

Project No : 0070-01
Project Title : 'Healthy Mothers - to-be'- A Women and Community Networking Project
Name of Organisation : Kwun Tong Methodist Social Service Grassroots Occupational Service Unit 'Healthy Mothers - to-be' Club
Grant Approved : HK\$ 232,040

Project Highlights:

- A project with focus on self-empowerment, building up a support and caring network between pregnant or nursing mothers in need of support and unemployed women who are trained to provide post-natal companionship, mentorship and support.
- It aims to achieve self-help and mutual help by changing the values, capability and status of middle-aged unemployed women from that of service users into helper/mentor roles.
- A network will be formed among women to promote community education and to participate in community services. The mentors will contribute to the project's future operation.

Brief Description of Programmes to be organized :

1. Quality Post-natal Mentor Training Course

- a. Through a well-organized training course, unemployed women are trained to provide post-natal companionship, mentorship and support.
- b. The training course is conducted by registered nurses and experienced social workers. Trained mentors who are being employed would be involved to share their successful experiences.
- c. All the trainees have to attend mock, verbal and written examination of ensuring their ensuring.

2. 'Healthy Mothers-to-be' Club

- a. The club is formed by the trained post-natal mentors. Through the provision of various group activities, it is hoped that their cohesiveness and the fundamental development of the women- networking can be enhanced and strengthened.
- b. By the application of self programming group model, club members are trained in leadership and organizing power so that they can develop and manage their own business. As a result they perceive and recognize positive changes in

their value system, ability and status.

- c. The club is not only a place where they can learn, share and develop, but also at where they can promote community education and participate in community service so that the women networking functions and works.
3. Community Exhibition----Knowing post-natal depression
 - a. Using community exhibition as a means to promote community education to the public, having them to know more about post-natal depression.
 - b. To encourage women involved in the project to participate in the promotion on community education, as a form of serving the community and to develop a mutual concern, integrative and harmonious society.

Unique Features of the Project :

1. An innovative project: in that the post-natal mentor training course will successfully create new and innovative job opportunities through upskilling of local middle-aged unemployed women and through the provision of practical services, the needs of young unsupported mothers are addressed.
2. With two interactive objectives
 - a. To develop a women mutual help networking
 - b. To develop local community economy
3. Fulfill three functions
 - a. To facilitate women to serve the community in their jobs
 - b. To promote more effective community-based education on prevention of postnatal depression
 - c. To develop a unique women career, enhancing the social status and value of middle-aged unemployed women and at the same time enhance mutual support in order to achieve the empowerment objectives.

Project Duration: 24 months (from 4/ 2003 – 3/ 2005)

Target Groups : middle aged unemployed women and unsupported nursing mother

Location of the Project : Mainly at Kwun Tong

Expected outputs and outcomes :

Outcomes	Indicators / Measurement Tools
Personal Aspect	
1. Through knowledge and skill delivery to increase the women's	Conducting pre test and post test by using the Rosenberg Self-Esteem Scale and

Outcomes	Indicators / Measurement Tools
dignity, self-confidence and personal capacity	Pearlin Mastery Scale to assess the degree of enhancement. It is expected that 80% of the trainees will indicate improvement in the mentioned 3 areas after joining the training course.
2. Trained mentors can apply what they have learned and improve their performance continuously	Using self- assessment form and employers' feedback form to assess the performance of the trained mentors. It is expected that 70% of the successfully employed mentors reveal that they can apply what they have learned. Both mentors themselves and their employers will indicate that they are satisfied with their job mentors'.
3. To facilitate women to serve in their job and to enhance their mutual help spirit	It is expected that through a variety of means all club members can take part in organizing community exhibition, so that they can share what they have learnt with others and become a service provider instead of a service user
4. To enhance job opportunity for middle-aged women	It is hoped 200 head counts employment opportunities can be offered to the trained mentors.
Social Aspect	
1. Strengthen community base network in order to provide services for the nursing mothers	Can establish close co-operation and relationship with at least 3 community organizations.
2. Community as a whole is benefited	70% of the trained mentors would join the club and assist in the network formation.
3. Increase community resources	Successfully mobilize 132 headcounts of the club members as volunteers to participate in the community education programmes.

Outcome Measures:

- Include evaluating the personal development of the participants including self-esteem, capability of self-help and strength of mutual help networks.

- Measurement tools: i) self evaluation form of the participants ii) evaluation form filled in by employers iii) Rosenberg Self-Esteem Scale; 1965 and iv) Pearlin Mastery Scale; 1981.