



BRIGHTER FUTURES.

CHANGING LIVES, SAVING LIVES.

ENABLE

TOWARDS AN AIDS-FREE GENERATION



OVERVIEW

Our Mentor Mothers provide in-home healthcare and support that is transforming the lives of vulnerable mothers and babies, and building the foundation for a healthier future for the whole community in Mankosi, South Africa.

MAJOR ACHIEVEMENTS TO DATE

- 1,238 mothers-to-be, babies and children directly cared for by Mentor Mothers with an aim to reach 1,500 by December 2018
- 12,445 community members benefit from Enable services
- Less than 1% transmission rate of HIV from mother to child
- Increased attendance of antenatal appointments by 20%, increased adherence to ART by 25%, and rehabilitated 75% of underweight children
- Mothers know there is support and advice at hand to keep their families healthy
- Families benefit from improved availability of services including frequent mobile clinic visits, nutritional support, and child support grants

A CHILD BORN WITH HIV

After two years with 482 babies born with a 0% HIV transmission rate, we are sad to share we've had our first case of a child born HIV+ under our care.

The mother of the new-born already has two children born HIV+. She was resistant to joining the programme and not inclined to adhere to her medication. Our Nurse Supervisor and the Mentor Mother tried everything they could to engage her, including involving the mother's wider family, but she continued to default on her treatment. When her child was born HIV+ in early August, it was incredibly disappointing but, sadly, not entirely a surprise. We are now working to ensure the baby is receiving ART and the support she will need to survive.

REACHING MOTHERS IMMEDIATELY AFTER DIAGNOSIS

One of our Mentor Mothers, visited first-time mother-to-be, Nolitha, during her first 20 weeks of pregnancy and encouraged her to go for an ante-natal appointment. When Nolitha went to the clinic she tested HIV+.

In shock and denial from her results, Nolitha barely left the house for a couple months and refused to be a patient of the Mentor Mother

programme. However, our Mentor Mother asked if it would be okay if she checked in on her as a friend. After a few visits, Nolitha admitted she needed more information about how she could look after her unborn baby and give birth to an HIV- child. She asked to be a formal patient again.

Nolitha has given birth to a healthy baby girl who is named Akhona. Her daughter was born HIV free and Nolitha has decided to exclusively breastfeed for 6 months and maintain her treatment to give Akhona the best chance to grow up HIV free.

NEW INITIATIVES STARTED BY MENTOR MOTHERS

Our Mentor Mothers are always looking for ways they can help mothers and children in Mankosi live their healthiest lives. Here are some new activities they have started in the past six months.

Reaching young people – Mentor Mothers have identified three schools where they can run teen health and HIV-prevention classes for 11-17 year olds.

HIV support groups – Mentor Mothers have formed two support groups for mothers affected by HIV where they can help them address psychosocial issues and take control of their own and their children's health.

Closer ties with local hospitals – Mentor Mothers will alternate two days a week in the local hospital to better coordinate patient care, and offer breastfeeding classes to women who have recently delivered in the hospital.

LOOKING FORWARD

We feel we are in a strong position to take this proven community health model to scale in neighbouring areas of the Eastern Cape, bringing in Community Health Workers as well as Mentor Mothers. We are also expanding our intervention to include sexual reproductive health and mental health, and using mobile technology to improve effectiveness. If we secure funding, we aim to reach 2,400 families directly and bring improved access to healthcare for thousands more.

1,238

MOTHERS-TO-BE, BABIES AND CHILDREN DIRECTLY CARED FOR BY MENTOR MOTHERS

12,445

COMMUNITY MEMBERS BENEFIT FROM ENABLE SERVICES

YOUTH CHAMPIONS

SUPPORTING TEENAGE MENTORS LIVING WITH CHRONIC DISEASE

Groote Schuur Hospital was where One to One Children's Fund started its pioneering work to deliver life-saving ART to children at the height of the AIDS epidemic in South Africa. In January 2018, we returned to Groote Schuur Hospital supporting a project working with teenagers living with HIV; as they begin to manage their own treatment and develop new relationships, while often facing stigma and isolation.

In this innovative approach, teenagers living with HIV come together in a weekly peer support group with other young people living with a range of chronic illnesses. The recognition that these young people face similar issues, irrespective of their illness, helps break down barriers and stigma for young people living with HIV and AIDS.

Since January, over 90 young people aged 12-19 years have attended weekly sessions where they share their experiences, socialise with their peers, and access medical and psychosocial support.

We have also supported the training of nine Peer Mentors as 'Youth Champions' to help lead the groups. Our Youth Champions are mentored by the expert team of doctors and nurses.

"YOUNG PEOPLE FACE SIMILAR ISSUES, IRRESPECTIVE OF THEIR ILLNESS – LET'S BREAK DOWN THE BARRIERS."

The group members also benefit from access to a social worker, which allows for a more structured debriefing after sessions and is essential in helping the Peer Mentors cope.

Youth Champions have played an important role outside of the group sessions. They form connections with other teens within the hospital and encourage them to attend the group and interact with their peers in the clinic.

Youth Champions have also formed WhatsApp groups where they encourage group members not to give up and remind each other to take their medication. Some group members have also been on a picnic together, organised entirely by the Peer Mentors.



CASE STUDY: STORY OF A LIFE TRANSFORMED

"I was diagnosed with renal failure when I was 13 years old. I remember arriving at Groote Schuur Hospital and being put onto dialysis. I was surrounded by old patients who looked sick and I remember my parents telling me everything would be OK. But nothing was ok. I had never felt more alone and I was terrified.

No one in my family really understood what I was going through, even though they tried. No one at school understood either. All of my friends were in my sports team at school and since I couldn't play sports any longer and was always going to the hospital we soon drifted apart. I was sick, I was different and I hated it.

I am now in my twenties, I have been transplanted and am working. I will never get those years of my life back... but I am alive. I am proud to be a patient mentor. I often feel like if I had had someone sit down next to 13 year old me who said: "I have been there, I know you are scared, but it will be ok", I would have found it much easier.

Being able to give something back to someone else in a similar situation to me, has made me realise that maybe there is a reason that I got sick. Maybe I was meant to go through that to be able to help someone else.

I am proud of being a member of the patient mentors and proud of the work that we are doing."

– James, Youth Champion

NEXT STAGE

A CREATIVE AND NURTURING SPACE FOR YOUNG REFUGEES



The refugee crisis across Europe has left children and young people traumatised by conflict and displacement. Many have endured horrors that no one should have to go through – in their home country, on the journey here, and even once they arrive in the UK. Time and again, the lack of psychosocial support to refugees is identified as a key gap in refugee services.

Building on our work on trauma and with refugees in Greece and Kosovo, One to One Children's Fund is using our expertise to form a unique partnership that will help young refugees on the journey to feeling confident and secure in their new home.

In September, we launched Next Stage, a pilot project in partnership with Barnet Refugee Service and Wac Arts – a centre in North London dedicated to using the arts to encourage inclusion and diversity.

The core of the project is a 10 week drama-based programme, providing a creative outlet for young refugees to come together, tell their story, form new friendships and build their self-esteem and communications skills. In this safe and fun space, trained youth workers, counsellors and translators

will be available to advise and sign-post young people to relevant services. Individual counselling sessions will be provided to those young refugees who need targeted support to manage the challenges they are facing, help them make sense of their experience, and tackle the isolation many feel.

We are excited to launch this innovative project, and hope it will lead to an improved model for providing psychosocial support for young refugees here in the UK.

“REFUGEES COME TOGETHER, TELL THEIR STORY, FORM NEW FRIENDSHIPS AND BUILD THEIR SELF-ESTEEM AND COMMUNICATIONS SKILLS.”

We would like to thank you for your ongoing support for our projects and will continue to keep you up-to-date as they develop.



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