



www.livingafresh.org



Welcome MESSAGE

Welcome to Living Afresh Foundation (LAF), a non-governmental organization committed to uplifting the lives of individuals who have lost a spouse.

The Foundation deploys targeted, empathic interventions to enable beneficiaries move beyond their current circumstances to offering similar support to others.

Mrs Eka Sunmonu, Founder

Who WE ARE

Living Afresh Foundation (LAF) was formally incorporated in 2020 after two years of informal, active interventions in the lives of our pioneer network of over 100 individuals. To date (2023) our Foundation has uplifted over 300 individuals across three regions in Nigeria. We are determined to accelerate our efforts and keep expanding our reach in order to provide succor to a critical mass within the shortest possible time.

Our interventions so far indicate that majority of beneficiaries are between the age range of 35-55 years. This confirms National Statistics on the target group. It is therefore not surprising that the most recurrent challenges highlighted by our beneficiaries include financial/economic hardship, lack of educational support for children, absence of spouse's will resulting in loss of assets to relatives of the deceased, loneliness & depression, lack of role models & mentors for the children, poor housing, stigmatization, high level vulnerability to various forms of harassment, etc.

We are very mindful of these challenges and have carefully developed culturally and socially appropriate interventions that are targeted, impactful and sustainable.



What **WE STAND FOR**

V

VISION

To be one of the leading foundations in Africa, connecting beneficiaries to individuals/organizations worldwide who can provide targeted support, services and advocacy to move them beyond their current circumstances to actively supporting others within the network who have been in similar situation, thereby fostering a vibrant community of mutual benefit.

M

MISSION

To build a network of like-minded individuals and organizations dedicated to helping LAF beneficiaries alleviate the multi-faceted challenges associated with losing a spouse.

C

CORE VALUES

Transparency | Integrity | Confidentiality | Respect | Compassion | Courage

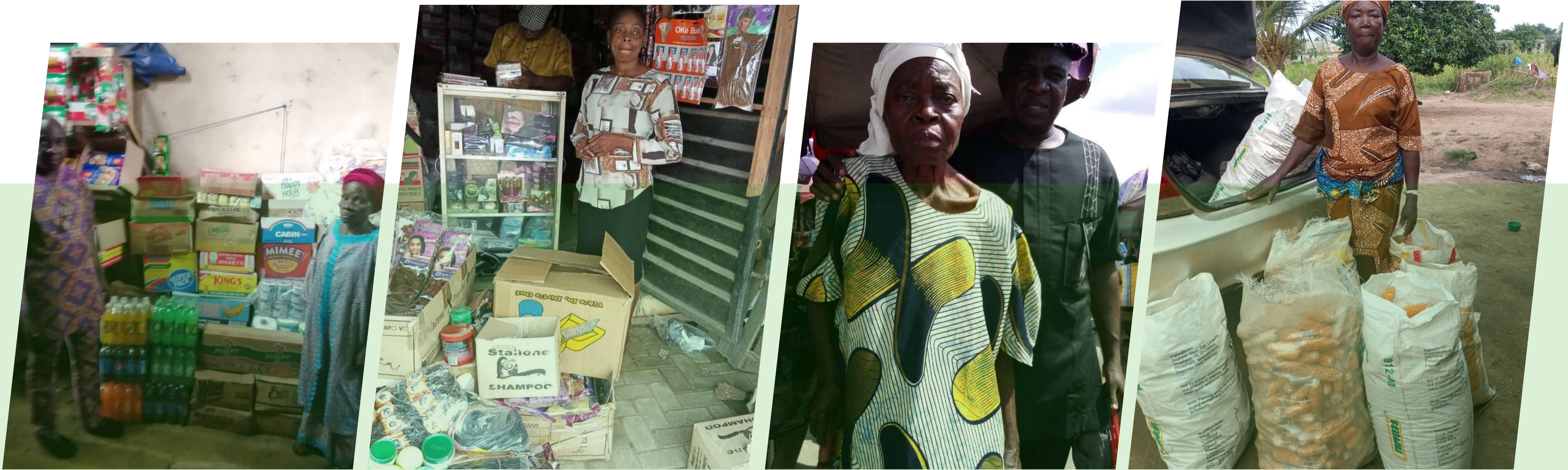
How WE OPERATE



Our work remains focused on individuals who fall within the target group mentioned previously. Beneficiaries are nominated to our programs by individuals or organizations through a rigorous verification process established by LAF.

Pre- and post-intervention questionnaire are administered to first establish a baseline condition/situation and thereafter verify impact of each specific intervention.

Furthermore, ongoing monitoring enables our foundation to remain closely linked to our beneficiaries in ways that ensure healthy, supportive and sustainable outcomes.



Interventions

01

GRIEF MANAGEMENT

Working with our partners, we provide professional counseling, mentoring and other related forms of support to help beneficiaries better manage their grief. Our counseling and faith-based services help address the emotional and psychological needs of beneficiaries. By so doing, we are building a community of recipients who will in turn share, counsel and mentor others in the safe space of our network.



02

LEGAL SUPPORT

We provide legal services to help beneficiaries manage legal matters directly related to the loss of their spouse, such as highlighting, explaining and assisting them to access their legal rights. These include inheritance, property ownership, child custody , etc.

Interventions

03

FINANCIAL/BUSINESS MANAGEMENT

We are dedicated to empowering our beneficiaries to achieve financial stability and business success.

Under this category, our coordinators accompany beneficiaries to procure goods for their specific businesses and the vendors are paid directly by LAF for such goods purchased up to the grant amount. Our model prohibits any form of direct cash transfer to beneficiaries.

Under our livelihood assistance programme, beneficiaries receive monetary support for pressing needs that require immediate solution. These needs include house rent, feeding the family, urgent medical bills, etc. We however always encourage beneficiaries to start and run businesses to ensure they have income or are credit-worthy for loans to support themselves and their family.

04

ADOPTION

One of our quick intervention strategies is to connect truly indigent beneficiaries to individuals and/or organizations that can adopt or take up responsibility for their wellbeing over a stipulated period. This adoption is strictly voluntary in nature. It could be financial, educational, medical, mentoring, coaching, housing, business sponsorships, etc. Partners also have the option of remaining anonymous if they wish to have no direct contact with their adoptees.

Interventions

05 SOCIO-CULTURAL ADVISORY

Depending on one's ethnicity and social status, navigating socio-cultural dynamics is sometimes the heaviest burden associated with widow/widowerhood. LAF is therefore committed to providing support to alleviate this multi-faceted burden and bring some respite to our beneficiaries, thereby reducing isolation and stigmatization, and promoting social inclusion.

06 EDUCATION

We provide educational scholarships and related assistance to qualified dependents of beneficiaries to enable them pursue their academic goals. Such scholarships are performance-based. LAF makes direct payments of fees and other related levies to educational institutions for the specified duration of each dependent's program of study.



Interventions

07 MEDICAL

LAF provides a fixed number of beneficiaries and up-to a maximum of 3 dependents with affordable health insurance coverage for a 3-year period. While this helps alleviate healthcare challenges of recipients for the duration, we strongly encourage beneficiaries to setup their own businesses so that they have the resources to continue funding their health insurance plan thereafter, and new beneficiaries can replace them in the scheme.

08 SHELTER

Occasionally, we offer short-term housing arrangements to beneficiaries experiencing critical cases of displacement, ensuring they have a safe and supportive place to stay while making their own permanent long-term arrangements.

09 OUTREACHES

Annual Medical outreach: free medical tests such as malaria, blood glucose, blood pressure, HIV, etc screenings. Identified cases are referred to our partners health professionals/institutions for further checks and treatments.

- Annual Charity outreach: visitations to orphanages and other charitable organizations remain a key aspect of our interventions. During these visits, in-kind donations of food, clothing, toys, equipment, etc. are made to support the smooth operations of such centers.

A Tale of Hope



TRACKING IMPACT IN FIGURES/ BY TESTIMONY

After my husband died, I thought there was nothing more to be here for. But had to hang in because of the children - just getting by without help, until I met the LAF team in Lafia and now I am inspired and empowered to dream again. Yes! My dreams are valid!

Sadatu L./ **Business Intervention**



300
Individuals in
4 years



5000
Target reach in the
next 6 years



35-55
Years, range of our
beneficiaries



8/3
In 8 states and 3
Regions in Nigeria



12/6
Target spread to 12 states
& all 6 regions in Nigeria

In line with/contributing towards the attainment of four of the



SDG 1: End poverty in all its forms everywhere

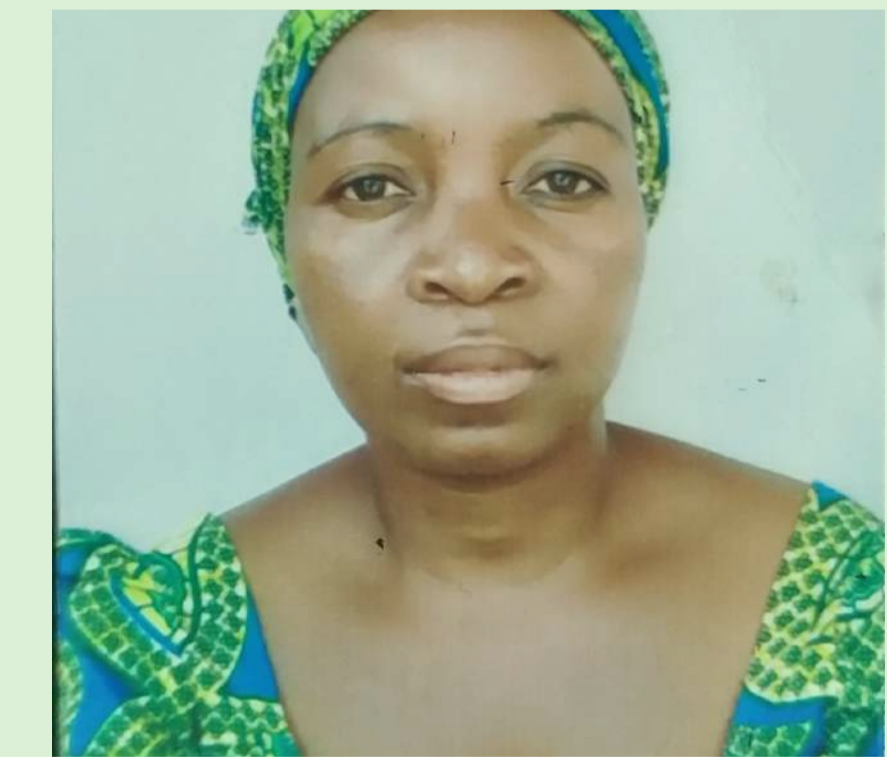
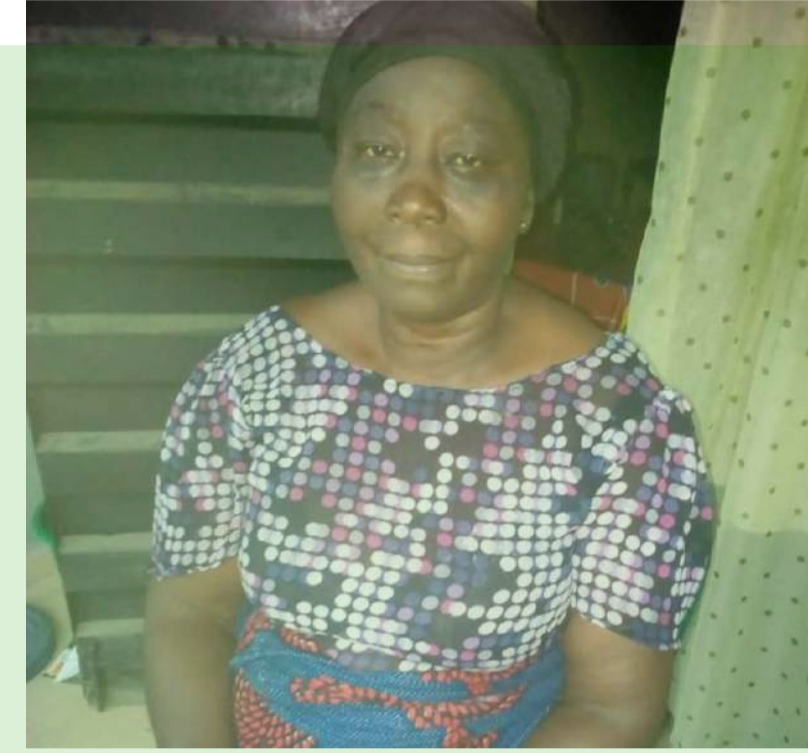
SDG 3: Ensure healthy lives and promote well-being for all at all ages

SDG 8: Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all

SDG 16: Promote peaceful and inclusive societies for sustainable development, provide access to justice for all...

GALLERY





Partnership/How to Participate

We welcome strong partnerships with individuals and organizations willing to contribute their time, energy and resources towards the achievement of our set goals. We sincerely hope you can join us on this journey!



Living Afresh Foundation (LAF) solicits your generous contributions in kind and cash. Kindly make all donations to:

Bank Name:- **Signature Bank/United Bank of Africa (UBA)**
Account Number:- **0123456789**
Account Name:- **Living Afresh Foundation**
Sort/Swift Code:- **076191257**

In-kind support:
Phone: (234)8110555670
Email: hello@livingafresh.org



Contact us



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