

Southern Gold Coast Tweed

September
2024

ZONTA

Building a Better World for Women and Girls

Remember to check in and ask, “Are you okay?” if someone is going through a difficult time

Birthday Greeting to Rosemary on the 30th.



PRESIDENT'S REPORT

This month we have important days that we can reflect on and align with Zonta ideals. There is Indigenous Literacy Day, International Day of Charity, International Day of Peace and R U OK? Day. This is a reminder to us all. The people you care about go through life's ups and downs daily. By having regular, meaningful conversations, you build trust and normalise talking about what's really going on, so when the people in your world find themselves struggling, they know you're someone they can talk to. Ask R U Ok? any day of the year because a conversation may change a life.

The Birthing Kit Assembly Day at Murwillumbah Learning Community High School was undertaken by 20 Year 11 students and 3 staff members. The students volunteered and actively participated. They watched a couple of videos from The Birthing Kit Foundation website and asked varied questions. It was an excellent way for them to learn about Zonta and the good news is that the teachers and principal are interested to help again next year and to raise funds. Thank you to the people who had volunteered to pack the kits.

I extend a warm invitation to you to join us at our dinner meeting next Monday 16th September 6.00pm at South Tweed Sports Club. All welcome.

Kind regards
Yvonne



Bunnings Sausage Sizzle Fundraiser Sunday 6 October



This will be held at South Tweed Bunnings. Please contact Yvonne to put your name on the roster.

Service and Advocacy Report from Carole

Following Lauren's, (Sexual Assault Counsellor) request for resources for her department I gathered colouring in books, canvas painting, clay modelling, sensory toys and games.

Included in the package was 30 undies of various sizes and some toiletries. The eye masks will be dropped off later, she mentioned they were a welcomed item when in emergency. Lauren replied with a thank you email.

I purchased more fabric for the ladies at the Broadwater to make some more breast cushions.



SISTER CLUB NEWS



By Janet Burrage

To: Zonta Club of Paradise Point

As you have all heard me say, Support the Girls is a self funded charity – our multi- talented volunteers are rostered to attend our warehouse at one of the twice a week “working days” where we sort through donated bras, underwear and toiletries - log them into our inventory system and store them in plastic tubs and/or topup the bags you saw on Saturday. We sell raffle tickets and have a quiz night happening in October. We do apply for grants which are usually for the general running cost i.e. warehouse costs(\$1200 per month), Public Liability Insurance, vehicle maintenance, vehicle insurance etc.

In the last 3 months the charity has helped nearly 280 women locally and in NSW, as well as delivered crop tops and underwear to the social workers at Logan, Gold Coast University and Robina hospitals for use in the emergency department.

Locally our work has been with three rehabilitation facilities, Mirikai, Pathways and Logan House where women of all ages have been measured and fitted with bras, given new underwear, sanitary products and toiletries. They all comment how wonderful they feel and it does lift the mood and brings smiles to their faces. We have held a Bra Gifting event at Helensvale (37 attendees) and have three more booked for the year; at Nerang; Twin Rivers Eagleby and our Christmas one at Southport. We do sometimes, need to limit numbers to ensure we have the bra fitters and volunteers needed to make the event a success with no pressure on anyone – volunteers and attendees alike.

The other major places we have visited are with two Aboriginal Medical Centres in NSW – in conjunction with BreastScreen NSW. The ladies come and have a breast screen (many for the first time despite ages in the 50's and 60's) and then have individual attention with the bra fittings (another first for many of them) and the supply of bras and underwear.

Thank you for supporting us at our Gold Coast Bra Gifting Events this year. Last weekend 8 volunteers were up at Toowoomba as the Zonta Garden City Toowoomba organised an event which saw a varied demographic participants who were pampered with hairdressers, hand massage as well of representatives from Breast Screen and Cervical Health available for a chat. Toowoomba did turn on a wonderful day, weather wise, and the Zontians' at the event made it all very easy for our volunteers. On the day our bra fitters' measured 30 ladies and gave out 115 bras, 35 packs (2 pairs in each pack) of underwear and 39 lots of menstrual products. These products are all donated by the general public.

These events take a lot of organisation by all concerned and have lifted the participation in the breast screening within a community – in some cases- by more than 100% and we have even be credited for doing our bit to “close the gap” which is extremely gratifying and makes our job so worthwhile.

Below are the two dates for our Bra Gifting Events on the Gold Coast. I do hope that some of you will be able to help with the kitchen duties.

Tuesday 08 October 2024
Nerang Community Hall
10:00am to 2:00pm - another lunch

Friday 29 November 2024
Southport Community Centre
9:00am to 3:00pm - lunch - Christmas Event so a bit more involved



**Birthing Kit
Foundation**
Australia



Our Vision and Mission

Vision

A world in which all women and girls have access to a clean and safe birth.

Mission

- To positively impact the lives of mothers and babies in developing countries.
- To partner with and empower our partner organisations and communities.
- To enable systems where women and girls become truly empowered
-

A Brief History

1999 The first birthing kits were made in Adelaide, South Australia, by members of the Zonta Club of Adelaide Hills. These kits were bound for Papua New Guinea.

2004 The project was accepted as a District Project by Australian Zonta Districts 22, 23 and 24 and kits were now being made as part of the Zonta Birthing Kit Project.

2006 Birthing Kit Foundation Australia was established.

2024 Over 2.8 million kits have been packed and distributed to women overseas.



Birthing Kits are an internationally accepted intervention to support a clean birth.

Each item in the BKFA birthing kit works to reduce infections at key high-risk moments of care during labour, birth and immediately post-birth for the mother, newborn and birth attendant.

WHO, UNICEF and UNFPA recommendations* include:

- The use of a clean delivery surface
- That the eyes of the baby are wiped clean
- That ties and a blade should be used to tie and cut the cord.

BKFA birthing kits are similar to the kits distributed by large UN entities for use in emergency response settings.

**'Pregnancy, Childbirth, Postpartum and Newborn Care: A guide for essential practice, Third edition'*



What's in a Birthing Kit?



A **plastic sheet** to prevent the mother and newborn coming into contact with the ground or an unhygienic surface.

A **sterile blade** to cut the umbilical cord cleanly and reduce risk of newborn sepsis and tetanus.

Gloves to cover the birth attendant's hands and provide protection from infections such as HIV for carers and care recipients.

Clean cord ties to tie the umbilical cord.

Gauze to wipe clear the newborn baby's eyes, and to clean the mother's perineum prior to giving birth.

Soap to wash the birth attendant's hands and the mother's perineum.

Why are Birthing Kits needed?

It is estimated that over 300,000 women (mostly in developing countries) die annually in childbirth - many from preventable infections. Infection, such as sepsis, acquired during or directly after childbirth, is one of the leading causes of newborn and maternal death.

Good hygiene is critical in eliminating infection during and after childbirth.

By providing a clean birthing kit, mothers giving birth at home or with limited medical support have the resources to reduce infection.

How are they made?



Australian Volunteers

By volunteers who fundraise and assemble the kits at Assembly Days in Australia.

In-Country

By Field Partners who are funded by BKFA to manage the procurement and assembly of birthing kits in-country.

Who receives them?

BKFA currently works with over 31 organisations in 11 countries in Africa, the Pacific and the Caribbean.

BKFA sends birthing kits free of charge to organisations who have been approved as a BKFA Field Partner.

Birthing Kits have most impact in settings where no other resources are available and where a larger percentage of mortalities are attributed to unclean deliveries. BKFA therefore targets regions of developing countries with a high incidence of unclean birth practices.



Thank You



**Birthing Kit
Foundation**

Australia