

# NIGERIAN COMMUNITY IN HAMPSHIRE



## NEWSLETTER



DATE: Oct. 5, 2019

First Edition



### CONTENTS

NCH Annual Events.....	2 & 25
Closing Nigeria's Healthcare.....	3
Knowledge Empowers.....	4
Personal Financial Planning.....	8
Increasing Nigeria's Power Holding.....	9
Simple steps to a Healthy lifestyle.....	11
Exporting Africa Music.....	13
The Joys of Motherhood.....	14
Harnessing Diversity – The Big.....	17
Golden Eaglet's Project.....	BP

### CHAIRMAN'S STATEMENT

It is with great honour and privilege that I write as leader of the Nigerian Community in Hampshire in this first edition of our community Newsletter. The Nigerian Community in Hampshire is extraordinary in many ways and it is important that avenues such as this community Newsletter is available for us to tell our stories, share experiences and reach out to the wider public.

The past decisions and hard work of the previous leaders of the organisation to move away from being a closed community that provided comfort / relief / friendship to members, to one that embraced its existence in a 'foreign land' is continuing to yield visible positive outcomes.

*Continue on page 12*



A cross section of visitors at the recent NCH barbeque organised annually at the Southampton common



The children had so much fun



Studios children at the Golden Eaglets class



NCH executives meet with Hampshire Police



Welfare visit to the Ede's following the arrival of their newborn.



NCH youths juicy smoothies project



NCH annual donation to the Food bank



Meeting with Hampshire Labour Party



**CLOSING NIGERIA'S  
HEALTHCARE  
FINANCING GAP!  
OUTSIDE-THE-BOX  
SOLUTION!**

Dr Funmi Adewara

In 2001, Nigeria, along with all African Union countries, pledged to spend 15 percent of their annual budget on health care. Eighteen years after, we are not even close to reaching half of that goal. This result in 70 percent of medical spending in Nigeria being made out of pocket, forcing many people with sudden health problems into debt or poverty.

**RUNNING OUT OF TIME WITH  
DONOR FUNDING!**

Nigeria has been highly dependent on a range of external donor funding to meet her healthcare funding needs, however, the timelines for most of these funds are nearing expiration and over the next two decades Nigeria is expected to be ineligible for external funding. Already, funding from the Global Polio Eradication Initiative is set to drop by 40 percent in 2019.

According to Prof. Isaac Adewole, Nigeria's immediate past health minister "The health sector has suffered from chronic underfunding for many years now. We are even behind South Sudan, Angola, and Ethiopia."

As donor money starts to dry up and the clock runs out, the impact of the lack of sustainable, resilient health financing replacement, is unimaginable! Doctor's leaving in their droves- with less than 30,000 (thirty thousand) doctors to a population of >200m people, many PHC in obsolete dilapidated states, high maternal and child mortality, poor infrastructures etc, crises looms!

According to Budget, Nigeria needs to spend \$2bn per annum on healthcare to close the gap! In 2017, the health budget of the 36 states was a little above N332.1bn (\$920m), which was about 4.9% of total budget size, notably short of the "Abuja conference" target. If the state governments were to fulfil their obligations under the Abuja declaration, the health sector budget for all 36 states should have been N1.37tn (\$3.8bn).

A healthy workforce is crucial for Nigeria to realign the economy for inclusive growth. The entire healthcare system needs an overhaul, significant upgrades at all levels to meet the needs of the medical service providers and all citizens. Nigeria loses 2,300 under-five-year-olds and 145 women of childbearing age die everyday mostly to preventable causes. 124 children die per 1000 before their fifth birthday, making the under-five mortality rate in Nigeria one of the highest globally.

According to BudgetIT, "allocations to the health sector at the federal level, relative to the budget size, continue to decline, falling from a high of 5.97% in 2012, to 4% in 2018. This trend may make the economic and developmental objectives of government, as contained in the Economic Recovery Growth Plan (ERGP), nearly impossible to realise."

**WHY CAN'T WE LEVERAGE THE  
EXPLOSIVE MOBILE  
TECHNOLOGY GROWTH  
TOWARDS HEALTHCARE  
FINANCING?**

It is time to think of outside-the-box solutions and embrace innovative healthcare financing alternatives given the explosive mobile technology growth

Nigeria's mobile penetration stands at 86% as at January 2019 with 173million mobile subscribers. The annual spend on airtime and data in 2017 was \$600m per month,



\$7.7bn per annum and this has been increasing by the year. Between Nov 2018 and Jan 2019, Nigerians spent \$2.2bn on airtime and data. This comes to \$8.8bn per annum (yes you read it right! 8.8 billion USD!!!).

A flat mobile levy of N2000 (\$5.6 usd) per annum on all mobile subscriptions will generate \$955m annually. If we take this a step further and levy 10% for every airtime/data top up, that is additional \$880m and translates to total a of \$1.8bn per annum which can be channelled towards plugging the healthcare funding gaps.

This is no is no brainer! It is sustainable and equitable given our dependency on mobile phones and internet, the general poor attitudes of Nigerians towards health insurance. It will ensure everyone pays their fair share and painlessly; importantly will expedite attainment of UHC. This needs a policy change and measures to ensure judicious use and implementation.

Mobile levy is only one of many brilliant innovative solutions out there that can help tackle some of the perennial challenges of our healthcare system - we have to galvanise creative solutions if we must build a 21st century healthcare system or face the consequences of failing to!

#healthcarefinancing #UHC  
#mobihealthconsult #Nigeria #WHO  
#Unitednations

By: Dr Funmi Adewara

References:

<https://www.devex.com/news/nigeria-faces-a-health-financing-cliff-edge-93968>  
<https://yourbudgit.com/wp-content/uploads/2018/04/Nigeria-Health-Budget-Analysis.pdf>  
<https://punchng.com/nigerians-spend-n767-23bn-on-airtime-in-three-months/>



Darlington Odum

## Knowledge Empowers

**Knowledge:** facts, information and skills acquired through experience or education

**Empower:** the power to do something and be more confident, especially in controlling your life

**Knowledge Empowers:** acquired information and skills that enables one to achieve success

We are going to explore this concept together by understanding what it means to be empowered by

what we know in order to be successful in life.

‘**Knowledge is power**’ is a popular proverb originally formulated by philosopher Francis Bacon. It means that knowledge is more powerful than physical strength and no great work can be done without knowledge.

Knowledge is a powerful factor that empowers people to achieve great results. The more knowledge a person gains, the more powerful he or she becomes.

This proverb means that ‘true power comes from knowledge’. No individual or nation can prosper in life without knowledge.

There is no end to knowledge. There is no limit to what a person can learn. Even big problems can be solved if we have the knowledge of solving it.

By knowledge of science man has conquered nature. Development is possible by knowledge and not by physical strength.

Examples

- A teacher without thorough knowledge cannot teach his student well.
- A student without any knowledge of his or her subject cannot pass the examination.
- A doctor without knowledge in surgery cannot be a successful doctor.
- A lawyer without proper legal knowledge cannot argue well in favor of his client.

These are great examples that amplify the need to be knowledgeable in whatever you choose to do, but there is something they all have in common; that is, in order to be successful at something you must enjoy and care enough for it. Education empowers and is the fundamental pre condition to achieving success.

Seymour Simon- “There is no power for change greater than a child/person discovering what he or she cares about”

- What do you care about
- What do you enjoy doing
- What are your interests and aspirations
- What do you want to achieve in the next 2, 3, 5 years
- What are your dreams, are they big enough to scare you

Personally, I care so much about knowledge impartation that being in a classroom has now become a hobby. Did I just say hobby? Yes I did I can actually do it for free (don't tell the government though).

As a teacher I feel that my job is to stimulate student's desire for knowledge, curiosity and wisdom. I believe that every student deserves the best opportunity and exposure to knowledge which will help them in their quest for success in life. Students need to be empowered, not engaged. An average teacher engages students... but a good teacher empowers students...



- What are you passionate about
- What are you hoping your future will be
- What type of job or hobby (like me) would you like to do
- What do you think is hindering your progress towards achieving success

In my experience, the biggest hindrance to being successful in any chosen endeavour is not converting your acquired knowledge into action.

This is often because of the people you surround yourself with; not people that are consistently opinionated about everything but no action, not people that suck the happiness out of you.

Decision is the key: you must decide to be successful by proactively acquiring knowledge and acting regularly upon them. The choice we make is influenced by the knowledge we possess — which begins with an understanding of what we don't know and what we have yet to learn.

*Continue on Page 7*

Get in touch today **02380 789 758**

# Alive Healthcare

Looking for care, we're here to help you achieve your goals.

**Get in Touch** 

Our Model of Support is based on four principles that underpin everything we do,

regardless of setting or the complexity of needs of the person we are supporting

Each bit of knowledge we acquire makes us stronger and wiser — and more valuable to the world.

Kushandiri zoom- “If you are not willing to learn no one can help you. If you are determined to learn and put into action what you have learnt, no one can stop you. You are the only one who can stop You.

BB King- “The beautiful thing about learning and acquiring knowledge is that no one can take it away from you”

Benjamin Franklin- “An investment in knowledge pays the best interest” but the flip side is that knowledge becomes worthless unless it is converted into action

- How many times have you held back from attempting something because you didn’t know how to do it?
- How many times has fear of the unknown overcome you, to the point where you can’t undertake the act of turning the *unknown* into the *known*?
- How many times have you said, “I don’t want to know” because, deep down inside, you are afraid that, if you know, you can’t handle it?

We have all felt that way. Fear of the unknown combined with lack of confidence in our ability to handle reality can be paralyzing. So we choose to *not* know — as if not knowing will somehow change the facts. The reality is that not knowing doesn’t change anything.

It only makes us more vulnerable  
**Summary –**

The more you expose yourself to knowledge acquired through education, the better your opportunities to success. Neil Barringham- “The grass is greener where YOU water it” By the way, I hope you know that if you plant corn for instance, no matter how much you water it will never germinate into potatoes.... You reap what you sow...

Kofi Annan- “Education is a human right with immense power to transform”

- Without education there is no development; two of Asia's fastest growing economies, India and China, show that education has clear economic advantages.
- In the 1950s, South Korea was in worse condition than many African countries are today. Investments in equal education access for men and women, together with better health care and access to shelter, have contributed to a decrease in infant mortality rates and to an economic boom.
- The lightning-fast development of the Chinese economy suggests that there has been a real hunger for education, and nearly every Chinese person under the age of 25 sees education as a key issue. It defines young people's lives.

ASK (Always Seek Knowledge) and be empowered.

By Darlington Odum



## **Personal Financial Planning and the benefits for Nigerians in Diaspora**

Laurel Ogbuh MSc, DipPFS

Personal finance is a term that generally covers managing your money, saving and investing.

Personal financial planning primarily depends on your income, expenses, living requirements, and individual goals / desires. In general, this involves five steps - Assessing your current circumstances, Setting goals, Creating a plan, Executing your plan, Monitoring and reassessing.

So what are the benefits of proper personal financial planning?

To answer this question, ask yourself: how would you and your family survive if you are involved in an accident, or become so sick you couldn't work or became unemployed? What would happen to your family if you died suddenly?

Here are some reasons why proper personal financial planning would benefit us Nigerians in diaspora:

1. You'll have an increased cash flow.
2. An increase in cash flow could lead to an increase in capital. Allowing you to consider investments, that improves your overall financial well-being.
3. Providing for your family's financial security is an important part of the financial planning process. Having the proper insurance coverage and policies in place can provide peace of mind for you and your loved ones.

4. A proper financial plan considers your personal circumstances, objectives and risk tolerance. It acts as a guide in helping choose the right types of investments to fit your needs, personality, and goals.

5. The savings created from good planning can prove beneficial in difficult times. For example, you can make sure there is enough insurance coverage to replace any lost income should a family breadwinner become unable to work.

6. Better financial understanding can be achieved when measurable financial goals are set, the effects of decisions understood, and results reviewed.

7. A nice 'cushion' in the form of assets is desirable, but many assets come with liabilities attached. So, it becomes important to determine the real value of an asset. The knowledge of settling or cancelling the liabilities, comes with the understanding of your finances. The overall process helps build assets that don't become a burden in the future.

8. It used to be called saving for a rainy day, but sudden financial changes can still throw you off track. It is good to have some investments with high liquidity that can be utilized in times of emergency.

In conclusion, the benefits of financial planning are huge! When you have a financial plan, you are significantly more likely to be financially successful. You would know where you are spending your money, you would have an emergency fund, you'd have money in your retirement accounts. You'd actually have money to pay for holidays, car and house repairs and you wouldn't be stressing when people from back home are calling for one financial need or the other.

By Laurel Ogbuh MSc, DipPFS





Aboila Olaifa

## **Increasing Nigeria's Power Holding Capacity Through Energy Efficiency**

The world is changing very rapidly in the way it uses energy. People do not use energy like before; it is getting more expensive to put on the light. I am concerned about the way we use our scarcely available energy in Nigeria and wish to point out some of the ways we can be sustainable with the little we have so we can make it last a little longer. In the midst of the overstretched energy crisis in Nigeria, there is urgent need for all Nigerians to embrace energy efficiency. As much as I know that it is human to use as much power as we can, when and if we have the power, it is equally important we are efficient with the use and cut out any excess, which we can do without.

The world is using various energy efficiency measures which are cheaper, cleaner and faster and Nigeria needs to wake up to the emerging energy saving trends. These measures will put money back into the pockets and reduce pollution and in effect increase our lifespan. With the current low energy capacity in Nigeria and most of us still using other sources of power majorly Generators; it is important we adopt these energy saving measures.

### **Usage Measurement**

Your meter measures the amount of electricity you use in kilowatt hours (kWh). A kWh is the same as a unit of electricity and the value of electricity you use is determined by multiplying the number of kWh used by the price per kWh. All household appliances are given power ratings in Watts (W) or kilowatts

1kW = 1000 Watts.

The higher this number, the more electricity the appliances use. For example, a 2kWh power rating fridge will use two kWh of electricity in one hour. A 100-Watt light bulb will use 0.1kWh of electricity in an hour or 1 kWh every 10 hours. It is very important for you to understand the rating and consumption of your appliances, once you do, you can concentrate on cutting the use of the ones which cost you the most.

### **Ditch fairly-used Appliances**

The number one way of reducing our energy usage is to limit the use of fairly-used appliances. These fairly-used appliances are in large use in Nigeria and they consume far more electricity than new products, as much as money is the primary reason people buy used equipment's, it does not make financial, economic or health sense. Be aware that any appliance you use that has gone past 5 years of its manufacturing date tends to reduce its efficiency by about 60% and it will cost you 3 times more of its manufacturing power consumption.

Please do not be deceived by the long-held belief that 'Tokunbo' (fairly-used) products are more efficient. It would rather cost you more, the money you save buying the used appliances are spent powering them, it also does not make economic or health sense, bear in mind that most of those appliances are already scrapped as not fit for consumption from their source country and a lot more finding their way to Africa are purchased from the recycling plants and scrap-yards, while the rest are picked from the dump sites and on the road sides. The dealers are aware that if sent to Africa, it would get a market, please avoid this used equipment as much as you can, do not rush to buy them, save enough before investing in your home appliances.

We can clamour for stable electricity, but we are not helping either by using fairly-used appliances as we would be using treble the power and is one of the reasons our limited energy does not last long enough, when we have it. Even countries of the world with more generating capacity avoid fairly-used appliances, so as to reduce cost. Most of this equipment are also very risky for our health, emitting dangerous volatile substance as they get older. Note that most of them were scrapped from the source country for a reason.

### **Check the Labels**

When buying your new equipment, watch out for energy efficiency label, please do not ignore the label, this rates how efficient the appliance is on a scale from A (most efficient) to G (least efficient). It is important to buy the most efficient appliances. Ensure to check this label before buying the appliances.

There are a few handy tips for energy efficiency that should be adhered to at all times;

### **Fridge or Freezers**

Don't put your fridge or freezer next to a cooker or in direct sunlight. Make sure air can circulate around the back.

Don't leave the fridge door open for longer than you need to.

Never put hot food in a fridge or freezer. Let it cool first.

Stock up your freezer. It works most efficient when it's tightly packed, so fill any space with cardboard, bottles of water etc.

Defrost your fridge or freezer regularly and check for gaps in door seals that could let air in the door.

### **Lighten your Lighting Bill**

Lighting probably accounts for around 20% to 25% of your electricity use. Using energy saving light bulbs is the best way to cut your lighting bills. Every energy saving bulb you use could save you

N625.00 per year. It's worth starting to replace your bulbs now as inefficient light bulbs are being phased out. Also follow the following tips.

Turn off the lights you don't need, but leave enough lighting on for stairs and hallways.

Open curtains and blinds during the day to let in natural lights

Avoid leaving halogen spotlights on for a long time, they are the most expensive type of lighting.

Fluorescent tubes are an efficient form of lighting; they are also the best for the kitchens.

Use light coloured lampshades – they will emit most lights.

Turn off the security light during the day.

Fit timers and automatic sensors to lights, especially outside lightings.

### **Cut the cost of Cooking**

When cooking vegetables, use just enough water to cover the food. Always put a lid on your pan.

Always use the right size of pan for your cooking ring.

Cut food into smaller pieces to speed up the cooking time.

Avoid repeatedly opening the oven door while you are cooking or baking.

Your microwave uses a lot less energy than your oven. Some fresh food can be cooked in the microwave in a fraction of time and for a fraction of the cost.

Only fill the kettle with as much water as you need, but make sure you cover the element if you use an electric kettle.

Defrost food in the fridge overnight rather than using the microwave.

### **Launder for Less**

Always put a full load of washing into your washing machine or tumble dryer.

Save energy by washing at lower temperatures. Washing at 30°C can save around 40%.

Always dry your washing outside if the weather is right.

you use a tumble dryer, spin your clothes first. They'll dry in the tumble dryer more quickly.

Plan your ironing so you don't have to keep changing the temperature. Start with clothes that need a cooler setting. Finish with clothes that need the hottest setting.

### **Standby for more Savings**

Avoid leaving any electrical items on standby, i.e. do not use your Microwave as the clock. Are you aware that some household electrical appliances switched

standby use up to 90% of the energy they use when switched on? In some households, leaving items such as TVs, DVD players and hi-fis on standby is the equivalent of leaving a 100W light bulb on all year round. So, turn off all appliances from the wall socket when not in use to save power and money. These are some of our options if we want to increase our power holding capacity.

Written by Abiola Olaifa  
aboilla@aboilla.com



Stella Ogboi  
Editor

## **Simple steps to a Healthy lifestyle**

When it comes to health, the same is true. Just eating a little better, moving more or finding time to do something that makes you feel great can bring a boost to your well-being. It is important to take proper care of ourselves by eating right, seeking proper sleep and rest, periods of fresh air and sunlight keeping a schedule, drinking plenty of water and taking part in some form of exercises amongst other things. So, here are some simple steps/solutions you can try today. This has helped me to maintain a healthy lifestyle

### **Seeking proper sleep and rest:**

Sleep and rest are as vital for survival as air, food, or water. Having a consistent bedtime routine helps us to rejuvenate,

you feel alive, you feel focused and boosts our mood. When you have enough rest and sleep, you are not grumpy, you have a clear head to start a brand-new day. Work out how many hours of sleep is best for you as every individual is different. I find sleeping on clean sheets in a dark room helps me sleep better.

### **Periods of fresh air and sunlight:**

Having periods of fresh air and natural light will do your body much good as researchers have found natural light has a significant effect on the immune system. Light is sweet, and it pleases the eyes to see the sun. The great outdoors is definitely a mood booster for me. I find the smell of fresh leaves and clean air makes me happy

Research shows that just a few minutes of sun exposure helps increase vitamin D levels. I particularly love walking in the New Forest area of Hampshire no matter the weather. Periods of fresh air gives me time to rejuvenate my mind.

### **Drinking plenty of water:**

Drinking plenty of water can help in flushing out impurities in our bodies.

I understand that water is involved in every single process, including digestion, circulation, and elimination. Some people find water boring but it is definitely good for you. I recently purchased a stylish bottle which I carry around with water infused with fresh lemon, or any fruits of my choice. Find out what works for you, ensure to find creative ways to keep yourself hydrated. Therefore, drink water! Keep hydrated!

**Keeping a schedule:**

Creating a schedule which works for you is important to avoid unnecessary busyness. *“One management expert teaches that a routine “makes unskilled people without judgement capable of doing what it took mere genius to do before”.* What a powerful statement. Keeping a schedule/routine has helped me keep a steady pace without having to race through the day, and yet accomplish the majority of my many tasks. As a very busy lady, I find keeping a schedule simplifies my life. I find myself not having to think so much about every detail of the day because I have scheduled in my priorities. Begin today to keep a schedule, plan your day or event days before and you will notice a difference. Do not forget to establish a routine that fits your particular stage of life.

**Eating right:**

It is important we eat right, healthy, wholesome and maintain a balanced diet. Good food for me is life, good food is

better than medicine. If you are struggling with eating right, food swaps are a great start. Swap crisps for some greens such as broccoli.

Broccoli is a good source of calcium which is vital for strong bones. I want to have very strong bones. For extra fibre, I swap white bread for whole meal bread, swap white rice for brown or replace half your portion of noodles for soy beans. I trade butter for olive oil where possible, as these are lower in saturated fat which can help cholesterol. I aim to eat at least two portions of fish a week- one of which could be oily fish. Find out what works best for you, your weight and lifestyle. Always seek advice from a dietician. Log on to NHS uk website to find out advice on eating right and the benefits of having a balance diet.

**Exercises:**

The good news is that building body strength can be fun. Weight bearing exercises, such as squats or planks, also build muscle and will support the spine. Looking after your bones will improve overall body strength. For me, taking a brisk walk around the block or running is cheap and free. Health professionals have informed that exercises lifts spirits, improves sleep, prevents constipation, etc. Do some form of exercise to keep fit and healthy. Aim to incorporate some form of exercises into your routine twice a week.

Stellamaris Ogboi  
Editor

---

**CHAIRMAN’S STATEMENT - contd**

Going into the future, the **VISION** is to ensure Nigerian Community in Hampshire will not just be about Fostering Unity & Co-operation among Nigerians living in Hampshire but extend to providing socio-economic platform for the uplifting and actualisation of our individual and collective potential

Finally, I want to encourage all Nigerians in Hampshire who are standing from afar to come closer and use their talents

to improve our lot in any area of their choosing. I am grateful to the leaders and members of the community for their tirelessness, dedication and sacrifices in uniting all Nigerians living in Hampshire as well as ensuring that the Nigerian Community in Hampshire remains a very important participant in our local community.

*Together we are Stronger!*

**Anyoagu .E. Ogbuh**  
**Chairman NCH.**





Abiola Olaifa

## Exporting African Music to The World

Music is the most important medium of communication in Africa. African music is highly significant and often requires participation from the audience, it involves sing and response. Africans have various songs for different events and activities, we have war songs, love songs, songs accompanying child birth, marriage, hunting, and political activities, we also have songs to ward off evil spirits and songs to pay respect to the good spirit, we have songs for the dead and the ancestors. African musicians are professionals and their music are important to our ways of life, their music have stories to tell and says a lot about our beliefs.

Africa is said to be the origin of music and dance. Music is the most exported commodity from Africa. Africans were known to be travellers, nomads and many were forced into slavery to many parts of the world, so they do a lot of moving around, taking their music and dance to everywhere they go. African music have been a major influence in many parts of the world, from African-American music, to Jazz in Europe, Latin American music like salsa, rumba and samba, also the Caribbean calypso, zouk and soca, have all been influenced by African music as a result of the transatlantic slave-trade. The emergence of online music distribution mediums like iTunes, YouTube mobile phones downloads, and others have also helped to get this music across the world and easily for everyone to purchase. African musicians now have more avenues to spread their talent to the world.

Africa music has grown in bounds in the past decades, many new-age talents have been discovered and are already making waves on the world stage. These new artists have driven African music into the limelight and given it international recognition and acceptability in the global music world. A lot of African musicians are now collaborating with the world's best, producing platinum hits and generating good income. This music is also receiving the best awards in the world, if we can further harness this pool of talents, the continent has a lot to gain. Africa stands to benefit immensely from the international music industry as music is consumed globally.

Africa musicians use indigenous languages and instruments to propagate the traditions and cultural heritage in very positive ways, however good this is for the continent, there is still a lot more to be done if it is to gain from the pool of creativity in its musical talents. Africa have many types of music from North Africa to the South Saharan and there is need to give our music an international brand-image, so the multi-billion dollars music industry can be the much-needed income stream for the continent.

As much as there is great potential in the African music industry, there is also need for these sectors to be reassessed as the current potential is hindered by inadequate structuring, piracy and limited international social and economic patterns. African music producers need to be professionally trained in artist management and international marketing skills so as to properly place the music on world stage. More of our artists needs to participate in more international gigs and music events. African musicians have really improved in the last decade and their music is world-class and deserving of better exposure and should be on the best stages in the world.

African music is rhythmic in nature and very danceable, our music was largely classified as afro-music and high-life. Some of our new talents are doing well blending the African style music with Afro-American musicians and musician from other parts of the world to produce all kinds of music ranging from soul, rock and roll, jazz, rap/hip-hop to Reggae, high-life, country and rock music.

Many new artists are breaking-forth from Africa with new musical taste, blending our traditional musical instrument with new technology to produce scintillating and highly creative world class music. The fresh collaboration and latest technology combined with the creativity of our artists is pushing African music forward, our music is export-ready to take the worlds-music scene by the storm.

Africa musician have done really well and have all it takes to make music of forward, our music is export-ready

to take the worlds-music scene by the storm.

Africa musician have done really well and have all it takes to make music of same quality as any musician of the world, however there is need for us to promote our music to the world's mainstream music industry. Reggae music has been a major export in Jamaica and the country have produced many world great musicians. Reggae is a positive, image boosting and good income generating venture for Jamaica.

There are many raw talents and artists springing up on a daily basis from every parts of Africa, producing very good music. More investors can invest into the potentials inherent in the industry by promoting and marketing the artists. Africa stands to gain immensely from this industry if well harnessed and could be one of the best incomes generating venture for the continent.

Abiola Olaifa.  
abiolla@abiolla.com



Theresa Airiemiokhale

## THE JOYS OF WOMANHOOD

“I created a woman, who gave all her energy, all her money and everything she had to raise her kids... She was so busy doing all this, that she had no time

to cultivate any friends amongst her own sex”. **Buchi Emecheta in her Autobiography, Head above water.**

The summer holidays have been and gone. Most children have settled back at school now. New school uniforms, new classes, new schools etc.

For many families, it is time to breathe again; to heave a sigh of relief as some sort of normalcy is restored, before the Christmas shopping palaver kicks in. After spending time with the family away from work and school, the return of alarm bells and established routines are welcome.

In my case, the summer holidays provided ample time for reflection. The opportunity to catch up on my reading was a joy. Finally, it was time to read some of the books I had borrowed from the library, which I had renewed over and over, and over again. (You get the picture)

The excerpt above is about one of such books; *The Joys of Motherhood* by Buchi Emecheta. The storyline although extreme, paints a picture of what many mothers, and indeed women go through silently. It gave me much food for thought.

Well then, these are my thoughts or as I like to call them, biscuits for my tea a.k.a. Tess biscuits.

**First things first:** - What are my priorities? Women are seasoned in the act of Multi tasking . However, sorting the people and events in one's life in order of importance will no doubt make life easier and act as the fulcrum for the balance in our existence.

Our priorities may differ from one person to the next, but a typical example could be; 1 -God, 2 -Husband,3 - children, 4 - Family,5 - Friends, 6 - Work (colleagues) etc.

Setting our priorities right, will pave way for choosing and tapping into the relevant support system.

**Tess Biscuit: Get your priorities right**

**Support Network** –Do you have one? Who is in it? Having a good support network is key for survival. Perhaps a faith-based group, a mentor, good friends? A strong support network should consist of people who seek to keep it real, to empower rather than destroy, to build. Since the seasons of our lives differ, tapping into each other's experiences will see us through especially during those dry, grim and lonely winter days of our life's journey. **Our experiences should unite and empower us.**

Our men folk are quite good at maintaining the silent code of Brotherhood. Secrets will usually remain secrets among the men regardless of age differences or affluence. Not so much the case for womanhood. Surely, we can refrain from pulling each other down.

Just as all fingers are not equal, so are the seasons of our lives different. *Omo na turn by turn o!*

Someone once said," The good thing about being a woman is that, when you don't know what you're doing, someone else does".

**Tess Biscuit: Be the giant on whose shoulders others stand to see.**

**Letting Go:** If you are a mum and you find that in the future, your children do things differently to the way you have taught them to, be brave enough to let go. It is neither a reflection on you nor a judgement on your values.

Some choices are harder to accept. Provide guidance where you can.

Ultimately, teach a child the way that he/she should follow and when they are old, they will not depart from it.

There is no doubt that as loving parents, you want the best for your children. However, our children need to travel that road on the map of life that you have given them in order to explore those unique gifts that make them original versions of themselves and not imitations of others.

Be rest assured that you have taught them well but then, they must find their own way.

**Tess Biscuit: Let it go! Let it go! Let them go, it is time to see what they can do.**

**Me time:** I love L'Oreal's iconic phrase "Because **you** are worth it"

Make **yourself** relevant. Love **you** no matter what. Do what makes **you** happy. Refuel, Energise. If you keep giving and do not look after number one, you will soon burn out.

Then things will surely fall apart, when the centre can no longer hold.

"Viva la Vida" literally means "live life. When was the last time you laughed? I mean a good head back, rib bursting, pants wetting, and belly-hugging laugh. There is an old English Prayer



(Author Unknown) which encourages us to take time out to do various things including laughing, playing and dreaming. See the humour in life. Take time to laugh, for it is the music of the soul

**Tess biscuit: *I know what Victoria has been keeping Secret. Let me let you in on it--The secret is that nobody older than 40 can fit into their stuff. Shhh! don't tell anyone.***

**Written by Theresa Airiemiokhale**



**AFRITOPAIA**  
AFRICAN RESTAURANT WITH STYLE

For tasty, mouthwatering meals such as Jolof Rice, Goat Peppersoup, Ayamase (Designer stew) Efo Riro etc, visit Afritopia ( pioneer Restaurant in Southampton).

We specialize in providing quality food at affordable price and with our years of experience we put smile on people's face for their events such as Weddings, Birthdays, Christening, Graduation etc.

Visit [Afritopia.co.uk](http://Afritopia.co.uk) to order online for collection or delivery.  
We open from **4pm to 9.30 pm** Monday to Saturday.  
Afritopia - Quality food without compromise

**Phone: 07875 047881**





Anyaogu E. Ogbuh

## Harnessing Diversity – The Big Leadership Challenge

Historically, human societies have always had leaders who by their personalities have organised, socially influenced or solicited societal support to achieve set objectives. In 2013, I found my self on an Institute of Leadership and Management (ILM) program and seemed to rattle everyone else on the program by my assertion that *‘leadership is simple and everyone can be a leader’*. I have through experience expanded that view to mean that *“leadership is simple and everyone can be a leader, so long as the leader acquires the practical ability to remain authentic and find inspiration, energy to equip oneself and others in their community to make the right choices in every situation the find themselves”* (A. Ogbuh 2016)

Organisations such as the Nigerian Community in Hampshire represent a microcosm of a larger context (Nigeria) and can be compared with the general society with distinct cultures which will comprise of attitudes, experiences, beliefs and values very specific or peculiar to that organisation. And like the society they would have to challenge complexities of existence, harmonisation or optimisation of the abilities of the community.

The Nigerian Community in Hampshire is a socio-cultural entity brought into existence and sustained in an ongoing way by its membership to serve the purpose of promoting unity and cooperation amongst Nigerians living in Hampshire. It follows that its activities in the entirety are structured and coordinated towards achieving these purposes or goals.

As someone from a patriarchal society which is further characterised by hierarchical community structures, recognising the importance of and harnessing diversity, must be a very conscious effort. It is not difficult to ascertain that social identities together with lived experiences associated with status will inadvertently influence my exercise of leadership, presenting both challenges and strengths.

Diversity in my social context includes a host of issues such as gender, age, tribal affiliations, religious and political beliefs and inherent prejudices. Acceptance of the fact that any conceptualisations of leadership have to be inclusive of social identities as pointed out, lived experiences, that any leader who wishes to succeed and the followers of such leader(s) collectively bring to the contexts of leadership.

Leadership of some sort is required to envision the big picture and set the right mechanisms to successfully accomplish the vision. A leader would have attributes such as integrity, enthusiasm, authority, communication skills, ability to delegate responsibility, etc. This has led to the proposition of several leadership models/theories by different scholars and authors and some of these models/theories are:

**Great Man** – underlining concept is that leaders are born , with certain qualities and destiny

**Trait** – concept of leadership as a function of positive attributes which exist in abundance and can be produced ie; ambition, courage, strength, compassion etc

**Behavioural** – concept of leadership as function of set of actions which when observed are basically categorised as ‘styles of leadership’ i.e. autocratic, participative, consultative etc.

**Situational** – concept of leadership as

specific to situation and as such application can vary from autocratic to participative to consultative depending on the situation. This is exemplified by the John Adair's three circle model which has been successfully used in the British military.

**Contingency** – concept of leadership focussing on identifying the varying situations which can best predict the most appropriate or effective leadership style to fit the particular circumstance.

**Transactional** – concept of a contract or relationship between the leader and the followers as a means by which rewards from the leader is reciprocated by commitment or loyalty by the followers or vice versa.

**Transformational** - concept of change and the role of leaders in envisioning and implementing the required change

How can leaders harness diversity? This is easily achieved with a change in mind-set and adherence to these simple principles.

**Be Knowledgeable** – know yourself and seek understanding of the different models and theories of leadership. Knowing why you as a leader tends to lean a certain way allows for the exercise of the necessary flexibility to lead a diverse group. Being open to receiving feedback from colleagues, community members and clients will give you the vital knowledge and insight on your natural leadership style.

In my context (patriarchal and hierarchical society background), feedback suggests that as a person, my leadership style tends towards autocracy due to the fact that the outcome of projects is almost always clearly defined in my mind. This is not entirely surprising but is problematic if the necessary mechanisms are not put in place to checkmate this tendency.

The major advantages of autocratic leadership style are that it allows the leader to be decisive, setting out clearly the objectives and allocating roles to each individual in the team with defined communication routes. This might work in the short term, allowing for control of large population or workforce in time restricted activities.

The major negative impact however is that as with all autocracies, there are resistances as members of the society who are knowledgeable and can use their initiatives to achieve same results are bound to feel maligned, under utilised and undermined as directional or overtly assertive attributes are displayed.

Having knowledge of the right balance, and reaching out beforehand to other knowledgeable members of society, to reach a compromise position works much better, than having to win over the same group, when they are already opposed to the idea or the style with which the idea is to be executed.

**Be Authentic** – there has to be unambiguous acceptance of the simple fact that being leader does not make you the best brain in the society. Every successful leader must understand the limits of their strengths and weaknesses. Leaders must openly share information and feelings as appropriate for situations. It was a great personal insight for me seeing Barack Obama shed tears in public and talks about things very personal to him in order to contextualise his messages or explain why things needed doing.

It has to be a given that leadership must be shared with others in the group and collectively a supportive environment is created for shared purpose and trust.

**Be Analytical** – effort must be put in by leaders to understand the current level of needs at which the followers finds themselves, and try to satisfy those needs for general motivation where possible.

Cultural differences are important influencing factors that can cause a change in the style of leadership adopted as different societies have different needs and different ways of accomplishing same tasks. In West Africa for instance, work is an ‘appendage’ of life whereas in United Kingdom ‘work is life’. It is imperative that in every context possible, the leadership reflects societal needs at every particular time and also the differences in culture, by constantly evaluating and balancing priorities and cultural sensitivities. The UK government struggle in this aspect, there is not enough being done to analyse and integrate multi-diversity in the leadership structures.

**Be Aware** – a leader is nothing without the acceptance of the followers and as attributed to Douglas MacArthur, "A general is just as good or just as bad as the troops under his command make him."

This general awareness should allow you to give the people available to you the opportunity to make you look good. Create opportunities for your people to excel because a tree does not make a forest and as succinctly put by Fela Durutoye, “ *ordinary citizens of a great nation will forever be treated better than successful citizens of a failed nation. Individual success in the midst of collective failure will always be despised*”

Finally, my understanding is that, “A leader is not defined by number of sycophantic praise singers, rather, a leader is defined by the number of diverse people and opinions who have been unified by a cause and a value system and who are committed to a vision for the type of society they wish to live in and give to the future generations to come.”

**Anyaogu Eric Ogbuh** – BEng (Hons), MSc, AIEMA, GradIOSH



## Starlight Healthcare Ltd

We are based in Southampton, Hampshire, United Kingdom. We have been caring for people for many years but our company was registered in January 2016. Though we are young but we have years of experience on our side.

We provides staff to Care Homes, Nursing Homes, Learning Disabilities and Mental Health establishments, we are also specialist in Domiciliary Care (Home Care) and Domestic services like cleaning, shopping etc.

We train our staff and make sure their training is up to date. We can provide your business with well-trained staff and quality services.

[info@starlighthealthcare.co.uk](mailto:info@starlighthealthcare.co.uk)

[recruitment@starlighthealthcare.co.uk](mailto:recruitment@starlighthealthcare.co.uk)



## Urban Trend Barbers –

190 ABOVE BAR STREET, SO14 7DW **Southampton** – rated 5 based on 7 reviews "

☺☺**Urban Trend Barber**, Is one of the best **barbers in Southampton**.

Visit [Urban Trend Barbers Facebook Home page](#)





Fastlink Logistics Limited is a best-in-class service delivery company. We provide dependable logistics solutions ranging from air and sea freighting, removal and self storage services to other services like order fulfilment

[info@fastlinklogistics.co.uk](mailto:info@fastlinklogistics.co.uk)  
07882444570



Cindel Logistics Ltd is a UK-based independent business and a member of the UK Courier Exchange that provides two core streams of services; Consultancy Services and Logistics Services.

[www.cindellogistics.co.uk](http://www.cindellogistics.co.uk)  
02380170769, 07984499915



Whether you are sending money to support family members, or mortgage payments, or to cover suppliers invoices or general expenses, Orionmonex has the expertise and experience to make the process of transferring money faster, secure and cheaper across borders.

Orionmonex  
[Info@orionmonex.com](mailto:Info@orionmonex.com)  
02381550062, 07492986006



Your one stop shop for all Health and Social Care recruitment needs.

[info@dhsrecruitment.com](mailto:info@dhsrecruitment.com)  
02392175110



We are a Specialist Healthcare Recruitment Agency based in the United Kingdom. We provide Nurses, Carers and Support workers to Hospitals, Nursing homes, Residential homes, Mental Health Institutions, Respite Centres, Children's homes, Supported Living Accommodation, Special Schools etc.



Mobihealth is an innovative and pioneering telemedicine and healthcare service platform positioned to revolutionize access to and delivery of healthcare services in developing countries.

[info@mobilhealthinternational.com](mailto:info@mobilhealthinternational.com)



**Macfyld Healthcare**

### **JOB VACANCIES**

- ❖ **Are you looking for a rewarding and fulfilling career in Health and Social Care?**
- ❖ **We have vacancies for Nurses, Support Workers, Carers and Domestic Staff across Hampshire, Dorset and Berkshire**
- ❖ **We offer attractive rates of pay and flexible working hours**
- ❖ **Experience needed but not essential as full training will be provided.**

**For more information and application details:**

**Please Call: 02381849722; Send text and whatsapp to 07956648902, EMAIL [info@macfyld.com](mailto:info@macfyld.com), or visit our website [www.macfyld.com](http://www.macfyld.com)**

OFFICE ADDRESS: 11 CRANBURY TERRACE, SO14 0LH, SOUTHAMPTON

Macfyld Healthcare is a member of Macfyld Group Limited



**Macfyld Group Limited**

*EXCEPTIONAL SERVICE DELIVERY*

**Space  
for  
Paid Advertisement  
To Advertise  
your Business  
Contact Stella Ogboi  
on 07737715147  
Visit our website**

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





Volunteers and NCH Chairman at the Southampton foodbank



Working with the Police



Golden Eaglets enjoying snack time



Volunteers at the Winchester Marathon



Friends of NCH at the barbeque



Volunteers at the Southampton Marathon

# THE NCH'S GOLDEN EAGLETS PROJECT

The Golden Eaglets Project is NCH's flagship project that was established on 22<sup>nd</sup> of March 2014. It was started as a result of the children not having much to do during their spare time and to encourage them to be good citizens who will have positive impact in the society.

It's a program that was designed to teach, educate and entertain our kids. Since Inception, the program has been run by volunteers that dedicate 6 hours over two Saturdays every month to coordinate and teach these young kids a variety of things such as Culture, Mathematics, Nigerian History, Language, Drama, Dance, Life skills and much more.

The Project has helped the kids to actualize some of their dreams such as performing on stage at various events including being the Lead Act at the Bournemouth Food and drinks Festival in summer 2018 which attracted a lot of accolade of the organisers and guests. They have been guests at Voice FM station and take part as Mile Markers during the Southampton and Winchester Marathon events. One of the teenagers that participated in the Voice FM program was offered an internship position at the station.

The project coordinators have done a marvellous job and the children have grown to love and admire the project. They are always excited and look forward to the next meeting. Even while transitioning from children to

teenagers, the teenagers have continued to show good example as role models to the younger ones and putting into practice what they have learnt.

Recently during the Nigerian Community BBQ in July 2019, the Teen Eagles made a fantastic business presentation and carried it out perfectly well. They set up a smoothies business and made almost 30% percent profits which they donated to the association.

They have learnt to speak and write in one of the three major languages in Nigeria, Igbo. They have performed drama and read news in Igbo language.

In addition to learning new things, they have formed friendships which they cherish very well.

Finally, I would like to encourage everyone to support the project as we are stronger together. I will say a massive thank you to the Coordinator Mrs Victoria Ugwoeme and her team Mr Darlington Odum, Mrs Melinda Odum and Mrs Laurel Ogbuh for their dedication to this project even in very difficult circumstances, they have still managed to continue and make sure everything goes as planned.

*By Kingsley Ugwoeme*  
Patron NCH

Golden Eaglets are children  
aged from 4-14 years.  
Classes hold on alternate Saturday's  
term time only.  
Venue: 11 Cranbury Terrace Southampton  
SO14 0LH.  
Time: 4-6pm

Contact Victoria Ugwoeme on 07853238831  
for more details about Golden Eaglets activities/classes.  
(Golden Eaglets co-ordinator)

Visit our website for further information about events scheduled for the year.  
[www.nigeriacommunityhampshire.org](http://www.nigeriacommunityhampshire.org)