

Offa Metropolitan Club Completes N350mn Ultra Modern Medical Centre at Offa General Hospital



In fulfillment of its pledge to boost the delivery of high quality health services to Offa community and environs in Kwara State, Offa Metropolitan Club (OMC) has completed the ultra modern Medical Centre at the General Hospital, Offa at a whopping cost of N350 million which is about 133% higher than the earlier estimated cost of N150 million when the project was embarked upon in October 2020. The implementation of the project also stretched beyond the initially estimated duration of six months. Hence the centre could not be commissioned in April 2021 as earlier envisaged.

The increases in the project cost and implementation period were attributed to some external factors beyond OMC's control and the Club's decision to expand the facility into a full fledged medical centre that would be equipped to offer some specialised medical services that are currently not being rendered by existing public and private health delivery institutions in Offa and neighbouring communities.

The external factors include

rising cost of building materials and the unanticipated global supply chain disruptions caused by COVID-19 as some of the construction inputs and medical equipment had to be imported.

The Club's leadership and Offa's community leaders who paid several visits to the project whilst under construction expressed satisfaction with the quality of work and subsequently praised the Project Consultant Architect Taofik Popoola of Artec Practice Ltd as well as the contractor and others involved with putting up the building for delivering a world class facility.

The commendations were conveyed mainly by OMC's President, Dr Sarah Alade, the Chairman of OMC's Board of Trustees (BOT), Dr Funsho Oladipo and the club's Vice President, Chief Lawal Rabana (SAN) when members of the Executive Committee embarked on two major working visits to the site on 26th June 2021 and 30th October 2021.

During the first working visit in June Dr. Alade expressed her delight with the progress made by the contractor and affirmed

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GOVERNOR ABDULRAZAQ TO COMMISSION OMC'S N350MN MEDICAL CENTRE

Governor Abdulrahman Abdulrazaq of Kwara State is expected to commission, in early 2022, the state of the art, N350 million Medical Centre at the Offa General Hospital that was constructed by the Offa Metropolitan Club.

It is OMC's plan that the Medical Centre, which is the first of its kind in Offa, shall be equipped with specialized medical screening and diagnostic facilities such as a medical laboratory for carrying out various tests, an imaging unit fitted with machines for X-ray, CT scan and magnetic resonance imaging.

Also to be provided are a

dedicated transformer, a standby generator, a solar power system and other numerous gadgets required to facilitate the delivery of world class medical services.



OLOFA OF OFFA COMMENDS OFFA METROPOLITAN CLUB FOR DONATING MULTI MILLION NAIRA MEDICAL CENTRE



The OMC's just completed N350 million Ultra Modern Medical Centre has continued to earn the club several accolades from within and outside Nigeria for its monumental accomplishments within two years of its formation.

The most recent endorsement came from the Olofa of Offa, Oba Mufutau Gbadamosi Esuwoye 11 who praised OMC for meeting the crucial needs of the people of Offa community by constructing the multi-million naira medical centre. He showered encomiums on OMC during his surprise visit to the project site on 26th June 2021. The monarch urged other clubs in the town to emulate OMC in order to fast track the socio-economic development of

the town noting that, "government alone cannot do everything, it behooves on the people of the town to support the government so as to advance the needs of the people."

The Olofa also appreciated Kwara State Governor, Abdulrahman Abdulrazaq for his approval that made it possible for Offa Metropolitan Club to collaborate with his government in providing succour to the people through the project, noting that it will benefit the people of Offa and Kwara State in general. Oba Gbadamosi said the community would remain grateful to the club, pointing out that its footprints will never be erased in Offa and the State at large.

that OMC through the mega developmental initiative was indeed positioned to make the difference in Offa's development.

On his part the BOT Chairman Dr. Oladipo was highly impressed with the quality and standard of the facility that is expected to be a hub of excellent medicare not only in Offa but also within Kwara south as well as adjoining communities and states.

In the course of the working visit by OMC's leadership, His Royal Majesty The Olofa of Offa Oba Mufutau Gbadamosi Okikiola Ilufemiloye Ajagungbade I Esuwoye II paid a surprise visit to the construction site.

Kabiesi who was also conducted round the mega medical centre was highly elated by the progress made. He commended the leadership of OMC and all members for their giant

developmental strides in Offa town. Dr. Alade thanked His Royal Majesty for the visit and his interest in the project.

OMC's Vice President, Chief Lawal Rabana (SAN) led the Executive Committee's pre-handing over visit to the project site on 30th October, 2021 during which the Project Consultant, Architect Popoola was requested to ensure implementation of some of the suggestions that were made regarding some sections of the complex especially the need to make provision for where the Magnetic Resonance Imaging (MRI) equipment would be accommodated.

In summary, Architect Popoola and his team members were similarly commended for the fast pace of work done between 26th June 2021 when the first working visit was undertaken and their visit on 30th October 2021.



SHIFTING REALITY: PRODUCTIVE WOMEN IS FUNDAMENTAL TO NIGERIA'S ECONOMIC SUCCESS BY MUIBAT IJAIYA

Those born in the 60-70s grew up thinking Nigeria will keep developing. Sadly, 50+ years later many would say we have regressed. One fundamental constraint on the nation's development is poor utilisation of one of its greatest assets: the untapped potential of women!

Female make up 49.32% of Nigeria's population, and 1 in 4 women in sub-Saharan Africa is a Nigerian. According to McKinsey Global Institute, gender parity in Sub-Saharan's workforce has the potential to increase the continent's GDP by \$721 Billion; that is a 43% impact on Africa's GDP. For Nigeria, by 2025 the female multiplier effect translates to an increase of at least \$200bn in GDP from a base of \$433bn. This is significant, but shockingly backed with the excuse of 'it is our culture', we have been underutilising this fundamental asset, and to an extent marginalising it!

Along our long history, we have forgotten the transformational economic, political and reputational benefits that were gained from having women as leaders. If only, we have in mind the triumphant phenomena that shifted the realities of kingdoms under the leadership of Moremi Ajasoro of Yorubaland who hailed from Offa and Makeda the Queen of Sheba as well as the warrior queens like Amina of Zazzau, Nzinga of Ndongo & Matamba, Yas Asantewaa of Asante, Kandake of Ethiopia, and Nandi of Zulu Land, we would ensure that our women are not only productive but equipped and

enabled to lead.

Offa is a knowledge power house founded on strong community development. We dance to our own tune and lead in shaping our culture. We invest in education and encourage economic participation. It is time we kick-it up a notch. Afterall, we know that deliberate strategies pay off when well executed. It is really of no surprise that the deliberate strategy to invest in Science, Technology, Engineering and Mathematics (STEM) by India has resulted, 10-15 years later in over 70% of the systemic global technology companies having CEOs of Indian origin. So, when the time comes and Nigeria is ready for a female president, it is only right for women from Offa be among top contenders.

To be at the table, we need to start now. So as OMC, if we are looking for the next initiative after the Ultra Modern Medical Centre, our next project should be deliberate in nurturing the women of Offa into future leaders in Politics and Business. This should include:

- i. Increasing female's access to STEM education.
- ii. Enabling access to finance to support enhanced productivity of female owned Small and Medium Enterprises.
- iii. Encourage and enable improved female representation in Politics and Business
- iv. Advocating for legal protection and security for women and children.
- v. Improving access to healthcare and childcare facilities.

OMC EXCO MEMBERS AT WORKING LUNCH IN OFFA



After visiting the site of the Ultra Modern Medical Centre in Offa on 26th June 2021 members of OMC's executive committee proceeded to Awrab Suites where they had further discussions on the project's implementation while having lunch.

OFFA METROPOLITAN CLUB—HOW TO MAKE A DIFFERENCE BY WAHAB SHITTU

INTRODUCTION

It was the great and ancient Greek Philosopher, Heraclitus who stated that "The Only Constant in Life Is Change." He also quoted that "all things pass and nothing stays, and comparing existing things to the flow of a river, he says you could not step twice into the same river." These age long postulations have stood the test of time and remain even more valid within the context of our contemporary realities. Change is the only constant in life and to effect positive change, one must think of how to make a difference. In ordinary parlance, to make a difference means "to have a significant effect on a person or situation" "to cause a change" "to do something that is important" "to do something that helps people or makes the world a better place"

The Offa Metropolitan Club, in unionism with the ideals of making a change has come together to solemnly advocate for change and positive impact within and among the people of Offa. The glaring question that must be answered by any well meaning Citizen of Offa or indeed anybody desirous of impacting positively in others is "How can I make the difference?"

Another question that is pertinent to ask is, "why is it important to make a difference? The simple answer to this is that apart from the positive impacts in others that may be occasioned by making a difference, it makes us feel validated within ourselves. It makes us feel important. No matter where we are in our life, no matter what type of schedule we currently have, there is always a way to make a difference in somebody's life.

HOW TO MAKE A DIFFERENCE IN THE WORLD

1. Having a direct impact

As an individual or as a group of individuals who have come together to pursue a common cause, we must always think first of how to have direct impact and make a difference with our work and professions in order to effect positive change in the society. The Offa Metropolitan Club has done admirably well in this regard through different projects being sponsored by the club and much is still expected to be done in the near future.

2. Supporting a positive-focused company

Not everyone is meant to do a job that has a direct positive impact. Another way to make a difference with your work is by supporting a company or organization that's making a difference. You might be an accountant, for example, working with a non-profit or a company where making a difference (for example, through sustainable practices, volunteer programs, community outreach, a commitment to a supportive employee culture, etc.) is woven into the company's values and actions.

3. Mentoring and transferring knowledge

Even if you aren't working directly to make an impact or working with an organization that is, you can still find ways to make your job more meaningful. It starts with a simple question: "Who needs help, and how can I help them?" Mentoring, whether formal or informal, is a classic and feasible example.

Do you have knowledge that someone newer to the picture could benefit from? Could what you've learned about the way things work at your organization help a newcomer navigate their way to success? Is there any how-to knowledge you can pass along?

4. Fostering community

Not all the ways you can make a difference with your work are directly related to your job description. In fact,

many aren't. For example, anything you do to improve the work environment for yourself and others will have a positive impact.

One way to do this is by helping to build a sense of community and connection. In a corporate setting, unless you're part of senior management, you don't have the power to steer the whole company culture, similarly in a political setting, unless you are part of the policy makers, you may not have the power to influence the community but you can have an impact on your immediate surroundings. One way to foster a sense of community is to simply instigate chances for people to connect carry out community development services.

5. Showing up positively

Sometimes making a difference is simply a matter of how you choose to show up. Look for ways to be proactively positive in an authentic way. Admire someone's work on a project they just completed? Tell them. Commend the leaders when they have done well and constructively criticize them when they are not living up to expectation.

6. Refusing to contribute to the negative

On the flipside, sometimes making a positive impact requires a little addition by subtraction. Refuse to contribute negativity to your environment. If there's a group of complainers that regularly focus on negatives, resist the urge to join them. Complaining with no action to make a change is a toxic habit. If you need to be critical, make sure you're doing it with a constructive purpose, not just because you're irritated or worse yet, because it's habitual reaction.

7. Finding the meaning

This last idea is less about doing anything different to make a difference and more about recognizing the difference you're already making. Whatever your work, it can feel more meaningful if you can see what you're contributing to. That increased sense of meaning might be significant, or it might be slight.

Start by asking questions. Who benefits from what I'm doing? How is the situation better because of what I'm doing? How does what I'm doing impact what the society is focused on? Who can be more productive because of what I'm doing? Who benefits indirectly from my work? What outcome does this enable someone else to achieve?

A great place to start putting some of these ideas to use is to take a look at your job and ask, What difference am I making here? What difference could I make here? What difference am I interested in making here? Use the different categories listed above to guide your explorations. Ask those questions on a regular basis, maybe weekly or monthly. Better yet, bring others into the exploration and have regular conversations about it.

The more you focus on making a positive impact, the more opportunities you will recognize, and the more potential you will have to experience a sense of meaning in your work.

HOW CAN INDIVIDUAL CONTRIBUTE TO BRINGING CHANGE IN SOCIETY?

Inspire Others: One of the most important things that one must do in order to bring about a change in the society is to inspire others. Therefore, you must create awareness among other people and inspire them about why they must also contribute towards making the society a better place to live in. Impact, According to the United Nations implies changes in people's lives. This might include changes in

knowledge, skill, behaviour, health or living conditions for children, adults, families or communities. Such changes are positive or negative long term effects on identifiable population groups produced by a development intervention, directly or indirectly, intended or unintended. These effects can be economic, socio-cultural, institutional, environmental, technological or of other types. Positive impacts should have some relationship to the Millennium Development Goals (MDGs), internationally-agreed development goals, national development goals (as well as human rights as enshrined in constitutions), and national commitments to international conventions and treaties.

The European Commission defines impact as "all the changes which are expected to happen due to the implementation and application of a given policy option/intervention. Such impacts may occur over different timescales, affect different actors and be relevant at different scales (local, regional, national and EU). In an evaluation context, impact refers to the changes associated with a particular intervention that occur over the longer term.

An impact can be intentional or non-intentional, direct or indirect, positive or negative, short-term or long-term. Measuring impact means using numerical, quantitative data. It's important to frame the context of the impact desired or being analyzed to interpret the data correctly and to establish correct cause-effect relationships. Impact, from a broader perspective, isn't often just the effects of a given action or program but rather the result of multiple causes.

When it comes to business and entrepreneurship, transparency around impact measurement is unquestionably in the spotlight. Investors, executive boards, managers, employees, funders and communities everywhere are demanding proof of impact. They are trying to understand whether their money, time and energy are making any difference. This approach should be transmitted into the socio-political and cultural settings. The people with whom power truly resides should collectively strive to achieve more for the development of the society for posterity. It is therefore imperative that economic, social and environmental value organizations create and define their tools and frameworks for measuring their impact.

Our society continues facing various challenges like poverty, illiteracy, unemployment, child labour and much more. There is still a major section of the society who are deprived of the basic necessities of life. A famous quote says, "Great changes in the society are always inspired and set in motion by one person. Be that person today". You as a member of this society can contribute towards bringing about a positive transformation in the lives of the deprived section of the society.

One of the most important things that one must do in order to bring about a change in the society is to inspire others. Bringing about a positive transformation in the society is not an easy task especially when problems and issues are deep-rooted in our society. It is a very obvious fact that you alone will not be able to change the society. Therefore, you must create awareness among other people and inspire them about why they must also contribute towards making the society a better place to live in.

Another means of inspiring Social Change is by observing. You will not be able to bring about a positive transformation in the society until and unless you have a detailed understanding of the problems and issues that the society is facing. Therefore, it is very important for you to

observe the various problems that the less privileged section of the society is facing in their day to day lives. You must act only after having a detailed understanding of the various issues our society is facing. Your keen observation will enable you to plan efficiently and act accordingly to make this society a healthier place to live in.

One must also be kind to others. Being nice to others costs nothing and it is one of the most important things that one can do to spread happiness, love and peace. You must always treat people the way you wish to be treated. Even a small attempt on your part can make this society a happier place.

Surround Yourself With Like Minded People. It is very important for you to connect with like-minded people if you wish to do something for the society. Interact with people who have the mindset to bring about a positive change in the lives of the less privileged people of the society. Work together in order to spread happiness among the people who need it.

HOW TO MAKE A POSITIVE IMPACT

Gandhi, Martin Luther King Jr. and Mother Teresa all left an irrevocable mark on humanity but you don't have to spend your days being a good Samaritan in order to make a positive impact on the world. There are seven billion people on this planet. What if more of us gave back, even in small ways? The effect of those billions of small gestures would be astronomical.

Did you know that most of the money given to various causes in the U.S. are given in small amounts by people in lower economic groups? Consequently, those are the causes that raise the most money and make a positive impact on those around us. These are the people who understand that giving, even when they seemingly have nothing to give, is the most valuable contribution.

THE IMPORTANCE OF GIVING BACK

When we give back, we create a ripple effect that goes far beyond those we help especially when we think we have nothing to give. We are operating out of an abundance mindset, telling ourselves and others that we believe our generosity will come back to us and that we will be taken care of. Instead of worrying about what's in it for us, we are instead grateful for the life we have and in a position to help others who are not as fortunate. Even small efforts can create impact and encourage others to be kinder, more forgiving and more willing to extend a helping hand.

FEED SOMEONE

Cooking, eating together or just sharing food are still some of the most powerful ways that humans connect with each other. Unfortunately, according to the USDA, 3.1 million households headed by single mothers are at risk of hunger. Though it may not seem like you're making a big impact on the worldwide hunger crisis, just feeding a few hungry people a week can make a huge difference in their lives. You can make an even bigger impact by chatting and making connections with the people you help feed.

Contact local homeless shelters or soup kitchens to find out what their food needs are and help the vulnerable poor in your area. Local Churches and Mosques are also great sources of information and they frequently sponsor food drives that make a positive impact. Reach out to other community groups in your area to see what's there. For example, you may find produce cooperatives that donate excess food to impoverished families, groups working to welcome refugees into the community with food-related events or charity groups putting on dinners or bake sales to support their goals.

BECOME A MENTOR

Being someone's mentor is a fantastic opportunity to make an impact – not just for them, but for you as well. Working with someone as their mentor allows you to hone your best skills, develop talent in your industry or art and create a lasting legacy. Anyone can be a mentor because we are all great at something. As a mentor, you get to help younger, less experienced people in your field who may have had less support and fewer resources. You can also make an impact on those of lower economic status and help them learn how to improve their futures, which is a sustainable form of making a positive impact.

To find ways to mentor others, focus on your strengths. If you'd like to work with people in your industry, look for professional organizations or opportunities through your employer. You can also research organizations in your area that provide mentors for children who need positive role models. By just listening and supporting a child, you can create impact that lasts for generations.

PAY IT FORWARD

Want to know how to make an impact in small but meaningful ways? Try paying it forward. When someone shows or demonstrates kindness to you, don't pay them back. Instead, pay it forward by offering kindness to others. Do a good deed or unsolicited favour for someone you know or even a total stranger. There are countless ways you can do something small that will make a positive impact on the person who receives it, and when you do, you inspire them to keep that good feeling going and pay it forward. It also helps you cultivate positive emotions and increase your own sense of fulfilment.

Pay for someone's coffee on the way to work. Look around your neighbourhood: Is there an older person or a single parent who could use some help with their yard work or a fence that needs mending? Keep a stash of gift cards with you and give them to people when you see someone who needs help or just a pick-me-up. Even letting someone go ahead of you during rush hour traffic or opening the door for someone can make a positive impact on their day. When you continually look for ways to act kindly toward others, it will open your eyes to the love and beauty that surrounds all of us.

5. PICK UP TRASH

Picking up trash in your community is a fabulous way to make an impact because it shows that you care about your neighbourhood and take pride in where you live and work. It also sets a great example for everyone around you and it makes people feel more comfortable in their community. Make it even more impactful by getting your family together to do the work side by side.

Start anywhere you think could use some sprucing up. You can make it your practice to keep your eyes open for trash and stop to get it when you see it. Or you can take a drive around your neighbourhood and see which areas need work. Maybe you can choose a park so that local children have a clean place to play. If you want to make a positive impact in this manner but feel stumped, reach out to a neighbourhood group, block watch, community liaison police officer or city council member to ask for suggestions on where to start.

6. VOLUNTEER

Being a volunteer lets you choose how to make an impact in your community doing something you care about or supporting a cause that matters to you. There is almost no limit to the ways you can volunteer.

9. DONATE CLOTHING

How many outfits have been gathering dust in your closet? If it's time for more space and less clutter, donate some clothes. You will assist people who are living in poverty and need a helping hand from a friendly stranger with little to no time or money expenditure. Sometimes an outfit that is in good shape and fits is all a person needs to change their limiting beliefs into empowering ones and get a job or promotion that will improve their life.

"Be the change you wish to see in the world." Most of us have heard this quote by Mahatma Gandhi and perhaps even been inspired by it. It's a beautiful sentiment and one that reminds us how everyone has the power to make an impact. But sometimes when we hear about so many global issues on the news, it can be difficult to believe that just one person can make a difference. Luckily, social change doesn't have to happen instantly or on your own. By working together with your community to change lives one day at a time, your actions can have a meaningful impact.

Want to Know How to Change the World? Start with One Person

At some point in our lives, most people find themselves declaring, "I want to change the world." We are all hardwired to help others, and altruism is a part of what it means to be human. This is what causes people to volunteer or dedicate their lives to something greater than themselves.

But meaningful or effective change isn't always instant

nor is it large-scale. Real impact can take months or years, and making the world a better place often means bettering it for a few people at a time. Every time you change just one person's world, you're starting a butterfly effect with the potential to improve lives for generations to come.

If you're not sure what you can do to help others, consider what "the something that you can do" is. Maybe you're a teacher and have noticed a child in your class is struggling to learn math. Or maybe you're a parent and want to teach your family how to help others through the power of community service. Because everyone's life is different, the opportunities you have to serve others are unique but essential for bettering the world around us.

Health Benefits of Giving Back to the Community

When we think about the benefits of helping others, our motivations are usually altruistic. But the benefits of volunteering, doing community service, and finding ways to help those around us also extend to ourselves. Our physical, mental, and social-emotional health all flourish the more we serve our local and global communities.

Happiness may seem elusive, but what makes our lives happy and fulfilled is a key topic in social science. And studies show that we're at our happiest when we make time for others. A team of sociologists tracked people over five years and found that Americans who rated themselves as "very happy" volunteered five or more hours a week, on average. Helping others gives us a neurological boost and strengthens our social bonds, both of which are a recipe for long-term happiness.

In terms of physical benefits, making a difference in your community can increase your lifespan. Researchers found that seniors who regularly served others lived longer, on average, than those who didn't. The reasons are complex, but in part because people who volunteer often report lower levels of stress and depression. And what's more, helping others can lower your blood pressure people who volunteer for at least 200 hours a year can decrease their risk of hypertension by as much as 40 percent.

And overall, giving back can help you find purpose and a sense of belonging. People who volunteer are more likely to feel like their lives have a purpose and are full of meaningful relationships. Rates of loneliness and isolation plummet the more we serve those around us. When we're helping others, we're helping the whole community including, as it turns out, ourselves.

Find like-minded people who are willing to help. Most ways to change the world depend on support even if you have life-changing ideas, you can't do it alone. But never underestimate the power of changing one person's life.

CONCLUSION

The discussion above centres on ways to make a difference. This is in line with the motto of Offa Metropolitan Club. The idea is to impact positively on the society using our different positions and means. The club has performed admirably well in this regard and this is a call for like clubs and organisation together with individuals to emulate and follow the precedent of Offa Metropolitan club in impacting positively and making a difference in the lives of Offa People.

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Motto

"Offa Metropolitan Club
Making The Difference"

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