

## THE EXECUTIVE DIRECTOR'S DESK

*Dear reader,  
I am happy to share with you the 2nd quarterly newsletter from us. How the time has flown. It was just 7 months ago that we shared Idimma with the world through kanthari talks. [Click here to watch.](#)*

*We have since then gone through some changes, revisiting the drawing board, going back and forth studying our beneficiaries' needs and the gap that keeps widening, and much more. However, I assure you, with the growing list of to-do things, so has our passion and drive been growing. We have clocked some milestones in our few months of existence and have expanded our plans for the future.*

*I am happy to share with you that we have officially completed our registration as an NGO with the corporate affairs commission in Nigeria. We have opened our bank accounts. We have gotten volunteers who have bought into our dream and passion. Our team is growing and our structure is taking shape.*

*We are still fundraising to support our projects and setting up our office space which will also serve as a training ground for our empowerment programs.*

*I invite you to go through this newsletter, share it with your network, and reach out to us for possible collaborations and support. Happy reading.*

**Kind regards,  
Aisha Bubah,  
For Idimma Team**



## EVENTS & ACTIVITIES

On 9th April, our projects lead, Aisha Bubah, facilitated a session on the topic: *developing and supporting mental health initiatives* for the Mental Health Fellowship Program (MHF), Nigeria. This program by MHF is aimed at empowering teens and young adults from Nigeria and other countries to become mental health advocates and champions in their communities.

Using Idimma as a case study, she put the fellows through the process of identifying problems, target groups, key stakeholders, and resources to carry out small projects individually or through volunteering with existing organizations.

This is a laudable project by MHF in bridging the inequalities in access to mental healthcare by involving more stakeholders. Idimma is glad to have provided this training to the fellows and look forward to collaborating more with the organization in the future.



Image description: A picture of participants at the virtual workshop facilitated by Idimma projects lead

On 23rd June, we were honored to be invited to the 3-day seminar organized by Christ University, India partly funded by ICSSR- SRC on the theme: *"New perspectives in the health sector: An offshoot of COVID-19 pandemic."* Represented by Aisha Bubah, our projects lead, she made a presentation on the topic: *Community involvement: Taking charge of our collective healing and wellbeing post-COVID-19 pandemic.* Using the *Ubuntu* philosophy and the work of Idimma, she made a case for how empowering communities can aid in bridging the gap in access to mental healthcare and also fostering resilience post-pandemic.



Image description: A certificate of appreciation awarded to Aisha Bubah by Christ University and ICSSR- SRC

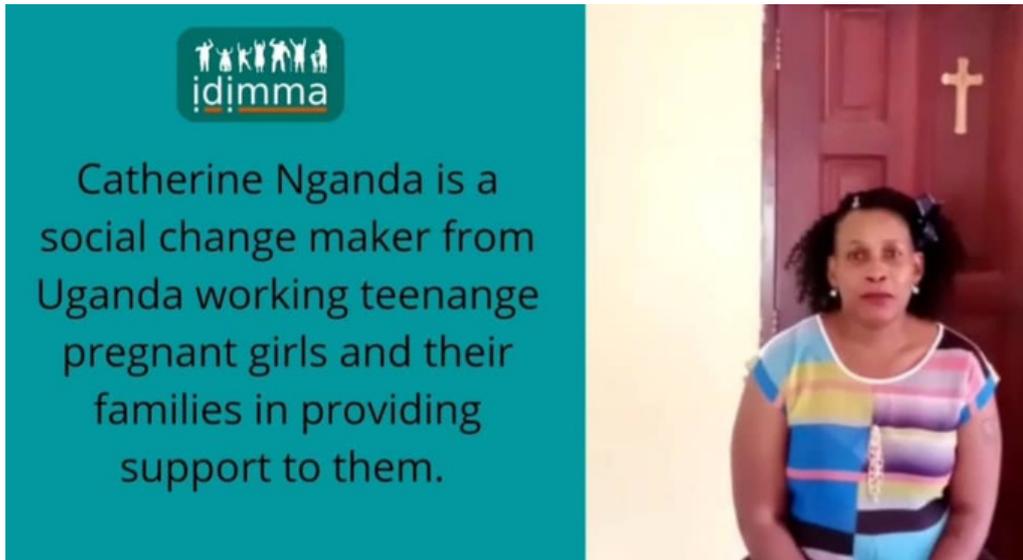
## OUR BENEFICIARIES



*Image description: A poster with a picture of Tiffany and the works she does*

Tiffany Brar is a social changemaker from Jyothirgamayaa Organization, India. She is among our graduated lay counselors, who is looking forward to providing mental health support to persons with disabilities within her community.

You can find out more by clicking [here](#).



*Image description: A poster with a picture of Catherine and the works she does*

Catherine Nganda is a social changemaker from Uganda. She is among our graduated lay counselors, who is looking forward to providing mental health support to girls and their families who are dealing with teenage pregnancy and related issues.

You can find out more by [clicking here](#)

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



@idi.mma



@idimmahealth



www.idimma.org

## UPCOMING PROJECTS

We have some proposed projects to execute and that we are fundraising towards;

- ☀️ Train 50 Lay counselors from grassroots 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.

☀️ The ShePower project- is aimed at training women above the age of 50 in grassroots communities as Lay counselors to provide psychosocial support and referral for women and girls who experience sexual and gender-based violence.

## FUNDRAISING GOALS

- ☀️ 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 train a Lay counsellor, a scholarship is 75, 000 Naira (\$180)

☀️ To provide therapy and skills empowerment for a person living with psychosocial disability via our social care program, it costs 250, 000 Naira (\$601).

*You can contact us via [info@idimma.org](mailto:info@idimma.org) to find out more about what each program entails.*

**To donate to any  
of our projects**



**Bank: Zenith Bank, Nigeria  
Account Name: Idimma Health  
Initiative**

**Account number: 5072721592 (Dollar)  
1224208458 (Naira)**

