



GG2099775 Melusi “Phela Hantle” Project

Progress Report – October 2021

“He who has health, has hope, and he who has hope, has everything.” - Thomas Carlyle

Total Number of Direct Beneficiaries

Primary health care consultations and dispensing of medicine were offered at no cost to 235 patients on site in Melusi. 914 patients were screened within the community for Covid symptoms. The Melusi Clinic became a registered Covid-19 vaccination site in September and 635 patients were vaccinated against Corona Virus in the month of October. For more details on the patients seen please view the attached COPC Gauteng Province summary statistical report for October 2021.

Number of Maternal and Child Health Professional’s Trained

A total number of 50 health professional’s representative of various organizations working in the community attended a nutritional/food cultivation workshop. The ‘growing your own tower garden’ workshop was attended by educators from 6 crèches, 2w community health workers, 15 youth workers, 1 clinical associate, 2 social workers, 2 community gardeners, 1 CHW team leader, 2 ARC agricultural officers, 5 guests from Humble smile, Moringa association and Africa Grain and Seed organization, 1 registered nurse and 1 dietitian.

Thirteen (13) community health workers and ten (10) fieldworkers were trained weekly within the community and as part of a weekly team meeting. Dietetic, physiotherapy and medical care students (10 across all disciplines) 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 October was Mental health and a health lifestyle. Educational sessions were held where groups of 50 people attended covering three topics: Relaxation techniques and mindfulness. The importance of a healthy sleeping regime. Facts about smoking. October month and the commencement of spring in South Africa made it an opportune time to host practical workshops on food cultivation and preparation.

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Patients were educated in groups as they were seen at the clinic (235). 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. The CHWs were in turn expected to facilitate small group training sessions outside and in the open air for patients that arrived at the clinic or that were seen at household level. A special planting day was hosted to celebrate spring and growing food at home. Humble Smiles donated 1500 seedlings that were used during hands-on practical workshops with residents from the area.



Image 1: Patients attending a health talk

Teacher from all 15 early learning centers in Melusi continued their course in early childhood development. 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. This course will continue until the end of April with monthly contact sessions.

Number of mothers receiving ante-/post-natal care

124 (one hundred and twenty-four) patients received contraceptives within the Melusi community at the health hub. 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

Forty-six (46) children consulted for a clinical condition and were assessed for their nutritional status at the health hub. Thirteen (13) 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 centers 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 food cultivation. The Tower Garden training as part of the Humble Smiles and Africa Grain and Seed Day intervention in Melusi was hosted on 22 October 2021. The Agricultural Research Council and Black Excellence Network also participated in the training. This was shared on social media, including Facebook and on radio.



Image 2: Marion Beeforth with community members with their vegetables received to plant at home



Image 3: The inter-disciplinary garden training group of facilitators



Image 4 and 5: Tower garden practical workshop (participants get to take this home)



Image 6: Julian de la Hunt talking about the origin of moringa



 Black Excellence Network
Photos from Black Excellence Network's post in

Image 7 and 8: Humble smiles donated “Gogo Says” educational books to all the crèches



Image 9 and 10: The University of Pretoria team and Global Grant project collaborated with the local NPO MYDO (Malusi Youth Development Organisation). They have an Arts and Drama group that put on display their 3rd performance of a promotional/educational Breastfeeding Play. The new performance piece also now incorporates information on healthy eating.

Individual counselling for mothers with small children focused on children’s nutritional and vaccination status (documented in the Road to Health Card). One mother was referred to Kalafong with regards to : Clinic not having had received her child’s certificate and road to health card. One baby was referred with the diagnosis “Failure to thrive” after diet counselling and supplementation was given (peanut butter and maizemeal and formula). With a follow up appointment after two weeks.

During a home visit one baby was identified to be moderately underweight and HIV. The mother was given food and referred to the nearby clinic for medical treatment of the child. One more child was diagnosed with severe acute malnutrition, just over one year of age, and referred to the local clinic after being provided with supplementation until the clinic dietitian can see client.

Dietetic students from the University of Pretoria did their Human Nutrition Community internship intervention in Melusi: Students obtained food support for the Happy Sappi crèche after having identified that the crèche’s diet lacked sufficient protein and vegetables. They hosted an intervention on 15 October 2021 for mothers of the crèche together with their children at MYDO NPO.



Images 11 and 12: Nutritional intervention at the Happy Sappi Crèche

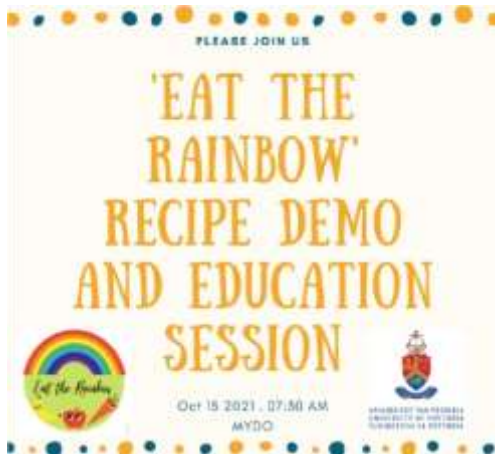


Image 13 and 14: The invitation distributed for the nutritional intervention and an image of the plate of food cooked and served on the day



Image 15: Dietetic and Occupational therapy students held a workshop at Ragae creche.

The dietetic facilitated a workshop at Regae school that was attended by 20 mothers on 11 October. The students covered the topic :A protein rich diet”. Dietetic counselling was also done by third year dietetic students. This included counselling of two patients (on hypertension and healthy eating).



Image 16 and 17: Visit to Pure Joy crèche to provide Littlebits Micronutrients



Image 18 and 19: Visit to Maphosa crèche to deliver 20 kg Maize meal from Lions International Poverty project

All the crèches expressed their concern and experience of hardship to provide meals to the children attending the schools. Below is an image of a nutritional assessment on the MidUpper-Arm-Circumference (MUAC) of a child.



Image 20: MUAC measurement indicating severe acute malnutrition

An inter-disciplinary health day was held at Melusi that included medical, veterinary, dietetic and nursing students. Below are some images of this day that focused both on human and animal health.

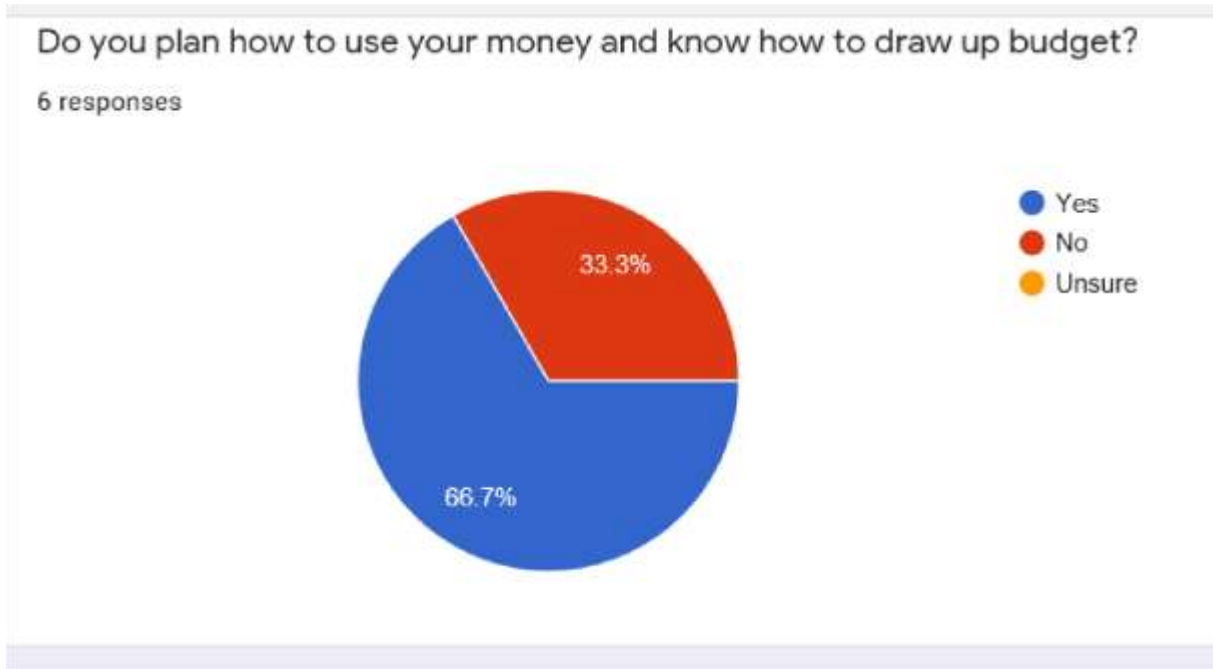
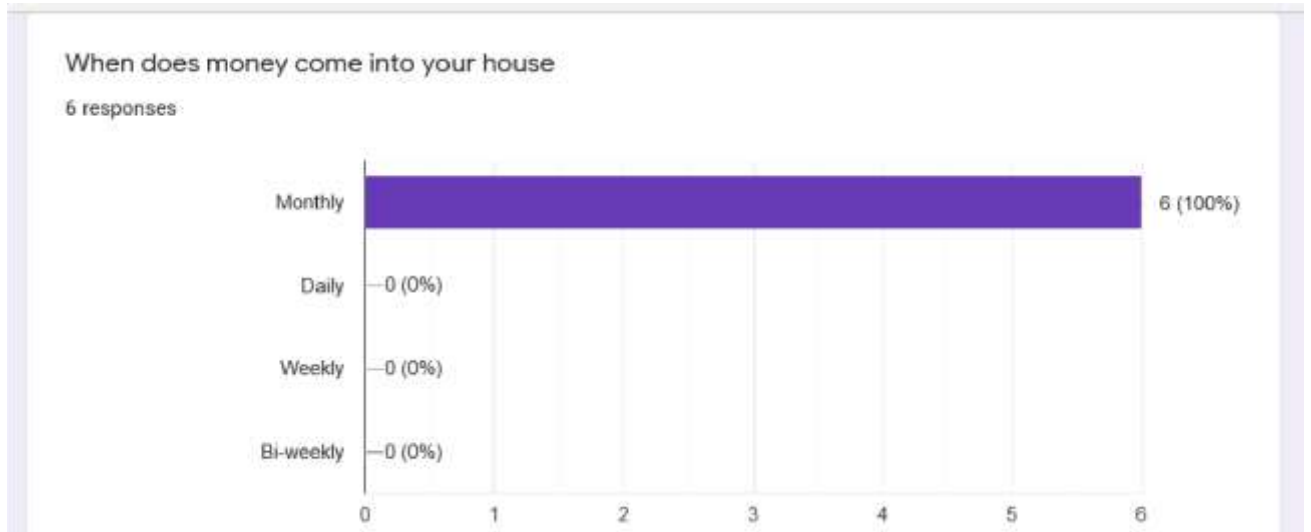


Images 21-24: Inter-disciplinary ONE-HEALTH day in Melusi

A survey was done as part of the Garden and Cooking demonstration workshop. The rest of the rapport is an appendix of the summary of the survey results.

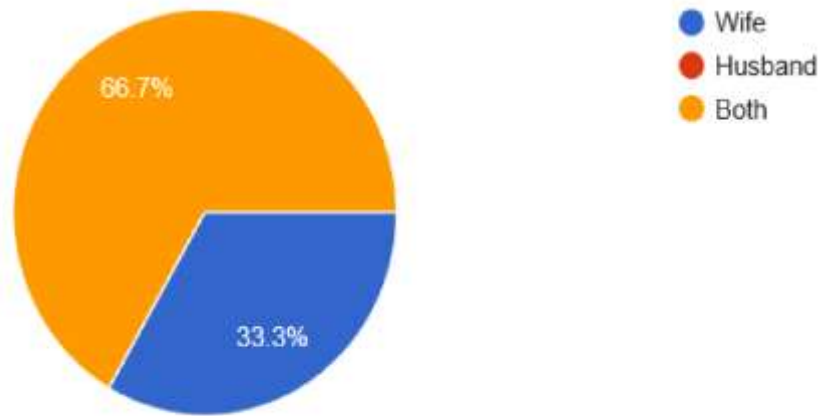
Appendix 1:

Summary of Garden Cooking Survey Creches at the 22 October 2021 workshop



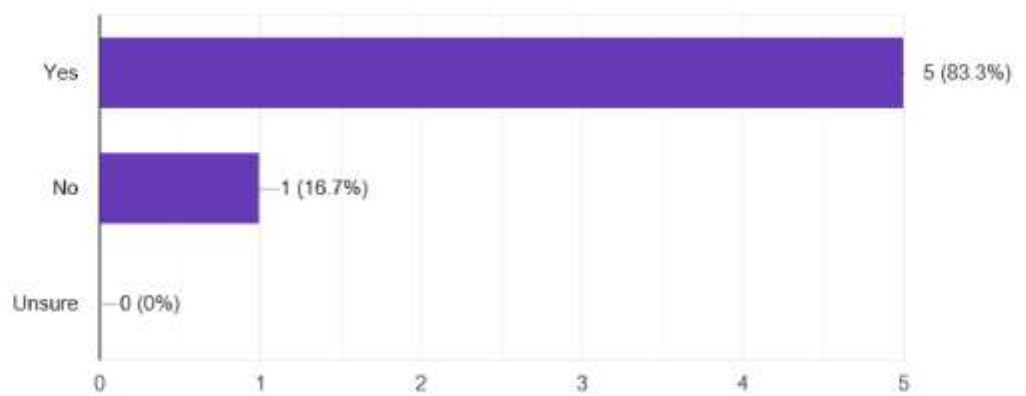
Who in your house work with the money wife husband or both

6 responses



Do you know how to cook healthy meals?

6 responses



Give an example of a healthy meal

6 responses

Cook porridge with a little salt and add sugar

Vegetables

Cabbage, butternut, potatoes and carrots

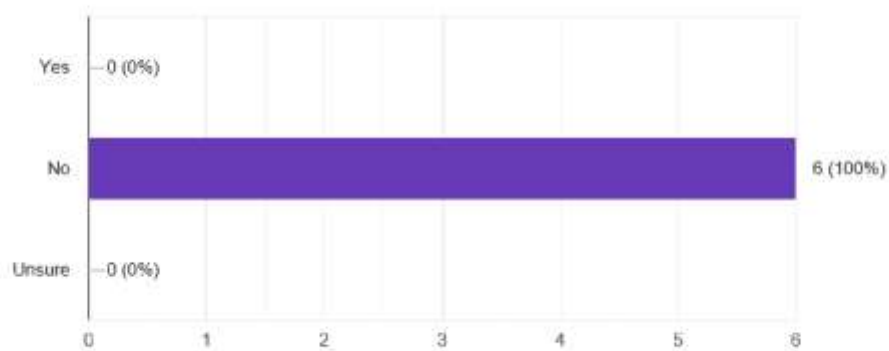
Spinach, potatoes and cabbage

Butternut, spinach, mince and pap

Vegetables, chicken and pap

Do you grow any vegetables at your home?

6 responses



What do you grow?

0 responses

No responses yet for this question.

Do you sell or use self

0 responses

No responses yet for this question.

What do you have in your cupboard at home now

6 responses

Mabele, maizeporridge, rice, soyamince, cooking oil, samp a little bit

Maizemeal, sunflower oil and eggs

Maizemeal, tin fish, cabbage

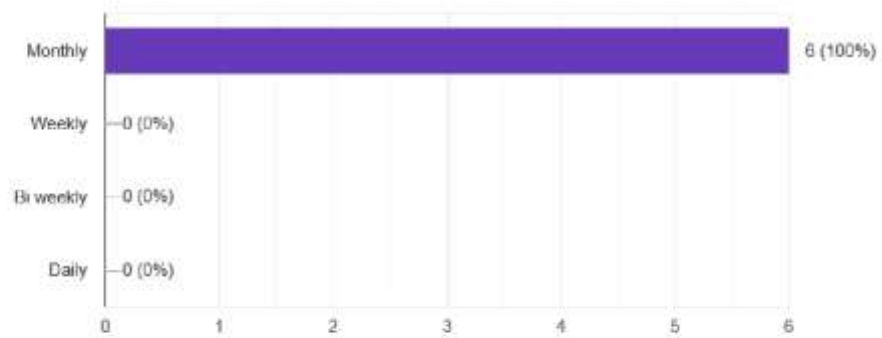
Maizemeal, eggs, tin fish, macaroni and rice

Porridge, rooibostea, brownbread, meat, rice, samp, beans, tin fish, cabbage

Some tin stuff

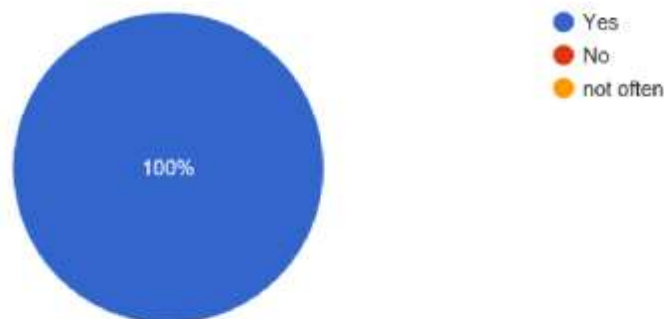
When do you buy your groceries at home

6 responses



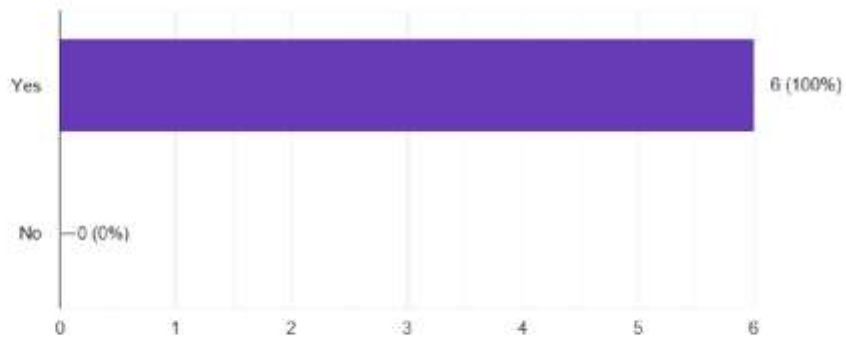
Do you eat eggs

6 responses



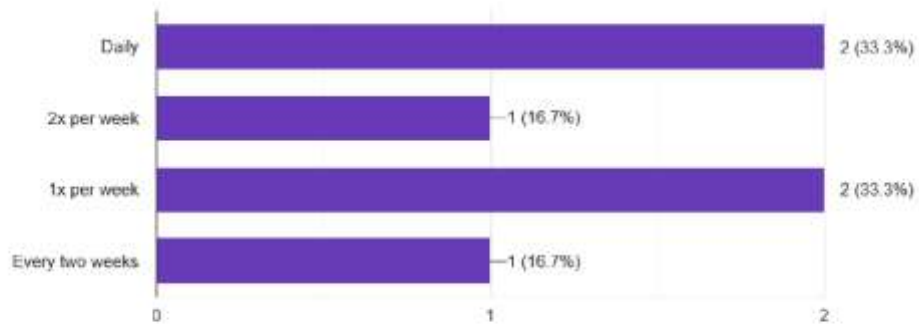
Do you buy eggs

6 responses



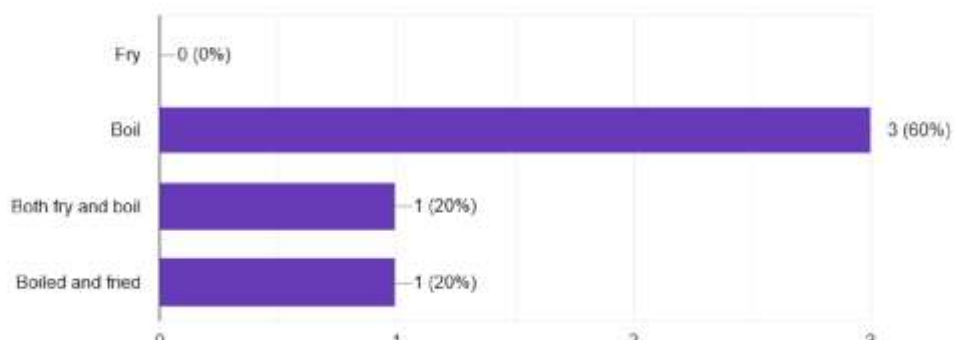
How often do you eat eggs

6 responses



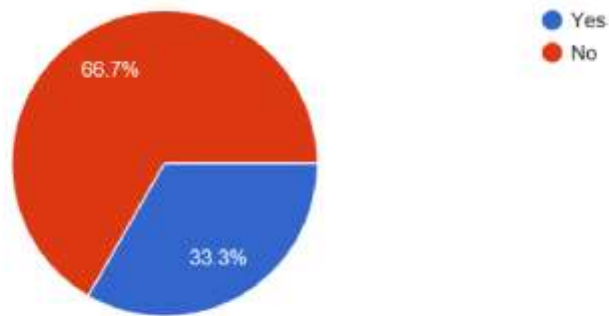
How do you eat your eggs

5 responses



Do you have a creche garden

6 responses



What is growing in your creche garden now

3 responses



Do you want help with your creche garden

6 responses

