



**Breaking all barriers...**

annual

Project Report  
& Accounts

2013

This annual progress report has been prepared by the Festus Fajemilo Foundation (FFF). It consists of a background to FFF's yearlong programmes and a description of the context within which the organization operated in 2013. The report also presents the progress made towards expected outcomes and achievement of expected outputs. A summary of the accounts for the reporting period is also provided.

#### CONTACT US

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Contents

About Us

Performance Profile

Programme Highlights

Collaborations and Partnerships

Photo Speaks

Breaking the Barriers

FFF Funders 2013

Acknowledgements and Appeals

Auditor's Report

Contents

## About Us

**F**estus Fajemilo Foundation (FFF) is a nongovernmental, non-ethnic, nonreligious and not-for-profit organization established in 2006 and registered under the Companies and Allied Matters Act 1, 1990 of the Corporate Affairs Commission with registration number CAC/IT/NO.24051.

### VISION/MISSION

The main goal of the Foundation is to seek improved quality health care for children living with Hydrocephalus (HC) and Spina Bifida (SB) and promote respect of their rights as children with disabilities in Nigeria.

HC and SB are potentially life-threatening conditions affecting between 1-3 per 1,000 infants, often resulting in severe life-long disabilities or death. HC is characterized by obstruction to the free flow of cerebrospinal fluid (CSF), leading to accumulation of the fluid within the cavities of the brain. The pressure from this accumulation results in the swelling of the head, numbness of

muscles, nausea, vomiting, seizures, headaches, impairment of certain brain functions, bowel and urinary incontinence etc.

SB affects the central nervous system (CNS i.e. the brain/nerves) and is characterized by a visible swelling at the lower back that looks like a sac. This defect sometimes results in HC and partial/total paralysis of the lower limbs.

Risks of both are much reduced by immediate surgery and post-surgery management.

### CORE VALUES

FFF seeks to forge stronger partnerships among its members, partners, the media and public stakeholders towards greater visibility and enforcement of the rights of children with disabilities (CWDs), redress of cases of violence against especially girls and respect for gender equality. Our key words are Care, Equality, Self Esteem and Rehabilitation (CESER).

## Performance Profile

FFF's programme priorities are classified into six (6) main parts namely:

- Support and Community Rehabilitation Programmes (SUCREP)
- Information and Awareness Creation Programmes (INACREP)
- Rights and Advocacy Programmes (RAP)
- Capacity-Building and Empowerment Programme (CEP)
- Research and Documentary Programmes (RDP)
- Special and External Programmes (SEP)

Through the above, FFF was able to promote progressive approaches and best practices in managing SB/HC children in 2013. We currently work with over 70 affected children/families to support them in various areas of need. Thus, our members were further empowered and strengthened to make timely and strategic interventions as concerns their children's health.

Our activities also generated closer intra-network communication and cooperation amongst members, enabled effective information/knowledge sharing and progress tracking across board, for the betterment of all our SB/HC children.

In addition, we ensured media involvement in all our activities to give visibility and audibility, as well as assist in breaking the silence and closing knowledge gaps at all levels with respect to SB/HC in Nigeria. This attracted new members from other states and more Nigerians were sensitized. In all, 17 new SB/HC children were registered in 2013.



# Programme Highlights

## A. SUPPORT AND COMMUNITY REHABILITATION PROGRAMMES

In 2013, we devoted more time and efforts to ensure that our children got prompt attention and care in the treatment of their conditions. We embarked on specific advocacy plans to improve their educational and health challenges. Through the help of our partners, we achieved the following

- i. Surgery: Through our partnership with local hospitals, 4 children benefitted from surgeries. Even though the surgeries were successful, regrettably one of the children developed complications after surgery and passed on.
- ii. Physiotherapy: 36 children got listed for PT sessions to improve their physical functionalities courtesy of Stichting Liliane Foundation.
- iii. Free Eye Examinations: Courtesy of Pro-optics Limited, 11 children had their eyes examined, out of which 5 received free corrective eye glasses to aid their vision
- iv. Scholarships: 26 children attending private schools were awarded scholarships to further their education and encourage their parents. Free books and school uniforms were also provided.
- v. Provision of Nutritional Support and Welfare Items: During our monthly support group meetings (SGMs), we were able to provide welfare items to motivate our members. We hope

to reach out to more members in this area in future.

## B. INFORMATION AND AWARENESS CREATION PROGRAMMES

We carried out various projects to promote awareness and sensitise Nigerians on SB/HC. We were able to collaborate with other organizations to ensure wider reach and grow our support community. Our activities include

- i. Symposium: We jointly held this biennial event with the Neurosurgical Unit of the Lagos University Teaching Hospital (LUTH) to increase awareness and public education on HC/SB, care of the affected and primary prevention, as well as advocate policy formulation and enforcement by government. The event, whose theme was “Fortification of Nigerian Staple Food with Folic Acid towards Prevention of Spina Bifida”, brought together key stakeholders from the medical and manufacturing fields, Regulatory Agencies such as the National Agency for Food and Drugs Administration and Control (NAFDAC), persons with SB/HC and their families, NGOs, media and members of the public. We are grateful to Cure Hydrocephalus for supporting the symposium.

- ii. Annual Awareness Program: We joined the rest of the world to observe the World SB/HC Day. We were able to mobilise more volunteers to work with us to raise funds and draw the attention of key stakeholders to the prevalence, challenges and prevention of the conditions. This year's walk featured a Road Show around Ikeja, Lagos and the theme adopted for the event was "People United for Spina bifida and Hydrocephalus (P.U.S.H)". We also had brief interview sessions and short talks on SB/HC within the walk, and distributed IEC materials. We are happy that the event enjoyed maximum media coverage which helped us to reach more people and ensured visibility of the campaign.

### C. RIGHTS AND ADVOCACY PROGRAMMES

During the year, we joined other stakeholders to welcome American star actor, Boris Kodjoe who visited Nigeria to host the Miss Earth Pageant. The visit provided an opportunity for him to meet Nigerian children living with SB and key stakeholders/personalities including Her Excellency, former First Lady of Cross-River state, Mrs. Onari Duke. He advocated for folic acid fortification and conducted a facility tour of the Lagos University Teaching Hospital (LUTH) Idi Araba.

A spectacular achievement during his visit was his prompt intervention in providing funds to the family

of Alia Yusuf, to secure a better accommodation where she would be accepted. Alia/her family have suffered stigmatization and have been under incessant threats of ejection for over a year from their house owner in the Ikorodu area of Lagos due to Alia's condition. All the children in attendance were also given N20,000 each by Dr Iyang, an associate of Mr Kodjoe. Her Excellency, Mrs. Onari Duke embraced all the children and promised to advance the cause of SB in Nigeria.

### D. CAPACITY BUILDING AND EMPOWERMENT PROGRAMME

Because we are committed to promoting qualitative interventions and health services for the SB/HC community in Nigeria, we participated in various workshops, trainings and events to boost our knowledge/resource base and bring quality improvement to our work especially at the grassroots.

- I. Support Group Meetings: We successfully held 10 SGMs within the year. These meetings brought together our SB/HC children and their families to provide a platform for experience sharing, psychosocial support and education on current trends and updates in the management and care of affected children/adults. Attendance at our meetings increased from 7 families in 2008 to over 40 families at present. Also, FFF became a member of the Hydrocephalus Association's (HA) community

network. The partnership resulted in funding support from HA towards joint organization of the monthly SGMs. Thus, the quality of the SGMs improved and we were able to build linkages around the Foundation's activities. FFF is indeed grateful to HA for the support received so far. We also thank LASUTH for constantly providing us a meeting space.

- ii. Vocational Training: Stichting Liliane Foundation Netherlands supported our member, Oluwaseun Osiewu, to undergo training in the art of signwriting. The training is still ongoing and will enable him be economically independent and socially relevant to himself, his family and the society.
- iii. Administrative Capacity Building: Our staff participated in various activities and trainings both within/outside Nigeria to further enhance their abilities to facilitate strategic interventions on SB/HC on a larger scale.
  - a. The Annual General Meeting of the Spina Bifida Hydrocephalus Information Networking Equality (SHINE) UK was attended by the Executive Director, Afolabi Fajemilo.
  - b. A workshop on setting up self-help projects organized by Liliane Fonds for all its partners in Nigeria was attended by our Mediator/Outreach Officer, Patience Udo-Joseph. Consequently, FFF has begun preparations to set up its own

Cooperative Group to economically empower especially mothers of affected children towards financial independence and security.

#### E. RESEARCH AND DOCUMENTARY PROGRAMMES

As part of measures to sensitize the wider public, provide information and solicit support, we produced and launched a DVD documentary titled 'MY CROSS'. The documentary captured the various activities of FFF from inception and highlighted real-life challenges and experiences faced by patients/families within or outside the homes, including schools. The tool also highlighted the various barriers inhibiting affected persons from expressing their abilities and supportive/perceptions role of medical professionals in managing the conditions.

#### F. SPECIAL AND EXTERNAL PROGRAMMES

This year was remarkable for us as we benefited from the humanitarian support of some private and religious organizations, which provided a platform for our voices to be heard and helped mobilize more advocates for our work.

- I. Children's Christmas Party: The 2013 Xmas party was held amidst fanfare at the Lagbaja Field inside Lagos State University Teaching

- Hospital (LASUTH) premises, Ikeja. Families, supporters, donors, friends and well-wishers of the Foundation came together to unwind and share love/gifts with our children. Prizes were presented to winners of different contests and all the children received gifts courtesy of the FFF and partners.
- ii. MTN Foundation Disability Support Program: 7 of our children benefitted from the Disability Support Program of the charity arm of MTN, one of Nigeria's telecommunications giants, during its yearly program for persons with disabilities. The children received devices such as wheelchairs, calipers, etc., to ease their mobility challenges.
  - iii. Charity Fair/Fun Day: In our bid to foster networking, we participated in a fair organized by a group called 'LIGHTHOUSE' in Lagos. The fair provided an opportunity for charity organizations to network, showcase their work and exhibit their services/materials to the public.
  - iv. CODISA Programs: We participated in the Committee for the Disabled (CODISA) Ability Day Event and Thanksgiving programs. The Committee, which is the charity arm of Chapel of the Healing Cross, Idi Araba, Lagos organizes this event annually to celebrate ability in disabilities by bringing together persons with/without disabilities to appreciate what both can do.
  - v. Visit of American star actor, Boris Kodjoe to Nigeria. We made progress in our advocacy efforts with the visit of Boris Kodjoe to Nigeria in the year. Boris who also has a daughter with SB spoke passionately and articulately to support the cause of SB and advocated for folic acid fortification in Nigeria. He also conducted a facility tour of the neurosurgical ward of LUTH.
- Key stakeholders/distinguished personalities also present include Her Excellency, former First Lady of Cross-River state, Mrs. Onari Duke; Mr Fred Chiazor of Coca-Cola Nigeria who is the Chairman of the National Fortification Alliance in Nigeria; Chief Medical Director of LUTH - Professor Akin Oshibogun and Heads of various units; representatives of Global Alliance for Improved Nutrition (GAIN) – Dr Francis Aminu; Cure International – Lara Ogunfolu; NGOs and the media such as Nigerian Television Authority (NTA); Voice of Nigeria (VON); etc.
- A major outcome of the visit was the drawing of action plans to move forward the advocacy process on SB and food fortification at all levels in Nigeria. FFF is grateful to Zimmerman Sarah Lynn of Flour Fortification Initiative (FFI) for facilitating the visit and Dr Femi Bankole who worked locally to ensure the authority of LUTH accommodated all present.

## Collaborations and Partnerships

**W**ithin the year, strategic partnerships that enhanced the quality of our work and made us stronger in pursuing our objectives are highlighted below

- i. **Hydrocephalus Association (HA):** Consequent upon attending the 12th National Conference on Hydrocephalus in 2012, FFF was welcomed to HA's Community Network. In 2013, HA began to provide grants to FFF to support its SGMs. Since then, the meetings have been jointly held by both organizations. **More information is on [www.fesfajfoundation.org/www.hydroassoc.org](http://www.fesfajfoundation.org/www.hydroassoc.org).**
- ii. **Stichting Liliane Foundation (SLF):** Our long standing partnership with SLF helped to improve the quality of our interventions this year. Direct assistance ranging from capacity building, paramedical (physiotherapy), medical (surgeries), education, vocational training, work and income were continuously provided. So far, 61 children have benefited from this partnership.
- iii. **CURE Hydrocephalus:** Cure Hydrocephalus is a project of Cure International, US designed to support research and care of children with HC in Nigeria. FFF collaborated with the organisation on certain aspects of its activities within the year.
- iv. **International Federation for Spina Bifida & Hydrocephalus (IFSBH):** The relationship of over 4 years earned the Foundation full membership of IFSBH - the umbrella body for national/international associations on SB/HC. IFSBH has lent its voice to FFF's advocacy work in Nigeria and hopes to work with us on issues of continence management in 2014 if the federal/state governments provide the enabling platform and necessary support.
- v. **Spina Bifida Hydrocephalus Information Networking Equality (SHINE) UK:** FFF participated in the Annual General Meeting organized by SHINE to foster closer ties and identify areas of potential future collaborations.
- vi. **Pro-optics Limited:** Through our existing relationship with its Director, Dr Ogechi Nwokedi, Pro optics offered 11 children free comprehensive eye examination and 5 children free eye glasses in 2013.





## Breaking all Barriers (BAB) - The Success Story

It is often said that 'the journey of a thousand miles begins in one day'. This is our success story. It all began at the 12th National Conference on hydrocephalus organized by HA when she came close to my family and exchanged pleasantries just as we had done with other families. Though we did not interact too much while the conference lasted, that little time with us was just enough to show her deep interest in Festus. This is the beginning. She is Lori Poliski.

Lori Poliski is such a wonderful person, who despite having no prior connection with the Fajemilos went the extra mile to support Festus' rehabilitation. She thought of the best place where he could receive help with his mobility challenge and chose Shriners Hospital for Children, a nonprofit organization that provides care for children with orthopaedic problems regardless of patient's, patient's parents or the patient's legal guardian's ability to pay. Without delay, Lori gave us the hospital's contact and from that moment did everything possible (including overseeing all correspondences) to ensure Festus got the attention of the Hospital's Management. This lasted for a year after the initial contact. At a point, Lori was joined by her husband Paul and their two children to facilitate the process. I remember the very beautiful get-well balloon sent to Festus while on admission at



Shriners for his Tendon release surgery afterwards.

So it is true that those who bring sunshine to others will not take it away from themselves. FFF wishes to sincerely express gratitude to the family of Lori Poliski and Paul Gross for their support and love towards Festus while he received treatment at Shriners. Also to the management and staff of Shriners Hospital for Children Philadelphia, your hospitality, care and passion for children is indescribable and simply amazing. We are indeed grateful.

This story will not be complete without the support of Hydrocephalus Association, Cathedral Church of Christ, Marina-Lagos, CODISA (Chapel of the Healing Cross, Idi Araba) and wonderful individuals such as Solomon Owumi, Hon. Babasola Kuti, Sumbo Fafiade, Dr Olufemi Bankole, Mr. F.O. Fadeyi, Mrs Yetunde Onyekweli, Uncle Tayo Famojuro, Mr & Mrs Akin Bukky Salako, Mr Kola Adeshunloye, Nowe Alexis-Isibor, Prof. (Mrs) Ajala, Deacon & Pastor (Mrs) Adepoju, Debola Cole amongst several others who this little space cannot accommodate for their moral and financial supports.

Festus' rehabilitation at Shriners is an indicator that children all over the world are to be cared for by ALL irrespective of gender or race. As Benjamin C. Warf MD, Director of Neonatal/Congenital Anomaly Neurosurgery, Children's Hospital, Boston rightly said at the 12th National Conference on Hydrocephalus - "since the world is a global village, the world's children are our children"

Thus, BAB is being adopted as our slogan and program focus for the next 5 years. It is dedicated to Lori, Paul, Shriners and all the wonderful people for opening up frontiers of opportunities and breaking barriers for SB/HC children in Nigeria that Festus represents. We hope that the rehabilitative care that Festus underwent at Shriners will inspire partnership between the Hospital and FFF, to help other children with similar challenges like Festus in Nigeria.

## Acknowledgments and Appeals

**F**FF wishes to acknowledge that the success of our 2013 programs is dependent on the collective effort, encouragement and guidance of many people. We sincerely express our gratitude to all who contributed in countless ways and have been instrumental to the successful completion and delivery of our project activities.

We would like to show our greatest appreciation to all our local/international partners, donors and supporters including Cure Hydrocephalus, SLF, IFSBH, HA for their enthusiasm towards backing our vision. We are constantly motivated and encouraged by their tremendous support towards moving forward the global agenda on promoting qualitative life for children with SB, HC, cerebral palsy and other forms of disability, especially as it concerns Nigeria.

We would also like to thank the family of Lori Poliski and Paul Gross for supporting and facilitating Festus' pioneer corrective surgery at Shriners. Your support is indeed priceless and we remain indebted to your kindness.

Special thanks also go to all our supporters on the Gofundme platform. We especially thank 'Sumbo Fafiade who mobilized support on the platform to raise funds for Festus and increase the Foundation's presence on social media. We would also like to thank all individuals/groups who supported our SGMs with material gifts for our wonderful kids.

To all FFF staff/management, parents and children, we are privileged to be surrounded by such a great team.

Your absolute trust made the difference. Let us continue to work together to achieve more and break all barriers.

### REGRETS

Within the year, we painfully lost 4 of our dear children namely Awoyale Tosin, Shodeinde Isreal, Adeleye Boluwatife and Olayinka Islamiat. We pray that God grant their families strength to bear the loss.

Finally, FFF is indeed grateful to every organization and individual that has contributed in making 2013 an eventful year for us. We pray that God continues to enrich you in leaps and bounds and sincerely hope that more friends, partners and supporters will work with us to further enhance our goals in 2014.




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Afolabi Fajemilo  
*Founder/Executive Director*

## Donors and Funders 2013

### NGOs/Foundations:

Stichting Liliane Fonds  
Hydrocephalus Association  
Cure Hydrocephalus  
Shriners Hospital for Children, Philadelphia  
Child Health Organization

### Corporate:

Equity Assurance Plc.  
Armada Air Services & Investment  
Cakes & Cream  
Straitgate Schools, Magodo  
MTN Foundation  
Hev Communications Limited  
Mayowa Foods Limited  
Zapphaire Events Limited  
Image De Rhoda Int'l  
Liham Schools, Yaba  
Adler Nig Limited  
Johnsons Hotel  
Aruna Ogun Memorial hospital  
Lagos Airport Hotel  
Se Beccly Cancer  
Spect Exchange Services  
Kemle & Company  
Cathedral Church of Christ Marina, Lagos  
The Potter's House Christian Fellowship Church  
Sprint Consulting  
Bold & Beauty  
Beauty Speaks  
Tarek & Kaalid  
Salem Unique Limited  
Divine Favour Schools  
Ready cash  
Remay Couture  
Lucy Memorial Hospital

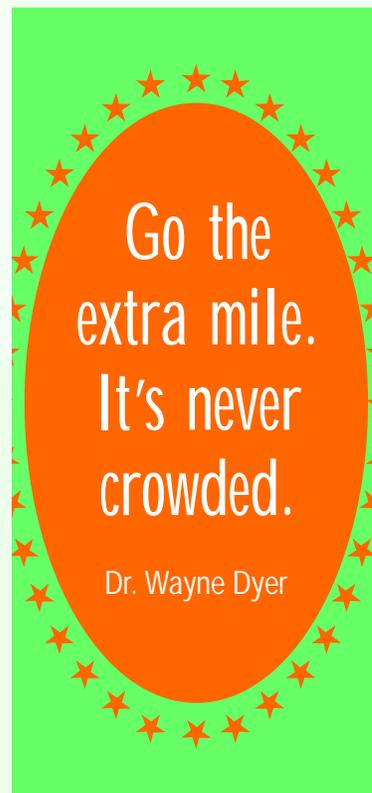
### Individuals:

The Bawa Family  
St. Clare's Old Students  
Seyi Awobadejo  
Gen. L. O. Adeosun Obaze  
Yana Inspiration  
Mrs. Awolusi  
Dr. Jolaosho Adeyinka  
Dr. Bankole O.O.  
Abiodun Adegbonmire  
Stephen O. Atannoye  
Abiodun Alexander Cowan  
Chioma  
Madusha A. Onyinye  
Olatunji Adejoke  
Oluwaseun Ojo  
Edna Okorodudu  
Peter Eneji Agaba  
Kenneth Daniels  
Chukwu Modesta  
Biola Oyesanya  
Abioye Oyetunde Samuel  
John Mbah  
Patricia  
Shodiya Yemi  
Ebere  
Ekaette Ikoko  
Fola Popoola  
Hon. Osuola Taiwo  
Uruakpa  
Chibuzor Ambrose Ikeri  
Abiodun Conan  
Talabi Oludare  
Mr. & Mrs. Victor Ofogba  
Rita Lepenole  
Mr. & Mrs. Njoku

Mrs Christianah Olufunso Taiwo  
 Dr. Ruthvin  
 Dr. Oseme  
 Anthonia Bakare  
 Olubukola Salako  
 Ubah Moji  
 Oluwaseun Jenrola  
 Taiwo Babatunde  
 Oye-Somefun Deji  
 Nowekere Alexis Isibor  
 Pius  
 Ego – Alajemba  
 Oludimu Olufemi Tanimowo  
 Bavo  
 Okoye Michael  
 Philip Otutu  
 Modupe Oguntade  
 Feyisike – Oluwole Coker  
 Prophetess Bamidele  
 Kola Adeshinloye  
 Olubusola Abatan  
 Sammy  
 Somefun Deji Temitope  
 Umerah G.  
 Mrs Onyekweli Yetunde  
 Ajayi Olusegun  
 Laniyan Akinyemi  
 Adetutu Idowu  
 Mobil Staff Bus, Route 16B  
 Folake Adebajo  
 Abiodun Omokayode Odunsi Kuti Babasola  
 Owumi Solomon  
 Bolaji Ajani & family  
 Sumbo Fafiade  
 Plumptre Adesubomi  
 Walter Spearheart

Enekwechi Chukuwike  
 Eudokia Jumbo  
 Agbelusi Segun  
 Vera IKD  
 Lolade  
 Tinubu  
 George  
 Kayode Adeyemi  
 Christianah Olufunso Taiwo  
 Uguru Chukwuma & Uguru Ihuoma  
 Alebiosu Jawkeh  
 Clifford Iwuoha  
 Edwin Eubie  
 John Arowosafe  
 Boluwaji Adelabu  
 Amaka  
 James Chukwuemeka Godson  
 Williams Uche Nkechi  
 Iquo Eke  
 Lynda Chimaroke  
 Meluose  
 Mrs. Ademosu  
 Modele Adesoga (Mrs.)  
 E. A. Aninye  
 Anyanwu Mary  
 Ibrahim  
 Udu, Chioma Ebelechukwu  
 Tonye Austin  
 Badejo Funmilayo  
 Oludimu  
 Chinyere Kelechukwu  
 Adebayo Medupin  
 Fetuga Babajide Olufemi  
 Olaolu Osundina  
 Grace Andrew  
 Mr. Gbenga Edwar

Wahidi Enitan Oshodi  
 Olayinka Dawodu  
 Keroku Amina Morola  
 Alalade Helen  
 Odo Adaora Barivule  
 Nicholas Maryanne  
 E. O. Ajayi  
 Christianah Solomon  
 Godfrey Atede  
 Miss Melody.



## Audited Financial Statement For The Year 2013

## Note 1 MONTHLY STATEMENT OF INCOME FOR YEAR 2013

Month	Corporate (N)	Individuals(N)	Total(N)
JAN	---	217,300	217,300
FEB	---	439,360	439,360
MAR	120,000	242,600	362,600
APR	Hydrocephalus Association		
	USA: 46,500		
	Others: 175,000	136,899	358,399
MAY	---	502,200	502,200
JUN	Liliane fonds		
	1,500,000	180,730	1,680,730
JUL	---	370,400	370,400
AUG	---	266,075	266,075
SEPT	170,000	3,333,979	3,503,979
OCT	269,000	659,141	928,141
NOV	25,000	349,763	374,763
DEC	Liliane fonds		
	1,500,000	431,070	1,931,070
TOTAL	3,845,500	7,089,518	10,935,078

## NOTE 2 - STATEMENT OF EXPENSES FOR THE YEAR ENDED:

	31/12/2013	31/12/2012
	N	N
Salaries and wages	583,800	590,820
Legal, Audit & other fees	45,000	30,000
Printing and stationery	218,455	241,675
Postages and internet	46,455	71,325
Telephone	57,300	53,050
Transport and travelling	105,215	133,807
Vehicle repairs and fueling	252,100	478,150
Medical and rehabilitation	5,053,529	3,505,450
Office rent and service charge	146,700	140,000
Newspaper and periodicals	16,950	1,150
Programme development	1,190,781	1,936,928
Office expenses, equipment repairs and Utility Bills	227,730	328,881
Bank charges	40,833	47,769
Land documentation & Survey	254,000	400,000
Educational Support Programme	1,994,760	658,200
Special (FFF Documentary)	206,850	----
TOTAL	10,440,458	8,617,205

SUPPORT US

FESTUS FAJEMILO FOUNDATION

First Bank Nigeria Account # 2014408159

GT Bank Account # 0108158482

Access Bank #0046647380

Zenith Bank Account #1012782883

Domiciliary Account (\$) - Access Bank #0046803067

Sending Money from Abroad for US Dollar (\$) Inflows:

Send funds to:

CITIBANK NEW YORK

111, Wall Street, New York, N.Y. 10043

SWIFT CODE:CITIUS33

ABA I.D.:021-000-089

FOR CREDIT TO: ACCESS BANK PLC

ACCOUNT NUMBER: 36145842

FOR FINAL CREDIT TO: FESTUS FAJEMILO FOUNDATION

ACCOUNT NUMBER: 0046803067

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# Do You Know?

- 50% reduction in the incidence of birth defects worldwide has been attributed to folic acid fortification
- SB/HC could be prevented if women of child bearing age take enough folic acid prior to conception and in the early days of pregnancy.
- Generally, 400 micrograms of folic acid daily is recommended for women who might become pregnant.
- It is globally accepted that fortification of staple food with folic acid is compulsory to reduce the risk of children being born with devastating birth or neural tube defects such as spina bifida and hydrocephalus
- Folic acid intake also helps millions of people in the world fight diseases and increase physical and mental productivity.

*Go folic..... Go folic.... Go folic*