



PHILANI

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

Newsletter

JULY 2019



Updates



The 2018 Philani Annual Report is now on our website.

MOUNT MADONNA SCHOOL IN CALIFORNIA

- 20 pupils (Grade 8 – Grade 12) from the Mount Madonna School in California visited Philani in June.
- They assisted in the Educare and helped the weaving mothers.
- They surprised us all with their rendition of the songs Shoshaloza and Asimbonanga Mandela.

PRINCETON INTERN

- Beata Corcoran - a student from Princeton, is spending her 8 week internship at Philani.
- She has been assisting in the Educare, Nutrition programme and Training Unit.

Staff Matters

We have recently implemented a few changes to our staff, including a number of new appointments.

CATCH CARE CURE DIGITAL OFFICER

- Khanyisa Peter - a previous assistant coordinator - has recently been appointed as our new Digital Officer for the Catch, Care, Cure Project.

STAFF NURSES

- Six new staff nurses have been employed in the Mentor Mother Programme.



Bonang Sello



Nozuko Joni



Pinky Dike



Bongelwa Diya



Nobuzwe Dzina



Zolelwa Kondlo

OTHER NEW APPOINTMENTS

- Mikaela Sutcliffe - Dietitian
- Andile Mbuku - Finance Assistant
- Nobuhle Chele - Social Auxillary Worker
- Bongeka Tisani, Afunde Billy, Nomapha Xokoza, Zukiswa Mlanjana and Amanda Tshaka - Teachers / Assistant Teachers in the Educare Programme

Support visit to Egypt

The Church of Sweden supports Philani's programmes and has funded the expansion of the Mentor Mother Model to Egypt, Ethiopia, Swaziland and soon to Sweden. In August 2018 an Egyptian team from the Daughters of St Mary spent two weeks in Khayelitsha and were trained as trainers in the Mentor Mother Model. In June 2019, Nokwanele Mbewu and Claudine Bill visited Egypt to see how the implementation of their Mentor Mother Programme has progressed and to provide technical support.



It was clear from the visit that the team in Egypt has made wonderful progress. 21 mentor mothers were selected and underwent training. All of the women passed, and were very happy to be empowered with new information and skills.

At the time of visiting, the mentor mothers had been in the field for 3 weeks, and had a total caseload of 44 pregnant women and 105 children under 5 years.

We are thankful to our Egyptian colleagues for hosting us. It was wonderful to see the work that they are doing and growing the Philani Mentor Mother Programme.



Training Unit

ALCOHOL HARM REDUCTION TRAINING

Training of Western Cape mentor mothers for the Alcohol Harm Reduction Intervention in partnership with DGMT, started in January. Three groups have been trained so far - 65 mentor mothers and 7 supervisors. Training will continue until the end of the year. The short intervention identifies and screens women for risky drinking and is aimed at diminishing or stopping the intake of alcohol.

ONE-TO-ONE TRAINING

We have continued to support the UK-based One to One Children's Fund through training of their CHWs in their Mentor Mother Programme and providing technical support. During 2019, we trained 56 mentor mothers / CHWs and 7 supervisors.

EVERY WORD COUNTS TRAINING

All mentor mothers in the Eastern Cape have been trained in Every Word Counts. Training in the Western Cape has continued. By the end of the year, all Philani mentor mothers will be able to support families in communities without formal preschools to stimulate their children at home.

MHEALTH TRAINING

During June and July, our Digital Officer for the Catch, Care, Cure project trained 20 mentor mothers and 2 supervisors on how to use the mHealth app in their work.





Get to know

Thenjelwa Mngaula

Assistant Coordinator & Enrolled Nurse

Where were you born? Keiskammahoek in the Eastern Cape.

Tell us about your family. I am a single mother. I have two children – one boy (5 years) and one girl (13 years).

How long have you worked at Philani? I started as a mentor mother in 2009. In 2018, I became an assistant coordinator.

What area do you work in? Nkanini and Zwezwe.

Why did you become a mentor mother? I became a mentor mother because I wanted to change people's lives and help them solve their problems. During my time as a mentor mother, Philani supported me during my nursing studies – in 2018 I became an enrolled nurse.

What do you enjoy most about being a mentor mother? I enjoy visiting my clients and building relationships with people in my community. My clients feel that they can share their problems and stories with me and I am able to give them knowledge and advice to help them improve their lives.

What is the most challenging part of being a mentor mother? Crime and drugs in the community. It is also challenging when clients do not take your advice and do the opposite of what you suggest.

If you weren't working at Philani, what would you be doing? I am an enrolled nurse. If I wasn't working at Philani, I would like to be working as a nurse in a hospital in the paediatric ward.

Story from the field

Nomsa* is a 27-year-old mother. While living with her boyfriend, she fell pregnant with her second child. Soon after the birth of the child, her boyfriend left her to go back to his wife. Nomsa was unemployed and had no ID. Her life changed when her boyfriend disappeared and she had to rely on neighbours for food.

Nontsikelelo, a Philani mentor mother, referred Nomsa to a mentor mother who deals with social cases. They sat down with Nomsa to explore the possibility of her returning to the Eastern Cape to live with family. We supported Nomsa in applying and obtaining an ID. Her sister assisted with her transport money to the Eastern Cape. Nomsa called Nontsikelelo to tell her that she had arrived safely at home in the Eastern Cape and was happy to be with family. She also explained that her life was much better there than it was in Cape Town and that she was very thankful for the support.

- Western Cape



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Philani Maternal, Child Health and
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Philani Health

