Hello,

It’s good to know you’re here for our inaugural weekly Newsletter!

We’ve had a pretty therapeutic week at the Nigerian Feminist Forum from the Pearl Lily Wellness and Psychosocial Retreat for Feminist Frontline Service Providers. #NFPearlLilyRetreat2021.

The retreat held at the serene International Institute of Tropical Agriculture (IITA) in Ibadan, Oyo State.

The COVID19 pandemic, brought about worldwide uncertainties, unpredictability and unprecedented chaos. Women bore the brunt, as the increase in sexual and gender-based violence was one of the pandemic’s tripling effects. In Nigeria, our reality is simple, women have been at the forefront of the pandemic’s response, and roughly make up 50% of the health workforce in Nigeria. They have worked assiduously advocating for policies that will include women in decision making positions to speak on issues concerning us as women as well as policies that seek to advance the rights of women and girls. It has been eighteen months since the start of the pandemic which has claimed millions of lives, and we are still struggling to adapt to the change it has brought upon us, the world has tried to adjust to the new normal and with the advent of the Covid19 vaccines, there is a renewed hope that the world will open up in due course.

Supporting survivors of gender-based violence, especially sexual can be tasking and traumatizing. Providing support ranging from mental, psychological, financial, and even shelter is exasperating.

The result is Feminist frontline Service Providers carry a share of the hurt from the pain survivors carry as scars psychologically.

As part of our bid to encourage a feminist healing space and self-care, the NFF held a two-day wellness and trauma retreat for feminist activists who work in the areas of violence against women and girls. This wellness retreat program built on ideas that
have been conceived and well thought out by the movement, as over time we have heard feminists voice the fact that they are exhausted and in need of safe spaces to regenerate, self-reflect, heal, refuel, build, learn more durable strategies of self-care, sustain hope, and find ways to incorporate all these into the activism and also their various organizations.

The two-day wellness retreat focused on holistic mental, and psychological healing, as well as provided a structured initiative that supported activist wellbeing and rejuvenation, as participants were allowed to go through a healing and rejuvenation that enhanced lots of self-reflection and a healthy pause from the stress of their feminist activism.

Executive Director of Alliances for Africa and a Steering Committee Member of the NFF, Ms Iheoma Obibi brought her wealth of experience in psycho-social training to bear. It was refreshing to have feminists participate in yoga, meditation, and unburdening to heal.

NFF National Coordinator, Ms Blessing Duru was on hand to provide support and relaxing atmosphere as a co-facilitator for Feminist’s healing.

Feminist frontline providers selected for the retreat were full of appreciation. One of them, Pearl Okoroafor took to her Facebook page to post “Trauma retreat for Frontline responders at IITA Ibadan. We’re healing already. Thanks to NIGERIA FEMINIST FORUM”.

It wasn’t the regular retreat; it was strictly therapeutic, with lots of music, games, and healing sessions for the Feminist frontline providers who left the Ibadan venue rejuvenated to continue with their services but without the baggage of hurts accumulated over the years.

That's the size of our newsletter for the week.

Remember, you can reach out to us with questions or suggestions. See you next week.

Cheers!

**Angela Nkwo,**

**Communications Officer**

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NFF in the News:


NFF Calls for End to Killings in South-east [THISDAYLIVE](https://www.thisdaylive.com/index.php/2021/06/04/nff-calls-for-end-to-killings-in-south-east/)

NFF Raises the Alarm over Rising Violence against Women, Girls [THISDAYLIVE](https://www.thisdaylive.com/index.php/2021/05/09/nff-raises-the-alarm-over-rising-violence-against-women-girls/)