghana. The costs of electricity takes one third of our budget, which equals the joined salaries of our clients. Breaking loose of the local electricity net will enable Clear Mind to keep providing work to our special residents, who otherwise would be stranded just now that they have a chance to develop further independence. After two years of researching the possibilities, Clear Mind invited, after recommendation, Mr. Kudasi from Kapital Engineering, Madina-Accra.) to provide the estimate for the installation. This turned out to be the best of all other estimates. The cost-estimate for a large industrial unit of 15 Kwp amounted to € 25,156, a smaller 5 Kwp unit for the residential area to € 13,103. This included 36 panels and 3 lithium batteries. The installation is made off grid with VRA standby. We budgeted GHS



15,000 unforeseen and GHS 35,050 for board lodging and transport of the providing agency. The total estimate for the installation was € 42,799 or GHS 517,214. The project takes care of electrification of 75 percent of the Clear Mind Foundation, the last part being scheduled for in the 2024 development plan. **Fundraising:** The Clear Mind Foundation in The Netherlands made a special effort in fundraising and Wilde Ganzen Foundation offered a significant percentage over all the money raised. We reached our target of € 42,799 in September 2023, which was transferred to the bank account of Clear Mind in Ghana, equalling 517,214 GHS in local currency. A week after receiving the amount in the local bank account, a money transfer of GHS 434,050 was paid to the firm Kapital Engineering in Accra, being the promised full payment of the estimate, minus the parts we purchased in The Netherlands (inverter and switch) on recommendation of the firm (€ 3,000). Clear Mind had to make an additional unforeseen payment of GHS 15,000 for shipment of inverters from India. After one month delay, due to late arrival of parts from both The Netherlands and India, Mr. Kudasi and his team of 5 engineers travelled to Nkoranza on 12th of November to install the solar equipment. They came with a huge lorry, loaded to the brim with all 36 solar panels, batteries, inverters, switches and all that was needed to complete the installation. We had the choice to provide board and lodging in a nearby hotel or invite the team as our personal guests on Clear Mind premises. We chose for the latter option and Mr. Kudasi team was welcomed in our newly renovated guestrooms. The team was happy to stay at Clear Mind, soon befriended our special workers and was served delicious meals by Mrs. Catharine Mahama, board member and restaurant owner in town. Working, eating and resting together was a good choice because it forged a nice relationship and gave our manager Willie ample time to see the installation for himself and ask the team thousands of questions. Early morning after arrival the men already climbed the roof to mount the first solar panels, which was completed on the third day. The next days were spent connecting the panels to the batteries, the inverters and the switches and creating the 'battery-room', a no-go area for all people but those chosen to handle them. Next to the battery room is the waiting area where our special worker Amankowa sits, handling the on and off switch of the carwash machines. The team showed interest in her work and paid her office beside the high powered battery room many visits. She gave the first and loudest laugh when the solar energy was first connected and she switched the 3 phase high pressure on from the solar installation. It worked! On Friday the Clear Mind manager received instructions, the system was handed over. In the evening we inaugurated the project and celebrated this wonderful new asset of Clear Mind. Since then the solar energy has been working well. Only when the sky is overcast do we temporarily have to switch back to the standby energy from town.

The people from Nkoranza now come to Clear Mind not only to wash their cars but also for sightseeing! We are the only washing bay in Ghana powered by solar energy! The lifespan of the batteries is max ten years and the solar panels 25 years. Clear Mind will plan to set up a solar maintenance fund to be able to maintain and if needed

replace units of the solar system. We thank the board in Holland, the sponsors and contributors, Wilde Ganzen Foundation and Director Kudasi and team of Kapital Engineering who became our friends!

#### Expenditure Report Solar Energy project Clear Mind Foundation Ghana

27-9-2023	transfer from Overseas	517,214	
3-10-2023	Full payment Kapital Engineering		434,050
		plus 15000 unforeseen harbour clearing cost	15,000
26-sep	<i>Independent solar systems deventer:</i>	<i>1 Cerbo GX ordercost all-in 2625,50 euro</i>	
	<i>3x2364 smartsolar Mppt 250/100 TRV</i>	<i>9/9 shpping P Lamb 502 euro, total 3128</i>	37,536
1-nov	from hospitality budget	official phone for clear Mind	1,200
29-10-2023		Hospitality, renovation guerstrooms	6,590
18-11-2023		Food served to engineers	2,930
18-11-2023		drinks to same	1,093
		transport	800
		welder: battery room thiefproof doors	5,950
		ventilator batteryroom, cleaning equipment	4,000
27-11-2023	positive balance	into a newly created solar maintainance fund	<u>8,065</u>
<b>27-11-2023 Total GHS</b>		<b>517,214</b>	<b>517,214</b>

### 3. 2023 Financial Report Carwash, Farm and Development Account Clear Mind Foundation

#### Financial Report 2023 Carwash Location Unit in Ghana Cedis

##### INCOME

Description	Amount
Brought forward from 2022	7.710
Income from Washing bay	59.976
Income from shop	12.678
<u>Income from Restaurant</u>	<u>1.250</u>
<b>Total</b>	<b>81.614</b>
<i>Brought forward 7.456 to 2024</i>	

##### EXPENDITURE

Description	Amount
Electricity	19.000
liquid soap ingredients	9.200
supplies shop (drinks, biscuits etc)	11.200
Repairs	9.110
Other (a.o. hospitalbills accident)	4.700
Bank charges	280
Salaries and allowances	
workmanship weekly maintainance repairer	2.400
Manager allowance	8.955
Boardmembers allowance 1%	6
Housemother	4.250
Working students	1,884
Our special workers nov and dec	4.300
temporary Shopkeeper	600
unaccounted for	155
Balance brought forward to 2024	7.456
<b>Total expenditure</b>	<b>81.614</b>

N.B. The special workers received daily cash before they were paid monthly into their bankaccounts. Totalling 15.272



## Financial Report 2023 Clear Mind Farmaccount

### Income

description	among GHC
brought fowards from 2022	6.216
Cassava harvested	29.400
Yam	800
Cashew	3.222
Pepper	70
Okro	85
other	45
<u>interest0 0,42</u>	<u>0</u>
<b>total</b>	<b>39.838</b>

### Expenditure

allowance farmmanager	2.400
labourors hired	4.850
seedlings	500
Fuel generator	1.800
Fuel transport (motorkia)	1.520
Fuel car	1.200
Repairs, various	2.630
accident hospitalcharges	5.000
Bankcharges	250
Backpayment loan from carwashaccount	16.000
other	?
<u>brought forward to 2024</u>	<u>3.688</u>
<b>total</b>	<b>39.838</b>

## Financial Report 2023 Clear Mind Foundation Development Account

### INCOME

Description	Amount GHC
Brought forward from previous year	1740
Transfer from overseas to buy land for watermanagement and garden	56729
Repayment loan to farm	16000
Sales barrels, cloth and other items	2660
Sales previously bought rice and oil before cedi devaluated	7855
Local donations (Jan, Carla, Kudasu, Eric, Ineke, Yaw father, Jan friend, etc)	12695
Accumulated rent (Sala)	1620
Hospital refund after accident, excess payment	577
transfer overseas for solar installation	517214
okada sale to kwasi driver	14000
ATM	
sponsormoney	51405
housekeeping ineke and dogs	26300
carwash entrance gate and roofing	15000
rent pioneerhouse	14400
motorkia purchase	20000
gardenpit, summerhut, glassdoors shop, land prepaid	77700
total withdawals ATM	204805
Bankinterest	55
<u>other/ unaccounted for</u>	<u>1540</u>
<b>Total:</b>	<b>837490</b>

### EXPENDITURE

purchase plot for water drainage	55000
Insurances and licences	2600
Hospitalbills accident	3000
Renovation carwash and residence, ladder, paint.fuel	18950
items for shop	3550
New carwashmachine	9500
down payment landpurchase Jerusalem	70000
carwash entrance and installation arch	15000
motorkia	20000
rent pioneerhouse	14400
Payment to Mr Kudasi solar installation	449050
bathroom Kwame Adjoa, bathroom guests, green house, summerhut, other	74103

food and drinks for solar team during installation	10700
trips with various persons	3000
bankcharges	428
renovations, glass door and gate shop, chairs 4 in 1, etcl	12000
administration, auditorfee	2800
partydresses Sala and Paul wedding	3900
christmasparty	6488
sponsorship total	51405
<b>, balance, brought forward to 2024</b>	<b>11616</b>
<b>Total</b>	<b>837490</b>

#### 4. Plans for 2024:

We need to complete the installation of solar energy by installing a 5 Kw system for shops and residence frontside carwash. We need to buy more farmland to diversify our income sources in the future.

Date, Place: Nkoranza, 3-4-2024

submitted by

Willie Hardi manager and board-secretary Clear Mind Ghana

and

Ineke Bosman, founder and chairman Clear mind Ghana

## 5. Annex 1. History

Clear Mind activities begun in 2011 with the successful assistance of two persons with drinking problems. Their story spread and the demand for our services grew during the following years. The program expanded to include personal and family coaching and weekly Alcoholic Anonymous meetings. In 2014 The Clear Mind Foundation was registered in Ghana and later that year a supportive foundation was registered in the Netherlands to help sustain the work in Ghana.

With the opening in 2015 of the Clear Mind Center in Nkoranza town, the offer of job-opportunities was added to recovering addicts without an income. The centre provided for a shop, workspace and a place where the AA could meet. The recovering tailor Fosu was sewing for a year at Clear Mind, while gathering income and strength to re-open the tailor shop in his village. Richard, Ramatu, Kofi, Joe, Mr. Mensah, many others worked in the shop until they were ready to make a next step in life. In 2018 David recovered and with the help of Clear Mind purchased a motorbike-taxi, which he paid back that same year.



Since 2015 a young lady with cerebral palsy, Bridget, was employed as shopkeeper for the center. Starting with Bridget we opened the way to a second target-group of persons with mild others intellectual disabilities to find work at Clear Mind. Kwame Evans, also with cerebral palsy, joined the shop as a salesman. It looked as if this second target group was even more eager to find work and so become more independent. At present the persons from the disability-group far outnumber those with addiction issues in making use of the sheltered work and living opportunities. The two target groups fused well together because mixing persons with a disability with those with addiction issues prevented strong stigmatization of a single group, the 'drinkers'.



A long term development plan was designed in 2018 and has entered its fifth year of implementation. **'Creating opportunities for employment'** is its main theme.

In 2019 the first phase of the plan was implemented by acquiring farmland including a cashew plantation and farmhouse to employ and house recovering alcoholics and special farmworkers. At the end of its first year, 3 persons with a disabilities and one recovering alcoholic lived at the Clear Mind farm. Since 2022, with the completion of new housing at the carwash, all special workers have moved to that house from where they attend the farm. This proved better for community building.



In 2020 the next project of the development-plan was completed: a carwash unit with offices and a residence for the manager. In September Willie, manager of the carwash and mentor of the special workers, moved in, followed by special worker Kwame Evans. At the end of 2020 Willie lived there with his wife as well as Kwame, then married to his special wife Adjoa, both with cerebral palsy.

With the outbreak of corona in 2020 the AA meetings had to be discontinued and the home visitations and addiction care suspended. The program suffered much from these corona measures and did not yet fully recover, also because other clinics and facilities have become available and because in the end Ghanaian traditional medicine attracts a good number of persons with addiction issues.

In 2021 Kwame became the main operator at the carwash while his wife Adjoa sold water. Yaw Kintampo, Charles, Amankowa, Kofi Baidoo and others with a disability joined the workers at the carwash. In September the third phase of the development plan, the restaurant, was opened. Adjoa and



Kofi Baidoo were temporary employed at the restaurant. The road to the farm was upgraded and we received early 2022 a 4WD to facilitate travelling.

In 2022 a 6 room residence and 2 room lodge were completed whereafter all workers, also



those from the farm, moved to the new residence and form one large family. Adjoa received her own store, because her and Kofi's work at the restaurant was frowned upon by the more traditional inhabitants of Nkoranza who do not want to eat in the presence of someone with a handicap.



This year 2023, see report, the wastewater of the carwash was managed and the major part of the carwash compound was provided with solar energy, a major achievement.

At the end of 2023 12 persons with mild mental disabilities permanently work and live at Clear Mind and many others have come and gone in the process. The AA is formally dismantled after the death of our AA leader and declining interest. Now our main focus is on providing work and sheltered living for those with a handicap though ex addicts are still allowed to seek work with Clear Mind as well.

## 7. Annex 2. Board Members and consultants Clear Mind Foundation Ghana 2023:

**Members of the Clear Mind Board:** Hardi Willie (General manager. Secretary board. Kwame Evans, special worker and board member. Ineke Bosman, chairman and founder. Catharine Salamata Mahama, member. .

Mr. Baffo and Mr. Kumih Kyeremeh are consultants and honorary members to the board.

