



Menstrual Hygiene Day

The Menstrual Hygiene Day is a global event marked annually, every **May 28th**, to break the silence surrounding menstruation and to create awareness on the role that good menstrual hygiene plays in enabling women and girls attain their full potential. To commemorate this year's Menstrual Health day (MHD), CFHI prior to the date carried out a need assessment in different schools in the FCT, Kaduna and Imo state. The assessment was used to ascertain the schools to be visited, the need for menstruation pads to the targeted population and the vulnerability status of girls affected by menstruation in the various schools. Based on the results of the assessment; **four (4) schools** were visited: two (2) in the FCT and one (1) each in Kaduna and Imo states.

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HIV/AIDS PREVENTION AND EMPOWERMENT PROJECT FOR YOUNG PEOPLE AND POSITIVE MOTHERS IN OBI COMMUNITY (HAPPY) PROJECT

This month, team Obi carried out another Town Leader's Meeting at Angwantashi in Obi community, this was intended to carry along the leaders of the community, and to engage these leaders; sensitizing them on HIV/AIDS. Present at the Town Leader's meeting were 15 top leaders in the community. In addition, team Obi carried out a community film show at Deddere in Obi community, Nasarawa State. The film show was tailored toward the aims and objectives of the HAPPY! project: to enlighten Adults and Adolescent/Children about the virus HIV, to educate them on preventive measures and to provide ARTs to infected individuals. In attendance were over four hundred and fifty (450) people, which included mostly adults and adolescents. One of the highlights of the HAPPY! project for the Month of May was that the Obi team successfully obtaining an approval from the State Ministry of Education to establish HAPPY! clubs in 40 schools in Obi LGA.

The team held meetings with interested in-school and out-of-school adolescents/young people on the prospect of joining HAPPY! Clubs and enrolled over one thousand and seventeen (**1,017**) in-school and six hundred and nineteen (**619**) out-of-school adolescents into the HAPPY! Clubs. To further facilitate the work, team Obi conducted about 18 Monitoring and Technical training/visit to COMETs, to enable an easy and appropriate approach to the enrollment of adolescents into the HAPPY club.

In conclusion, the CFHI team developed the HAPPY! manual and flip chart which would be used to give diverse lectures on HIV/AIDS to the targeted population for better assimilation. Finally, the project's team intend to enroll more in-school and out-of-school adolescents into the HAPPY! Club.



Some Activities of The HAPPY Clubs in Schools



Town Leaders' Meeting At Agwantashi



The Community Film Show, Daddere



During Vulnerability Assessment At Agwantashi Primary Health Centre



Menstrual Hygiene Day

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Brief Summary of Schools Visited;

In GDSS Bwari LGA over five hundred (500) students, which included; two hundred and nine (209) girls and ninety-nine (99) boys who were seated in the hall, with over two hundred students perching around the hall, windows and doors paying keen attention to the presentation during the sensitization session. The climax of the day's event was towards the end of the facilitation as team CFHI were able to trail the attention of the students especially the "male students" with a game called "Breaking the barriers". Opportunities were given to students to speak on what they had learnt; in particular, was a boy who could recap the various issues addressed during the facilitation on Menstrual Health and Hygiene; the process, puberty changes and breaking barriers of menstruation. While other boys voluntarily came out on stage to campaign using the slogan '**NO MORE MENSTRUAL DISCRIMINATION**' to the amusement of everyone present. The program ended with a distribution of fifty (50) re-usable pads to vulnerable girls.

In Junior Secondary school (JSS) Igu Bwari, we had an estimated one hundred and nine (109) students present at the event of which included boys. The sensitization session facilitated by CFHI's Director, Princess Osita-Oleribe, highlighted the importance of menstruation in girls and how to maintain proper hygiene when menstruating. She also stated that; "menstruation is a normal phenomenon bound to happen in girls". The event ended with a distribution of fifty (50) Safe Pads (a re-usable sanitary pad with antimicrobial properties) to female students and a lecture given on how to use/manage the re-usable sanitary pads, which had the capacity to last for a period of five (3) years.

Furthermore, in GSS Sabon Gida, Sanga LGA, Kaduna state; CFHI team gave the opportunity to some students to come give their different experiences on menstruation management; the challenges faced; how it had interrupted them from classes;

and how they have coped with unavailability/lack of appropriate materials from Menstruation health and hygiene. Questions and answers session came in at the end of the facilitation. More so, there was an administration of questionnaires to students, this was intended to ascertain their level of assimilation. Finally, was a distribution of fifty (50) packs of re-usable sanitary pads to students who were assessed to be most vulnerable.

Finally, in Imo state Owerri, the MHD held later than the supposed date, this was as a result of the public holiday declared by the State Government in celebration of the Children's Day. Team Imo on the 7th of June visited a Community Secondary School in Orogwe, Imo State to commemorate the MHD, with five hundred and thirty-four (534) attendees. The event featured Menstrual health and hygiene sensitization and ended with a distribution of one hundred (100) packs of re-usable sanitary pads.

To commemorate the MHD, CFHI had visitors from Imperial College London; present at JSS Igu and GDSS Bwari, giving their full participation. CFHI had comments from the Imperial College Students after the Menstrual Hygiene Day. One of the comments read; "The CFHI director, did a wonderful job of teaching the children that menstruation is normal within the ten minutes given". Another comment read; "I highly support CFHI's initiative to bring re-usable pads to villages. I wish I could have done more to help them. The happiness on the girls faces when they were getting their packs of re-usable pads and the sadness of those who didn't get to manage any was truly moving. I hope CFHI continues this and I'll like to do my best to support from the UK".

CFHI's recorded, over one thousand, three hundred and fifty-seven (1,357) students, cutting across the four-schools visited, who were educated about menstrual health and hygiene, with two hundred and fifty (250) Safe Pads – reusable sanitary pads distributed to vulnerable students (adolescent girls) within the four schools visited across three (3) states. We intend to reach out to many vulnerable girls with more

Dear Friends of the Family,

We are glad to reach you this month with the May's edition of our newsletter; we had so many activities wrapped up in this Month's edition.

The commemoration of two distinct events; **Menstrual Hygiene Day (MHD)**, were we reached over one thousand, three hundred and seventy-five (1,375) students, boys and girls inclusive with an intervention of two hundred and fifty (250) re-usable pads given to vulnerable girls. Also enclosed, is the IDF (International day of Families) event, organized to raise awareness on the year's theme which is, "Families and Inclusive Societies". We recorded an attendance of fifty (50) families, with over one hundred and sixteen (116) children given free growth and development monitoring etc. Other activities undertaken during the IDF event are enclosed.

Also, contained in this edition, are reports of all our current projects which occurred within the month of May, 2018.

As always, I trust you will have an awesome reading experience!

Kind regards,

Princess Osita-Oleribe
Director CFHI.

interventions. Join us to break the silence around menstruation!



CFHI staff giving an awareness on MH Junior Secondary school (JSS) Igu Bwari,



GDSS Bwari students listening to an awareness talk on Menstrual Hygiene

OVC ACTIVITIES

The ACHIEVE OVC Care and Support project is a yearlong activity which involves the provision of care and support to assess, enroll and provide interventions to vulnerable children infected and/or affected by HIV & AIDS under the age of Eighteen (18) and their households in AMAC.

In the month of May, OVC team held parenting, kiddies & adolescent (PSS) meetings with the targeted beneficiaries. The topic of discussion was "Changing Needs as Children Grow Older" with special focuses on various stages: infant (0-1 year), toddler (2-3 years), early childhood (4-6 years), middle childhood (7-12 years) and late childhood/adolescent (13-17 years). These were held in 6 communities. The primary needs at each stage as well as Common Behavior was the concentration. There were responses from most caregivers who shared personal experiences; some caregivers voiced out some challenges in the handling of their children and asked for solutions; while some women, who had similar challenges in the past, shared their experiences, telling what

they had done to overcome such challenges. Participants received bar soaps and packs of seasoning cubes after which the meeting came to an end.

Also held was the Adolescent's Club, where mentoring on career choices was given by the OVC team. The attendees also received lectures on "Sexually Transmitted Diseases", with a distribution of Information, Education and Communication materials (IEC) on HIV/AIDS and STIs to adolescents. The children were not left behind, as they were also engaged. The OVC team held kiddies' club in those 6 communities. The focus topic for the day was "tolerance" the children were taught the importance and benefits of living together as one, irrespective of ethnicity or religious inclination.

In the Health and Nutrition domain, the team held Infant and Young Children Feeding (IYCF) support group meetings in 3 communities. The attendees were enlightened on; "Exclusive Breast Feeding for six months" with emphasis placed on extra benefits attained when a baby is fed with Colostrum in their first days. The attendees were also taught additional means to feed their 0-5 babies, using highly nutritious and available food commodities. The sessions highlighted the benefits of using bananas and avocados as nutritive additives especially for young children as an appropriate complimentary feeding. A practical demonstration was done, and participants were given scoops of the mixture for their babies present at the meeting. Also, food demonstration was carried out in 2 communities.

More so, participants were educated on health and nutritional issues. They were reminded of the benefits of home gardening and were encouraged to make use of available space in their homes as this will help in reducing malnutrition and would be a form of empowerment to their economic status. Some beneficiaries with gardens were advised on the kind of crop that would thrive in the current season.

Also, OVC team conducted educational assessment for over three hundred (300) beneficiaries in communities with high school dropout and with more of them being children. The assessment was to ascertain the most vulnerable ones and provide educational interventions and supports.

activities were carried out in four communities, namely; Old Karimo, Kabusa, Jahi and Kagini. The OVC team advocates setting up additional 14 groups across communities without any SILC currently existing. The SILC programme is to encourage community economic empowerment. About fifty (50) selected beneficiaries who were assessed through a special tool called; "Business need assessment tool", were provided and empowered with Micro Credits to support/develop personal businesses.

INTERNATIONAL DAY OF FAMILIES 2018

CFHI held her third annual Family Fair in commemoration with the International Day of Families, which usually takes place around the globe every 15th of May. This year's theme "Families and Inclusive Societies" was developed to highlight the role of families and family policies in promoting a peaceful and inclusive society. As such, this year's Family Fair included different sessions of educational talks for parents, adults and children/adolescents. We had a Family Life Expert (for Adults) – the Intentional Parent Coach, Wendy Ologe talk to parents on healthy family practices. The 3-hour event had over fifty (50) families in attendance with CFHI providing them with; free growth and development monitoring for children, free and confidential counselling services, and general medical consultations. Other services provided by partners of the event include HIV testing services; blood sugar test, eye care services, dental care services.

Over one hundred and sixteen (116) children/adolescents of the total of... persons that were in attendance participated in activities tailored to their interests. The Society for Family Health (SFH) gave the adolescents an educational talk on SRH and Life Skills. The event also had a dance competition for children and their parents or other adults; and a sustainable art demonstration for the adolescents; where they were taught on creating useable art from non-degradable waste materials like plastic bottles.

One of the highlights of the event was the drive for new/used books

and clothes. The request came at intervals during the family fair event. This was done to raise needed materials for the indigent households and vulnerable children enrolled into the OVC ACHIEVE project. As a result, several families and individuals donated clothes, school books and kitchen utensils to the cause. Indigent households and vulnerable children expressed their happiness and appreciation during the distribution of the collected

PHOTO HIGHLIGHT FROM THE INTERNATIONAL DAY OF FAMILIES.



Sheer excitement as the girls from GDSS, Bwari receive the reusable pads. #MHD2018

Interested in helping in any aspect of our work ?

Persons interested in donating to our activities, offering volunteer services or partnering with us, are always welcome. All CFHI's projects are community based and family-centred, so that our beneficiaries are reached with activities that proffer sustainable solutions.

Therefore, persons or organizations concerned with improving community health, sustainable socio-economic empowerment and the development of family-centred policies should please contact us.

Our Contact Information

CFHI Head Office, Abuja
Faith complex, Plot 508 Excellence & Friends road, off Liberty road (Arab road) Cadastral Zone, Kubwa extension 2, Kubwa, Abuja.

Kaduna State Office
Suite B3, 2nd Floor, KC Holdings Building, No. 24 Constitution road, Kaduna.

Imo State Office
Plot 4 Commercial Action Area, New Owerri, Imo state

Nasarawa State Office
Suite 14 Maidunama Plaza, Stadium Junction (Beside New CBN), Bukan Sidi, Lafia, Nasarawa.

Obi Project Office
Upstairs, Agada Street, Keana road, Agwada Ward, Obi LGA, Nasarawa State.

Telephone:
+ 2 3 4 (0) 8 0 9 6 0 8 3 3 3 6 ,
(0)8096083359, (0)8090492227

Website: www.cfhinitiative.org
E-mail: info@cfhinitiative.org
Twitter: CFHInitiative,
Instagram: cfhinitiative,
Facebook Page: Centre for Family Health Initiative.