



NEWSLETTER



Co-Founder's Desk

Dear friends of the family,

Welcome to the 8th edition of CFHI Newsletters! I am privileged to connect with you through this monthly newsletter and share some updates and insights.

September is Sickle Cell Awareness Month, which aims to increase sickle cell disease (SCD) awareness. SCD is a genetic blood disorder that affects millions of people globally. Around 50 million people worldwide have SCD, with 4-6 million of those living in Nigeria[2]. The observance is an opportunity to educate the public about the symptoms and treatments of SCD and advocate for research and funding for the disease. The theme for Sickle Cell Awareness Month 2023 is "Sickle Cell Matters 2023", which emphasizes the importance of raising awareness of SCD and its impact on individuals, families, and communities.

Also, World Literacy Day (WLD) is an annual event observed on September 8th to create awareness about the significance of literacy for individuals, communities, and societies.

According to UNESCO Regional Director for West Africa, Dimitri Sanga, "the adult literacy rate in the world has increased from 68 per cent in 1979 to 86.7 per cent in 2020, but despite this progress, 771 million youth and adults around the world still do not possess basic literacy skills -60 per cent of whom are girls and women,"

Please find enclosed in the August 2023 newsletter our activities and projects report for the preceding month: Action to Sustain Precision and Integrated HIV Response towards Epidemic Control (ASPIRE), World Breast Feeding Week, and SafePad™ production.

Have a pleasant reading.



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

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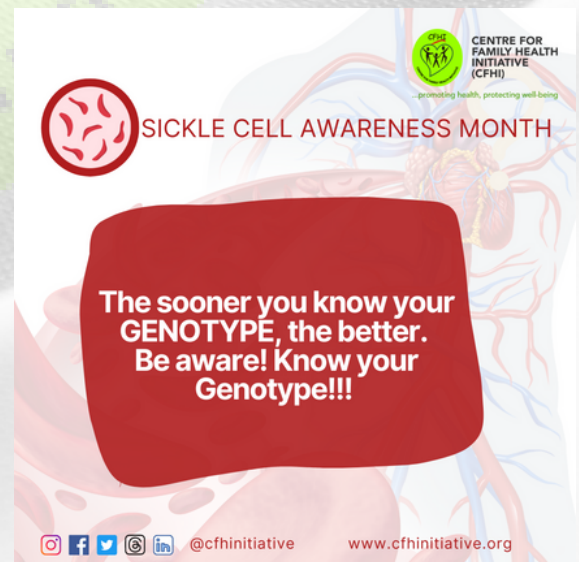
July Article

SICKLE CELL AWARENESS: FOSTERING EMPATHY AND SAVING LIVES

September is recognized as Sickle Cell Awareness Month, a time dedicated to raising awareness about sickle cell disease (SCD) and its impact on individuals and families. This annual observance provides an opportunity to educate the public, dispel myths, fight associated stigma, advocate for better resources, and foster compassion towards those living with this chronic condition.

Sickle cell disease is a genetic blood disorder affecting millions worldwide. It is most commonly found in individuals of African, Mediterranean, Middle Eastern, and South Asian descent. [WU1] Sickle cell disease is caused by inheriting abnormal hemoglobin genes from both parents. It produces abnormal hemoglobin (HbS) that can cause red blood cells to become rigid and take on a characteristic "sickle-like" shape, causing them to get stuck in blood vessels. This can lead to severe pain, organ damage, anemia, and other complications.

Sickle Cell Awareness Month reminds society that individuals living with sickle cell disease deserve our support, understanding, and empathy. Promoting awareness can also empower individuals and couples to make informed decisions about family planning and reproductive choices, ultimately reducing the likelihood of having a child with SCD. Early testing and counseling are essential to these efforts and broader awareness and support from healthcare systems and communities.





WORLD BREAST FEEDING WEEK 2023



World Breastfeeding Week (WBW) is an annual event celebrated from August 1-7 to promote the importance of breastfeeding for the health of babies and mothers.

The theme for WBW 2023 is "Let's make breastfeeding and work work!" On August 2, 2023, CFHI collaborated with Byazhin Primary Health Care Centre in Kubwa, Abuja, to enlighten pregnant women and breastfeeding mothers on the importance of exclusive breastfeeding. Seventy-one (71) women attended the event, which focused on the positive impact of exclusive breastfeeding on both mother and child.



The attendees were taught proper techniques for expressing and storing breast milk and were given washing detergent as a gift.



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

The team made progress in implementing planned activities at assigned facilities and communities, resulting in the service and documentation of 5080 beneficiaries, with 1751 males and 3329 females. Although the team had already achieved its target for new beneficiary enrollment, they continued to enroll newly identified children and adolescents living with HIV (CLHIV) and HIV-exposed infants (HEI). The team enrolled 14 new beneficiaries, conducted nutritional and risk assessments for vulnerable children, provided nutrition counseling and food supplements to malnourished children, facilitated the treatment of a sick child, and performed family index testing in the communities to enhance case finding for pediatric and adolescent HIV.

Other activities carried out in August include strategic weekly review meetings, case manager review meetings, participation in stakeholders' meetings, and facility visits. The team also coordinated plans for a leadership training program in partnership with Toast Master International and additionally,



completed a resource review and work session on the Early Childhood Development (ECD) Program Implementation, and provided transport logistics for drug pickup and viral load sample collection. They also ensured that four children with a treatment interruption were returned to care.



Figure 1: Kiddies club activity across different communities.





1-DAY CAPACITY BUILDING WORKSHOP ON THE NATIONAL POLICY ON PROTECTION AND ASSISTANCE TO TRAFFICKED PERSONS



Centre for Family Health Initiative actively participated in the implementation workshop on the National Policy on Protection and Assistance to Trafficked Persons. The workshop was organized by the Network Against Child Trafficking, Abuse, and Labour, with support from the US Agency for International Development (USAID).



The workshop was a part of the Nigeria Strengthening Civic Advocacy and Local Engagement (SCALE) project, which seeks to enhance the capabilities of the National Agency for the Prohibition of Trafficking in Persons (NAPTIP) and other key stakeholders in their efforts to combat human trafficking in Nigeria.



The workshop provided a platform for various stakeholders to share knowledge, best practices, and strategies in addressing the complex issue of human trafficking. It also served as an opportunity for the Centre for Family Health Initiative to collaborate with other organizations and agencies working towards the same goal.



BASIC EDUCATION NATIONAL STAKEHOLDERS' CONVOCATION AND REPORT LAUNCH



and the Director General of the National Agency for the Prohibition of Trafficking in Persons (NAPTIP), among others.

The event featured a goodwill message from the Director of the MacArthur Foundation, along with impact stories and documentaries, group break-out sessions, and communique drafting and presentation. During the group break-out sessions, participants were divided into eight groups to address challenges such as the spate of abandoned basic education projects, poor material usage, inadequate school infrastructure, shortage of teaching and non-teaching staff, and poor record-keeping. The conference aims to improve basic education for Nigerian youths

The Centre for Family Health Initiative (CFHI) participated in the Basic Education National Stakeholders' Convocation and Report lunch, which tracked the Lagos State Universal Basic Education Board (SUBEB) 2018, 2019, and 2020 action plans. The event was held at the Centenary Hall, Ibeto Hotel in Abuja and attended by various stakeholders, including the Human Development Initiative (HDI Nigeria), representatives from SUBEB, the Commissioner of Lagos State Ministry of Education,



Success Stories

RESILIENT CAREGIVER BOUNCED BACK

Faith is a reactive caregiver with four children living in one of Abuja's communities. In December 2022, she was enrolled in the OVC program at the Center for Family Health Initiatives.

Faith buys flour in Mudu to make snacks she sells in front of her house to support her family. However, more than her profit from the business was needed to cater to her household's needs, and her family struggled to feed. Her children were occasionally out of school due to lack of funds.

She was referred to the FCT Social Development Secretariat (SDS-FCT), where she received a seed fund of N50,000 to add to her confectionery business. She used the money to buy a bag of flour, groundnut oil, butter, baking powder, and other ingredients to expand her business. As a result, her sales increased, and within three months, she could purchase 3 to 4 bags of flour for her small chop business weekly. She also added selling soft drinks and sachet water to her business.

Now, she can provide for her family's needs, and her children can attend school regularly. She is also a member of a flexible savings group in her community, where she saves money regularly.



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.

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