

# Grow Healthy, Grow Strong

## Newsletter Issue #13 - March 2024



Photo: Disability Inclusion training for GROW health care workers, delivered by trainers from Callan Services for Persons with Disabilities.



### COMING UP NEXT MONTH:

The Reiet ward has been involved in the GROW project for some months now and this month, they have taken the opportunity to lead some parent group discussions on their own. This means that community leaders are gradually taking over leading the activities without GROW staff. This was always something our team has built their capacity towards. It makes activities more sustainable in the long run and ensures that even without our project or staff, the local leadership can still continue. We are excited to see this flourish more in April under the support of our team.

## GROW PROJECT UPDATE

The month of March has been a busy one. Our health workers had a training on disability and inclusion as community events gain traction.

Disability support and inclusion is a key area of the GROW project is supporting. Our training this month was led by Callan, a group of disability inclusion specialists who, as differently abled individuals, experience the issues that they raise in trainings first-hand. Trainers from Callan explained to our health worker cohort the types of disability experienced by the local community. It was an eye-opening conversation and one that will assist health facilities to see things from a different perspective and to improve their workplace accessibility. Our Project Coordinator, Thalia Wat will be following up at each facility to ensure that the teams put into action how to make their services more inclusive and accessible for those with disabilities.

In the same vein, our community leaders at the Ward level also expressed interest in this training. We are excited to see our stakeholders embracing new perspectives to ensure that good nutrition and health is a right for everyone.

GROW has had several more parent group discussions this month, with attendance continuing to be high across the board. On average, at least 20 parents join in each session, which is a good number for participatory activities. Some of the feedback from fathers mentioned supporting the mothers with cooking preparation such as fetching water and chopping firewood. We are so excited to see dads actively thinking of ways to be engaged in what is traditionally seen as 'women's work'!