# Food and Companionship: A Personal Visit of Care in Buea

Four volunteers shared food, companionship and help around the home with an elderly widow in Bakweri Town, Buea.

On 6 August 2026, four Smiles Africa volunteers visited an elderly widow in Bakweri Town, Buea, bringing food, companionship and practical care.

The team shared rice, tomato paste, cooking oil and spaghetti, and helped clean the immediate surroundings of her home. Alongside these everyday essentials, volunteers made time to listen and offer encouragement.

## Making time for one person

The visit centred on one woman and the care that could be shared with her that day. Food and help around the home came with the presence of people willing to spend time in her company.

That personal connection was an important part of the outreach. It gave practical support a human warmth, offered with respect for the person receiving it.

We thank the volunteers and everyone whose generosity made this visit possible. Sometimes an act of community care begins very simply: arriving at someone’s door, staying for a conversation and sharing what we can with love.