



**CENTRE FOR  
FAMILY HEALTH  
INITIATIVE  
(CFHI)**

...promoting health, protecting well-being

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**ANNUAL REPORT**

# Contents

Executive Summary	3
About CFHI	4
Mission	4
Vision	4
Corporate Goals	5
Community Health Improvements	5
Sustainable Socio and Economic Empowerment	5
Evidence-based Policy Development	5
2021 Interventions	6
National Consultation on Ending Violence Against Women and Girls in Nigeria	6
Strategic Meeting with National Agency for Prohibition of Trafficking in Persons (NAPTIP)	7
Action to Control HIV/AIDS Epidemic Through Evidence (ACHIEVE)	8
Diabetes Awareness and Care (DAC)	8
Global Action Towards HIV Epidemic Control in Sub-National Units in Nigeria (4GATES)	9
World AIDS Day	10
The Remodeling for Empowerment and Progress (REAP) Project	12
World Hepatitis Day	12
Menstrual Health Management Day	13
Safepad™ Production	14
Commemoration of World Malaria Day	15
World Humanitarian Day (WHD)	16
International Day of The African Child	16
World Breastfeeding Week (WBW)	17
World Blood Donor Day	18
International Women's Day (IWD)	19
Gender-Based Violence	19
Success Stories	20
Success Story – A	20
Success Story – B	20
Success Story – C	20
Our Appeal	21

# Executive Summary

*Dear friends and partners,*

Centre for Family Health Initiative (CFHI) is proud to collaborate with esteemed partners and funders in improving the wellbeing of families, which is the most viable method for creating a sustainable global society. In 2021, CFHI through its project activities and community interventions continues to establish and strengthen systems, steering the provision of family-based health care and socio-economic services in Nigeria, while ensuring that these services are delivered to vulnerable and neglected populations.

The incidence of Gender Based Violence (GBV) in Nigeria is growing astronomical with the advent of Corona virus and activities of the insurgency in the North East. From forced and child marriages to the physical, mental or sexual assault on women. According to UNICEF data, 1



in 4 Nigerian girls are sexually assaulted before the age of 18. Despite an increase in activism, Nigeria had just 32 rape convictions between 2019 and 2020, according to data from Nigeria's national anti-trafficking agency. To curb this devastating menace, it is important to improve the gender-based violence policy environment at national, state, and community levels.

Do read the National Consultation on Violence Against Women and Girls in Nigeria's event report in this publication for more insight on how you can be a part of the solution. Also, CFHI's projects reports and 2021 interventions are featured in this publication.

On behalf of the team, thank you again for all your support. Do have a pleasant reading and a fulfilling holiday!

Sincerely,

**Princess Osita-Oleribe**

Co-Founder, CFHI.

# About CFHI

Centre for Family Health Initiative (CFHI) is a non-political, non-religious, not-for-profit organization, committed to the promotion of health and protection of the well-being of families in Africa (CAC/IT/ No. 49787). Driven by a vision of Healthy Families; Healthy Societies, CFHI's mission is to develop a safe and accommodating society for all, through community driven and family centred health interventions, socio-economic empowerment, evidence-based research and policy development. CFHI has a Special Consultative Status with United Nations (UN) Economic and Social Council (ECOSOC) and is registered with relevant ministries, departments, and agencies of the Government of Nigeria.

## Mission

To develop a safe and accommodating society for all, through community driven and family centered health interventions, socio-economic empowerment, evidence-based research and policy development.

## Vision

Healthy Families, Healthy Societies.

# Corporate Goals

## Community Health Improvements

Centre for Family Health Initiative has a long history of active involvement in the promotion of human well-being, especially in hard-to-reach communities across Nigeria. It provides material and financial support, awareness creation, health care workers 'training and health advocacy, infectious disease prevention and control, educational and skill acquisition services, and many more. CFHI believes that improving the wellbeing of vulnerable and neglected population in efficient quantity and quality is the most viable method for creating a sustainable global society.

## Sustainable Socio and Economic Empowerment

Every project initiated and implemented by CFHI aims to establish and strengthen systems that steer the provision of socio-economic services in Nigeria. It recognizes that a sustainable society is only possible when its inhabitants are wholly developed, and as such it undertakes projects that address the social and economic limitations being faced by vulnerable groups. CFHI provides GBV (Gender Based Violence) advocacy and intervention, as well as numerous vocational skills and basic financial training to indigent women and youths, with some of the participants receiving small grants to establish sustainable businesses, linked others to financial institutions, and made immediate cash transfers to very vulnerable households, to enhance their earning power and improve their household economy.

CFHI is committed to providing vocational education to adolescents and young adults in different parts of Nigeria and plays a significant role in assisting indigent rural communities to ensure all children and young adults across the areas of CFHI's operations regardless of gender can pursue a quality education that enables them to reach their full potential and contribute to their families, communities, and the world.

## Evidence-based Policy Development

CFHI through conferences with policy makers and social media advocacy, influences change in National and international policy, by proffering solutions based on our experiences and research in different communities and in strategic areas. Aside contributing to the knowledge base and debate around critical issues on the inter-linkages among societal growth, poverty, inequality, and globalization, CFHI generates knowledge relevant to the prevalent situation in communities, to allow it to determine its health problems, appraise the measures available for dealing with them, and choose the actions likely to produce the greatest improvement in health. Ensuring that the available resources to finance these health challenges are used in the most efficient and effective way possible.

# 2021 Interventions

## 01

### National Consultation on Ending Violence Against Women and Girls in Nigeria

Violence against Women and Girl (VAWG) is a global issue of concern. Despite efforts over the years, it continues to be prevalent in Nigeria, manifesting in various forms, including intimate partner violence and abuse, female Genital Mutilation (FGM) child marriage, rape, sexual harassment and cyberbullying. On the 22nd day of April in Abuja, International Network to End Violence against Women and Girls (INEVAWG) in partnership with Centre for Family Health Initiative (CFHI) and Girls' Power Initiative (GPI) hosted a national consultation on VAWG to share information about VAWG, propose solutions and develop action plans with other distinguished women leaders working to eliminate all forms of violence against women and girls in the public and private spheres. The hybrid meeting brought together over 400 policymakers, civil society organizations, and stakeholders working and carrying out advocacy programs on the

elimination of violence against women and girls in Nigeria. Hon. Dr. Zainab Gimba, a member of the Nigerian House of Representative was also in attendance to lend her voice.

Some of the key highlights of the meeting were the need for more collaboration and synergies within the VAWG space, which is a key focus for INEVAWG. In addition, stakeholders emphasized the inclusion of representatives of all groups of women and girls in all intervention processes from design implementation to monitoring and evaluation. The Consultative Meeting was a vibrant, interactive session which provided insights that are not often discussed in the literature. Participants brought insights from the field, service provision, personal experiences and intervention implementation in work on VAWG. Read more [here](#).



*A cross section of some physical participants in orange T-shirts.*



*A cross section of some physical participants in purple T-shirts.*

## 02

### Strategic Meeting with National Agency for Prohibition of Trafficking in Persons (NAPTIP)

On 28th of September 2021, CFHI team led by the Executive Director, Krystal Anyanwu met with National Agency for Prohibition of Trafficking in Persons (NAPTIP) officials led by Tina Ugwu (NAPTIP) - Ag. Director, Violence against Person and Prohibition. The meeting was necessitated by the increasing reports of rape cases CFHI has received from the Kabusa and Gishiri communities in Abuja Municipal Area

Council to the organization. The meeting had both organizations discussing new strategies to curb the high rate of rape cases in the communities. NAPTIP officials after sharing the contact of their rapid response team to enable the organization get faster response to rape cases, showed all willingness to partner with CFHI during the sensitization and awareness creation at the two communities.



*CFHI staff with NAPTIP officials after the meeting*

# 03

## Action to Control HIV/AIDS Epidemic Through Evidence (ACHIEVE)

CFHI's U.S. President's Emergency Plan for AIDS Relief (PEPFAR) funded ACHIEVE Orphans and Vulnerable Children (OVC) project of Institute of Human Virology, Nigeria (IHVN) in 2021 continued its collaboration with 10 assigned health facilities within AMAC, the government of Nigeria (GoN) and relevant networks to enroll more children into the program, and build community volunteers' capacity in the identification and linkage to care and treatment of children living with HIV within their localities. 556 (M=226, F=330) new enrolment was made in FY21 in addition to 7,571 baseline returning children and their families. 259 (M= 138, F= 121) were children living with HIV; 26 (M=11, F=15) were HIV exposed infant and 271 (M=77, F=194) were caregivers. A total of 2,534 (M= 1,184, F=1,350) children who met the graduation benchmark was graduated from the program, and all beneficiaries were provided different interventions. Some of the interventions include health emergency support leading to improved adherence and viral load suppression rate by 91%; Sexual and Reproductive Health education for over eighty (80) eligible beneficiaries through the DREAMS-like program or ACHIEVERS club; Households Economic Strengthening (HES), and provision of Start-up Kits to 35 adolescents trained on skill acquisition (sewing machine, 19 basic tailoring kit, 12 hair dryers, 12 hair stretchers, 12 packs of Brazilian wool, 12 sets of hair rollers, a set of complete make up kit, a set of carpentry tools and a set of shoe making tools).



*A cross section of HES beneficiaries at CFHI Head Office, Abuja Nigeria*



*DREAMS-Like Club Graduation Ceremony at Junior Secondary School Karmo-Sabo, Abuja Nigeria*

# 04

## Diabetes Awareness and Care (DAC)

A recent meta-analysis by International Diabetes Federation reported that approximately 5.8% (about 6 million) of adult Nigerians are living with Diabetes Mellitus. Findings also show that more than 50 per cent of the number are unaware that they have the disease. In 2021, CFHI through Health Strategy Delivery Foundation (HSDF) funded DAC project continues to partner with private and government agencies to create demand for diabetes mellitus services (T2DM) and increase sensitization across different local government areas in Owerri, Imo State-Nigeria.



22,000 persons were reached with awareness messages on T2DM, 1,776 persons were screened for T2DM and hypertension, Pre and posttests were conducted in 10 schools both in private and public schools across the six local government areas, and persons with Diabetes or at risk were referred to various health facilities for further management. Thousands of Information, Education and Communication (IEC) materials were further distributed to aid their understanding and ignite behavioral change. Also, 10 school-based health clubs were created in different schools.

CFHI in partnership with Imo State ministry of Health, and HSDF commemorated World Diabetes Day (WDD) 2021, in line with the United States theme. Handbills and messages were disseminated to the public as part of the activities to create awareness and bring actions against Diabetes. The messages of the campaign were well disseminated to over 4,000 participants, 60 clients were screened out of which 4 with elevated blood sugar, and 4 with elevated sugar levels were referred to facilities treatment and care.



*Chioma Nnaji for checks the blood pressure of the Honorable Commissioner for Health; Dr. Barthyl. C. Okorochukwu during World Diabetes Day Commemoration in Owerri Imo State.*

## 05

### Global Action Towards HIV Epidemic Control in Sub-National Units in Nigeria (4GATES)

4GATES OVC project is funded by the Catholic Caritas Foundation of Nigeria (CCFN) to provide health, educational, psychological, and socio-economic interventions to orphans and vulnerable children in Owerri, Imo State-Nigeria. In 2021, 1,213 caregivers and 270 OVCs were supported for blood sample collection, drug refill, and Enhanced Adherence Counselling (EAC) sessions; carried out 69 HIV testing and services, provided nutrition support to 28 malnourished children across the four (4) local government areas; conducted food demonstration sessions

for caregivers across 8 communities to address malnutrition of children and caregivers in the communities; administered deworming tablets to 1,534 children; 370 caregivers were supported to establish gardens across different local government areas; ensured the viral load suppression of 129 HIV reactive persons through EAC and close monitoring; and provided with birth certificates to 1,792 OVCs. As Part of the activities to promote personal and menstrual hygiene among adolescents who are in the OVC 4GATES Project, a total of 429 adolescents

(Male-131; Female 298) were reached through the adolescent forum meetings in the various clusters in Owerri West, Owerri North, Owerri Municipal and Mbaitoli LGAs. All female participants were provided sanitary towels.

Other interventions include school monitoring and performance assessment; establishment and facilitation of peer and social groups for psychosocial support, GBV prevention and response interventions; establishment of 2 new child protection committees; enrolment of 55 VCs into schools; block grant interventions; and establishment and facilitation of Village Savings, Loan Association (VSLA) across 2 local government areas in Owerri, and provision of skill acquisition training and startup kits to 25 beneficiaries.



## 06

### World AIDS Day

According to research, there are an estimated 36.7 million people who have HIV/AIDS globally. Despite the virus only being identified in 1984, more than 35 million people globally have died of HIV/

AIDS, making it one of the most destructive pandemics in history. CFHI in Gosa Toge community in Abuja, Nigeria carried out community testing and counselling for 99 participants including the community Chief and his cabinets.

In Owerri, over 2,000 persons were reached with HIV prevention and care messaging through rally, sensitization, distribution of IEC materials. 150 persons provided with HIV testing services.



*World AIDS Day commemoration at Gosa Tago, Abuja-Nigeria (1)*



*World AIDS Day commemoration in Owerri, Imo State-Nigeria*



*World AIDS Day commemoration at Gosa Tago, Abuja-Nigeria (2)*

# 07

## The Remodeling for Empowerment and Progress (REAP) Project

The U.S. President's Emergency Plan for AIDS Relief through CFHI REAP project identified and enrolled 100 Female Sex Workers (FSWs) from different brothels and joints within Owerri into the REAP project; trained them on life skills, emergency preparedness, healthy sexual behavior, safe sex practices and income diversification strategies; successfully developed a 3-module training manual on life skills, safe sex practices and income diversification for the REAP capacity building trainings; identified 45 FSWs for economic empowerment and paired 45 FSWs for vocational skills. After several sensitization, the FSWs were enrolled into the vocational skill program. The team has also commenced on first monitoring and evaluation visit for FSWs of the REAP project, to evaluate the impact of the vocational skill training on the participants and to monitor their activities as well as that of the trainer to ensure compliance. The follow-up was achieved through scheduled visits to their training centers and interactive phone conversations with the trainers and trainees from time to time and responses were documented.

# 08

## World Hepatitis Day

The World Hepatitis Day celebration 2021 which was commemorated in Jahi in collaboration with the Yakubu Gowon Foundation (YGF), Adebisi Pharmaceutical Ltd and Hon Isah Abubakar Baushe. Aside 50 participants from the community, the event had in attendance: a medical team; the Community Chief, High Chief Adamu Dogo (Jahi I); the Honourable Councilor, Hon Isah Abubakar Baushe; Executive Director (CFHI), Engr Krystal Ugwu Anyanwu; CFHI Program Manager, Victoria Omoera and Jahi community members. The activities carried out were majorly sensitization, testing, referrals and counselling.



*Counselling and Testing exercise during World Hepatitis Day, 2021*

# 09

## Menstrual Health Management Day

In commemoration of World Menstrual Hygiene Day (WMHD), CFHI joined other well-meaning bodies and organizations with the Federal Ministry of Women Affairs, Nigeria to mark the day. At the event, CFHI donated over 50 packs of reusable antimicrobial sanitary pads towards the stocking up of the newly launched Sanitary Pad Bank by the Federal Ministry of Women Affairs at the Ministry's headquarters.

CFHI representing Nigeria, joined 27 other countries to Kick off the Dialogue on Menstrual Health Campaign. CFHI actively joined the transnational dialogue to highlight the challenges and solutions in Nigeria on menstrual health management. As part of the activities in line with the campaign, the Federal Ministry of Women Affairs represented by the Permanent Secretary, Anthonia Akpabio Ekpa (PhD), granted audience to an interview with CFHI to add her voice on the campaign.



*The Executive Director presenting a pack of Safepad (reusable antimicrobial sanitary pad) to the permanent secretary during the Kick off the Dialogue on Menstrual Health Campaign interview.*



*CFHI staff with the Minister of Women Affairs, permanent Secretary and others after donation of packs of antimicrobial reusable sanitary pad - Safepad.*

# 10

## CFHI Presents Sanitary Pads to The National Agency for The Prohibition of Trafficking in Persons (NAPTIP)

As part of the activities in line with the Kick-off the Dialogue on Menstrual Health Campaign, CFHI conducted an interview on the menstrual health and Hygiene of victims of human trafficking, rape and violence against persons with Mrs. Kehinde Akomolafe, the Acting Director, Counselling and Rehabilitation, National Agency for the Prohibition of Trafficking in Persons (NAPTIP). As a goodwill gesture, CFHI presented to the Ag. Director a pack of reusable sanitary pads in commemoration of

the upcoming menstrual health day.



*The Executive Director presenting in a discussion with the Director-General of NAPTIP and the Acting Director, Counselling and Rehabilitation*



*The Executive Director presenting a pack of Safepad (reusable antimicrobial sanitary pad) to NAPTIP during the Kick off the Dialogue on Menstrual Health Campaign interview.*

# 11

## Safepad™ Production

Poor genital health management negatively affects adolescents' health. Most girls are unaware and unprepared for menarche as they are not informed or ill-informed about menstruation. This has consistently undermined the educational opportunities, health and overall social status of women and girls around the world. As a result, millions of women and girls are kept from reaching their full potentials. This brought to birth CFHI's interest to partner with Real Relief Denmark in making

reusable pads available to schoolgirls and provide economic opportunities for local women and young girls at little or no cost. The Safepad™ is a unique sanitary pad with a special antimicrobial treatment. The permanently bonded antimicrobial technology helps heal vaginal infections by removing yeast and bacteria during use and care. To partner with us to end period poverty in Nigeria and beyond, kindly contact [info@cfhinitiative.org](mailto:info@cfhinitiative.org) or [ed@cfhinitiative.org](mailto:ed@cfhinitiative.org).



*A pack of Safepad*



*Maureen showing off a pack of Safepad*

## 12

### Commemoration of World Malaria Day

According to the 2020 World Malaria Report, Nigeria suffers the world's greatest malaria burden, with approximately 51 million cases and 207,000 deaths reported annually, while 97% of the total population is at risk of infection. To spread awareness and promote efforts to prevent malaria disease, CFHI conducted a community awareness campaign in Gishiri, Abuja-Nigeria. During the event, participants were sensitized to the importance of personal hygiene and proper sanitation in "Reaching the zero-malaria target."



*Participants at the Gishiri Community drawing a line against malaria*

# 13

## World Humanitarian Day (WHD)

Recently, Gosa Community, a settlement in Kuje Area Council of Abuja had a cholera outbreak leading to the loss of lives. This event preempted the need for Centre for Family Health Initiative to mark World Humanitarian Day, at the community. CFHI sensitized the community members on safety and precautionary measures to win the fight against cholera. Over 50 women in attendance were gifted bottles of water guard whilst teaching them how to use it, to help curb the increasing mortality rate caused by cholera in the community.



*Participants learning how to wash their hands properly against the fight of Cholera.*



*Distribution of water guard to all participants at the event.*

# 14

## International Day of The African Child



*Cultural dance at DAC event*





*Quiz competition at DAC event*

On the 16th of June 2021, CFHI marked the International Day of the African Child (DAC) to “accelerate the implementation of Agenda 2040 for an Africa fit for children”. The event which held at JSS Sabo, karmo, Abuja hosted 3 other schools. Cultural dances were performed by students from different schools, representing the Hausas, Yorubas, Igbos, Igedes, Idomas, and Gbagis. After which a quiz competition by three (3) students each from the four schools present for the event commenced. Awards were given appropriately to the students based on their position which was collated by the judges. JSS Sabo students acquired the first position, the second position was Our Savior New Era Model School, the third position JSS Idu koro and the fourth position was BUKS Gracious Academy.

# 15

## World Breastfeeding Week (WBW)

World Breastfeeding Week aims to highlight the huge benefits that breastfeeding can bring to the health and welfare of babies and benefits to maternal health, focusing on good nutrition, poverty reduction, and food security. This year, Centre for Family Health Initiative commemorated WBW in Ido Pada-Abuja, sensitizing over 50 breastfeeding mothers to best breastfeeding positions, and the importance of exclusive breastfeeding to mothers and babies. All participants pledged to practice exclusive breastfeeding and pass the message to nursing mothers in their localities.



# 16

## World Blood Donor Day

Blood Donor Day (WBDD) is celebrated every year since 2004 to raise awareness of the need for safe blood and blood products, and to thank blood donors for their voluntary, life-saving gifts of blood. Centre for Family Health in collaboration with National Blood Transfusion Service, Abuja Nigeria commemorated world donor day by organizing a blood bank drive to get people to donate blood. This activity was carried out at Gwarinpa's Main Gate, Abuja. The blood bank drive had the likes of artisans, business owners and the likes taking time out of their already busy schedules to donate blood. This kind act of humanity would go a long way in saving lives and keep the world beating.



*An officer of the Nigeria Police Force undergoing first stage screening during the blood drive activity*



*A blood donor during the blood drive activity*

## 17

### International Women's Day (IWD)

On Monday 8, March 2021, Centre for Family Health Initiative hosted three distinguished panelists; Prof. Ladi Hamalai (MFR), Jakadiya Mubi Emirate and Former Director General National Institute for Legislative and Democratic Studies National Assembly, Ms. Babafunke Fagbemi, The Executive Director, Centre for Communication and Social Impact (CCSI) and Imabong Sanusi-Ladipo, The Executive Director, Women Trafficking & Child Labour Eradication Foundation (WOTCLEF) on a tweet chat on the topic: Women's full participation in Leadership – A way to achieving sustainable development and gender equality in commemoration of International Women's Day (IWD). CFHI team was also at Wumba community, Abuja to sensitize over 50 women on the effects of COVID-19 and how they can prevent it through personal hygiene. Participants were trained on the production of hand sanitizer.

## 18

### Gender-Based Violence Interventions

In 2021, 2 cases of rape were reported to CFHI by community volunteers. The first case was a story of a 5-year-old girl who was allegedly raped by a neighbor, and the second, the story of a 13-year-old girl who was raped by her elder sister's husband. Financial, medical, legal and psychological assistance were provided by CFHI. However, family members of rape victims frustrating trial by refusing to give evidence or correct evidence, for fear of stigmatization and threat to life has for long become one of the major challenges most NGOs including CFHI face in the fight for justice. To end sexual violence, victims need to speak up, and the government needs to ensure that they and their families are protected when they do. Criminal cases are not the cases of victims rather the cases of state (the society) versus the defendant.

# Success Stories

## 01

### Success Story – A

Mrs. Obiageri Amadi is a widow with six (6) children. With the emergence of COVID-19, her business crumbled and feeding became a problem. CFHI assessed the vulnerability status of the household and enrolled Obiageri into the Household Economic Strengthening program to support her in rebuilding her business. Not only was her business rebuilt, she also expanded the business to include restaurant and leisure goods business. The family is now financially stable and all children back in school. Obiageri's daughter, Chizaram, was also enrolled to the adolescent skill acquisition where she learnt hair dressing and makeup. With the help of Caritas Nigeria and CFHI, Chizaram was provided with equipment and tools to start up her own saloon.

Blessing can now eat freely and is no longer malnourished.



## 02

### Success Story – B

Blessing Luke who is receiving treatment at Akwakuma PHC was reported sick and suffering from an inflammation at the esophagus region of her mouth tract. Blessing had to go for days without food or water as the pain became unbearable for her. During a routine home visit by CFHI case managers, it was discovered that Blessing was malnourished. This led to immediate intervention of CFHI team with support from Caritas Nigeria and the American People. After investigation with the facility, the team found out that Blessing had negative reactions to the Antiretrovirals administered to her, which manifested in inflammations. Her medications were re-evaluated and her inflammation treated.

## 03

### Success Story – C

Ugochukwu was referred to CFHI from Maitama District Hospital, Abuja for OVC services due to his persistent viral unsuppression. He was enrolled in May 2018 with a viral load result of

1,000,000c/ml. Alarmed at this result, CFHI assigned a staff to follow up with the household by visiting and providing counselling support and other services. Though there was improvement in subsequent viral load test conducted, CFHI was not satisfied with the progression rate. Upon investigation, the organization discovered that the child was not adhering to treatment because his HIV status was not disclosed to him, hence, he was unable to understand why he must be on medication every day. Currently, he is 13 years and with the help of CFHI and the adherence counselor at the facility, finally disclosed his status to him. He now goes to the facility on his own for the monthly EAC appointment with the support of the Medical Logistics fund provided by IHVN. Another test was done in June 2021 and he finally attained a viral suppression of 20c/ml. He is healthy and happy.

## Our Appeal

CFHI has overtime worked in hard-to-reach communities to promote health and ignite behavioral change across Nigeria but more needs to be done to achieve universal health coverage for all by 2030. All CFHI's projects are community based and family-centred, so that our beneficiaries are reached with activities that proffer sustainable solutions.

Persons interested in donating to our activities, offering volunteer services, or partnering with us, are always welcome.

### For Donations and/or others:

#### Account Details:

**Name:** Centre for Family Health Initiative

**Number:** 5080117843

**Bank:** Fidelity Bank PLC

**Swift Code:** FIDTNGLA

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