



Project report to stichting Kwasa

HIV report

From June 2015 to November 2015

The difference Kwasas' donation are making to the lives of the people living in Rural Eastern Cape, South Africa

INTRODUCTION

During the year counsellor project has been busy. I have been actively with the following projects. Education and counselling at the clinics, schools, door to door at homes, monthly community awareness and workshops with home based cares and support groups.

It has been my pleasure with all these projects as they all in their different ways has been successful with most definitely their ups and down and challenges. But through it all they have been with lots of effect to the community and me. I couldn't have asked for anything more than being involve with my project the whole year. With joy and happiness I would do the same over and over with love.

In this report we want to update you about what happened in the time period from June 2015 to November 2015.

REPORT CONTENT

Clinics

I am visiting Lujizweni clinic twice a week where I give education to everyone who is at the clinic. I also communicate with the nurses at the clinic to ask them what are the most challenges for the people who are coming to the clinic and to check what most people for at the clinic are. By doing this I always get straight to what people are less knowledgeable about. For an example during the period of June to August there has been a lot of teenage pregnancy and most teenagers testing positive. So I had to give education about the use of condoms. I have condoms that I distribute to them both man and female.

Some other months there are lot of defaulters people that are not taking their treatments which are ARV's and TB medication so I emphasise on the importance of treatment and accepting the doctor's instructions. This I discover is mostly happening to people that have not accepted their HIV status and that they are not expose to support groups where they can communicate with people that are going through what they are too. It has been helpful to them as I invite them to my counselling tent where I give them one on one counselling and introduced them to the nearest support groups.

At the clinic I also do group counselling. This is where we educate everyone with one of the care givers. We show the people how to use condoms. We also give them educational pamphlets. Those different pamphlets are about TB how it can be cured, healthy mother and a health child, the importance of ARV's and how they save lives. We also have one of the support group mothers who is talking about how ARV's saves her life.



In the past 6 month I have visit the clinic 49 times. Hereby I have done 493 one on one counselling and reached out to 1960 people during group counselling.

This is a story of a 28 years married woman whose husband is not living with her because he is working in the mines. She is very concerned about how she can ask her husband to use protection with her as she is worried that if they don't she might have HIV because of her husband. When he came home he was sick and didn't want to go to the clinic to get tested. She worries the most that if she can be affected with HIV positive she cannot live longer to see her beautiful daughter growing. So I did give her education about HIV and she understood better than before when she thought if you are HIV positive the only option is to die.



Schools

I select four schools that I educate with total of 304 learners. I first have meetings with the teacher where we discuss more about what the learners are suffering with so that I can assist. Most of the schools I have worked with have similar problems like pregnancy, HIV/AIDS and also defaulters.

Most learners when they are diagnosed with HIV/AIDS they hide their status even at home which makes it even more difficult to take their medication. They are also afraid of going to the clinics to collect their treatment. The children whose family is aware of their status they let their parents fetch the medication for them.

We have games that we play with the learners where we educate about the importance of managing HIV; The best way to learn to live happy with your HIV status. It always works as some of the kids they do stand in the class and disclose and share their stories on how it was difficult before to open up, and now how relieved they are to have shared with family and friends.

They do the dramas and poems because after each and every six months we have a school competition. Hereby we will be all together with all of the four schools and they will be making drama, poems and sing about everything that we thought them. This then helps them to remember and also to teach others that are watching during the big day. It is very interesting day as their families are there to watch them. They also looked so inspired and want to motivate their fellow students and family relatives.

Eager to learn and always happy when we arrive at school. It is always inspiring to see the learners hungry for information like this learners they wanted to join me to the others schools because they were the one who always speak up in the class and they are always open about their HIV status and they were a great motivation to this school.

Sometimes I have support groups that I go with to the schools so they also assist in educating the learners about; drug and alcohol abuse, contraception for the young teenagers, abstinence and faithfulness. It is always inspiring to also have the views of older people talking to the learners as they are communicating with them it is now a little bit easier for the children to speak about their life challenges to their parents.

School awareness

We had a great day; it was nice and sunny weather. This was a very joyful day where parents and family relatives were together in the community hall supporting their children. The children were there to share information to the community. It was their day where it was them talking and the parents listening. This day was successful and full of

information and even the pastor and the headmaster of the community stood up and cry because they said they never realise of how many challenges the youth of today is facing compared to how they grew up. The learners were having poems about HIV, dramas about teenage pregnancy, drug and alcohol abuse, STI's and infections and lastly human right abuse. A total of 658 people came together students, parents and community members.



Home visits.

I visit 3 homes each and every week where I do pre counselling for the people that want to test for HIV and I encourage people to come and get tested. Most of the people that I counsel are people that are staying at home mostly and do not work, they are normally afraid to get tested for HIV. Sometimes they are living far from the clinics and hospital so they do not have money for transport to go to the clinics.



She is a very young woman of 19 living with her parents. She is a mother to her 3 year old son. She has been staying at home after she got pregnant she dropped out of school. When I visited her she had no motivation at all, she lost hope and she didn't even want to go test for HIV. She doesn't know her status or the one of her son. When I educated her if she can stand up confidently by knowing her status rather than living in fear, at first it was really difficult talking to her as she was willing to open up. But after some time she wanted so much for herself and she has potential of achieving her fears as the following day after I visited she went to the clinic for

an HIV test. She now is the part of support group because she wants to encourage lots of teenagers not to get pregnant but rather focus on their studies.



I went to houses for education in the village when I get to 1 rondavel with this people. I gave them education about HIV. They were very happy because they never had an opportunity to have someone in their project. This are disables people that are meeting a sew clothes and sell them. So it was such a happy hour being with them. They had so many questions. Like how to use condoms, how to share with your family that you are HIV positive. They were very curious about everything. They even say they are never taken seriously and be thought about HIV and STI's as people know that they are disabled so they assume they are not part of people doing this things. One of them has a child and she said people always asked Shockley if the child is hers.

In the last six month I have been to 94 homes where 280 received counselling. From all these people 40 got tested after my visit and 10 of them are joining an HIV support group.

Community awareness

Each month I have one community awareness event in a different village. Before I do the awareness I do a survey. Visiting homes door to door finding out how much people know about HIV. What are the things that they are mostly aware of and the things that they are not? Then after I see the head master/ the chief of the village and discuss what is the best way to address his people as he is the community leader. I work well with the leaders and they have been so much help. Because each and every awareness I get the right people whom they are willing to learn and wants to get tested immediately for HIV and they said to me how I say it I make it clearly that HIV doesn't kill, all one needs to do is to follow the doctors instruction and join support groups so that it can be easy to share the experience with the relevant people.

Workshop

Once a month I meet with the home based care mamas where I educate them about the current changes about treatment or if there is a new change of ARV's and information about how educate a mother who is breastfeeding and is living with HIV. The reason for me doing so I realise as we were going together to schools and home visits they have things that they have forgotten when they were trained which in most of them it's been years that they have



attended trainings. This year I educated about the following; the new ARV drug nevaropin, a pill that before a person who is pregnant took it and only drink it at 8 months or when she is about to give birth, but now it's no longer the case. The pill is already included in the ARV because now if a person is diagnosed with HIV while pregnant they go straight to ARVS. This time 24 people attended the workshop

We had a AGM where we braai and ate bread, meat and juice they really felt so special and motivated as they didn't expect to end a year with a braai because they never had such, we also talked about the future of the workshop that next year we will be continuing and having even other support groups joining.