

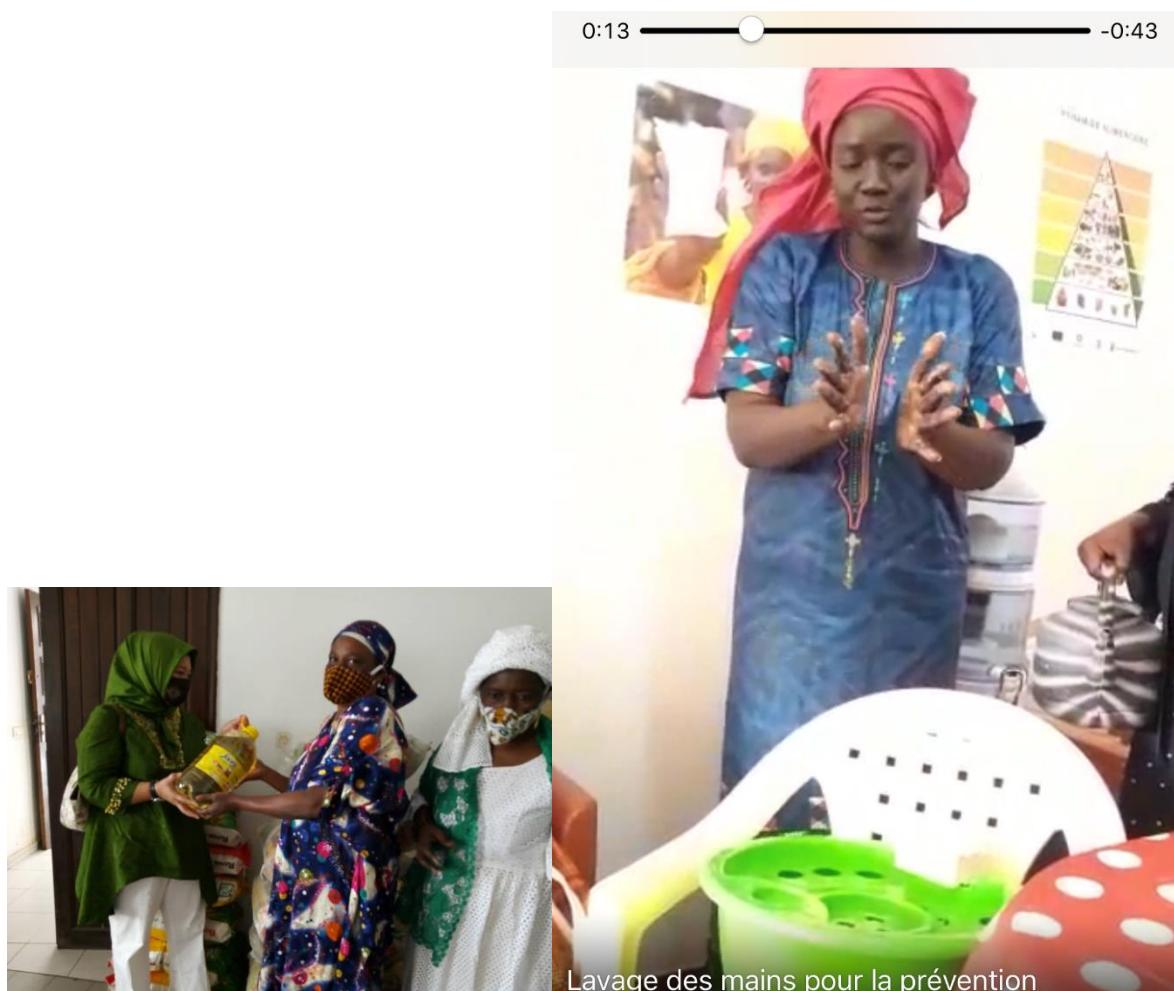
News from the Heights and Minds Foundation

What did we do during the first 6 months of 2020? Not as much as we would have liked to do because of the COVID-19 situation, but nevertheless we made progress.

In Senegal:

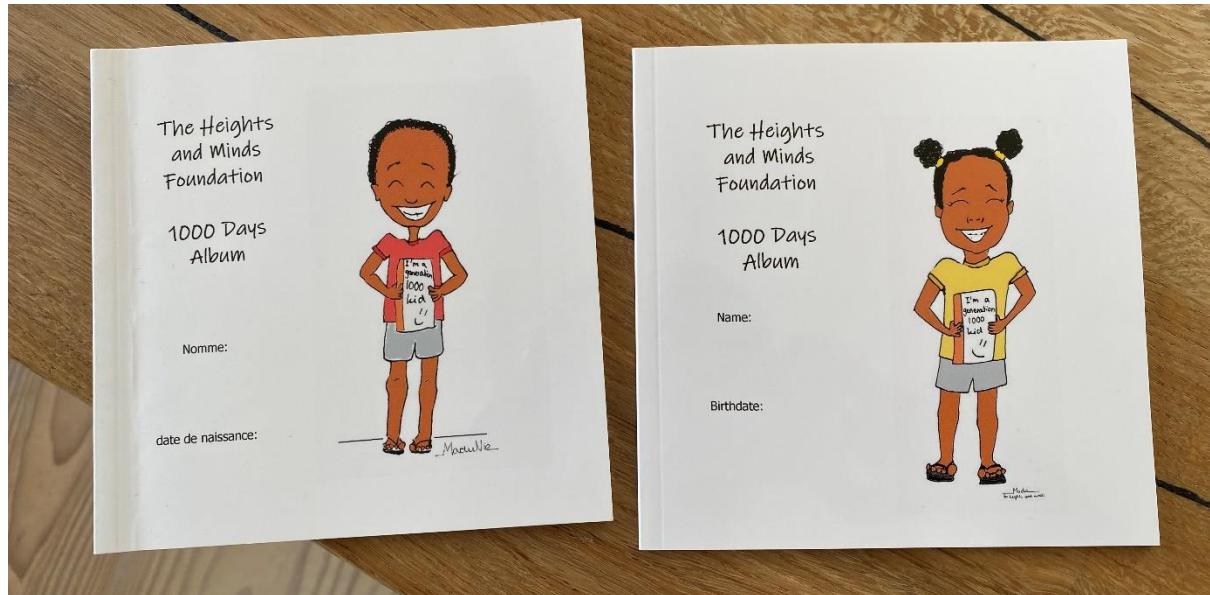
First of all, both MindUps in Senegal, Tawfekh Keur Jaboot and Tawfekh Diam immediately closed their services for groups of women as of March 6 when Senegal started the national lock-down.

However instead of not doing anything, both Tawfekhs got engaged with the national nutrition program's (CLM) distribution of food packages to those most in need. And both Tawfekhs delivered COVID_19 messages and handwashing classes.



Before the lock-down both Tawfekhs had started the activities. Tawfekh Diam welcomed over 250 mothers and their children in January and February but focused at first especially on welcoming people and explaining the services, with less emphasis on registration of children for growth promotion and individual counselling.

Tawfekh Keur Jaboot welcomed over 50 children and started using the length mat to visualize growth. While practicing with the new tool, they also started registering children using the HMF 1,000-day album designed for the purpose of keeping track. The album will be printed in hard copy, with personalized pictures and data and given to the child as safekeep.



During COVID, in addition to food packages, Keur Jaboot practiced with the first e-learning modules and their GMP counselling skills. MindUp Manager Mariéme has started trying out some new ideas for fruit drinks. On the entrepreneurial side, Keur Jaboer, got the local government license to sell healthy snacks and deposited their enriched flour composition to the lab for testing of its nutritional value.



In Indonesia:

Although a planned visit is still on hold, virtual meetings allowed the planning to go ahead with the Partnership between the Bandung-based organization Tunas Nusa and Heights and Minds. A draft MOU is being finalized.

Tunas Nusa is a very dynamic organization with an exciting program of activities which they have been implementing successfully for years. HMF is very proud to become their partner and together establish the first MindUp in Indonesia. Tunas Nusa is planning to use it as a test case and would be interested in scaling up to other locations after the proof of concept shows results.

Tunas Nusa in their current location have identified a space in which to establish the MindUp, called Riung Riang Ceria – literally a healthy happy place. Preparations are ongoing and we all hope to open the doors on January 1, 2021 in a covid-safe manner. Follow the progress on Instagram@Ruangriungceria and @tunasnusafoundation.



At HMF HQ, we have welcomed new members Alison Cave, Marti van Liere and Sigrid Kramer. We are delighted they want to support us; check out their impressive CVs on our website page.

We have started the development of e-management and e-learning.

We are busy looking for opportunities to partner with other organizations and raise funding to strengthen the current country programs, the global network activities and we would like to start planning the first MindUp in a third country during this proof of concept period. Together with the CLM in Senegal we submitted a proposal focused on adolescents to the Botnar Foundation in Switzerland but there was too much competition this time. We will continue looking for support for adolescents specifically.

Our financial report 2018-2019 has been finalized and is available upon request.

We would like to wish everyone an excellent continuation of the summer, stay safe and healthy, and we hope to hit the ground running as soon as it is safe to start up all activities again.

On behalf of the HMF team, Claudia (Chair) and Hidde (Treasurer)