

## Q1 NEWSLETTER 2025

## CONTENTS

### LADOL Celebrates International Women's Day 2025



International Women's Day (IWD) is an annual event which is celebrated all over the world. It is a day which recognises the achievements of women from all walks of life, and its message of inclusivity and gender equality have remained largely unchanged since its origins in the early 1900s. IWD was officially recognised by the United Nations in 1977, and since then the movement has grown from strength to strength.

International Women's Day 2025 was held on Saturday 8th March, and the theme this year was #AccelerateAction. As in previous years, LADOL marked the occasion with a large number of female members of staff taking part in the International Women's Day social media campaign. >



International Women's Day

#IWD2025 #AccelerateAction



Atinuke Balogun  
Administrative Officer, FZMC



Queen Aluko  
FBY Superintendent



Joy Nmor  
Compliance & Risk Officer



PAGE 3

LADOL ATTENDS  
INTERNATIONAL  
CIVIL DEFENCE  
ORGANIZATION DAY

PAGE 5

Q1 HEALTH FORUM -  
STRESS & FATIGUE  
MANAGEMENT



PAGE 7

LADOL &  
SHI-MCI OUTING

PAGE 8

QUAYSIDE ACTIVITIES

## LADOL Celebrates International Women's Day 2025

"LADOL is driving the achievement of the United Nations' 17 Sustainable Development Goals because this is the key to higher profitability and dividends for all stakeholders. Goal 5, Gender Equality, is essential to achieving all the goals, creating a peaceful, prosperous world. Happy International Women's Day" Dr Amy Jadesimi, LADOL MD.



**Josephine Oviomaigho**  
Senior Manager, HR & Administration



**Favour Uche-Iyamu**  
NYSC



**Edna Okoro**  
Head Cook



**Chisom Okonkwo**  
Administrative Officer (P&D)



**Eduje Russel**  
Corporate Finance Analyst



**Joy Mbadiugha**  
Junior Legal Superintendent



**Leah Abioye**  
Logistics Admin Officer



**Esther Akpan**  
Sanitary Officer



**Faith Odache**  
Administrative Officer (LEGAL)



**Dr Amy Jadesimi**  
Managing Director



**Queen Augustine**  
Sanitary Officer



**Christiana Imoni**  
Snr. StoreKeeper



**Agatha Udo**  
Sanitary Officer



**Tosin Bamigbola**  
HR & Admin. Supervisor



**Christiana Adelakun**  
Credit control Administrator within the  
Commercial & Procurement Department



**Adebisi Obalanlege**  
Finance Intern



International Women's Day

#IWD2025 #AccelerateAction



# LADOL Attends International Civil Defense Organization Day



This year's annual International Civil Defense Organization (ICDO) day was held at the Nigerian Security and Civil Defense Corps (NSCDC) parade ground in Abuja. And, as a stakeholder, LADOL Free Zone Enterprise was invited to attend, with Security Superintendent Afolabi Filani representing the company at the event. Other attendees included representatives from the Nigerian Army, Nigerian Navy, Nigerian Air Force, Department for State Security, Federal Road Safety Corps, Nigerian Immigration Services, Nigerian Correctional Services, Nigerian police, and various private organizations that engage the NSCDC's services.

ICDO day is intended to raise awareness about the crucial role civil defence organizations play in safeguarding communities against natural and man-made disasters.



The NSCDC is at the forefront of protecting critical national assets and infrastructure. It also specialises in crisis management, the regulation of private guard companies and intelligence gathering. The theme for this year's event was "Civil Defence, Guarantee of Security for the Population".

The special guest of honour was the minister of the interior, Hon. Dr Olubunmi Tunji-Ojo who was represented by the Secretary of Civil Defence, Correctional, Fire & Immigration Services Board, Major General Abdulmalik Jibrin, FDC Retd (below left). In his keynote address,



Major General Jibrin commented on the increase in the frequency and severity of threats in the world today, and highlighted the importance of civil defence in protecting human lives, promoting sustainable development and protecting critical national assets and infrastructure. He also stressed the need for collective action, international cooperation, and community engagement in promoting civil defence and disaster risk reduction.

The Minister's views were reiterated by the Commandant General of NSCDC, Dr Ahmed Abubakar Audi (above right), mni, OFR, who emphasised the need for collaboration and synergy among agencies and other critical stakeholders to make the world safer and more secure. He stated >

## LADOL Attends International Civil Defense Organization Day

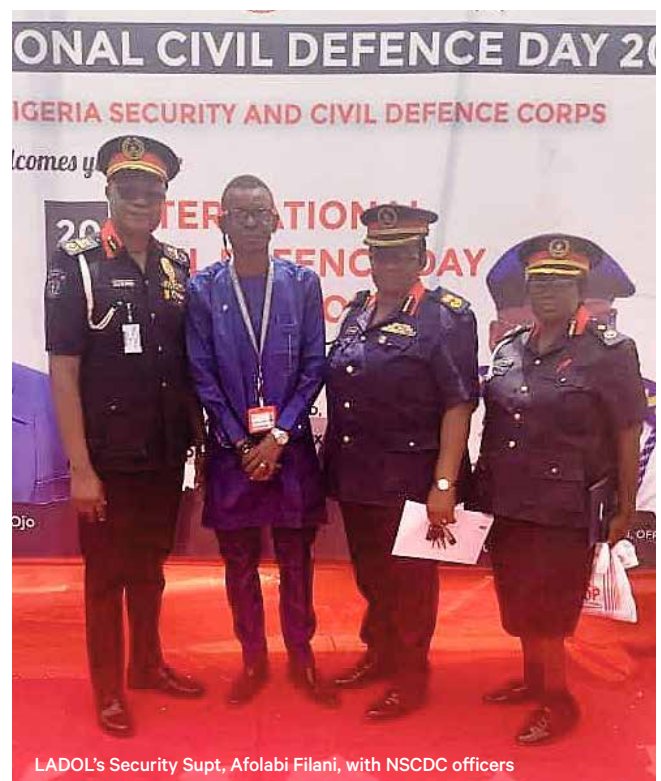


Filani found attending the event very rewarding, “The event afforded me the opportunity to further appreciate what the NSCDC is doing to protect the average Nigerian, and I was able to meet and network with the high-ranking officers who have the responsibility of protecting critical national assets and infrastructure”.

that the NSCDC would continue to strive for effective protection of critical national assets and infrastructure, and would not relent in strengthening security and raising the general public’s awareness in order to guarantee their security and well-being.

The Commandant General also commented that the establishment of the Special Intelligence Squad (SIS), Mining Marshall, Agro Rangers and Special Female Squad had led to a number of successes. The SIS had arrested over 500 suspects, and destroyed more than 350 illegal refineries; the Special Female Squad had thwarted over 48 kidnapping attempts in schools, while the newly established Mining Marshall had closed down over 170 illegal mining sites.

Other topics touched on during the event included the need to strengthen interagency collaboration to foster unity in tackling security threats; the need to prioritise personnel welfare and morale, ensuring that all security personnel remain motivated and ready for duty, and the need to engage communities in security awareness to promote a culture of safety and resilience.



LADOL's Security Supt, Afolabi Filani, with NSCDC officers

# Q1 Health Forum – Stress and Fatigue Management



How we manage stress and fatigue is so important in how we deal with the ups and downs of daily life, and not being able to cope with them can have a significant impact on both our mental and physical health. This quarter's health forum took a look at the issues of stress and fatigue management and examined how best to deal with them. The forum took place on 14th March and was run by Abigail Fasanmi from Avon HMO. A total of 144 LADOL staff attended the event either in person or virtually.



## Causes of Stress and Fatigue

### Stress

The causes of stress can vary, however, there are trigger factors. It is a complex mix of hormones and chemicals such as adrenaline, cortisol and norepinephrine which prepare the body for physical action. The body's response triggers 'freeze, fight, or flight' mode. Stress can result in the following physical symptoms:

- Difficulty breathing
- Panic attacks
- Blurred eyesight or sore eyes
- Sleep problems
- Fatigue
- Muscle aches and headaches
- Chest pains and high blood pressure
- Indigestion or heartburn



### Fatigue

Fatigue can be caused by the following:

- Physical exertion: intense physical activity without rest
- Sleep issues: poor sleep quality, an irregular sleep pattern & sleep disorder
- Mental health related issues
- Poor nutrition
- Chronic illnesses, infection and medical conditions
- Medication e.g. painkillers, sedatives
- Environmental factors e.g. extreme weather conditions, noise pollution (constant loud noise)
- Substance use: excessive caffeine intake, alcohol & drug
- Emotional or psychological factors
- Overwork and burnout



## Stress and Fatigue Control

Controlling stress and fatigue can be difficult, but following what is known as the ABC Strategy can help to make them more manageable.

### The ABC Strategy

#### A Awareness

What is causing your stress?  
How do you react?

#### B Balance

There is a fine line between positive/negative stress. How much can you cope with before it becomes negative?

#### C Control

What can you do to help yourself combat the negative effects of stress?

## Summary

We may not be able to eliminate the factors causing us stress and fatigue, but by recognising the problems and using strategies to manage them, we can do a lot to reduce the impact they have on us. ■





## Deep Offshore Logistics & Vessel Repairs Streamlined Operations





## LADOL & SHI-MCI Outing

Members of staff from LADOL and SHI-MCI enjoyed a get-together recently at the Golden Gate restaurant in Ikoyi, Lagos. Representatives at the event included staff from SHEQ, IT & Compliance, Access, and Maintenance departments. ■



## Quayside Activities

There has been a great deal of activity on LADOL Free Zone's quayside during Q1, including ongoing routine offshore cargo support operations for LADOL clients SNEPCo and ESSO. ■







## THE WORLD'S FIRST SUSTAINABLE INDUSTRIAL SPECIAL ECONOMIC ZONE

**LADOL is building the world's first Sustainable Industrial Special Economic Zone (SSEZ) in Apapa Port, Lagos, Nigeria.**

A unique circular ecosystem is being developed at the site to service a range of industries using the UN's Sustainable Development Goals (SDGs).

LADOL is becoming the blueprint for the Sustainable Industrialisation of Africa, turning Africa's demographic dividend into a global driver of peace and prosperity.

Find out more at [www.ladol.com](http://www.ladol.com)

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