

JANUARY, 2024

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From the Cofounder's Desk,

Dear friends of the family,

Welcome to 2024!

May we bask in joy, peace, and love.

Happy New Year!



In this edition, we delve into a topic that touches every aspect of our lives – Mental Wellness. In a world that moves at an ever-increasing pace, nurturing our mental health is not just a luxury but a fundamental necessity for a fulfilling life. This edition aims to shed light on the importance of mental well-being, offering insights, strategies, and practical tips to help you embark on a journey towards a balanced and resilient mind. Join us as we explore the nuances of mental wellness, unravel common challenges, and discover empowering ways to prioritize your mental health amid life's complexities.

Do have a pleasant reading!

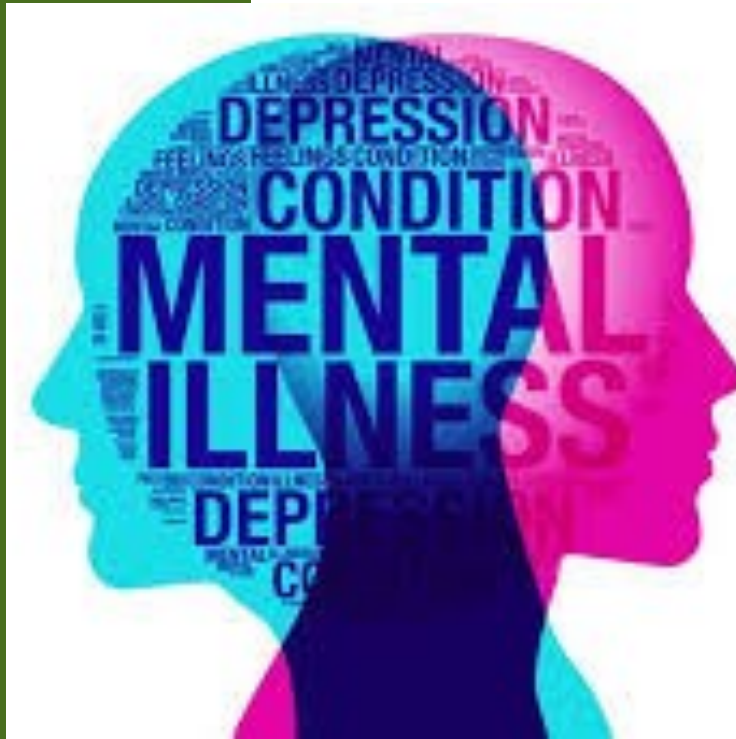
Princess Osita-Oleribe

Cofounder,

CFHI.

Safepad Production

Nurturing Mental Wellness: Strategies for a Balanced



Mental wellness is the ability to manage life's stressors, reach one's full potential, learn and work effectively, and give back to one's community. Our ability to make decisions, form relationships, and influence the world around us is a fundamental aspect of health and well-being on both an individual and a societal level. In our fast-paced and demanding world, prioritizing mental wellness is crucial for overall

well-being. This article explores the importance of mental health, common challenges, and practical strategies to foster mental wellness. Mental wellness is more than just the absence of mental illness; it encompasses a state of well-being where individuals can cope with stress, work productively, and contribute to their communities. Recognizing the importance of mental health is the first step towards building a balanced and fulfilling life. Some of the challenges of mental wellness are; **Stress:** Modern life is often filled with stressors, ranging from work pressures to personal challenges. Learning to manage stress is vi-

tal for mental well-being

Stigma and Misunderstanding: The stigma surrounding mental health can discourage individuals from seeking help. Promoting open conversations and understanding is essential in overcoming this barrier.

Strategies for Mental Wellness:

Self-Care: Prioritize self-care activities such as sufficient sleep, regular exercise, and healthy nutrition. Taking care of your physical health positively influences your mental well-being.

Mindfulness and Meditation: Practices like mindfulness and meditation help cultivate a present-focused awareness, reducing stress and promoting emotional balance.

Seeking Support: It's okay to ask for help. Whether from friends, family, or mental health professionals, seeking support is a sign of

strength.

Setting Boundaries: Establishing healthy boundaries in personal and professional life helps prevent burnout and fosters a sense of control.

Hobbies and Leisure Activities: Engaging in activities you en-

joy provides a positive outlet for stress, promotes relaxation, and contributes to a balanced life.

Prioritizing mental wellness is a continuous journey, and it requires conscious effort and self-reflection. By understanding the sig-

nificance of mental health, addressing common challenges, and adopting proactive strategies, individuals can cultivate a resilient and balanced mind, leading to a more fulfilling and satisfying life.

ACTION TO SUSTAIN PRECISION AND INTEGRATED HIV RESPONSE TOWARDS EPIDEMIC

Our team diligently oversaw community and facility services, extending our reach to serve a commendable total of 8351 individuals. Notably, we conducted nutritional assessments for 1,368 Vulnerable Children and educational performance assessments for 564 of them. Enrolling nine new beneficiaries for Orphans and Vulnerable Children (OVC) services, the team provided transport logistics for drug pickup and viral load sample collection. Forty beneficiaries, comprising 8 Caregivers and 32 Vulnerable Children, were successfully enrolled in the FCT insurance scheme. Additionally, our intervention effectively brought back two Vulnerable Children who had experienced interruptions in treatment (IIT) back into care.



SDS_FCT (HIV/AIDS) Empowerment of Caregivers and Adolescents for IGA and Skill Acquisition Programs.

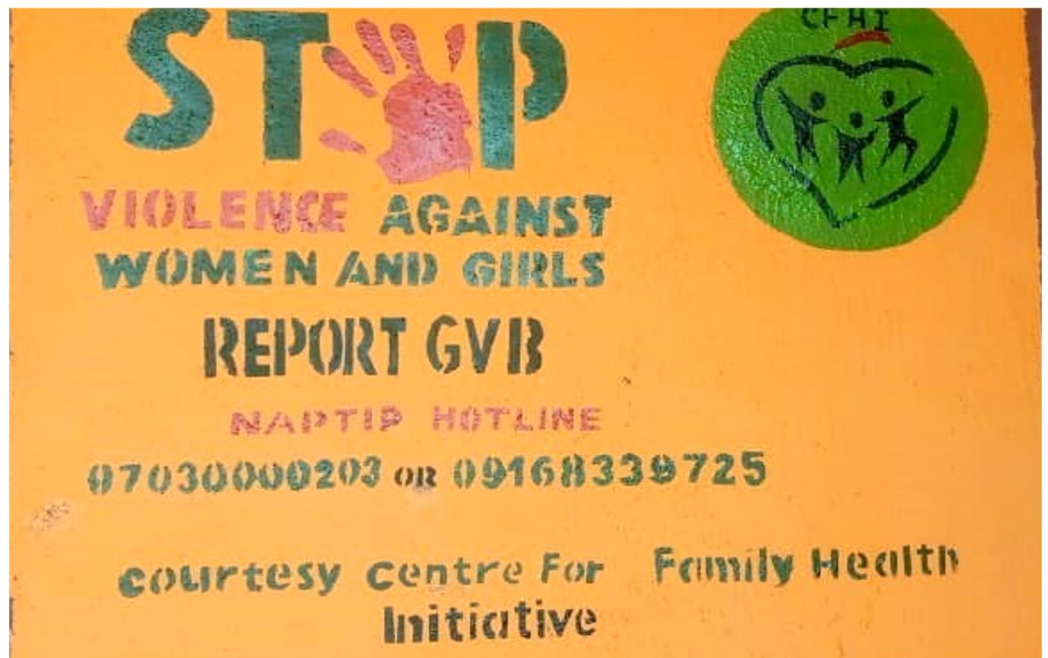
Our commitment to empowerment initiatives shone through as we facilitated Income Generation Activities (IGA) and skill acquisition for three Caregivers and two Adolescents in collaboration with the SDS_FCT HIV/AIDS unit. Our outreach efforts also reached eighty-nine Adolescents with a comprehensive health talk covering topics such as Hygiene, Menstruation, and Gender-Based Violence (GBV).



Teaching on GBV, Menstruation and Hygiene.

Furthermore, during the one-day AONN (Awareness and Outreach Event) at Apo Dutse, we provided essential medical testing services, including HIV, Hepatitis, and Malaria tests, reinforcing our holistic approach to community well-being. These collective endeavors underscore our dedication to impactful services and the effective management of health-related challenges within the communities we serve.

COMMEMORATION OF 16 DAYS OF ACTIVISM



To raise awareness of the risks of gender-based violence in the community, CFHI in collaboration with the Vaccine Network for Disease Control celebrated the

16 Days of Activism in Iddo-pada community. The event featured cultural dance from different ethnic groups and a talk show. The event reached over 200 individuals.

Building on the success of this event, we envision continued collaboration, resource mobilization, and ongoing community engagement.

To mark the close-out for the 2023 16 days of activism against gender-based violence, which started on 25th of November 2023 to 10th December, 2023, CFHI collaborated with the Primary Health Care centre at Iddo Pada and a corner store owner to paint a section of their premises with the necessary information for awareness and ease of reporting gender-based violence cases.



Commemoration of 16 Days of Activism

WORLD AIDS DAY

CFHI also participated in the World AIDS Day Road Show alongside NACA Nigeria, Hope for the Vulnerable Initiative, Daisy Oak Foundation, Gem Hub Initiative, and the Federal Ministry of Health to mark the day. Condoms and HIV self-test kits were distributed. Following this, an oral HIV self-testing service was provided, allowing people to get tested and know their status.



During the World Aids Day Road Walk

SAFEPAD 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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Name: Centre for Family Health Initiative

Number: 5080117843

Bank: Fidelity Bank PLC

Swift Code: FIDTNGLA

Or Contact Us:

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