

AWET

# NEWSLETTER

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## Mothers in Mutasa endorse for exclusive breastfeeding.

Breastfeeding, when done exclusively from the first hour after birth for six months and beyond two years, is one of the best way to ensure a child's health and survival. It's more critical than ever to begin life as a new-born being breastfed, according to the head of the World Health Organization (WHO) and the Executive Director of UN Children's Fund UNICEF.

#Breastfeeding is a natural act, but it is also a learned behaviour. Apostolic Women Empowerment Trust believes All mothers must be supported to initiate breastfeeding as soon as possible after birth, within the first hour after delivery, and should receive practical support to enable them to establish breastfeeding and manage common breastfeeding difficulties. #SteppingUp support for breastfeeding women during this #BreastfeedingWeek...continued to pg4



STEP UP FOR  
BREASTFEEDING:  
EDUCATE AND  
SUPPORT



unicef  
for every child



### 3 Day workshop to change attitudes towards PWD

An educational workshop on disability inclusion and human-centered design was held over three days by the Apostolic Women Empowerment Trust with assistance from UNICEF Zimbabwe. The workshop's objectives were to alter public perceptions of people with disabilities and to incorporate them into daily life by promoting the idea that there is nothing for us without us.

There are frequent differences in the emotional and physical experiences of parents of children with disabilities. It takes a village to support parents of children with special needs and, if necessary, to assist parents as they progress through the stages of acceptance.

The purpose of the training program, which includes a Human Centered Design workshop for children with disabilities, caregivers, and Behavior Change Facilitators,

is to create communication solutions that promote inclusion.

Speaking with one of the facilitators for the training workshop from Christian Blind Mission, emphasized on the issues of appropriate language to use on referring to people with disability. "Don't categorize people or assign labels to them, such as "handicapped," "disabled," "deaf," "retard," "learning disabled," and so on. Use terms like "a person with multiple sclerosis," "people with disabilities," "a person who is deaf," person with hearing impairment and so on instead." Said Geraldeen Kanyowa

UNICEF Zimbabwe presided over the formation of a human centered design which incorporated children with disabilities, caregivers, and Behavior Change Facilitators is to design communication solutions that promote inclusion. "Imagine a world where all children are included & involved in all aspects of their lives! This is the underlying theme at the Human Centred Design workshop with #ChildrenwithDisabilities, caregivers, and Behavior Change Facilitators to design solutions that promote inclusion."...continued to pg3

**Impairment + Barrier = Disability**

**DO NOT BE A BARRIER**







*...continued from pg2*

The #Apostolic and #interfaith communities, as well as people with disabilities (#PWD), are being transformed by the products that the Apostolic Women Empowerment Trust is constantly disseminating. As a result, it connects with thousands of people with disabilities and service providers while also offering a variety of educational and engaging presentations given by professionals in the field.



*...continued from pg1* According to UNICEF Zimbabwe Exclusive breastfeeding (#EBF) rate is 42% in #Zimbabwe, which is significantly lower than the #regional\_average of 55%. In order to protect the health of #children, we emphasize the value of #SteppingUp support for breastfeeding #women during this #BreastfeedingWeek. Apostolic Women Empowerment Trust with support from UNICEF commemorated the week in Mutasa engaging young women from the apostolic community to Step up for breastfeeding: Educate and Support them on the importance of breastmilk to new-born.

According to the AWET Head of Programs, young women need to be educated on the importance of breastfeeding their new-born as well as keeping themselves nourished. “Adolescent mothers: you need extra care, more food and more rest than an older mother. You need to nourish your own body, which is still growing, as well as your growing baby.”

Speaking with the Community Health Worker who coordinated the discussions in Mutasa, she emphasized the importance of breastfeeding the infant on a regular basis because it stimulates more milk for the growing baby and should be done all the time, “Breastfeeding the baby frequently prompts the production of more milk. The baby should be breastfed day and night, and on demand.”

The public health officer emphasized that breastmilk is the safest source of nutrition for babies and young children, and that during outbreaks of diseases like cholera, babies should only be breastfed. “Breastmilk is always the safest source of nutrition for babies and young children, especially during a cholera outbreak. Babies should continue to be breast-fed while receiving treatment for cholera.”

# BVIP LATRINE CONSTRUCTION IN SHURUGWI

One of the many emergency responses necessary for ensuring people's #safety, #health, and #wellbeing is the provision of suitable defecation facilities.

Apostolic Women Empowerment Trust is building 607 Blair ventilated improved pits (#BVIP) in #households and church #shrines with assistance from #UNKI Mine in Ward 19 of #Shurugwi district.

With assistance from Anglo American, Apostolic Women Empowerment Trust constructed a Demo latrine as part of the UNKI MINE Response to the health risks associated with open defecation. It was then given to members of the #Shurugwi community in the village's ward 4 center.

Apostolic Women Empowerment Trust District Sanitation Officers are working with locals in #Shurugwi village 5 of ward 19 to empower communities for effective #WASH practices in an effort to lower the high rate of open defecation that occurs as a result of communities lacking proper #sanitation and #hygiene practices.

*The Blair VIP is the original VIP toilet and was established in Zimbabwe (BVIP). It has been recommended as a typical piece of sanitary hardware by the Zimbabwean government for more than 30 years.*

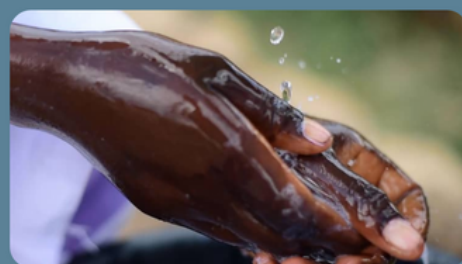


We had the opportunity to speak with the village head during the handover ceremony, and he expressed his appreciation for AWET's initiative on behalf of the Shurugwi district. "I'd like to take this chance to commend AWET for its work raising community awareness of health and sanitation issues. These facilities will be very helpful to the community as a whole," said councillor Chiteme for Ward 9.

The AWET initiative to address the problem of open defecation in public spaces and church shrines, which was becoming a health hazard in the community, was appreciated by members of the apostolic community in ward 4.

## Brightest StarPlays For League's Worst Team

**YOUR HEALTH IS  
YOUR RESPONSIBILITY**





# Breastfeeding Awareness Mutasa




# Human Centered Design Workshop







# APOSTOLIC WOMEN EMPOWERMENT TRUST



**Breastfeeding  
& Cholera**

Cholera is not  
transmitted in  
breastmilk.



unicef  
for every child

*Breastmilk is always the safest source of nutrition for babies and young children, especially during a cholera outbreak. Babies should continue to be breast-fed while receiving treatment for cholera.*

**...we know  
#ItTakesAVillage to  
put an end to child  
marriages and  
#VAGW.**



**#HUMANITARIANDAY**

#ItTakesAVillage to put an end to child marriages and #VAGW. Let us work together to end this crisis.



Tendayi Gudo  
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