SAVETHE CHILDREN NEWSLETTER

Quarterlly newsletter for Save the Children, Nigeria Country Office ISSUE 03 SEPTEMBER 2015

THE GLOBAL GOALS

For Sustainable Development



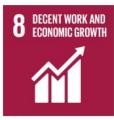


















GENDER EQUALITY















COUNTRY DIRECTOR'S WELCOME



Dear Colleagues and Friends

Welcome to the July - September 2015 edition of the Save the Children - Nigeria Country Programme Newsletter.

This is an opportunity to share updates of the country programme activities which are focused around Health, Nutrition, Education, Child Protection/OVC & Livelihoods across Nigeria.

I wish to express my sincere appreciation to the entire Nigeria Country Programme staff for their contributions towards this edition. We hope the

stories in this issue will inspire you to continue giving children a chance to survive and thrive to their fullest potential.

Benjamin Foot

Country Director, Save the Children, Nigeria Country Programme.

3rd quarter issue

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STAFF IN ACTION

Mr Edward Esechie tells his story, and how he joined SCI Nigeria as a pioneer staff

By James Bigila, Media Coordinator, Abuja

Mr. Edward Esechie is the fleet manager if Save the children. He is married with children and has pioneered the Lagos office. In this interview, he tells how he joins Save the Children as a pioneer staff and how the Lagos office was started.

Can you tell us about you and when you joined Save the Children?

I am a family man, married with children. I am a Christian. I joined save the children on May 2^{nd} 2002.

As a pioneer staff, how was it like, when you started with Save the Children?

Save the children just came into Nigeria and I got a mail that an NGO called Save the Children came into Nigeria and people were trying to see how they can join as staff with the NGO. In Lagos we started with two staff. I was one of the people that opened the office together with Modupe Omokputemi. I joined as a driver & admin assistant with a fleet size of 2 vehicles. We started working from home before we finally got an office. We worked between the metropolis of Lagos and some communities and worked with some local NGOs in Lagos. That's is how we started in Lagos and gradually people started knowing Save the Children as we grew bigger.

How has it been like managing the fleet of Save the children Nigeria Country office?

It has been so good, we started with two vehicles but now we are almost at 50 vehicles in the fleet. God has made it to happen as we have





grown as the size of the project has also grown. The budget coming in has also grown. We have a lot of projects on ground today. It has not been easy but we have made progress.

What do you like most about the job?

I like my department where I find myself. The job is all about vehicles. Its all about making arrangements for travel. Its all about supporting and trying to make things happen and make sure the mission succeeds with the global aim. In doing this we make sure the children in communities where their voices cannot be heard are reached because without the vehicles, its not possible for anybody to go into the typical communities to help the children. It's a department I love as I meet people and go the extra mile to serve people.

What is the most difficult part of the job?

People are humans and everyone has his expectations and characters. Once in a while people always come out with who they are. Everybody wants to make sure he meets his targets and at times everyone wants his or her needs heard at the same time. So the tension is always there. At times we need to merge staff to travel but they may not like. But all we are

after is trying to make sure the aim of the organisation is achieved.

What inspired you to join Save the Children?

I have always loved children from my child-hood. When SCI Nigeria came on board, I realized they will provide a platform to help children and their issues. I was inspired also by my Manager in Lagos when I started. Also the country Director, Ben Foot who brought Save the Children to Nigeria also motivated me as he loves motivating staff to work.

What are the strategies in place to ensure staff get to destinations safely?

If you recall in 2002, there were no security risk as we have now in 2015. We have put some strategies on ground to make sure things go well. We have security that plans along logistics which plans with SOP and also drivers go through documents before they start driving. We also have the tracking system that enables us know how the vehicle is moving and where they are so people can arrive at their destinations safely. We have standard operating procedures every driver has to stick to.

ADVOCACY

National health Act gets Operational as FMOH and SMOH Officials Meet

By James Bigila, Media Coordinator, Abuja



Dr. Ngozi Azodoh, the representative of the Permanent Secretary, Federal Ministry of Health, Nigeria addressing participants at the workshop. Photo credit James Bigila/Save the Children

Recently, Save the Children Nigeria hosted an advocacy workshop in collaboration with the Federal Ministry of Health, Nigeria and was attended by 48 delegates drawn from the Ministries of Health and Economic Planning, and Primary Health Care Development Agencies/Boards of Katsina, Zamfara, Gombe, Lagos, Jigawa and Kaduna States, as well as the Media.

The Federal Ministry of Health with the support of Save the Children International, Nigeria Country Programme, facilitated the workshop. The workshop focused on examining Nigeria's National Health Act 2014, with all actors and stakeholders in the Ministry of Health working to adopt a mechanism for its successful operationalization including engagement with the states and other relevant actors.

The workshop was structured into plenary and group work sessions. Participants discussed, proffered recommendations on the various aspects of the NHAct 2014 and made their presentations at plenary for contributions from other participants. Recommendations were further organised in thematic areas for a detailed report to the Federal Ministry of Health (FMOH)

for consideration. The most significant aspect of this recent workshop is that it is a great example of how Save the Children International, Nigeria Country Programme has become a trusted advisor to the Federal Ministry of Health in Nigeria on issues bothering on the well being of every Nigerian, the Laws to protect all Nigerians and provide Nigerians with a strong and improved National Health Care system. The Permanent Secretary, Federal Ministry of Health, Nigeria was represented by the Director of planning, research and statistics at the ministry, Dr. Ngozi Azodoh.

Among the recommendations, participants advised that the Federal Ministry of Health, Nigeria should facilitate the development and/or implementation of a policy that would encourage private sector investment in health.

To mark the end of the 3 day Workshop, participants noted and commended the Federal Ministry of Health for taking the lead in ensuring the passage and signing of the National Health Act 2014; and putting in place a mechanism for its successful operationalisation including engagement with the states and other relevant actors.



Country Director Visits Secretary to the State government, Katsina State

- Advocates for release of funds for Nutrition

By Richard Musa, Local Engagement Officer

The country Director, Save the Children, Nigeria Visited Katsina state recently and also paid a courtesy call on the Secretary to the State Government, Katsina State.

He expressed delight at the SSG for his strategic position to move the State forward especially as the world moves into the new era of sustainable development goals.

He said." We in Save the Children are particularly looking forward to working with you to finish the business we started years before by ensuring that 'No child is left behind'."

The country director also shared some of the activities of Save the Children with the SSG in Katsina state. He said save the children with support from ECHO started the treatment of malnourished children in 2 LGAs in 2010 and subsequently expanded to four LGAs over time from 2011 to date.

He said: "As at the last count, we have successfully treated over 114,847 children. The six LGAs covered are Daura/ Zango and later Baure, Dutsi, Danmusa and Bindawa." Save the Children has also been supporting 4,988 orphans and vulnerable children in Katsina state and has also worked to support the capacity of the state Government to sustain and broaden the Working to Improve Nutrition in Northern Nigerian (WINNN) project.

The Country Director appreciated the Katsina state Government for its contribution towards ensuring that Save the Children's work in the state is sustainable in the longer term. The state Government has contributed its share towards the nutrition intervention. The Katsina state Government has made a provision of twenty million Naira (N20m) available for Nutrition in the 2015 budget. When this is dispersed, it will go a long way in taking care of essential logistics for the LGAs in the Community Management of Acute Malnutrition (CMAM) programme.

The SSG to the Katsina State government in his remarks appreciated Save the Children and thanked the country Director for taking out time to visit Katsina state promised more cooperation and partnership with Save the Children to ensure its objectives are met.

CAMPAIGNS

action/2015 'Light the way' thrills participants in Lagos

By James Bigila, Media Coordinator, Abuja

n the 24th September 2015, people all over the world took to the streets and also held rallies as part of the action 2015 campaign, calling on the governments of countries to implement the new global goals which seek to end poverty, inequality and tackle climate change. More than 150 Light the Way rallies took place in over 100 countries worldwide the night before world leaders gathered in New York at the United Nations today to adopt the Global Goals - an historic agreement that has the potential to shape the next 15 years of global development and create momentum for a long-term climate agreement in December. Mass mobilisations took place in a number of iconic locations including Sydney, Delhi, Johannesburg, London, Sao Paolo and New York and Lagos, Nigeria.

World Leaders have committed to 17 Global Goals to achieve 3 extraordinary things in the next 15 years. End extreme poverty. Fight inequality & injustice. Fix climate change. The Global Goals for sustainable development could get these things done, in all countries for all people.



In Lagos Nigeria, the action 2015 coalition comprising Save the Children and One Campaign Nigeria hosted #LightTheWay, an event to mark the global launch of the Sustainable development goals at the Multi purpose hall of the University of Lagos, Yaba, Nigeria. Participants in Nigeria joined thousands around the world to call on leaders to light the way to a better future for people and planet.

The event started with a welcome address for participants by Mr Oyebisi Oluseyi, Executive Director of Nigeria network of NGOs. MC Abulo, the compere for the



Hope Oduma, Campaign advisor, Save the Children, addressing particpants

event thrilled participants with some comedy, music and dance.

Mr Oyebisi Oluseyi welcomed the campaigns advisor, Save the Children International, Nigeria country programme, Mrs. Hope Oduma as she took the stage to stress the importance of the Global goals and why every country needs to implement the global goals.

Mr. Edwin Dan-Ikhuoria, One Campaign Nigeria's Country Representative, presented the global goals to participants and stressed the need for cooperation to achieve and implement the Global goals. He said, "We need to come together to achieve these goals as the goals are for everyone, everywhere."A musical performance was done by two Nigerian kids, Junior and TuMighty, who thrilled the audience with their rap session, as they performed without prior rehearsals and with the beats from the DJ's collections.



Some of the Global goals are:

- I. We will live in a world where nobody anywhere lives in extreme poverty.
- We will live in a world where no-one goes hungry, no one wakes in the morning, asking if there will be food today.
- We will live in world where no child has to die from diseases we know how to cure and where proper healthcare is a lifelong right for us all.
- We will live in a world where everyone goes to school - and education gives us the knowledge and skills for a fulfilling life

World Leaders have committed to 17 Global Goals to achieve 3 extraordinary things in the next 15 years. End extreme poverty. Fight inequality & injustice. Fix climate change.

The global goals are 17 in number as listed by the United Nations.

Excitement and joy filled the air as the audience lit flash lights and sang to Michael Jackson's Heal the World, to light the way for the global campaign launch, anchored by Mr. Edwin Dan-Ikhuoria. Participants thereafter posed for some photo sessions with the goals and lent their voices to the global goals.

All over the world, tens-of-millions of people have taken action since the start of the campaign in January 2015 to ensure that that as political leaders make decisions, they will feel the pressure of millions and millions of people calling on them to take ambitious action to secure a better future for people and planet.



Participants preparing to light the way at the Multipurpose hall, UNILAG

CHILD PROTECTION

UNICEF launches the Year of Action to End Violence **Against Children**

By Olusola Adeyemo, STEER Project Officer Abuja

On the 15th of September 2015, UNICEF launched the Year of Action to End Violence Against Children. Systems Transformed for Empowered Action and Enabled responses (STEER) project along with some of its CSO partners was part of the Technical Working Group for the event which held at the International Conference Centre, Abuja. The event also showcased some of the Child protection work being done by Save the Children, STEER Project and its partners.

President Muhammadu Buhari, represented by the Head of Service - Mr. Danladi Kifasi, pledged Government's commitment to end violence against children. According to him, "Government had enacted the Child Rights Act in 2013; Violation against Persons (Prohibition) Act 2015, and also put in place the National Task Force for the protection of children against violence. The focus is now to build on what has been done in the past and



Cross section of participants at the event

enforce all relevant laws that will protect Nigerian children from violence".

According to the Nigeria Violence against Children Survey, carried out by the National Population Commission, with support from UNICEF and the US Centers for Disease Control and Prevention, millions of children suffer violence every year in Nigeria. Approximately 6 out of every 10 children experience some form of physical, emotional and sexual violence before the age of 18 years.

The survey also found that one in two children experience physical violence; one



The Inspector General of Police, Solomon Arase with traditional rulers and other participants at the event.

in four girls and one in ten boys experience sexual violence; and one in six girls and one in five boys experience emotional violence. The majority of children do not tell anyone what has happened to them and fewer than five per cent receive the help they need to recover.

The call to action to end violence against children was not only for the Government, but also for civil society organizations, religious and traditional groups, the media, the private sector, communities, parents and families to all rally together to ensure that children are well protected and not neglected.

STEER project focuses on children without appropriate care, working to improve the lives of over 500,000 vulnerable children and their families in Northern Nigeria.



IMAGES FROM THE 70th UNITED NATIONS GENERAL ASSEMBLY



President Buhari at the UNGA



Save the Children Children Child Delegates



SCI Global CEO addressing audience





Malala with some child delegates



The UN Sec Gen at the UNGA

Photo Credit: @UN

NUTRITION

Engaging Media in the fight against Malnutrition in Northern Nigeria



By Wemimo Onikan, Communication and Knowledge management Assistant,(Nutrition) Abuja

↑ orking to Improve Nutrition in Northern Nigeria (WINNN) organized a media field visit for News Producers and Editors from in Zamfara and Katsina states from 7th - 11th September 2015. The field visit was a follow -up to an earlier Nutrition Media Roundtable held in February 2015 with Media Executives, where issues surrounding the coverage of Nutrition by the media were discussed. The field visit provided the media practitioner's first-hand experience on the scope of malnutrition in Northern Nigeria and evidence to support their efforts in holding Government accountable for commitments made to improve Maternal and Child Nutrition in the states.

WINNN is a 6-year DFID funded Nutrition programme which commenced in September 2011. The programme deploys multiple platforms to improve Infant and Young Child feeding (IYCF) and the treatment of children with Severe Acute Malnutrition (SAM) through the Community Management of Acute Malnutrition (CMAM) by strengthening national policies and promoting the scale up of nutrition programs by Government in supported states. Engaging the media for nutrition advocacy is an important element of the WINNN programme because of the powerful role the media plays in holding the government accountable for commitments to its constituents to eliminate malnutrition then strengthening the capacity of the media to report accurately on nutrition is essential.

The field visit kicked off in Zamfara State with technical briefing sessions on nutrition and emphasizing how Nutrition cuts across sectors. The sessions



Media Interviewing Mother, a beneficiary of WINNN. Photo: credit Wemimo Onikan

were jointly facilitated by Government partners and Save the Children. The Permanent Secretary Zamfara State Ministry of Health emphasized the need for the media to actively report nutrition issues in order to raise awareness about and reduce cases of Malnutrition in Nigeria. Two Out Patient Therapeutic Programme (OTP) sites in Zamfara and Katsina where malnourished children are treated and an Infant and Young Child Feeding (IYCF) support group counseling session were visited.

One of the participants had this to say "Nutrition issues are being underreported. Until this field trip, I didn't know malnutrition in Nigeria was this severe. I think it was a good thing for the press to be taken to the field to see first-hand... We saw it first time with our own eyes and we can now begin to report on nutrition and as media representatives, we can tell every angle of the story". Save the Children Regional Media and Communications Manager, Samba Badji noted at the end

of the workshop that "I work with Save the Children and I have many nutrition colleagues. But what I learnt in the field, I didn't know before. Now I understand (better)"

The visit wrapped up in Katsina with a Press Briefing, at the briefing participants had the opportunity to share their experiences from the field and make recommendations to the Media, the State Government representatives present and the WINNN programme. Key recommendations from the briefing includes advocacy for the inclusion of Media in the monthly state food and nutrition committee meetings and advocacy to Government to increase funding to nutrition in their states to ensure sustainability of current nutrition programmes in the states amongst others.

HUMANITARIAN

World Humanitarian Day; Garba's* Story

By Susan Akila, Humanitarian Information and Communications Coordinator, Abuja

World Humanitarian Day is a day dedicated to observe the incredible work of humanitarian staff worldwide, and to increase public awareness and understanding of humanitarian crisis affecting people the world over.

The story of Garba* is one of a kind man. He lives in one of the camps for Internally Displaced Persons (IDPs) in Northeast Nigeria. Garba is a brave man. He has not allowed his present state of affairs dampen his spirit, nor stop him from making an impact in his community.

Garba is among the more than 1.4 million Nigerians from the Northeast who've fled their homes because of the worsening violence. He has seen communities destroyed, children brutally attacked and schools taken over by armed groups. More than 17,000 people have been killed since 2009 with over 4.6 million in urgently in need of humanitarian assistance. Like many of the IDPs, Garba was displaced multiple times and at some point found himself in Cameroon. He was split from all his five children when their village was attacked. He was among the estimated 150,000 seeking refuge in neighbouring countries Chad, Niger and Cameroon.

Garba decided to return to Nigeria in search of his missing children;

"We stayed in a cave for 27 days. We were barely surviving and I was increasingly worried about my children. My wife was always crying and calling out their names. I had to do something. We found our way to get back to Nigeria".

Search after search through the sprawling IDP camps, Garba managed to locate 4 of his 5 children. Sadly, his eldest is still missing, lost in the chaos of this violent conflict.

Save the Children is working in Borno state city of Maiduguri where more than half of the IDP population lives. The response is focusing on Child Protection, WASH, Livelihood and distribution of NFI kits in 14 camps and 10 host communities.



Tent in an IDP camp in Northeast Nigeria. Photo credit Sussan Akila/Save the Children

Save the Children is helping children recover from traumatic experience through Child Friendly Spaces (CFS). Save the Children has trained local staff and IDPs to support children while child protection committees have been setup in communities to help identify children in need of assistance to be referred for other specialized attention.

Garba is now the chairman of one of the Child Protection Committees (CPC) in his camp. During CPC meetings, Garba helps parents understand the need to support and encourage children to participate in activities at the Child Friendly Spaces.

"Before Save the Children came to this camp, our children were different. They used to fight a lot. You hear children screaming at night. Some making gunshot sounds. It was very bad. Some would even cry as it reminds them what happened. Parents were really worried.

With the establishment of the CFS it has been more than a month now since most of the children stopped behaving that way. Parents enjoy watching them. We even cheer them on sometimes. This is better than what they used to do".

It is difficult to imagine what Garba has gone through. He has lost everything, his family has been torn apart and he must live every day, wondering where his eldest son may be. But Garba is a strong man.

With tears in his eyes, he says he has found happiness through his voluntary work with Save the Children and seeing improvement to his children's lives;

"I am also happy. Our children are now different. The CFS is really doing a lot for us".

Now a strong advocate in his camp, Garba continues to campaign for service improvements in their camp, from overflowing toilets to leaking drainage system. As a result of his determination, and with the support from Save the Children, new toilets and hand washing points have been constructed in his camp. Improved sanitation in the camp will be life-saving in the coming months, helping to prevent outbreaks of diseases such as cholera and typhoid.

So on World Humanitarian Day, let's think of Garba. This day was made for people like him. He is a humanitarian hero. He has experienced some of the worst things life can throw at anyone yet he sees the value of humanity and helping others. *Name changed to protect identity.

PROJECT BRIEFS

Working to Improve Nutrition in Northern Nigeria (WINNN)



PROJECT BACKGROUND

Every day, Nigeria loses 2,300 under-five years and 145 women of childbearing age. This makes Nigeria the second largest contributor to the under-five and maternal mortality rate in the world. Although recent trends show that the country is making progress in cutting down infant and under-five mortality rates, the pace still remains too slow to achieve the Millennium Development Goals of reducing child mortality by a third by 2015. Malnutrition remains the underlying cause of morbidity and mortality of a large proportion of children under-5 in Nigeria. It accounts for more than 50% of deaths of children in this age bracket. In Northern Nigeria, 1/2 of all children under five are stunted and one in five suffers from acute malnutrition.

WINNN is a 6-year project funded by DFID, which started in September 2011. The aim of the project is to reduce mortality through decreasing the incidence and prevalence of under nutrition in Nigeria with focus on Jigawa, Katsina, Kebbi, Yobe and Zamfara States. The programme is implemented by a partnership that includes UNICEF, Save the Children and Action against Hunger (ACF). WINNN expects to deliver evidence based, cost effective interventions while improving leadership and financial commitment in nutrition. By 2017,

WINNN aims to have contributed to the reduction of the prevalence of stunting, wasting and underweight by up to 20% over the 6 year period, thus contributing to a 43% reduction in child-hood mortality and to improve the nutritional status of 11 million children in Northern Nigeria.

WINNN has four direct outputs, with a fifth one 'Operations Research and Impact Evaluation' outsourced to an academic consortium led by Oxford Policy Management to manage.

Micronutrient supplementation through Maternal Newborn and Child Health Week (MNCHW) and Routine Primary Health Care services.

Delivery of effective Infant and Young Child Feeding interventions in selected states and Local Government Areas in Northern Nigeria (IYCF).

Delivery of effective treatment for Severe Acute Malnutrition through local health systems in selected States and Local Government Areas in Northern Nigeria (CMAM).

Strengthening of nutrition coordination, planning mechanisms and increase funding of Nutrition at the National, State and LGA levels.

Expected Outcome and Impact

WINNN will deliver evidence based, cost effective interventions while improving leadership and financial commitment in nutrition. By 2017, WINNN aims to have reduced the prevalence of stunting, wasting and underweight by up to 20% over the 6 year period, thus contributing to a 43% reduction in childhood mortality.

Other Projects

Stop Diarrhoea Initiative, Reducing Preventable Child Deaths (Health)

The Stop Diarrhoea Initiative aims to reduce preventable deaths from diarrhoea in children under the age of five. The inception phase which ran from May 2014 to October 2014 focused on conducting baseline and formative assessments to inform the design and strategy of the project as well as developing partnerships with strategic stakeholders. Save the Children is tackling the leading causes of under - 5 deaths through a unique model that comprises Behaviour Change Communication, Innovation and Research. The model is being piloted in Lagos State, Nigeria. The goal of this project is overall reduction in common childhood disease burden and under-five mortality rate in 4 LGAs in Lagos State by the end of 2015.

Humanitarian Emergency Response

Build communities' resilience to future emergencies, support children and their families to cope with disaster, make sure children are better protected from harm and give children

Child Development Grant Program (CDGP) - Social Protection

To tackle some of the key causes of malnutrition in Northern Nigeria, CDGP transfers a grant of 3500 NGN (local currency equivalent of £14 a month) each to 60,000 pregnant women and women with children under the age of 2 in Jigawa and Zamfara states accompanied by nutritional education and counselling. This transfer contributes to increased food security and, therefore, it is expected to lead to improved child nutrition in 60,000 households so that 420,000 people will benefit. The project outputs are;

- ☐ Secure payments mechanism providing regular, timely cash transfers to 60,000 pregnant women and women with under-2s
- ☐ Effective system for mobilization, targeting and complimentary interventions
- ☐ Enhanced government capacity for managing

PHOTONEWS

SCI COUNTRY ACTIVITIES WITHIN THE 3RD QUARTER



Country Director and Head of Advocacy on a courtesy call to the Secretary to the State Government, Katsina State.



SC Nigeria partners FG & Nigerian States towards the operationalization of the National Health Act



Participants at the action 2015; light the way campaign in Lagos.



Audience at the action 2015 campaign in Lagos add their voice to the global goals recently launched



Regional Media Manager, Badji Samba and State Operations Manager, Dr Yusuf Gunu at a workshop



Bumbum Village Katsina State, a 30min walk to Niger Republic, Save the Children has reached out to many via WINNN



Jnr and Tumighty, thrilling participants at the Lagos action 2015 'Light the way' campaign.



SCI Nigeria team and the media visit the Permanent Secretary Ministry of Health, Katsina State



Dr. Ngozi Azodoh and Dr. David Olayemi at the workshop on the operationalisation of the NHAct



Save the Children STEER project at the UNICEF VAC report Launch in Abuja



Field Manager, Lagos, Dr Mrs Abimbola Jidearewo at the action 2015 campaign launch for the global goals



Group Photo: Final Day of Workshop on the Operationaliisation of the National Health Act



PEOPLE

NEW BIRTH

- I. James Adegbe's wife delivered a baby boy last week Friday- 4th of September, 2015. James is one of our drivers, based in Kaduna. Mother and child are both doing well. You could congratulate James on 08027770999
- 2. Abdullahi Muhammed Hassan(Finance Manager- STEER Kaduna). His wife put to bed a bouncing baby boy on Sunday 6th September 2015. Abdullahi could be reached on 0806502555
- 3. Lucy Avu (Finance Officer STEER Bauchi) Lucy's also gave birth to a baby boy on Thursday, 3^{rd} of September 2015. Congratulate Lucy on 08134771271
- 4. Mrs. Faith Oge Oguejiofor (Local Government Area Technical Advisor Kebbi) The baby Girl arrived on Saturday the 19th of September, 2015. Congratulate Faith and welcoming the newest member of Save the Children family. Congratulate her on **0803 813 3796**.

WEDDINGS

- I. Morayoninuoluwa Margaret will be getting married to her heartrob on the 8th and 10th of October, 2015 at the Classic Event Place, 7a Oregun Road, Kudirat Abiola way, Ikeja. Time is 10:00am. Congratulate the couple on 08055046482.
- 2. Odeh Friday (Records Management Consultant with the MEAL team) and Suzie Orefi on the 10th of October, 2015.

Traditional Wedding: October 8, 2015 at Kuje - Abuja, Time: 2.00pm.

Church Wedding: October 10, 2015 at House on the Rock, By City gate (close to National Stadium), Abuja. Time: 10.00am

Reception follows at ARMY HEADQUARTERS COMMAND OFFICERS' MESS, (Close to State House Clinic or the Zoo) Asokoro - Abuja Time: I.00pm.

Congratulate Odeh by sending an email to nigeria.crmIntern@savethechildren.org or calling him directly on 08034696666.

3. Timothy Anko (IT Officer) and Rejoice Malnyim Job. Date: Saturday, 17th October, 2015 Venue: ECWA Church Kihang, Rukuba Barracks - Bassa LGA Jos, Plateau State. Time: 10.00am prompt. Reception: MDG's Multipurpose Hall, Along Bassa LGC Bye-Pass, Jebbu. Colours of the Day: Purple, Lilac and Silver. You can send in your congratulatory messages to timothy.anko@savethechildren.org or call him on 08034066226.

BIRTHDAYS FOR QUARTER 3

JULY: 1st: Mustapha Mustaphabe, 2nd: Oluwabanke Babs Fatimah Musa, 3rd: Kwame Boate, 7th: Bello Yahaya, Isah Waziri, 8th: Christi Freeman, Justina Kanyang, 10th: Lilian Sunday, 12th: Farouk Chiromari, 14th: Selya Tyav, 15th: Joy Chemonges, Nura Muhammad, Salisu Ibrahim, 17th: Akpan Chukwudi, 21st: Babatunde Ojei 22nd: Aisha Suleiman 24th: Victoria Audu, 29th: Richard Musa, 30th: Tomilola Odugwa

AUGUST: Ist: Victoria Ndukwe, 2nd: Jerry Ijishakin, 6th: Oluwatoyin Oyekenu, 8th: Suleiman Adediran, 9th: Celestina Orji, 12th: Moses Ezeji, 15th: Charity Moris, 19th: Benjamin Foot, 21st: Yakubu Sambo, 24th: Ademola Kadri, 28th: Paul Ehigie



EXERCISE TIPS

Everyone knows that regular exercise is good for the body. It can help you to control your appetite, lose weight, shed inches, and lower your risk for a variety of serious diseases. But the benefits don't stop there. Exercise is as effective as antidepressant medication at relieving depression and boosting your mood. It can also help you to relieve stress and anxiety, improve your self-esteem, sleep better, and cope with life's challenges in a healthy, positive way.

If you're not ready to commit to a structured exercise program, think about physical activity as a lifestyle choice rather than a single task to check off your to-do list. Look at your daily routine and consider ways to sneak in activity here and there. Even very small activities can add up over the course of a day.

- In and around your home. Clean the house, wash the car, tend to the yard and garden, mow the lawn with a push mower, sweep the sidewalk or patio with a broom.
- At work and on the go. Look for ways to walk or cycle more. For example, bike or walk to an appointment rather than drive, banish all elevators and use the stairs, briskly walk to the bus stop then get off one stop early, park at the back of the lot and walk into the store or office, take a vigorous walk during your coffee break. Walk while you're talking on your cell phone.
- With friends or family. Walk or jog around the soccer field during your kid's practice, make a neighborhood bike ride part of weekend routine, play tag with your children in the yard or play exercise video games. Walk the dog together as a family, or if you don't have your own dog, volunteer to walk a dog from a shelter. Organize an office bowling team, take a class in martial arts, dance, or yoga with a friend or spouse.

Culled from: Easy Ways to Start Exercising
Website: http://www.helpguide.org/articles/exercise-

For comments, suggestions and story ideas please contact:

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