

# FEBRUARY, 2024

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VOLUME 1, EDITION 2

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Safepad Production

### *From the Cofounder's Desk,*

Dear friends of the family,

Welcome to 2nd Edition of CFHI Newsletters!



It is with a heavy heart that I address the deeply concerning issue of female genital mutilation (FGM) in this edition of our newsletter. FGM is a practice that continues to inflict unimaginable harm upon countless women and girls worldwide, robbing them of their dignity, autonomy, and basic human rights. FGM is not a topic we can afford to ignore or remain silent about. It is a violation of fundamental human rights and a form of gender-based violence that must be condemned unequivocally. As members of a global community, it is our collective responsibility to raise awareness, educate others, and advocate for an end to this harmful practice.

Over the years, CFHI has observed the International Day of Zero Tolerance for Female Genital Mutilation as part of its own efforts to curb Female Genital Mutilation (FGM) practice. Join us on February 6, on all our social media handles as we commemorate this year's International Day of Zero Tolerance for Female Genital Mutilation.

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), National and Zonal Plans of Action of Action on Ending Violence Against Children and SafePad Production.

Do have a pleasant reading!

Princess Osita-Oleribe

Cofounder,

## Understanding Female Genital Mutilation



Fig 1.0 Cross section of participants who pledged their support to ending FGM in their community

Female genital mutilation (FGM) is a deeply rooted cultural practice that involves the partial or complete removal of external female genitalia or other injury to the female genital organs for non-medical reasons. This harmful practice is a violation of human rights and has severe physical, emotional, and psychological consequences for the affected individuals.

According to the World Health Organisation, more than 200 million girls and women alive today have undergone female genital mutilation (FGM) in 30 countries in Africa, the Middle East and Asia where FGM is prac-

ticed.

FGM is often associated with cultural beliefs, social norms, and gender inequality. It is practiced in various forms across different communities and regions, predominantly in Africa, the Middle East, and parts of Asia. The reasons behind FGM vary, including cultural traditions, misguided ideas about purity, and the control of women's sexuality. The emotional toll of FGM is significant. Women who have undergone this practice may experience trauma, anxiety, depression, and other mental health challenges. The violation of one's bodily integrity can have lasting effects on a person's self-esteem and well-being.

Over the years, CFHI has observed the International Day of Zero Tolerance for Female Genital Mutilation as part of its own efforts to curb Fe-

male Genital Mutilation (FGM). A notable aspect of it was the celebration held at the St. Theresa Catholic church in Anurie Omanze, Idu LGA, Imo state, wherein the community was made aware of the importance of achieving zero FGM records. Over 100 participants were reached and they all pledged to join the movement.

Ending female genital mutilation requires a multifaceted approach involving education, community engagement, legislative action, and international collaboration. Efforts to eradicate FGM must respect cultural sensitivities while promoting the fundamental human rights of women and girls. By fostering a global conversation and implementing comprehensive strategies, societies can work towards eliminating this harmful practice and ensuring the well-being of future generations.

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## **ACTION TO SUSTAIN PRECISION AND INTEGRATED HIV RESPONSE TOWARDS EPIDEMIC**

The team continued supervising community/facility services. 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 7 new enrollments for OVC services, provided transport logistics for drug pickup and viral load sample collection, enrolled one hundred and four beneficiaries (104 91VC, 13CG) into the FCT insurance scheme and successfully tracked two VCs who had interruptions in treatment (IIT) back to care. Other activities include kiddies club, better parenting, and adolescent club activities.



Fig 2.0 *Better Parenting Meeting at Gishiri Community - CFHI*

## **TRANSFORMING EDUCATION THROUGH PARTNERSHIP**

The value of education in the quickly changing world of today cannot be emphasized. However, many marginalized populations around the world still struggle to get access to high-quality education. In order to effectively address this issue, partnerships that facilitate outreach to these marginalized groups must be established, and education institutions must be transformed.

In order to address the aforementioned concern, CFHI facilitated the provision of over 185 textbooks and two dozen 80-page leave-notebooks to Community Secondary School Kabusa students in partnership with the Alpha Development Model (ADM) Foundation.



Fig 3.0 *Cross Section of the books donated*



## NATIONAL AND ZONAL PLANS OF ACTION ON ENDING VIOLENCE AGAINST CHILDREN



*Fig 4. 0 Day 1 at the 2-day National and Zonal Validation Meeting*

CFHI was represented at the Two Days National Validation Meeting on the Development and Costing of the National and Zonal Plans of Action on Ending Violence Against Children, organized by the Federal Ministry of Women Affairs with Support from UNICEF.



*Fig 5. 0 Day 2 at the 2-day National and Zonal Validation Meeting*

## 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](mailto:info@cfhinitiative.org) or [ed@cfhinitiative.org](mailto: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:

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**Number:** 5080117843

**Bank:** Fidelity Bank PLC

**Swift Code:** FIDTNGLA

### Or Contact Us:

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