



## News Letter Dessine l'Espoir

April 2004  
N°2 - Ongoing actions

### South Africa

#### Local network of associations

#### Action plan

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### South Africa

#### A specific context

In September 2003, the approach and priorities with respect to AIDS have totally changed in South Africa, as a result of the government's ambitious national plan for therapies.

Even though it will take time before the Global Fund really arrives, and the therapies really get provided nationwide to the millions of people in need, Dessine l'Espoir has adapted its action to this new situation.

Dessine l'Espoir will focus on **financing actions on a community level, in order to accompany the national plan.**

As a recognition of the role played by Wola Nani women from the light bulb project, in raising the money that will be redistributed, they will be kept as a central position of the action plan that "Dessine l'Espoir" will set up in South Africa, even if this action will have a positive effect on their entourage and extended family.

### Local associative network

**Wola Nani** is an association consisting of 250 HIV+ clients who have been referred by day hospital and antenatal clinics for psychological support and resources to support their family.

As no medical approach is undertaken within the association, it is now necessary to help these women better understand and follow up their viral status as well as stick to their treatment.

The **Desmond Tutu HIV Centre** has been developing an antiretroviral program since late 2002 for HIV-positive people from the Nyanga district of Cape Town, which consists of 300000 people.

A provincially employed medical doctor and nursing sister have been trained to manage the antiretroviral programme at the clinic.

They are supported by a team of 14 counsellors.

**Counsellors are community members providing individual care at the clinic and at the patient's home. They co-ordinate weekly treatment readiness workshops and manage education sessions for patients taking Anti-retroviral treatments.**

Currently the project has sufficient funding for a total of 350 patients.



### Action Plan

**1 - Get the best analysis of the viral status of Wola Nani women, and make sure they are all followed by a doctor regularly.**

In conjunction with the clinic, Wola Nani will offer to follow up on those registered clients who need to attend, especially those who have lapsed in their attendance to the clinic. This would enable the clinic to obtain up to date information on their clinical stage and CD4 status.

Wola Nani agrees to give Dessine l'Espoir a summary of those clients whose progress will be tracked, detailing where they live and their medical status.

**2 - Select of 10 suitable clients to be trained as health counsellors on accredited training programmes**

Selection will be organized both on a regional basis in order to cover as wide an area as possible, and on psychological basis, targeting woman who have the charisma, physical and emotional strength to be involved in such an action and who would be ready to follow the training.

**This will be an income generating activity for the women.**

**3 - Select training partners and start training.**

Training programmes will be agreed with the Desmond Tutu HIV Centre for the Nyanga district trainees, and with TAC (Treatment Action Campaign), Life Line & Attic for the other districts trainees.

Once the candidates have been approved by these partners, counsellors will then follow an intensive 2 weeks-training program which will teach them everything they need to know about the medicine, side effects, and opportunistic diseases.

They will be given a "Mentor" from the training partners, who will follow them on the long run.

#### 4- Organise teams

Each counsellor will be given a number of clients to visit by Wola Nani, in connection with the clinic he will depend on. Wola Nani will assist the health counsellors in the initial visit.

Thereafter, each counsellor will be responsible for organising his own planning and reporting it to his mentor, about, for exemple, cases of emergency, or problems within households that might need assistance.

#### 5 - Set up a support group in Mfuleni

**Mfuleni is a newly developed Township far away from the city where many people have been re-located from Khayelitcha (the largest township of the Cape Province). Mfuleni lacks support groups and close medical facilities.**



Mfuleni housing.

Dessine l'Espoir will participating in the opening of a secure, lockable facility for the Wola Nani women living there.

**Women trained in this Mfuleni sector would then be able to organize their support groups locally, as they are too far away to attend any Khayelitsha meeting at present.**

#### 6 - Group taxi & visits to MSF for the Mfuleni women.

MSF acknowledge the importance of opening this new venue in Mfuleni where many of their patients now live. distance is in fact a major cause for braking adherence. Therefore they agreed on the possibility of grouping the medical visits for the Mfuleni women to the MSF center on a same day, on a monthly basis, so that a grouped taxi could be organised.

#### 7- Therapy support.

More than 1000 patients are having therapy in Khayelitcha in the 3 MSF treatment centers.

Other townships such as Nyanga do not have such access to ARV treatments.

Study of women viral status will arise cases in the Nyanga district where starting a therapy without delay will be needed.

For this purpose, Dessine l'Espoir will open 20 lines of treatments at the **Desmond Tutu HIV Centre**, in anticipation of the government funding.

But this support will not be limited to Wola Nani women. Selection will be organized according to the criteria followed by the Nyanga clinic, and responsibility of this choice will be left to the doctors.

#### 8 - Monthly meetings

A monthly meeting will be organized with the women involved in the light bulb project, the Mfuleni group, and the health counsellors themselves at the Wola Nani workshop in Observatory, with a speaker from an external NGO who's message could be useful for the women.

A report will be done after each monthly meeting, especially if it raises valuable information for future actions.

### Annual Budget

The budget for this action is 46 200 euros for one year, 21 500 euros will be allocated to Wola Nani and 25 700 euros to the Desmond Tutu HIV Centre.

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