

LIONS WAGE WAR AGAINST DIABETES

By **Lion Oyindamola Adunbarin**

Concerned about the scourge of diabetes in the society, the Lagos Achievers Lions Club on November 16 embarked on a massive campaign to sensitise the public about the ailment.

The Club carried out its Free Diabetes Awareness & Screening on Ojo Road in Obalende community in Ikoyi, Lagos State. The activity of the day included health talk on causes, symptoms, types and prevention of what is generally described as “the slow and deadly illness”.

On hand to assist the Club with the awareness was Saliu Segun of Kedi Healthcare and Lion Osarenkhoe E. Chima-Nwogwugwu of the Lions District 404A3 Diabetic Awareness Committee.

The activities began with a health talk and included blood pressure checks, body mass measurement and blood-sugar level test. Beneficiaries in the community with abnormal counts were referred to the Medical Doctor for further medical advice and prescription.

Of the 250 people attended to, 103 cases of high blood pressure were identified, while 93 had high blood sugar counts.



LAGOS ACHIEVERS LIONS CLUB ENHANCES RESIDENTS' VISION IN OBALENDE, IJEH & DOLPHIN COMMUNITIES

Lagos Achievers Lions Club joined the global community to enhance people's vision by organizing an eye screening exercise for Obalende and Ijeh-Dolphin residents on Saturday 19th October 2024 at the Obalende Community Centre, Ijeh Road, Obalende, Lagos.

The vision project was to commemorate the 2024 World Sight Day, an annual event of the Lions International, to raise awareness of blindness and the importance of eye care. Over 100 persons





From the
Editor

Hi! Welcome to yet another edition of our quarterly newsletter, The Achiever.

Helping people grow and achieve their dreams is the fastest route to success. The Lagos Achievers Lions Club has not relented in services to Obalende and Ijeh/Dolphin estate communities in Lagos.

This edition focuses on various core projects we have been able to execute successfully in the second quarter of the 2024/2025 Lions year.

Mental health awareness is an important initiative to improve understanding of mental health conditions and increase access to healthcare for those who need it. You can improve your mental health by being physically active. Exercise can reduce feelings of stress and depression and improve your mood. I am certain that you will find the article on this subject very useful.

Please enjoy the offer and should you find that our activities align with your service spirit, please contact us for a discussion on possible membership or partnership, whichever suits you better.

Very best regards

Lion Mfon Anderson
Editor



President's Message

My dear Lions, Leos, family, friends, and esteemed readers.

I welcome you to yet another edition of ACHIEVERS bulletin, and I am delighted to write to you again.

In this edition, we will continue to discuss the services rendered to our community members as directed by the outcome of our need assessment exercise before the commencement of this service year.

The testimonies from our beneficiaries have given us the courage to do more while giving a million thanks to our benefactors, who are everly generous with their resources.

Also, I give KUDOS to our wonderful club members who have worked tirelessly to see that we maintain our high standard of services.

To our new members, I say WELCOME once again, and thank you for blending in. We are blessed to have you.

We are still calling on new members to ensure more lives are touched. JOIN US, and be blessed.

Lion Imeobong Oluwateniola Oluyemi
MJF NLCF
Club President 2024/2025 LSY

benefited from the exercise. Reading glasses, eye drops, multivitamins and health tips were given to beneficiaries based on the doctors' observations and recommendations.

The medical team led by Dr Akinyemi Oluwafijimi patiently attended to all the people that came out for the exercise, both young and adults.

Speaking at the event, the Chairman of Obalende South Community Development Association, Mr Monday Agboro said he was very grateful to members of Lagos Achievers Lions Club for their continuous support towards improvement of the lives and well-being of members of Obalende, Ijeh and Dolphin communities. In the same vein, the CDA Chairman for Ijeh/Dolphin Community Alhaji Nuru Hamzat expressed his gratitude to the club and the medical team for the exercise.

Some of the beneficiaries interviewed were so elated and expressed their profound appreciation to the club for the medical attention, receipt of corrective lens and tips on maintenance of optimal eye health.

The Club President, Lion Imeobong Oluwateniola Oluyemi and the Chairperson of the Project Committee, Lion Moruf Jebe both expressed satisfaction with the turnout and orderly conduct of the residents.

Few weeks after the exercise, 25 people who were recommended for special prescription lens during the screening came to the same venue to receive their glasses with joy and enthusiasm. The special eye glasses were presented to the beneficiaries by the club president Lion Imeobong Oluyemi and the President of Lagos Achievers Leo Club (the youth activity of the Lions Club) Leo Faizol Jim-Ajasa.



The Role Of Arts In Advocating For Maternal Mental Health

Maternal healthcare in Nigeria faces numerous challenges, including inadequate infrastructure and a shortage of skilled birth attendants. The report *Why Are Women Dying While Giving Birth in Nigeria*, supported by funding from MSD for Mothers, highlights that maternal health risks extend beyond physical complications to mental health concerns related to childbirth.

These issues are often overlooked leaving many women struggling in silence. Integrating health advocacy with creative platforms such as theatre and the arts offers a unique opportunity to raise awareness and address the critical but neglected area of mental health.

Recently, CNN As Equals collaborated with Danish playwright Katy Streek and Lagos-based QDance to produce *M/Other*, a theatrical performance that premiered at Afropolis 2024 in

Lagos. The play explored the emotional and psychological struggles women face during and after pregnancy, spotlighting postpartum depression and postpartum psychosis. By raising awareness of these challenges, it advocated for urgent integration of comprehensive mental health support into maternal healthcare systems, emphasising the critical need to prioritise mothers' mental well-being.

Through its central storyline, *M/Other* underscored the urgency of addressing maternal mental health. It is estimated that approximately 20% – 30% of Nigerians struggle with mental health issues, yet a limited portion of the government budget is allocated for the prevention and treatment of these conditions. Postpartum depression, a common maternal health issues, affects 19% – 25% of Nigerian women, however, very few receive the support they need.

LAGOS ACHIEVERS LIONS CLUB GIVES SHELTER UMBRELLAS TO TRADERS

The Lagos Achievers Lions Club recently launched her Traders' Support Shelter Initiative during which sturdy, beach-sized umbrellas were donated to 10 traders in the Obalende community of Lagos State, to protect themselves from harsh weather conditions while doing business. The project which is a part of the club's community service was spearheaded by the immediate past president Lion Ifeoluwa O. Ibirogba, and formally launched by the current president Lion Imeobong Oluayemi

While commenting on the initiative, Lion Oluayemi said: "The idea of this initiative is about making a difference in the lives of those who need it most."

The initiator of the project Lion Ifeoluwa said "We recognized the resilience of petty traders and want to support their daily struggles.

"We gave out umbrellas to 10 traders to cover themselves from harsh weather conditions. Some of them had old and tattered umbrellas and we gave them new ones to protect themselves from the sun and rain while doing business."

Lion Ifeoluwa further said she was inspired to carry out the Traders' Support Shelter Umbrella Initiative, because of her empathy for petty traders.



She noted that having witnessed the traders' daily struggles under harsh weather conditions, she realized that it was necessary to make an impact on vulnerable groups in the Obalende community. She said that it was also part of her leadership's vision to community development in alignment with Lagos Achievers Lions Club's goals of empowering communities.

"It is in understanding the challenges faced by petty traders while recognizing the role of organizations in supporting local communities," Lion Ibirogba added.

Ikechukwu Sunday, one of the beneficiaries of the Club's gesture, said: "We're grateful for these umbrellas. They'll help us to stay dry during rain and shaded during the hot sun." Ismail Ramat, another beneficiary, described the initiative as "the best that has ever happened" to him, while Adeyemi Beatrice, a roasted yam seller, thanked the club for providing her with an umbrella, something she couldn't afford for her business.

The club's service chairperson, Lion Grace Ayo, said, "Lions always show up wherever there's a need."

With this initiative, the Lagos Achievers Lions Club continues to make a positive impact in the lives of those who need it most.



LAGOS ACHIEVERS LIONS CLUB IN ACTION



CHILDREN EXPRESS VISIONS OF PEACE THROUGH ART



The exhilaration of participating in the final round of Lions Clubs International District 404A3, Peace Poster contest 2024, is one which Abdulfatai Bashiru (9) of Army Children School, Obalende will remember for a long time.

Although disappointed that he did not win the ultimate prize, he was delighted that his artwork was among a select few which made the final round. Lagos Achievers Lions Club partnered with his school and Dodan Barracks Primary school, also in Obalende to give children in the community, an opportunity to express their visions of peace through very colourful art.

The Chairperson for Peace Poster committee Lion Funke Adewole and the President Lion Imeobong Oluyemi were on hand to encourage Abdulfatai to build on his wonderful talent. Also in attendance were Past Presidents Lion Grace Ayo and Lion Ifeoluwa Ibirogba.

The District Governor, Lion (Dr) Folasade Shotomide, also a past president of Lagos Achievers Lions Club, led other cabinet members to appreciate and celebrate the beautiful artworks and essays which were on display. For over three decades, The Lions Clubs International Peace Poster contest has given young people the opportunity to express their vision of peace and inspire the world through art and creativity. The theme for the competition in 2024 was "Peace without limits".

LAGOS ACHIEVERS LIONS CLUB RENOVATES ARMY CHILDREN SCHOOL & DODAN BARRACKS PRIMARY SCHOOL'S CANTEEN, FENCE

As part of its commitment towards improvement of education in Obalende and Ijeh/Dolphin communities in particular, and Lagos state ultimately, Lagos Achievers Lions Club renovated the Army Children School and Dodan Barracks Primary School canteen and painted the perimeter fence.

The projects aimed to provide a safe and conducive learning environment for the students.

Speaking during the unveiling of the renovated canteen and new-look perimeter fence, which was initiated during her tenure as President, Immediate Past President Lion Ifeoluwa Ibirogba said that the project has transformed the schools'

ambience, and ensured that students no longer have to brave the scorching sun and rain during meal times and it has also created better opportunity for the schools within their community.

Lion (Dr) Folasade Shotomide, District Governor District 404A3-Nigeria, while commissioning the completed projects, urged the teachers and students of the schools to make good use of them. Lion Imeobong Oluyemi, President of Lagos Achievers Lions Club, through her presence, contributed to the success of the event. In a heartwarming gesture, the District pledged and helped in providing lunch for the students, further



BEFORE

solidifying the club's mission to nurture young minds.

Kolawole Ajayi, an Army Children School pupil, while commending the club's gesture, said: "The renovation has improved our learning environment significantly." "We're grateful for the Lagos Achievers Lions Club's kindness" said Assistant Head Teacher, Dodan Barracks Primary School. During her remarks, Lion Oluyemi said: "Lion Ifeoluwa O. Ibirogbra, the immediate past president of this our esteemed club, is a dedicated and passionate leader, who has been instrumental in driving unique positive changes within our communities. She has served in various capacities within the club, including serving as a club treasurer and vice president" Lion Oluyemi lauded



AFTER

Lion Ibirogbra for her commitment to community service, which extends beyond the Lagos Achievers Lions Club. "She is a certified belayer and rock climbing instructor, who has volunteered for several humanitarian projects," Lion Oluyemi added.

Lions Clubs International focuses on prevention of reversible blindness, alleviation of hunger, creation of awareness and reversing the scourge of diabetes, protecting the environment, improving awareness of paediatric cancer, while also working on global disaster relief and more importantly, executing needs assessment based projects in various communities. Its dedication to education and community development shines as a beacon of hope, inspiring positive changes.

REENGINEERING TO SERVE BETTER

Lions Clubs International District 404A3 constantly seeks to improve on its ability to engage better with its communities, and provide the services which are most needed. The association recognises that cardinal to this objective, is the strengthening of its clubs' administration and members' engagement and satisfaction.

To this end, District 404A3 Nigeria, led by District Governor Lion (Dr) Folasade Shotomide, a past president of Lagos Achievers Lions club, organised a Leadership Summit. The summit with theme "The Next Frontier: Leadership, Innovation, Excellence" was held on

December 7, 2024 in Barracuda beach resort, Okun Ajah Lagos. It was very inspiring and acted as a catalyst for growth, inspiring attendees to push boundaries, redefine leadership and drive innovation while pursuing excellence in service.

Participants drawn from clubs in the district included members of Lagos Achievers Lions Club such as President Lion Imeobong Oluyemi and Immediate Past President Lion Ifeoluwa Ibirogbra. Extensive reviews of various aspects of our activities were achieved while possible solutions to identified challenges were proffered and catalogued for implementation.





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- Clean Cook Stoves and Fuels
- Renewable Energy
- Drought and Desertification Prevention and Control
- Organic Fertilizer
- Biochar
- Biogas

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Oct.

- 2nd - Lion Abutu Odu
- 4th - Lion Joyce Uviegbara
- 9th - Lion Bridget Osakwe
- 29th - Lion Thomas Anyanwu

Nov.

- 20th - Lion Shonekan Olalekan Samson
- 22nd - Lion Ejike Owuamanam Conti

Dec.

- 14th - Lion Sylvia Effah
- 17th - Lion Unwana Nkeme
- 20th - Lion Francis Odimegwu