



Project report to stichting Kwasa

Health report

From December 2014 to May 2015

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

INTRODUCTION

TransCape NPO is started in 2004 to work on the following vision; We are a connected community comprising of holistic, healthy and empowered individuals in an optimally developed and fairly managed sustainable environment.

For the healthy part TransCape started an HIV-unit in Canzibe. From here we focus on giving education how to prevent HIV and Tuberculosis. Besides there are a couple of projects related to the health sector in cooperation with the hospital.

In this report we want to update you about what happened in the time period from December 2014 to May 2015.

REPORT CONTENT

Children support group

The children support group is each month where Zintathy meet with all children that are taking ARV medication at Canzibe hospital. She meets once in a month and has a meeting with them and also their parents. At the meeting they discuss about the challenges that the children are facing with the treatment. For example some children are growing up and are now teenagers, they are having problems with accepting the medication. And sometimes they are asking questions like how they got infected and how their siblings are not but they are from the same mother and father. And now the most asked question is that is it possible that HIV can be traced and know where one did get it from or who had it first between the parents.

We then give everyone to the group to answer, by so doing we are allowing everyone to have an inputs and participate to the conversation, also it help as we see that they are all well informed about their disease. Teenagers ask that because they are now living with HIV does that mean when they are sexually active they will have to use condoms for the rest of their lives and this is always asked by the boys. They are worried that when they are old enough they might not be able to start their families.

After the meeting the parents join, they also ask questions and ask for advice. We exclude parents at first because children are sometimes not very open when their parents are around. The most asked question from the parents is that as some of the kids are growing they are shy to come to fetch their medication that is ARV's from the clinics. Also they want to be reminded to take their pills more often than before when they were younger.



This month we had our last support group meeting at the hospital. There was a change to the hospital because before we had our own ARV unit where everyone who was taking medication of ARV's was meeting at the same place. But now government decided that there are some people who still do not want to disclose themselves and they don't want to be known that they are HIV positive. But when the hospital is having its own place that is called ARV unit then everyone knows that when you are going to the place you are going there for only one thing that is your ARV'S. In other words that will be stigmatising. Or even discriminating all people that are infected from the ones that are not. In order to

solve this they will be using the clinic that is used by everyone. This will be difficult for us to have our meetings monthly as I cannot go to the clinic and specifically ask for all those that are HIV positive. We discussed it amongst the group whether we can have our separate dates but they don't come to fetch their medication on the same date anymore. This makes it difficult to continue.

Other reason was our kids were growing old and changing schools and not attending the same clinic anymore. And the ARV unit is no longer accepting the new kids as they are referred to the clinics.

The last gathering was a special goodbye. We played with them, cater and also gave food parcels, some colouring books and lunch box boxes. We had about 68 children.

Sanitary pads



Sanitary pads project I received about 46 packages in the first box and another box with 54 packages, this makes a total of 2400 sanitary pads. The pads are distributed by giving them to home based care, clinics, school and home visits.

Sister in charge at Lujizweni clinic mentioned that they keep the other aside because there are some people that come without having any and they really have nothing that they can buy them with so they call them emergency towels. Lots of people that are really having nothing and have no money to buy these pads really enjoy using these towels because they are helped.

Giving education

Firstly when I get to the clinic I give education on how they can be used so I gave Lujizweni clinic 32 pads. Then I give education on HIV/AIDS . I encourage everyone at the clinic that it is important for everyone to know their status as it makes the chances of finding it later and have full blown AIDS or rather prevent it by abstinence, faithfulness or the use of condom. In most cases people are really in denial of testing as one of them mention that he preferred that he didn't know about his status as he feels like he is sicker and stressed now that he knows.



Giving pads at school kids really love them even though at first they thought they will be uncomfortable as they look bigger but after they used them they all wanted to have them.



Cataract

The cataract project is for (mainly old) people that are having eye problems. Canzibe hospital makes a list and TransCape arranges the transport to take the patients to two different places where they are examined by the doctors.

The hospital where they are helped is far from where they are having their nearest hospital that makes it harder for them to have transport as the place doesn't have easy access. For this reason we take the list, then call all the people on the list and organise transport. We then inform the hospital that we took them and they are operated and are given another date to another clinic for check-up and if the patient have two eyes that needs to be operated the doctors do not operate at the same time they start with one eye then give another date for the other. This also has been a good project that really helped a lot of people, gave light to the old people that when they are done with the operation they say themselves they feel like they have been given another life. They felt young again and the appreciation in their faces is amazing. We helped lots of people. And others are still the same people that are going for check-up. In total we had about 35 people that we helped the past six months.

CONCLUSION

I would like to thank you all for the hard work you are doing. Thank you for supporting the different projects within our HIV project. It really makes a huge difference in people their lives.

May God bless you and keep you safe.

Please do not hesitate to contact me if you have any questions.

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