

# Final Report (February 2020 – July 2020)

## Global Giving Grant Report

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**Organization Name:** SHE WRITES WOMAN

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**Project Name:** Global Giving (Accelerator)

**Contact Person:** HAUWA OJEIFO

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**Grant Award Amount:** \$6,000.00

**Project Duration:** 6 MONTH

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**Are there any unexpended funds remaining?** Yes  No  **Amount:**

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**Total number of clients served:**

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**Total number of clients served from global giving:** 160

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**Indicate the area or neighborhood(s) where services were provided:** Lagos, Nigeria.

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**As She Writes Woman continues to fundraise to ensure inclusive legislation for people with mental health conditions and psychosocial disabilities, grant payout during this period was geared towards ensuring virtual safe space for our target beneficiaries during the COVID-19 lockdown period.**

**Program Project Description:** Safe Place Nigeria is a community based walk-in youth center that focuses on mental health activities for the youth. It exists to ensure the preventive mental health approaches are implemented at the community level to ensure that the onset and rise of mental health conditions are met early enough in the community.

### **Major Outcomes Narrative:**

1. **Safe Place Support Groups:** This is a monthly support group where women and girls come together once a month to talk about life issues in a stigma and judgment-free environment. This also includes peer learning, accountability partners, group activities, and therapy. Over 600 women have benefitted from this support group.

2. Clinic Days: These are fixed days of the week where youth can walk in to seek psychosocial support, listening, and counseling from licensed practitioners.

## **Activities**



Due to the COVID-19 pandemic, She Writes Woman partnered with Abuja Global Shapers Community to create a virtual Safe Place for people who needed it in March. The purpose was to create a virtual platform that will allow people to fully share the life and mental health struggles they face as a result of the pandemic. There were 37 people in attendance and Wellbinger tech was used and the session was facilitated by Hauwa Ojeifo.

The struggles shared by the attendees are:

- Staying productive
- Anxiety
- disruptions in their eating and sleeping habits.

The second edition was held in April and hosted 8 people. It was facilitated by She Writes Woman consultant counseling psychologist Aisha Abdullahi Bubbah.

The struggles shared by the attendees were:

- Low productivity even with so much time
- Unable to find motivation for anything
- How can they maintain a steady routine and stay grounded
- Anxiety
- Bad sleeping and eating habits

- how to work and deal with the pandemic effectively

Through the sessions, the attendees learned the importance of:

- Starting their days slowly
- Demarcating separate areas for work and sleep
- Being careful of news consumed
- Connecting with loved ones through texting and video calling
- Waking up early and nurturing plans

### **Impact**

- In March and April, a total of 45 people were hosted in a virtual Safe Place Support group and how to take care of their mental health during the COVID-19 pandemic was discussed.
- Facilitators worked with attendees on putting a routine together, which was to help their anxiety as it was affecting their productivity at work, sleeping, and eating habits.
- Attendees shared how they've learned routines to keep them grounded, despite the lockdown restriction.
- Attendees were talked through working at home, while also dealing with the COVID-19 pandemic.

### **Helpline & Counseling**

In March of 2020, She Writes Woman partnered with The sunshine series. This partnership formed an initiative called the Mind Wheel Project, which provided free counseling sessions for people whose mental health has been affected by the COVID19 pandemic. She Writes Woman provided a helpline contact number for people to call while the Sunshine series provided the counselors.

From March till August, the helpline had received calls from about 115 people. 693 minutes, 47 seconds have been spent in providing love, hope, and support for those who need it. 18.26% of those who called were survivors of sexual and gender-based violence, 13.91 called because of relationship issues, 66.9% were connected to counselors while 6% were connected to other mental health professionals such as psychologists, psychiatrists, and coaches.

### **EXPENSE BREAKDOWN**

Expenses below represent 6 months activities – February - July

<b>EXPENSES</b>	<b>DESCRIPTION</b>	<b>NGN</b>	<b>USD</b>
Salaries	Project Lead	420,000.00	1,044.78
	Safe Place Coordinator	360,000.00	895.52
	Admin Executive	180,000.00	447.76
	Finance	330,000.00	820.90
	Counselor	300,000.00	746.27
Laptop & Accessories	HP	450,000.00	1,119.40
Transportation	Fuel	40,000.00	99.50
Internet, Data and Mobile Credit	Data	258,000.00	641.79
	Mobile Credit	60,000.00	149.25
Online Ads	Facebook, Medium, Instagram	100,000.00	248.76
Graphics & Content Creation		226,800.00	564.18
<b>Total amount disbursed to date</b>		<b>2,724,800.00</b>	<b>6,778.11</b>
<b>Amount received from Global Giving</b>		<b>2,724,667.56</b>	<b>6,778.11</b>
<b>Amount left as at 31<sup>st</sup> July 2020</b>		<b>(132.44)</b>	<b>(0.33)</b>