



---

## TRAINING: GRINAKE LTA OCTOBER 2011

### **1. TRAINING OF AIDS CHAMPION**

On Thursday 20<sup>th</sup> October we spent the afternoon training the appointed Aids Champion. The following is her comment regarding what she has learnt:

***Hello Stella***

***Thanks from the newsletters, I had a very good time at the training it was informative, educational and very clear. I've learnt so much about HIV & AIDS, I was so shocked at how little I knew about the virus where's the is so much to learn about it and that we need to know, for me I think it affects us all because you will never know when its going to affect you whether by a family member, friend or even you your self, we all need to be educated and not wait up until we are face to face with it, that's what makes people reject others because they don't know about it they only know the side that it kills, they are not exposed to the part that it is manageable and you can leave long if you follow the right way of living with it, you can enjoy life do the things you would have done if you where negative. There are still a lot of people out there who really need to be educated.***

***Thank you very much  
Noluthando Mama***

### **2. HIV/AIDS AWARENESS FOR 82 WORKERS**

Altogether approximately 82 construction workers in total were trained, two groups on Monday 24<sup>th</sup> and two groups on Thursday 27<sup>th</sup> October 2011. The total time for each workshop was 2 hours. Most of the workers trained said that they had not attended any previous formal training on HIV/AIDS and commented after the workshop that they were happy to know that the government does care and that these programmes are reaching them.

The workshops were conducted in Xhosa and with the use of posters as teaching tools we initially discussed the following subjects:

- understanding the enemy
- the immune system
- how the virus affects the immune system

2.

- the stages of the disease
- transmission of the virus
- prevention
- management, including Antiretrovirals

We also showed most of the groups the video Tshintsha, a 45 minute DVD, which highlights the social and cultural impact of HIV/AIDS on relationships. Workers always enjoy the DVD as it is in Xhosa and relevant to the context in which they live and work. One worker requested a copy of the DVD for his family – and a copy was left at the workplace.

One group was not shown the DVD as they had some many questions that it was more constructive to encourage their participation and to answer their questions.

A positive response was noted from all the workers, many saying that they had learned so many things and they now know how the virus works. One employee that had been trained previously said that there were still many things that he did not know and that this workshop clarified these issues. A number of workers expressed the desire to know their status and said that we should have tested them after the workshop. A few workers told our Xhosa trainer that they did have questions to ask but did not want to ask them in front of their colleagues. They were encouraged to approach the Aids Champion, who could contact us if any additional information was required.

The Aids Champion will be putting up the various posters; amongst them are the relevant Help lines for local organisations that are involved in counselling, testing and treating people in the Buffalo City Municipal area.

We take this opportunity of thanking Grinaker LTA for asking us to facilitate these workshops and should you have any further queries, please do not hesitate to contact us.

Many thanks,

**STELLA HEUER & PHUMLA MAXENGANE**  
**ED-UNIQUE AIDS**