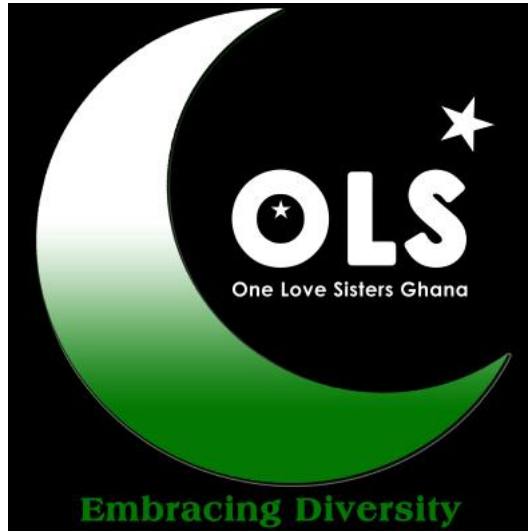




## **2026 Mid-Year Impact Report**

*A Consolidated Pre- and Post-Intervention Analysis Across Eight DMEAL-Tracked Trainings and Convenings*

**Prepared by the DMEAL Unit**  
*July 2026*

# Strengthening Communities. Improving Health. Building Resilient Systems.

*January – June 2026*

## Introduction

At One Love Sisters Ghana (OLS), we believe that sustainable change begins with empowered communities, accessible healthcare, strong institutions, and collective action.

The first half of 2026 reflects our continued commitment to strengthening community health systems, expanding access to quality healthcare information, investing in local leadership, and supporting organizations and frontline practitioners to better respond to evolving community needs.

Through strategic partnerships, evidence-driven programming, and community-led approaches, OLS successfully implemented **eleven major interventions** spanning health education, tele-health, organizational development, research, psychosocial wellbeing, partnership strengthening, and community capacity building.

This report highlights the progress made between January and June 2026 and demonstrates how locally led solutions continue to improve health outcomes and strengthen resilient communities across Ghana.

## Our Impact at a Glance

11 capacity-building trainings, workshops, retreats, and stakeholder convenings implemented

200+ participants reached across multiple programmes

7 regions strengthened through health systems and Tele-nursing interventions

100% participant satisfaction recorded across several capacity-building programmes

90% improvement in emergency response knowledge among Tele-nursing professionals

92% of partners expressed confidence in sustaining collaborative commitments after stakeholder engagements

# Our Strategic Areas of Impact

## 1. Strengthening Community Health Education

Access to reliable health information remains one of the most effective ways to improve individual and community wellbeing.

Throughout the reporting period, OLS organized community-based health education sessions that equipped participants with practical knowledge on:

- Sexual and reproductive health
- Healthy relationships
- Consent and bodily autonomy
- Menstrual health and hygiene
- Prevention of sexually transmitted infections
- Personal wellbeing
- Accessing confidential healthcare services
- Making informed healthcare decisions

Using participatory learning approaches, facilitators created safe environments where participants could openly ask questions, challenge misconceptions, and build confidence in managing their health.

Workshops were delivered using both English and local languages to improve accessibility and ensure no participant was left behind.

Participants reported significantly improved understanding of health issues, increased confidence discussing sensitive topics, and greater awareness of available support services.

## 2. Strengthening Tele-Nursing Services

One of OLS's most significant investments during the first half of 2026 was strengthening its Tele-Nursing programme.

Recognizing the growing need for remote access to healthcare guidance, OLS trained Tele-Nurses and programme coordinators to deliver high-quality, ethical, and responsive virtual healthcare support.

Training focused on:

- Emergency response protocols
- Clinical decision-making
- Remote patient assessment
- Ethical digital healthcare
- Confidentiality
- Documentation standards
- Active listening
- Patient-centred communication

## Results

The programme produced one of the strongest improvements recorded across all interventions.

- Emergency response knowledge increased from **18% to 90%**
- Knowledge of ethical remote healthcare improved substantially
- Digital documentation practices strengthened
- Confidence in managing remote consultations increased significantly

These improvements contribute directly to safer, faster, and more effective healthcare support for individuals accessing OLS Tele-Nursing services.

## 3. Supporting Sustainable Livelihoods

Economic wellbeing is closely linked to health, dignity, and resilience.

OLS provided entrepreneurship and financial literacy training designed to strengthen participants' ability to manage and grow sustainable livelihoods.

Participants developed practical skills in:

- Financial planning
- Budgeting
- Record keeping
- Business registration
- Digital marketing
- Business management
- Financial accountability

Following the training, participants demonstrated stronger business knowledge, improved financial management skills, and increased confidence in managing small enterprises.

Beyond business growth, participants reported feeling better prepared to make informed financial decisions that support long-term economic resilience.

## 4. Building Strong Organizations

Strong organizations deliver stronger services.

Throughout the reporting period, OLS invested in strengthening internal systems and organizational effectiveness through dedicated learning sessions for staff and leadership.

Key areas included:

- Leadership development

- Strategic planning
- Organizational culture
- Safeguarding
- Monitoring, Evaluation, Accountability and Learning (MEAL)
- Team wellbeing
- Internal collaboration

The programme strengthened leadership confidence, improved safeguarding awareness, and increased alignment around organizational priorities.

Participants also reported greater clarity regarding their individual roles and responsibilities, strengthening overall organizational performance.

## **5. Strengthening Partnerships and Collaboration**

Sustainable development cannot happen in isolation.

OLS continues to work alongside civil society organizations, healthcare providers, community leaders, researchers, and development partners to improve coordinated service delivery.

During the first half of 2026, stakeholder convenings provided opportunities to:

- Review programme implementation
- Share lessons learned
- Identify system gaps
- Strengthen referral mechanisms
- Improve collaboration
- Develop joint priorities

These engagements strengthened trust among partners while creating practical pathways for coordinated action and shared accountability.

More than nine out of every ten participants expressed confidence that the commitments made during the convenings would translate into meaningful collaboration moving forward.

## **6. Promoting Mental Health and Collective Wellbeing**

Community wellbeing extends beyond physical health.

Recognizing the emotional demands experienced by many community members and frontline workers, OLS facilitated healing and reflection sessions focused on psychosocial wellbeing.

These sessions encouraged participants to:

- Build healthier relationships
- Improve communication
- Develop positive coping strategies
- Strengthen self-confidence
- Prioritize personal wellbeing
- Support one another through peer learning

Stories shared during the sessions demonstrated meaningful improvements in participants' confidence, emotional resilience, conflict resolution, and willingness to seek support when needed.

The continued integration of psychosocial wellbeing into OLS programming reflects our belief that healthier communities are built when both physical and mental wellbeing are prioritized equally.

## Evidence-Based Programming

Every OLS programme is designed with learning and accountability at its core.

Throughout the first half of 2026, pre- and post-intervention assessments, participant reflections, facilitator observations, and programme evaluations enabled OLS to measure progress and continuously improve programme quality.

Across all eleven interventions, evidence consistently demonstrated improvements in:

- Knowledge and technical skills
- Confidence to apply learning
- Organizational capacity
- Collaboration and partnership
- Access to health information
- Service quality
- Community engagement

This evidence allows OLS to continuously refine its programmes while ensuring investments respond directly to community priorities.

## Stories Behind the Numbers

While data tells us what changed, people's experiences reveal why it matters.

Throughout the reporting period, participants described gaining confidence to make informed health decisions, communicate more openly, seek professional support, strengthen personal relationships, and apply new skills within their workplaces and communities.

Healthcare professionals reported feeling better equipped to manage remote consultations.

Community members described increased confidence accessing healthcare information.

Partner organizations strengthened collaboration and developed shared strategies for addressing common challenges.

These stories remind us that meaningful development is measured not only by numbers, but by lives strengthened and opportunities created.

## Looking Ahead

Building on the momentum of the first half of 2026, OLS will continue to expand its work by:

- Scaling community health education across additional regions.
- Strengthening Tele-Nursing services and referral systems.
- Expanding organizational capacity-building initiatives.
- Investing in mental health and psychosocial wellbeing.
- Enhancing monitoring, evaluation, accountability, and learning systems.
- Deepening partnerships with healthcare providers, civil society organizations, development partners, and public institutions.
- Using evidence to inform innovative, community-led programmes that improve health, wellbeing, and resilience.

Our focus remains on creating sustainable systems that empower communities to lead healthier, safer, and more resilient lives.

## Thank You to Our Partners

The progress highlighted in this report would not have been possible without the trust, collaboration, and commitment of our community members, healthcare professionals, civil society partners, volunteers, staff, donors, and supporters.

Together, we continue to demonstrate that locally led, evidence-informed, and community-driven solutions can transform lives and strengthen systems.

## One Love Sisters Ghana

Creating healthier communities through accessible healthcare, community empowerment, capacity strengthening, research, partnership, and collective wellbeing.

Together, we are building stronger communities—one person, one partnership, and one solution at a time.