



NEWSLETTER



Co-Founder's Desk

Dear friends of the family,

Welcome to the 8th edition of CFHI Newsletters!

It is my privilege to connect with you through this monthly newsletter and share some updates and insights. I want to begin by expressing my gratitude to our incredible team for their hard work and dedication. Your commitment to excellence has been the driving force behind our achievements.

This month, we are commemorating World Breastfeeding Week, and World Humanitarian Day.

World Breastfeeding Week is an annual event celebrated from 1 to 7 August to raise awareness about the importance of breastfeeding for the health of babies and mothers. Breastfeeding provides essential nutrients for babies' growth and development, and it also helps to protect them from infections. It is also a natural way to bond with babies and promote their emotional well-being. Together, let us raise awareness about the unparalleled advantages of exclusive breastfeeding and champion this essential practice for the well-being of mothers and their precious little ones.

World Humanitarian Day is a day to remember the millions of people who have been affected by humanitarian crises around the world. It is also a day to celebrate the work of humanitarian workers who are working tirelessly to save lives and improve the lives of those affected by crisis.

To our funders, your contributions have been the bedrock of our progress and achievements. With your invaluable financial support, we have profoundly impacted the lives of countless vulnerable individuals and communities. The impact of your support reverberates through each success story we create and each milestone we achieve. Together, let us continue to be catalysts for positive transformation. We are humbled and honored to have you as our esteemed funders.

Thank you for your unwavering support and trust. Do have a pleasant reading.



**PRINCESS
OSITA-OLERIBE
CO-FOUNDER, CFHI**

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BENEFITS OF BREAST FEEDING



World Breastfeeding Week (WBW) is an annual event celebrated from August 1-7 to promote the importance of breastfeeding for the health of babies, mothers, and societies. The theme for WBW 2023 is "Let's make breastfeeding and work, work!"

Breastfeeding is highly recommended as it offers all the essential nutrients the baby requires in the first six months of life. Moreover, it safeguards babies from infections. Breastfeeding also has numerous benefits for mothers, such as reducing the risk of postpartum depression, enhancing bone health, and aiding weight loss after pregnancy.



Unfortunately, not all babies are breastfed. In some countries, only a small percentage of babies are exclusively breastfed for the first six months of life. There are many reasons mothers may not be able to breastfeed, including lack of support from family and friends, lack of access to lactation consultants, and the promotion of formula feeding by the baby food industry. WBW is an opportunity to raise awareness about the importance of breastfeeding and to challenge the barriers that prevent mothers from breastfeeding.



This year, we can all step up to support breastfeeding by:

- Addressing societal barriers
- Implementing breastfeeding-friendly policies.
- Creating a breastfeeding-friendly environment
- Supporting mothers who are breastfeeding.
- Advocating for policies that support breastfeeding.

In unity, we can strive to guarantee that every baby has the chance to harness the incredible benefits of breastfeeding.

Here are some ways to celebrate World Breastfeeding Week:

- Share information about the benefits of breastfeeding on social media.
- Wear a breastfeeding awareness ribbon.
- Attend a breastfeeding event in your community.
- Talk to your friends and family about the importance of breastfeeding.
- Every little bit helps to make a difference.





CENTRE FOR
FAMILY HEALTH
INITIATIVE
(CFHI)

ELIMINATING HEPATITIS: PRIORITIZING AWARENESS AND EARLY DETECTION

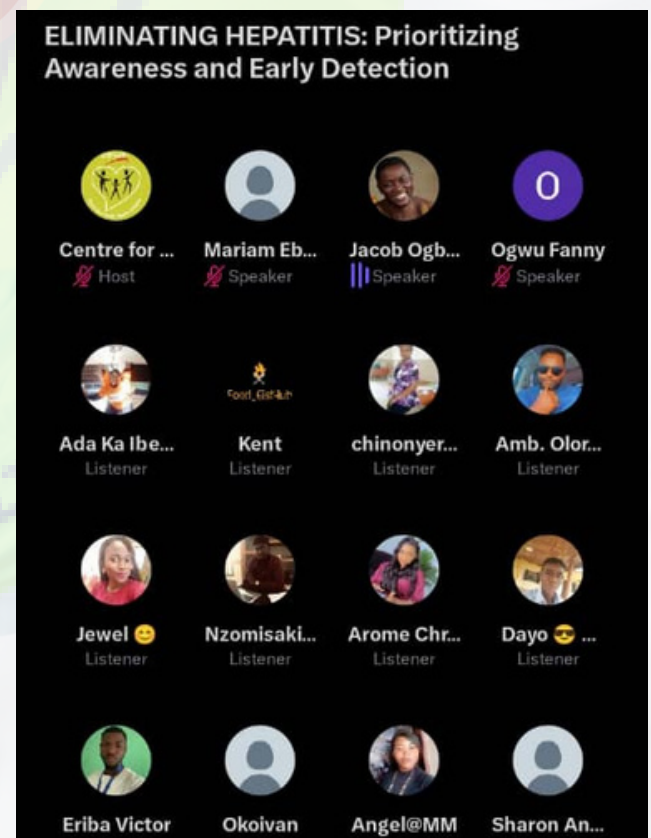
On July 28, 2023, the Centre for Family Health Initiative (CFHI) hosted a virtual event commemorating World Hepatitis Day (WHD) in Nigeria. The theme of WHD 2023, "We're Not Waiting, Hepatitis Can't Wait," served as a powerful call to action, urging participants and the government to take swift action towards eliminating viral hepatitis in the country. Over 70 participants joined the Twitter Space discussion to learn from healthcare professionals and specialists about hepatitis care.

The discussion aimed to raise awareness about the disease, educate individuals on prevention methods, encourage testing and screening, and advocate for enhanced access to treatment to help people understand the illness, reduce their chances of getting it, detect it early, and get the treatment they need to stay healthy.

During the discussion, the panelists provided valuable insights into the different types of viral hepatitis, including A, B, C, D, and E. They explored how each type is transmitted, its symptoms, and the potential long-term health effects. They stressed the importance of prevention strategies, including vaccination against Hepatitis A and B, safe injection practices, proper hygiene, and promoting safe sex practices. The panel emphasized the importance of early detection through testing and screening for hepatitis. They informed participants about diagnostic methods, such as blood tests, that are available. The panel also advised participants to encourage their loved ones to take advantage of free testing opportunities.



A significant focus of the discussion was on addressing the stigma and discrimination faced by individuals with hepatitis. The panelists emphasized the role of healthcare professionals in promoting empathy, education, and destigmatization, creating a supportive environment for those affected by the disease.





CENTRE FOR
FAMILY HEALTH
INITIATIVE
(CFHI)

ACTION TO SUSTAIN PRECISION AND INTEGRATED HIV RESPONSE TOWARDS EPIDEMIC CONTROL (ASPIRE)

The ASPIRE HIV/AIDS Program team continued to provide high-quality services to beneficiaries, and they also made progress in advocacy and mobilization.

The team served a total of 2,950 beneficiaries. They conducted 19 new enrollments and provided nutritional and risk assessments for 305 and 92 caregivers. They also offered transportation logistics for 11 caregivers to pick up their medication and collect samples. Tracked back to care 7 caregivers who had an interruption in treatment and additionally provided community Family Index HTS to 80 beneficiaries in Jiwa and Sabo Lugbe communities.

Continuing with unwavering dedication, each of the three Self-Help and Income Generation (SILC) groups from diverse communities persisted in their valuable contributions. Thanks to the team's proactive advocacy and effective mobilization efforts, the chief of Sabo Lugbe generously provided a complimentary space within the community for a caregiver to establish her business. Additionally, the team's impactful initiatives extended to empowering three adolescents, enabling them to enroll in skill acquisition programs for hairdressing in Wumba and hair barbing in Dape.

These empowering opportunities offer the potential for a brighter and more prosperous future for the beneficiaries, while fostering economic growth and skill development within the local communities.

Food Demonstration Activity at Sabo Lugbe Community



Kiddies club activity at Iddo Pada Community



FIT at Sabo Lugbe Community





WORLD DAY AGAINST TRAFFICKING IN PERSONS - COMBATING HUMAN TRAFFICKING IN NIGERIA

The FCT Chapter of the Network Against Child Trafficking, Abuse, and Labour (NACTAL), with CFHI as one of its esteemed members, successfully coordinated a significant event commemorating the World Day Against Trafficking in Persons at Jabi Motor Park in the Federal Capital Territory.

The meeting aimed to raise awareness about the gravity of human trafficking, prevent trafficking, support victims, promote accountability, enhance partnerships, advocate for change, and monitor progress in combating trafficking.

Highlights of the discussion included an insightful roundtable discussion with members of the National Union of Road Transport Workers (NURTW) at Utako Motor Park. Topics covered during the event included the dangers of human trafficking, indicators to identify potential victims, and Nigerian laws on trafficking.

During the event, NACTAL members conducted a rally around the motor park, chanting songs against trafficking and distributing NACTAL stickers to drivers and other individuals.

It was a successful event as drivers pledged their commitment to collaborate more with NACTAL to combat human trafficking in Nigeria. The organizers expressed hope for greater collaboration, partnerships, and sponsorship in future events to leave no one behind in the fight against human trafficking.



Speak Wednesday

Catch some of our exciting reads on

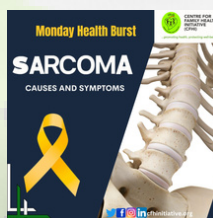
Monday Health Burst

THE IMPACT OF SEXUAL HARRASSMENT ON WOMEN'S CAREER



Follow the link <https://cfhinitiative.org/speak-wednesday-on-the-impact-of-sexual-harrasment-on-womens-careers/...> to know more

BENGIN PROSTATIC HYPERPLASIA



As men age, hormonal changes can cause the prostate gland to grow. Read more <https://www.cfhinitiative.org/?p=5183&preview=true>

SIGNIFICANCE OF WOMEN IN POLITICS



Read more <https://cfhinitiative.org/speak-wednesday-on-the-significance-of-women-in-politics/>

HEPATITIS C: CAUSES AND SYMPTOMS



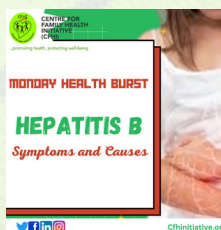
Early diagnosis and treatment can enhance long-term health and stop severe liver damage. Read more <https://www.cfhinitiative.org/monday-health-burst-on-hepatitis-c/>

COMBATING CYBERVIOLENCE AGAINST WOMEN



Visit <https://www.cfhinitiative.org/speak-wednesday-combating-cyberviolence-against-women/> to know more.

CARDIOVASCULAR DISEASE



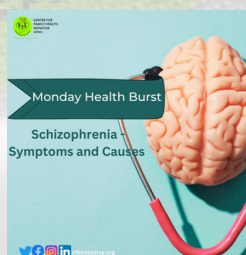
Read more about the risk factors here : <https://www.cfhinitiative.org/?p=5273&preview=true>

EFFECTS OF GENDER DISCRIMINATION ON WOMEN'S FINANCIAL STABILITY



Click <https://cfhinitiative.org/?p=5383&preview=true> to discover how lack of education, unequal pay, and limited access to financial services perpetuate the cycle of poverty

SCHIZOPHRENIA- SYMPTOMS AND CUASES



READ MORE: <https://cfhinitiative.org/?p=5283&preview=true...>

Success Stories

Resilient Reactive Caregiver thrives with HES activity in Angwa Shawu Karimo community.

Her journey began with just five bags in her sachetwater business. Little did she know that this humble start would be the spark that ignited a remarkable transformation.

As time passed, her determination and hard work caught the attentionCFHI. In March 2023, CFHI throughthe ASPIRE projectempowered her with 75 bags, she took bold steps towards progress, expanding her businessand seizing new opportunities. With careful planning and unwavering resolve, she decided to diversify her offerings by adding three crates of minerals to her growing enterprise.

With newfound stability and financial security, she knew she had to invest in her most precious treasure - her child's future. Armed with her earnings, she proudly sent her child back to school, ensuring access to quality education and brighter prospects.

Embracing the spirit of community and cooperation, she joined a savings group, finding strength in numbers. The group's support became the stepping stone to her next milestone. A well-timed loan from the group provided the boost she needed to take her business to new heights.

Today, her sachet water business has flourished beyondher wildest dreams, and she continues to thrive as an empowered entrepreneur.



Her journey is a testament to what can be achieved when opportunity meets ambition. With your continued support, we aspire to create more stories like hers, empowering individuals to create positive change, one step at a time

Success Stories



“God sent CFHI to liberate my household from poverty, I am forever grateful to CFHI” ~ Ama

A reactive widow with 3 children including a CLHIV. After the demise of her husband, she was empowered through the IHVN household economy strengthening and she started selling Plantain in her rented shop. The profit from the business wasn't enough to cater for her Household or renew her rent so she was kicked out of her rented shop.

In FY 2023, CFHI linked her to the FCT Social Development Secretariat (SDS-FCT) where she was empowered with a grinding machine. Without a space to set it up, CFHI reached out to the stakeholders in her community through the monitoring advocacy and mobilization of IGA, resulting in her being given free space in the community, where she happily started her grinding business.



She continued selling her plantains in the same location, and with the earnings from her grinding business, she expanded her operations by introducing the sale of potatoes and retail charcoal. In the evening, she also roasts corn in that same space.

Book Drive Campaign



CFHI is conducting a book drive campaign aimed at gathering books for the children within our underprivileged schools and communities to foster a reading culture, improve educational opportunities, and support those who may not have easy access to books and learning materials. We accept new and gently used books for all age groups, ranging from enchanting picture books to captivating chapter books and enlightening non-fiction reads.

Your generous support in our previous book drive campaign has been truly heartwarming, and we extend our heartfelt gratitude to each one of you. Your contributions made a significant impact, and we are once again counting on your compassion and generosity to help us make a difference in the lives of children in our community. Every book you donate holds the potential to ignite the imagination, spark curiosity, and open doors to new worlds for young readers. Let us come together once more and create a library of knowledge, inspiration, and joy for the children we aim to empower.

Join us in this remarkable endeavor, and together, let's sow the seeds of knowledge and a love for reading that will flourish in the minds of our young ones.

Pad a Girl: A Chance for Every Girl to Learn

Did you know that 1 in 10 girls misses school on a monthly basis due to the lack of access to sanitary pads? For certain women and girls, disposable sanitary pads can be too expensive. SafePad™ is designed with a permanently bonded antimicrobial technology that helps in reducing vaginal infections. NO antibiotics or harmful chemicals are used in this product.

SafePad™

- High absorbency
- No irritation Reusable Comfortable
- 4 pads in a pack
- Environmentally friendly
- Cost effective
- Withstands 100 washes.
- Last for 3-5 years

Your generous contribution will enable us to extend our reach to more girls, providing them with valuable opportunities to pursue education and learning. Please donate today and help us to make a difference in the lives of girls around the world.



SAFE PAD PRODUCTION

SafePad™ is a unique and award-winning sanitary pad with a special antimicrobial treatment produced by Centre for Family Health Initiative (CFHI) in partnership with Real Relief, Denmark. 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 or ed@cfhinitiative.org for more information.



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.

ACCOUNT DETAILS

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Bank: Fidelity Bank PLC

Swift Code: FIDTNGLA

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