



## **Annual Report 2019 – Heights and Minds Activities**

In the first quarter of 2019, the Heights and Minds Board finalized the initial concept of the Heights and Minds activities. An inventory of funding opportunities was started as well as the social media and draft website design. Heights and Minds obtained ANBI status and obtained the first donations for a total amount of about 10,000 euro. A preliminary agreement was reached with the Dakar Port Authorities to match Heights and Minds Funding under the Dakar Port Authority Foundation.

In April 2019, Hidde van der Veer, Treasurer and Claudia Rokx, Founder travelled to Senegal to (i) agree with the CLM (Cellule de Lutte Contre la Malnutrition – National nutrition commission under the Presidency in Senegal) on a draft Partnership agreement; (ii) agree on the selection of two NGOs; (iii) undertake an exploratory visit with the two selected organizations (on-site); (iv) select a country representative: Gerard Sambou to assist in guiding the associations to establish the MindUp; (v) and agree on next steps.

In June 2019, Claudia Rokx travelled to Dakar to (i) agree on the Partnership document and draft contracts with the two selected associations; (ii) draft a training plan with Gerard Sambou; (iii) prepare internship for Julia IJsselmuiden; and (iv) discuss the activities with the associations Diam Ak Khewal and Gouy Gui and develop an action plan for the establishment of the MindUps in their areas. We also agreed on the name in the local language Woolof for a MindUp: Tawfekh.

In the summer of 2019, Julia IJsselmuiden (intern, junior associate) travelled to Dakar to (i) get acquainted with the associations, their activities and needs; (ii) develop an action plan for the establishment of the MindUps, called Tawfekh Diam and Tawfekh Keur Jaboot; (iii) pretest the consumption survey.

In September 2019, Claudia Rokx traveled to Dakar to finalize the establishment of the MindUps.

In October 2019, a Heights and Minds extended team composed of Claudia Rokx, Founder, Hidde van der Veer, Treasurer, Anja Slegt, Secretary to the Board, and Alessandra Galasso, associated researcher nutritionist, traveled to Dakar from October 26 to November 3. Diam Ak Khewal was ready to start the activities. All equipment had been purchased, the initial materials, growth promotion wall chart and length mat, were provided by HMF. Together with Diam, the team opened the first Tawfekh and had 8 visitors; young women with their children. As a training on the job exercise, all children were measured and the mothers counseled, local produce to prepare a healthy fruit drink for the children was purchased in the close by market and prepared using the new equipment. The recipe was later analyzed and its nutritional value shared by Alessandra Galasso. It was agreed that the Tawfekh Diam would continue improving its premises, market the Tawfekh during the home visits and through the health center and start reporting on activities.

The association Gouy Gui was still in the process of identifying a space in which the Tawfekh could be established. During the visit the space was identified and small adjustments agreed with the property owner. Heights and Minds and Gouy Gui visited the local mayor's office and met with the mayor himself as well as the vice mayors to discuss the future Tawfekh activities. There is overall very strong support from the local authorities.



On October 30, 2019, the Partnership agreement between HMF and the CLM was signed. On October 31, the contract with Diam Ak Khewal was signed.

Alessandra Galasso conducted 30+ interviews with Tawfekh clients on the feeding practices, eating habits and diet. She will analyze the data and develop recommendations for the new recipes, snacks and drinks to be provided at the Tawfekh.

Initial contacts and visits were conducted with the Hogeschool Arnhem-Nijmegen (HAN) to discuss potential future internships. Another potential collaboration was set up with the RVO technical school in Nijmegen. The University of Maastricht has identified a public health student interested to do an internship in the summer 2020 in Dakar for Heights and Minds.

Finally, the Heights and Minds Board agreed on the Global Board members and responsibilities. It was also agreed to add Global Board members following additional country activities.

The forward-looking plans for 2020:

- Evaluate the daily management of the two MindUps in Dakar;
  - Document the operations for learning by doing guidelines;
  - Develop a comprehensive training plan based on the learning by doing experience with the two Tawfekhs in Dakar;
  - Establish the global network;
  - Draft the concept for the E-learning plan;
  - Establish contacts in Indonesia for the second country proof of concept;
  - Raise funding to scale-up to Thiess in Senegal and start up in Indonesia.
-