

A truly multi-disciplinary pre-school

In Zithulele Pre-school's first term we took full advantage of the human resources around us. As the curriculum's theme for week 8 was 'health week', it seemed silly not to call upon the experts that work just next door. Zithulele hospital is a small community of health professionals who do amazing things within the hospital, but are also committed to reaching out to the communities around it.

Monday was dental hygiene day and we were able to reinforce the daily routine of brushing after the morning snack by having Zithulele Hospital dentist Ayanda Tyala visit with brand new brushes and toothpaste from Colgate.

Tuesday saw Duncan Mosehlhe, hospital dietician,



teaching the children about the food groups and healthy eating. Duncan has been great at advising us on meals for the pre-school.

On Wednesday doctor Kim Rollinson came to show the children that doctors can be fun and are not always trying to stick needles into you. With the aid of a blown-up surgical glove and a stethoscope, Kim was able to relay some serious messages about road safety and clean water. By the end of the morning she had won them

over and we hope that word spreads that doctors are okay!

On Friday Athini Mbono, one of Jabulani's star ARV Counsellors came to talk about being safe with cuts and other simple HIV messages. Athini's daughter Nikita attends the pre-school, so hopefully she wasn't too embarrassed when Mum turned up.

A huge thank you to all who took time out of their busy schedules to visit the pre-school and bring health messages to life.

Zithulele pre-school is running well and we are already looking at how we can reach out to other pre-schools in the area, many of which are poorly equipped, overcrowded and running on a voluntary basis. We want to offer such pre-schools support and training and to share teaching materials with them.

We are looking for funding for this and a volunteer to drive the project forward (See next page).

How you can get involved

Become a Friend of Zithulele
If you would like to support the work of Jabulani, you could consider becoming a "Friend of Zithulele". By committing to a regular monetary donation, you would assist us in planning projects and budgeting appropriately. For more information, visit the Jabulani website.

Tell your friends about us
Please forward this newsletter to anyone whom you think may be interested.

Pray for us and our community!

e-mail: jabulanifoundation@gmail.com

A huge thank you, Comrades!

Pete Grant wishes to thank everyone who sponsored him to run the Comrades Marathon back in May. Pete said, "The Comrades is a bit of a runners' rite of passage in SA and I can't think of a better cause to run it for than the Foundation."

The Comrades covers the 89km between Pietermaritzburg and Durban.

The grand total raised has yet to be calculated but should be well over R25,000.

The money will go to the pre-school project, which is closest to Pete's heart. "I have raised money for large charities before. This time it is great to know that every cent is going directly towards educating the children".

The joys of working for a grass-roots organisation!



TB or not TB: that is the question

August saw the start of a new project that Zithulele Hospital Chief Medical Officer Ben Gaunt has been praying for for years. TB is a massive problem for the communities in the Eastern Cape. At Zithulele Hospital over 600 people are diagnosed with TB every year and it is the leading cause of death at the hospital.

Following a successful application for funding to the Sonnevank Foundation in Holland, we have

employed two TB counsellors and one TB data manager this month. Similar to the ARV counsellors, the TB duo will help patients understand their disease, its treatment and ways to prevent its spreading further. This can be as simple as keeping the windows open to allow a through-draft. In addition, more HIV positive TB patients need to access anti-retroviral (ARV) therapy. Dr Gaunt said, "Our approach is that we want to

empower patients to take control of their own health, a strategy that has been proven to improve treatment outcomes."

Particularly important in running a better programme is getting better information. Our new data manager has made a flying start, helping capture and analyse data which will help us evaluate our attempts to help the hospital provide better care. Dr Gaunt said "additionally we need to track patients' progress

towards ARVs and find those who default on their treatment as this can lead to drug-resistant TB, a huge potential problem.

"TB is a devastating disease which is entirely avoidable and curable." These three people working with the existing hospital team will have a significant impact on the TB programme. We are very grateful to the Sonnevank Foundation who have given us this opportunity to make a difference.

Walls built on a strong Foundation



We will be sorry to see Bryan and Ruth Wall and their two boys Hae-dyn and Zachary go at the end of August. Builder Bryan has worked tirelessly (and completely unpaid!) for the last seven months, driving forward renovation projects with a team of local workers.

Feathers to his cap in-

clude the new Zithulele pre-school and volunteer accommodation (see below) as well as several other projects.

Ruth has managed to combine the role of full time mother with helping teacher Thandeka to come up with creative activities for the pre-school. You should see what can be made with a

toilet roll inner, some foam and an egg-box!

And as for the boys, they have kept everyone busy and entertained with a playful nature and some hilarious comments. I do not know what we will do without Hayden as frisbee-boy in chief. We will miss you all and wish you the best on your travels and back in the UK.

Opportunities for volunteers — are you up for it?

The Foundation is at an exciting stage with several projects off the ground. Now we need volunteers to come out and take the projects to the next level. Are you or is anyone you know up for the challenge?

We are currently looking for project leaders for the pre-school and library and literacy projects. We are also looking for someone with a passion for microfinance to work on this area.

The roles we offer are challenging and rewarding and require energetic, self

-starting people to make the most of them. Whilst previous experience is not a prerequisite, you must be enthusiastic about community development. Good communication skills are essential, as you could be on the phone to a multi-national donor organisation one day and speaking to a local woman through a translator the next.

There is also scope for people to come with their own vision and work with us to help Zithulele Hospital and the communities around it.

We proudly opened the newly renovated volunteer accommodation in July. The accommodation, located next to the hospital has rooms for three volunteers, a kitchen and communal area and storage, toilet and showering facilities. In fact, Bryan liked it so much that he and his family promptly moved in for some much needed space for their last month in Zithulele!

Visit our website at www.jabulanifoundation.org for information on all of our projects.

If you are interested then contact Pete: jabulanifoundation@gmail.com.

