

NZA/2004/2001/1

## **REPORT ON THE HIV AND AIDS TRAINING FOR THE WOMEN'S LEAGUE POTENTIAL CANDIDATE COUNCILLORS FOR LOCAL GOVERNMENT – JUNE 2000**

### **INTRODUCTION**

At the workshop on the Local Government Elections there was a strong recommendation for a workshop on HIV and AIDS to be convened for the potential candidate councilors for local government.

### **OBJECTIVE**

The objective of the workshop was to empower women with accurate information on HIV/AIDS, appropriate counseling skills and social mobilization for the prevention strategy in the fight against HIV/AIDS.

### **PARTICIPANTS**

- a) Fifty participants came from the ANC women's league Regions.
- b) The facilitators were from the National Health Department. They provided the workshop with a number of communication tools to take to the Provinces.
- c) There was also Tine and Nelly van der Maas who gave input on the "Face of HIV/AIDS".
- d) The Workshop started with Candle Lighting Ceremony and the singing of "This Little Light of mine, I'm gonna let it shine".

List of participant (Annexure 1).

### **PROGRAMME**

Overview of the Epidemic

- Statistics
- World view



- Africa view Sub-Sahara View

#### Impact on Determinants of the Epidemic

- Impact on different Sectors

#### South African Response to the Epidemic

- Overview of the Strategic Plan

#### Priority Areas of the Strategic Plan Prevention and Education

- Mother-to-child Transmission
- Barrier Methods
- STD's

#### Treatment, Cure and Support

- Therapy (drug issues) for opportunistic infections
- Home-Based Care
- Voluntary HIV Counseling and Testing
- Care for Children

#### Human and Legal Rights

- Openness Campaign
- HIV Testing Policy

#### Information, Education and Communication

- Communication Strategy
- Challenges
- Research, monitoring and evaluation vaccine research.

A) Comrade Manto Tshabalala-Msimang opening remarks, covered the following.

1. The training is about mobilizing and passing on information on HIV/AIDS with the slogan "TOGETHER WE CAN".
2. She stressed the need to get accurate information on HIV/AIDS.
3. Emphasized the objective of the workshop, which is to stop the spread of HIV/AIDS.
4. The participant to draw up the Provincial Programme of Action.
5. An implementation-monitoring programme is necessary.

B) Impact on Determinants of the Epidemic – Dr Nono Simelela



Dr Nono Simelela clearly articulated on how the department gets the number of infected people in the country. She noted that there are no central places where men (males) could be tested. Special Antenatal Clinics are used countrywide where blood is taken from the pregnant women, with their consent and sent to the laboratory. This procedure is anonymous. A code is used instead of a person's name. A person is informed of the procedure and she can choose to be informed or not about the results.

The determinants of HIV/AIDS were outlined. These included among others poverty, malnutrition, TB, STD's migratory labour etc. She gave an in-depth overview of the Government HIV/AIDS/STD's Strategic Framework and Plan 2000 – 2005 and outlined some of the programmes and successes.

#### D) The Face of HIV/AIDS "Straight Talk" by Tine and Nelly van der Maas

An outline on the definition of HIV/AIDS and what it does in the human body was presented.

They stressed that Human Immune Virus (HIV) is a human virus. It has nothing to do with race.

- It is a "Person-to-person virus "NOT" person-toilet-person virus", mainly sexually transmitted.
- It has no age limit

Positive Living for HIV Positive Person. Examples were given:

- Drink African Potato
- Should not take sugar
- Empowerment of women in the rural area
- HIV positive pregnant women to eat four carrots a day
- For mouth thrush – 1 clove garlic per day
- For chest problems – 1 slice ginger
- For sinuses – 1 spoon honey
- Sore – 1 t/spoon honey on the sore
- Walking 30 minutes a day helps in
  - Expansion of lungs
  - Making of new blood cells
  - Glands work extra and better
  - Replace fat with muscles
- Sleeping eight hours or more
- Drinking plenty of water – 10 litres add 1 t/spoon jik

Mr. Said from the United Nations dealt with the socio economic impact of the epidemic.



He stressed the determinants of the epidemic (poverty, malnutrition, STD's, TB, migrating labour, violence and other diseases such as malaria).

Level of responses were outlined

- National Strategic Planning
  - Understanding the epidemic
  - Analyses of the Strategic Interventions
- Regional Initiatives
  - The world is mobile and the virus moves with it
- Advocacy, national and global
  - Advocate for a comprehensive response and resources
- Priorities in Response
  - Stronger political commitment
  - Multisectorial approach
  - Young people – young girls (biological factors and economic)
  - Empowerment of women
  - STD control and management of TB
  - Voluntary counseling and testing
  - Condom promotion/social marketing

## RECOMMENDATIONS

- Each Provincial group of councillors to compile a comprehensive report and report back to the structures.
- Organise workshops and talks up to branch level, prayer meeting, candle lighting – mass mobilization
- Target the youth
- Participate in the TB DOTS Strategy and encourage people to present to clinics for the treatment of sexually transmitted diseases.
- Liaise with other councilors to include HIV and AIDS messages in the municipality news letters, Messages: ABC
  - a) ABSTAIN
  - b) BE FAITHFUL TO ONE SEXUAL PARTNER
  - c) CONDOMISE
- "TOGETHER WE CAN"
- Support for people living with HIV and AIDS – those affected and infected.
- Stress the need for treatment of opportunistic infections and that this treatment is available in the health facilities.



- Quarterly reports to the National Office.
- The provincial Department of Health will provide information and assistance.