Welcome!

Welcome to the first edition of the Community Newsletter about the Early Childhood Nutrition and Anaemia Prevention Project. The newsletter is an opportunity for the Community Based Workers and Project Officers from each community to share information about how the Project is going in their community. We will try to have a newsletter about three times each year to keep all the communities updated about how things are going with the Project.

The Project involves Community Based Workers providing ‘Sprinkles’ to families every week and educating and counselling families about healthy feeding practices for babies and young children.

The organizations involved in the project are: The Fred Hollows Foundation, Sunrise Health Service, NT Department of Health, Kimberley Aboriginal Medical Services Council, Boab Health Service, and Queensland Health. Heinz Australia has provided enough ‘Sprinkles’ for the Project.

Mungarrayi Wangij Strong wan Program at Jilkminggman

Hello our names are Deirdee Newman and Mandy Joe we are the CBWs of Jilkminggman we work with the Sprinkles Project.

We started last year in July 2010 we have did a lot of activities with the mothers giving them some key messages like when their babies turn 6 months old and onwards also tell the mothers what sort of foods to give when they turn 6 months.

We do a lot of consenting and monitoring forms as well to see if any of the babies have been eating well we give the mothers a piece a fruit like orange and a box of sprinkles to go with it.

We talk to the mothers about the sprinkles also we explain that is being used overseas in poorer countries on kids that has no irons or weak blood.

We also invite the mums to come to BBQ we cook up feeds for them even go to the river so we can talk more on good eating on growing small bodies.

We even talk about bush tucker and what’s good to eat from bush tucker.

We enjoy working with the Sprinkles project it gives us hope for our little ones.
Borroloola

Hello our names are Carol Charlie and Isabelle Noble also there are more Community Base Workers as well. Topsy’ Roslyn Ruby’ we are Community Base Workers for Borroloola and we go to four outstations also around surrounding communities that are in Borroloola to take out the sprinkles. We started last year in September and some of us started in the earlier of the year we do a lot of consenting forms with the mothers also do monitoring forms as well. When we give the mothers the sprinkles we ask them important key messages also show them posters and pictures of healthy foods that is good for growing babies. Also show them what to feed their kids that will make their blood strong we also ask question of food intakes so we can see what they had during and after breakfast or supper. We also give good information’s on iron and nutritional foods to feed their babies. And we tell the mothers what not to feedings like what’s bad for growing babies.

Titji Marrku Mangawa in Kutjungka Region

I started last year working to be a TMM Worker and a couple of mothers back I went to Mulan to talk to May to see if she wants to do TMM program with me. This year I talked to Loretta and Carol and asked if they could work with TMM Project. Rachel is another TMM Worker; she was getting interested to work with us.” Sophie “When I first started working I really liked it and I really want to help the babies” Loretta.

“When Sophie asked me for the new program I was very interested and I said yes because a lot of our people have chronic disease when they are adults and I want the children to have good healthy lifestyle so they won’t have problems. And this job isn’t just about us; it’s about helping our people to have strong blood, to be healthy. So I asked Rebecca is she’s interested to work as well at Mulan” May

We’ve been practicing to use the Sprinkles and consent paper and it was very exciting because some of the things we didn’t know we could do to help babies to grow strong and give them good iron and good thinking. We’ve been practicing how to mix it in the bowl with food. We made this book from last years, it was good for us. Mulan invited us to take photos of babies and we asked Billiluna permission if we could take pictures of babies and kids eating healthy food and giving breast milk to babies after they finish eating. We use the book for explaining to the parents in language and sometimes explain in English to the nurse. If the baby’s really weak we always ask her in language and tell her that she needs good mangarri with lots of iron like red meat. That’s why babies get sick from not eating properly, that’s why we need to talk to mothers to show them what’s in the shop. Sometimes we take the young mothers and babies to bush trip and we have picnic and yarn about good healthy tucker. Talking to young mums about what to get in the shop like vegetables, meat, water and rice We do work with every Tuesday and Thursday.

Tracy comes here every three months to Balgo and Mulan. She teaches us about nutrition and comes and has yarns with adults and kids. We were talking to her on Skype and she was happy to come and help us do study and learn about healthy food and about the program. She gave Sophie a book about healthy food to cook at home. Steve is also a nutritionist who always talks to men and kids and Tracy she talks to women and kids about healthy ways. Tracy and Steve go to Billiluna as well and teach there for healthy ways of cooking.
Hello our names are Doreena Stirling and Vivienne Martin. We are community Worker for 6 miles and Ti Tree Station. We started last year in the middle of October for the training. After the training in November we started signing up consent forms and giving out the sprinkles to kids. We invited mothers with babies to come to a barbeques to tell them about the project.

We’ve been showing pictures of good foods and sharing good stories to mothers of babies and young kids. Some of the mothers told us that the sprinkles are working well at Ti Tree.

"Sometimes I had problems getting a vehicle to get to Ti Tree Clinic to pick up Sprinkles and Monitoring Forms so I got a lift from family "Vivienne Martin.

Project Meeting in July

Everyone involved in the Early Childhood Nutrition and Anaemia Prevention Project will get the chance to meet together and talk about the project in a big Project Meeting in July. The dates for the meeting are 19-21 July and it will be at Batchelor Resort in Batchelor, NT.

The main purpose of the meeting is to:

- Share stories about how the project is going in each community
- Share resources about how to talk with families about feeding babies and young children
- Do training about ‘Most Significant Change’ to evaluate how the project is working

The meeting is very important for all community workers to attend. It will also be a lot of fun meeting each other!
Kowanyama community is in Cape York in North Queensland. Dympna Leonard is working as the project Officer in Cairns. At the beginning of the year, the community Health Action Team gave approval for the project to go ahead in Kowanyama. After that the project was submitted to the Ethics Committee in Queensland in Queensland Health department to get approval. In the meantime Dympna talked with interested people in the community about becoming the Community Based Workers and planning with the Community Based Workers.

Trudie Green wool and Sharllote Yam are going to start soon as Community Based Workers and will get to meet everyone at Batchelor in July.

The project will commence at Kowanyama on 25 July.

Strongbala Blad Project at Ngukurr

Hello our names are Angelina Joshua, Amelina Huddlestone, Olga Daniels we are the Community Based Workers of Ngukurr. We do Sprinkles and we do activities with mothers like doing cooking with the mothers and their babies that are on the sprinkles project. We have a vehicle but at the moment our vehicle was taken off us ladies. So we have a driver his name is Ray he also help us take our sprinkles to the mothers for 2 hrs. We give the mothers Key messages like what is good for growing bodies like green vegies also orange vegies. We do session with the mothers showing them what’s healthy for babies from 6-24 months babies.

We do activities at youth centre’s sometimes we also take the mothers out bush and do activities.

We collect our sprinkles from our clinic we also do monitoring forms when we hand out our sprinkles also asked the mums how many sprinkles are left over. We had a couple of kids drop our of the sprinkles project cause the mothers didn’t give us ladies any reason why. Some mothers thinks that the sprinkles doesn’t work for their babies we told them that the sprinkles is good for growing babies.

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