



Civil Society Network
ENGAGE • INSPIRE • INVEST

REPORT

TRAINING-OF-TRAINERS (ToT) ON NUTRITION

as part of the

PERMACULTURE GARDENING & NUTRITION IN URBAN COMMUNITIES PROJECT

funded by the Scaling up Nutrition (SUN) Pooled Funds.



at the

NAMIBIA UNIVERSITY OF SCIENCE AND TECHNOLOGY
(LAND MANGAEMENT AND PROPERTY SCIENCE BUILDING, ROOM 15)

29 SEPTEMBER 2020

Table of Contents

Background & Objectives.....	2
Workshop Proceedings.....	3
Welcoming & Introduction	3
Piloting the ‘Nutrition for Health’ Workshop	3
Reflections on Workshop.....	6
Way Forward.....	6
Appendices	7
Training Outline: Nutrition for Health	7
Attendance List	8

Background & Objectives

The nutrition training-of-trainers workshop is part of the Scaling-Up-Nutrition (SUN) funded project implemented by NAFSAN in collaboration with Eloolo Permaculture Initiative and the Shack Dwellers Federation of Namibia (SDFN). The workshop aimed to bring together and equip Human Nutrition BA-students (NUST) and community members from SDFN with knowledge and skills to facilitate future 3-4 hour workshops on ‘*Nutrition for Health*’ in communities, highlighting the importance of good nutrition for them, their families and especially children in their care and in the community at large. This nutrition component is complementary to the project’s focus on assisting selected communities in establishing home gardens based on permaculture principles. The project’s overall aim is to increase food and nutrition security during and beyond COVID-19 in urban communities.

The training-of-trainers was held on the 29th of September 2020 at the Namibia University of Science and Technology, one of NAFSAN’s founding members. It was facilitated by Ben Schernick (Director of NAFSAN) and Charlotte Keyter (Nutritionist, UNAM Senior Lecturer and Board Member of NAFSAN).

A group of eight future trainers were selected, consisting of four BA Human Nutrition students from NUST and four SDFN members, hereby bringing together knowledge around nutrition and how it effects the human body as well as knowledge and experience of working in and with communities. Additional attendees were two BA Food Sciences graduates from the University of Namibia (UNAM - also a founding member of NAFSAN), two members of the project team who are involved in permaculture and coordination of activities, as well as two of NAFSAN’s student interns, see attendance list attached on p.8).

The key objectives of this workshop were to:

- Bring NUST students and SDFN members together and get their commitment;
- Introduce and test the developed interactive and participatory training approach;
- Provide background information and training materials to the future nutrition trainers;
- Enable future trainers to facilitate ½-day *Nutrition for Health* workshop in communities.

Workshop Proceedings

Welcoming & Introduction

The workshop began with opening remarks from NAFSAN's Director, Mr. Ben Schernick, who welcomed everyone and gave an overview on the background, role and objectives of NAFSAN, together with Mrs. Charlotte Keyter. He further elaborated on the purpose and objectives of the workshop and provided a brief introduction to the project and its context, i.e. the intention to scale up this combined intervention through the Shack Dweller Federation of Namibia (SDFN) into other regions and that this ToT-workshop is therefore a pilot on how more capacity can be build.

The participants were then asked to introduce themselves, hereby highlighting any pre-existing knowledge of or experiences in either nutrition or in facilitating training workshops.

Participants were then given a direct practical experience of the full 3-4 hour '*Nutrition for Health*' workshop, as designed to be facilitated with 16-20 community members.

Piloting the 'Nutrition for Health' Workshop

Ben Schernick and Charlotte Keyter, as facilitators, asked everyone to now imagine being in the shoes of community members, while at the same time also thinking about how they could see themselves facilitating the following 3-4 hours training session.

The following ± 3 hours then followed the format described in the training outline (p. 7), starting with brief welcoming remarks, followed by an **introduction round** where everyone shared their names, favourite food and the number of children under their care.

The **malnutrition quiz** felt almost like an educative game, and it provided valuable insights into everyone's already existing understanding of malnutrition. Participants stood across the room, according to whether they agree or disagree to a particular statement, afterwards sharing some of the reasons as to why they are standing where they are standing.

This led to already quite some insightful conversations, without facilitators giving too much 'educational input' on certain issues.

The **input on malnutrition** was then provided by Charlotte Keyter, hereby using 'outdoor visuals' (colourful pictures on laminated A3 papers) to guide through her presentation. All relevant input was also captured in information provided in the folders that each future trainer received towards the end of this workshop.





The first part of this session touched on forms and dangers of undernutrition, highlighting Namibia's stunting levels and how this impacts the GDP of a country, as well as the harmful cycle of nutrition, which we must aim to break from one generation to the next.

The second part related more to overnutrition, negative effects of consuming too much sugar and fat, as well as 'hidden hunger'. It also included

non-communicable diseases related to nutrition deficiency and ended with the importance of introducing and maintaining a healthy and balanced diet, i.e. to regularly eat a variety of food from different food groups.

During the following **partner interview exercise**, everyone was asked to have some nutritious refreshments (fruits, nuts and juice mixed with water).



In pairs, participants discussed their knowledge on breastfeeding, the benefits and the length a mother would breastfeed her child. Furthermore, the participants discussed on whether the children in their households receive enough healthy food, as well as the type of food available in their households and how far they can afford what kind of food is affordable.



During the **reflection session** afterwards, the benefits of breastfeeding were highlighted and material on Breastfeeding (from www.rightstart.com) as well as NAFSAN's 'Nutrition and Food Safety during COVID-19' flyers distributed. These will also be used as handouts during actual trainings in the communities.

Additional discussions were on the types of items to cut down to improve daily health, especially for children and how we can teach them about a healthy diet (and avoid addictions to sugar) right from the start. The participants shared reasons to why they consume particular food and their beliefs and certain myths around such popular (yet often unhealthy) food items.

It also emerged that the relationship between nutrition, health and learning is undeniably strong: nutrition is one of the three major factors that impact a child's development. Research studies have shown that good nutrition and especially breastfeeding in a child's early years is linked to their good health and better academic performances in later years.

Good nutrition in our daily lives has long term effects on us as individuals and the future generation. The way a child turns out all begins with the mother, and if the mother is not given proper guidance during the first 24 months of the child's life, this could in turn have an effect on the child's entire life.



The last small group exercise on **exploring realities** then let everyone reflect on their learning so far and what they could and would implement in their lives.



During the **final reflections** of this sample workshop, participants shared that they learned a lot and actually felt inspired to change their eating habits and share the information received.

In a final **closing round**, everyone shared one thing that they will change to live healthier.



Reflections on Workshop

When reflecting after lunch how everyone has experienced the sample workshop in the morning, people appreciated the learning through the exercises and through the very lively and highly engaged discussions. The input sessions were also highly informative and NUST students expressed their appreciation as to how practical this information has been. Even though it was 'nothing new' for them, but the way it was brought across was very clear, practical and applicable to people's daily life and realities on the ground.

Overall, everyone felt highly motivated to get engaged in facilitating such sessions, and the two UNAM graduates said they will follow how the process continues and see when and how best they can also contribute their knowledge and experiences.

Way Forward

Based on input and feedback during the workshop, some additional slides will be added to the visuals, e.g. on dehydration and sugars, will be added and the previous draft training outline updated - the latest/updated format is already included in this report.

The first community-based workshop will take place in Sonderwater and will be facilitated by the first group of trainers on the 10th of October 2020. A second community workshop will take place before the end of 2020 in Havana, to be facilitated by the second group of trainers.

It was agreed for a preparation meeting to be held at NAFSAN's offices in Ausspannplatz on Tuesday, 5th of October 2020 to support the two mixed teams of trainers in being fully prepared to facilitate such 3-4 hours session with the community members.

Appendices

Training Outline: Nutrition for Health

An interactive 3-4 hours training session for community members in informal settlements, as part of the joint *Permaculture Gardening & Nutrition in Urban Communities* project.

Time	Activity	Facilitator
8:30 +	Arrival & Registration + <i>Water/Fruits</i>	
Session 1 – Introduction		
9:00	Welcoming & Introduction to Workshop and Facilitators	
9:10	Participants' Introduction (Round): 1. My name is... 2. My favorite food is... 3. How many children are in my care...	
Session 2 – What is Malnutrition?		
9:30	Exercise (whole group): Quiz on Malnutrition	
10:00	Input on Malnutrition, incl. Q&A: Part 1 = Undernutrition & Stunting Part 2 = Overnutrition & Healthy Eating	
Session 3 – Breastfeeding & Child Nutrition		
10:40 <i>including refreshments!</i>	Exercise (in pairs): Partner Interview 1. What do I know about breastfeeding, benefits and for how long babies should be breastfed? 2. What are the first solid foods we start giving our children? 3. Are our children eating enough and healthily?	
11:00 <i>+ flyers!</i>	Joint Reflections (<i>First Q1 only, then Q2 + Q3 together</i>) + Input: Breastfeeding, Child Nutrition and Dehydration, incl. Q&A	
Session 4 – Moving Forward		
11:40	Exercise (in groups of 3-4): Exploring Realities a. What did I learn today that I will put into practice, and how will I do that? b. What may I personally need to change in myself or within my household or family? c. How best can we support one another as a community?	
12:00	Final Joint Feedback & Reflections	
12:20	Closing Round: <i>"One thing I will do for my health, is..."</i>	
12:30 = End of Workshop		

Attendance List

NAME	SURNAME	Age	Gender		COMMUNITY / ORGANISATION	CELL	E-MAIL
			M	F			
Benjamin	Schernick	43	×		NAFSAN	0812294803	info@nafsan.org
Beverly	Handuukeme	27		×	GIZ	0813541154	
Carmen	Letlhagoje	21		×	NUST	0816247441	cwilbard25@gmail.com
Charlotte	Keyter	60		×	NAFSAN	0812060524	ckeyter@unam.na
Donovan	Wagner	46	×		Eloolo Permaculture	0818679297	donovan.wagner@mail.com
Foibe	Sakaria	28		×	SDFN	0816445734	foibesakaria@gmail.com
Fredrika	Amupolo	27		×	NUST	0813367188	foxy2080@gmail.com
Hilma	Laurence	44		×	SDFN	0812362333	
Inga Taatsu	Boye	41		×	SDFN	0812875456	boyeinga29@gmail.com
Lolita	De Almeida	24		×	FAO	0818080679	lolita.dealmeida@fao.org
Ndeshuuva	Shiimi	23		×	NAFSAN	0818006949	ndeshuuvashiimi@gmail.com
Peterstone	Thapalo	49	×		SDFN	0812858587	
Reinhold	Mangundu	24	×		Eloolo Permaculture	0813608286	reinholdmangundu@yahoo.com
Reinholdt	Thimoteus	28	×		SDFN	0812327722	
Sonya	Nghoshi	22		×	NAFSAN	0814110725	sonyanghoshi98@gmail.com
Star	Mwatotele	21		×	NUST	0818445428	zesharmwatotele@gmail.com
Suveree	Kahiuoua	21		×	NUST	0817052536	suvereee@gmail.com