

Grow Healthy, Grow Strong Newsletter Issue #5 - July 2023



Photo: Nutrition Counselling at Warangoi Health Facility



COMING UP NEXT MONTH:

August will be a busy month for our GROW team. Our focus will be to continue with our health facility meetings, but we will be expanding to planning our community engagement activities.

Community Engagement planning will include meeting with the Local Level Governments in our target areas and discuss the appropriate way to link up with community groups.

GROW PROJECT UPDATE

July is the first month of the project year and this month we completed several key activities. Firstly, a new team member was recruited! Mr Onawuta Kesuwao joined the GROW team as the Project Office for Community Engagement. He has a nutrition background and will be a great support to this new phase of the project. Please join us in welcoming Onawuta.

Our monthly Nutrition Advocacy Working Group was held in the first week which allowed key project documentation to be approved. We would like to thank the Working Group for their commitment so far.

On 18 July, the GROW Senior Program Manager, Anna Roberts, facilitated a Monitoring and Evaluation workshop to current GROW implementers. The workshop allowed participants to partake in hands-on activities to help understand the processes involved in effective monitoring and evaluation. These skills not only applied to the GROW project but any other work that participants may be involved in now and in the future.

The following day, the same participants attended another workshop led by Shan Huang for Nutrition Counselling. Key highlights from this workshop are described on the following page.

Ms Shan and Mr Onawuta, along with Ms Thalia Wat was also able to visit Warangoi Health Facility, Rabual Provincial and Vunapope Hospitals to see GROW activities there.

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HEALTH WORKER TRAINING

At Kokopo Beach Bungalows, the health workers at our target facilities attended another training workshop to improve their existing skills on nutrition counselling. This is a key skill to develop. To promote good behaviour change, health workers need to have effective counselling skills. The participants of this workshop were able to identify common problems they find among the families they see, then discuss ways to better encourage key nutrition practices to take home through role-play, fun activities and group discussions.

A key output for the participants from this workshop was to be accountable among themselves to change one action they want to work on over the next few months to improve their nutrition counselling skills. These actions included spending more time listening to mother/caregivers, and not being too harsh when they forget to bring their immunization records.



Group photo from Health Worker Training



FACILITY VISITS

With the addition of another member, the GROW team took a tour of three of our key health facilities: Warangoi Health Facility, Rabaul Provincial and Vunapope Hospitals. This visit highlighted that while some needs of the health facilities are the same, there may be different ways to ensure that project ideas cater for each facility's needs. For example, the nutrition counselling locations at Rabaul Provincial Hospital included three different sites (children's ward, out-patient care and weekly clinics); whereas in Warangio, this is centralised in one location. Such insights mean health facilities will need continual monitoring to see how best to streamline the best way to practice nutrition care for patients.



Participants in discussion at the Health Workshop Trainig



GROW and Warangoi Nutrition Team



Mothers and children reading a book provided by the project while waiting for their appointment at Warangoi Facility