



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

...promoting health, protecting well-being

Newsletter

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THE FOUNDER'S DESK



Dear friend of the family,

Welcome to Centre for Family Health Initiative (CFHI)'s September 2021 newsletter.

Sickle cell disease affects people of any race or ethnicity. However, it is more common in Africans compared to other ethnicities. Approximately 1 in 365 African Americans in the United States inherited Sickle cell disease, and in Africa, Sickle cell disease (SCD) is common throughout much of sub-Saharan Africa, affecting up to 3% of births in some parts of the continent, according to National Center for Biotechnology Information (NCBI). This publication features an article on SCD tagged "Sickle Cell Disease: "The Painful, Silent Killer". Kindly read for more information on SCD.

To keep you updated of CFHI projects activities in September, featured in this publication are reports covering the following projects: Action To Control HIV/AIDS in Pandemic Through Evidence (ACHIEVE) Orphans and Vulnerable Children (OVC), Global Action Towards HIV Epidemic Control in Sub-national units in

Nigeria (4GATES) Orphans and Vulnerable Children (OVC), The Remodeling For Empowerment And Progress (REAP) and Safepad production.

Do have a pleasant reading.

Kind regards,

Princess Osita-Oleribe

Co-Founder, CFHI.

SICKLE CELL DISEASE: "THE PAINFUL, SILENT KILLER"

Sickle Cell Disease (SCD) is a group of inherited red blood cell disorders in which there are not enough healthy red blood cells to carry oxygen throughout the body. It is a genetic condition that a person gets when they inherit one or more faulty genes from their biological parents. As stated by the Centre for Disease Control and Prevention (CDC), Healthy red blood cells are round, and they move through small blood vessels to carry oxygen to all parts of the body but in persons with SCD, the red blood cells become hard and sticky and look like a C-shaped farm tool called a "sickle". When the sickle cells travel through small blood vessels, they get stuck and clog the blood flow. This often causes pain and other serious problems such as infection, acute chest syndrome and stroke.

According to the National Heart, Blood and Lungs Institute, Sickle cell disease is a lifelong illness and its current cure is a blood and bone marrow transplant, but it is not for everyone. Most patients who have sickle cell disease either are too old for a transplant or do not have a relative who is a good enough genetic match to be a donor. A well-matched donor is needed for a patient to have the best chance for a successful

transplant. Most sickle cell disease transplants are currently performed in children who have had complications such as strokes, acute chest crises, and recurring pain crises. These transplants usually use a matched donor and are riskier in adults. Also, there are effective treatments that can reduce symptoms, relieve pain, help prevent complications associated with the disease and prolong life. These include Penicillin, Voxelotor, Crizanlizumab-tmca, Hydroxyurea, or Transfusions.

The prominent risk factors for death with persons with SCD are acute chest syndrome, renal failure, seizures, a baseline white-cell count above 15,000 cells per cubic millimetre, and a low level of fetal haemoglobin, but with more awareness and early detection, serious complications may be prevented as SCD patients can obtain information on how to manage the disease or opt for a blood and bone marrow transplant. Also, according to The New England Journal of Medicine, the peak incidence of death among children with sickle cell anaemia occurred between 1 and 3 years of age. This can to a large extent be prevented if newborns are screened and the prophylactic penicillin is administered early to infants with SCD.

INTERNATIONAL DAY OF CHARITY AT CFHI

The International Day of Charity is celebrated every year on September 5th to mobilize the world to help others in memory of Mother Theresa of Calcutta, one of the most philanthropic individuals of our time. Mother Theresa passed away in 1997 at the age of 87 after a lifetime of charitable work with the sick and dying in India.

To celebrate International Charity Day 2021, CFHI was at Divine Wound Orphanage home to show love to the kids and workers of the orphanage. A box of clothes and some foodstuffs were donated to the orphanage.

CFHI continued with its efforts in making an impact in the lives of orphans and vulnerable children through charitable donations. Charity is vital, as it enables us to reach out to wider parts of society, assisting those in need. To achieve a better world, non-governmental organizations and stakeholders all over the world must help others through volunteering and philanthropic activities.

PROJECTS:

ACTION TO CONTROL HIV/AIDS EPIDEMIC THROUGH EVIDENCE (ACHIEVE) ORPHANS AND VULNERABLE CHILDREN (OVC) REPORT

As the fiscal year 2021 (FY21) comes to an end, the ACHIEVE OVC team begins the month of September with the provision of start-up kits to a total of thirty-five (35) adolescents undergoing skills acquisition training. The team coordinated other activities towards the compilation of the FY21 program and M&E report to funders.

A total of eleven (11) referrals were received, fourteen (14) vulnerable children had their drug refilled, sixteen (16) HIV positive VCs received food supplement (Action Meal) and a total of eight (8) VCs received adherence Logistics for drug refill purposes. The team also assisted a VC to get a transfer from Gurape PHC to Gosa PHC and enrolled into community OVC services. A total of twenty-three (23) VCs accessing care at Maitama District Hospital were linked for viral load sample collection.

The team continued with the community activities. A total of twenty (20) caregivers were reached during the IYCF Support Group Meeting held at Jiwa community, 100 (M=48, F=52) children were reached during the kiddies' club activities, 100 (M=45, F=55) adolescents reached during the adolescents' club activities across four communities, 20 (M=0, F=20) caregivers were reached during Gender Norms activities held at Saburi and twenty (20) caregivers attended the Better Parenting meeting held at Old Karimo community.

A total of thirty (30) girls who attended and completed the DREAMS-Like club activities, were graduated from the program and were given a certificate of participation. A total of fifty (50) beneficiaries were issued birth certificates. The team continued with data clean up and data population in preparation for the Annual Project Report (APR).



Echoes from the FY21 DREAMS-Like Club graduation activities at JSS Karmo-Sabo



Echoes from the FY21 DREAMS-Like Club graduation activities at JSS Karmo-Sabo



Kiddies' Club activities at Sauka-Kahuta



One of the Better Parenting Sessions at Saburi Adolescents' Club activities at Lugbe Kahuta

GLOBAL ACTION TOWARDS HIV EPIDEMIC CONTROL IN SUB-NATIONAL UNITS IN NIGERIA (4GATES) ORPHANS AND VULNERABLE CHILDREN (OVC)

In September, the 4GATES OVC team continued with various activities to aid the successful close out of the fiscal year 2021 (FY21). The team provided services for enrolled beneficiaries during home visits. A total of eighty hundred and forty-five (845) beneficiaries were served, making the total number of beneficiaries served in the quarter to be six thousand, nine hundred and sixty-eight (6,968). The team updated SRH services for a total of seven hundred and sixty-one (761) vulnerable children (VCs).

The team facilitated adherence logistics support to one hundred and one (101) beneficiaries due for drug pickup and uptake of viral load test during clinic appointments, facilitated the registration and issuance of birth certificates to vulnerable children in collaboration with NPopC, facilitated Family Matter Programme (FMP) sessions at Emii, Akwakuma, Orji, Naze, and Uratta clusters, with Emii cluster giving the highest turnout of 31 individuals. A total number of nineteen (19) caregivers were supported with resources to start up small scale businesses through household economic strengthening intervention.

The 4GATES OVC team supported vulnerable children re-enrolment into schools and some of the VCs with JSCE/SSCE exam fee payment. The team coordinated enrolment drive for new and eligible beneficiaries into the OVC program and continued with the review of household folders for completion.





IGA Procurement for Caregivers at Ekeonuwa and Relief markets



Case manager review meeting for September

THE REMODELING FOR EMPOWERMENT AND PROGRESS (REAP) PROJECT REPORT

The REAP project team commenced the final phase of the REAP training for Female Sex Workers (FSWs) in Owerri Metropolis. The U.S President's Emergency Plan for AIDS Relief through CFHI has successfully trained 100 FSWs on life skills, emergency preparedness, healthy sexual behaviour, safe sex practices and income diversification strategies after completing the final phase of the REAP training.

At the end of the training, the team identified FSWs from the REAP capacity building who are highly motivated and showed interest in acquiring skills with no intention of relocating from the state anytime soon and registered them for the vocational skills acquisition program. The team identified and held engagement meetings with trainers of these various vocational skills across surrounding communities close to where the FSWs are resident. Subsequently, the team commenced the monitoring and evaluation visit. It was a follow-up on the FSWs that were enrolled on the REAP vocational skills program. The essence of this monitoring and evaluation visit was 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.



Group presentation from participants after the breakout session during the REAP training for FSWs



The REAP training for FSWs

SANITARY PAD (SAFEPAD™) PRODUCTION

CFHI continues to produce its reusable Safepad™ sanitary pad designed to provide a safe and infection-free experience while in use. Safepad hygienic sanitary pads are designed with a permanently bonded antimicrobial technology that helps to reduce vaginal infections caused by candida albicans along with infections from other pathogens.



A pack of reusable Safepad™ sanitary pad



Group discussions amongst participants during the REAP training



Healthy sexual behaviour session with Mr Bright during Practical demonstration on the proper way to use a condom

OUR APPEAL

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, individuals or groups concerned with improving community health, sustainable socio-economic empowerment and the development of family-centred policies should kindly do so through the channels below.

For Donations and/or others:

Account Details:

Name: Centre for Family Health Initiative

Number: 5080117843

Bank: Fidelity Bank PLC

Swift Code: FIDTNGLA

Or Contact us:

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Facebook Page: www.facebook.com/CFHInitiative.org