

# Grow Healthy, Grow Strong Newsletter Issue #10 - Dec 2023



Photo: Rieit CNAG membership at the December meeting, Sinivit LLG



## COMING UP NEXT MONTH:

January can be a slow start but not for the Grow team. We have planned to commence our first parent group session in Zone 1 of Rieit ward to discuss the first topic, selected by the community themselves: Importance of adequate maternal nutrition (for pregnant and lactating mothers). Project officer Onawuta will lead the parent group, with selected members of the CNAG learning the ropes. It is envisioned that by the third or fourth parent group, CNAG members will be able to run their own parents groups in their local area without supervision.

## GROW PROJECT UPDATE

As the year unwinds to a close, we share with you exciting news from our project sites. Firstly, we held our final health workers workshop on the 6th of December at Kokopo Beach Bungalows. The following day, 7th December, we held our last Community Nutrition Advocacy Group meeting at Rieit ward, Sinivit LLG to plan for activities in the new year. Both events were attended by Shan Huang, Project Technical Specialist, who visited from Melbourne, Australia to support the Grow team.

This year has not been without challenges, our health workers continue an exhaustive workload and while their commitment to the project is strong, it can be difficult at times to juggle clinical time and time to attend external meetings or workshops. The project team knows that such a situation requires compromise and understanding.

We are delighted to say that the project continues to gain a lot of stability and traction. In particular, the community engagement component has seen the establishment of our first pilot ward with excellent stakeholder buy-in and genuine commitment to see change for the betterment of local children.

Reflecting on 2023, we have held 10 Nutrition Advisory Working Group meetings, 4 health worker training workshops, 4 Community Nutrition Advocacy meetings, and 1 community training.

We are looking forward to what the new year will bring!

# HEALTH WORKER WORKSHOP

At Kokopo Beach Bungalows, the health workers at our target facilities attended a review workshop to reflect on the project provision of resources, trainings and troubleshoot the practical implications of putting skills to practice. One of the key things discussed was the use of growth charts and educational toys provided to each facility, where some were well used and others were not. Participants came up with new strategies (such as changing where these resources are to be located) to improve uptake and use by health staff and patients.

We were also able to use this time to plan trainings and discuss potential training topics for 2024. Participants agreed that it would be important to invite the Disability Inclusion agency, Callan, to run a training workshop on how health workers can be more inclusive of families with children who may have a disability.



## GOOD-BYE AND HELLO

As mentioned in our last month's newsletter, this year, we say good-bye to Moses Bogandri, Partnerships Coordinator of the East New Britain Provincial Health Authority. Moses has decade of experience under his belt and was instrumental in setting up the Grow project and the Nutrition Advisory Working Group. Moses' successor is Ashwin Lau, who had previously worked at Frangipani Clinic. With a nursing background, Ashwin is another experience public health worker and we are thrilled to have her full support for our project going forward.

We take this opportunity to offer our sincere thanks to Moses for his leadership and we welcome Ashwin to lead our project and many others in the years ahead.



Participants Gilda (from Warangoi Hospital) and Rachel (from Rabaul Provincial Hospital) with Shan



Moses sharing experiences with workshop participants



Participants of the Health Worker Review Workshop