

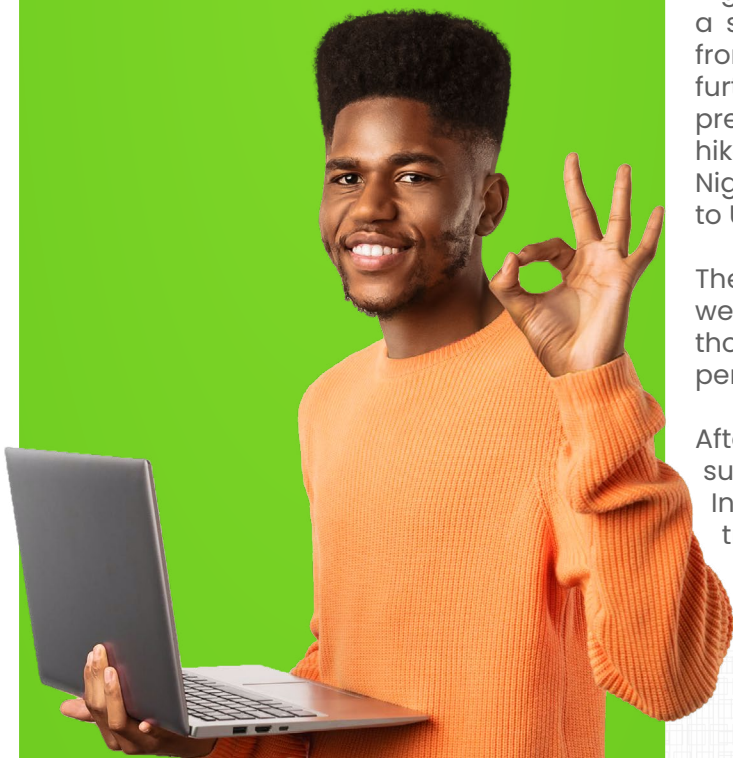
# Welcome

This edition of our newsletter features the review of macroeconomic and financial markets, a snapshot of your fund performance for the month of April.

If you have any questions, kindly make enquiries via [info@accesspensions.ng](mailto:info@accesspensions.ng) or through any of our social media platforms

We would love to hear from you

Thank you.



## April 2023: Macroeconomic and Financial Market Review

In April, the International Monetary Fund (IMF) released its latest update on global economic growth in 2023 wherein the Fund expects a moderation in global economic expansion to 2.8 percent from the 3.4 percent in 2022. The IMF cites weaker growth in advanced economies, where growth is expected to halve to 1.3 percent relative to flat trends in average growth in emerging markets and developing economies, which is estimated at 3.9% in 2023.

In terms of policy, global central banks continued to raise interest rates with increases in benchmark rates by the U.S Federal Reserve (+25 basis points) and the European Central Bank (+50 basis points). Despite the weak economic outlook and continued rise in interest rates, global financial markets remained in positive territory as the MSCI World Index appreciated 1.6 percent m/m (YTD: +8.2 percent) while the S&P Global Developed Sovereign Bond Index rose 0.2 percent m/m (YTD: +2.9 percent).

On the commodities front, a surprise OPEC cut announcement impacted the crude oil markets market as Saudi Arabia and other OPEC+ members announced voluntary cuts to their oil production of about 1.15m barrels a day which pushed Brent crude prices over the month by 6.1 percent to USD85.1/bbl. Nigeria's benchmark bonny light rose 0.5 percent over the same period to USD79.71/bbl.

The Nigerian Bureau of Statistics (NBS) reported that Nigeria's headline inflation quickened for the third month to a seventeen-year high of 22.04 percent in March 2023, up from 21.91 percent in the prior month. Food inflation climbed further to 24.45 percent (Previous: 24.35 percent) as additional pressure came from increased transportation cost owing to hikes in energy cost (diesel and petrol prices). Over the month, Nigeria recorded in decline in external reserves (-0.8 percent to USD35.3billion).

The exchange rate at the Investors and Exporters Window weakened slightly to NGN463/\$ (March End: NGN461.38/\$) though the Naira appreciated at the parallel market, up 1.9 percent m/m to NGN741/\$.

After a positive start in Q1 2023, the Nigerian equity market succumbed to selling pressure in April as the NGX All Share Index declined by 3.37 percent over the month, which trimmed YTD gains to 2.5 percent. In a similar vein, the NGX Pension Index and NGX Lotus Index declined by 0.8 percent and 2.68 percent, respectively. On the other hand, the S&P FMDQ Bond Index also rose 0.9 percent (YTD: 1.15 percent) driven by buying pressure on the short and long end on the bond market amid consistent robust system liquidity.

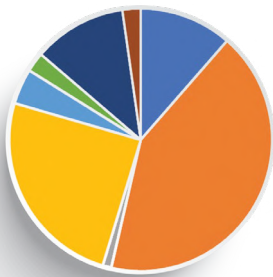


## April 2023 Investment Returns and Asset Allocation

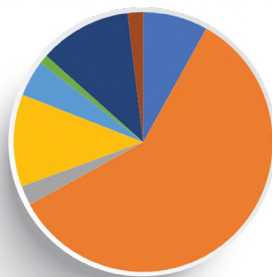
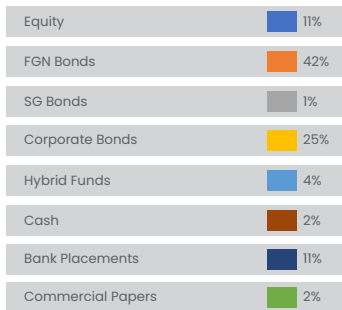
Despite the mixed trends across fixed income and the domestic equity markets in April 2023, our flagship RSA portfolios delivered positive performances over the period.

RSA FUNDS	UNIT PRICE		
	DEC 2022	APR 2023	YTD
Fund I	1.6409	1.6973	3.44%
Fund II	5.2706	5.4673	3.73%
Fund III	1.6677	1.7319	3.84%
Fund IV	4.915	5.1048	3.86%
Fund V (MicroPensions)	1.1720	1.2374	5.58%
Fund VI (Active)	1.1562	1.2011	3.88%
Fund VI (Retiree)	1.1638	1.2099	3.96%

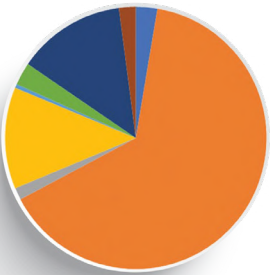
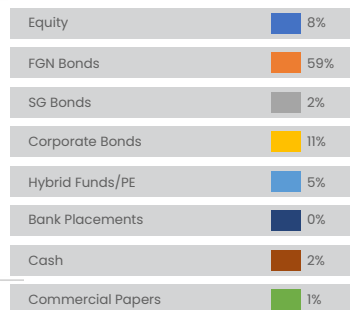
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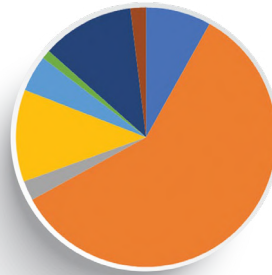
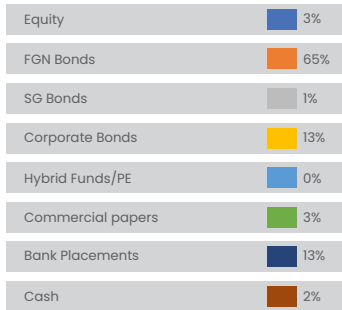
FUND I



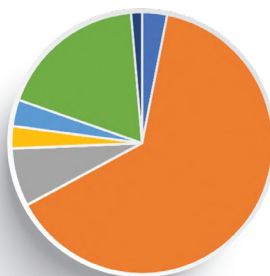
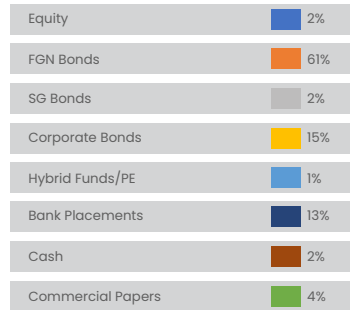
FUND II



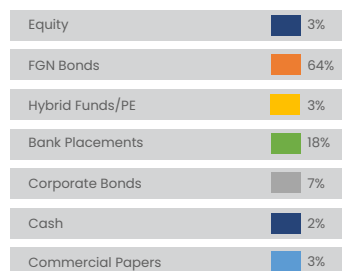
FUND III



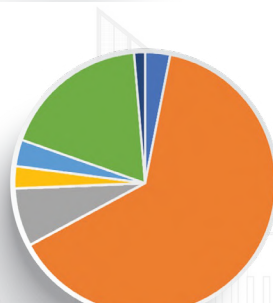
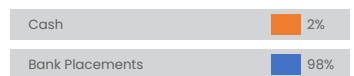
FUND IV



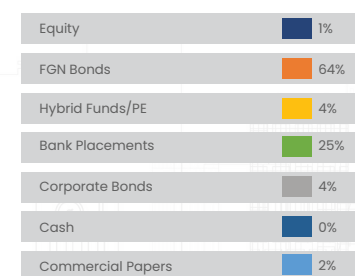
ACTIVE FUND VI



FUND V



RETIREE FUND VI



## Taking care of yourself : Why self care is essential to your mental health



In today's fast-paced world, it is easy to overlook our mental health in the midst of our busy schedules. However, neglecting our mental health can lead to feelings of burnout, stress, and even anxiety and depression. That's why it's essential to prioritize self-care as a way to take care of yourself and your mental health.

**Self-care** can mean different things to different people, but at its core, it's about taking time for yourself to rest, recharge, and nourish your body and mind. Self-care practices can be simple, like taking a relaxing bath, going for a walk in nature, or simply taking a few deep breaths. They can also be more involved, like seeking therapy, practicing meditation or mindfulness, or engaging in creative pursuits.

Whatever form it takes, self-care is essential to maintaining good mental health. Here are a few reasons why:

**1** It helps reduce stress: Taking time to relax and unwind can help reduce stress levels, which in turn can reduce the risk of anxiety and depression.

**2** It promotes physical health: Self-care practices like exercise, healthy eating, and getting enough sleep can also improve physical health and reduce the risk of chronic illness.

**3** It boosts self-esteem: Taking care of yourself can also boost self-esteem and confidence, which can lead to a more positive outlook on life.

**4** It improves relationships: When we prioritize our mental health, we are better able to handle stress and communicate effectively with those around us, leading to better relationships with family, friends, and colleagues.

**5** It enhances productivity: Taking breaks and engaging in self-care can actually enhance productivity, as it allows our brains to rest and recharge, leading to improved focus and creativity.

**6** Overall, taking care of yourself and prioritizing self-care is essential to maintaining good mental health. By making self-care a regular part of your routine, you can reduce stress, boost self-esteem, improve relationships, and enhance productivity. So, take a few moments each day to prioritize yourself and your mental health - you'll be glad you did!



# Access Buddy



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Access Buddy mobile app.



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Account with ease



Micro Pensions



Generate RSA  
Statements



Benefits Status &  
tracking



Built In Integration



**Four  
Locations**  
One walk

**Walk to Live**  
happening @  
Abuja | Enugu | Lagos | Kaduna

**June  
10th  
6:45am**