



THE CARING NETWORK NEWSLETTER

Welcome to our first Newsletter for 2022!

The Caring Network (TCN) is a Non-profit Organization (NPO) rendering Home Community Based Care services within the Western Cape (WC). TCN has three offices located across Cape Town namely Wallacedene, Kraaifontein (Head Office), Bloekombos and Bishop Lavis (Satellite Office).

Our mission is to provide integrated primary health care service to various regions within Cape Town.

We provide home-based care, community-based nutrition rehabilitation, promotion of mental health. Women's health, chronic disease prevention and education, pregnancy testing and refer pregnant women to BANC, assist with chronic medication (CDU) delivery to households, to mention a few. For more information visit our website at <http://caringnetwork.org.za/>.

WALLACEDENE AND BLOEKOMBOS

Mental wellness project
In the beginning of 2022 The Caring Network collaborated with learn2live to start a new mental wellness project in order to assist the community (Wallacedene and Bloekombos) to deal (identify and treat) traumatic experiences in order to improve their mental wellness.

It is known that individuals living in Wallacedene and in Bloekombos often experience trauma. In most of these cases

individuals do not receive any form of counseling and in return has negative impact on their mental and physical wellbeing.

Learn2live is planning to build a wellness hub in Mpandle street (central to Wallacedene and Bloekombos) and started to train community leaders and 9 community health care workers of Wallacedene and Bloekombos to assist with the services rendered at this wellness hub.

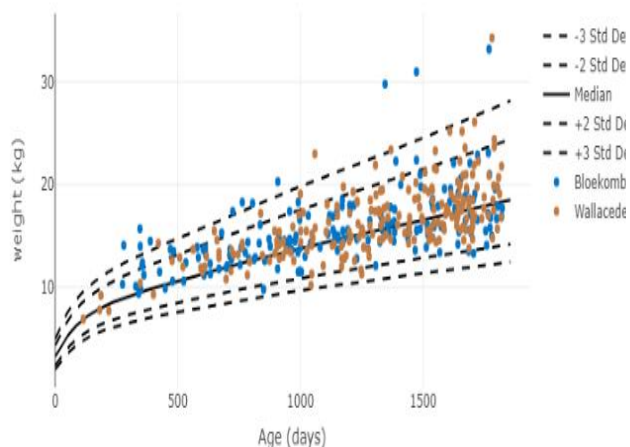
The first meeting/ training session was held in February. CHWs and community leaders will be trained on basic trauma counseling skills and when to refer during 2022. Whereafter the mental wellness hub will be up and running at the end of 2022/beginning 2023. For now, the plan is that one trained individual attend and render trauma counseling services at the hub 1 morning once a month.



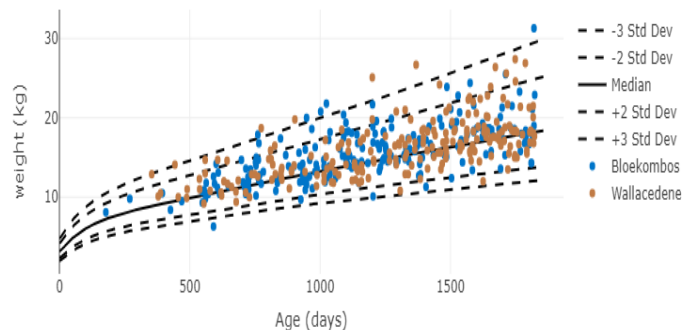
ECD Project

During the previous quarter the dietitian and health care workers visited all registered ECD's in Wallacedene and Bloekombos. All of the children's weight and height as well as the overall quality of ECD were assessed. In general, the results were quite pleasing, with almost 80% of children falling within 2 standard deviations of the WHO Weight-Height charts. Of the children that fell outside of this range almost all tend to be overweight (21%), with only 1% being underweight. Statistical analyses also indicated that 4.5% of the children under two years old and 3% of children older than two is at risk of being stunted.

Strategies were formed in January and February to improve the nutritional status of ECD's in Wallacedene and Bloekombos and will be implemented from the first week of March 2022. A training with Parent groups and ECD kitchen staff are scheduled where results of this study, reasons for concern and practical steps to combat childhood obesity will be discussed. Standardized monitoring and evaluation activities/steps will also be implemented by EPWP's and community health care workers upon ECD visits.



Males (picture 1)



Females (picture 2)

Home grown project

The first planning meeting of Home-grown vegetable garden project in, collaboration with learn2Live, was held and attended by The Caring Networks 'garden champion' Mam Nonkosi Maqungo. This has been ongoing for 3 years and assisted our clients to be self-reliant and enjoy improved nutrition. A Garden and cooking training will be facilitated by dietitian on the first week of March 2022 and photos will be shared.





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BISHOP LAVIS

Outreaches

In Bishop Lavis there is an existing number of outreaches that takes place on a monthly basis of which the latest were outreaches/health hubs held in collaboration with Bishop Lavis facility (vaccination drive).

Existing health hubs include Nas Container, Kalksteentfontein Comm Centre, Freedom Farm, Malawi Camp. Services provided at the outreaches includes family planning (contraceptive and pregnancy tests), HIV testing and counselling, vitamin A and deworming up until the age of 59 months, health education, BMI drive (weight checks), vital checks (sugar tests/Hgt and blood pressure checks).



On 12 February 2022 (Saturday), TCN Bishop Lavis had an outreach at Shoprite Bishop Lavis in collaboration with Bishop Lavis facility.



Support groups/Chronic Disease (CDL) Clubs

The Western Cape on Wellness (WoW) Champions do health talks and health promotion at various support groups in Bishop Lavis and Surrounding areas (a few examples of support groups are

Kalksteefontein Golden Oldies, Sonskyn Club, Right Step and Step right.



ECD's (Vitamin A, Deworming, and health education)

During the months of May and June and October and November, nursing staff, WOW champs and the dietitian goes out to ECD's to administer Vitamin A and Deworming to children at approximately 14 ECD's within Bishop Lavis and surrounding areas. Health educations are also done as an activity for learners at the ECD.

In February 2022, WOW champs went to ECD's in the community to do general health education on safety and food safety.

Plans for March month to resume with school health (health education and prevention for scholars from Grade R to Grade 7).

Wellness Days

Each month a wellness day are held at the Bishop Lavis office for CHW's and professional staff. BMI drive, health meals, exercises and debriefing is on the agenda for the day.

Accelerate Project

TCN Bishop Lavis and Bishop Lavis CHC works in partnership with Dr Darcelle Schouw on piloting a project targeting health education and prevention for chronic disease such as Diabetes and Hypertension on community level. More information will be made available as the project will be rolled out.

Social Development

Women-to-Women

In 2021 TCN worked with Women-to-Women (founder: Florence) a group focusing on Gender-based-violence. Women and children are encouraged to speak out and make a change. Once-off food parcels were handed out to identified individuals in the community of Bishop Lavis and surrounding areas.