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Report Organisations and Operations January to July 2016



General and Organisational Development

Funders visiting:

During the first half of 2016 we had the great pleasure to welcome two of our funders from overseas: Reverend Denise Herbert who founded the Raphael Centre in 1999 and has supported the organisation ever since. And, John Lennon came to spend some time with us. He is founder of Soweto Connections which has been our associate and donor since 2004.



New Team Member

We are very proud and happy to welcome Saneliso Mtwalo as our new volunteer at Raphael Centre. Saneliso assists Phumeza in our Asset Based Community Development Programme. Here, he has been very engaged with the Children and Youth activities and has shown great potential as facilitator during our 67-min Mandela Week outreach at High schools (see ABCD Programme below).



International Aids Conference

We felt very privileged to send four of our staff members to the International Aids Conference 2016 which was held at the ICC in Durban this year. What we learned from the Conference and wish to involve in our programmes next year: Early disclosure interventions – especially for children and youth, advocacy for marginalized population groups, as well as for collaboration between biomedical and traditional healing in Grahamstown.



Also, we realized that we work in line with recent HIV-intervention trends. This especially applies to our HCT-focus on youth, sex workers and couples. In addition, we also could see that with Asset Based Community Development we have embarked working on the “4th 90”¹ and relates to the non-medical

1 International and National Targets of “90-90-90” for 2030: 90 percent of all HIV-positive people know their status, 90 percent of all HIV-positive people receive antiretroviral treatment, 90 percent of all HIV positive people who receive antiretroviral treatment show HI-viral suppression.

context of HIV-prevention. Finally, we could gain perspectives to exhibit some of our projects at the “Museum of Aids in Africa” in Durban in 2017.



Annual Review Weekend

For one weekend in July our entire Raphael Centre team went into seclusion together to review our last six months of our work. Altogether, we are very proud of how much of our annual milestones our relatively small HCT-team (2 people) and our ABCD team (2 people) could already reach so far! A summary of activities and outcomes you will find in the following programme sections. However, here is a summary ideas for new activities derived from Aids2016 and from reflecting our activities:



HCT Programme

- Children and youth living with HIV: Early Disclosure (Advocacy and intervention): 2017
- Treatment supporter training: 2017
- Raphael as ARV-site? Investigation: 2017
- PreP for Sexworkers (intervention): 2017

ABCD Programme

- ABCD introduction/ training at schools: 2016 + 2017
- Siya Sonke children with drama performance at National Arts Festival 2017

Advocacy

- PreP for Sexworkers: Research 2016 (Anne)
- Term Talk (intervention): from 2016 (Mary)
- Medical Pluralism: research for expert 2016
- Collaboration with other organisations: overview in 2016, ABCD training and memorandum in 2017
- Raphael Drama DVD (Phumeza): Networking 2016, Rehearsals and DVD making 2017



Financial Administration

A big thank you to Nokukholo, our financial administrator who implemented our new financial system. She has been working on our financial audit for the last couple of months. Now, we can expect our audited financial statement in September.



The following section will provide an overview of our programmes and their activities in the last seven months. We chose a few of them to illustrate with some details how our teams operate.

HIV Counseling and Testing (HCT) Programme

HIV tests and Follow-up Consultations, Screening for TB and STI:

From January to the end of July our HCT team Zodwa and Nomfundo tested for HIV and screened for TB and STIs 1,512 people. 85% of these were youth (12-25 years), sex workers and couples.

More than every second person who tested HIV-positive is voluntarily involved in regular, monthly follow-up consultations with Zodwa and Nomfundo. Apart from discussing disclosure, treatment intake, impacts on social relationships, adherence challenges and solutions, our team has given company to clinics, has helped accessing treatment, has made referrals for CD4-cell count tests, TB and STI-tests and to FAMSA.

The HCT activities of this programme are one of the sections where both HCT and ABCD programme interface: Every person tested is informed about our Asset Based Community Development training and invited to register for the next course.

Youth and Adolescents

From January until the end of July we tested over 900 young people of the ages between 15 to 24 years. 68% of all youth they tested were adolescent girls and young women. To reach youth, we implemented two projects which run through-out the year: 1) “Khanya – Be SMART”, 2) “YOLO (You Only Live Once)”. The latter was a pilot-project by Department of Social Development and involves a 5-module-resilience training for learners from High Schools. Here, Zodwa and Nomfundo worked closely over 70 students from Nyaluza High School for a period of over a month.

“Khanya – Be SMART” (Shine – Mind – Act – Raffle – Test)

Planning: Zodwa and Nomfundo visit local High Schools and see all classes between Grade 8 and Grade 12. With each of them they discuss reproductive health and teenage pregnancy, STIs as well as HIV-prevalence in their age-group, as well as myths and realities about HIV. The aim is to motivate each of the students to undergo with our team HIV testing as well as STI-screening. After having done their HCT the learners can enter our bicycle raffle. Here again, our HCT and ABCD programmes work together: The ABCD team is planning to offer ABCD training for “Khanya” schools (staff and learners) which can take place during school holidays.

Unfortunately, we came to learn that schools are not allowed to host HIV-testing. Here, we found alternatives, such as establishing our HCT camp in the vicinity of the school or invite the students to see us at our new satellite office at the Joza Youth Hub.

In the first half of the year, Zodwa and Nomfundo focused on learners from Nombulelo High School. Here, they saw 586 students. All of the youth have been invited for HCT at the Joza Youth Hub. Furthermore, the school had invited us back to run “Khanya” at their winter school programme in July. The bicycle raffle for the Nombulelo learners is planned for the 14th October



2016.



Outreach to further at risk groups:

To reach couples and sex workers our HCT team runs the “Every day is Valentine’s” Campaign twice the month at the parking area of our local Shoprite market. This area it is known to be a place where many sex workers work. Furthermore, there are many shops in the area which are very well frequented by people especially around the grant and pension day dates. Around this time of the month our team managed to see lots of couples in counseling.

For population groups who live in rather remote areas (e.g. some our coloured communities in Grahamstown and at farms) Zodwa and Nomfundo do community visits to provide HIV, STI and TB counseling as well as HIV-tests and TB/STI screenings. In the first half of the year, they worked with people from the Sun-City neighbourhood, which is one of the poorest areas of Grahamstown. In addition, they took a broader health-check to nearby farms, such as to “Assegai River Fruits” and “The Haven Farm”:

Health Screening at “Assegai River Frutis” and “The Haven Farm”:

In collaboration with two staff members from two local health facilities we could provide a broader health check to farm workers who otherwise only can attend the mobile clinic a few times the year.

A nurse from Tantyi Clinic provided blood pressure screening and diabetes testing. One community health worker from Town Clinic delivered the TB-testing (sputum) and our team screened for STIs and tested for HIV. The health check was very well responded to by the farm workers and much supported by their employers. The team was consulted by 15 people within two hours! We already have an invitation to re-visit “Assegai River Fruits” during season in October.

Our team member Nomfundo says: *“What stood out for me was that people were not afraid of testing. Everyone we educated felt ready to undergo the health check!”*



The Eye Clinic

Under the title “Eye Clinic” we run a health-check project in collaboration with Dr Davies Optometrists. We do eye sight testing and retinal scans (eye-background). Further, we offer TB screening, STI screening, blood pressure screening & HIV counseling and testing. Zodwa and Nomfundo were trained in eye-sight testing and in taking retinal scans by Jan-Luis from the local business “The EyeStore” and are under supervision by Dr Trevor Davies.



We are very happy and grateful to have been able to establish the Eye Clinic at the Joza Youth Hub in Joza. Here, Zodwa and Nomfundo provide this broader health check package to people who live in the township areas twice the week. The official opening is planned for October this year.



Further Activities

Our HCT team has the reputation of being very professional and compassionate when testing young and old people for HIV. This is the reason why we have been regularly invited by other institutions in Grahamstown to perform HIV-testing and counseling: The Eastern Midlands College, Rhodes University, TB-Society, Makana Municipality/ Department of Health, Holy Cross School for Children, National Art Festival, and St. Andrews College for Boys.



In addition, Zodwa and Nomfundo visited our local Soccer, Boxing and Karate Clubs to motivate their members to undergo HCT. Further, they addressed associated issues around HIV stigma, HIV prevention, STIs and healthy relationships. They are hoping to see their members in our consultation room soon!



Asset Based Community Development Programme

ABCD Training

Phumeza and Anne trained more than 90 people for 3.5 days in ABCD in the first half of the year. Amongst them were two groups of individual household members from Joza who we recruited for our “Siya Sonke” project (see below), community members from Adelaide (Thembalitsa Community Project), one group of ECD (Early Childhood Development)-sites who were attending a broader ECD-training programme at Rhodes University, and one youth group from the initiative “Bridge the Gap” sent by the organisation called Oasis.



The main objective of the ABCD Course has been to deepen awareness and understanding of how community development can work sustainably and how an ABCD approach can support community driven growth and prosperity. However, depending on the age group of participants as well as their professional background our team partly has laid focus on individual growth (youth) or role as “enabler” (more for NGOs).

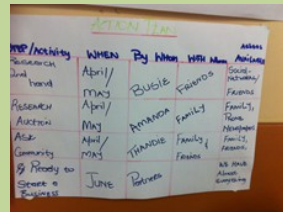


A very important part of the training reflection and evaluation with the participants was to talk about their intentions of moving forward. Here, everyone has been invited to attend our next ABCD Forum meeting (see below) and been introduced to the concept of SaveAct



SaveAct

SaveAct stands for a global initiative which aims at tangible saving, private credit and growing local community economy. The Raphael Centre is member of the Grahamstown Collective which supports the concept and establishment of SaveAct groups (<http://www.saveact.org.za/>).



Grahamstown Forum for Asset Based Community Development

The ABCD Forum serves as a platform for exchanging information, experience, assets and motivation for people applying ABCD in their businesses (MED²), organisations, and in their personal lives.

This year, we collected the Forum for six meetings. The first two gatherings were used to design a strategic framework for the Forum. We worked on our Vision, Mission as well as objectives for 2016. Furthermore, we did a

2 MED = Micro Economic Development

Forum asset inventory including our personal (human) assets, mapped our organisations and small initiatives with core services and activities, as well as resources and links to other community and institutional partners. The following two meetings were standard forum meetings: All projects and initiatives prepare and present their project feedback. The last couple of meetings were held by the project group “ABCD-introduction at schools” in preparation for the envisaged outreach:



ABCD – introduction at schools

One of our Forum objectives for 2016 has been to involve us as ABCD-Forum with community engagement. For this year, we had chosen to participate in a local initiative called “Trading Live – For Nelson Mandela Day” by Rhodes University Community Development. We had decided to contribute to this by taking the notion of ABCD for ‘67 minutes’ to local High Schools. In this one week we introduced ABCD to over 600 students between Grade 8 and 11 from Nombulelo Highschool, Ntsika High School, and PJ Olivier High School. This outreach included Phezulu Youth Movement, Oasis and Raphael Centre.



Forum Members

Starting with only two organisations (Assumption Development Centre & Raphael Centre) last year, we are very proud and happy to tell that this Forum has grown in membership: This year we could welcome Oasis, Childwelfare, Sokoyisa Drop In, Phezulu Movement, Sibanye Day Care Centre, Siyakhulisa Preschool, Sunshine Day Care Centre, Department of Social Development, as well as two local MED – initiatives: Tribos (home manufacturers) and Natural Cosmetics (aloe products) which came into being in the course of our ABCD training last year and this year. Also, we had special guest and Micro-Funders attending two of our gatherings: Bernie Dolley from Ikhala Trust, as well as Rev. Denise Herbert.



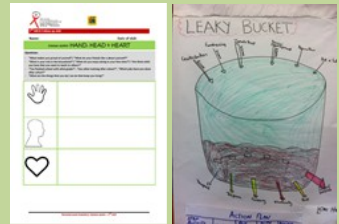
Siya Sonke (“We move forward”)

ABCD is HIV prevention and care work which appreciates individual strengths and views people as a “whole person”. HIV prevention and positive living is an outcome of a process where the drivers of the epidemic are addressed by promoting wellness and caring among community members.

With *Siya Sonke* we are aiming at promoting wellness within the entire household. It involves building close relationships with 40 Joza-community households for the course of 3 years. We give guidance in the process of applying ABCD in their lives as well as offer various life skills and wellness interventions for children and their guardians.



So far, there could enter 26 households this project. All of them attended our ABCD training for 3.5 days (see above). Subsequently, Phumeza visited the families of the first training-group and she could assist creating human, physical, social and financial asset inventories with each family. Based on this, she helped the *Siya Sonke* families and individuals to create a family and/ or individual vision (where they see themselves in 10 years-time) and helped to develop first small goals which help to bring their vision into being a first plans of action. There will be bi-monthly follow-up visits in the second half of this year.



Siya Sonke Children and Youth

For the *Siya-Sonke* children we set-up various age-appropriate projects which are run through-out the year. Children between the ages of 6 to 9 years attend child-protection projects, as well as art and dance. For our children and youth who are from 10 up to 18 years old we offer arts, resilience activities and a resilience-focused camp-outing for 5 days this year. All children have been learning about ABCD in age-appropriate ways: ABCD themes are worked on in any of our projects and will be part of our youth-training at the camp in October.



So far, Phumeza and Saneliso have been running two activities with our children and youth. Both started in June and will last over three months: 1) Child-Protection: “My Body is *my* Body” and, 2) The “Hero-Books”.

My Body is My Body

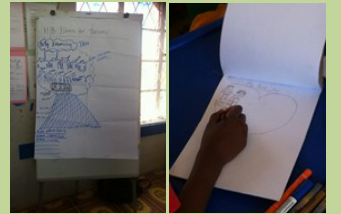
This project aims at body assertiveness skills and resilience and is attended by 19 children from the ages from 6 to 9 years. To facilitate this, Saneliso had carefully consulted guidelines called: “Call to Arms – Child Protection Manual for ECD Centres” which was published by Child Welfare in Tshwane. Topics which Saneliso and Phumeza have been covering are according to the guidelines: 1) “I have the right to feel safe”, 2) “I listen to my body’s alarm system”, 3) “Safe and unsafe secrets”, 4) “I have the power to tell my special people”. The children were meeting Saneliso and Phumeza weekly for one



afternoon (apart from school holiday times) and will conclude this workshop by mid-September. Saneliso says: *“The children always come and are in time. Every time we see them they are very curious and interested in the next activity. It has been such a pleasure to work with them”*

The Hero Book

This project is art therapy and resilience work in one intervention. Twenty children, who are 10 up to 18 years old, participate. The book is made, designed and written - from its cover up to filling its pages - by the children and youth themselves. It contains a life journeys and future hopes. In illustrations and in writing they document their families; they speak about the communities they are growing up; they speak about a time where they have not been happy but also depict their role models ('heroes'). Finally, the children and youth look at their strengths, at what makes them proud of themselves and further think about the person they want to be one day. Phumeza is a very experienced facilitator since she has been working for *MADaboutART* in Knysna for a long time. She employs various methods in her sessions, such as debriefing, meditation and relaxation. Also this workshop was started in June, is happening weekly for one afternoon (apart from school holiday times) and will conclude by mid-September.



Grahamstown for Siya Children and Youth

With gratitude we can tell that children and youth experienced a wonderful time at the National Arts Festival 2016. Thanks to the St. Andrew's Kids Festival who invited our children who were between 11 and 13 years old they had two colorful days made of drama-performances, music-workshops, art-workshops and crafting.



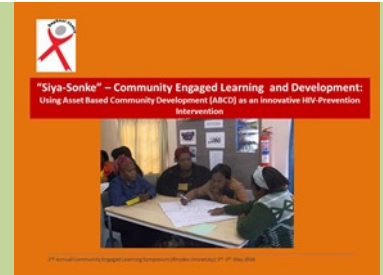
In the context of Nelson Mandela Day 2016, our local VW business had chosen to spend with our children one afternoon together. The VW-team was reading and talking about the life-story of tata Nelson Mandela as well as surprised with delicious snacks! Thank you very much Gary Botha and your VW team!



Siya Sonke Intervention Research – Oral Presentation at Rhodes University

To see, document and monitor if and what kind of change our ABCD approach has brought to the households we embarked on our intervention research in March this year. And we felt very honoured and

proud for having been delegates at the second annual Community Engaged Learning Symposium (Rhodes University, Grahamstown) in May. We presented our research with the title: *“Siya-Sonke” – Community engaged learning and development: Using Asset Based Community-led Development (ABCD) as an Innovative HIV-Prevention Intervention for 20 minutes*. From the audience it was received very well and responded with very affirmative and appreciate comments and interests.



With the best wishes,

Your Raphael Centre team Nokukholo, Sanelisa, Nomfundo, Zodwa, Phumeza, Mary and Anne