



# Annual Report

(WVL PROJECT)

2020/21



## **PROJECT TITLE:**

### **Promoting Socio- economic Inclusion of Elderly Women through Well-being Parties. (WEP-4-SIEW).”**

#### **About the Project**

As part of efforts to promote and protect the rights of Women and Girls in Nigeria, CGE Africa, with support from Action Aid Nigeria through the Women's Voice and Leadership Nigeria Project, is implementing a 5-Year Project in Lagos State with focus on Promoting Socioeconomic inclusion of Elderly Women through Well-being Parties with a view to achieving increased productive ageing for elderly women and promoting their participation in leadership at all levels. This project is funded by Global Affairs Canada.

Wellbeing Parties-4-Social Inclusion project team strives to create possibilities for well-being re- invigoration activities and innovative employment for elderly women through advocacy for the creation of new, low threshold possibilities for participation. The project aims at supporting general wellbeing and social inclusion of elderly women for economic security.

#### **Our project objectives**

1. To set up elderly women’s safe spaces for well-being parties in project community.
2. To train elderly women on volunteerism and active retirement in project community.
3. To increase the employability of trained elderly women volunteers in the state.
4. To amplify older women’s voice on the issues that affect them through participatory film making.

#### **This project contributes towards the attainment of three of our organisation’s strategic objectives as follows:**

1. To increase women’s leadership and participation in all areas that affect their lives.
2. To increase women’s access to economic empowerment and opportunities, especially for the poorest.
3. To prevent violence against women and expand access to survivor services.

And it also contributes to WVL-Nigeria’s ultimate outcome of increasing enjoyment of human rights by women and girls and the advancement of gender equality in Nigeria.

## Section 1 - Multi Year Grant -2020

January '20

We held our project community entry meeting on **23rd January, 2020** at ITEDO community of Lagos state to establish community channels and trusted intermediaries for a successful mobilisation of community members' early participation in the project

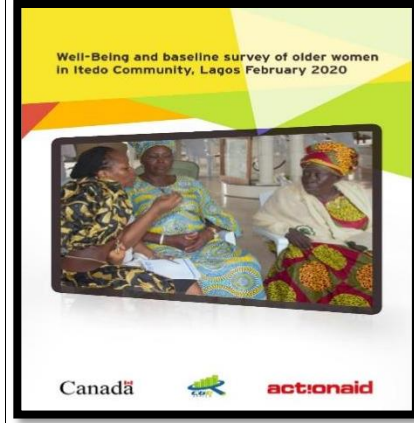
We visited leaders identified by community members that we had interacted with during our community assessment. We introduced the project to them and harvested feedback and advice on how best to engage their broader community. It was an opportunity to get the leaders' buy-in and partnership in reaching out to the community and playing key roles in organizing our subsequent meetings. The meeting was a huge success.



*Our ED with the Baale of Itedo Community*

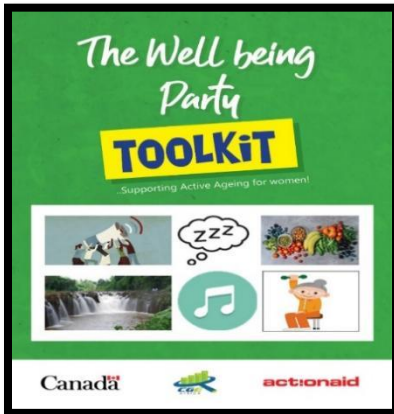
February '20

On February 16th to 17th 2020 we collected baseline data from our project beneficiaries in Itedo Community of Lagos State. The purpose of the exercise within the planning procedure of the project is to collect essential background information to enable the team tailor the wellbeing issues of the older women members of the project community. The study also provided us with information base with which to monitor and assess the progress of the project and also evaluate effectiveness during implementation and after the project is completed.



### March '20

We carried out a Consultative Forum on the 1<sup>st</sup> of March, 2020. The discussions informed the content of the **toolkit** that we developed for our Well Being Parties.



International Women's Day Commemoration – IWD2020. We held a media roundtable on the 12th of March, 2020 at Chemline House Ikeja, Lagos to mark 2020 International Women's Day. It was an excellent outing. It drew the attention of the public to the alarming rise of elderly women's abuse in Nigeria. We called for policies and practices that promote elderly women's wellbeing.

The media was well represented at the event. Journalists from The Vanguard, The Nation, Business Day, The Guardian, Bond FM, Wazobia FM, This Day and Ray Power FM were present at the event and featured the reports in their respective spaces.





May 20

During the COVID 19 pandemic our beneficiaries were concerned about their survival because they heard that elderly persons like them are more vulnerable. They lacked information about the COVID 19 hygiene protocols, because related information was shared through modern media only. This excluded persons like our project beneficiaries and communities like Itedo from getting adequate & accurate information flow.

To close this gap, we employed the use of traditional media – and trained / engaged a Town Crier in our project community who sensitized the community on the COVID 19 Hygiene protocols from Thursday May 7th, to Wednesday May 13th.



The messages emphasized Hand washing with soap and water as one of the modest and most economical interventions for high-burden diseases in low- and middle-income communities. It is a fundamental component of primary healthcare, a key blockade to disease transmission and central to infection prevention, control and the management of diseases.

To strengthen our efforts against the spread of COVID-19 in Nigeria, on Sunday May 16<sup>th</sup> 2020 we distributed 40 units of antiseptic liquid & antibacterial soaps, Litres of liquid soap, water buckets with taps, and reusable facemasks to our project beneficiaries. This comes as part of our concerted efforts to ensure that our project beneficiaries practice the hygiene protocols they just learnt during the sensitization activity. They were advised to keep adhering to safe health practices especially in the light of the global pandemic



On the 20th of May 2020 the project continued with COVID 19 Intervention outreaches in Itedo community through the **distribution of food items** to protect and promote good nutrition as part of our COVID-19 prevention strategies. This will help support the nutrition of elderly women, their households (which most of them function as Heads) and the community.

In the words of Uchenna Idoko, Executive Director of Center for Gender Economics Initiative: “Healthy, nutritious diets are crucial for enhancing immunity and averting non-communicable sicknesses that are risk factors for higher COVID-19 morbidity and mortality of elderly persons.”



June 20

**To mark WORLD ELDER ABUSE AWARENESS DAY - June 15, 2020 and in conclusion** of our COVID 19 ppalliative ddistribution to our beneficiaries, we held a photo shoot themed **BEAUTY IN EXPERIENCE**. This was followed by a Press briefing.

The press briefing highlighted the fact that as a nation, we have lost our way on how we treat our oldest members and millions of older Nigerians are enduring physical, emotional, financial, elder abuse and neglect. Four elderly women who are our project beneficiaries in Itedo community of Lagos State were celebrated. They are Madam Lydia 100 years, Madam Tomasa 91 Years, Madam Florence 97 years and Madam Victoria 59 years. Their life experiences are that of hard work, struggles, sacrifice, and resilience. The four women are widows whose rights needs to be protected and their well-being supported.



We experienced emotional moments during the photo-shoot with the elderly women, one of the women broke down in tears of joy; she said ' I thought I was already too old and 'invisible' but today people actually saw me and kept telling me how beautiful I am.' Madam Lydia



July '20

**Preparing for our #wellbeingparties**

As part of our efforts to promote and protect the rights of Women and Girls in Nigeria, CGE Africa, on Wednesday July 29th, 2020 trained our Well-Being Party Hostesses!

Along with our Hostesses we will be creating possibilities for well-being reinvigorating activities for elderly women in Itedo community Lagos State. Our Parties 'OWANBEs' started in August



August '20

**#wellbeingparties**

**Our 1st Well-Being Party 29-08-2020**

On Saturday 29th of August 2020 the Center held her first Well-Being Party with Older Women in Itedo community, Lagos State. Dr. Jumoke Oke made presentations on 'Ageing and the Pandemic'. She

reviewed our beneficiaries' hygiene and health protocols. After the health workshop, we PARTIED! - Two of the six pillars of fostering well-being in older persons are Music and exercise.

We recognize that ageing is a part of life, but that does not mean people must experience physical and cognitive decline as a result. There are many ways to fight such a decline, and one of the most delightful is dancing! Dancing will help them combine both the knowledge of music and exercise! Dancing benefits the elderly in many ways both physically and mentally, elderly people who dance improve their motor skills. Dance does not put financial burden on them, so it has all round benefits!



September '20

[#wellbeingpartytwo](#)

**Our second Well- being Party Themed: My Body My Wealth: Ageing and Nutrition**

Held on Saturday 18th of September 2020 at Iredo Community Church Hall. During this well- being party the capacity of elderly women (above 55 years old) was built on age appropriate nutrition and rest. Dr Mrs Folu Olatona a consultant nutritionist at the Lagos University Teaching Hospital (LUTH) and the CEO / Chief Consultant of Pro-Healthy Living Consultant (PHLC) one of the leading providers of Healthy Living services in Nigeria was our facilitator for the day, our community partners learnt a lot.





[#filmscreening #participatorymedia](#)

**1<sup>st</sup> Film screening** for Community Stakeholders took place on the 27th of September, 2020 at Itedo community hall. We screened our documentary of the lives and times of our beneficiaries during the pandemic titled 'Thankful'. "Thankful" is a bottom-up research and filmmaking venture that sheds light on the experiences of elderly women in Itedo community during COVID 19 LOCKDOWN. The documentary captured their gratitude to three development organizations amidst fear and deprivations. They are thankful for their support during the Lockdown and also want to let them know that they are still thriving!



[#filmscreening #participatorymedia](#)

**2nd Film screening for CSOs and Media Stakeholders** took place on the 29th of September, 2020 at the Nest Innovation hall, Yaba Lagos.



October '20

[#Intergenerationalcommunityfootballmatch](#)

[#WorldEldersDay2020](#)

In commemoration of the World Elders Day 2020 (1st October) CGE Africa Organized an Intergenerational football match between the elderly women and primary 6 school girls of Itedo

community primary school. Elders are often neglected and treated as though they were not capable of certain things. This most often isn't true. Elders are capable of engaging in many activities and their age shouldn't be a barrier. One of such activities is sports and in specific case Football. It was really exciting for all parties involved and even passers-by who lurked around to enjoy this play. It was an amazing way to lighten the moods of the elderly despite their numerous cares and worries and also show the younger generation that grandmas are not boring! They can play if opportunities like this are consistently created. Activities of this kind improves the general health and wellbeing of the elderly and should be constantly encouraged to keep them in shape and ensure longevity.

**We also produced a documentary themed ‘MOVE” supporting Active Ageing!**



### [#WellbeingParties](#)

**Our third Well- being Party** was centered on Social Responsibility, themed: Social Responsibility and Living in Nature. This held on Saturday 31st of October 2020 at Iredo Community. During this well- being party the capacity of 40 elderly women (above 55 years old) was built on their social responsibility to their community and how they can actively contribute to societal growth even after retirement. They were encouraged to also take their social relationship with each other serious because they need each other as they age.

Another take-away was inspiring them to keep moving in and out of nature for example, around plants, oceans, even viewing natural landscapes visible from the window, because it will improve their well- being. Nature can provide an opportunity for the elderly to experience peace and tranquillity. We did our stretch exercise.

Our community partners learnt a lot.

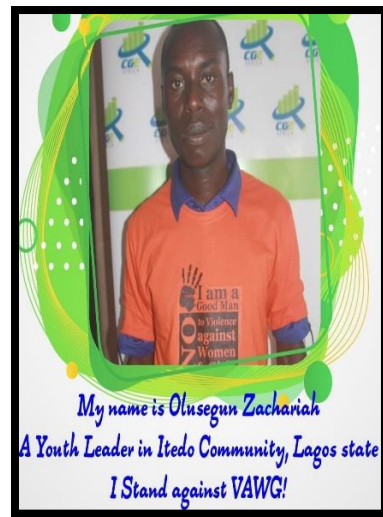
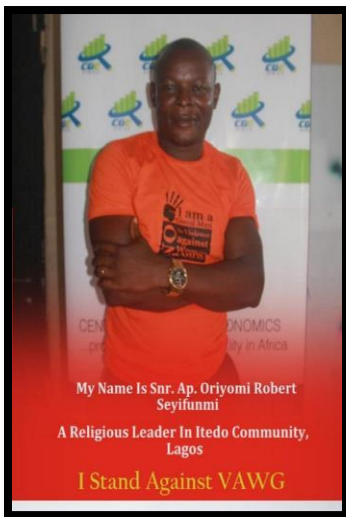




November '20

The Center marked the 16 Days of Activism against Gender-based Violence (25 November to 10 December 2020) with ‘The Good Men Campaign.’ To kick start this campaign we dialogued with 16 Male Traditional and Religious leaders in Itedo community, Lagos. During the dialogue they were sensitized to become advocates for prevention and response to Violence against Women and Girls in their community and beyond.

We want male community leaders to simply take a stand against VAWG. It’s such a simple act, but it’s probably the most powerful thing men can do to end gender based violence in their communities. It may not be easy because to take that stand men have to get over fear or criticism and ridicule but it’s within reach. Recognising that Violence against women and girls is still happening in the Community, we urged all men leaders within communities to join us and take a stand!





**2021**

Jan- March '21

### **Diplomatic Visit 🇨🇦**

On Wednesday January 27th our wonderful elderly Women of Itedo Community in Lagos State, played host to the Canadian High Commissioner to Nigeria - Ambassador Nicolas Simard. The women were overjoyed and displayed all that they learnt in one year of our engagement with them on the project: Promoting Socio- Economic Inclusion of Elderly Women through Well-Being Parties.

The Traditional Leader of the Community His Royal Highness Rev. Harrison Ikuegbowo presented an excellent scorecard of our intervention especially during #COVID19 pandemic lockdown. This visit was priceless.



### **#Age- Friendly Lagos**

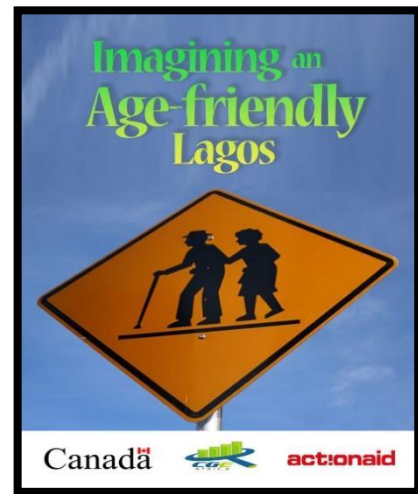
[#IWD2021](#)

[#internationalwomensday2021](#)

One million people worldwide turn 60 every month; 80% of these live in developing countries. According to United Nations estimates, the number of older persons (60+) will double from the current 600 million to 1.2 billion by 2025, and again, to 2 billion by 2050. The vast majority of older people live in their homes and communities, but in environments that have not been designed with their needs and capacities in mind.

To support Lagos State Government in developing and strengthening health and social policies in an ageing Lagos, the Center for Gender Economics held a Policy Dialogue on Tuesday 9th March, 2021 at NECA House Alausa Ikeja to commemorate International Women's Day 2021. We dialogued and imagined an age friendly Lagos especially for older women.

- We developed our Policy Campaign Brochure titled – IMAGINING AN AGE- FRIENDLY LAGOS



**#am an advocate -4 -Back to work- 4 -Women 60 years+**

On the 26<sup>th</sup> March 2021 we carried out Advocacy visits to two key Ministries in Lagos State. Ministry of Women Affairs and Poverty Alleviation and Ministry of Youth and Social Development. Our Advocacy message was on Back to Work for Older Women above 60 years. We are seeking partnerships to help older women find age sensitive work, develop new skills, and build their financial security.

+At the Ministry of Women Affairs and Poverty Alleviation Mrs. Itunu Babarinde received us on behalf of the Honorable Commissioner.

+At the Ministry for Youth and Social Development we were received by Mr. Viavonu Folorusho who is the Head of Research and Development.



[#photoshoot](#)

## Annual Project Report!

On the 31<sup>st</sup> of March, 2021 we created meaningful memories with the elderly women (55 years and above) during our recent end of project photo-shoot in Itedo community, Lagos State.

We have started taking steps towards working in another community with the same aged population, we will use the lessons learnt from our work in Itedo.



## Section 2 – TOP UP Grant

CGE Africa carried out psychosocial support circles (PSCs) in three (3) LGA's in Lagos state with the COVID 19 Top up grant. These three psychosocial circles took place in October, November and December 2020 successfully and all proposed objectives were achieved.

The Top Up grant enabled us to widen our reach to elderly women in Lagos State. At the end of each PSC we distributed food palliatives to women who experienced violence during the COVID 19 lockdown.

The circles were free, survivor-centered initiative that prioritized the rights and needs of survivors of gender based - elder abuse and neglect. The Circles provided Counselling and psycho-social support for elderly women survivors of gender based abuse during the COVID 19 lockdowns. We also gave a set of palliative (food items) to each participant.



One of the beneficiaries, Ayoka Adekaun from Yaba LGA meeting informed us that since the pandemic she has been living in fear of death but after the psychosocial session she feels so free from the burden of this fear and can even plan for next year. The project officer called her in January to know how she is fairing and she said she is back to doing her business but won't mind more support to her business.

The Chairman of all the 3 LGAs are ready for the launch and startup of Elders' Assembly which will serve as a platform for elders in their LGAs. Currently the 3 groups/platforms they have are Youth groups, Women groups and Men's groups.

We are still in touch with the LGA officials.

Are the bullets below highlights of the project achievements? It needs a heading

- 147 elderly women who suffered psychosocial problems due to neglect and abuse they experienced during the COVID 19 pandemic lockdown received critical psychological first aid, and psychosocial Support therapies.
- LGA officials are now aware of our project and the situations of neglect and abuse older women went through during the pandemic lockdown.
- Strengthened local government framework for prevention and response to elder abuse at the three LGAs where the project was implemented.
- A committee of 6 persons set up in each LGA made up of 3 males and 3 females to support the smooth running of the project and help identify survivors/beneficiaries continues to exist as elderly care committees.
- 161 vulnerable elderly persons received food stuff palliatives during COVID 19 lockdown to ameliorate there suffering.

**Photos from Shomolu Psychosocial Circle**



**Photos from Yaba Psychosocial Circle**





Photos from ETIOSA Psychosocial Circle





### Section 3 – Other Activities within WVL

CGE Africa coordinated a research in Lagos which aimed at assessing the circumstances that increased sexual and gender based violence (SGBV) or violence against women and girls (VAWG), especially the rise of sexual violence in Nigeria during the COVID19 Pandemic in order to produce an evidence-based recommendations, for protection of women and girls from such violence during & post COVID 19 Pandemic.

This national research project was supported by Global Affairs Canada through Actionaid Nigeria and was led by WACOL & CWEENS.



***Follow our social media handles:***



**[www.cgeafrica.org](http://www.cgeafrica.org)**

**[info@cgeafrica.org](mailto:info@cgeafrica.org)**

**Annex 1 : Photos of Our Beneficiaries in ITEDO Community**

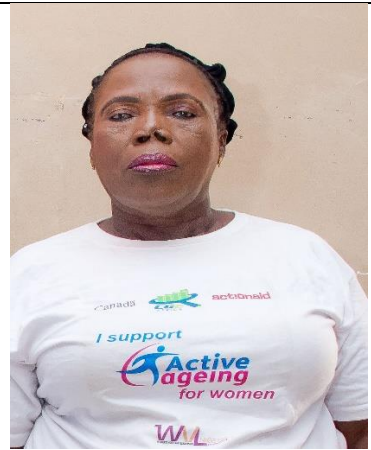








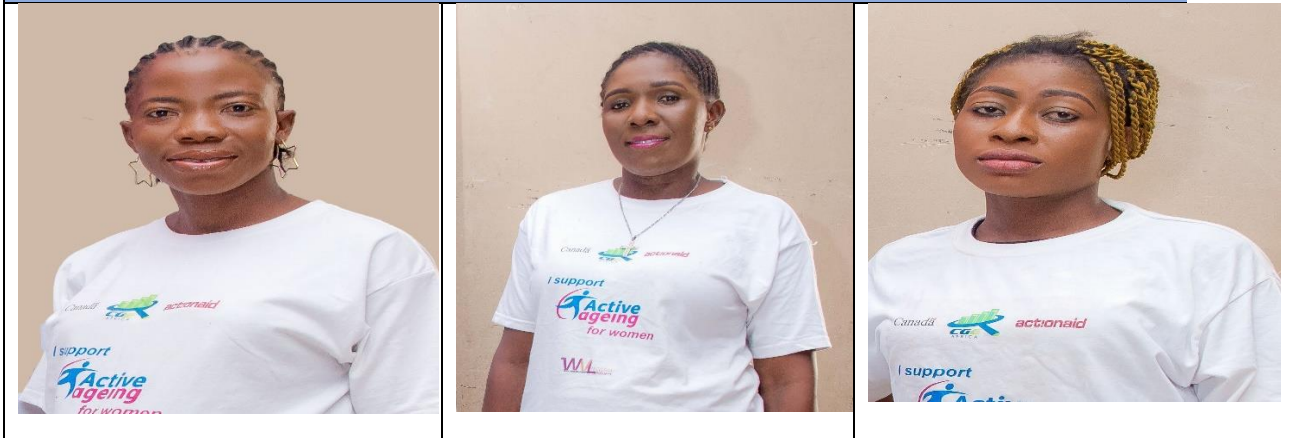




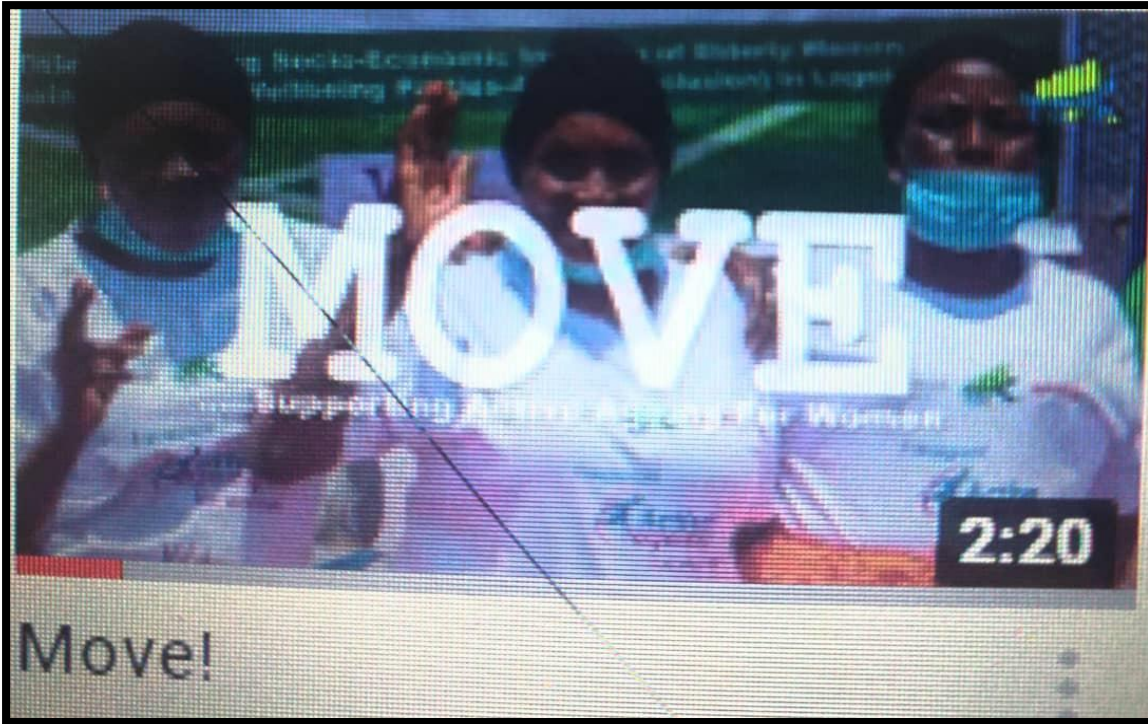
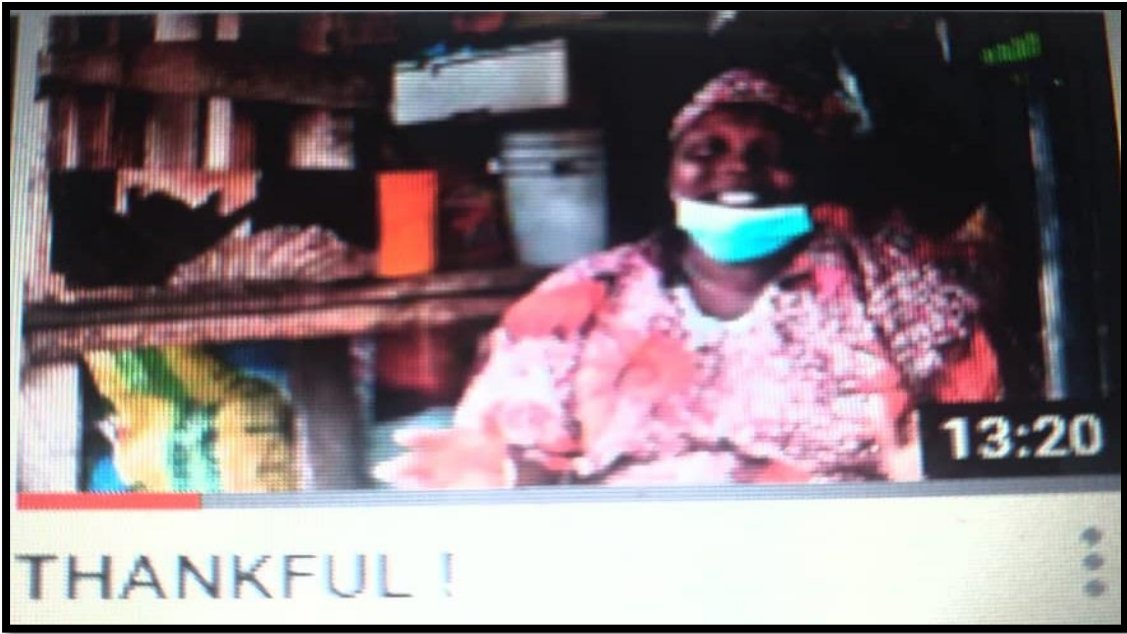




**Our Well-Being Party Hostesses**



**Annex 2: Our Short Films from Itedo**



## **In the News**

### **Imperatives of Social Inclusion, Economic Empowerment for Older Women**

Benjamin Alade

The Guardian Newspaper, March 17, 2020.

### **NGO Advocate for Social Inclusion, Empowerment for Elderly Women in Nigeria.**

Anthonia Obokoh

Business Day, March 20, 2020

### **Group Demands Creation of Ministry for Elderly Citizens**

Dike Onwuamaeze

This Day Live, March 28, 2020

### **Why Elders Are Left Out of Covid-19 Palliatives- NGO**

Ebunoluwa Sessou

Vanguard Newspaper, May 21, 2020

### **Older Women Are Especially Vulnerable to Abuse, Violence, Say Experts.**

Anthonia Obokoh

Business Day, June 15, 2020

### **Elder Abuse Prevalent Among Family Members Says Group**

African Quarters, June 15, 2020

### **World Elderly Day: NGO Photoshoots Four Elderly Women**

Ebunoluwa Sessou

Vanguard, June 18, 2020.

### **Getting Old Is Not Going Out of Use**

Judd-Leonard Okafor

Dail Trust Newspaper, June 27, 2020

### **Nigeria @60: We All Know Where Labour Committee Will End- Idoko**

Ebunoluwa Sessou

Vanguard Newspaper, October 8, 2020.

### **Group Wants Older Women Integrated in Sports for National Development**

Ngozi Egenuka

The Guardian Newspaper, October 12, 2020

### **Succor As Elderly Women in Somolu Get Covid- 19 Palliatives**

Ebunoluwa Sessou

Vanguard Newspaper, November 21, 2020



**Xmas: NGO Fetes Widows Amidst Covid-19**

Ebunoluwa Sessou

Vanguard Newspaper, December 26, 2020

**Canadian High Commissioner Parleys with Women in Lagos Community**

Ebunoluwa Sessou

Vanguard Newspaper, February 6, 2021

**Canadian Envoy Decries Vulnerability of Older Women**

Benjamin Alade

The Guardian Newspaper, February 12, 2021

**Group Seeks Policy Inclusion for Elderly Women**

Benjamin Alade

The Guardian Newspaper, March 23, 2021

**NGO Calls for Implementation of Policies to Raise Standard Of Living for Elderly**

Ebunoluwa Sessou

Vanguard, March 31, 2021.