

## THE EXECUTIVE DIRECTOR'S DESK

*Dear reader,*

*I am happy to share our first newsletter with you. This 1st quarter has been eventful and my team and I are excited to share our recent developments with you. We officially started operating in January 2022. In the past 2 years, we have been carrying out our social impact projects through **The Sunshine Series***

*([www.thesunshineseriesng.com](http://www.thesunshineseriesng.com)). It is a major leap of growth for us to set up Idimma as an NGO, to fully focus on creating social change through mental wellbeing across more states in Nigeria and Africa.*

*We have been meeting with key stakeholders and advisors to ensure our work serves our beneficiaries at their point of need.*

*We have received extensive training from Kanthari institute for social change, India, on efficiently setting up and running an impact-driven NGO. We are putting all of this learning to practice, to ensure that mental healthcare becomes equally accessible to everyone, without stigma.*

*Please, kindly read through to find out in more detail what we have been up to and how you can get involved. We are excited and looking forward to having you support or volunteer to foster our work to make a difference. And you can reach us via email at [info@idimma.org](mailto:info@idimma.org)*

**Kind regards,  
Aisha Bubah**



## MEDIA

☀ Watch our Kanthari talks speech to find out more about Idimma here: <https://youtu.be/9Rd4lR4cNJs>

☀ Our Lead Psychologist, Aisha Bubah spoke with Voice of America TV, Hausa on bullying, gender-based violence, and their impact on mental health. You can watch it here: <https://www.voahausa.com/a/lafiya-rmu-aisha-bubah-kwararra-a-fannin-sanin-halayyar-dan-adam-ta-yi-karin-haske-a-kan-illar-cin-zarafi-da-wasu-rahotanni/6492570.html>

☀ On international women's day, March 8th, our Founder was featured and celebrated in a national newspaper, The Daily Trust, along with other notable women including former first ladies, governor's wives, CEOs, actors, and entrepreneurs, for the work they do on creating impact.



Image description: A newspaper page celebrating notable Nigerian women on International women's day

## EVENTS & ACTIVITIES

☀ In February 2022, we trained 8 participants in lay counselling skills. Find out more about our participants below in the beneficiary's section.

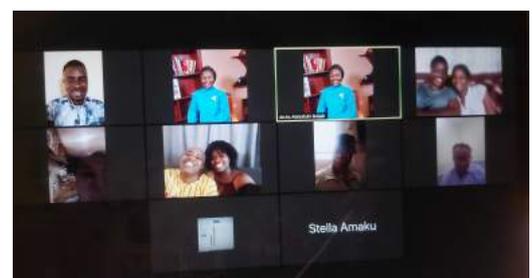


Image description: A picture of participants at our Lay counselling skills training

☀️ We received a scholarship to virtually attend and participate in the Young Global Solutions, Berlin Summit on March 28- 29. This is a forum for transforming research-based insights into policy recommendations for the G20. The event featured speakers like the German Chancellor Olaf Scholz, the UN-Deputy secretary-general, the Executive vice president of the European- Commission, and many others. It was a very engaging and insightful summit to participate in, especially the key lessons we took from the sessions focused on improving global social wellbeing and resilience.



*Dennis Snower, President of the Global Solutions Initiative delivering his keynote speech at the opening of the summit. Image source: Global Solutions Initiative LinkedIn page*

☀️ We have been selected to participate in a workshop and a 6-month mentoring programme on leadership and ending violence against women and girls. This is organised by Nigeria Women Trust Fund and Ford Foundation. This started on 7th April. This programme will support the work that we do in providing interventions that support the mental well-being of women and girls affected by violence.



*Image description: A picture of participants at the NILEVAWG workshop*

☀️ We have joined other mental health organizations in Nigeria to start a petition aimed at drawing the attention of the Presidency to sign the new mental health bill into law. The current mental health law called the Lunacy act of 1958 is not only outdated but it supports the violation of the human rights and dignity of persons with mental health conditions, supporting inhumane practices in treatment provision. An updated bill is critical for Nigeria, especially with the current impact of the COVID19 pandemic, to ensure a compassionate and human rights-centric approach to providing quality care. You can join us in signing the petition via <https://chnge.it/5TPn825k>

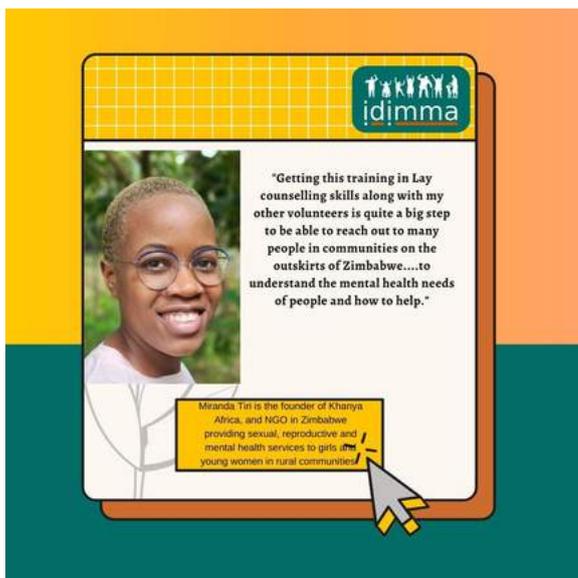


*Image description: A flyer for the mental health bill petition*

## OUR BENEFICIARIES

We are happy to have graduated our first set of trained Lay counsellors in February. We had participants from various countries like Nigeria, Uganda, Zimbabwe, Rwanda and India. Participants are social change workers solving issues in their communities related to women and girls reproductive health, teenage pregnancy, disabilities, sexual and gender-based violence. We are maintaining a close mentoring and supervision relationship with all participants and looking forward to their work in making mental health support more accessible for their beneficiaries.

Hear from some of our participants what their experience was like



*Image description: A flyer with an image and feedback from our Lay counselling training beneficiary*

Just like Miranda, we believe that when more community development workers solving social issues get trained as Lay counsellors, they will be able to bridge the inequalities in access to mental healthcare. This is why we adopt the 'Stepped care' model to equip more people with basic skills to become better listeners in their communities.

**You can find out more about our beneficiaries experience on our Instagram page @idi.mma**



@idi.mma



@idimmahealth



www.idimma.org

## UPCOMING ACTIVITIES

- In the next quarter, we have some proposed projects to execute;
- ☀️ Train 50 Lay counsellors from grassroots 3 communities.
  - ☀️ Provide mental healthcare and skills acquisition for 30 persons with psychosocial disabilities to improve their quality of life and maintain a source of livelihood.
  - ☀️ Carry out an awareness outreach in 1 grassroots. Community to talk about mental health and ending the silent culture and stigma around it.
  - ☀️ The ShePower project- is aimed at training women above the age of 50 in grassroots communities as Lay counsellors to provide psychosocial support and referral for women and girls who experience sexual and gender-based violence.

## FUNDRAISING PLAN

- ☀️ To set up an office space where our team can work from. We are raising the sum of 3 million Naira (\$7216) to pay for 1 year's rent and purchase office furniture and equipment.
- ☀️ To provide therapy and skills empowerment for a person living with psychosocial disability via our social care program, it costs 250, 000 Naira (\$601).
- ☀️ To train a Lay counsellor, a scholarship is 75, 000 Naira (\$180)

**To donate to any  
of our projects**



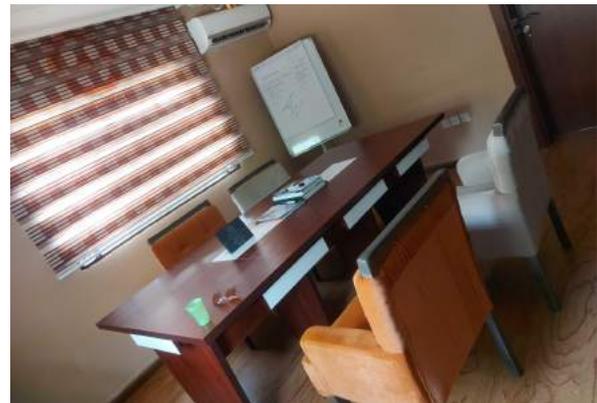
**Bank: Zenith bank, Nigeria  
Account type: Dollar account  
Account number: 50719994498**



## PARTNERS/ SUPPORTERS

Our impact is made possible by the generous donations and support of our partners and supporters. We would like to extend our profound gratitude to persons and organizations that have worked with us in the first quarter of 2022 to make our impact attainable.

☀️ **Temporary office space donation:** We would like to thank Mr. Jesse John for providing us with a temporary office space to use for the next 4 months as we raise funds to set up our office. This has made it easier for our team members to come together and work toward our interventions.



*Image description: A picture of our temporary office space*

☀️ **Scholarship for 8 trained Lay counsellors:** The Sunshine Series through its income-generating services has made it possible for us to train 8 Lay counsellors in February, offering full scholarships to participants.

☀️ **Donations from friends and family-** We are grateful to the friends and family who contributed to the registration of Idimma as an NGO with the corporate affairs office in Nigeria.

☀️ **Take out media:** We have secured a partnership with Take out media to create short documentary series to tell the stories of our beneficiaries and the state of mental healthcare in Nigeria. This will also highlight the social issues and barriers that make life harder for persons with psychosocial disabilities. We will also be using this film to raise funds to support our projects and reach more beneficiaries through our social care approach.

## PARTNERS/ SUPPORTERS

✿ **Kanthari, India-** Our founder participated in the 2021 leadership training at Kanthari, receiving a full scholarship. This was where the plan for Idimma was developed and actualized. We are grateful to the entire team at Kanthari that has supported this journey, and the Founders, Paul and Sabriyefor their vision. You can find out more about their work in creating social visionaries via [www.kanthari.org](http://www.kanthari.org)

✿ **Odunayo Aliu- Odunayo is the founder of Bramble, an alternative learning Centre in Nigeria.** She has provided mentorship and played an advisory role in the setup of Idimma, as a Kanthari mentor. Her influence has been instrumental in the most critical phase of Idimma, the starting phase. We are immensely grateful for her mentorship and guidance.

### Support us today, and make mental health more accessible for all

We are currently in the process of getting our bank account ready. However, we have been receiving donations through our affiliate organization bank account. With the sum of \$180, you can support the training of one lay counsellor, who will be able to reach more than 100 people within their community with psychosocial support, suicide prevention support and factual information about mental health and wellbeing. You can volunteer with us by contacting us via email at [info@idimma.org](mailto:info@idimma.org)

**You can donate via this link:**

**<https://bit.ly/DonatetoIdimma>**

**Or through a bank transfer;**

**Bank name: Zenith bank**

**Account name: The Sunshine Series**

**Account number: 50719994498**

**Account type: Dollar account**

