



## Special focus on malaria



Frequently asked  
questions on  
breast-feeding P. 13



Soap saves  
lives P. 7

**6 ways to safeguard your health** P. 15





It all Started like a  
**DREAM**



**wHAT** were we at the beginning? Designer

**wH Y** does the dream come to reality?  
Because we are Passionate

**hOW**? We add value to Quality Prints.



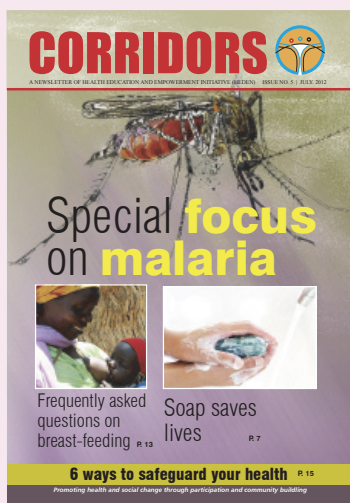
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# FAREWELL 2011! Welcome 2012

To our partners and friends in development, we bring you the fifth edition of our Newsletter Corridors. It is packed with lots of interesting, educative and exciting news for your reading delight.

We have various articles on health and development. In the previous years, a lot of things changed while some remain unchanged.

Mrs. Folasade Ofurune took over the baton of leadership as the Executive Director. Our name also changed from Eclipse Development Initiative (EDI) to Health Education and Empowerment Initiative (HEDEN). Our logo also changed to reflect care and participation.

HEDEN will continue to play a leadership role in promoting and managing knowledge as an important resource for reproductive health, safe motherhood and a wide range of integrated development.

**Our Vision has not changed: A world in which communication saves lives, improves health and enhances well being.** In this newsletter, we share with you the work that we in collaboration with other partners - are implementing to achieve this goal. Have a pleasant read.

## MISSION STATEMENT

HEDEN's Mission is to build the capacity of vulnerable groups through information, education, communication and health programmes so that individuals and communities can live a meaningful life, and chance their well being and have a sense of dignity as humans in a new community.

## VISION

A world in which communication saves lives, improves health and enhances well being.

## OUR NEW LOGO

The three highly stylized images are partners supporting one another. They all share the same shoulders, signifying equality, camaraderie, but more importantly, they bear the others burden. Like "you're always sure of a shoulder to cry on". The white strip into the circle signify transparency.

We hope you'll find this new logo involving and inspiring.

# From the Programme Managers' desk

**D**ear Partners in Development, you are welcome into another exiting year. To you all who have been working together with us and supporting us in our development work, we wish you a blissful year.

As you may know, HEDEN envisions a world in which communication and education saves lives, improves health and enhances well being. In reaching out for this goal, HEDEN faces new and daunting challenges. The health issues that HEDEN addresses through its communication programmes includes a broad spectrum of health and development such as Reproductive Health, Safe motherhood, Child Health and Survival, Infectious Diseases, Malaria, Clean Water and Sanitation, HIV/AIDS, Nutrition and Hygiene, Environment and Youth.

Moreover, the world of Public Health and integrated development is now a far more complex environment to operate.

We work in a number of communities with limited resources. Yet, never has the need for our services and programmes been greater. HIV/AIDS rages at pandemic proportion, women continue to die in child birth from preventable causes; Malaria persist in pockets of Nigerian communities, years of rapid population growth have created a record numbers of adolescents entering their reproductive years. Social norms in many communities put these young people at risk of unwanted pregnancy, sexually transmitted diseases including HIV/AIDS and other social and health problems.

The situation of newborn and its contribution to child mortality cannot be overemphasized.

All children, no matter where they are born, deserve a good and healthy start in life. But the sad reality is that every year, about 4 million newborns die within the first two months of life. About 99% of these deaths occur in developing countries like Nigeria.

Sadly though, these deaths are so easily preventable. Three quarter (3/4) of these newborn deaths can be prevented through simple but cost effective method, through information, education, communication and intervention strategies such as antibiotics for pneumonia, knit caps to keep babies warm and Oral Rehydration Salt (ORS)

This edition of newsletter also highlights what HEDEN is doing in the communities to save children lives and that of their mothers.

HEDEN is making a difference for thousands of mothers and children living in rural and urban villages in Ogun and Lagos State of Nigeria.

By giving attention to maternal and child health, we can help meet the millennium development goals no 4 and 5. With enough resources, will on our part, we all can ensure a good life for both mothers and children everywhere. Have a nice read.



*Henry Ofurune*



# Malaria: A burden for humanity

**M**alaria causes 15 out of 100 deaths in children in Nigeria. Also, it causes 11 out of 100 deaths in pregnant women. It also causes a lot of illness among pregnant women. Malaria is the cause of most illness in children. These illness is the cause of their frequent visit to hospital, absence from school and poor performance in academics. For this reason, malaria is most dangerous in children because it can kill a child within 1 2 days after symptoms have appeared.

## WHAT CAUSES MALARIA

Malaria disease is caused by mosquito bite. Mosquitoes lay their eggs in stagnant water

and breed there.

## HOW TO PREVENT MALARIA

- ★ Make sure children, pregnant women and family members in the house sleep under mosquito treated nets.
- ★ Destroy all breeding places of mosquitoes. Mosquitoes breed in stagnant water.
- ★ Destroy all cans, plastics and containers that can collect water and block all holes around the environment
- ★ Keep your environment clean
- ★ Cut all weeds in your environment, also clean up all gutters to allow free flow of water.
- ★ Put mosquito net on windows and doors to prevent mosquitoes from entering.
- ★ Put mosquito insecticide in the room at night before sleeping
- ★ Use mosquito repellant cream

## ADVANTAGES OF USING MOSQUITO TREATED NETS

The truth is that children and adults who sleep under insecticide treated net do not have malaria often. Death and illness related to malaria do not usually affect those who sleep under treated mosquito nets.

**CONTINUED ON PAGE 6 >>**

**A child down with malaria on his hospital bed**



# Malaria tightens its grip

CONTINUED FROM PAGE 5

## SIGNS OF MALARIA

These are malaria symptoms

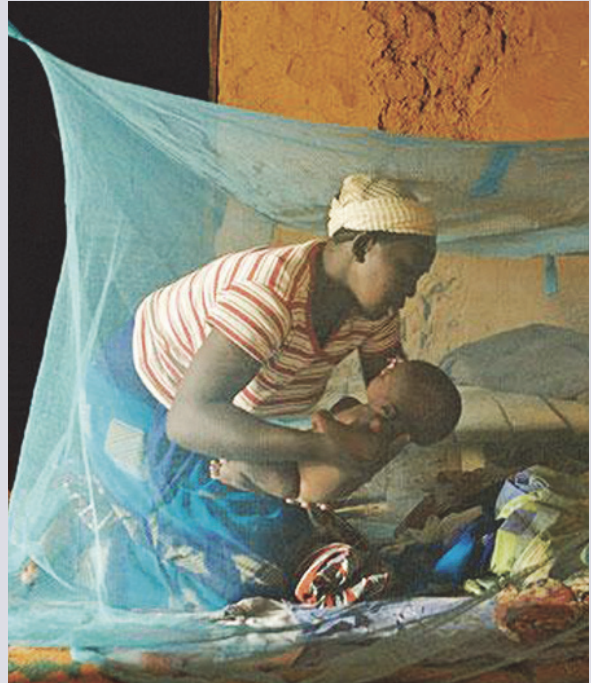
- |                   |                |
|-------------------|----------------|
| i. Headache       | iv. Dizziness  |
| ii. Fever         | v. Cold        |
| iii. Low appetite | vi. Body aches |

## HOW TO CARE FOR A CHILD WITH MALARIA

- ★ Soak a cloth in cool water, use it to clean the body and head to cool down the fever.
- ★ Give him/her paracetamol
- ★ Give her lots of liquids such as pap, water, etc.
- ★ Give the child foods that are nourishing. These foods are divided into three groups
- ★ Carbohydrate: it gives energy e.g. yam, maize, palm oil.
- ★ Protein: it gives strength e.g. meat, cheese, beans and fish
- ★ Fruits and vegetables (vitamins) it helps the body to fight diseases e.g. mango, orange, vegetables.

It is compulsory to take the child to health centre:

- ★ If there is no improvement
- ★ If symptoms persist after 2 days



**Sleeping under insecticide-treated net is a safeguard against malaria**

After going to the health centre, make sure you use all the medicines according to the prescription given to you.

It is important you complete your dosage as directed by your physician.

## Youth Facts

Worldwide, the highest reported cases of Chlamydia, gonorrhea and other sexually transmitted diseases are in ages 15 - 24 years.



# Soap saves lives



**S**imply washing hands with soap could save a million lives a year because it would help people avoid diarrheic diseases. In some communities, it is common for women to wash infants after they have been to the toilet and then prepare food without washing their own hands. Washing one's hands with soap and water can prevent the spread of deadly viruses and bacteria. And in developing countries like Nigeria, hand washing with soap would be three times more effective and cost-efficient for lowering the risk of diarrheal diseases.

# Sweet mother

**T**he concept of continuum of care for both mothers and babies is the core of sweet mother programme (a programme of Health Education and Empowerment Initiatives- HEDEN).

Over the past 7 years, HEDEN has consistently carried out maternal and child health programmes at the grassroots to save the lives of mothers and their children.

As part of her intervention strategies, HEDEN carries out communication campaign programmes in community health centres at the grassroots in Lagos and Ogun States.

Facilitated in local languages, HEDEN employs participatory approaches to reach nursing mothers and pregnant women. Through the activities of the sweet mother programme, it has been found that information on maternal and child health could save the lives of mothers and children and thus achieve the millennium

development goals 4 and 5.

Realizing that maternal health is closely linked to child health, HEDEN works with existing health framework of communities to address the underlying factors which contributes to the high infant and maternal mortality rates such as under nutrition, female illiteracy, refusal to seek ante natal care, lack of child spacing, diarrhoeal diseases, myths, ignorance, the attitude of health personnel and a host of others.

In reaching her audience, HEDEN employs role play, lectures, video documentary, counselling sessions, demonstrations, exercises, songs, drama, questions and answers session etc. And the distribution of interventions such as anti malarial drugs, ORS, long lasting insecticide treated nets,

Thus far, the sweet mother programme has reached over 2,000 beneficiaries.



Focus Group discussion with pregnant women



A session on Child Care and Development

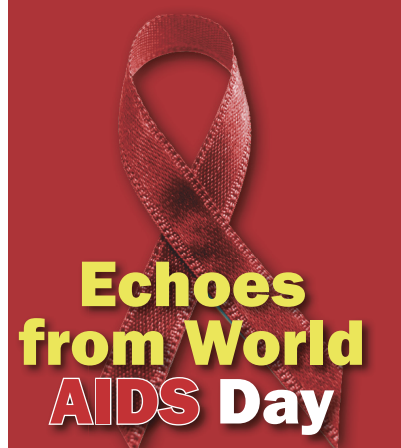


A video session on pregnancy and child care



A session on immunization for nursing mothers





Students of White Rose College



HIV/AIDS Sign language session



Display of IEC materials



HIV/AIDS Drama presentation



Dance Drama



Cross section of students



Students paying attention to HIV/AIDS talk



Students during the HIV/AIDS talk



Students of High Grade School



Students of Great Success School



Students of Patience model College



Atofe Favour School

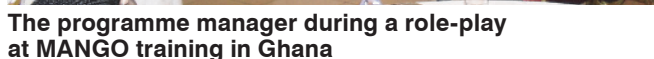
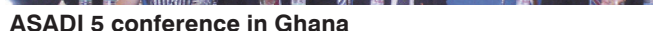


White Rose College



Reproductive health training for peer educators









**Participatory Planning Session**



**Group Photograph of African Church Youth trained on HIV/AIDS**



**Community mobilization programme, women's group**



**A session on pregnancy care for pregnant women at the grassroots**



**Session on child spacing options for Christian women**



**Community mobilization programme, men's group**



**Community stakeholders' meeting**



**Community youth constructing a culvert after training on self help development**



**Formulating Community Development Action Plan**



**Mothers listening to lectures on child care and development**





**The Executive Director delivering a paper on Safe Motherhood in Nigeria at the National Conference on Community Development in Nigeria (NCCD) conference in Abuja**



**The Executive Director at the African Science Academies Development Initiatives (ASADI 5) conference on maternal and child health in Ghana**



# FAQ

FREQUENTLY ASKED QUESTIONS

## ON BREASTFEEDING

### WHY SHOULD I BREASTFEED MY BABY?

Breast milk is the most complete form of nutrition for infants. Breast milk has just the right amount of fat, sugar, water and protein that is needed for a baby's growth and development. Most babies find it easier to digest breast milk than they do formula (Tinned Milk).

There are health risks to your baby if not breastfed. Breast milk contains agents (called antibodies) that protect infants from bacteria and viruses. Babies who are not exclusively breastfed for 6 months are more likely to develop a wide range of infections/diseases including measles, ear infections, diarrhea, and respiratory illnesses. They are sick more often and have more visits to the clinic/hospital.

Breastfeeding makes it easier for the mother to lose the weight gained during pregnancy. It also helps the uterus to get back to its original size and lessens any bleeding that might occur after giving birth.

Breastfeeding lowers the risk of breast and ovarian cancers and possibly the risk of hip fractures and osteoporosis after menopause.

Breastfeeding can help you form a close relationship with your baby. Physical contact is important to newborns and can help them feel more secure, warmer and comforted. Your breast and nipples are designed to deliver milk to your baby. When your baby is breastfeeding effectively, both the baby and yourself experience calm and comfort. This is very normal and is not from breastfeeding. As long as the baby doesn't lose more than 7 to 10% of his or her birth weight during the first three to five days, he is getting enough to eat.

You can tell your baby is getting enough milk by keeping track of the number of wet and dirty diapers. In the first few days, when your milk is



A mother breast feeding her child

low in volume and high in nutrients, your baby will have only 1 or 2 wet diapers a day. After your milk supply has increased, your baby should have 5 to 6 wet diapers and 3 to 4 dirty diapers every day. Consult your baby's doctors if you are concerned about your baby's weight gain. You should visit your pediatrician between three to five days after your baby's birth and then again at two to three weeks of age.

After you and your baby go home from the hospital, your baby still needs to eat about every one to two hours and should need several diaper changes. You still may need to wake your baby to feed him or her because babies are usually sleepy for the first month.

In the early weeks after birth, you should wake your baby to feed if four hours have passed since the beginning of the feeding. If you are having a hard time waking your baby, you can try undressing or wiping his or her face with a cool washcloth. If your baby falls asleep while breastfeeding, you can try breast compression. As your milk comes in after the baby

## **breastfeeding**

is born, there will be more and more diaper changes. The baby's stools will become runny, yellowish and may have little white bumpy seeds.

Overall, you can feel confident that your baby is getting enough to eat because your breasts will regulate the amount of milk your baby needs. If your baby needs to eat more or more often, your breasts will increase the amount of milk they produce. When you are at work and cannot breast, express your breast milk into a clean cup and keep in a cool place, for the baby to be fed. Remember to use cups and spoon, not bottle and teats.

### **WHEN SHOULD I NOT BREASTFEED?**

A few viruses can pass through breast milk. HIV, the virus that causes AIDS, is one of them. If you are HIV positive, consult your doctor for proper counseling, to enable you decide whether or not to breastfeed.

Sometimes babies can be born with a condition called galactosemia, in which they cannot tolerate milk. This is because their bodies cannot break down the sugar lactose which is found in all milk except specially treated ones from which lactose has been removed i.e. Lactose-free milk. Babies with classic galactosemia may have liver problems, malnutrition, or mental retardation.

Mothers who have active, untreated TB (tuberculosis) or who are receiving any type of chemotherapy drugs should not breastfeed.

If you are breastfeeding, you

should not take illegal drugs. Some drugs, such as cocaine and PCP, can affect your baby and cause adverse side effects. Other drugs, such as heroin and marijuana can cause irritability, poor sleeping patterns, tremors, and vomiting. Babies can become addicted to these drugs.

It is best for you and your baby if you stop tobacco smoking as soon as you are pregnant. If it is difficult to stop, it is still better to breastfeed.

Alcohol also should be avoided by a pregnant or breastfeeding woman. An occasional drink is ok, but avoid breastfeeding for two hours after an alcoholic drink.

Sometimes a baby may react to something the mother has eaten, but this doesn't mean the baby is allergic to the mother's milk. If you stop eating whatever is bothering your baby, the problem usually goes away on its own. Also, usually, if you have eaten a particular food throughout pregnancy, your baby has already become used to the flavor of this food, and there will be no problem. If you stop eating whatever is bothering your baby, the problem usually goes away on its own.

Some women think that when they are sick, they should not breastfeed. But, most common illnesses, such as colds, flu, or diarrhea, can't be passed through breast milk. In fact, if you are sick, your breast milk will have antibodies in it. These antibodies will help protect your baby from getting the same sickness.

### **IS IT SAFE TO TAKE MEDICATIONS WHILE BREASTFEED-**

### **ING?**

Always talk with your doctor before taking any medications. Most medications pass into your milk in small amounts. If you take medication for a long-standing condition such as high blood pressure, diabetes or asthma, your medication may already have been studied in breastfeeding women, so you should be able to find your doctor. Newer medications and medications for rare disorders may have less information available.

### **CAN I BREASTFEED IF MY BREASTS ARE SMALL?**

Yes, breast size is not related to the ability to produce milk for a baby. Breast size is determined by the amount of fatty tissue in the breast, not by the amount of milk-producing tissue. Most women, with all sizes of breasts, can make enough milk for their babies.

### **WILL BREASTFEEDING KEEP ME FROM GETTING PREGNANT?**

Yes, usually. When you breastfeed, your ovaries can stop releasing eggs, making it harder for you to get pregnant. Your periods can also stop. But there are no guarantees that you will not get pregnant while you are breastfeeding.

The only way to make sure pregnancy does not occur is to use a method of birth control. If you want to use a birth control pill while breastfeeding, the safest type is the "mini-pill". However, talk with your doctor or nurse about what birth control method is best for you to use while breastfeeding.





## *Ways To Safeguard Your Health*

**K**eeping clean is worth the effort. It is estimated that more than half of all illness and deaths among young children are caused by germs that enter their mouths through dirty hands or contaminated food or water.

Many illnesses, especially diarrhea, can be prevented by applying the following suggestions that set out in **Facts For Life** a Publication in UNICEF.

### **Safely dispose of excrement**

Many germs are found in excrement. When disease-causing germs get into water and food or onto hands, utensils, or surfaces used for preparing and serving food, they may be passed into the mouth and swallowed, resulting in illness. The best way to prevent the spread of such germs is to get rid of all excrement. Human excrement should go into a toilet or latrine. Make sure there is no animal excrement near homes, pathways, or places where children play.

Where toilets or latrines are not available, bury excrement immediately. Remember that all excrement carries germs that can cause disease, even the excrement of infants. Children's excrement should also be put down a latrine or buried. Clean latrines and toilets frequently. Keep latrines covered and toilets flushed.

### **Wash your hands**

You should wash your hands regularly. Washing them with soap and water or ash and water removes germs. Rinsing the hands with water is not enough both hands need to be rubbed with soap or ash.

It is essential to wash your hands after cleaning the bottom of a baby or a child who

has just defecated. Also, wash your hands after handling animals, before feeding children,

Hand washing helps to protect people from worms that cause illness. These worms are too small to see without a microscope. They live in excrement and urine, in surface water and soil, and in raw or poorly cooked meat. A principal way to prevent worms from getting into the body is to wash your hands. Further, by wearing shoes when you are near latrines, you can prevent worms that may be there from entering your body through the skin of your feet.

Children often put their hands into their mouth, so wash their hands often, especially after they have defecated and before they eat. Teach them to wash their own hands and not play near the latrine, toilet, or defecation areas.

### **Wash your face every day**

To help prevent eye infections, wash your face with soap and water every day. Children's faces should also be washed. A dirty face attracts flies, which carry germs. These germs can cause eye infections and even blindness.

Check your children's eyes regularly. Healthy eyes are moist and shiny. If the eyes are dry, red, or sore or if they have a discharge, the child should be examined by a health care worker or a doctor.

### **Use only clean water.**

Families have fewer illnesses when they use clean water and keep it free of germs. Your water is probably clean if it comes from a properly constructed and maintained pipe system or from unpolluted wells and springs. Water from ponds, rivers and open tanks or wells is far less

**CONTINUED ON PAGE 16**



# Safeguarding your health

## CONTINUED FROM PAGE 15

likely to be clean, but it can be made safer by boiling.

Wells should be covered. Buckets, ropes and jars that are used to collect and store water should be washed regularly and stored in a clean place, not on the ground. Animals should be kept away from drinking water sources and from family living areas. Do not use pesticides or chemicals near a water source.

In the home, water should be kept in a clean, covered container. It is best to have a water container with a tap. If there is no tap, water should be taken out of the container with a clean ladle or cup. Drinking water should never be touched with unclean hands.

### Protect food from germs

By thoroughly cooking food, you can kill germs. Food, especially meat and poultry should be properly cooked. Germs multiply quickly in warm food. Therefore, food should be eaten as soon as possible after it is cooked. If you need to keep food for longer than two hours, make sure it is kept in a place that is either hot or cold. Also, if you need to save cooked food for another meal, cover it. This protects it from flies and

insects. Before the food is eaten, reheat it.

Breast milk is the best and safest milk for infants and young children. Animal milk that is freshly boiled or pasteurized is safer than unboiled milk. Avoid the use of feeding bottles, unless you clean them with boiling water before each use. Feeding bottles often carry germs that cause diarrhea. It is better to breast-feed children or feed them from a clean open cup.

Wash fruit and vegetables with clean water. This is particularly important if they are given raw to babies and young children.

### Dispose of all household refuse

Flies, cockroaches, rats, and mice all carry germs. These creatures thrive on garbage. If there is no garbage collection where you live, put your household refuse in a garbage pit where it can be buried or burned each day. Keep your home clean and free of garbage and wastewater.

If you regularly apply these suggestions, you will soon find that they are part of your daily routine. They are not difficult and do not require much money to implement, but they will safeguard the health of you and your family.

*Culled from Awake Sept. 22, 2003 Page 11*



# A glass of milk

One day, a poor boy who was selling goods from door to door to pay his way through school, found he had only one thin dime left, and he was hungry. He decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door. Instead of a meal, he asked for a drink of water.

She thought he looked hungry so brought him a large glass of milk. He

drank it slowly, and then asked, "How much do I owe you?"

"You don't owe me anything," she replied

"Mother has taught us never to accept pay for a kindness."

He said... "Then I thank you from my heart."

As Howard Kelly left that house, he not only felt stronger physically, but his faith in God and man was strong also. He had been ready to give up and quit.

Years later, that young woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where they called in specialists to study her rare disease. Dr. Howard Kelly was called in for the consultation. When he heard the name of the town she came from, a strange light filled his eyes. Immediately he rose and went down the hall of the hospital to her room.

Dressed in his doctor's gown, he went in to see her. He recognized her at once. He went back to the consulta-

tion room determined to do his best to save her life. From that day, he gave special attention to the case.

Kelly requested the business office to pass the final bill to him for approval.

He looked at it, then wrote something on the edge and the bill was sent to her room. She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally, she looked, and something caught her attention on the side of the bill.

*She read these words...*

*"Paid in full with one glass of milk".*

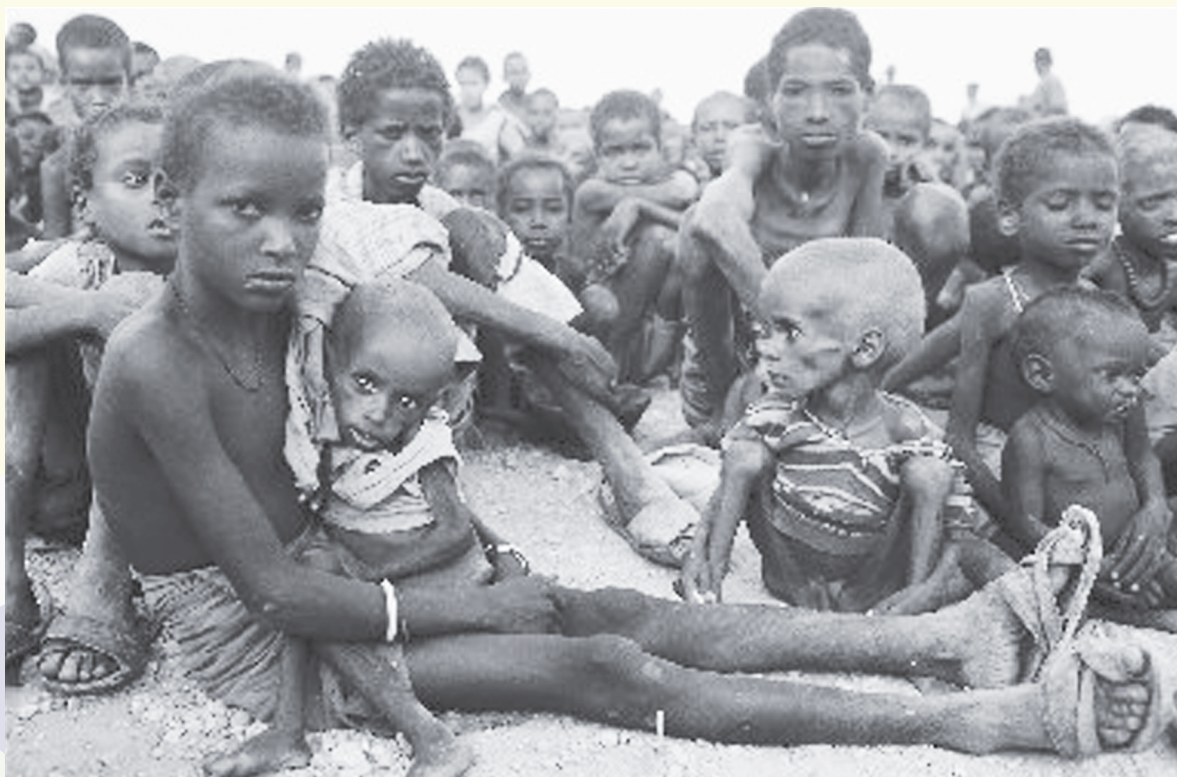
*(Signed)*

*Dr. Howard Kelly.*



A glass of milk

# Faces of POVERTY



**P**overty implies deprivation of a sort; it is the absence of such basic material and psychological needs for decent human existence. Poverty has been variously defined.

It has been defined in terms of income, capability and participation, recognizing that poverty leads to trauma, powerless and shame; and in term of absolute, relative and subjective poverty. It may involve “unfreedoms” such as absence of self determination, self esteem and participatory democracy. Capability includes the knowledge and skills needed to act independently for productivity of personal welfare. Poverty is also about insecurity, voicelessness and being socially excluded.

Poor people lack not only income but meaningful opportunities to earn a living or have a say in political decisions. They are often marginalized by conflict or discrimination. More often that not, the poor define

their own lot in these terms not by lack of money but by lack of empowerment.

## A GLOBAL ISSUE

Despite vast wealth creation in much of the world, the number of people living on less than one dollar a day is virtually unchanged from a decade ago at 1.2 billion. In some countries, nearly 50% of the population remains mired in extreme poverty, not earning enough to buy even basic food stuff. (Mark .m .Brown 2000). In 5 people in the world today, over 1 billion people live in poverty on less than 1 dollar a day (DFID, 2006).

## INTERCONNECTED PROBLEMS

Poverty and its harbingers abounds and no one can pretend that development is fast enough for hundred of millions of people who continue to live in poverty.

TO BE CONTINUED >>



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**We have worked with the following organizations and Constituents:**

**Organizations/Associations**

Child Health Foundation, USA.  
Agenda for Community Development (AFCODE)  
CAP Plc  
International Fund for Agriculture and Development (IFAD)  
Kogberegbe Youth Association, Lagos  
Olubayo Nigeria Limited Lagos  
Rainbow Cards Ltd, Lagos  
Bobo foods and Beverages Ltd

**Schools**

Grange School GRA Ikeja, Lagos  
Supreme Education Foundation, Lagos  
Vivian Fowler School for girls, Lagos  
CTC international School, Lagos  
High Grade College, Arepo  
Excel College, Ijoko  
Smith Covenant College, Ijoko  
Ifako International School, Agege  
White Rose College, Agbado  
Cecil Petros College, Agbado  
Patience Model College, Agbado  
School Rock of God College  
Muibat College, Ijoko

**Health Centres/Hospitals**

Itoki Community Health Centre  
Primary Health Centre, Ope ilu,  
Ado-Odo/Ota Primary Health Clinic, Ijoko  
Pacific Hospital, Iju

**Communities**

Saala Community, Iju  
Daddy Village, Oke Aro  
Gidan Namaganga, Zamfara  
Anka, Zamfara  
Itoikin community, Ikorodu

# Appreciation

**ORGANISATIONS**

- ▶ Rainbow Cards Ltd.
- ▶ Olubayo Nig.Ltd.
- ▶ Child & Health Foundation, USA
- ▶ Population Reference Bureau, USA
- ▶ Family Health International
- ▶ International HIV/AIDS Alliance
- ▶ White Ribbon Alliance Nigeria (*\*for safe motherhood*)
- ▶ Community Life Project
- ▶ MANGO (Management Accounting for non governmental organizations, UK)
- ▶ Women and Children First, UK

**INDIVIDUALS**

- ▶ Dr. Anthony B. Azeez
- ▶ Mrs Olubunmi Aina
- ▶ Demola Akande

**KEEP CORRIDORS INFORMED**

Please let us know of activities that will improve global health. Send information and photographs to:  
The Editor

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“

**THE MOST BEAUTIFUL THING IN  
THE WORLD IS TO SEE A PERSON  
SMILING. AND EVEN MORE  
BEAUTIFUL IS  
KNOWING YOU ARE THE REASON  
BEHIND THE SMILE.**