



OFFICIAL NEWSLETTER FOR THE
NIGERIAN RED CROSS SOCIETY



FOR THE LOVE OF HUMANITY

RED O!!!

SPECIAL EDITION
FEBRUARY 2025

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Welcome

FEBRUARY 2025

Welcome to the "Red O!" newsletter!

The love for humanity is at the heart of everything we do at the Nigerian Red Cross and it's our pleasure to show you the many ways we reach out to those in need. This month, we proudly concluded the Severe Acute Malnutrition DREF with the Mother's Club Peer-Learning Camp. In this special edition, we highlight the vital role of nutrition and the tremendous impact of the Nigerian Red Cross Society Mother's Clubs in enhancing the health and well-being of families in local communities. Thank you for your continued support and dedication to our shared mission. Happy reading!

Humanity



NRCS Mothers' Clubs
ARE
SAVING LIVES



Pwahamokai's Story

In the heart of Fufuore LGA, Adamawa, Nigeria, lived the Pwanamuya family. Among them was little Mokai, a fragile baby who brought endless joy to his mother, Pwapiyati Pwanamuya. But happiness was clouded by worry as she watched him lose weight day by day.

Pwapiyati was devastated and desperate, trying everything she could think of. She turned to local herbs, and she fed him with what little she had, but nothing seemed to help. Her heart ached as she saw her precious son fading away.

As Mokai's condition worsened, Pwapiyati felt helpless and prayed fervently for a miracle. She held onto hope, refusing to give up on her baby boy.

One fateful day, a ray of hope shone upon the Pwanamuya family. A team from the Nigerian Red Cross Society's Mother's Club visited their home to raise awareness about Severe Acute Malnutrition and diagnose children under five. They gently measured Mokai with the MUAC tape, and the result was alarming—the tape turned red, signaling that Mokai needed urgent attention. He was just twelve months old. He was referred to PHC in Muninga in Fufuore LGA.

Without hesitation, and guided by the Mothers' Club volunteers, Pwapiyati rushed to the nearest health center with Mokai cradled in her arms. There, he received the nourishment and treatment he so desperately needed. He was given RUTF (Ready-to-Use Therapeutic Food).

The Mother's Club volunteers didn't stop there. They taught Pwapiyati how to prepare nutritious meals like Tom Brown, using food she already had. They further encouraged breastfeeding to build Mokai's immunity.

Today, at 19 months, Mokai is a picture of health and vitality. Pwapiyati's eyes shine with gratitude as she says, "I am very grateful to the Nigerian Red Cross. My son is now well-fed. He looks so good."

MOTHERS' CLUB

TOM BROWN

Did you know?

The main ingredients typically include sorghum, maize, millet, soybeans, groundnuts, and moringa powder

Tom Brown is used as a supplementary food to prevent and treat moderate acute malnutrition (MAM) in children



Tom Brown is a traditional Nigerian weaning food made from a blend of locally available grains and legumes.



It is commonly prepared as a porridge and is known for its high nutritional value

Tom Brown has been shown to have acceptable recovery rates for children with MAM, with low death rates



At NRCS mothers' clubs, women are taught to make Tom Brown using locally available food produce. This is a key component in the fight against Malnutrition.



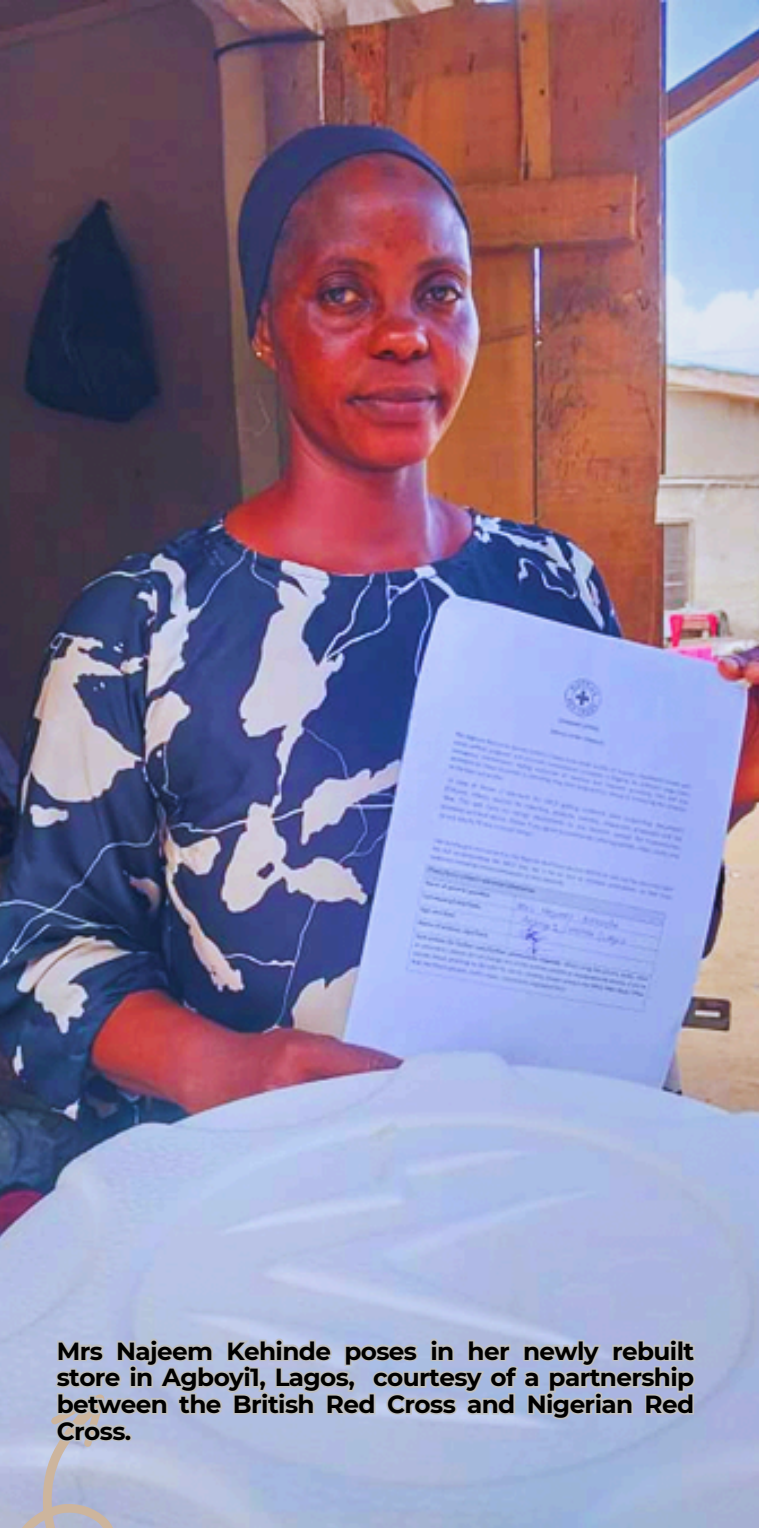


MOTHERS' CLUB PEER-LEARNING CAMP

 MAIDUGURI, BORNO

After an enriching week filled with intensive training, meaningful sessions, and deep bonding in Nigeria's Northeast, the Mothers' Club Peer-Learning Camp has drawn to a close. With the invaluable support from the IFRC, these mothers' clubs have brought about transformative changes in 90 communities across Borno, Adamawa, and Yobe states. Their relentless fight against Severe Acute Malnutrition continues to make a profound impact in these communities.





Mrs Najeem Kehinde poses in her newly rebuilt store in Agboyi 1, Lagos, courtesy of a partnership between the British Red Cross and Nigerian Red Cross.

How British Red Cross Support Changed Najeem Kehinde's Life

For years, Najeem Kehinde, a food vendor in Agboyi 1 community, Lagos, struggled with the devastating impact of recurring floods. Operating from a makeshift kiosk, she faced constant setbacks as floodwaters destroyed her supplies and disrupted her business, making it difficult to support her family.

Like many in her community, she needed a sustainable solution to break free from the cycle of hardship. That opportunity came when the British Red Cross, in partnership with the Nigerian Red Cross through its Disaster Management project, provided targeted financial assistance to vulnerable households.

With the **N63,000** she got through the **Cash Voucher Assistance Program** of the Nigerian Red Cross, Kehinde made a life-changing decision—she completed the roofing of her long-term shop project and reinvested the remaining funds into her food business. This not only secured a safer, permanent space for her work but also strengthened her financial stability. Her story is a testament to how strategic humanitarian support can empower individuals to rebuild, thrive, and contribute to the resilience of their communities.





7 FUNDAMENTAL PRINCIPLES OF THE RED CROSS MOVEMENT



HUMANITY

IMPARTIALITY



NEUTRALITY

INDEPENDENCE



VOLUNTARY SERVICE

UNITY



UNIVERSALITY

NORCROSS: EMPOWERING COMMUNITY-BASED HEALTH INITIATIVES



NRCS BENUE Branch Community Base Surveillance CBS volunteers sensitizing the IDPS in ichwa camp Makurdi



NRCS BENUE Branch iCCM volunteer in Community Health Project funded by NoRC is collecting a blood sample from a child with malaria symptoms to conduct RDT for malaria before administration of antimalarial drugs if the result is positive .



“HOW THE RED CROSS EMBLEM SAVED OUR LIVES!”

By Taiye Afolayan, Communication Officer, Kwara Branch

January 23, 2025, began like any other normal day. I and my team of volunteers working on the ‘Resilience Building through multi-stakeholder engagement in anticipatory action for climate-induced disaster; (For the sake of your mental health, just call it REBUMAA like the rest of us and you’ll be fine)

We had just spent the entire day completing a crucial data collection mission in the riverine communities of Pategi, Kwara State-when our journey took an unexpected turn. As our boat sped across the calm waters of the River Niger, disaster struck—the propeller suddenly detached and sank, leaving us stranded in the vast expanse of water. With no way to move and no immediate help in sight, anxiety began to creep in.

But the emblem of the Red Cross, boldly displayed on our life jackets, became our silent lifeline. Passersby recognized the symbol and quickly mobilized a rescue boat, coordinating with local Red Cross volunteers in Pategi. After an hour of uncertainty, relief came as a boat approached, bringing the team safely back to shore. What could have been a harrowing ordeal turned into a powerful reminder of the emblem’s significance—not just as a logo, but as a beacon of protection, solidarity, and swift response in times of crisis. Red o!

DRIVING CHANGE: PRUDENTIAL & RED CROSS LAUNCH 'SAFE STEPS' ROAD SAFETY CAMPAIGN IN LAGOS



With road accidents claiming over 39,000 lives annually in Nigeria, Prudential Zenith Life Insurance, the Prudence Foundation, and the Nigerian Red Cross Society (NRCS) have joined forces to launch the Safe Steps Road Safety Campaign. This groundbreaking initiative will train 15,000 transport workers in defensive driving, educate 12,000 community members through public awareness efforts, and equip roadside responders with life-saving emergency skills—all in a bid to make Nigeria's roads safer.

Beyond training, Safe Steps aims to drive lasting change. Through billboards, digital media, and stakeholder engagement, the campaign will push for stricter road safety policies and improved law enforcement. "Road safety is a shared responsibility," says Afolabi Lawal, Executive Director at Prudential Zenith Life Insurance. "By working closely with transport unions and road safety organizations, we are fostering a culture of safety that prioritizes both drivers and passengers."

For the Nigerian Red Cross, this initiative comes at a critical time. "Nigeria accounts for nearly 10% of global road traffic fatalities, making comprehensive safety measures an urgent priority," says NRCS President, Prince Oluyemisi Adeaga. Recognizing the need for a multi-stakeholder approach, the NRCS is collaborating with government agencies, law enforcement, and private-sector partners to tackle road safety from multiple angles.

Prudential's commitment goes beyond financial security—it's about protecting lives. "This is more than just a campaign; it's a long-term commitment to reducing road fatalities in Nigeria," Lawal adds. With sustained collaboration and public engagement, Safe Steps is paving the way for safer roads, fewer accidents, and more lives saved. Buckle up, Nigeria—the journey to road safety starts now!

Nigerian Red Cross Society Trains ShopRite Staff on Emergency Response and Workplace Safety



The ShopRite staff learned about emergency response, first aid, fire safety, evacuation procedures, workplace safety, hazard identification, risk assessment, safe working practices, accident reporting, emergency communication, crisis management, and personal safety.

The Nigerian Red Cross Society (NRCS) has successfully trained ShopRite staff across 12 locations in Abuja, Lagos, Enugu, Ondo, Kwara, Delta, Anambra, Imo, Oyo, Abia, Kaduna, Rivers in Nigeria.

A total of 108 staff members were trained to equip them with essential skills and knowledge to respond effectively in emergency situations and maintain a safe working environment.

NRCS - NorCross activities in Benue Branch



Community Based volunteer, Gwer-West Division Benue Branch Sensitize IDPs on hygiene promotion



NCDC and MoH state team pay Advocacy to Red Cross to deliberate on how to combat Lassa fever

OBSEQUIES: LATE HON. UBONG JONAH, BRANCH SECRETARY-AKWA IBOM BRANCH



Hon. Ubong Jonah, the esteemed Branch Secretary of the Nigerian Red Cross Society, Akwa Ibom Branch, passed away on February 10, 2025, after a brief illness, leaving behind a legacy of dedication and service. A former DMO of Akwa Ibom and an NDRT member, he was a kind-hearted, soft-spoken, and creative leader who touched many lives.

His absence is deeply felt by his family, colleagues, and the entire Red Cross community. We extend our heartfelt condolences to all affected by this loss. May his soul rest in peace.

Wilson Ekhomogiazin,
Secretary, South-South Zonal Branch Secretaries

National Youth, Gender and Volunteer Adviser, Sidney Osawaru, represents the National Society as he pays a condolence visit to the family of Hon. Ubong Jonah, the late Branch Secretary, Akwa-Ibom Branch



PROTECTING NIGERIAN BORDERS: RED CROSS SUPPORTS TRAINING OF FMOH PORT OF ENTRY STAFF ON DISEASE SURVEILLANCE



To prevent the entry of infectious diseases like Mpox and Ebola, the Federal Ministry of Health, in collaboration with the Nigerian Red Cross, trained 50 Port Health Services staff from all the international airports in Nigeria. This three-day capacity-building workshop equipped frontline health workers with updated skills to detect and respond to health threats at airports, seaports, and land borders.

The Red Cross, with support from its international partners, has also deployed over 800 volunteers across 23 states for community sensitization and continues to provide critical preventive supplies. Experts emphasize that early detection and public vigilance remain key to safeguarding Nigeria's health security.



Healthy Weekly Meal Planner

DAY	BREAKFAST	LUNCH	DINNER
monday	Moi Moi + Pap	Efo Riro (veg soup + Pounded yam	Grilled fish + yam & veg sauce.
tuesday	Bread + Jam/avocado + Eggs + Tea/Choco drink	Ofada Rice + Ofada Sauce with diced meat	Egusi + Eba
wednesday	Akara/Okpa + Ogi	Jollof rice + grilled chicken & plantain/steamed vegetables.	Okra soup with fufu + Croaker or chicken
thursday	boiled Yam & potatoes + vegetable sauce	Beans porridge with plantain.	Afang soup with semovita/poundo
friday	Plantain frittata with a side of avocado.	Ogbonno or Banga soup (palm nut soup) with starch.	Fish pepper soup with boiled plantain.
saturday	Pancakes + syrup/choco spread + orange juice	Yam porridge + Goat meat	Grilled fish + yam & veg sauce.
sunday	Smoothie bowl with mixed fruits, nuts, and seeds.	Rice & Chicken stew with plantain	Vegetable Soup + Pounded yam



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About us

The Nigerian Red Cross is Nigeria's largest humanitarian network and leading provider of First Aid services and kits across Nigeria.

- ✓ Internationally recognized
- ✓ High-quality trainings
- ✓ Up-to-date techniques
- ✓ Profits go to the humanitarian mission of the Nigerian Red Cross



Why get certified?

- ✓ Contribute to safety in your workplace & community
- ✓ New skills & knowledge
- ✓ Enhanced employee safety, wellbeing, and morale
- ✓ Improved emergency preparedness
- ✓ Reduced organizational costs and liabilities
- ✓ Strengthened company public image



Our trainings

- **Basic Life Support:** 1 day (N60,000)
- **Workplace First Aid:** 2 days (N90,000)
- **Caregiver First Aid:** 2 days (N90,000)
- **Designated First Aid** (for high-risk industries): 5 days (N150,000)

Certification is valid for 2 years & can be extended with refresher trainings.

For more information on our trainings, please contact us or visit our website.

First Aid Kits

Is your home or organization equipped with First Aid kits?



We provide quality First Aid kits equipped with the materials you need to treat injuries & save lives.

You can place an order and we will get them across to you

Ambulance Coverage & Events assistance

We provide ambulance transportation and First Aid assistance at events.



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Training with us = Contributing to communities across Nigeria!

Profits made from the sale of First Aid services goes directly back to supporting the humanitarian mission of the Nigerian Red Cross.

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CONTACT US

With about 1m volunteers spread across Nigeria, the Nigerian Red Cross is Nigeria's oldest and largest humanitarian organization with a grassroots presence in the 774 Local Government Areas of the country.



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JOIN US

Scan the QR-Code to register as a volunteer:

