



PHILANI

Maternal, Child Health and Nutrition Trust
Healthy mothers raising healthy children

Newsletter

OCTOBER 2018



Highlights

New Projects

- Plans are far advanced to set up a Mentor Mother Programme in Egypt in partnership with St Mary's Daughters of the Coptic Orthodox Church in Cairo and the Church of Sweden. A group of Egyptians will be attending a two-week training-of-trainers course at Philani in October.
- Philani has initiated an Alcohol Harm Reduction Programme in partnership with DG Murray Trust. All mentor mothers will be trained to administer a short home-based intervention aimed at reducing problematic drinking. The first group of mentor mothers will be trained and start implementing the intervention in October.
- Eighty-four mentor mothers will be part of an intervention assessing the effectiveness of educational health videos in changing behaviour benefiting families' health. This research project will start in November in partnership with Stanford University USA.
- Philani mentor mothers and supervisors have been assisting DG Murray Trust with the Grow Great Campaign which investigates malnutrition and stunting rates in communities around Worcester, Western Cape.



Annual General Meeting

Philani held its AGM in July 2018. The event was well attended. We would like to extend a big thank you to all our funders and suppliers that were able to attend.



Volunteers

Two students from Princeton University joined the Philani team for 8 weeks - they assisted us with administrative work, social media and the development and maintenance of databases. A student from UCT has recently joined us to volunteer until the end of the year.

Celebrating an achievement

Our Director, Ingrid le Roux, was awarded an Honourary Doctorate in Medicine from her alma mater - Karolinska Institutet. We made sure to celebrate this achievement in true Philani fashion.



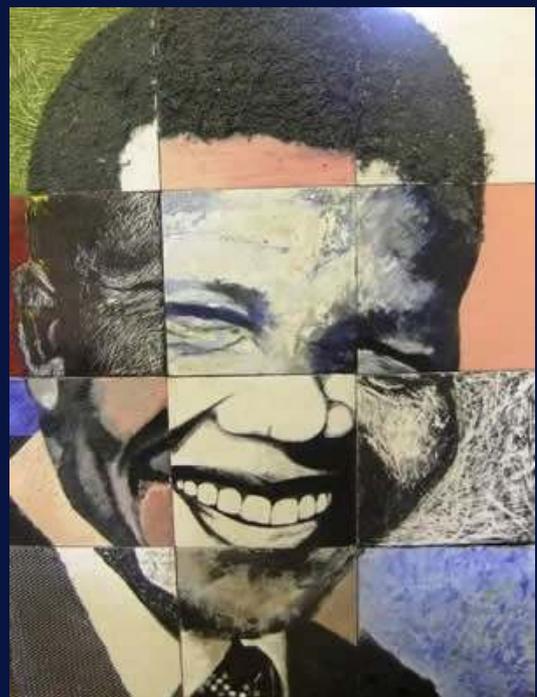
“Becoming an honorary doctor at Karolinska Institutet is fantastic. I can barely think of a greater honour than to receive this acknowledgement from such an internationally recognised university. This highlights work with women and children that has always been at the bottom of the list of priorities for healthcare in many vulnerable areas.”
- Ingrid le Roux



Mandela Day 2018

Mandela Day at Philani was a great success!

Our Site C educare was in much need of a new coat of paint. Cape Peninsula University of Technology (CPUT) offered volunteers and donated paint for the project. The teachers joined in to paint the wall around the educare. The volunteers also ensured that the children were stimulated by playing games and initiating various outdoor activities.



A fresco portrait of Nelson Mandela made by a Philani artist.



Heritage Day

This year, the mentor mothers celebrated their South African heritage at the month-end workshop - donning beautiful traditional wear.





Get to know

Vuyelwa Salman

Senior Mentor Mother

Where were you born? I was born in Mount Fletcher in the Eastern Cape.

Tell us about your family. I was raised by a single mother. I have two children. I live with my daughter (23 years). My son (19 years) lives in the Eastern Cape. I got married in 1998 but my husband passed away in 2010.

How long have you worked at Philani? Since 2009 – 9 years.

What area do you work in? I started working as a mentor mother in Mfuleni. Now, I work all over Khayelitsha. I work with all the social cases – children without birth certificates / child support grants, mothers without ID's, children who are abused / neglected. All the mentor mothers refer their social cases to me. I meet with the family and discuss the cases with the social workers.

What do you enjoy most about being a mentor mother? I enjoy seeing successful stories and happy families. I enjoy giving people hope because many of the families I visit for the first time feel hopeless. I like to travel with them on their journey. Philani has opened my eyes and provided me with ways to support my own family and other families.

What is the most challenging part of being a mentor mother? Foreigners – there are many foreigners in our community. They are suffering and sometimes I feel helpless as they cannot get IDs or social grants.

If you weren't working at Philani, what would you be doing? I would have liked to finish school. I have noticed that the work I do at Philani is in my blood – I would have liked to be a social worker.

Story from the field

Kungawo was visited by a mentor mother in the Eastern Cape when he was one month old. His weight was 2.7kg which was the same as his birth weight. When assessing how he was feeding, the mentor mother noticed that the mother was only breastfeeding Kungawo from one side. She had a boil on the other breast which made it difficult for her to breastfeed from that side.

Kungawo had no birth certificate and the mother had no ID. The mentor mother also found out that the mother had used her sister's name and ID number in Kungawo's Road to Health Booklet because she had lost her own ID book.

The mentor mother referred and accompanied the mother to Zithulele Hospital for doctors to assess her breast. She was admitted for a few days for observation. Upon her discharge, the mentor mother asked the hospital for a confirmation letter with the mother's details. The mother was encouraged to visit home affairs and was provided with transport money and money for a new ID.

With the help of Philani, the mother was able to obtain an ID for herself and a birth certificate for Kungawo. The mother is receiving a child support grant, Kungawo's weight has improved significantly and he is attending a Philani playgroup during the week where he is stimulated on a daily basis.

- Eastern Cape



The Philani Shop



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Philani Health

