



ANNUAL REPORT

2019 - 2020



TOWARDS QUALITY LIFE IN AFRICA

Founder's Keynote:



Hello everyone!

We are super excited to bring you the maiden edition of our annual reports covering our integrated activities from 2019 to 2020. Starting off was definitely challenging, especially with all our proposed visions for a better society. However, our kick off strategy has proven that 'creativity' with the right team is all we need to make meaningful changes around us. Every detail in our project is team and passion driven for a positive change in our society and has been elaborately presented in this report. The future holds so much positive anticipations as we continue to strive for a better society.

CrestAid was founded with core focus on improving community quality of life through our various initiatives and projects. In 2019, we kicked off with our first community service in partnership with Pearl Women to raise awareness for poor hemoglobin counts in women and children. The medical outreach tested over 250 participants and was replicated in two geo-political zones in Nigeria to showcase the prevalence of anemia due to poor nutrition and other underlying health issues. According to WHO data, the global prevalence of anemia for the general population is 24.5% with the highest representation in Africa (67.6%). In these data, preschool-age children and women share a greater proportion of the affected groups.

Through the tremendous support of our founding partner- Crestflow Energy Limited; we completed a borehole project for a community in the South East to equip their population with access to quality water. The project was primarily driven in line with Sustainable Development Goals (SDG-6) of the United Nations, which is pinched on provision of clean water and sanitation. Today, women and children in the community do not have to walk miles to access clean water.

In commemoration with our country's Independence Day, we conducted our Beach Cleanup project in partnership with other groups by raising awareness for plastic invasion in our coastal beaches. Plastic pollution in our beaches threatens the sustainability of our aquatic habitats, especially for the endangered species. About 615 plastics were collected in just 10 minutes! This is a huge concern that requires immediate and targeted intervention.

Sub-Saharan African has always been flared with massive illiteracy due to a major percentage of the popula-

tion lacking access to finance for education. We were able to support drive for education by sponsoring school fees, distributing books and free school bags in partnership with our sponsors. Our project may not be significant but we believe in humble beginnings and taking one step at a time.

Energy security continues to be a crucial countrywide problem and in our drive to improve energy access especially in areas with epileptic grid supply, we have designed an innovative energy management app in partnership with Creative Cram that would improve the sub-metering infrastructure in Africa. Distribution and inadequate innovative tools pose a significant threat to energy access especially in the drive to promote alternative cleaner energy options for communities. Currently, various real estate companies in Nigeria use the designed app as a transparent energy consumption-reporting tool.

We immensely thank all our partners and volunteers for the selfless contributions of their time and resources towards the common goal for a sustainable world. Indeed, we are humbled by the task before us and grateful for the trust you have bestowed on CrestAid Foundation as we continue on our great journey together as a team.

Lynda Uke

Founder, Crestaid Foundation

About Us



CrestAid Foundation is a Nigerian based non-governmental institution that is focused on helping communities achieve quality life through our various initiatives and projects. Our projects range from strengthening communities through access to education, women empowerment, energy security, quality health and youth development.

We believe in Empowering Lives: Empowerment is key to community development; through our various community focused initiatives, CrestAid is able to make positive changes for better societal changes.

What we are Doing



Education For All:

Sub-Sahara Africa had always been flared with massive illiteracy with a major percentage of population lacking access to finance for education. In a recent research, out of 61million children, Sub-Sahara African children accounted for approximately 31million.



Beach Cleanup Project:

Countless participants including children joined in our Beach Cleanup at the Kids Beach Garden on October 1st, 2019 and dedicated their time and energy to picking up huge amounts of plastic wastes. We partnered with our volunteers to raise awareness of the need for sustainable communities through climate friendly alternatives in our everyday choices.

With an estimated 18 billion pounds of plastic waste entering the oceans each year from coastal regions, it's vital to do our part to protect the oceans and its resources. Plastic can have painful, or even fatal, effects when it comes in contact with marine animals. There have been several instances where whales and other endangered species have been washed up dead, with stomachs full of various plastic trashes. We can do our part in reducing plastic waste by simply reducing the amount of plastic we use in our daily lives.

If every person in Nigeria bought one less plastic drink bottle today, there would be 579 million LESS plastic bottles that get thrown away in just one day! Single use plastics are a huge source of plastic waste on land. Between straws, bottles, bags, food containers and other packaging, there is a lot of single use plastics we encounter in our daily lives. Think of what you could live without!



What we are Doing

Free Medical Outreach



According to a report by World Health Organization (WHO), the global prevalence of anemia for the general world population is 24.5%. Among these groups, 47.4% are in preschool-age children with the highest prevalence in Africa (67.6%) and Southeast Asia (65.5%). In general, this deficiency is the most common nutritional problem in the world affecting at least 2.5 billion people worldwide. Women and children in Africa have the highest prevalence of 57.1% and 47.5% respectively.

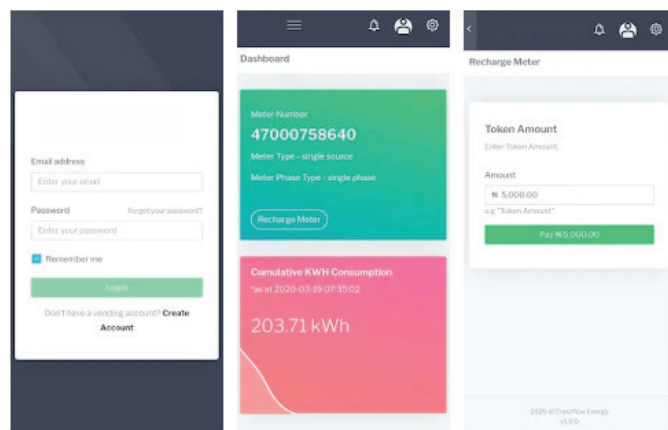
The medical outreach raised awareness on low hemoglobin counts, which contributes to 'Anemia' and other health issues due to poor nutrition and other underlying causes. With the theme, "Good Deeds", the medical outreach was held in two different states in Nigeria; Lagos and Anambra States. Women and children were considered as top priorities during the program to raise awareness on their susceptibility to iron deficiency.

Prolonged and untreated anemia can cause marked irritability, depression, poor mental health, slowed growth and even death. Iron deficiency has also been linked with cognitive issues and neurological problems including restless legs. Lack of adequate iron in the brain and nerves can impact neurotransmitter signaling, nerves insulation and brain energy metabolism.

About 250 participants have been tested so far with children testing as low as 4.7g/dl. This is a paramount

concern and needs to be addressed through family education on balanced nutrition and long-term effects of low iron in the body.

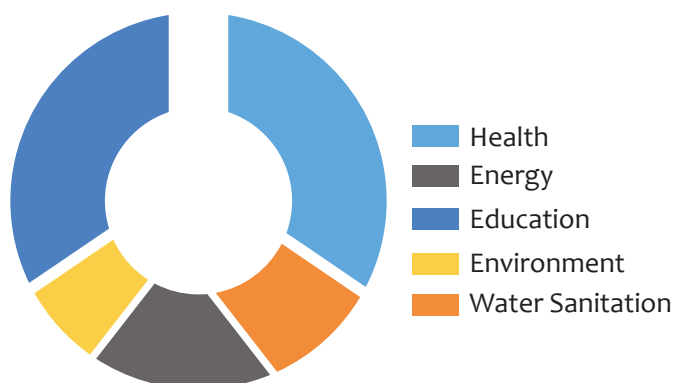
Energy Management App:



The app, created in partnership with Crestflow Energy and Creative Cram, comes with pay management server/data center for hosting background information on energy usage. It can be used as a PAYG tool for renewable/minigrad energy projects in africa for promoting clean alternatives to fossil-based fuels. The app supports customer registration, vending and online monitoring of energy consumption.

Its smart data analytical parameters enable users to be in control of their energy usage and allow administrative roles to be transparently conducted. Its integration with third party payment platform-Paystacks enables users to recharge their solar or other alternative energy sources from the comfort of their homes.

This app is to be utilized in our future projects of scaling up energy access in off grid communities as a way of alleviating rural poverty and improving means of livelihood for the locals.



Board of Trustee Profiles



Lynda Ike

Lynda Ike graduated with a B.Sc. Pure and Industrial Chemistry (First Class Honors) from Nnamdi Azikiwe University, Nigeria with an M.Sc. in Environmental and Energy Management from the University of Twente, Netherlands. She is a certified Chemist with the Institute of Chartered Chemists of Nigeria (ICCON) and the author of the book called '21'.

She has rigorous training in current best practices in sustainability, environmental protection, future-oriented organizational development policies and has been trained by United Environment Program (UNEP) on Clean Development Mechanisms (CDM).

She has successfully conducted different outreaches including a Community Development Service in Bayelsa State where she received a State Award for erecting a school signpost for a UBE assisted Primary School. Other projects conducted include rehabilitation of the school toilets and provision of First Aid Kits for emergency health care for pupils.

Prior to her 12+ years of experience in both public and private sectors, which has contributed to her familiarity with global, local policy developments and sustainability initiatives. With these, she has been able to coordinate CrestAid Foundation in partnership with her team members to forge initiatives and projects for positive changes in the society.



Osuebi Chukwuma

He is a barrister with over 15 years experience principal partner of C. A. Osuebi & associates. He has worked as State Counsel in the ministry of justice osogbo, Osun State, Corporate Law Associate & Partner St, Dominic & Company, Assistant National Co-ordinator: Justice Development and Peace Commission, Attorney: H.C. Onuoha & Partners.

He obtained the degree of Bachelor of Laws(L.L.B) from University of Uyo Akwa Ibom State. BL (Barrister at Law):Nigerian Law School Bwari Abuja Nigeria he was called to the Nigerian Bar on 13th October 2000 and Enrolled at the Supreme court of Nigeria on 17th October 2000. He is also Graduate member of Institute of Chartered Secretaries and Administrators of Nigeria (ICSAN) and an Associate, of Institute of Chartered Secretaries and Administrators of Nigeria (ACIS).

Osuebi Chukwuma Azuwuogu. Esq has Certificate in Mediation Skills Training by the Lagos State, Multidoor Courthouse (LSMDCH), Certificate of Registration with the Financial Reporting Council (FRC).

Board of Trustee Profiles



Chidi Ike

Chidi Ike is a seasoned Electrical Engineer with First Class Honours from the Federal University of Technology, Minna, Nigeria. He was accorded a Korean Government Academic Scholarship to study Msc. Engineering: Interdisciplinary program in Technology Management, Economy and Policy (TEMP) with specialization in International Energy Policy from Seoul National University, South Korea.

He has ample skills in Energy Economics with over 14 years experience with the public sector and has bagged several awards including Ministerial Award for outstanding staff. With his vast trainings in Energy systems and policies, he has participated in several international publications and conferences in related topics.

Trainings and workshops attended include but not limited to; Fiscal Policy and Applied Econometrics /Statistical Analysis, Relief and Flare Systems, Petroleum Economics Program and Nuclear Energy. His role in CrestAid Foundation is majorly advisory on matters relating to energy transition models and strategies to enhance rural electrification. His contributions to the foundation are specifically hinged on his unparalleled commitment to humanitarian initiatives and deep philanthropic vision to forge a better society.



Chukwuemeka Ike

A consummate Business improvement professional with bias for Corporate Strategy development and Organizational Excellence. His career has been an exemplary one with over 17years and counting in the oil and gas industry.

He has actively represented his organisation in several editions of GASTECH, NOG and the World Gas Conferences. He has also participated in several trainings, some of which include Development Planning and Management by IMA Brighton UK; CSR Masterclass London, Advanced Event Planning and Management Dubai, UAE and Project Development, Kuala Lumpur, Malaysia.

Through this time, he has handled several portfolios ranging from Development Advisory, Community Liaison and Development, Government and Public Relations as well as Project Management.

He is a practicing Rotarian, a renowned lover of people, who has pioneered several philanthropic works and humanitarian investments in both private and public capacities. He believes in people and community empowerment and is a promoter of social and economic advancement for the benefit of the majority; a key quality which has yielded enormous benefits in the foundation.

Program Director



Sylvia

Sylvia is the Program Director at CrestAid Foundation. She is a trained Business administrator with varied experience in managing/leading community based developmental initiatives. She has worked with the Katsina Rural Water Supply and Sanitation Agency (RUWASSA), where the relevant skills and experience needed to lead a Water Sanitation and Hygiene(WASH) Programme were acquired.

She has volunteered to work with Women Empowerment Organization (WEEO) to support them in triggering some communities in understanding the risk associated with Open Defecation and supported in training girls and women on Menstrual Hygiene Management (MHM). As a Programme Officer with Gender Equality Reduction Initiative(GERI), She worked with EU/UNICEF as a resource person in planning and implementation of WASH activities in communities in Kano, Katsina and Jigawa States.

She has worked as a Senior LGA Field Officer/Facilitator under the UNICEF supported program on Water, Sanitation and Hygiene (WASH) in Nigeria through DELOITTE Company. Other experiences include WASH-COM formation, CLTS Triggering, Hygiene promotion in communities, Primary Health Centres and in/through schools, Menstrual Hygiene Management, Water Safety Plan, WASH convergence and Open Defecation Free (ODF) Certification among others.

Volunteer



Daniel Bright

Daniel Bright joined Crestflow Energy Ltd in February, 2018 in his role as the Account Officer he oversees the Accounts Department and also volunteered as a Program Director for CrestAid Foundation. He has years of working experience in Auditing, Accountancy and Finance. Having worked in Nigerian – German Business Association as PA to the Chief Financial Officer, later as an Account Officer.

Prior joining Nigerian – German Business Association He worked in Bibian Internal day and Boarding School as a Bursar and Managed the Account Department for 2 years.

He has a Post Graduate Diploma (PGD) in Customer and Relationship Management, also member of Chartered Institute of Customer and Relationship Management (CICRM). His passion for technology poised him to dive into IT industry where he acquired the knowledge of website hosting and management, Peachtree accounting Application, Sage Evolution Accounting Application, and Statistical Package for the Social Sciences (SPSS) and Internet Proficiency User (IPU) from Air link Computers.

Pica Eating Disorder & Anemia



Pica is a psychological disorder characterized by an appetite for substances that are largely non-nutritive. Subtypes are characterized by the substance eaten:

- Acuphagia (sharp objects)
- Amylophagia (purified starch, as from corn)
- Cautopyreiophagia (burnt matches)
- Coniophagia (dust)
- Coprophagia (feces)
- Emetophagia (vomit)
- Geomelophagia (raw potatoes)
- Geophagia (earth, soil, clay, chalk)
- Hyalophagia (glass)
- Lithophagia (stones)
- Metallophagia (metal)
- Mucophagia (mucus)
- Pagophagia (ice)
- Plumbophagia (lead)
- Trichophagia (hair, wool, and other fibers)
- Urophagia (urine)
- Hematophagia (vampirism) (blood)
- Xylophagia (wood, or derivatives such as paper)

This pattern of eating should last at least one month to meet the time diagnostic criterion of pica. Complications may occur due to the substance consumed. For example, lead poisoning may result from the ingestion of paint or paint-soaked plaster, hairballs may cause intestinal obstruction and Toxoplasma or Toxocara infections may follow ingestion of feces or soil.

Pica may lead to intoxication in children, which can result in an impairment of both physical and mental development. In addition, it may cause surgical emergencies to address intestinal obstructions, as well as more subtle symptoms such as nutritional deficiencies and parasitosis.

Pica has been linked to other mental and emotional

disorders. Stressors such as emotional trauma, maternal deprivation, family issues, parental neglect, pregnancy, and a disorganized family structure are strongly linked to pica as a form of comfort.

People practicing forms of pica, such as geophagy, pagophagy, and amylophagy, are more likely anemic or have low hemoglobin concentration in their blood, lower levels of red blood cells (hematocrit), or lower plasma zinc levels. Specifically, practicing geophagy is more likely to be associated with anemia or low hemoglobin. Practicing pagophagy and amylophagy is more highly associated with anemia.

Additionally, children and pregnant women may be more likely to have anemia or low hemoglobin relative to the general population. More recently, cases of pica have been tied to the obsessive-compulsive spectrum, and a move has arisen to consider OCD as one of the causes of Pica.

Pica is currently recognized as a mental disorder. Sensory, physiological, cultural, and psychosocial perspectives have also been used by some to explain the causation of pica. Mental-health conditions, such as obsessive-compulsive disorder (OCD) and schizophrenia, have been proposed as causes of Pica.

Treatment for pica may vary by patient and suspected cause (e.g., child, developmentally disabled, pregnant, or psychogenic) and may emphasize psychosocial, environmental and family-guidance approaches; iron deficiency may be treatable through iron supplements or through dietary changes.

If you need help in overcoming Pica, schedule a private consultation with us for a guidance on how to walk through your challenging cravings.



2021 in Focus:

The Making Of Champions Course!



Ejike Nwuba

CrestAid in partnership with a RenaissanceAfrica is to develop a personal development and leadership training course to help young people in Africa to find themselves early, and develop and maximize their innate potential.

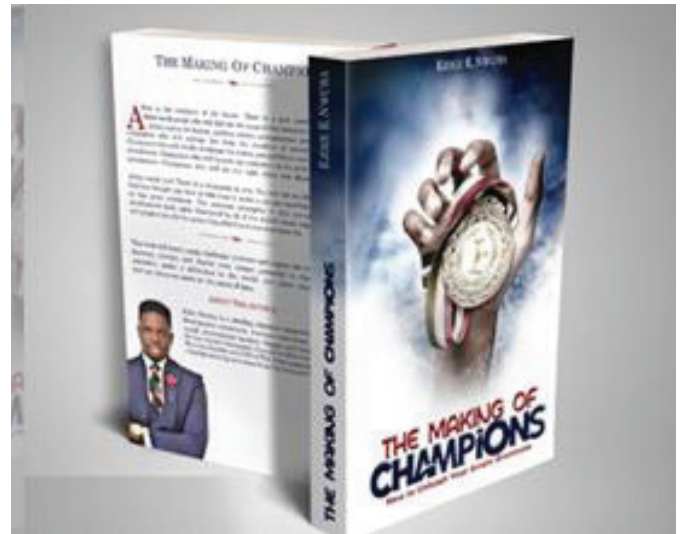
I released a personal development and leadership book on the same theme which God inspired me to write back in 2011. The first manuscript was written in 2011, and underwent several iterations for 10 years.

Finally, the book, THE MAKING OF CHAMPIONS: How To Unleash Your Innate Greatness, was released in the latter part of last year to an overwhelming reception.

Today, with deep gratitude to God, I am super-delighted to introduce the life-changing personal development and leadership training program we have developed from this powerful book since 2018 (before the book was released), to unlock the greatness in our young people in senior secondary schools and tertiary institutions, namely: THE MAKING OF CHAMPIONS COURSE.

We are honored and grateful to partner with The Association Of Christian Schools International (ACSI) and CrestAid Foundation , on this journey to take this massively disruptive life-transforming training program to high schools across the African continent.

ACSI is an international organization and network of school proprietors orchestrated to promote Christian

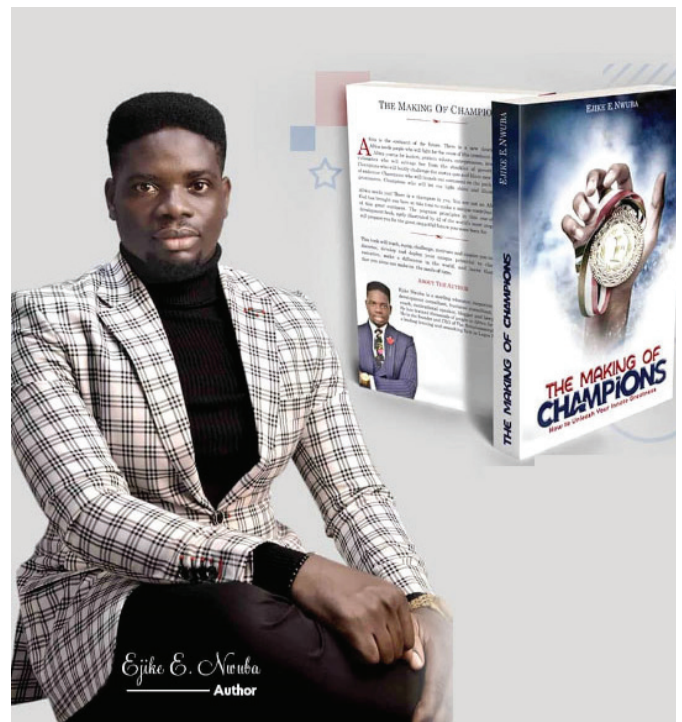


values and education in schools with headquarters in Colorado, USA, and with chapters in 104 countries.

We urge school proprietors to SIGN UP quickly - as we have too many schools to serve and limited personnel.

We urge parents to encourage their children's schools to quickly sign up for this program.

Ejike Nwuba, LL.B (Hons.), BL
Founder & CEO, RenaissanceAfrica
www.renaissanceafricatd.com



2021 in Focus:

Youth Development Through Taekwondo: Selected Good Practices



Our Youth/children TaeKwondo Program will offer a healthy balance of character development, physical education and skills training for youths and children. The training bar is set high as we believe in cultivating confidence and maximizing individual potential. Our classes will offer a structured, positive and healthy environment for children and youths to get a strong start on life.

Self-defense is a core component but we believe in and always encourage a non-violent resolution to conflict when possible. Classes would be conducted in a traditional setting where discipline, respect, integrity, responsibility and self-control are all nurtured. Children will have fun, but at the same time are challenged to work hard, persevere and ultimately achieve goals. Self-respect and self-confidence come from the truth of consistent earnest efforts, and the skills that are acquired as a result of those efforts.

Taekwondo is a traditional and practical martial art that originated in Korea and translates literally as, way of the foot and fist. Put simply it is a system of kicks and punches, but Taekwondo also holds a much deeper meaning beyond that of its literal translation; it implies discipline, control and connection (or harmony) of the body, mind and spirit. Taekwondo is a traditional martial art, a practical method of self defense and an Olympic sport.

The training curriculum includes Bully Defense, Boxing, Kickboxing and Jiu Jitsu. Character development is a core component of our system. Contact us to learn more and to schedule one free class with a free uniform.



Wash Intervention in Schools, Hospital & Communities: The Wateraid Project



This project is a synthesis of Integrated and WASH service delivery programs with focus on improving sustained access to safe drinking water, improved sanitation and hygiene behaviors in schools, health facilities and communities. The project will support both Government Authorities and private organizations to reduce incidence of diarrhea and cholera and other wa-

2021 in Focus:

Wash Intervention in Schools, Hospital & Communities: The Wateraid Project



ter-related diseases affecting women and children in selected rural communities and schools by improving access to safe sustainable water using a systematic planning and implementation approach.

Activities include:

At school level:

- The project will integrate service delivery and capacity building to holistically strengthen the school environment to impact education outcomes (enrolment, retention, gender parity, attendance, completion, and performance).
- WaterAid project will support school administrators to develop annual WASH strategies and work plans that target and engage parents, School Management Committees (SMC), Parent Teachers Associations (PTA), teachers, pupils (through school health clubs) in school WASH programs.
- The project will construct and rehabilitate hand dug well or tube well/borehole capable of delivering sufficient water at all times for drinking.
- The package will support the integration of Menstrual Hygiene Management (MHM) in schools through construction and demonstration of appropriate washrooms for girls in schools, through life-skills training and hygiene education.



At community level:

- Support the delivery of safe water supply ,improved community sanitation through CLTS and hygiene services to purposely enhance behavior change.
- Support the construction/rehabilitation of water points such as hand-dug wells, boreholes, and water quality analysis and treatment mechanisms etc., in rural communities.
- This project will also have a capacity development component wherein community structures like natural leaders, CLTS facilitators, private sector artisans that retails in sanitary materials will be established and/made functional to promote sustainability.
- In schools and communities, the project will focus significantly on hygiene behavior change through PHAST approach. Community Health Volunteers will be trained to promote hygiene in a participatory way.
- Through CLTS approach, WaterAid will seek to support communities to become ODF communities through the construction of household latrines with adequate supply of water to facilitate hygienic anal cleansing and hand washing in order to mitigate the transmission of faeco-oral diseases.



Be the Change

“ In a world where everyone sees blending in as easy, dare to be different!

Sponsorship & Partnership?

“ I would like to donate the following services:

- | | |
|---|---|
| <input type="radio"/> Education For All | <input type="radio"/> Awareness for environmental stewardship |
| <input type="radio"/> Water & Sanitation | <input type="radio"/> Free Medical Outreach |
| <input type="radio"/> Energy management App | |

Volunteer?

“ I would like to volunteer for the following services:

- | | |
|---|---|
| <input type="radio"/> Education For All | <input type="radio"/> Awareness for environmental stewardship |
| <input type="radio"/> Water & Sanitation | <input type="radio"/> Free Medical Outreach |
| <input type="radio"/> Energy management App | |

Name: _____

Contact Name: _____ Phone: _____

Address: _____

City : _____ State : _____

Zip : _____ Email _____

