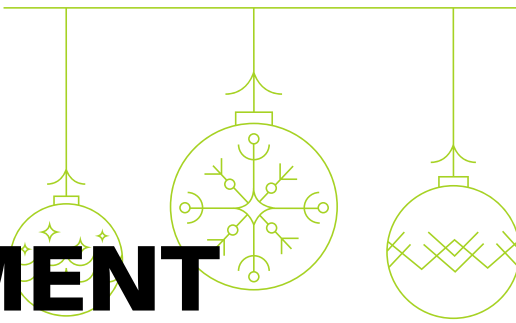


FULL LIFE EMPOWERMENT PROGRAMME



Quarterly Newsletter

OCT-DEC, 2022



A LIFESTYLE OF GIVING

Imagine a world where the smiles we see are pure and true, and where tears we wiped off the cheeks are not from sadness but from profound joy. A little drop here and a little drop there eventually adds up to form an ocean. Daily you go around with the burden to make an impact but can't seem to make a headway, yeah?. It's a feeling that we have all experienced in life; the burden of making impact. One thing is that this burden can only be lighter when you find your why. Sometimes, lending a hand of comfort, or offering a form of relief might just be the trigger to fulfilment.

What makes you tick?, What little acts do you do for others that brings you great joy?, what do you see people appreciate greatly when you do? Does any of these questions ring a resounding bell or points to something profound in your mind?. Take a moment to think about this. At this point, you will already start seeing a couple of things.

Sometimes we tend to look to the big things in life to create a lasting joy in people. However, those big things start from just one small act. Yes! just one small act. Imagine you want to build a house, the first thing is to have a brief and then the architect designs the building, the engineer and builders eventually build the house. or when you want to travel to another location far off, you first of all take a step. Today as you read this, we want to tell you that you don't have to have the world, have all the money, or be the CEO of an organization to make a lasting impact. We will tell you this today that you can start by just a little and those little builds up to something much more than you can imagine.

In life, you can make a difference in the lives of people around you by just adopting the "lifestyle of giving". You don't have to break a leg to live this way, No. All you can do is to decide TODAY, not tomorrow, but TODAY to do one act of kindness everyday. Life itself is a product of giving, a mutual agreement for a beauty we all experience today. Adopting a new lifestyle of giving brings HOPE to the one who does not know what to eat today, or the one who wears a pair of shoes with a broken sole.

Look around you and identify what you may have that you can give out and look for someone or organizations to donate to.

Giving should not be work, make it a lifestyle and you can touch lives without thinking about it.

Pledge with us today to make giving a lifestyle.

THE NEW KUCHINGORO COMMUNITY HEALTH PROJECT

The New Kuchingoro Community Health Project carried out in the month of November, 2022 was designed to help the IDP camp in three way; first, to provide health care consultation and test for the elderly, second; to sensitize the pregnant and new mothers on the best approaches to taking care of their unborn children , and a visual campaign to the teenagers on their mental health and helping them identify the importance and disadvantage of good and bad relationships around them respectively. This project was in partnership with Partners for Health Equity and together we were able to achieve a significant milestone of the project.

"I was having pains in my stomach and was planning to visit a hospital where I will pay for consultation and medications, however during the test and consultation done by FLEP, I was able to receive medicine to take care of how I was feeling. It was as if they came specifically for me"

-Jeremiah Irimiya-

it is no doubt that this project is the beginning of a change in the health and mental state of the Internally Displaced Persons in the Kuchingoro IDP camp. There is need to reach more people and we are determined to see that if not all but most of them reach a point of transformation mentally, physically, financially and in their health.

Find images from the project below.



THANK YOU TO OUR PARTNERS

- The Navigators Nigeria
- Children's Mission Sweden
- Children's Mission Africa
- Individual supporters at home and abroad
- FLEP Volunteers
- Partners for Health Equity

CHRISTMAS HOPE DRIVE

Full Life Empowerment Programme in partnership with Skandinavian Barnmisionen (CM) and Do More Initiative, organized a program to distribute food items, clothing and other household materials to the Kuchingoro IDP camp children in Abuja and Gidan Bege Orphanage in Jos, Plateau state.

Through the Christmas Hope Drive, we were able to reach out to 529 children with a decent end of year party and party packs that contained some school items.

Find images from the Christmas Hope Drive below;



WE WANT TO SAY, HAPPY NEW YEAR

In living the lifestyle of kindness, we can only do as much as our capacities can take. But with support from you, we can even reach more grounds around Nigeria. Join us today by partnering or donating to the work we do. Let us make this work impactful for the people in your communities.

Visit us at www.flepnigeria.org