

CENTER FOR FAMILY HEALTH INITIATIVE

MONTHLY NEWSLETTER

OCTOBER, 2023.



CENTRE FOR FAMILY HEALTH INITIATIVE (CFHI)

Protecting health protecting well-being

CO-FOUNDER'S DESK

INSIDE THIS ISSUE:

- **Celebrating the Power and Potential of Girls World wide.**
- **Action to Sustain Precision and Integrated HIV Response Towards Epidemic Control**
- **Leadership Training for GSS Kabusa School Prefects**
- **CAADA**
- **Success Story**
- **Pad a Girl**
- **Our Appeal.**

Dear friends of the family,

October is here, and with it comes an opportunity to celebrate and support an important cause - the International Day of the Girl Child. This event, which takes place on October 11 every year, aims to highlight the challenges faced by girls worldwide and promote their empowerment and rights.

The United Nations established the International Day of the Girl Child to recognize the unique struggles and discrimination that girls face across the globe. It serves as a reminder of the im-

portance of addressing issues such as gender inequality, lack of access to education, child marriage, and violence against girls. By acknowledging these challenges, we can work together to create a brighter future for girls everywhere.

Please find enclosed in the newsletter our activities and projects report for the preceding month: Action to Sustain Precision and Integrated HIV Response towards Epidemic Control (ASPIRE), Community Action against Drug Abuse, Leadership Training for School Prefects, and SafePad™ production. The report highlights our commitment to improving communities with a positive impact.



PRINCESS OSITA-OLERIBE
CO-FOUNDER, CFHI

Do have a pleasant reading.

CELEBRATING THE POWER AND POTENTIAL OF GIRLS WORLDWIDE

As the calendar flips to October, our hearts and minds turn to one of the most important and inspiring days of the year – the International Day of the Girl Child. On October 11th, we join hands with people all over the world to celebrate the strength, resilience, and boundless potential of girls

everywhere.

This year, the International Day of the Girl Child carries the theme "Empowering Girls for a Brighter Tomorrow." It's a theme that encapsulates our shared commitment to ensuring that every girl has the opportunities, support, and encouragement she needs to thrive

and shape her own destiny.

Over the years, we've witnessed remarkable progress in advancing the rights and opportunities of girls. Girls are breaking barriers, challenging stereotypes, and excelling in fields that were once considered off-limits. They are emerging as leaders, innovators, and change-



are emerging as leaders, innovators, and change-makers, proving time and again that there are no limits to what they can achieve.

Yet, challenges persist. Gender-based violence, lack of access to quality education, discrimination, and unequal opportunities still hinder the full realization of girls' rights. The pandemic has also brought to the forefront the urgent need to

address the unique challenges girls face, from disrupted education to increased vulnerabilities.

Here is what we can do:

1. Advocate for quality, accessible education for girls worldwide. Education is not just a right; it's a pathway to empowerment.
2. Challenge harmful stereotypes and work towards a society that values and respects girls' voices and choices.
3. Mentor and support girls

in your community. Be a role model, helping them realize their full potential.

4. Stand against gender-based violence and support initiatives that protect girls from harm.

5. Promote equal opportunities for girls in all fields, from STEM careers to leadership positions.

At CFHI, we believe that empowering girls is not just a one-day celebration; it's an ongoing mission. Together, we can ensure that every girl's future is filled with promise and possibility. Join us and let's continue to champion the rights and dreams of girls everywhere.

ACTION TO SUSTAIN PRECISION AND INTEGRATED HIV RESPONSE TOWARDS EPIDEMIC



In September, CFHI served and documented 8,453 beneficiaries, comprising 2,859 males and 5,594 females. These beneficiaries were supported through various activities conducted at healthcare facilities and within communities. The team continued to strengthen pediatric and ado-

lescent HIV case finding in the communities through Family Index Testing. They also prepared and submitted all necessary deliverables to our project funder, the Institute of Human Virology Nigeria (IHVN), as September marked the end of the fiscal year (FY) 23.



Leadership Training for GSS Kabusa School Prefects

In partnership with Toast Masters International, Sheerah Children Initiative, Jewel Publishers and the Institute for Human Virology, CFHI organized a leadership training for the school prefects of Government Secondary

School Kabusa, Abuja. About 25 school prefects were trained and empowered with skills such as goal setting, public speaking, servant leadership, and time management.

In addition, over 300 books were donated to

the school library.



Community Action Against Drug Abuse



The Nigeria Youth Futures Fund Program- Community Action against Drug Abuse project, funded by the MacArthur Foundation and Ford Foundation and implemented in collaboration with LEAP Africa, has been completed. CFHI marked the successful completion of the project with project closeout meetings this month at the palaces of the Hakimi of Dutse, Alhaji Koro, and His Royal Highness Sabo Duste-Piwoyi (Sokale), Chief Timothy Ishaku, with relevant stakeholders in attendance.



It's been a journey full of hardwork, innovation, and unwavering dedication from our exceptional team. We have achieved our goals, exceeded expectations, and delivered results that make us immensely proud. We extend a big thank you to our funders, MacArthur Foundation, Ford Foundation, and LEAP Africa

ASPIRE PROJECT BENEFICIARIES

In the past few months, the SDS-FCT HIV/AIDS unit has empowered over 9 IHVN-ASPIRE project beneficiaries through CFHI. We take immense pride in supporting vulnerable households on their journey towards em-



...protecting health, promoting well-being

Success Story.

The Surviving Story of a Reactive VC

"I am very grateful to you people for giving our daughter a chance at a healthy life"- Father.

Alheri (not her real name) is an 18-month-old girl who, along with her family, faced financial hardship and struggled to meet basic needs such as healthcare and nutrition. Alheri and her mother were reactive, while her older sibling and father were non-reactive. The Centre for Family Health Initiative (CFHI) enrolled them in the OVC Program to provide support.

CFHI helped Alheri by paying for her treatment at ECWA Clinic whenever she fell ill and provided transportation to all hospital appointments. Her case manager offered counseling and ensured they ad-

hered to their medication schedule. Alheri was also linked to Kabusa CHC for nutritional support and received ready-to-use therapeutic food. Additionally, CFHI supplied food to the family.

As a result of CFHI's interventions, Alheri's health improved, and she no longer fell ill frequently. Both Alheri and her mother achieved viral suppression, and her parents now understand the importance of keeping hospital appointments. Alheri's nutrition has also significantly improved.

The family expressed gratitude to IHVN/CFHI for giving Alheri a chance at a healthy life.

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

Name: Centre for Family Health Initiative

Number: 5080117843

Bank: Fidelity Bank PLC

Swift Code: FIDTNGLA

CONTACT US

ADDRESS: NO 8 EXCELLENCE & FRIENDS STREET , DUTSE ALHAJI OFF EFAB BRIDGE. ABUJA (FCT), NIGERIA
P.M.B 200 PSIN,
ABUJA-NIGERIA. 901101.

E-MAIL: DIRECTOR@CFHINITIATIVE.ORG, INFO@CFHINITIATIVE.ORG

WEBSITE: WWW.CFHINITIATIVE.ORG

LINKEDIN: WWW.LINKEDIN.COM/COMPANY/CFHINITIATIVE/

MOBILE NUMBERS: +234 809 608 3336, +234 809 049 2227

TWITTER: WWW.TWITTER.COM/CFHINITIATIVE

YOUTUBE: CENTRE FOR FAMILY HEALTH INITIATIVE

FACEBOOK PAGE: WWW.FACEBOOK.COM/CFHINITIATIVE.ORG