

Annual Overview

2022



The Heights and Minds Foundation

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We are delighted to report that 2022 has been an excellent year for Heights and Minds. We now have three functioning MindUps in Senegal, Indonesia, and Uganda, and plan to open MindUps in Cambodia and Malaysia. We are also in discussions with partners to scale up in Senegal and Indonesia. In our first cohort, over 200 children have been registered and parents are being counselled in the first 1,000 days program. We aim to register about 100 new participants each month in our now fully functioning MindUps.



In 2022, we opened the MindUp managed by Kawempe Youth Centre (KYC) Uganda with a campaign in the community including a brass band performance. We trained the MindUp Managers, Assistants, and MindUp Ambassadors who market the MindUp services in the community.

We continued our improvements in our comprehensive MindUp Training Program. A big thank you to our academic partners from Odisee University of Applied Sciences for their sponsorship and internship program support, Maastricht University for their support with the Monitoring and Evaluation program, and InHolland University of Applied Sciences for their help in developing healthy snacks suitable for pregnant and lactating women!

The Service Highway, Heights and Minds' digital registry and monitoring system, provided by our awesome sponsor Service Heroes has been integrated into all three of our functioning MindUps and is being upgraded to an even more user-friendly and expanded version by mid-2023.

Throughout 2022, Heights and Minds' Team, Global Board, and Partner Network has grown. We would like to extend a big thanks to our partners Van Arem, Stichting Dravant, and Rotary Club of Stockholm International for their very generous support. As for 2022 we collaborated with The Society for Family Health in Nigeria, N'weti in Mozambique, TNO Netherlands, Aidsfonds Netherlands, The Elizabeth Glazer Foundation in the US, CISDI in Indonesia, Chef Nak in Cambodia, and Little Steps in Malaysia in joint fundraising exercises. We sincerely hope we can continue our collaboration in 2023 and we are also very excited about the potential cooperation with new partners.

**Finally, a heartfelt big THANK YOU to
all our local partners, private sponsors, donors, volunteers, and interns
for helping us to contribute to a better future for all children in
Senegal, Indonesia, and Uganda!**

 **We wish you all very happy holidays and a** 
fantastic, healthy, and fun 2023!

See below for more exciting news and pictures.

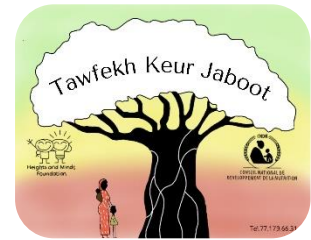
Global MindUps

In 2022, the two existing MindUps in Senegal and Indonesia welcomed many pregnant women, parents, and children who participated in the first 1,000 days Growth Monitoring and Promotion (GMP) program. Through the activities hosted at the MindUp, a bigger audience was reached, including teenagers and grandparents.

Moreover, we are proud to announce that as of April 2022, a new MindUp has opened its doors in Uganda! To this day, the MindUp is up and running, providing an inspiring place where pregnant women and parents can learn in a fun way about the growth and development of their children.



Senegal: Tawfekh Keur Jaboot



Since 2020, Tawfekh Keur Jaboot, situated in Jaxaay (Greater Dakar) has been providing GMP services. Almost 100 pregnant women, parents, and their children have been registered and monitored in the Service Highway so far.

Tawfekh Keur Jaboot is well known and appreciated within the local community, also due to its close collaboration with the local health centre, schools, and municipality. The place oozes a welcoming and joyful atmosphere where everybody feels valued and understood.

To this day, many activities have been hosted by Tawfekh Keur Jaboot such as workshops on healthy snacks for children, proper handwashing techniques, breastfeeding, and complementary feeding. Also, a variety of other organizations came to provide services as varied as oral care (provided by the Improve Foundation) and waste management (provided by Zero Waste Senegal), highlighting that the MindUp is open for more than nutrition.

This year, they celebrated the one-year opening (after covid-19) with the first cohort of children that completed the first 1,000 days follow-up. They also started with drying fruits as part of their income-generating activities.

In 2023, Tawfekh Keur Jaboot keeps welcoming everyone, making them feel at home, and strengthening their GMP services. Moreover, the CNDN (National Nutrition Program Council Senegal) is planning to scale up the MindUp concept in other peri-urban areas in Dakar and other cities such as Thiès.



Celebration of the first cohort of children that completed the first 1,000 days follow-up.



Follow Tawfekh Keur Jaboot on Instagram for more updates!

[@tawfekhkeurjaboot](https://www.instagram.com/tawfekhkeurjaboot)



Workshops on healthy vs. unhealthy snacks for children.



Workshops on good nutrition held at the local primary school in Jaxaay (left) and dried fruits that are sold at Tawfekh Keur Jaboot (right).

Indonesia: Ruang Riung Ceria



The second year of Ruang Riung Ceria's (RRC) operations was marked by many exciting events and great progress. With the strong support of our local partner, Tunas Nusa (TN) Foundation along with the local community, the RRC has emerged as the heart of the community – where mothers, children, adolescents and the wider community gather to learn about good nutrition, good caring practices and food security.

RRC's progress in 2022 was guided by two overarching goals: (1) to better monitor and counsel the first 1,000 days of life households; and (2) to strengthen food security measures in the community. Availability of reliable community data became imperative to achieve these goals. Thus, RRC's own MUMs, working hand in hand with the community health workers in Rancaekek, set out to conduct door-to-door data collection from households with pregnant women, children under the age of 2 and adolescents in the catchment area of RRC. The data gave RRC a picture of the stakeholders in the community and helped RRC to establish contact with the community through a WhatsApp communication group.

In April, RRC started group counselling services for first 1,000 days households in the community to better monitor growth of children and provide specific advice to improve caring and feeding practices. Counselling sessions are held twice a week in the afternoons and small groups of mothers (between 5 to 10) are invited to the MindUp per counselling session. Over 60 mothers have been registered in the Service Highway so far. RRC's MUM Muti, and Ibu Tita, a trusted senior member of the community, provide the counselling to the mothers, aided by the Heights and Minds' digital system, counselling messages and also videos. RRC also provide counselling to households who are located further from the MindUp location by conducting home counselling sessions.

RRC continue to support the community through fun and exciting group activities for first 1,000 days households, children and adolescents throughout 2022. Events such as cooking demonstrations, arts and craft activities, group gardening and cultural events have become the highlights for the community, while helping RRC to build relationship with the community and share messages on stunting prevention. A "Merdeka Stunting" or independence from stunting event was held to commemorate Indonesia's Independence Day in August 2022, and the highlight included cultural performances from RRC's adolescent group and a recipe/cooking competition for different age groups.

RRC benefited from Heights and Minds and TN's network of experts who provided group and individual counselling and information sharing sessions with the community. This included breastfeeding counselling sessions for breastfeeding mothers, counselling for adolescents and also nutrition counselling based on food prepared from the garden's harvest. In addition, TN organized an early stimulation and detection workshop for the MUMs, cadres and also selected

members of the community which will help to strengthen the services provided to the community.

RRC has also become the flagship MindUp for food security strengthening efforts – expanding from vegetables gardening to fish farming in 2022. Through collaborations with local government agencies, a fish farming group was established in hamlets in the community and through many trials and experimentation, the community now have access to catfish – an important source of protein for the community. RRC is sharing best practices and lessons learned on gardening and fish farming to our other global MindUps.

What a productive and exciting year for RRC in 2022!



Growth Monitoring and Promotion group counselling session held at the RRC.



Follow Ruang Riung Ceria on Instagram for more updates!

[@ruangriungceria](https://www.instagram.com/ruangriungceria)



Cooking demonstration on nutritious foods for children.



(From left to right): group gardening activity - cultural performance during Indonesia's independence day – fish farming group and cooking dishes with catfish – recipe/cooking competition for different age groups.

Uganda: KYC MindUp



In 2021, Kawempe Youth Centre (KYC) Uganda approached Heights and Minds for a partnership since there was a great demand within their community for information on child growth and development. Within a year, during which various conversations and a crowdfunding campaign took place, the first MindUp in Uganda became a reality!

In Uganda, the MindUp is integrated within an existing community center in Kawempe District (Kampala) in partnership with KYC.

The official opening of KYC MindUp took place on April 11, 2022. It was a big and fun event where members of the local council, community representatives, and parents and caregivers were present. The celebration concluded with KYC's Brass for Africa Band leading a march through the community, where flyers were handed out to promote and inform about the services offered at the KYC MindUp.

Before the MindUp's grand opening, MUMs, MindUp Volunteers, and Ambassadors participated in a one-month MindUp Core Training. During this training, they gained knowledge and acquired skills essential for succeeding in their roles. A total of eleven participated in the training, including mothers, youth mobilizers, and community health volunteers. All of them successfully completed the training and are able to provide counselling to pregnant women and parents on their children's growth and development. A graduation ceremony took place on the opening day.

Currently, KYC MindUp is open three days a week for drop-in assessment and counselling. Furthermore, MindUp Ambassadors regularly go into the community to raise awareness about the importance of the prevention of chronic malnutrition in the first 1,000 days of life, the different factors that contribute to this, and the role of the MindUp. To this day, over fifty pregnant women, parents and their children are registered into the Service Highway.

The activities hosted at the MindUp including toy-making from household items, breastfeeding and complementary feeding (cooking) workshops, and the pre- and postnatal yoga sessions are a huge success. Numerous pregnant women, mothers, and even fathers have attended them so far.

In 2023, KYC MindUp will continue welcoming everyone with open arms. Making sure every child has the opportunity to reach its full potential by serving as an information center and a fun and safe place where children can read and play while their parents learn!



Follow Kawempe Youth Centre on Facebook for more updates!

[@Kawempe Youth Centre Uganda](#)



The KYC MindUp building.



Making smoothies for pregnant women during the MindUp Core Training and graduation ceremony.



Measuring a child on the child length mat during a GMP session (left) and a workshop on toy-making with household items (right).

The MindUp Training Program

In 2022, Heights and Minds further developed the MindUp Training Program which is designed to prepare trainees to join the MindUp team and provide high-quality MindUp services to pregnant women, parents and caregivers, and the surrounding community.

Through theory, case scenarios, and hands-on practice, trainees will be introduced to various topics connected to growth monitoring, growth promotion, and stunting prevention across the first 1,000 days, including topics such as the first 1,000 days, malnutrition, nurturing care, healthy diets, breastfeeding, complementary feeding practices, and supporting a healthy pregnancy.

The training program is going to consist of four phases.

1. MindUp Basic Training
2. MindUp Advance Training
3. MindUp Management Training
4. MindUp Sustainability Training

In March, part one (MindUp Core Training) of the first phase was tested in Uganda at KYC. The trainees gained knowledge and acquired skills required to properly provide GMP counselling.

Evaluation of the MindUp Core Training was done through a pre- and post-training questionnaire, as well as various focus groups discussion during, immediately after, and one month after the training.

All of the feedback received is taken into consideration and used to improve the MindUp training program.



Practicing GMP counselling with real mothers and children as final part of the MindUp Core Training in Uganda (left) and learning how to prepare healthy dishes for babies and young children (right).

Testimonials from the MindUp Core Training held in Uganda

"I have learned a lot of things about how to prepare a child for a better future. The knowledge we gained from the training is supporting sustainable development hence creating a healthy generation. The trainers were so supportive and gave us the full information on our questions"

Village Health Volunteer and trainee

"As a mother, I have learned how to promote the growth and development of children. For example how to handle a baby while breastfeeding, how to care for a child, how to feed the baby, the child's growth in the first 1,000 days of life, how and when to introduce complementary foods. The training helped me to gain more knowledge about child care in general".

Mother and trainee

"I have gained a lot of knowledge about the growth and development of children, the first 1,000 days of life, nutrition, and how to prepare smoothies for pregnant women and young children. I have also learned some counselling principles, which will help me to give quality advice to pregnant women and parents/caregivers".

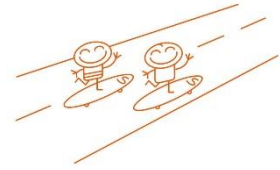
Trainee

"At first, I was a bit shy and didn't dare to speak up. I was happy to be part of the MindUp Training Program group. While following the training and gaining knowledge and skills about children's growth and development, I gained the confidence to go out in the community and share my knowledge with others."

Mother and trainee



The Service Highway



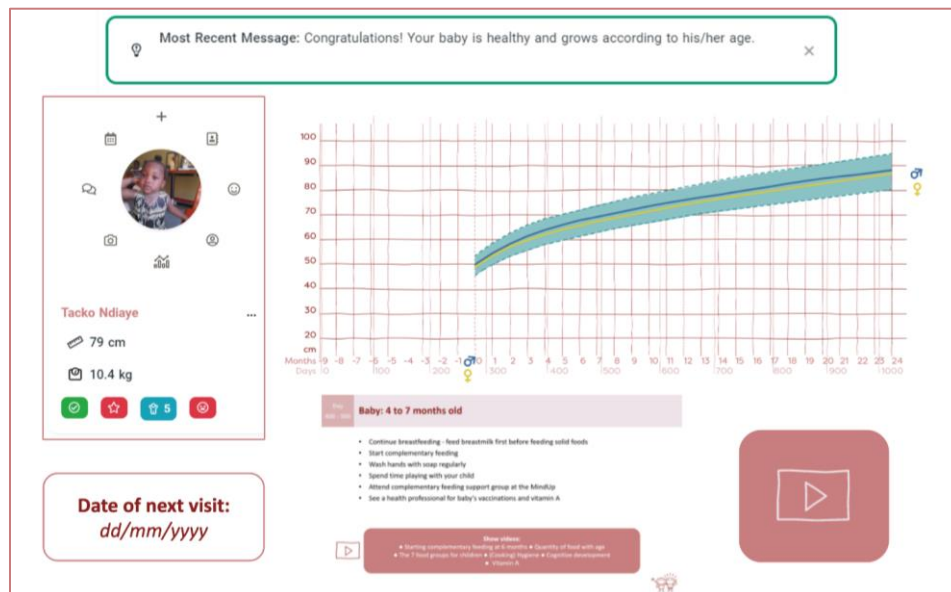
In 2022, Heights and Minds' digital registry and monitoring system (the Service Highway) has been implemented within all three MindUps in Senegal, Indonesia, and Uganda.

An extensive training has been provided to MUMs, MindUp Volunteers, and Ambassadors on how to use the Service Highway to register new pregnant women, parents/caregivers, and their children and monitor their growth over time. The Service Highway can be used as a tool during GMP counselling sessions since personalized growth promotion messages are linked to the outcome of each child's growth chart. Moreover, the Service Highway can be used to schedule future appointments

The Service Highway, developed by IT company Service Heroes, connects the global MindUps (in real-time) with Heights and Minds by providing monthly summaries for averages of daily visits, new registrants, recurring visits per 100 days, etc. Therefore, reporting and administrative requirements at the local level are minimized while supporting data availability and transparency.

Currently, the Service Highway is tested in the MindUp countries and the feedback provided by MUMs and MindUp volunteers is used to optimize the system and adapted to the needs of the local partners, making it more user-friendly.

In 2023, future features will be added to the Service Highway including the Monitoring & Evaluation System and access for each MindUp to the Global Network.



In 2023, the child's dashboard within the service highway will look like this. The child's growth chart is linked to a personalized growth promotion message and educational videos.



Using the Service Highway to register new mothers and children in Uganda (left). Using the Service Highway in Indonesia to record children's height and weight (right).



Using the Service Highway to provide growth promotion messages to parents in Senegal.



A Special Thank You!

To our volunteers, interns, and anyone who has supported Heights and Minds thus far.

This year, we had the privilege again to receive support from students from Odisee University of Applied Sciences, Inholland University of Applied Sciences, and Maastricht University.

Nutrition and Dietetics students from Odisee University of Applied Sciences assisted Heights and Minds virtually by creating quizzes that will be used as knowledge assessments for the MindUp Training Program. Three other students did their internship placement at KYC MindUp in Uganda, where they assisted with creating workshops on breastfeeding, complementary feeding, and pre- and postnatal yoga. Another student did her internship placement at Tawfekh Keur Jaboot in Senegal, where she assisted with the daily MindUp activities and provided an educational session on the screening of acute malnutrition and when to refer to the local health centre. Moreover, two of them wrote their thesis for Heights and Minds on the prevention of chronic malnutrition during the first 1,000 days of life. As an end product, they delivered an educational booklet that can be used as a tool during GMP counselling. With their thesis, they even won the Nutrifacts Award 2022!

Food Commerce and Technology Students from InHolland University of Applied Sciences collaborated with KYC MindUp to create a healthy, affordable, and culturally appropriate snack made of locally available ingredients for pregnant and lactating women in Uganda. The idea is that this snack eventually can be sold at the Green Canteen as part of KYC's income-generating activities. The students had to present their product during the Food Innovation Community Amsterdam (FICA) Summer Event in Amsterdam and won the second prize!

Two Global Health students from Maastricht University assisted Heights and Minds with the development of a Monitoring and Evaluation System. Therefore, they developed and tested a baseline survey followed by a shorter one every 100 days up to the completion of the 1,000-day follow-up at the MindUp Tawfekh Keur Jaboot in Senegal.

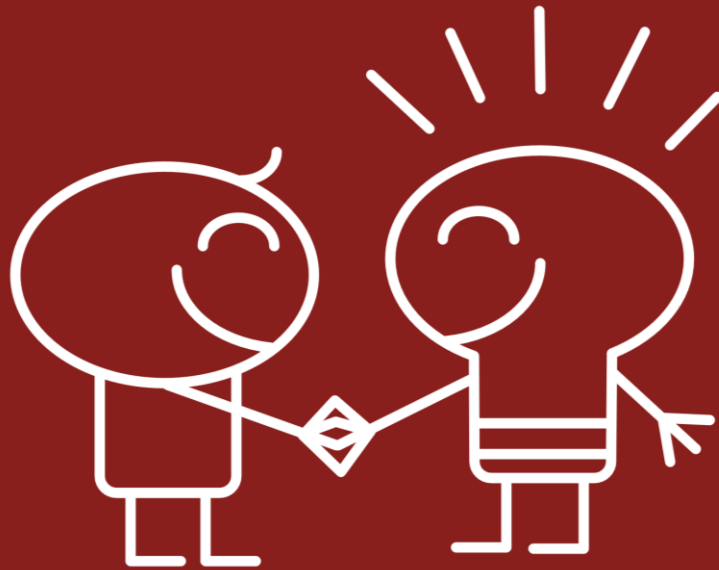
Next to that, we are grateful for all of the specialists and volunteers that provided feedback, advice, and support to optimize the MindUp Concept and Training Program!

In 2023, we will keep looking at ways how to make internships both online and in the field even more meaningful, educational, and fun. Therefore, we aim to partner up with local universities in the MindUp countries.



Interns for Odisee University of Applied Sciences, Maastricht University, and Inholland University of Applied Sciences supporting the MindUps in Uganda and Senegal.

**We Wish You a
Merry Christmas and
a Wonderful 2023!**



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