

# NEWSLETTER

*A Quarterly Publication by Veritas Glanvills Pensions Limited*



## Discussions...

- ✓ COMPANY NEWS
- ✓ INDUSTRY NEWS
- ✓ THE NIGERIAN ECONOMY
- ✓ HEALTH DIGEST

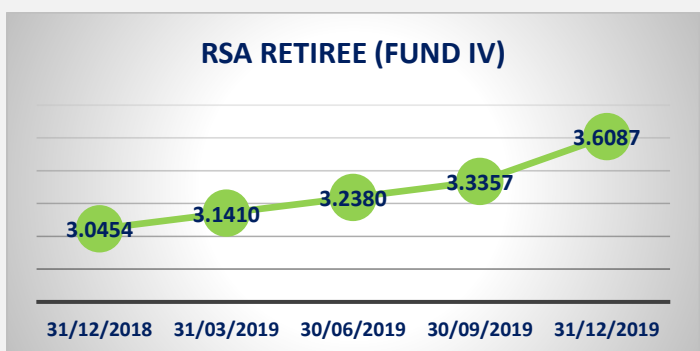
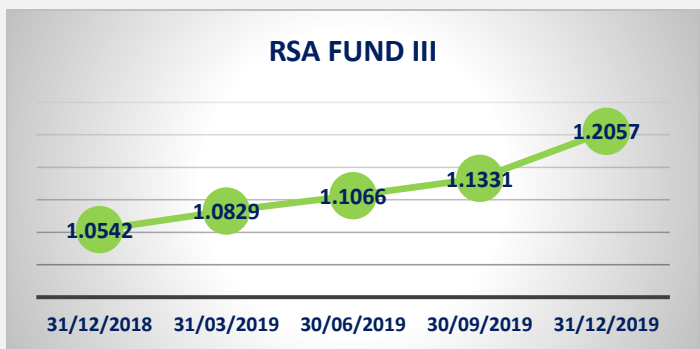
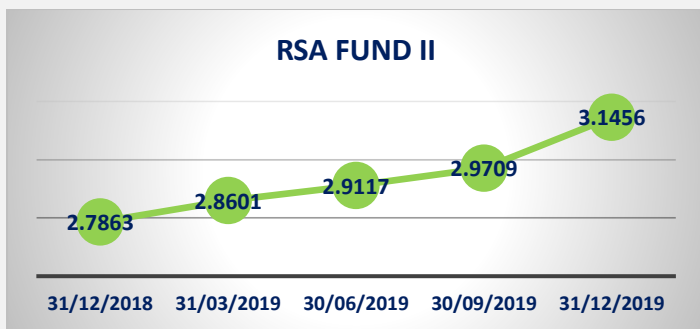
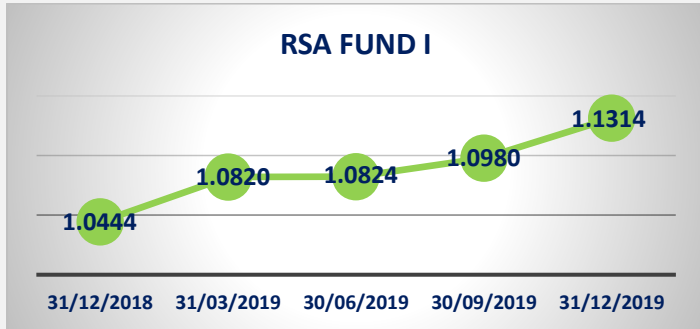
*...a promise to your future self*

## COMPANY NEWS

### VG Pensions Unit Price Performance

Fund I ended the period - 31 Dec 2019 with a unit price of N1.1314 implying a return of 8.33% year to date (YTD), fund II unit price stood at N3.1456 with a return of 12.90% YTD, fund III closed at N1.2057 with a return of 14.37% YTD and fund IV at N3.6087 implying a return of 18.50% as at Q4 2019.

### Trend in VG Pensions Unit Price



### Asset Allocation

RSA FUND I	
INSTRUMENT	% NAV
EQUITIES	13.61%
GOVERNMENT SECURITIES	79.74%
MONEY MARKET INSTRUMENTS	6.48%
OTHERS	0.51%

RSA FUND II	
INSTRUMENT	% NAV
EQUITIES	7.50%
OPEN & CLOSED END FUNDS	0.36%
NIGERIAN INFRASTRUCTURE DEBT FUND	1.12%
AFRICA INFRA PLUS FUND	0.23%
GOVERNMENT SECURITIES	77.33%
SUPRANATIONAL BONDS	0.24%
CORPORATE BONDS & DEBT(INCL.MBS & ABS)	9.46%
MONEY MARKET INSTRUMENTS	3.48%
OTHERS	0.47%

RSA FUND III	
INSTRUMENT	% NAV
EQUITIES	5.76%
GOVERNMENT SECURITIES	89.04%
CORPORATE BONDS & DEBT(INCL.MBS & ABS)	1.30%
MONEY MARKET INSTRUMENTS	3.61%
OTHERS	0.45%

RSA FUND IV	
INSTRUMENT	% NAV
EQUITIES	1.27%
GOVERNMENT SECURITIES	80.91%
SUPRANATIONAL BONDS	0.54%
CORPORATE BONDS & DEBT(INCL.MBS & ABS)	10.49%
MONEY MARKET INSTRUMENTS	4.64%
OTHERS	2.32%

### DATA RECAPTURE EXERCISE is still ongoing... (FAQs)

#### ➤ Why do I have to be recaptured?

There is a mandate from the National Pension Commission to create and maintain a comprehensive, accurate and reliable database. Hence, it is compulsory for all RSA holders and retirees.

#### ➤ What do I require to be recaptured?

Your RSA PIN, NIN and a list of additional documents depending on your sector of employment.

#### ➤ Why do I need my NIN?

The mandate has emanated from PENCOM in collaboration with NIMC. It is to ensure that your records are correctly stored in our database

#### ➤ What if I do not have NIN?

You are required to have your NIN. However, you can walk into any of NIMC offices nationwide & you will be enrolled and subsequently obtain your NIN.



# INDUSTRY NEWS

## Pension Asset Appreciates by 2.76% Q3 2019

- NKECHI NAECHÉ

The National Pension Commission (PenCom), has announced 2.76% increase in its pension fund assets for the third quarter (Q3) of 2019.

The commission made this known when it released its report on pension fund assets, that its asset for the third quarter of 2019 showing that the total value of pension assets rose quarter on quarter (q-o-q) by 2.76% to N9.58 trillion in September 2019 from N9.33 trillion in June 2019.

According to the report, most of the pension fund assets were invested in FGN securities as its share of the total assets stood at 71.43% (or N6.84 trillion) in September 2019, from a 69.55% it printed in June 2019. Read more - <https://businesstodayng.com/pension-asset-appreciates-by-2-76-in-2019/>

## PenCom, PenOp give June 2020 Date for Transfer Window to Open

- NKECHI NAECHÉ

There are indications that the long-awaited transfer window in the Nigeria Pension industry will finally open come June 2020.

The National Pension Commission (PenCom) and Pension Fund Operators Association Of Nigeria (PenOp) disclosed this during a joint press conference to pension journalists at the 2019 media retreat held in Lagos, that the date is not tentative but with all modalities put in place by PenCom the industry is hopeful that the transfer window will open June 2020.

Click to read more: <https://businesstodayng.com/pencom-penop-gives-june-2020-date-for-transfer-window-to-open/>

## Micro Pension Contributors Rise To 28,000-PenCom

- NKECHI NAECHÉ

The National Pension Commission (PenCom) on Friday said 19 Pension Fund Operators (PFAs) in the country has registered 28,000 participants into the Micro Pension scheme as at October 2019.

The commission's Head, Corporate Communications, Peter Aghahowa disclosed this while presenting a paper titled: "The Prospect and challenges of the new micro pension scheme" at the 2019 Pension Fund Operators Association of Nigeria (PenOp), annual media partner seminar held in Lagos.

The breakdown shows that up till June 2019, 21,430 participants was registered under the micro pension and 221 participants were registered as at July 2019. It added that as at August 2019 1,299 participants were registered by PFAs under the micro pension scheme and 2,737 participants were registered as at September 2019.

Read more: <https://businesstodayng.com/paticipants-under-micro-pension-rise-to-28000-pencom/>

## Addendum to the Circular on Revised Procedures on the Processing of Death Benefits

**PENCOM**

The attention of the National Pension Commission has been drawn to certain challenges encountered by Pension Fund Administrators (PFAs) in the cause of implementing the procedures stipulated in the circular on Revised Procedures on the Processing of Death Benefits issued on 3 October, 2018 which necessitated the issuance of this Addendum to clarify and simplify some procedures for the processing of death benefits claims.

This addendum is in 3 parts: Part A highlights the paragraphs retained from the earlier circular; rephrased paragraphs for clarity are shown in Part B; while Part C contains new procedures to address identified challenges.

Click to read more: <https://www.pencom.gov.ng/wp-content/uploads/2019/10/Addendum-to-Circular-on-Death-Benefits0001.pdf>

## REVIEW OF THE NIGERIAN ECONOMY



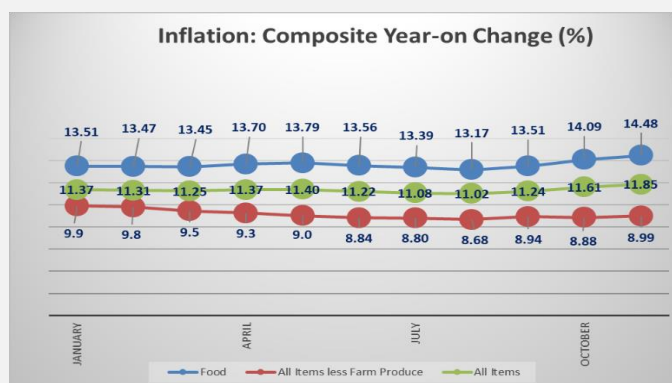
### GROSS DOMESTIC PRODUCT

Gross Domestic Product (GDP) grew by 2.28% (year-on-year), in real terms, in the third quarter of 2019 according to the latest report released by the National Bureau of Statistics (NBS). The real GDP growth rate observed in the indicates an increase of 0.47% points. The growth rate in Q3 2019 represents the second highest quarterly rate recorded since 2016.

### CONSUMER PRICE INDEX (CPI)

The consumer price index, (CPI) which measures inflation increased by 11.85 percent (year-on-year) in November 2019. This is 0.24 percent points higher than the rate recorded in October 2019 (11.61) percent.

On month-on-month basis, the Headline index increased by 1.02 percent in November 2019.



### EXTERNAL RESERVES

Nigeria's external reserves for the month of December 2019 decreased to USD\$38.60 billion from USD\$39.80 billion recorded in November 2019. In 2019, the external reserve declined by 10.49% (USD\$4.52 billion). The CBN in its monthly economic report for November 2019 explained that the decline was due mainly to foreign exchange market interventions, direct payments and foreign exchange sales at the I&E and SMIS intervention window.

## PURCHASING MANAGER'S INDEX

The Manufacturing PMI in the month of December stood at 60.80 index points up from 59.30 points recorded in November 2019.

Similarly, the Non-Manufacturing PMI increased to 62.10 points in December, from 60.10 points in November 2019, indicating a faster growth rate. Business activity, new orders & inventories and employment levels grew at a faster rate.

## EQUITIES MARKET UPDATE

The Nigerian equities market closed the year 2019 in the negative territory, making the year one of the six worst years of the decade, after the benchmark index NSE All Share Index (ASI) lost 14.60%, which was, however an improvement considering the 2018 decline of 17.81%. The equities market only appreciated in four (4) months throughout the trading year.

Index	Dec. 31 2018	December 31 2019	YtD Change
NSE Premium	2,195.03	2,116.22	-3.59%
NSE 30	1,417.15	1,177.83	-16.89%
NSE Banking	398.94	356.84	-10.55%
NSE Consumer Goods	748.83	592.85	-20.83%
NSE Oil & Gas	302.23	262.54	-13.13%
NSE Insurance	126.48	125.82	-0.52%
NSE Industrial	1,237.88	1,075.60	-13.11%
NSE Pension	1,207.46	1,054.06	-12.70%

## FIXED INCOME MARKET

In Q4 2019, the Yields on fixed income securities moderated in line with the CBN's desire for a low interest rate environment. The average 91 days T-Bills yield dropped to 4.04% as at December 2019 from 11.25% it closed in 2018. Average 364 days (1-year) T-bills yield also declined to 5.81% as at December 2019 from 17.00% it closed in 2018.

Bond yields were also on the downward trending with 5-yr, 10-yr and 30-yr FGN bonds closing the year at a yield of 11%, 12% and 13% against 15.25% and 15.50% respectively in 2018 at the primary market.

## Money Market

The O/N and OBB rates closed at 3.33% and 2.50% respectively on December 31, 2019 compared to 8.79% and 8.00% respectively on September 30, 2019. The O/N and OBB averaged 3.32% and 2.65% respectively in December; evidencing massive liquidity in the system.

# HEALTH DIGEST

*Dealing with...*



*Lawrence Robinson, Melinda Smith & Robert Segal*

Stress is a reaction to a situation where a person feels threatened or anxious. Stress can be positive (e.g., preparing for a wedding) or negative (e.g., dealing with a natural disaster). The symptoms may be physical or emotional. Everyone—adults, teens, and even children experiences stress at times.

It may seem that there's nothing you can do about your stress level. The bills aren't going to stop coming, there will never be more hours in the day for all your errands, and your career or family responsibilities will always be demanding. But you have a lot more control than you might think. In fact, the simple realization that you're in control of your life is the foundation of stress management.

Managing stress is all about taking charge: taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. The goal is a balanced life, with time for work, relationships, relaxation, and fun – plus the resilience to hold up under pressure and meet challenges head on.

## **Unhealthy ways of coping with stress**

These coping strategies may temporarily reduce stress, but they cause more damage in the long run:

- ✚ Smoking
- ✚ Drinking too much
- ✚ Overeating or undereating
- ✚ Zoning out for hours in front of the TV or computer
- ✚ Withdrawing from friends, family, and activities
- ✚ Using pills or drugs to relax
- ✚ Sleeping too much
- ✚ Procrastinating
- ✚ Filling up every minute of the day to avoid facing problems
- ✚ Taking out your stress on others (lashing out, angry outbursts, physical violence)

## **Learning healthier ways to manage stress**

If your methods of coping with stress aren't contributing to your greater emotional and physical health, it's time to find healthier ones. There are many healthy ways to manage and cope with stress, but they all require change. You can either change the situation or change your reaction.

When deciding which option to choose, it's helpful to think of the four As: avoid, alter, adapt, or accept.

Since everyone has a unique response to stress, there is no "one size fits all" solution to managing it. No single method works for everyone or in every situation, so experiment with different techniques and strategies. Focus on what makes you feel calm and in control.

## **Dealing with Stressful Situations: The Four A's**

### **Change the situation:**

- ✚ Avoid the stressor
- ✚ Alter the stressor

### **Change your reaction:**

- ✚ Adapt to the stressor
- ✚ Accept the stressor

## **Healthy ways to relax and recharge**

- Go for a walk
- Spend time in nature
- Call a good friend
- Sweat out tension with a good workout
- Write in your journal
- Take a long bath
- Light scented candles
- Savor a warm cup of coffee or tea
- Play with a pet
- Work in your garden
- Curl up with a good book
- Listen to music or watch a comedy

***Thank you for reading.....***