

A smiling woman with dark skin and hair pulled back, wearing a grey t-shirt with a graphic that says "TOM YAKOR The Best". She is holding a large green corn leaf up to the camera. The background is a lush green cornfield under a bright sky.

ACTIONAID NIGERIA TRIANNUAL NEWSLETTER

# SWIFT

DECEMBER 2023 – MARCH 2024

SWIFT ISSUE 19





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## Graphics Design

**Emmanuel Opara**



# WHAT'S NEW?

You are welcome to another exciting edition of SWIFT!

It is a pleasure sharing updates on ActionAid Nigeria's activities within the last quarter with you.

I am thrilled to inform you that we have now launched the HDP Practitioners Academy, a collaborative effort between ActionAid and esteemed academic institutions like The American University of Nigeria, Nasarawa State University and The University of Maiduguri. This groundbreaking initiative, under the HDP Nexus, seeks to revolutionise crisis response strategies comprehensively. Through partnerships and academic rigor, we aim to redefine humanitarian efforts in Nigeria, emphasising on gender justice and inclusive approaches.

The issue also showcases the transformative impact of our projects on individuals and communities across Nigeria. From empowering women entrepreneurs like Hansatu Musa to fostering resilience and skill acquisition among displaced individuals like Abba Wakil, our projects are making a tangible difference in people's lives.

Our campaign to stop banks from funding fossil fuel and industrial agriculture – Fund Our Future – continues. In this edition of SWIFT, we shed light on critical issues such as the environmental impact of oil companies' activities, including Shell, Heritage Oil, and North-West Oil, on communities in Delta State. We also highlighted the plight of children affected by their corporate irresponsibility, how oil spillages and gas flares have devastated lives, properties, and livelihoods in Delta State. I encourage you to take the time to read the investigative report that we commissioned to gain insight into these issues. You can also show your support by signing our petition against these banks at [fundourfuture.actionaid.org](http://fundourfuture.actionaid.org).

I would like to take this opportunity to pay tribute to our dear colleague, the late John Christopher Goni. His kindness and dedication left a lasting impact on all who knew him. John's memory will forever remain in our hearts, and he will be sorely missed.

As you delve into the stories featured in this newsletter, we hope you find inspiration and motivation to join us in our mission to create positive change in Nigeria and beyond.

In Solidarity.

**Andrew Mamedu**  
Country Director







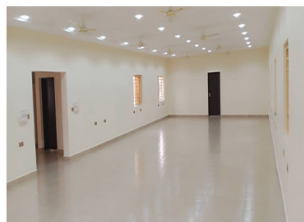
## The birth of Gwarinpa Fistula Centre

ActionAid Nigeria has completed the construction of the Gwarinpa General Hospital's Fistula Centre as part of its series of activities aimed at ending child marriage.

The project, funded by ActionAid Italy, is a one-year initiative with the ultimate mission of combating the scourge of Vesicovaginal Fistula (VVF) and early marriage in Nigeria's Federal Capital Territory (FCT).

With the alarming rise in VVF cases across Nigeria, access to comprehensive VVF services remains severely limited. With only 18 government-approved VVF centers nationwide and none within the FCT, VVF patients face discrimination, long waits for treatment, and significant barriers to care. ActionAid is now partnering with the Federal Ministry of Health to transform this facility into a state-of-the-art hospital, providing comprehensive medical treatment and surgeries for VVF survivors, and addressing the critical shortage of VVF centers in Nigeria.

We are committed to changing hearts and minds to prevent early marriage and reduce stigma surrounding VVF through education and engagement, while advocating for the support and rights of survivors.



If you'd like to support the center by donating equipment, providing financial assistance, or offering non-financial support to survivors, **Please call 07007070700.**



## SANDS OF IMPACT

### From breaking the law to defending the law - The power of Radio Listening Session

Rambo (pseudo name) was a young man deeply entrenched in the vices of drug abuse and alcoholism in Gama Community. He destroyed properties and terrorized his community, vandalizing schools, offices, and anywhere he felt he could find money to buy intoxicating substances to satisfy his desires.

Rambo was a menace until he encountered the members of the Gama Community radio listening session. They convincingly invited him to attend the radio listening session to see if he would like it, while his impact was poised to strike. He attended the session on the day the topic centered on the impacts of drug abuse. Moved by the topic, he began attending other sessions, and his behavioral change became evident.

After listening to the session on empowerment, he realized that to overcome these vices completely, he needed financial empowerment to meet his daily needs. Rambo decided to start selling charcoal to meet his daily needs.

Seeing his change and effort, he was employed as a security guard for Government LEA Secondary School Gama, where the Gama Radio Listening Session is held, to help watch over the school premises and water the flowers.

Expressing enthusiasm, Rambo said,

*"I'm grateful to Allah for the opportunity to live a different life. I'm grateful to ActionAid, GCERF, and the SARVE III project for coming to our community and changing lives."*



*Rambo (pseudo name) carrying out his security job at Government LEA Secondary School, Gama, Kano State.*





## Celebrating Unity and Achievement: A Recap of AAN 2024 Programme

At ActionAid Nigeria, we believe in fostering unity, celebrating achievements, and nurturing a vibrant community spirit. Our recent AAN 2024 Programmes Meeting embodied these values, bringing together staff for three days of learning, laughter, and camaraderie.

The meeting kicked off with a delightful twist as our team embraced the Journey Just Come (JJC) dress code. From colorful prints to quirky accessories, everyone brought their unique flair to the office. This whimsical initiative not only sparked joy within our team but also caught the attention of our social media followers, generating buzz and excitement.



The highlight of our meeting unfolded on the second day with the Back-to-School dress code. Staff donned vivid school uniforms, evoking nostalgia and fond memories for many. As we gathered for an assembly, the sound of the Nigerian National anthem filled the room, uniting us in pride and patriotism.

We embarked on a trip down memory lane, reciting nostalgic school rhymes and sharing stories from our school days. Laughter echoed through the halls as we reminisced about our childhood adventures and misadventures. The Back-to-School theme not only brought us closer together but also reminded us of the importance of embracing our roots and cherishing our shared experiences.

On the final day of our programme meeting, we struck the perfect balance between professionalism and enjoyment. Staff proudly wore organisation-customised shirts paired with jeans, exuding confidence and unity. The day was filled with informative presentations from various units, interspersed with engaging game activities to keep the energy high.



As evening fell, we gathered for a lively dinner party, embracing the "pepper them" dress code with style and flair. A vibrant red carpet greeted us at the entrance, setting the stage for an evening of celebration and recognition. Awards were presented to acknowledge the dedication and contributions of outstanding staff members, highlighting the incredible talent and commitment within our team.

The atmosphere was electric as colleagues mingled, enjoyed delicious food, and danced the night away. Our country director led the dance floor with captivating moves, inspiring everyone to let loose and embrace the joyous spirit of the evening.

As the party came to a close, we reflected on the past three days with gratitude and appreciation. The AAN 2024 Programme Meeting was not just a professional gathering; it was a celebration of unity, achievement, and community. Together, we created memories that will last a lifetime, reaffirming our commitment to making a positive impact and creating change.







## Salamatu Ibrahim: The Journey of a Safe Space in Gongolon Lawanti Jere LGA SWIFT WOMAN

In the heart of Gongolon Lawanti Jere LGA, a safe space for women was established through ActionAid's SPAII project. The essence of the safe space is to create an environment where women feel secure, respected, and free from various forms of discrimination, harassment, or violence. It was also intended to be a place of physical and emotional safety with zero tolerance to discrimination for women and girls.

Falmata Buka a woman embraced by the safe space, poured out her heart,

*"I used to believe that the safe space was only for those grappling with problems or going through marital issues. However, I decided to visit and witness the unfolding what goes on in there. It happened at a time when Salamatu Ibrahim, one of the case workers, was leading a session on the importance of financial independence for women and the message struck a chord within me. Despite being unmarried, the sensitisation deeply resonated, and I found myself returning. In moments when I am sad or overwhelming emotions, I seek succour at the safe space centre—where women and at least one case worker are always present to lend an ear. Here, I can express my feelings freely, and my spirit is gently lifted. The emotional embrace of the safe space is something I truly cherish."*

Salamatu Ibrahim, a dedicated case worker at the safe space centre, unfolded the emotional journey of creating this haven, "In the beginning, attendance was scarce. We understood the hesitance of women to trust us with their deepest emotions. So, we embarked on a journey of sensitisation and skill acquisition which made women and young ladies warmed up to us. The safe space, now holding meetings four days a week, stands as an open haven for women and young girls. It's a place for relaxation, self-care, skill practice, and even production. In the past two years, the women and girls have become increasingly self-aware regarding issues surrounding sexual and gender-based violence. They now recognise the importance of embracing modern healthcare, especially for themselves and their children, surpassing the reliance on traditional methods. Initially, when women needed psychosocial support that required referrals to professionals, acceptance was a challenge. Women would withdraw. However, a

positive shift has occurred, and now women readily embrace referrals, understanding that it contributes to their well-being and emotional healing. Monthly, we grapple with 11 to 18 cases, often centered around domestic violence and child labor. Financial struggles often fuel domestic issues, prompting us to address them with action plans and family dialogues. We've initiated training programs in income-generating skills, transforming lives with cap-making, soap production, tailoring, henna artistry, and more.

The monthly tally of cases received fluctuates between 11 and 18, with the majority revolving around domestic violence and reports from whistleblowers about child labor—often perpetrated by mothers or school authorities. Domestic violence issues are frequently rooted in financial issues, but the case workers address the issues through strategic action plans involving family dialogue. Since we recognise financial struggles as the core concern, we have begun training programmes for women on income-generating skills like cap-making, soap and perfume production, tailoring, henna artistry, and more. Sometimes, a woman's involvement in the safe space triggers underlying problems at home too. The issue of the child labour is quite complicated because the parents need their children to hawk before going to school but we have also been using dialogue to address this. To date, we have tackled 250 cases with pride—45% successfully resolved, 25% referred, and 30% either ongoing or unresolved. The once prevalent culture of silence has considerably diminished but can still be improved. Among the safe space attendees, 75% are married women, and 25% are single. Daily meeting attendance ranges from 15 to 25 individuals. For singles, we've addressed compelling issues such as parents coercing them into marriage, disrupting their education to push them into matrimony. Through vigorous lobbying with village heads and community-wide sensitisation programmes on the importance of education and we've successfully curbed early and forced marriages by 25% but it is an issue we will continue to speak out against during the quarterly peace dialogue meetings we recently introduced.





The impact of the local rights programme in Gombe State resounds in all the 10 communities where the programme was executed. The programme reflects a significant shift in the behaviour of individuals, communities, as well as institutions of government. In most of the communities captured, women now report power balance, where women have been denied opportunities to contribute or participate community governance and politics.

## This is Hannatu's story: **THE ENCOUNTER**

Hansatu Musa, a 43-year old mother of five from Panguru, has been tirelessly making groundnut oil from scratch for many years. Despite her dedication, Hansatu struggled to understand whether her business was making a profit or running at a loss after each batch of groundnut oil was made. Nevertheless, she persevered, as making groundnut oil was the only livelihood she knew. However, Hansatu's life took a positive turn when she encountered ActionAid and her partners, which transformed her business acumen and financial awareness. Now, Hansatu can accurately calculate her profit margin, and the impact on her family is immeasurable.



Reflecting on her journey, Hansatu shares, "When I first started making groundnut oil, my business wasn't thriving until I crossed paths with ActionAid and Hope for the Lonely. They taught me how to separate my expenses when producing the oil, and through this simple practice, I decided to produce ten measures of groundnut oil, and I could clearly identify my gain. I am grateful to AAN and HFTL because in the past, I was engaged in business without really understanding its financial implications. But now, I can accurately calculate my profits." Furthermore, Hansatu learned the art of price

management, ensuring that even when groundnut prices fluctuate, she can set prices in a way that guarantees she doesn't run at a loss. This new found ability empowers her to make informed decisions that safeguard the sustainability of her business.

The impact on her business insight is evident in Hansatu's life. She explains, "The business has become a lifeline for my family's well-being, especially in terms of my children's education. When their father is unable to contribute financially, I can step in and provide some support. I am immensely grateful to ActionAid for her invaluable assistance over the years." Hansatu's transformation from a business owner with limited financial understanding to a savvy entrepreneur has not only improved her own life but has also impacted her entire household.







## MEDIA ADVOCACY

A panacea for Fiscal Responsibility and Good Governance to PVE

### A Panacea for Fiscal Responsibility and Good Governance to PVE

Through years of experience working in poor and vulnerable communities, ActionAid Nigeria recognizes starkly how violence stalls development efforts, with severe negative impacts on children, young people, women, and men. Leveraging its strong grassroots approach in community engagement and in-depth knowledge of the complexities of violence and its drivers, ActionAid Nigeria continuously supports and protects vulnerable communities. Hence, the project was specifically designed to radically address the key drivers of violent extremism in Kano and Kaduna states.

In light of this, ActionAid Nigeria, through the SARVE III project, directly engaged with the media in Kano and Kaduna states, recognising the strong linkages between good governance and peacebuilding, as well as the key roles played by the media in promoting good governance. This effort is part of the project's endeavour to equip relevant stakeholders with the necessary information and capacity to respond to, withstand, and overcome the impact of adverse violent extremism where and when it may occur.

It was in pursuance of this goal that media training on Strengthening Media Advocacy for Fiscal Responsibility and Good Governance to PVE was conceptualised.

*"The 2024 SARVE III media training has opened my eyes to how the media can effectively track State and Federal Government budget actuals and allocations. I wish I had received this training before now."* - Rymboxx, Correct FM

Within the first, second, and third phases of the SARVE project funded by GCERF, ActionAid Nigeria trained a total of 172 mid and high-level media professionals in Kogi, Nasarawa, Kano, and Kaduna states. The trained media professionals are members of the JAVE (Journalists Against Violent Extremism) network supporting AAN in preventing and countering violent extremism.

ActionAid Nigeria facilitated the media training in partnership with Global Peace Development and Dispute Resolution and Development Initiative.



## Resilience Rewritten

Abba Wakil relocated to Gongonlo from Guzamala LGA in Borno after being displaced by Boko Haram six years ago. He used to be a farmer with a successful business and financial independence before the insurgency. Upon arriving in Gongonlo, he found support from the community, which hosted families affected by the insurgency. Abba learnt about the skills acquisition training being organised by ActionAid and the partner organisation, HALI, in 2022 from the Community Leader, and he promptly joined. The selection of participants for various skills acquisition training was based on vulnerability. Abba and others underwent an 11-month training on tailoring, henna making, and crafting indigenous caps.

“

As we were being trained, I was also teaching my wives. Each day, I ensured to transfer the knowledge to them. Coincidentally, they were also learning the same skills at the safe space. Turning cap making into a family business significantly boosted our financial resources. We produce about three caps each, making a profit of around four thousand naira per cap. I share a percentage of the profit with each of my wives, and we save and reinvest some into purchasing more materials. With the profits, we acquired farming tools and improved seedlings, operating a farm within our compound where we cultivate maize and guinea corn. Successfully combining these businesses has allowed us to make good profits. This, in turn, has enabled me to fund my son and daughter's education smoothly and provide good nutrition for the family. My wives also save money and can independently take care of themselves and their siblings without relying on me.”





## ActionAid Launches HDP Practitioners Academy: Redefining Humanitarian Efforts

ActionAid, in collaboration with prestigious academic institutions like The American University of Nigeria and The University of Maiduguri, inaugurated the HDP Practitioners Academy in December 2023.

The HDP Nexus initiative seeks to revolutionise crisis response by addressing vulnerabilities comprehensively before, during, and after crises. This collaborative effort seeks to challenge the conventional aid delivery framework, emphasising a more coordinated and impactful strategy.

Gender justice takes center stage in the Nexus, ensuring women's rights are integrated into both immediate crisis responses and long-term outcomes.

At the launch, which held in Abuja, the partnerships between the HDP Nexus Academy and collaborating universities were formalised to develop tailored courses for practitioners, addressing critical gaps in humanitarian studies certification.

The presence of distinguished personalities like Professor Dwayne Frazier, Vice-Chancellor of The American University of Nigeria, and the Director of the Institute of Governance and Humanitarian Studies at Nasarawa State University, Professor Andrew Zamumi emphasises the academic significance backing of the HDP Nexus Academy.

The launch of the HDP Practitioners Academy signals a significant milestone in reshaping humanitarian efforts in Nigeria, promising a more effective and inclusive approach to crisis management.



The climate crisis is spreading far and wide and Oil Companies and Bank are major contributors to this crisis. Since the Paris Agreement was signed, banks have provided 3.6 trillion USD towards fossil fuel and industrial agriculture activities in Africa, Asia and Latin America. In fact, fossil fuel and industrial agriculture companies in the Global South are receiving 20 times more financing from banks than vulnerable countries are receiving for climate solutions. Oil companies have destroyed thousands of lives from oil spillage and gas flare.

Earlier this year, ActionAid Nigeria commissioned a journalist to conduct an investigative report on the impact of oil companies' activities on selected communities in Delta State. For a comprehensive analysis, we engaged a consultant to conduct tests on the soil, water, and air quality in these areas. Read the exclusive report Cries in the Heart of Delta- <https://thenationonline.net/cries-in-the-heart-of-the-delta/>







## Children's Plight in the Shadow of Corporate Irresponsibility

The impact of the gas flaring on the residents of Iwirikan is palpable to anyone visiting this community for the first time. Although the gas flare site may appear to be quite a distance from some of the houses, its effects are far-reaching and pervasive. On rainy days when the weather should bring relief with its coolness, Iwirikan is instead characterised by stifling heat and uncomfortable skin irritations caused by the settling flare residue.

Alice, a 59-year-old resident, is still struggling to comprehend how a multinational company could unjustly impact a community. She describes the gas flare, which rarely goes out, as nothing short of absurd.

"When Shell was preparing to commence operations in Iwirikan, we held hopes of a brighter future for our community. We believed that with the oil reserves beneath our land, our community would be transformed, with 24-hour electricity, schools, and hospitals. We had every reason to expect prosperity but the opposite is all Shell has brought to us. Aside from the oil spills that have contaminated our farms and rivers, eroding our once vibrant farming and fishing livelihoods, the gas flare is the worst calamity to befall anyone."

Alice's house stands perilously close to one of the four gas flare sites in the community, and she is furious about its impact on her family, especially her children. She points to her daughter and grandchild, both suffering from various skin ailments due to the relentless gas flare.

"The gas flare emits substances that trigger constant coughing. My grandchild, not even six months old, has been struggling with severe coughing and skin rashes. My young daughter also bears the burden of itchy skin rashes. The gas flare makes our environment unbearably hot. Instead of wearing light clothing to cope with the heat, we are forced to don heavy attire to shield our skin from the flare's irritants and prevent skin diseases. Even in the rainy season when the weather should be cool, our community simmers in unbearable heat due to the gas flare. It pains me to witness children suffering because of the recklessness of an organization that could have acted responsibly."

Alice further describes how the gas flare damages mosquito nets, leaving the windows of most houses in the community devoid of protection against mosquitoes. The nets wear off within weeks of installation and tear, further exacerbating the community's health challenges. She laments the destruction of their soils, forcing them to travel 25 kilometers to Opagbe to fish and farm, even though they have fertile land in their own community.

"Every problem Shell has created for us affects every aspect of our lives and places a significant financial burden on us. Yet, they remain indifferent to our plight. Our water source is contaminated, and we must collectively pay for clean water delivery. We bear the costs of treating the health issues they have caused. We spend our money on repairing damages to our homes. However, Iwirikan will not stay silent. We will fight. It may take years, but we will continue to fight for the future of our children."







## Leading the Charge for a Green Revolution

ActionAid Nigeria through the Strategic Programme Agreement (SPAII) supported youths and women to lead the charge towards a just, feminist, green, and resilient society. Through extensive research, alternatives with sustainable business models were identified to replace harmful practices in energy and agriculture sectors. This research culminated in a dissemination event, where stakeholders discussed policy alternatives and charted a course towards greener livelihoods.

Recommendations from the research is serving as a roadmap for policy influencing and advocacy efforts, to advance the green revolution in Nigeria.



## ACTIONAID NIGERIA'S PUZZLE

● THEMATIC AREAS

● AAN VALUES



GOVERNANCE	EDUCATION	HEALTH
WOMEN'S RIGHT	AGRICULTURE	HUMAN SECURITY
HUMILITY	INDEPENDENCE	COURAGE OF CONVICTION
SOLIDARITY	INTEGRITY	MUTUAL RESPECT
EQUITY AND JUSTICE		

Submit your completed puzzle to  
**Communications.Nigeria@actionaid.org**  
 and stand a chance to win an amazing gift.



# PHOTO REEL

## FOREVER IN OUR HEART



On February 28th, 2024, ActionAid Nigeria lost an incredible colleague John Christopher Goni. Until his passing, John was a valued member of ActionAid Nigeria, serving in the finance directorate. Known for his gentle demeanor and extraordinary kindness, he was always ready to offer support and lend a helping hand to his colleagues.

John will be sorely missed. Explore the heartfelt tributes from his fellow colleagues to understand the impact he had on us all.

<https://www.forevermissed.com/john-christopher/about>

MEMBERS OF ACTIVISTA AT THE MARCH FEMINIST DIALOGUE SERIES HELD IN ABUJA HOSTED BY GLOBAL PLATFORMS NIGERIA. IT WAS NOT JUST ABOUT DISCUSSIONS, IT WAS A CELEBRATION OF SISTERHOOD, LAUGHTER, AND COLLECTIVE PROGRESS.



## EXCERPTS FROM SPAC WEST AFRICA PROJECT



Excited women farmers with their healthy produce following a training on agroecology

## CROSS SESSION OF WOMEN AT THE SARVE III WOMEN CONFERENCE IN COMMEMORATION OF IWD2024







## **ACTIONAID NIGERIA MARKS THE 2023 16 DAYS OF ACTIVISM TO END VIOLENCE AGAINST WOMEN AND GIRLS.**

In observance of the 2023 16 Days of Activism to End Violence Against Women and Girls, ActionAid Nigeria embarked on a series of initiatives aimed at fostering dialogue, raising awareness, and advocating for concrete actions to combat gender-based violence. The 16 Days of Activism, an annual international campaign, unfolded from November 25th, commencing with the International Day for the Elimination of Violence against Women, and culminated on December 10th, Human Rights Day. This period serves as a poignant reminder of the pervasive violation of women's rights worldwide.

Throughout our years of engagement with women and girls, ActionAid Nigeria has witnessed firsthand the devastating impact of violence on individuals, communities, and the broader society. Recognizing the urgent need for collective action, we embraced the 2023 campaign theme: "UNITE! Invest to Prevent Violence Against Women and Girls."

To mark this occasion, ActionAid Nigeria's collaborated with community women, stakeholders, and donor agencies to convene a National Dialogue Meeting. This platform facilitated robust discussions on pertinent issues surrounding the theme. It provided an opportunity to showcase the tangible outcomes, successes, and impacts stemming from investments in Local Women's Rights Organizations (LWROs) and their pivotal role in preventing violence against women and girls in Nigeria.

The focal point of the event was to unite existing and potential investors, survivors, implementers of interventions, and the media in addressing the multifaceted challenges of gender-based violence in Nigeria.

In alignment with our objectives, ActionAid Nigeria extended its outreach to the grassroots level by conducting sensitization campaigns at Utako market. This initiative aimed to amplify our message and engage market women and leaders in discussions on the importance of enacting laws that safeguard the rights of women and girls, and effectively combatting abuse and harassment. These sessions were conducted in various languages to ensure inclusivity and accessibility.



These collective efforts underscore ActionAid Nigeria's unwavering commitment to eradicating all forms of violence against women and girls. Central to our advocacy are demands that prioritize the well-being and empowerment of women and girls across the country.

However, the success of these endeavors hinges upon solidarity and support from development partners and the government. Continuous funding for LWROs is imperative for sustaining these engagements. Moreover, there is an urgent need for increased collaboration and concerted action to effect tangible change. ActionAid Nigeria calls upon governments and development partners to adopt comprehensive gender-sensitive education, strengthen support systems for survivors, engage men and boys in challenging harmful gender norms, and advocate for the effective implementation of laws protecting women and girls.







## NEW PROJECT ALERT

<b>Name of project:</b>	<b>Women's Empowerment for management of Acute malnutrition and Vital WASH Enhancement (WEAVE)</b>
<b>Donor:</b>	UNOCHA Nigerian Humanitarian Fund
<b>Duration:</b>	11th March 2024 to 10th March 2025
<b>Sectors:</b>	Nutrition in Emergency and WASH in Emergency
<b>Project Location:</b>	Fune and Geidam LGA of Yobe State
<b>Project Partner:</b>	Jamil Alhakim Foundation



Eat Healthy,  
Exercise Regularly,  
Reduce Salt intake,  
Limit Alcohol,  
Avoid Tobacco.

## THE LOOMING THREAT

Many people are scared of the dangers of infectious diseases, but a different kind of health threat is quietly taking center stage: Non-communicable diseases (NCDs). NCDs are chronic conditions that aren't spread from person to person, and they include major killers like heart disease, stroke, diabetes, mental disorder, asthma and some cancers. Here's the sobering fact: According to the World Health Organization (WHO), NCDs are responsible for 71% of deaths globally. That's a significant portion of the world's population facing long-term health struggles.

What's even more concerning is the rise of NCDs in low- and middle-income countries including Nigeria. These countries are often grappling with both NCDs and infectious diseases, creating a complex health burden.

### How to solve this Looming Threat:

Many NCDs can be prevented or managed through healthy lifestyle choices. Here are some ways we can take charge of our health:

- Don't smoke: Smoking is a leading cause of preventable death and reduce alcohol intake.
- Eat a balanced diet: Focus on fruits, vegetables while limiting unhealthy fats, sugar, and salt.
- Get regular exercise: Aim for at least 30 minutes of moderate-intensity exercise weekly.
- Maintain a healthy weight: Excess weight is a major risk factor for many NCDs.
- Manage stress: Chronic stress can contribute to NCDs. Try to get good sleep after work.

Written by: **Shekwoyemi Ibrahim Kure**  
**Advocacy and Digital Learning Inspirator**  
**ActionAid Nigeria**





With a donation of N20,000 a month, you will be contributing to the feeding of over 150 children affected by infanticide and living in Vine Heritage Home.

**Please, don't look away!**




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**act:onaid**

 **Abuja**  
ActionAid Nigeria  
Plot 477, 41 Crescent,  
off Sa'adu Zungur Avenue  
Gwarimpa, Abuja.



+234 (0) 812 8888 825-7



ActionAidNigeria



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***Communications.Nigeria@actionaid.org***