The Menstrual Hygiene Day is a global event marked annually, every May 28th, to break the silence surrounding menstruation and to create awareness on the role that good menstrual hygiene plays in enabling women and girls attain their full potential. To commemorate this year’s Menstrual Health day (MHD), CFHI prior to the date carried out a need assessment in different schools in the FCT, Kaduna and Imo state. The assessment was used to ascertain the schools to be visited, the need for menstruation pads to the targeted population and the vulnerability status of girls affected by menstruation in the various schools. Based on the results of the assessment; four (4) schools were visited: two (2) in the FCT and one (1) each in Kaduna and Imo states.

HIV/AIDS PREVENTION AND EMPOWERMENT PROJECT FOR YOUNG PEOPLE AND POSITIVE MOTHERS IN OBI COMMUNITY (HAPPY) PROJECT

This month, team Obi carried out another Town Leader’s Meeting at Angwantashi in Obi community, this was intended to carry along the leaders of the community, and to engage these leaders; sensitizing them on HIV/AIDS. Present at the Town Leader’s meeting were 15 top leaders in the community. In addition, team Obi carried out a community film show at Daddere in Obi community, Nasarawa State. The film show was tailored toward the aims and objectives of the HAPPY! project: to enlighten Adults and Adolescent/Children about the virus HIV, to educate them on preventive measures and to provide ARTS to infected individuals. In attendance were over four hundred and fifty (450) people, which included mostly adults and adolescents. One of the highlights of the HAPPY! project for the Month of May was that the Obi team successfully obtaining an approval from the State Ministry of Education to establish HAPPY! clubs in 40 schools in Obi LGA.

The team held meetings with interested in-school and out-of-school adolescents/young people on the prospect of joining HAPPY! Clubs and enrolled over one thousand and seventeen (1,017) in-school and six hundred and nineteen (619) out-of-school adolescents into the HAPPY! Clubs. To further facilitate the work, team Obi conducted about 18 Monitoring and Technical training/visit to COMETs, to enable an easy and appropriate approach to the enrollment of adolescents into the HAPPY club.

In conclusion, the CFHI team developed the HAPPY! manual and flip chart which would be used to give diverse lectures on HIV/AIDS to the targeted population for better assimilation. Finally, the project’s team intend to enroll more in-school and out-of-school adolescents into the HAPPY! Club.
Dear Friends of the Family,

We are glad to reach you this month with the May’s edition of our newsletter; we had so many activities wrapped up in this Month’s edition.

The commemoration of two distinct events: Menstrual Hygiene Day (MHD), were we reached over one thousand, three hundred and seventy-five (1,375) students, boys and girls inclusive with an intervention of two hundred and fifty (250) re-usable pads given to vulnerable girls. Also enclosed, is the IDF (International day of Families) event, organized to raise awareness on the year’s theme which is, “Families and Inclusive Societies”. We recorded an attendance of fifty (50) families, with over one hundred and sixteen (116) children given free growth and development monitoring etc. Other activities undertaken during the IDF event are enclosed.

Also, contained in this edition, are reports of all our current projects which occurred within the month of May, 2018.

As always, I trust you will have an awesome reading experience!

Kind regards,
Princess Osita-Oleribe
Director CFHI.
Igu Bwari, MH Junior Secondary school (JSS)

their experiences, telling what challenges in the past, shared asked for solutions; while Some caregivers who shared personal experiences; some caregivers voiced out some challenges in the handling of their children and asked for solutions; while Some women, who had similar challenges in the past, shared their experiences, telling what challenges they had done to overcome such challenges. Participants received bar soaps and packs of seasoning cubes after which the meeting came to an end.

Also held, was the Adolescent’s Club, where mentoring on career choices was given by the OVC team. The attendees also received lectures on “Sexually Transmitted Diseases”, with a distribution of Information, Education and Communication materials (IEC) on HIV/AIDS and STIs to adolescents. The children were not left behind, as they were also engaged. The OVC team held kiddies’ club in those 6 communities. The focus topic for the day was “tolerance” the children were taught the importance and benefits of living together as one, irrespective of ethnicity or religious inclination. In the Health and Nutrition domain, the team held Infant and Young Children Feeding (IYCF) support group meetings in 3 communities. The attendees were enlightened on; “Exclusive Breast Feeding for six months” with emphasis placed on extra benefits attained when a baby is fed with Colostrum in their first days. The attendees were also taught additional means to feed their 0-5 babies, using highly nutritious and available food commodities. The sessions highlighted the benefits of using bananas and avocados as nutritive additives especially for young children as an appropriate complimentary feeding. A practical demonstration was done, and participants were given scoops of the mixture for their babies present at the meeting. Also, food demonstration was carried out in 2 communities.

More so, participants were educated on health and nutritional issues. They were reminded of the benefits of home gardening and were encouraged to make use of available space in their homes as this will help in reducing malnutrition and would be a form of empowerment to their economic status. Some beneficiaries with gardens were advised on the kind of crop that would thrive in the current season.

Also, OVC team conducted educational assessment for over three hundred (300) beneficiaries in communities with high school dropout and with more of them being children. The assessment was to ascertain the most vulnerable ones and provide educational interventions and supports.

The ACHIEVE OVC Care and Support project is a yearlong activity which involves the provision of care and support to assess, enroll and provide interventions to vulnerable children infected and/or affected by HIV & AIDS under the age of Eighteen (18) and their households in AMAC. In the month of May, OVC team held parenting, kiddies & adolescent (PSS) meetings with the targeted beneficiaries. The topic of discussion was “Changing Needs as Children Grow Older” with special focuses on various stages: infant (0-1year), toddler (2-3 years), early childhood (4-6 years), middle childhood (7-12 years) and late childhood/adolescent (13-17 years). These held in 6 communities. The primary needs at each stage as well as Common Behavior was the concentration. There were responses from most caregivers who shared personal experiences; some caregivers voiced out some challenges in the handling of their children and asked for solutions; while Some women, who had similar challenges in the past, shared their experiences, telling what they had done to overcome such challenges. Participants received bar soaps and packs of seasoning cubes after which the meeting came to an end.

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CFHI held its third annual Family Fair in commemoration with the International Day of Families, which usually takes place around the globe every 15th of May. This year’s theme “Families and Inclusive Societies” was developed to highlight the role of families and family policies in promoting a peaceful and inclusive society. As such, this year’s Family Fair included different sessions of educational talks for parents, adults and children/adolescents. We had a Family Life Expert (for Adults) – the Intentional Parent Coach, Wendy Ologe talk to parents on healthy family practices. The 3-hour event had over fifty (50) families in attendance with CFHI providing them with; free growth and development monitoring for children, free and confidential HIV testing services; blood sugar test, eye care services, dental care services.

Over one hundred and sixteen (116) children/adolescents of the total of… persons that were in attendance participated in activities tailored to their interests. The Society for Family Health (SFH) gave the adolescents an educational talk on SRH and Life Skills. The event also had a dance competition for children and their parents or other adults; and a sustainable art demonstration for the adolescents; where they were taught on creating useable art from non-degradable waste materials like plastic bottles.

One of the highlights of the event was the drive for new/used books...
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, persons or organizations concerned with improving community health, sustainable socio-economic empowerment and the development of family-centred policies should please contact us.

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