

CENTRE FOR FAMILY HEALTH INITIATIVE



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

...promoting health, protecting well-being

MONTHLY NEWSLETTER

NOVEMBER, 2023.

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CO-FOUNDER'S DESK

Dear friends of the family,

Welcome to the 11th Edition of our Newsletter.

As we gather to celebrate the crisp beauty of November and embrace the spirit of gratitude, it's an opportune time to reflect on the meaningful activities that have filled this month. November will see us actively engaged in a profound cause – the 16 Days of Activism against Gender-Based Violence, World Toilet Day and World Diabetes day. It'll be a month filled with commitment, action, and a determination to make the world a better place.

The 16 Days of Activism campaign is a poignant reminder of the pervasive issue of gender-based violence that continues to affect individuals across the globe. We are part of a collective movement that seeks to break the chains of violence, challenge stereotypes, empower survivors, advocate for policy change, and promote gender equality. This campaign is a call to action, and it's a call that we have embraced wholeheartedly.

I am reminded of our commitment to sustainable sanitation and hygiene practices. In 2020, CFHI proudly organized training sessions on sustainable sanitation to empower communities with knowledge and tools for better sanitation solutions. The previous year, in 2019, we celebrated World Toilet Day by emphasizing the critical role of proper hygiene in disease prevention and overall well-being. These initiatives showcase our dedication to promoting a healthier and more sustainable world, one where every individual has access to clean and safe sanitation facilities.

Our team has been actively involved in a series of activities throughout the month, from strategic meetings to collaborative efforts with organizations that share our mission. We participated in a three-day review meeting, commemorated the International Day for the Girl Child, and engaged in a crucial training for Civil Society Organizations on the Human Papillomavirus (HPV) vaccine introduction. We've not only been present but actively contributing to the cause.

Perhaps the most significant achievement in this month is the successful outreach we've had. We've reached hundreds of girls with essential items and knowledge, made contributions to the health and well-being of Vulnerable Children, and played our part in strengthening communities. These actions, both small and large, are building blocks towards a world free from gender-based violence, and I couldn't be prouder of our team for their dedication.

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), Day of the Girl Child Celebration, HPV Vaccine Champions Training, TWG meeting on Ending Violence against Children, and SafePad™ production.

Do have a pleasant reading.

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





The banner features a large, stylized '16' in purple and white, followed by 'DAYS of ACTIVISM' in white and black text. Below this, 'AGAINST GENDER-BASED VIOLENCE' is written in bold black letters. The background is orange with a white splatter effect behind the '16'. In the top right corner, there is a logo for the Centre for Family Health Initiative (CFHI) with the tagline '...promoting health, protecting well-being'. At the bottom left, the website 'www.cfhinitiative.org' is displayed with a globe icon. At the bottom right, the social media handle '@cfhinitiative' is shown alongside icons for LinkedIn, X, Instagram, and Facebook.

Gender-based violence (GBV) is an insidious and pervasive issue that continues to cast a long and harrowing shadow over our societies. It is an evil that looms, casting a dark cloud over the lives of countless individuals, predominantly affecting women and girls. As we grapple with the complex web of social, cultural, and structural factors that perpetuate GBV, it is imperative that we shed light on this issue and work collectively to combat it.

Gender-based violence takes many forms, including physical, sexual, psychological, and economic abuse. It knows no boundaries, affecting individuals of all backgrounds, ethnicities, and socioeconomic statuses. Its persistence is rooted in deeply ingrained societal norms and power imbalances that perpetuate the subjugation of women and the devaluation of their worth.

This evil thrives in the darkness of silence and ignorance. Victims often suffer in silence due to fear, stigma, or a lack of support. The consequences of this violence are devastating, resulting in physical and emotional trauma, economic hardship, and the perpetuation of a cycle of abuse that affects not only the victim but also their families and communities.

To combat GBV effectively, we must first shine a light on this pervasive issue. Raising awareness and education are essential tools in dismantling the structures that enable GBV. CFHI through her weekly **Speak Wednesday**

Initiative seeks to address issues around gender-based violence and gender bias by teaching individuals about the different forms of violence, its root causes, and the impact it has on individuals and society as a whole. (Read more <https://www.cfhinitiative.org/blog-2/>)

Challenging stereotypes and gender norms that underpin GBV is crucial. These stereotypes perpetuate harmful behaviors and attitudes, leading to a culture of acceptance and silence. It is our collective responsibility to challenge these norms and promote a culture of respect, equality, and consent.

Empowering survivors is another crucial aspect of addressing GBV. Providing safe spaces, counseling, legal support, and access to healthcare services is essential for survivors to heal and rebuild their lives. Support networks and advocacy efforts can help survivors regain their independence and find the strength to speak out against their perpetrators. Recently in one of the communities under our care and supervision, a young girl was sexually molested. CFHI stepped in and the perpetrator was apprehended and the case was handed over to National Agency for Prohibition of Trafficking in Persons

(NAPTIP). We are currently following up and giving the support she may need and leaving no stone unturned until justice is served.

As we confront the looming evil of gender-based violence, we must recognize that it is not solely a women's issue; it is a human rights issue. It demands the collective action of individuals, communities, governments, and organizations to effect real change.

We must advocate for policy changes that protect individuals from GBV and ensure that laws are enforced effectively. Governments and institutions must be held accountable for creating an environment where GBV is not tolerated.

Gender-based violence is a pressing global issue that casts a shadow over our world. It is an evil that looms, but with collective action, education, awareness, and the empowerment of survivors, we can gradually dispel this darkness. Together, we can create a world where individuals are free from the shackles of gender-based violence, and where equality and respect are the norm, not the exception. It's time to face this looming evil head-on and work towards a brighter, more just future for all.

ACTION TO SUSTAIN PRECISION AND INTEGRATED HIV RESPONSE TOWARDS EPIDEMIC



The team has been actively engaged in several significant initiatives. They successfully conducted an ASPIRE strategic weekly review meeting and participated in a three-day FY23 review meeting at the IHVN office.

This review included discussions on achievements, best practices, and introduced the No Means No

project and trained instructors.

In terms of Monitoring and Evaluation (M&E), CFHI served a total of 6453 individuals, conducted nutritional assessments for 755 Vulnerable Children (VC), and performed performance assessments for 120 VC. Additionally, recorded 24 new enrollments for OVC services, provided transport logistics for drug pickup and viral load sample collection, and

successfully tracked four VC who had interruptions in treatment (ITT). The organization continued supporting community entry and mobilization for No Means No instructors in Wumba and Kabusa Communities and documented and distributed 101 birth certificates to VC. In the area of Household Economic Strengthening (HES), five Savings and Internal Lending Communities (SILC) groups made financial contributions within the reporting period.

CFHI will continue with the enrollment of Children Living with HIV (CLHIV) and HIV Exposed Infants (HEI), coordinating community and facility activities.



DAY OF THE GIRL CHILD 2023

At CFHI, we firmly believe that every child's future is brimming with potential, regardless of their circumstances. This belief was brought to life during our heartfelt celebration of International Day of the Girl Child in October. We ventured into the heart of two communities, Gbaupe and Gui, located in the remote corners of Abuja, to empower and inspire young minds, reaching over 250 girls.

In these communities, we engaged with young girls in an enlightening and empowering manner. They were sensitized on topics of paramount importance, such as Child Marriage, Teenage Pregnancy, and Menstrual Hygiene Management. For many of these girls, these discussions provided a valuable source of knowledge and support. We went a step further by distributing a total of 65 Reusable SafePads to girls who otherwise lack access to sanitary pads.

This noble endeavor was made possible with the generous sponsorship from a dedicated member of the CFHI board.

But, let's not forget that gender inclusiveness is about nurturing understanding and empathy among all members of society. Thus, we ensured that boys were active participants in our mission. Over 30 boys were sensitized about the physical and emotional challenges that girls encounter during menstruation. Our goal was to foster a culture of empathy and support, where boys understand the experiences of their female peers and stand as allies in their journey.

This celebration wasn't just a one-time event; it was a step towards long-lasting change. It was about sparking conversations, instilling knowledge, and fostering an environment where every girl, no matter where she comes from, can dream without boundaries.



Human Papilloma Virus Vaccine Champions Training

Here at CFHI, we're committed to creating a lasting impact by empowering individuals and communities. In October, we took a significant step toward this goal by conducting a training program that will ripple through communities in Kuduru Ward, Bwari Area Council, and beyond.

In collaboration with the National Primary Healthcare Development Agency, Johns Hopkins International Vaccine Access Center, and other implementing partners, CFHI trained ten dedicated representatives, one from each of the ten communities in Kuduru Ward. Their mission? To become advocates, educators, and mobilizers for a critical cause –



the introduction of the Human Papillomavirus (HPV) vaccine. This vaccine holds the potential to safeguard countless lives against a devastating and widespread health threat.

Our training equipped these community representatives with the knowledge, skills, and tools needed to conduct advocacy, sensitization, and mobilization efforts within their respective communities. Their roles extend far beyond mere information dissemination; they are now catalysts for change, actively engaged in the mission to protect adolescent girls.



The HPV vaccine is a crucial preventive measure against a virus that can lead to severe health consequences, including cervical cancer. By training these advocates, we're creating a network of individuals who will ensure that their communities understand the importance of HPV vaccination and have access to this vital healthcare intervention.

What we've initiated in Kuduru Ward is a testament to our commitment to making healthcare accessible and education impactful. It's part of our ongoing journey to create healthier, more informed, and empowered communities.

Technical Working Group (TWG) meeting on Ending Violence Against Children (EVAC).



into a crucial aspect of their mission by reviewing the Key Informants Interview Tool for the Costed National and Six States Plans of Action to End Violence Against Children in Nigeria. This review represents a pivotal step toward ensuring the safety and well-being of children across the nation.

This collaboration and commitment from all parties involved underscore the collective effort to address and ultimately eradicate violence against children in Nigeria, making our newsletter report a testament to the impactful work being done to protect our most vulnerable population.

On October 4, 2023, our Executive Director, Krystal Anyanwu, participated in the Technical Working Group (TWG) meeting on Ending Violence Against Children (EVAC). The meeting was held at Reiz Continental Hotel in Abuja, Nigeria.

During this gathering, the TWG delved

The meeting witnessed the presence of influential figures, including the Directors of the Child Development Department of the Federal Ministry of Women Affairs, as well as representatives from the United Nations Children's Fund (UNICEF), Ministry of Health, Ministry of Labour, and other relevant stakeholders.



Success Story.

Empowering Mothers for Economic Independence



In this edition of our newsletter, we shine the light on an economically empowered mother of four who defied the odds. At the time of her enrollment into our program, she found herself in a challenging situation, struggling to make ends meet while caring for her four children. She had no sustainable means of livelihood, which posed significant obstacles to providing for her family's education and well-being.

However, her journey took a remarkable turn when she became a beneficiary of our Household Economy Empowerment Program. In May, she received a pivotal lifeline in the form of a grant amounting to ten thousand naira (N10,000). This modest yet transformative sum served as the seed for her entrepreneurial aspirations.

With determination and resilience, she invested this grant in launching her own business venture - a yam flour sales enterprise. Starting with just ten *mudus* of yam flour, she embarked on her entrepreneurial journey, bringing her products to the doorsteps of her neighbors and supplying households within her community.

Her story is a testament to the incredible potential for economic empowerment to create positive change in the lives of individuals and their families. This narrative not only underscores the impact of our program but also showcases the strength, resourcefulness, and entrepreneurial spirit of this remarkable mother who, with a small boost, has started down the path to financial independence and a brighter future for her children.

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

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