

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 12th Edition of our Newsletter.

AIDS is not merely a medical condition; it's a battle that requires solidarity, compassion, and a relentless pursuit of knowledge. In 2022, Centre for Family Health Initiative in partnership with National Hospital and Institute of Human Virology, Nigeria had a walk round the different departments/Units of National Hospital Abuja to create awareness and sensitize patients on equal access to treatment and prevention of HIV/AIDS. Also, in 2021, CFHI celebrated World AIDS Day at Gosa Toge Community in Abuja, over one hundred persons were tested to know their HIV status. Those who tested positive were counselled properly and were referred appropriately to access ART, care and support.

Let us use this information not only to deepen our understanding but also to inspire action. Whether through advocacy, support, or raising awareness, each one of us plays a vital role in the broader campaign against HIV/AIDS.

As a community, we stand united in our commitment to making a difference. Together, let's amplify our efforts, erase stigma, and contribute to a future where HIV/AIDS is a chapter in history rather than a present-day reality.

Also enclosed in this edition of our newsletter is activities and projects report for the preceding month: Action to Sustain Precision and Integrated HIV Response towards Epidemic Control (ASPIRE), World Diabetes Day celebration, International Day for Elimination of Violence against Women celebration and SafePad™ production.

Do have a pleasant reading.

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



Breaking Barriers: Unveiling the Latest Insights on HIV/AIDS

In our ongoing commitment to health awareness, this newsletter edition sheds light on Human Immunodeficiency Virus (HIV) and Acquired Immunodeficiency Syndrome (AIDS). Empowering ourselves with knowledge is key to breaking down stigma and fostering a supportive community.

Understanding HIV:

HIV is a virus that attacks the immune system, leaving the body vulnerable to infections and dis-



eases. Timely diagnosis and management are crucial in controlling its progression.

Transmission and Prevention:

HIV is primarily transmitted through unprotected sexual intercourse, sharing needles, and from mother to child during childbirth or breastfeeding. Prevention strategies include consistent condom use, pre-exposure prophylaxis (PrEP), and education on safe injection practices.

Global Impact:

While significant progress has been made, HIV/AIDS continues



to affect millions globally. Sub-Saharan Africa faces a disproportionate burden, emphasizing the need for targeted interventions and support.

Treatment Advances:

Antiretroviral therapy (ART) has revolutionized HIV management, transforming it into a chronic, manageable condition. Early diagnosis and treatment initiation are critical for positive outcomes.

Challenges:

Challenges persist, including limited access to healthcare and medications, stigma, and discrimination. Addressing these barriers is essential for effective prevention and treatment efforts.

Research and Hope:

Cutting-edge research explores gene editing and vaccine development to enhance treatment and prevention strategies. Ongoing clinical trials offer hope for breakthroughs in the near future.

Community Engagement:

Our community plays a vital role in eradicating stigma. Let's continue to promote understanding, empathy, and inclusivity. Support and non-judgmental attitudes make a significant difference in the lives of those affected.

By staying informed and engaged, we contribute to a world where HIV is better understood, and those living with the virus receive the support they need. Together, let's

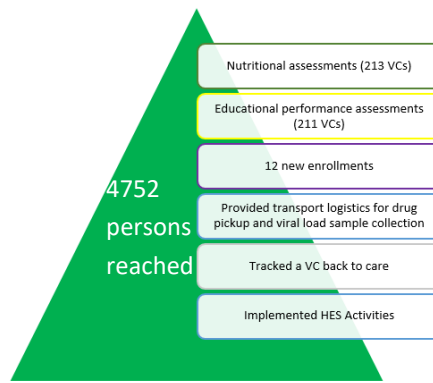


break down barriers and create a community that stands united against HIV/AIDS.

ACTION TO SUSTAIN PRECISION AND INTEGRATED HIV RESPONSE TOWARDS EPIDEMIC

The team has been actively engaged in several community activities. The ASPIRE team received mentorship training from IHVN during IHVN monthly supervisory visit in the office. CFHI served a total of 4752 individuals, conducted nutritional assessments for 213 Vulnerable Children (VC), and carried

out educational performance assessments for 211 VC. Additionally, recorded 12 new enrollments for OVC services, provided transport logistics for drug pickup and viral load sample collection, and successfully tracked a VC who had interruptions in treatment (ITT) back to care. In the area of Household Economic Strengthening (HES), five Savings and Internal Lending Communities (SILC) groups made financial contributions within the reporting period.



WORLD DIABETES DAY 2023

To commemorate World Diabetes Day 2023, CFHI held an Instagram event aimed at raising awareness about diabetes, educating the audience on prevention and management, and facilitate real-time engagement with the participants. The event took place on November 14, 2023.

The highlights of the event encompassed comprehensive discussions covering various aspects of diabetes, including its types, symptoms, risk factors, and lifestyle modifications. By addressing these key elements, CFHI aimed to provide the audience with a well-rounded understanding of diabetes, emphasizing both preventive measures and effective management strategies. The speakers delivered concise yet valuable information to the audience.

The event reached over 80 accounts, with a total of 150 impressions, indicating a significant online presence and the potential impact of the campaign. These effort will contribute to the broader goal of increasing public knowledge about diabetes and promoting proactive measures for prevention and management.



International Day for the Elimination of Violence against Women and Girls



Centre for Family Health Initiative in collaboration with National Agency for Prohibition of Trafficking in Persons (NAPTIP) commemorated the International Day for the Elimination of Violence against Women and Girls at Iddo-Padda community on November, 25. The event took place at Iddo-Padda due to the high number of VAWG cases recorded in the community within the past few months. We had a Door-to-Door education campaign and reached over 500 women, men, girls and boys. The primary focus of the event was to raise awareness and address the issue of violence against women and girls. The Door-to-Door education campaign proactive approach was to reach the community members directly in their homes which allowed for a more intimate and personal engagement with the residents of Iddo-Padda.

CFHI and NAPTIP combined resources, expertise, and networks to enhance the effectiveness of the intervention allowing for a more coordinated and impactful initiative.



Orange Road Walk



Centre for Family Health Initiative participated in the Orange Road walk to kick start the 16 Days of Activism at Eagle Square. The event had several government and non governmental organizations in attendance. Some of the organizations include: Federal Ministry of Women Affairs, UNFPA, Institute of Human Virology, Nigeria to mention but few. The essence was to create awareness and sensitize people on gender-based violence.



Success Story.

Empowering Youths for Economic Independence



One of the things CFHI is committed to doing is the uplifting and empowerment of vulnerable individuals. In this edition of our newsletter, we are going to be looking at the success story of Aisha Bello.

Aisha Bello is a determined adolescent child with financial constraints. Aisha seemed destined for limited opportunities

CFHI intervened by enrolling her in a fashion design school. She received a sewing machine as a graduation gift. In barely a year after starting a sewing business, Aisha was able to support her family and meet her demands.

Aisha's story shows how a simple sewing machine, combined with skill development and entrepreneurial support, could catalyze positive change and create a self-sustaining cycle of empowerment.

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.

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Number: 5080117843

Bank: Fidelity Bank PLC

Swift Code: FIDTNGLA

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