



# February Progress Report

## Compiled by:

Elias and Mohammed

**Mmametlhake Family Care Centre  
Progress Report  
February 2014**

**Angelina' account:**

During this period, I had a meeting with the community development workers team known as (CWP) at Spitspunt. The goal for this meeting was to have a dialogue with them about HIV/AIDS. In this village there is still some level of ignorance about this issue. I started my meeting with a couple of questions about HIV. I wanted first to hear first from them, to know how much information they had before the meeting.. There were just a few in the group who believed that HIV is a disease like any other while the majority of them were saying that HIV is a disease caused by certain beliefs in the society, like when someone had lost and partner and never went to a traditional healer to perform ritual for them, the person will get the disease or that it is a contaminated blood in a person's body. After that interesting opening I asked them if I can share with them what I know about HIV/ AIDS. Amazingly they listened to me while I shared and then I encouraged them to go and test to know about their status so that they can make the necessary arrangements while time is still on their side.

**The Outcomes /Achievements**

After sharing, some still didn't believe but there were others who believed and asked me to accompany them to the clinic to get tested. I gladly accepted and we set a date to go to the clinic. Since they asked me about the best date I told them that we should go the clinic as soon as possible and they gladly agreed. The next day I called them reminding them that it was that day praying that they would not say that they have changed their minds. Well they were ready and we went as agreed. Six ladies accompanied me to the clinic and when we arrived we were told to go for pre-counseling. Well they then went to be tested and after the test we went home. They were so happy telling me how scared they were, but they said that they were very relieved and that they are now happy because they know their status. I told them that I will always be with them and that they need to keep on checking themselves regularly.

**Meeting With the Girls Netball Team**

My aim and goal in meeting with these girls was to start a support group. Well we met and at first they didn't understand what I was talking about because there is nothing like this in our community, but as talked they started to understand and they supported the idea.

**Outcomes of the Meeting**

We agreed to meet two times a month to talk about issues such as HIV, Sex, Pregnancy, School, Religion etc; the format will be more like a dialogue.

### **Meeting With the Lefiswane Support Group**

This meeting was with the Lefiswane Support Group. The meeting took place at the community clinic in Lefiso. The attendance was good. The first question the members ask was what was the reason for the meeting and I answered by telling them who I was and where I work and what we do. I also told them that I want to start a support group and that I needed their help, well they told me that there is nothing that they can do because their co-coordinator was not there but then they gave me her phone numbers. Then I called her, we talked but couldn't meet because she said that she was still busy, we do still have to meet.

### **Lay Councelling with a Patient**

#### **Hendrick Maseloma**

His family called me telling me that they are concerned about his health. Apparently he was busy losing weight and when they talked with him about it, he called them crazy. We met in his home and immediately I could see that he indeed had lost weight, and that was my starting point of our conversation. He tried denying but eventually he admitted to it, then I asked him if he was still taking his medication because he is an HIV/AIDS patient. Then he told me that he had decided to stop taking treatment because he felt fine. He said that his problem is not HIV but witchcraft, his wife is bewitching him that's the reason why he had lost so much weight. I didn't want to dwell much on the witchcraft issues so I told him that if he doesn't take his medication he will continue to lose weight and eventually he will die. He didn't listen and wanted to make arguments that I wasn't prepared to entertain, and then I left. Since his mother knew about his status I told her everything that I told him then I left. My heart was really broken as I left that house, how can that man be so blind and decides to stop treatment. I tried and there is nothing that I could do, but I will keep on praying for Him.

### **Final Meeting with the Family**

It didn't take long for the family to call me again, just as I told them that he will suffer without his medication, he was now in pain, he was discharged at the hospital and now he was back home and what could I say or do, the man was clearly dying. There was no point in saying that "I told you", so I told him to keep on taking his medication, eat healthy and stay positive. Then I left, after a couple of days the family called me saying that he passed away. I was sad and angry at the same time.

### **First Team with the Ladies Netball Team**

We started our meeting around 4; 30 evening because I had to wait for the girls to come back from school, we had a very good attendance, and I was a bit nervous as this was our first

meeting. We opened with a prayer and sang a bit then we started our talk. We talked about the importance of having regular HIV test and how that helps to protect a person's life. Then we talked about the most dangerous people that young girls most of the times find themselves in relationships with them, "Sugar Daddies" and how dangerous that kind of a relationship is. Lastly we explored ways that may help young girls to make money because most of these young girls who are having sugar daddies' are after money not love.

### **Way Forward**

Because of the time constraint we couldn't fully talk about positive ways that young ladies can adopt to make money and to avoid having these distractive relationships, therefore we decided that on our next meeting, we are going to talk and explore that thoroughly, maybe bring in an expert on that issue or a social worker.

### **Challenges**

There were not many challenges. The only thing that presented itself as a challenge was late coming, but I understand the reason behind that, they were coming from School and had to do several things at home.

### **Meeting with Mr. Mogashanea**

We call him Mr. Marathon because he has a passion for athletics and is a track runner. Sometime back he talked with us about starting a team of athletes at Spitspunt. I met with him to talk about these issues with the intention of starting a support group as well. I started by telling him what a support group is and what it aims to archive. He was very much excited and said that this was an excellent idea.

### **Way Forward**

We will meet with the boy's soccer team and ladies netball team to find out if there some of them are interested in running and in the long run have them as a support group.

### **Helping the Poor and the Needy**

Knowing that poverty is one the thing that makes HIV/AIDS spread in the community, I have also set my eyes on the poor and vulnerable in our community. So I went to one of the family in our community that I knew were very poor. I didn't like what I found, the kids were left alone without food or water, apparently the uncle is working in Town and they were waiting for him to come back so that they could have something to eat. Immediately I went to their Aunt and told her that the kids have nothing to eat, telling her that she should take good care of those kids when her brother is not around to take care of them. I also asked if they were receiving any social grand, to my surprise they were not receiving anything.

### **Way Forward**

I will take these kids and their Aunty to the social worker so that they could apply for a social grant and also some lesson about raising kids properly.

### **Annah Motsamai**

#### **True Love Waits**

I went to Gobolibi Senior Secondary to do True Love Waits with Grade 10 learners, I was allocated only 45 minutes which I used to explain what is true love waits and prepared participants for dramas and will continue to do presentation bit by bit until it is complete.

#### **Challenges encountered.**

Time which they have allocated to me is very short and I have to make sure they understand the message fully.

#### **Accompanied client to clinic.**

I accompanied Rejoice Thoba to the Community clinic. She is HIV+ and has TB. When we reached the clinic, she was referred to the hospital and we went to hospital. She was given treatment very late and we didn't have transport to take us home and we slept at hospital and went home the next day.

#### **Challenges encountered:**

The wait at the hospital with the client and lack of transportation.

#### **Support Group**

One of my goals is to form a support from my current clients so that they can continue in their treatment and be involved in reducing the re-infection of HIV and be activist without fear. So far I have managed to group few of them and I gain a great support from the clinic, hopefully it will be fully function.

#### **Challenges:**

Some of the clients don't feel comfortable when I talk to them about support group to be in the clinic, what they recommend is that it should be out from the clinic so that people might not stigmatize them.

**Success:**

The idea of a support group is gaining interest both from the clients and the clinic.

**Way forward:**

To arrange other meetings with client and have them committed to the support group and start lessons.

**Elizabeth Molar****Client Visit:**

I visited Popi Moagi, my visit was very tense with this lady, I found her on a critical condition, I asked her whether she went to the clinic, she said no, there is no one who can help her to go to the clinic, I made arrangements and took her to the clinic. After meeting the nurse, we went home. When we got home I asked her what the nurse said about her conditions, she said she don't know, I saw that she is hiding something from me. But I notice the symptoms of HIV but needed confirmation. I asked to pick her up again and went to the clinic for some test and they tested her, I asked her the results she said they said I have AIDS and I don't believe it I don't have it. Now she is refusing to go back to the clinic.

**Challenge:**

Popi's refusal to go to the clinic for further medical check up, and that worries me a lot because she is suffering. But I will keep on urging her to go the clinic for her life sake.

**Peggy Mashiane:****Health talk:**

I met with a group people who are cleaning the street and had a talk with them about HIV/AIDS. We discussed the issue of HIV and how it can be prevented. What I have realized is that most women don't have limited information about HIV. After our discussion they were so enlightened and asked if we can continue as this is helping them and will give them courage to speak to their kids at home. Most of them never tested but as we continue to speak they saw the need to test and said it is very important to know their status so as to protect their families.

**Challenges:**

To arrange health talk and do presentation, but I am still learning skills to present.

**Success:**

People respond very well and accepted the message and willing to do a difference.

**Mary Tompa**

Client visits

Referral to social services

Community dialogue

**Client visits:**

I went to visit one of my clients Sidney Legodi. I met this man on the street looking for help. I went with him to his house to see what was happening. I managed to bath and feed him since he is unable to do it by himself. His hands are paralyzed. I will continue to visit him to observe what is happening with him. I went to visit him again to check on his progress and I was disappointed to find him drunk and I realized that he has a drinking problem. I went to visit Mr. Legodi again and I found his left arm swollen because he apparently fell on in when he was drunk. I took him to the clinic. I now do checkups on him to see how he is doing.

**Referrals to the social services:**

I met this grandmother, Mrs. Mmalebati. She was complaining about the boyfriend of her daughter. She narrated all sorts of problems that she is encountering with this young man coming to their family and in many ways abusing her daughter. I referred her to the social workers for help.

**Community dialogue:**

Since the 17<sup>th</sup> till the 21<sup>st</sup> I was preparing for a community dialogue that was to take place in Mamethlake. On these days I met with different team managers to discuss and organize the event. When the day finally arrived (22<sup>nd</sup>) the team did pitch up for the event. There were about 35-40 youth attending this event. The topic we addressed was “my dream”. We used this topic to show the young people how HIV/AIDS can destroy all the wonderful dreams they have. Amongst other issues we addressed was the problem of drugs in the community. At the end of

the event the team managers were very grateful for this educational program and said they were looking forward for the follow up meeting the next month.

### **Pauline Masombuka**

Activities completed

Health talk

Lay counseling conducted

Referrals to health facility

Vital signs

I had a health talk with a couple of youth in my community aged between 18-23. These are the issues that we talked about.

Having unprotected sex

Facts about STI's

How to protect yourself against HIV/AIDS

On the above mentioned issue of protection, some said, we as the youth need to use condoms, be faithful to one partner and if possible abstain.

After the wonderful discussion we had, I concluded our meeting by advising them to abstain because most of them are still at school, I told them that they should concentrate on their studies rather being concerned about pleasing so and so. And condoms are not a solution for them it is for responsible partners who are married not young people.

### **Challenges Encountered**

No major challenges this time, I think the only thing that I can highlight is that I felt a bit uncomfortable when I was talking about abstaining knowing that most of the youth that were present and had children, but it was a wonderful gathering overall

### **Way forward**

I look forward to holding dialogues here in Ga-Maria and I am planning that these youth will be amongst those who will attend and I will personally make sure that they are there so that they will be further helped and equipped.

### **Counseling**

I counseled a 39 year old guy. He wanted to go to the clinic to be tested for HIV. He wanted me to talk to him before he took the test. After counseling he went for HIV test at the clinic. The results came and were diagnosed HIV positive. I did encourage him to go for another visit so that they can take his blood for CD4 count. He did that, now we are waiting for the results for CD4 count. The thing that is making me happy is that he is positive about his life. Since he knew about his status he has stopped drinking alcohol.

### **Referral to a Health Facility**

I visited William Masemene HIV+ client and he was complaining about his burning legs and his lungs. I take vital signs and referred him to a clinic for further assessment.

### **Peter Letswalo.**

#### **What I did for month February.**

Health talk.

Counseling.

School visit.

Community dialogue.

Challenges.

Praise Item.

### **Health talk:**

I was afforded an opportunity to address a group of students at Thufane High school (school situated in Nokaneng village). The principal asked that as a local pastor to come and give a talk that will motivate and encourage the current grade12 students at his school. This was a wonderful opportunity that I used to interact with the student on various areas of their lives. I started the session with a 20 minutes scripture reading and teaching. I spoke with them on the topic “The reason for our existence”. I taught them that they don’t exist by chance but rather they exist from God, by God and for God. I also invited them to visit our church on Fridays for youth fellowship and for our Sunday service. The second issue I spoke about was on the topic “my dream”. On this topic we discussed how HIV/AIDS can destroy our dreams if we don’t give careful attention to our health and life-style.

### **Counseling :**

I visited one of our HIV/AIDS infected couple in Nokaneng village. This visit was per their request. On my arrival I found that this couple is not in good speaking terms, they are actually on the edge of divorce. They mentioned many issues as the reason why they think they can no longer live together. But according to them one of the main reasons why they want to divorce is because the husband in involved in an affair and he no longer wants to take his medication. I had a long session with them trying to help on their issues. But at the end of this day not all issues were discussed. I did another visit again to meet with the husband alone. He acknowledged his marital unfaithfulness. I shared the gospel and pointed him to Christ as the only one who can change his heart and desires. I met with them again for further counseling. There are still many unresolved issues in the life of this couple, many prayers will go a long way in helping this couple as they seek reconciliation with each other but moreover with God their creator through Christ Jesus our Lord.

### **School visit:**

This is a new opportunity that God has graciously opened a door for this year. I have three different schools that have granted me the permission to do their morning devotions. They give me 20minutes once a week to preach and speak to the pupils. I am involved in these schools on Mondays, Wednesdays, and Fridays. On the 19<sup>th</sup>, 21<sup>st</sup> I managed to visit two of the schools. My desire is that while I encourage the pupils for their academics, I might also through God’s help introduce them to the gospel and encourage life commitment to Christ as their personal savor.

### **Community dialogue:**

We had a community dialogue. This is a project where we educate the whole community on the subject of HIV/AIDS and other health factors that may lead to HIV/AIDS. Our target was youth; about 35-40 young men attended the event. I spoke about the topic “Hindrances of my dream”.

We spoke about different kinds of drugs that can destroy their lives. And we lastly spoke about HIV/AIDS as one of the things that can hinder their dreams. Most young men have a basic knowledge about HIV/AIDS but the challenge is they still think of it as something that is in a distance. They think it is not there in the villages.

### **Challenges:**

We have a challenge to educate as many people as possible about HIV/AIDS but also to introduce the gospel to them. The other challenge is to make follow ups with individuals who attend our programs. But we are working on coming up with a way in which we can keep track of those who have claimed to accept Christ during these outreaches. Another challenge which really needs prayer is at school. Many teachers are opposing the idea of us sharing the gospel with the pupils.

### **Praise Item:**

In one of the school there is a teacher who has showed interest in learning more about the gospel. She has even attended our Sunday church service. She has not yet accepted Christ but I can clearly see the work which God is patiently doing in her life. Pray for her that she will finally come to the knowledge of Christ as her personal Savior.

### **Dialogue held at Phake Tribal office on February 2014**

At Phake last year the dialogue was done with the community from Rebone, Rankaila and Phola Park section and it was successful for we saw the results. Then for this year we agreed that we will do dialogue with the community of Phaphamang and Ten Morgan.

### **PART 1**

<b>Name of the community</b>	: Phake
<b>Venue</b>	: Phaphamang Tribal office.
<b>Date of the meeting</b>	: 13-02-2014
<b>Duration of the meeting</b>	: 3hours
<b>Facilitator present</b>	: France Ngualo,Evelyn Kgafela, Martha Matjila
<b>Community members</b>	: Total present 60
Male 24	
	Female 36

40 youth.

**Stake holders present** : Tribal office and Home Based Care workers.

**Social mobilization**

**How it was done** : letters was written to different stake holders and it was announced in the community meeting.

**Challenges encountered** : We had no challenges as everyone invited attended.

## **PART 2**

**Step** : Building relationship

**Topic for the dialogue** : HIV/AIDS

**Tools used**

**Name of the tools** : Introduction of participants

Ground rules

Stock taking

**Why the tool was selected** : Introduction of participants

The dialogue was on the first stage of building the relationship. Everyone was given a chance to introduce him/herself. It was about creating an atmosphere whereby participants could feel comfortable to take part.

Ground rules: assisted in managing time and respecting every participant.

Stock taking: We had those questions that are asked in stock taking written down and we made them to go out in seven groups and each group had both young and adults as members. This tool really assisted us in knowing how much people have done about this disease and what are real challenges that they are facing as the community.

**Community perspective**

The community wants the dialogue to continue with young people being part of them for they are thinking that what we are talking about is much relevant and appropriate to youth. So we have to make arrangements with educators so that we get this youth on our next dialogue.

### **Burning issues**

Sugar daddies- youth are having relationship with elderly people reason being that they want their need met as their parents can't afford. We had them discussing how that affects the community. Young people had their view and elderly people also had their view. It was so challenging and at the end we had an agreement that it is a challenge and we must have a way forward.

Alcohol and substance abuse. They said there is a tavern and young people go there on regular basis. The tavern owner is doing regular promotions and young people as young as 13 go there and stay until late and that violates the rights of his license and young people end up drinking.

Poverty. They agreed that poverty is hitting them hard and contributes to lot of things happening to young people.

### **Facilitator's Perspective**

There is a responsibility of bringing youth and adults together because it was clear that the two groups do see things differently. They have different level of understanding of things and when they are in the same room they end up making things to be seen with the same effect they have towards the community.

### **Implication for facilitators**

Will arrange with the relevant departments to come and address the issues with this group and they will have more information and will go out and share that with other community members.

Social Development department has to address the issue of child grant on regular basis because the money is not used right and that does not eradicate poverty.

Tavern owners are no longer following the law. They allow people under the age of 18 to enter in taverns so SAPS has to intervene.

### **Recommendation**

We will talk to Educators to release some learners on the day of the dialogue so that we have consistency in our dialogue.

### **Achievements**

Ever since I become a facilitator this is the first time seeing the dialogue with this kind of participation. Young people were really voicing out their views and elderly people doing the

same. One of the young people said I wish I can have time with my parents to sit down and discuss issues as we did today. We were able to find out things that we never knew of before. The age gap was closed so properly.

### **Outcomes**

We managed to host a successful dialogue, the outcome was positive. Every task given to the community was dealt with and we managed to get burning issues from them and hoping to have a next dialogue and continue with the community.

### **Agreements**

We agreed that we will be involving stake holders in community meetings and that people who attended the dialogue to make sure that they attend those meetings as to be able to get information that is needed so that we work together until we get to the solution part of it.

### **Way forward**

Have to make sure that goals are met and that all people who were part of this dialogue join us in the next one.

## **Part 4**

### **Personal reflection**

Just walking around and listening to the groups discussing and disagreeing in something makes us realized that really this should have been done long time ago maybe things should not have been like this. When groups were giving report on their teams work, seeing the passion in them really meant a lot to us as person. When discussing the issue of sugar daddies we saw that really people had enough and wanted this to end.

### **What went well?**

The dialogue itself went well. Attendance was good and also participation was excellent. The chosen tools for the dialogue were appropriate.

### **What can be improved?**

Things were really okay.

### **Refinement of tools**

The tool was well facilitated and that was evidenced because people responded well when working as groups to follow the instructions