



TransCape NPO Health Projects Report

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Introduction



<https://vimeo.com/325731164>

The beginning of a new year is always exciting as we set our goals and expectations high. We are looking forward to a productive year with valuable results. Well, this year is no exception. The encountered challenges were faced enthusiastically and solved through solid team work and perseverance. I am happy working for TransCape NPO and be part of the health programs!

We continue with these following projects:

1. Clinic visits
2. Home visits
3. Community awareness
4. School awareness
5. Cataract project
6. Sanitary towels
7. Home based care and support group workshops.

Clinic visits:

I have been visiting 2 clinics twice a week. I gave education about HIV/AIDS. People often go to clinics when they have pains and never just for check-ups. This past few months the main aim of education from our side was, to motivate people to understand the importance of them knowing their bodies and going more often for health check-ups rather than waiting until one gets sick.

As a result, it was great to see people just came to my consulting/ counselling room to check their status. For the youth of the communities it is still hard to feel free to come and test for HIV/AIDS.

The picture shows us, giving education about HIV and AIDS to the people who came to the clinic. It was nice as I was joined by Vanessa a medical volunteer from the Netherlands. She explained more about the outcomes of not taking the treatment regularly and also how



it can be dangerous if one does not know their status. The best was that she focused on good diets and healthy lifestyles to maintain good health. A lot of clients were obese or had diabetes already.

This young man admitted; he was more than nervous to take the HIV test. He took a big step after listening to the lesson which was given in the waiting room.



His initiative to know his status was remarkable. He even said "I really do not want to be sick and be bed ridden. I rather know now and take my ARVs as you have said"



Total number attending education	220
Total number tested	152

Home visits:

Most people are comfortable at their own homes and they feel respected when I come to them. This has not been an easy journey, as sometimes those that need help the most, they reject me. But most of the people say I have been a great help and support in times of big change in their lives. I have grown fond of doing educational home visits. Some of my patients call me to have coffee at their homes when they see me passing by. In the past 6 months I have visited 6

villages where I was welcomed in the homes and did education about prevention of HIV/AIDS and even getting to test the family.

This nice, young lady welcomed us warmly into her house for counselling and education about HIV and AIDS. She had a huge amount of questions and I spend a lot of time with her. She really opened up to us and explained her situation of living with HIV. It was nice to hear about her story and I was so happy that I could help her through counselling. She said she almost stopped her treatment as her husband passed away recently. She was left alone with three children to take care of. The situation was



desperate and I just came to the right time to give her strength and hope. She mentioned that having people coming and motivate her means a lot to her and she appreciate it, and one day she would like to be a part of the TransCape team but she is still shy for now; she said with a smile.



This woman is taking care of her sisters' children and her own child. Just recently the mother of her brother's child left the little one with her and disappeared. In our culture we welcome everyone who needs help into our houses. I gave education to everyone in the family including the young ones even though they sometimes laugh a little. It was really needed by the family, especially by the 13-year-old daughter who was very interested to know about HIV and how it can be transferred. She asked a lot of

questions like; Can I get HIV at my age from kissing a boy? Am I allowed to test for HIV at my age? I really enjoyed this session with the girl and I explained what a Human Immune Virus does to a body and how it works through giving examples.

Number of homes visited	132
People educated	445

Community awareness:



Community awareness days are a great platform for education. Many community members attend and listen to the newest research and information about HIV/Aids and other Health risks. People are also attracted by the fact that other stakeholders attend the awareness days and information and experiences are shared. In the last 6 month I have visited 5 different villages for community awareness days. The main issues the community is concerned about was drug and alcohol abuse by the youth and the high unemployment rates!

We had a great awareness day at a school. Young people and adult community members attended. The participation was amazing as pupils and adults held

speeches about how they got to be infected by HIV, how it affects their lives and how they will fight it and look into the future.

The students recited a beautiful poem about taking control of their lives and aim to have 0 new infections, support those who are already infected and help them to live their lives to the fullest without stigma and discrimination.



Nice performance and dance from the youth of the community.



This is another beautiful awareness day we had in a different village. A lot of people came and it was very productive. Many diverse people gave education and information to the community and the most amazing thing was, that a youth group stood up and declared that they have taken up the fight against HIV/AIDS through supporting peers with knowledge and motivating each other to reach for a HIV free generation!

I organized a sport awareness day for the youth in another village as there were many youngsters who needed health education. We



played ball games and I was able to talk to a lot of kids and teenagers about HIV/AIDS. It was a beautiful cold day and they came in big numbers to enjoy it as this community really likes their sport. Afterwards many came for counselling to me and I was happy to get 'one on one' time with them. This strategy really worked and I will repeat it often.



They were so happy to get soccer and netball balls as their prizes.

Total number of awareness'	6
Total no of people educated	809

School awareness:

My schools, My joy. I visited 5 different schools in the last 6 months. I go once a week and consult with the teachers about lessons I want to give to the pupils. My aim is to educate them about HIV/AIDS and how it spreads, the issue about teenage pregnancy and how to decrease the numbers, and how to fight the increasing problems of drug and alcohol abuse. It is very difficult working with



the youth. Teenagers are not prone to listen to whatever adults say and I found it challenging to get through to them in a group environment. Peer pressure is high and kids and teenagers will hide their internal struggle and not face their challenges.

I enjoyed the most educating them and then see them slowly understand the importance of knowledge in their lives and getting eager to better their lives. It has not been easy at all but as time goes by, I believe that they want to change and live in a community without HIV and drugs.



Number of schools	5
Kids getting education	198

Cataract project:

We had 13 people in the last 6 months that had been successfully operated. There were other people that needed assistant but our project has been put on hold due to financial constraint. Therefore, we only managed to have 1 trip from Canzibe Hospital to Zithulele hospital.

Sanitary Towels:

We have tried to use menstruation cups but realized very quickly that the community environment is not suitable for that yet. One of the major reasons is that there is no clean, running water. Maybe to a later stage we can try again. We will continue sewing the sanitary towels and distribute them amongst the teenage girls in schools.

Home Base Support group workshop:

The Home-Based Support groups education has become a cornerstone for me.



My heart blood lies in educating the other members of the support group in the villages. I am not only giving education to them we also learn from each other. I have realized, in the past few months that we have become family to each

other and we are sharing the same goals of helping the community and loving our work. We focused on the youth and engaged with them wholly. Empowerment and knowledge transfer for the youth will turn the tide on HIV/Aids.



We are planning to combine our stories about all challenges and achievements we have experienced working in the communities. We want to compile a book which can serve as a newsletter for the youth. Every time we engage with a new group, we can give them a write up on past challenges and how solutions were found. This way we don' t have to reinvent the wheel and the people will find hope and inspiration in seeing other communities succeed.

Meetings	6
Active Members	26

Conclusion:

It gives me so much joy to be part of these communities and being able to do amazing work. I have a very rewarding job and even if it gets challenging, I know I have an amazing team behind me. Thank you, Caroline van der Werff for always being there for me. I have learned a lot and still keep learning, every day.

I am very grateful to all my donors and I want to thank you for all the wonderful support and love that you have shown to our remote areas. We walk in your light and that truly would not be possible without you!

I want to say a special thank you to Vanessa who came to support me and the project through her knowledge and contributes many blankets and school uniforms for 12 kids.

Yours sincerely,

Zintathu Luvalo

