



CENTRE FOR
FAMILY HEALTH
INITIATIVE
(CFHI)

Protecting health protecting well-being

CFHI MAY NEWSLETTER

Healthy families, healthy societies

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FROM THE COFOUNDER'S DESK

Dear friends of the family,

Welcome to 5th Edition of CFHI Newsletters!

Today, I want to address an important topic that affects women around the world: menstrual health. It's crucial that we have an open conversation about this natural aspect of life, which unfortunately has been stigmatized and overlooked for too long. Menstrual health is not just a biological process; it's a matter of human dignity and well-being. Every woman and girl deserve access to safe menstrual hygiene products, education, and support. No one should feel ashamed or disadvantaged because of their period.

CFHI's groundbreaking innovation, the Safepad reusable sanitary pad, not only promotes sustainable menstrual hygiene but also fosters economic empowerment for women and girls in our communities. By offering affordable or no-cost access to these pads, we are addressing a critical need while creating opportunities for those in vulnerable situations.

Through our efforts, CFHI has already educated over 2,000 students on proper menstrual hygiene practices and distributed more than 1,000 packs of free reusable sanitary pads to women and girls in need. This year, we are committed to expanding our impact even further, reaching more individuals who can benefit from our support. Together, we are breaking barriers, empowering women, and ensuring that menstrual health is no longer a barrier to education, dignity, or economic opportunity. Join us in this important mission to make a lasting difference in the lives of women and girls everywhere.

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).

Do have a pleasant reading!

Princess Osita-Oleribe

Cofounder, CFHI.

MENSTRUAL HEALTH

Menstruation is a natural and vital aspect of a woman's reproductive health cycle. However, it is often accompanied by challenges, stigma, and misconceptions, particularly related to hygiene and health management. Proper menstrual hygiene practices are crucial for the overall well-being, comfort, and confidence of women.

Menstrual hygiene refers to the practices and resources used by women during their menstrual cycle to maintain cleanliness and comfort. It encompasses not only the use of menstrual products but also personal hygiene habits and disposal methods.

One of the primary challenges faced by women, especially in low-resource settings, is access to affordable and hygienic menstrual products. The lack of proper facilities, such as clean toilets and washing facilities, further complicates menstrual hygiene management. Additionally, cultural taboos and myths surrounding menstruation can lead to social stigma and impact the self-esteem of women and girls.

Maintaining good menstrual hygiene is essential for several reasons:

Preventing Infections: Poor menstrual hygiene can lead to infections such as bacterial vaginosis and urinary tract infections. Regular changing of menstrual products and proper genital hygiene are crucial in preventing these infections.

Boosting Confidence: Proper menstrual hygiene promotes confidence and enables women to participate fully in daily activities without discomfort or embarrassment.

Ensuring Reproductive Health: Neglecting menstrual hygiene can have long-term implications on reproductive health. For instance, leaving tampons or pads on for extended periods can lead to toxic shock syndrome.

Addressing the stigma associated with menstruation is crucial for empowering women and girls. Education plays a key role in dispelling myths and promoting open discussions about menstrual health. Encouraging inclusivity and understanding in communities can create supportive environments where women feel comfortable managing their menstrual needs.

Menstrual hygiene is not just a matter of cleanliness but a fundamental aspect of women's health and dignity. By promoting proper menstrual hygiene practices, breaking stigma, and ensuring access to resources, we can empower women and girls to embrace their menstrual cycles confidently and lead healthier lives. Let's work towards a future where menstruation is celebrated and supported as a natural and essential aspect of women's health.



ACTION TO SUSTAIN PRECISION AND INTEGRATED HIV RESPONSE

TOWARDS EPIDEMIC

In April, CFHI served a total of 2776 individuals across our communities. Specifically, we focused on promoting the health of 673 Vulnerable Children (VC) by conducting nutritional assessments to address dietary deficiencies. We also conducted educational performance assessments for 237 VC.

We achieved several key milestones including 7 new enrollments for OVC services, Facilitated transport logistics for drug pickup and viral load sample collection, and enrolled 24 beneficiaries (6 VC, 18 caregivers) into the FCT insurance scheme to enhance medical and financial protection, and potentially improve health outcomes.

Our outreach efforts extended to 10 beneficiaries during FIT/HTS activities, and we successfully reengaged 8 VCs who had treatment interruptions back into care. Additionally, we disbursed HES funds to two caregivers in Kabusa and Lubge communities, and organized various community activities including kiddies club, Better parenting, Gender norm activity, Adolescent club, and DREAMS club activity.

During the Better Parenting activity, caregivers engaged with various parenting styles and their influence on a child's well-being, self-esteem, and capacity to develop healthy relationships. The session highlighted four primary parenting approaches: Very strict, Firm but fair, Permissive, and Indifferent/Uninvolved. Caregivers were encouraged to embrace the "firm but fair" approach, which integrates discipline with love for effective child-rearing.

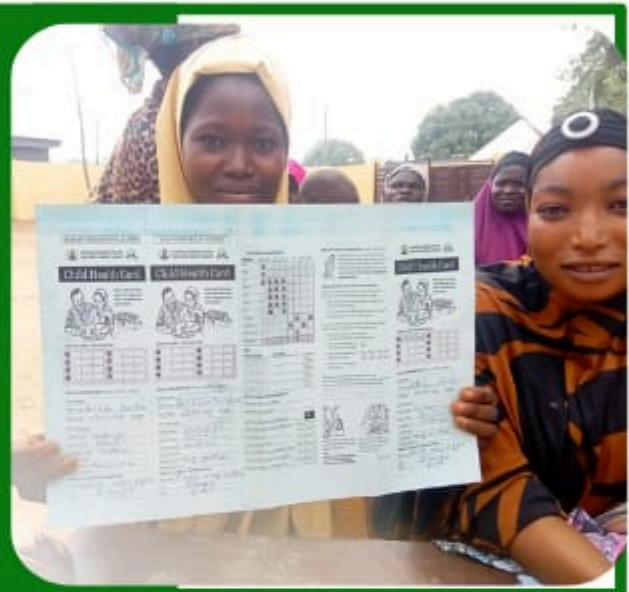
For the adolescent Club sessions, adolescents were educated on the detrimental impacts of child marriage, with a strong emphasis on the significance of prioritizing education and skill development.



WORLD IMMUNIZATION WEEK

In honor of World Immunization Week, CFHI partnered with the Angwan Guragu, Persons with Disability community, in Karonmajiji to promote healthcare access and immunization awareness. Through collaboration with the community's Primary Healthcare (PHC) center, we conducted comprehensive sensitization sessions and administered vaccinations to over 50 individuals, including children. This initiative reflects our dedication to improving health outcomes and ensuring the well-being of vulnerable populations

Angwan Guragu, referred to as the "disabled people's community," is located within the Karonmajigi district in the Federal Capital Territory of Nigeria. This settlement predominantly houses survivors of leprosy, with over 500 individuals with disabilities residing there.





WORLD MALARIA DAY



Malaria, a mosquito-borne disease caused by parasites, is a major global health concern, particularly affecting pregnant women and children in endemic regions.

For World Malaria Day 2024, CFHI partnered with Kaba Primary Healthcare Center, Abuja to mark World Malaria Day, empowering over 40 expectant mothers with vital malaria awareness and prevention insights. Use a paragraph to talk about the community.

Kaba is a community situated in the Federal Capital Territory, Abuja, Nigeria, with a population of over 2,000 residents. The community is predominantly inhabited by the Gbagyi people, who primarily engage in farming as their occupation. Kaba boasts a rich cultural heritage, marked by traditional customs and beliefs. The residents often rely on traditional remedies over English medications as part of their health practices. (Musa, Community member)



CALL FOR COLLABORATION

As we approach Menstrual Hygiene Day on May 28 2024, Centre for Family Health Initiative (CFHI) invites individuals, organizations, and foundations to collaborate with us in our mission to enhance access to menstrual products for disadvantaged women and girls, with the aim of eradicating period poverty in Nigeria.

To raise awareness and support, we're excited to announce our upcoming initiatives for the 2024 Menstrual Hygiene Day which includes educating school children on menstrual hygiene, hosting empowering workshops to teach girls about reusable pads, and distributing Safepad™ to vulnerable girls in underserved communities, ensuring access to safe menstrual products.

For more information and collaboration, kindly contact us via legal@cfhinitiative.org, or admin@cfhinitiative.org.

Join us in breaking the stigma surrounding menstruation and promoting menstrual health and dignity for all.



SAFEPAD PRODUCTION

SafePad is a unique and awardwinning sanitary pad with a special antimicrobial treatment produced by Centre for Family Health Initiative (CFHI) in partnership with Real Relief, Denmark.

To partner with us to end period poverty in Nigeria and beyond, kindly contact info@cfhinitiative.org or ed@cfhinitiative.org for more information. The permanently bonded antimicrobial technology helps heal vaginal infections by removing yeast and bacteria during use and care



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 familycentred 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

Or Contact Us:

Address: Number 8, Excellence & Friends Street, Dutse Alhaji,
Off Efab Bridge,
Abuja (FCT) Nigeria.

P.M.B. 200 PSIN Dutse, Abuja-Nigeria. 901101



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