

ENABLE

TOWARDS AN AIDS-FREE
GENERATION

Enable aims to reduce mortality rates amongst children under five in the O R Tambo district in the Eastern Cape Province of South Africa, one of the poorest districts in one of the most under-served provinces in the country.

We are delighted to share the latest update on the achievements of Enable with you. During these last six months we have made several notable breakthroughs. We have now trained our full cohort of 30 Mentor Mothers. The Mentor Mothers are bringing integrated maternal and child health information and services directly into the homes of vulnerable children, pregnant women and their families who otherwise would not be able to get to the clinic or hospital.

In the first 18 months, our Mentor Mothers have reached over 1,000 women and children directly, with a further 9,000 community members with health and awareness raising sessions that address issues including family planning, HIV and treatment adherence, and child and maternal health.

0% MOTHER-TO-CHILD TRANSMISSION OF HIV RATE

REACHING OUT INTO THE COMMUNITY

The stand out achievement of the project so far has been a **0% mother-to-child transmission of HIV rate** among our target households, despite the fact that nearly 27% of the mothers we work with are HIV+. Our Mentor Mothers have been working hard

to explain how to prevent contracting and transmitting the virus, and the importance of testing and adherence to antiretroviral therapy (ART) for those women who test positive. As a result, 93.4% of HIV+ mothers are currently accessing treatment, up from 79.2% in the previous reporting period and 69% of women are adhering to treatment, up from 47%.

NOTABLE ACHIEVEMENTS

0%

Rate of mother to child transmission of HIV in target households

MOBILE CLINICS

Regular mobile clinics are now visiting the region, which are vital for medicines and treatment in remote areas

17

New Mentor Mothers have now been trained bringing the total to 30 out in the field

2,741

Children have been weighed and over 80% of children who were identified as being underweight-for-age are either improving or rehabilitated

PARTNERSHIPS

Strong partnerships with local organisations to strengthen and enhance the healthcare system



IMPROVING MOTHER AND CHILD HEALTH

A significant development since our previous update has been the recruitment of 17 new Mentor Mothers who, again, are from the community where they will be working. We worked with our partner Philani in the selection process to ensure that we recruited Mentor Mothers who can best meet the needs of the women and children.

Our target areas have traditionally seen many women give birth at home with no skilled care. With perinatal mortality rates 21% higher for home births when compared to those in facilities, our Mentor Mothers have taken this as a priority area. As a result of information and support, **only 12 (4.8%) of our mothers have delivered their babies either at home or on the way to the hospital.** This represents a considerable change in attitude and is remarkable given the challenges with transport and access.



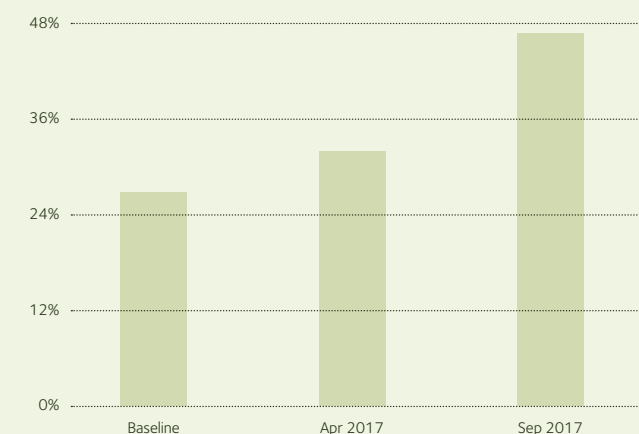
We are also very pleased to report that **monthly mobile clinics are now visiting the project site**, using Mankosi Clinic as a project base. This will make a significant lasting difference to the communities we support, given the very rural setting of Enable and the long distances on poor roads many of the population must travel to access treatment. Additionally, we are continuing to work with an NGO consortium, Stop Stock Outs, in order to try and combat clinic stock outs. **Improved availability of medicines** has been reported in this period, a significant development as stocks outs are common in the area, but we will need to maintain our joint advocacy efforts to ensure this remains on an upward trend.

OUR MENTOR MOTHERS ARE TRULY WORKING IN SOME OF THE MOST REMOTE RURAL AREAS, WITH VERY POOR INFRASTRUCTURE.

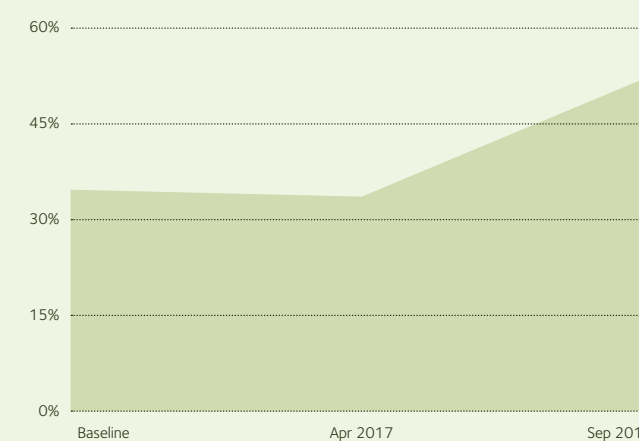
PARTNERSHIPS IMPROVING THE HEALTH SYSTEM

Working in partnership with best-placed and innovative partners helps provide vital, joined up services within Enable's target areas. As mentioned in the previous report, we have begun working with the Rural Health Advocacy Project (RHAP), based at Witwatersrand University, which has selected the Mankosi/Canzibe area as one of two national 'learning hubs' where they are focusing on advocating for improved health services. We are working together with RHAP to provide them with an 'ear to the ground' in terms of our contact with the local communities and the closeness with which we work with those most affected by poor health service provision.

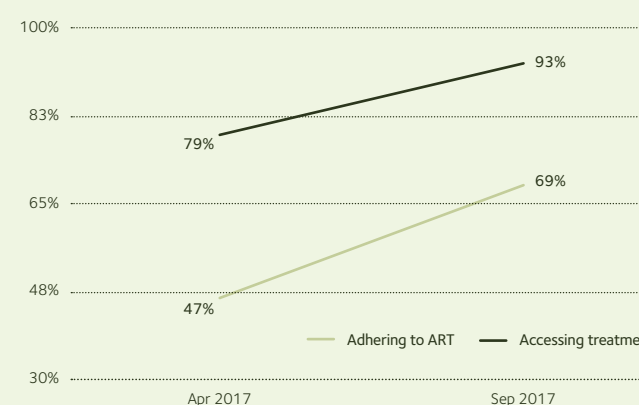
Antenatal Care Appointment Attendance



Children Under 5 with Full Immunisation Records



Access to Treatment of HIV+ Mothers



When Canzibe Hospital recently went from three doctors to one doctor in the space of a few months, RHAP successfully advocated for the appointment of 4 new doctors.

Our Supervisors took part in a human rights and paralegal training through the Bulungula Incubator. This brought together nine organisations and gave participants a better understanding of their human rights so that they can advocate for better services, access the correct legal services and obtain referrals when necessary.

DELIVERING SUPPORT TO THOSE WHO NEED IT MOST

As we deliver the project, it is apparent just how great the need is. The main hospital, Canzibe Hospital, currently has five doctors for a population of 143,000 people. When our mothers can afford the bus fare or the time away from their work or families, often a whole day as there is only one bus a day travelling on poor quality roads, quality of care or availability of resources is far from guaranteed.

The latest cohort of Mentor Mothers will be reaching out into new communities and careful mapping of these areas has taken place in order to identify the areas in which there is greatest need and our intervention can provide strong impact. We have done this in close collaboration with

community leaders; ensuring and their involvement of ensures buy-in from the local regions, which will amplifying and sustaining the project's impact.

Enable is going beyond healthcare interventions. Our Mentor Mothers have worked to ensure 53% of children are receiving child support grants (an increase from the 43% who were receiving grants during the previous reporting cycle). We now have an agreement with the Department of Home Affairs to set aside a time each month for Enable to send 15 of our most in-need clients to be seen by relevant personnel to get birth registrations and ID documents in order so they can access vital healthcare, education and support services. We are also working with local pre-schools to weigh and deworm vulnerable children.

TRANSFORMING LIVES: CASE STUDY



Enable Mentor Mother Nopasika Mkhundlu met Khethiwe a 30 year old woman when she was six months pregnant. Nopasika explained the Enable project to the woman, who had already heard of One to One's work in the region, and she joined the programme. After regular visits, Nopasika formed a good relationship with her, which enabled Khethiwe the women to trust Nopasika enough to open up about her HIV+ positive status and treatment. Side effects from her treatment meant Khethiwe the woman considered stopping her medication. Adherence to treatment is vital in reducing the risk of mother to child transmission of HIV, and Nopasika was able to make a crucial intervention, encouraging Khethiwe the mother to continue treatment.

Near the birth, Nopasika and Khethiwe the mother discussed feeding methods. With the

correct treatment, the risk of transmitting HIV through breastmilk is significantly lowered and exclusive breastfeeding is shown to improve the child's health prospects and their survival. Nopiska recommended that exclusive breastfeeding would be the best option for her new-born.

When Khethiwe the mother gave birth in March 2017, she decided on exclusive breastfeeding her new-born, and she continued with breastfeeding for a full six months. The baby also has had all of their immunisations. At six months the baby was tested for HIV using a PCR test, which was negative. The baby is now eight months old and a healthy weight. Nopasika will continue to work with Khethiwe the mother to ensure that the baby remains well cared for during these early months and years that are vital for a child's development.

IMMEDIATE GOALS

- Support our 30 Mentor Mothers activities so they can meaningfully work with five new families each month and provide ongoing training with a visit from Philani in December 2017.
- Increase percentage of HIV+ pregnant women and mothers adhering to ART to 70% by the end of Year 2 (by the end of the project we aim for this to be 90%).
- Support new mothers, regardless of HIV status, with exclusive safe breastfeeding so that 35% are exclusively breastfeeding for at least 6 months to improve health outcomes of children (by the end of the project we aim for 50%).
- Ensure 50% of children have a full immunisation record and are at their healthy weight by the end of Year 2 (by the end of the project we aim for both of these to be 70%).
- Ensure continued mobile clinic visits and advocacy against stock out.
- Build our evidence base with impact data on key health indicators, supported by a visit from Stellenbosch University Research Team.

We would like to thank you for your ongoing support of Enable and look forward to keeping you updated as the programme continues to develop.



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