

# Annual report

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**2021**

**CENTRE FOR ADOLESCENT HEALTH AND SOCIAL  
DEVELOPMENT**



CENTRE FOR ADOLESCENT  
HEALTH AND SOCIAL  
DEVELOPMENT



# Primer

*“Making your mark on the world is hard. If it were easy, everybody would do it. But it’s not. It takes patience, it takes commitment, and it comes with plenty of failure along the way.” – Barack Obama*

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# Acknowledgement

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The founder and Executive Director of the organization, Dr Fatimah Abolanle Odusote would like to immensely appreciate all the members of the Board of Trustees for the unflinching and unwavering support offered throughout the year 2021, which accentuated the attainment of our strategic objectives; all the volunteers of the organization for their altruism, commitment and dedication that saw to the smooth running of our virtual, community and school interventions; our partners and sponsors for the resources provided that heightened the impact of our projects and all our well wishers both online and offline.

We say a very big thank you and look forward to achieving many of our targets and making more impacts in the lives of adolescents in 2022 and it would be hard to achieve anymore without your support.

# Who we are

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*Centre for Adolescent Health and Social Development is a duly registered (Registration number 161301) not-for-profit organization in Nigeria poised to improve the wellbeing of adolescents in Nigeria and Africa at large. This we are currently doing by leveraging on sustainable partnerships with organizations whose mission and objectives align with ours, harnessing the power of technology and social media platforms as well as community interventions to reach our target population.*

# Our core values

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**Nurture-** We believe strongly in creating a nurturing and supportive environment for our adolescents and youths to thrive to attain the best outcomes.

**Integrity-** To deliver on our mission, we take pride in the highest level of integrity while interacting with our stakeholders and providing our services to our target population.

**Professionalism-** In dealing with people who matter to us, we maintain an uncompromised work ethic and excellence while also catering to our team members' needs.

**Innovation-** The world is continually changing. Hence, to meet our target population's demands, we need to evolve continuously and consistently through unparalleled skill acquisition and competencies by our team members.

**Diversity and inclusion-** Through diversity and inclusion, we break unhealthy social constructs, societal prejudices and create a paradigm shift that fosters collaboration, respect, human dignity, human rights, and universality.

# Our focus





# 2021 programmes

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# Snake Island project

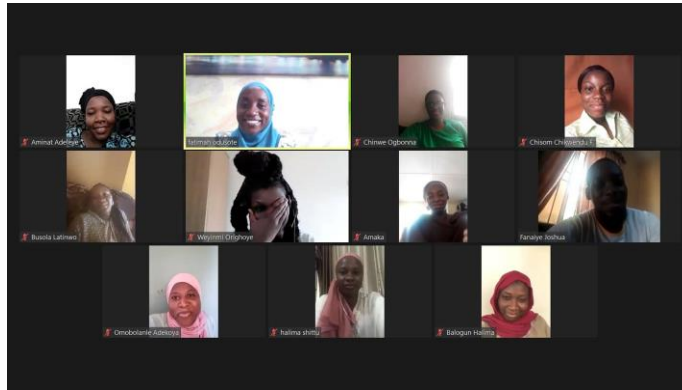
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Following needs assessment done in 2019 at the community, data analysis showed the need for urgent menstrual hygiene intervention.

We did 3 weeks (consecutively) of intervention on menstrual hygiene management covering menstrual health education, hygiene and how to make reusable pads within the community

After this, we had interventions in two schools within the community to ensure wider impact.

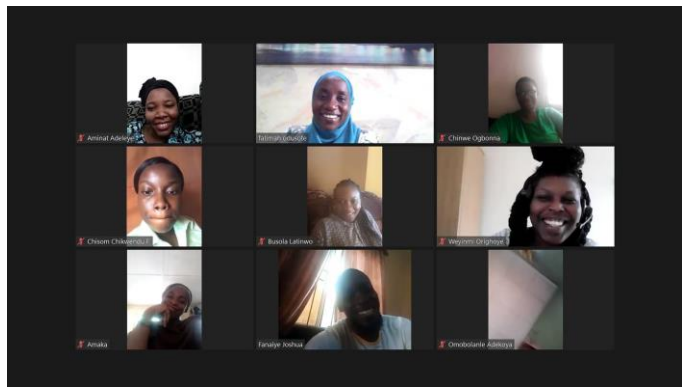
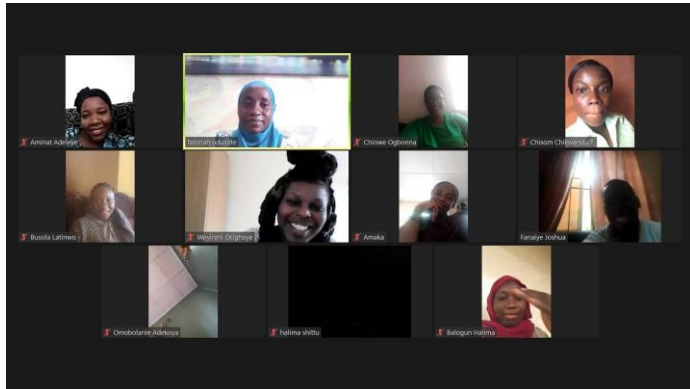
Almost **500** adolescents were impacted including some teachers and parents




On boarding  
new volunteers







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20 new volunteers  
joined the  
organization on  
1st May 2021





**Adolescent Health Hub**  
presents:

# END PERIOD POVERTY PROJECT




(also to mark world menstrual hygiene day celebration)

## Planned Activities

- Menstrual Education.
- Distribution Of Reusable Pads And How It Should Be Maintained.
- Menstrual Hygiene Management.
- Pre And Post Assessment Of The Adolescents On Menstruation, Menstrual Hygiene And Reusable Pads.




**LOCATION:** Abuja, Nigeria

**Partners:**

**Beneficiaries:**  
Secondary School Students  
And Their Teachers.

**28<sup>th</sup> Of May 2021**

 @Adolescenthealthhub  
 @Adolescenthub  
 @Adolescenthub

# Abuja menstrual hygiene intervention

*We had 'End period poverty project' at Government Secondary School, Shere, FCT*  
*A total of **300 adolescents** benefitted from the intervention.*



# Online training for volunteers

We commenced online training for our volunteers in June 2021. The purpose is to continuously upskill and invest in their growth to enable them become better advocates of Adolescent Health and to improve the impact of our programs while also helping to advance their career prospects.

**ADOLESCENT HEALTH HUB TRAININGS**

**How to plan and implement community interventions effectively**

*facilitator*

**Dr Weyinmi Erikowa-Orighoye**  
PAEDIATRICIAN & PUBLIC HEALTH CONSULTANT

**google meet**

**Saturday, 31st July 2021 12pm (WAT)**

**ADOLESCENT HEALTH HUB TRAININGS**

**Theme:**

**WORKING WITH TEAM MEMBERS IN AN ORGANIZATION**

**Ogbonna Chinwe Belinda**  
Program Coordinator, Adolescent Health Hub

**facilitator**

**Sat, 26th June, 2021 2pm (WAT)**

**Zoom**

**@adolescenthub @adolescenthealthhub**

**ADOLESCENT HEALTH HUB TRAININGS**

*present*

**WHY YOUR HEALTH MATTERS**

**40.00 | WAT 31<sup>st</sup> OCTOBER 2021**

**HOST**  
**Dr FATIMAH ODUSOTE**

**FACILITATOR**  
**DAYO ADEYEMO**  
'Psychiatric Mental Health Practitioner'

**Google Meet**

# Social media engagement

Our social media engagement (on Facebook , twitter and Instagram) to advocate and provide health education on adolescent health continued this year. In addition, we had Facebook and Instagram live sessions solely and also jointly organized with other local and international organizations.

We provided health information on varying topics, including cervical cancer sensitization, awareness on Human Papilloma virus and provided information on the available cervical cancer screening services in Nigeria which can be accessed here

<https://1drv.ms/u/s!AjFkIIhdpgnSpjII5YBl69Zc9cfT?e=aHNc>

22

**INTERNATIONAL ADOLESCENT HEALTH WEEK**

THEME:  
**ADOLESCENT RESILIENCE IN THE FACE OF A PANDEMIC**

SUB-THEME:  
**ADOLESCENT HEALTH, ADOLESCENT MENTAL HEALTH, PHYSICAL HEALTH, PUBERTY, ADOLESCENT HEALTH POLICIES.**

**SPEAKERS**

ORITSEWEYINMI ERIKHOWA-ORIGHOYE  
@drweyoms

CHINWENDU UKACHUKWU  
@ukachukwuchinwe

WENDY WOKOMA  
@wendywokoma

DR FATIMAH ODUSOTE  
@dokitabikey

OLANIYAN HALIMAT OMOWUMI  
Youth Ambassador  
@orexgold

March 21st-27th 2021

Twitter, Instagram

5:00PM

Follow for Updates:  
iahw\_ng @iahw2021\_ng

# Virtual events -International Adolescent Health week

On the 21<sup>st</sup> to 27<sup>th</sup> of March 2021, our founder and executive director, Dr Fatimah Odusote, joined other healthcare professionals in the adolescent health space to commemorate International Adolescent Health week through series of online events to sensitize the public on the importance of adolescent health.



# Virtual events– Breast cancer awareness month

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We also commemorated breast cancer awareness month through a facebook live chat with a Medical Practitioner, Dr Rasheedah Amussah, based in the UK.

Adolescent Health Hub

IN COMMEMORATION  
Of

30<sup>TH</sup>  
OCT  
2021  
6p.m | WAT

**BREAST CANCER**  
AWARENESS MONTH

ADOLESCENT HEALTH HUB  
*present*

A FACEBOOK LIVE CHAT  
'Caring For Our Mothers And Female Teens'

📍: live

**HOST**  
Dr FATIMAH ODUSOTE

**GUEST**  
Dr RASHEEDAH AMUSSAH  
(AYANDIPO)  
GENERAL PRACTITIONER (UK)



Adolescent Health Hub Nigeria  
&  
Agape Women and Children Empowerment Foundation (AWOCHE)  
Jointly Present

# DIGITAL GENERATION



OUR  
GENERATION

Venue : Facebook Live

3pm./Nigeria  
5pm./Kenya  
sunday  
**17**  
OCT 2021

Dr. Fatimoh Odusote : Moderator

Vanessa Bosire / Uwa Arieko

## Virtual events- International day of the girl-child

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To commemorate International day of the girl-child, the organization in collaboration with **Agape Women and Children Emancipation foundation (AWOCHE)**, a Kenyan based non-governmental organization, hosted two adolescents from Kenya and Nigeria respectively to share their personal experiences as they sojourn through adolescence.

# Speaking engagements

Our founder and executive director, Dr Fatimah Odusote, represented the organization on local and international platforms to engage in conversations on mental health and menstrual hygiene management in adolescents.

One of those speaking engagements, was in celebration of World Mental Health Day(Global Chat conference 2021) together with other international speakers from India, Singapore and Lebanon. The conference, organized by Chatty Caterpillar, had Centre for Adolescent Health and Social development as a partner alongside other organizations.



Chatty Caterpillar  
10 OCT | 12:45 PM IST | ZOOM & FB LIVE  
**GLOBAL CHAT CONFERENCE 2021**  
JOIN US ON WORLD MENTAL HEALTH DAY IN A GLOBAL DISCUSSION OF EXPERTS ON THE ROLE OF CONFIDENCE, HAPPINESS, AFFECTION & TENACITY IN THE HUMAN METAMORPHOSIS.  
DR. FATIMAH ODUSOTE | DR. MYRIAM EL KHOURY-MALHAME | SAUMYA SHARAN  
SESSION 1 (40MINS)  
DISCUSSION BETWEEN EXPERTS FROM NIGERIA, LEBANON & INDIA ON HOW TO BECOME A CONFIDENT FEMALE CATERPILLAR BY CULTIVATING INNER CONFIDENCE.  
MODERATED BY: TANISHA MITTAL (INDIA)



REDHelp Africa  
**The Future of ECO-PADS In Nigeria**  
:CHALLENGES & SOLUTIONS.  
13TH AUG 2021 | 4PM GMT | GOOGLE MEET  
FACILITATOR: DR. FATIMAH ABOLANLE ODUSOTE  
FOUNDER OF ADOLESCENT HEALTHHUB.  
Supporting the Girl child One Pad at a Time



MENTAL HEALTH AWARENESS WITH DAYO  
**Adolescents Mental Health Series**  
**EYE-OPENERS: WHAT FIELDWORK REVEALED**  
DR. FATIMAH ODUSOTE  
Founder and Executive Director, Adolescent Health Hub  
GUEST  
DAYO ADEYEMO  
Psychiatric Mental Health Nurse Practitioner  
JOIN ME ON:  
Saturday 17th of NOVEMBER, 2021  
@ 12:00 NOON CST, 5 PM GMT, 6 PM NAIJA



LIVE DISCUSSION  
**Menstrual Hygiene**  
Concept of Reusable Pads  
Fatimah Odusote | Christiana Uomma  
Join this conversation on IG @the\_mindshift.initiative  
11 July 2021  
4pm prompt

# Full registration

ON 6TH OF JULY  
2021, WE BECAME  
FULLY  
REGISTERED AS A  
NON-  
GOVERNMENTAL  
ORGANIZATION IN  
NIGERIA AS  
CENTRE FOR  
ADOLESCENT  
HEALTH AND  
SOCIAL  
DEVELOPMENT

# Board of Trustees

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## **Professor Adesequn Fatusi**

- M.B.B.S, Obafemi Awolowo University
- Masters in Public Health, Hebrew University
- Professor of Community Medicine and Public Health with over 30 years experience
- Currently the Vice Chancellor of University of Medical Sciences, Ondo State
- His experience cuts across Sexual and Reproductive Health, Maternal and Adolescent Health, Health Services Research, Program Analysis, Public Policy and Leadership
- He has served as a Consultant in several government agencies and International organisations like WHO, UNICEF, UNFPA, UNDP, UNAIDS, World Bank, USAID.

## **Dr Fatimah Odusote (Chairman)**

- M.B.Ch.B Ogun
- Masters in Public Administration, Lee Kuan Yew School of Public Policy, National University of Singapore
- She is the Founder and Executive Director of Centre for Adolescent Health and Social Development
- She has worked briefly as Student Researcher and Research Assistant at the Lee Kuan Yew School of Public Policy.
- She has keen interest in Adolescent Health, Health Policies, Research and Development

## **Barrister Mojisola Onabanjo (Secretary)**

- She is a LLM Intellectual Property professional with a Litigation background
- She has over 14 years experience in Corporate Commercial Law
- She provides services related to negotiation, drafting and vetting of contracts, joint venture arrangements, franchising agreement
- She has experience in the management of intellectual property portfolios of bule chip companies including FMCG's Pharmaceutical, Technology and beverage companies within Nigeria and Africa,

## **Dr Oritseweyinmi Erikowa-Orighoye**

- She is a Paediatrician and early career researcher at Leeds Beckett University.
- She focuses on nutrition, physical activity, good health and wellbeing, quality education, WASH, reducing inequalities and climate action
- She is a global health mentor of the Global Health Mentorships (Sweden), Progeny Cerebrum (Nigeria), Counselling team Lead (Ruach Teens Wellspring, Nigeria) and a Squiggly Career Advocate (UK)
- She equips young people with resources for their personal development and wellbeing and has reached more than 100 young people across the globe





# Board of Trustees

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**Dr Kikelomo Amao**

- M.B.Ch.B, Ogun
- Masters in Public Health, The University of Manchester and PhD in view (Walden University)
- She is a Senior Health Emergency Preparedness and Response Officer at the Nigeria Centre for Disease Control
- She has over ten years post graduate experience in case management of infectious and noncommunicable disease
- She is a member of the leadership team of the Federal Government's national and international response to the COVID-19 pandemic.



**Mr Ifedapo Agbeja**

- He is a Monitoring, Evaluation and Learning Specialist with 8+ years of experience
- He has program management record across West and East Africa – Nigeria, Ghana, Liberia, The Gambia, Kenya, Malawi, Tanzania and Sierra Leone
- He has designed the methodology of over 70 M and E projects and led the implementation of 23..
- He is well versed in research, monitoring, evaluation and learning (MEAL) systems and has core competencies in MEAL for maternal and child health, nutrition, HIV/AIDS, WASH, gender and agriculture



**Mr Ayodeji Odusote**

- He is a Senior Technical Assistant, Technology and Enterprise Architecture to the Government of Ekiti State.
- He is also the Technical Lead for the Accountability and Sustainability (SFTAS) Program-for-Performance (P-for-P) of the World Bank in the State
- He has 15 years of experience spanning telecommunications, software development, payments systems, central banking, cryptocurrencies and financial market infrastructure
- He is proficient in Business Process analysis, business process re-engineering for enterprise productivity, solution architecture, data governance, enterprise architecture and system integration
- He is also currently the Data Architect for the Central Bank of Nigeria

# Membership

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On the 6<sup>th</sup> of May 2021, Adolescent Health Hub (Centre for Adolescent Health and Social Development) became a member of Partnership for Maternal Newborn and Child Health (PMNCH).



PMNCH is a multi-constituency partnership hosted by the World Health Organization and it is the world's largest alliance for women's, children's and adolescents' health.





# Forming new alliances

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It was exciting to form new partnership with an organization based in Kibera, Kenya, Agape Women and Children Emancipation foundation (AWOCHE)

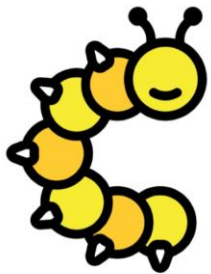
**AWOCHE** is focused on maternal health, Adolescent Health, Family planning, response in the prevention of teenage pregnancy and mentorship.

AWOCHE is also a member of PMNCH.

AWOCHE's programs mainly targets adolescents, youths and women living in informal settlements.



**Be the Voice**  
*initiative*



**Chatty  
Caterpillar**  
*happy now*

MENTAL WELLNESS EDUCATORS



## Our 2021 partners

As the saying goes ‘if you want to go fast, go alone but if you want to go far, go together.’

We could not have achieved this much without the support and collaboration with our indefatigable partners.

We remain grateful to them all.





# Award presentation

On 11<sup>th</sup> of December 2021, the most outstanding volunteer award was presented to Barrister Balogun Halimat Sadiat for her consistency, commitment and active participation in the organization's activities for the year 2021.

# End of year get-together

On 11<sup>th</sup> of December, we also had a get-together for Volunteers in Abuja as a way of having fun and appreciating their efforts throughout the year.



# Lessons learnt

It is a good idea to **carry out needs assessment** before interventions (reduces resource wastage and ensures well targeted intervention)

Involve **parents/guardians, teachers** in adolescent health conversation

**INVOLVE BOYS IN MENSTRUAL HYGIENE EDUCATION**

While it is difficult, more **adolescents in hard-to-reach communities** should be considered for more interventions

**Collaboration** is a significant strategy towards ensuring successful implementation of projects.

Introduce **peer to peer** learning for adolescents' interventions

Involvement of **gatekeepers** is significant to success of interventions

Adolescents are willing to learn if appropriate learning techniques are used

Those involved in adolescent health need to understand the **psychology of adolescents**

# Final note

As we usher in 2022, we are very optimistic that our mission and broad objectives will be achieved far better than the previous years.

We look forward to more productive partnerships, collaboration and commitment to ensure the wellbeing of all adolescents improves.







# Gallery (snake island project)







# Gallery







# Gallery

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# Gallery

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# Gallery (Abuja end period poverty project)

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# Gallery

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Centre for Adolescent Health and  
Social Development 2021

Facebook: Centre for Adolescent Health and Social Development  
Instagram: @centreforadolescenthealth  
Twitter: @adolescenthub  
Email: [adolescenthealthhub@gmail.com](mailto:adolescenthealthhub@gmail.com)

