

GG2099775 Melusi “Phela Hantle” Project

Progress Report – November 2021

“Education is the passport to the future, for tomorrow belongs to those that prepare for it today.”

This month’s report hosts a special feature on National Launch of the Rotary Family Health Days 2021. The Rotary E-Club of Southern Africa D9400, in collaboration with the National Department of Health and a host of other organisations, welcomed South Africa’s Minister of Health Dr Joe Phaahla to site, where he gave the key note address, and emphasised the focus points for the day (and the future for the Melusi and other communities):

- Announcement of the 2021 World AIDS Day Theme
- Emphasise the Call to Action for COVID-19 Vaccination rollout
- To have a disability-specific focus by including people with disabilities in all activities and ensuring that those with special needs are not excluded.



Read the details in the newsletter attached at the end of the report.



Image of young children attending one of the crèches in Melusi

2021-22 President: Shirley Downie | **Vice President:** Hans Mostert
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The program activities and interventions continued to support maternal and childcare. “Spending a full day at one of the crèches gave us new insights into the challenges of care, nurture, education and nutrition provision that are faced by the mothers and teachers living in this community. During November mothers were interviewed on the dietary intake of their children to understand better how this community can be supported. When it is time to go home for the kids at the end of a school day, older children are sent to the crèche to fetch their younger siblings.” – Marion Beeforth, dietician from UP and part of the Global Grant team.

Total Number of Direct Beneficiaries

Primary health care consultations and dispensing of medicine were offered at no cost to 236 patients on site in Melusi. 776 patients were screened within the community for Covid symptoms. As mentioned before, the Melusi Clinic became a registered Covid-19 vaccination site in September and vaccinations continued during November. 19 patients were also tested for Covid of which 7 tested positive. For more details on the patients seen please view the attached COPC Gauteng Province summary statistical report for November 2021.

Number of Maternal and Child Health Professional’s Trained

A total of 30 health professionals, representative of various organizations working in the community, attended various health and nutritional educational sessions linked to community interventions. During November a nutritional and oral health research and dietary intake assessment and support program that was approved by the University of Pretoria’s ethics committee commenced. Community health workers, dentists and medical health professionals including dieticians and doctors were trained on the protocol and the pilot research and data gathering was conducted at Regae early learning centre on 26 November. 70 children had a dental check up.

70 children were measured and weighted. This was supported by 5 community health workers and one dietetic student, a dietitian and 3 dentists. The teachers were also very helpful.

Patients were educated in groups as they were seen at the clinic (236). The educational sessions were facilitated by environmental health officer, Rebaone Molebatsi, for the community health workers and patients, and by Marion Beeforth for the nutritional interventions. Dr Carien Steyn and Prof Ahmed Bhayat took the lead on the clinical assessments and oral health training for the launch of the Oral and Dietary Intake Research. The CHWs were in turn expected to visit all the parents at home for children enrolled at Regae school and obtain informed consent and invite the parents to an educational session.

Thirteen (13) community health workers and ten (10) fieldworkers were trained weekly within the community and as part of the weekly team meetings. Dietetic, physiotherapy and medical care students enrolled at the University of Pretoria were also included in learning activities as part of their service-learning within communities. The theme for the month of November was focused on supporting the Rotary National Health Day, including awareness on Covid and special needs. One of the local leaders in Melusi is in a wheelchair himself and the facilities have been designed in such a way to support access also for special needs.

Teachers from all 15 early learning centers in Melusi continued their course in early childhood development. Graduation is scheduled for December 2021 and the excitement of the teachers to receive a validated qualification is immense. This ECD course is accredited through the University of Pretoria and a training program offered by Judea Harvest Non-Profit Organization. The course includes certification as an ECD teacher and a curriculum. In the local context most of the teachers have never been trained formally and this opportunity will have a major impact for the 240 children currently enrolled in their early learning centers. Over time upskilling the teachers will impact the learning of thousands of children.

Number of mothers receiving ante-/post-natal care

124 (one hundred and twenty-four) patients received contraceptives within the Melusi community at the healthhub. Pregnant mothers that are identified on site are referred for ANC (ante-natal care) to the nearby Daspoort clinic that has more services and resources.

Nutritional Status Assessment and Interventions

Thirty-eight (38) children consulted for a clinical condition and were assessed for their nutritional status at the health hub. Seventeen (17) received a catch-up dosage of Vitamin A and/or deworming. Two hundred and forty (240) children <5 received micro-nutrient supplementation at early learning centres in Melusi. Daspoort Poli-clinic is the referral clinic for Melusi patients to receive childhood immunization.

Training of mothers, fathers and community caregivers in early learning centers and at the local non-profit organization, MYDO, continued with a theme of dietary intake and portion size as well as a protein rich diet. The Tower Garden training as part of the Humble Smiles and Africa Grain and Seed Day intervention in Melusi continued in November. This is a COPC, ARC and Humble Smile/Africa Grain and Seed collaboration. The Busy Bee crèche complained that their children picked out all the plants. A plan was made to discuss next time to use fencing to keep children out of garden for when they are unsupervised.

Advice when visiting other crèches as part of the diet research and training included:

- Breakfast: Use JAM porridge with little bits micro-nutrients (average portion 100 g – little bits added one packet per child) It takes 8 minutes for 32 children to receive individual micro-nutrient supplementation. It was advised rather than adding little bits into pot.
- Lunch: Quick option pap and amazi
- Individual counselling
- One baby referred to Hercules for follow up of only 1 kg weight gain.
- Milk was given to 2 community health workers for follow up of food insecure babies/families.

The dietetic team facilitated a workshop at Regae school and a number of individual interventions. Below are some of the photos.

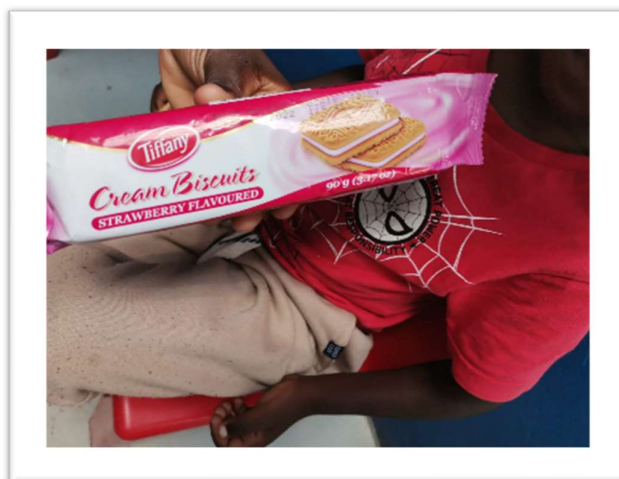


Image of a food example for the diet intake questionnaire

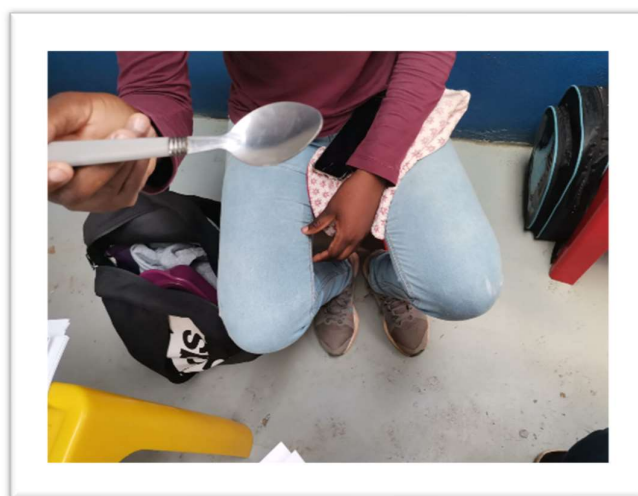


Image of a mother showing her dishing spoon

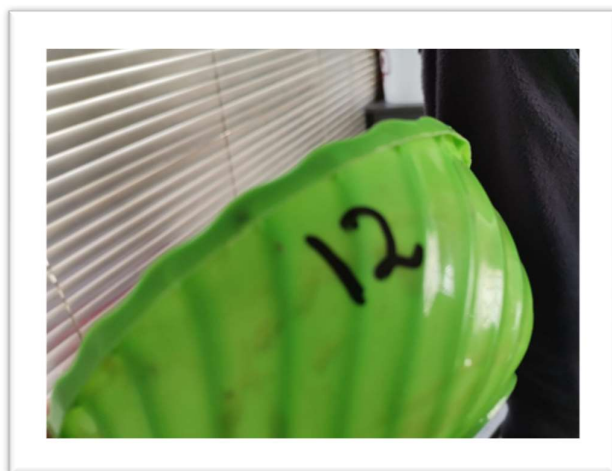


Plate waste

Six community health workers and two crèche teachers were trained in measuring portion size and plate waste. Each plate was numbered per child name portion served measured.



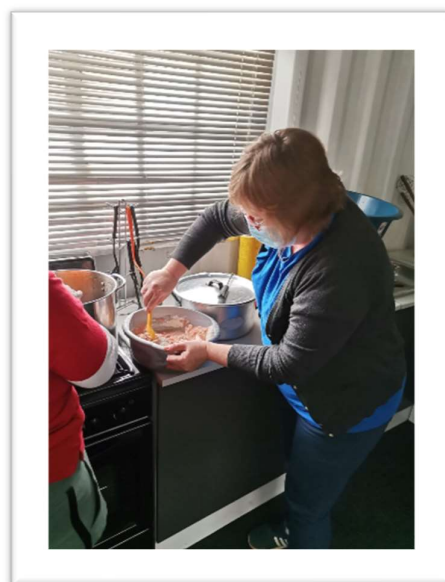
Image of the children lined up as the teacher called their numbers with the food was already weighed



Image of MYDO garden towers



Image of participant Sam from MYDO that prefers planting in soil



Dietician Marion spending time in kitchen to observe how teachers prepare food



Consistency observed and nutrient value will be calculated

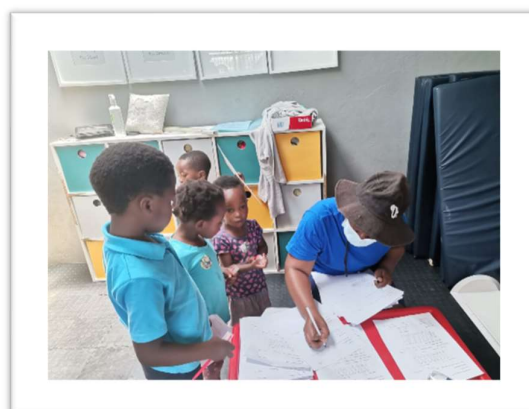


Image of Community Health Worker capturing anthropometric data

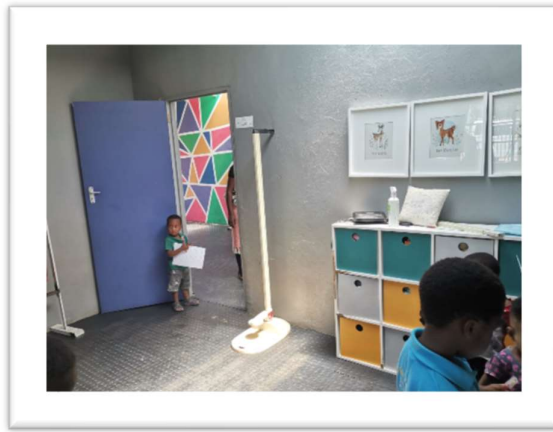


Image of baby room used to measure weight, height and MUAC

Below attached also the Rotary Health Day Report.

Rotary Event In the Spotlight

This exciting event was held on 5 November and saw the National Launch of the Rotary Family Health Days 2021, and the announcement of the World Aids Day Theme for 2021.

The Melusi Holistic Health Hub welcomed South Africa's Minister of Health Dr Joe Phaahla to site, where he gave the key note address, and emphasised the focus points for the day:



- Announcement of the 2021 World AIDS Day Theme
- Emphasise the Call to Action for COVID-19 Vaccination rollout
- To have a disability-specific focus by including people with disabilities in all activities and ensuring that those with special needs are not excluded

The Department of Health together with Rotarians and other stakeholders have strived to reinforce the importance of regular health screening and testing, which leads to early detection of preventable and manageable diseases to save lives and reduces avoidable treatment costs.

Dr Phaahla confirmed the importance of the Department of Health / Rotary partnership – which continues in 2021 for the tenth consecutive year – and said, “we value the day as we see it as part and parcel of the provision of comprehensive health services we offer.” Dr Phaahla appreciates that Rotarians are able to identify disadvantaged communities and looks forward to continuing the valuable partnership as we try to regain some ground that was lost during the COVID-19 pandemic.





Community Health Workers on site at the Melusi Holistic Health Hub

The Rotary Health Family Health Days Campaign is one of the critical vehicles to improve access to, and extend the reach of, comprehensive health care services which include health education, health screening and testing for a variety of conditions such as HIV/AIDS, Blood Pressure, TB, Diabetes, Hepatitis B and C, and a number of cancers. Dr Phaahla expressed his appreciation of the role that Rotary plays in this health initiative, as well as in other health programmes such as Polio vaccinations.

To end off his address, Dr Phaahla announced the theme for commemorating World Aids Day on 1 December –

**“Working together to end inequalities. To end AIDS, TB, and COVID-19.
Get tested! Get vaccinated! Adhere to Treatment!”**

This aligns to the Global Theme of “ending inequalities”.

The event was rounded off with Dr Phaahla unveiling a plaque at Melusi, and vaccinating one of the guests who had not yet had the opportunity to receive the Covid-19 vaccine!

In addition to this keynote address, we were honoured by a number of remarkable speakers, including RIPE Jennifer Jones (virtual address), Dr John Blandford (CDC), Ms Sandra Khumalo (representing Civil Society: People with disabilities), and SANAC CEO Dr T Xulu.



DG Stella Anyangwe and Global Grant Champion PAG Carolyn Khoury with Minister of Health Dr Joe Phaahla and the plaque unveiled at the launch



Ms Sandra Khumalo

The site of this year’s launch, the Melusi Holistic Health Hub, is sponsored and supported by The University of Pretoria, Department of Family Medicine and Rotary. Rotary’s involvement is by way of a Global Grant managed by the Rotary E-Club of Southern Africa D9400 and the Rotary Club of Edina Morningside D5950. We appreciate the Department of Health and the Community Health Workers whose efforts ensured that a number of people who do not have easy access to health services were accommodated at this event.

Sue Paget, Global CEO of the Rotarians for Family Health & Aids Prevention Action Group, took the time to thank all members of the E-Club for their outstanding support of this commemoration launch of the Rotary Family Health Days, with a special expression of gratitude for IPDG Annemarie, PAG Carolyn Khoury, and D9400 Public Image Chairperson Shereen Hunter



DG Stella Anyangwe, IPDG Annemarie Mostert, and RFHA CEO Sue Paget