

CARE AFRICA NETWORK, (CAN)

Charity Registration Number 1139942



REPORT ON CAN TRAINING COURSES AND CONSULTATIONS PROVIDED IN 2015

IN

LESOTHO

TRAINING COURSE 1

Effective methods of facilitating good community supported care for Orphans and Vulnerable Children in Africa

TRAINING COURSE 2

The treatment of Post-Traumatic Stress Disorder (PTSD) in children using Children's Accelerated Trauma Therapy (CATT)

**CARE AFRICA NETWORK TRAINING COURSES AND CONSULTATIONS IN LESOTHO AND SWAZILAND
IN JANUARY AND FEBRUARY 2015**

LESOTHO

CARE AFRICA NETWORK TRAINING COURSES AND CONSULTATIONS IN LESOTHO 2015

Two training courses and a series of consultations to small organisations working to benefit orphans and vulnerable children (OVC) were provided by Care Africa Network (CAN) in Lesotho in January 2015. The first course was a training course in the treatment of Post-Traumatic Stress Disorder (PTSD) in children using Children's Accelerated Trauma Therapy (CATT). The second course promulgated methods for enabling the needs of OVC to be met by community supported family care as researched by CAN in the countries of Lesotho, Swaziland , Kenya, and Uganda.

The courses were provided by Care Africa Network and the CAN trainers, Francesca Simms and David Tolley, gave their time free of charge. The expense of their visit was met partly by CAN, and partly by donations from themselves and from friends. David Tolley donated all his expenses.

The arrangements for the courses including the venues and the choice of participants were made by the Permanent Secretary for Social Development, the Director for Children's Services, and the Director of Human Resources, and funded by the Department of Social Development for the Government of Lesotho. This involved selecting suitable participants, organising the venue at a conference centre in Lerebe, and providing refreshments and accommodation for participants and trainers at the conference centre, as well as transport to the conference centre for the participants and the trainers from Maseru and transport for all participants from their regional offices in Lesotho. . Copies of the course manuals for each course and materials were provided for each participant. Care Africa Network also contributed some of the course materials which were funded by Festival Medical Services.

CAN also gave consultations to small organisation in Lesotho that are concerned with the care of OVC. The arrangements for the programme of consultations were made by the Permanent Secretary for Social Development, the Director for Children's Services and the Director of Human Resources, and were also funded by the Department of Social Development. The cost of a government social worker to assist with the consultations and interpret when necessary was also funded by the Ministry of Social Development. The transport to the consultations was provided by CAN as a government vehicle was not available. Some of the materials needed for the consultations were provided by CAN with funding kindly donated towards materials and course costs in Africa by Festival Medical Services.

TRAINING COURSES

Both training courses were attended by 26 participants drawn from across Lesotho. These have now been designated as Care Africa Network Extension Workers and will continue to disseminate the ideas they have learnt so as to benefit more OVC.

Participants included government social workers from each area of Lesotho as well as social workers attached to various NGOs in Lesotho.

As a result of attending the first course all 26 participants are now qualified to treat children suffering from PTSD using the very effective CATT method. This child friendly method, using a play/art adaption of the cognitive behavioural therapy protocol is designed to transfer the traumatic memory to the logical thinking part of the brain (the hippocampus). It has been proven to cure all the symptoms of PTSD. It often also results in other severe mental health difficulties which often arise due to the PTSD reaction to the trauma, to be cured.

As participants included social workers from all areas of Lesotho this will enable the treatment of PTSD to be available across the country. If these social workers do not see children suffering from PTSD in the course of their normal work, they can, with the permission of all relevant people concerned screen in schools and other institutions for children suffering from PTSD using the CRIES 8 scoring method developed by the Children in War Foundation. Any child scoring very highly on this scale can then be assessed to determine whether they do indeed suffer from PTSD, and if appropriate treat them using the CATT treatment.

As a result of the second training course in methods for empowering the community supported family care of orphans and vulnerable children, all 26 participants are now CAN extension workers. As such they are committed to disseminating further for benefit of children in each of their areas the appropriate ideas from the four countries covered by the course.

Plans made during the course derived from ideas in the course for benefitting OVC in Lesotho

During the course participants developed a number of excellent ideas either individually or in groups for projects they believe will benefit OVC.

Group 1:

Palesa Mofubelu Mankuebe Kwise, DRO in Quachas Nek, Lesotho

pmofubelu@gmail.com 52916112

Mohale Bocokoe, DRO, in Quthing, Lesotho

kotamino@gmail.com 63181515

Thabus Tjokosene, DRO, in Mafeteng, Lesotho

jokoseka@yahoo.com 27001011

Boitumelo Mofoto, SW, in Maseru, Lesotho

batumelomofoto16@gmail.com 28314580

Group 1 ideas gained from the course that they would like to introduce into Lesotho for the benefit of OVC.

From Swaziland

Swaziland Action Against Abuse, (SWAAGA), Educational programmes concerning prevention of abuse particularly as this addresses issues of gender based violence.

Areas of interest:

- Male involvement in fighting abuse.
- Girl child empowerment on how to tackle gender based violence.
- Counselling programme and survivors of abuse support services.
- Economic empowerment as a means of fighting abuse.

From Kenya

Little Angels projects

- Reunification of institutionalised children with their families
- Promotion and practice of local adoption for institutionalised children who cannot return to their families

From Uganda

Saving and loans groups as a means of economic empowerment, (incorporated in the Government of Lesotho social security/assistance grants

- Prioritisation of the neediest families

The Group I plan of action as CAN Extension Workers to implement the ideas from the course for the benefit of OVC included the following ideas:

- When delivering government grants to the neediest families they would seek to organise the families into groups and train them in saving and loans methods together with income generation ideas. Part of the government grant would be used to start their first group income generating activity.
- They would then split their government grant money in two. The major part of the grant would be given to the individual to meet their immediate needs. The smaller part of the grant would be used as a start-up grant for the group to establish an income generating activity.
- This would enable government grants to be transformed into sustainable development by enabling the neediest families to develop income generating activities that would both provide for themselves and the OVC they supported in the future.
- They planned to work together as a group to develop this new approach in Lesotho.

This idea was discussed by me later with the Permanent Secretary for Social Development, Mrs Chisepo, and she agreed that it appeared a good idea that she would support and try to implement.

Group 2

Nokoane Marooe

Nokoane.marooe@yahoo.com

Motselisi Matselo

motselisam@yahoo.com

Hape Mtili, DRO, Berea

mantlotli@webmail.co.za 28501902

Manaleli Thekiso , CWO, Butte Butte

manaletit@yahoo.com 22401620

Lerato Ncheke

Lrtncheki31@gmail.com 62122212

Tiisetso Mohlabi, Child Welfare Officer, Thaba - Tseka

tcmohlabi@gmail.com 58441745

Mamolefi Tesele, rehabilitation officer , Maseru

mrathebe@yahoo.com 62758335

Sebatatso Mosoka , Child Welfare officer, Mokholeng

smosoka@yahoo.com 62900600 or 58900600

Maphaaballo Thaka

thaka@mapaballo@yahoo.com 58000620

Laurence Masuupha, counsellor, MCV

masuphakoehali@yahoo.com 58709001

Group 2 Ideas gained from the course that the group as CAN Extension Workers plan to develop in Lesotho to benefit more OVC.

From Uganda, (Retrack),

- Rehabilitation for street children
- Drop in centres for street children to rehabilitate them with their families.

From Swaziland (Lutsango LwakaNgwane)

- Assigning a support group member to certain child headed families to act as a mother to them.
- Group 2 plan to each incorporate these plans in their future plans for their respective organisations and obtain funding to develop and implement these ideas.
- They will also liaise together as a group where possible in doing so.

Group 3

Boithatelo Phakisi, CBRO, Leribe

boithatelobridygate@gmail.com 63929563

Khethollo Motsapi, social worker, Maseru

khethollom@gmail.com 56243025

Sehlomeng Tsiu, DRO, Butte Butte

Changing.tsiu@gmail.com 58013867

Karabo Tlale, ECO, Mafeteng

585244378

mamaonathakali@gmail.com 58524378

Likoetla Tumo, DRO, MJG

lekoetlatt@yahoo.com 63707188

Morema Phitsane, social worker, Leribe

58479191

Group 3 ideas gained from the course that the group as CAN Extension Workers plan to develop in Lesotho to benefit more OVC.

From Swaziland,

From Super Buddies Club, in Swaziland

- Child empowerment clubs for children based on Super buddies model – to empower them generally and in particular against AIDS and abuse.

From Young Heroes in Swaziland

- Grants and sponsorships to enable families to care for the most needy orphans and vulnerable children.

From Lutsango LwakaNgwane (LL) in Swaziland

- Develop community groups to ensure the needs of all orphans and vulnerable children in their community are met.

From LL child protection volunteers in Swaziland

- Train a community volunteer for each household cluster in Lesotho in child protection work so that they can make themselves aware of the needs of each child in the household cluster and identify any abuse they may be suffering. Then work with the families concerned and other relevant agencies if needed to prevent this.

From Swaziland Action Against Abuse, (SWAAGA)

- Other initiatives to prevent abuse could include child empowerment clubs and prevention of abuse by the economic empowerment of survivors of abuse, and support families with saving and loans, and income generating training.

Plans devised by Group 3 for implementation as CAN Extension Workers for applying ideas from the course so as to benefit more OVC in Lesotho envisaged:

- The group working together to extend the child empowerment clubs which exist in some towns in Lesotho to rural communities and then promoting HIV AIDS awareness and prevention as a main focus.

- Developing child empowerment clubs in primary schools and campaign for these to be incorporated in the educational curriculum as part of the educational policy.

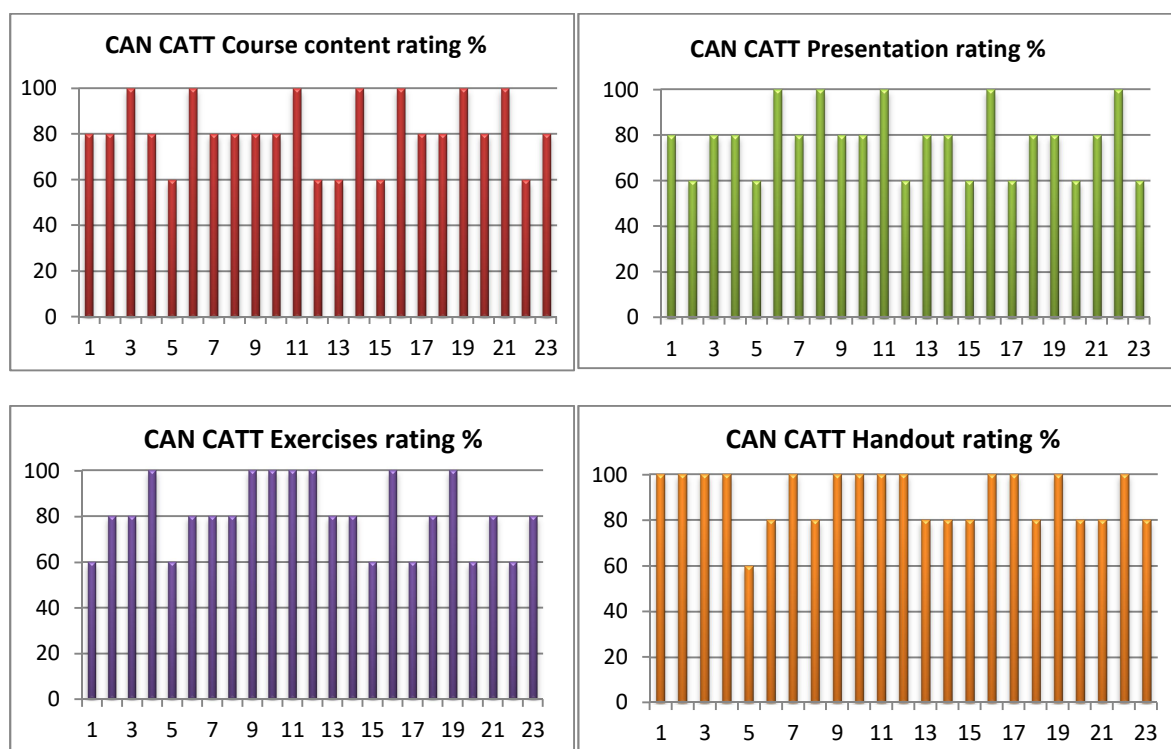
EVALUATION FEEDBACK GIVEN FOR THE TRAINING COURSES IN LESOTHO

Evaluation of CAN training course in CATT for the treatment of PTSD in children

All of the participants reported that the course had been helpful in enabling them to treat children suffering from PTSD, and that the course was pitched at the right level.

The average overall rating the participants voted for the course as a whole was 82.8% , which was between good and excellent. A score of 100 equates to excellent, 80 to good, 60 to all right, 40 to not good, and 20 to bad.

The following bar charts indicate how each participant scored the parameters of course content, course presentation, exercises, and hand outs.

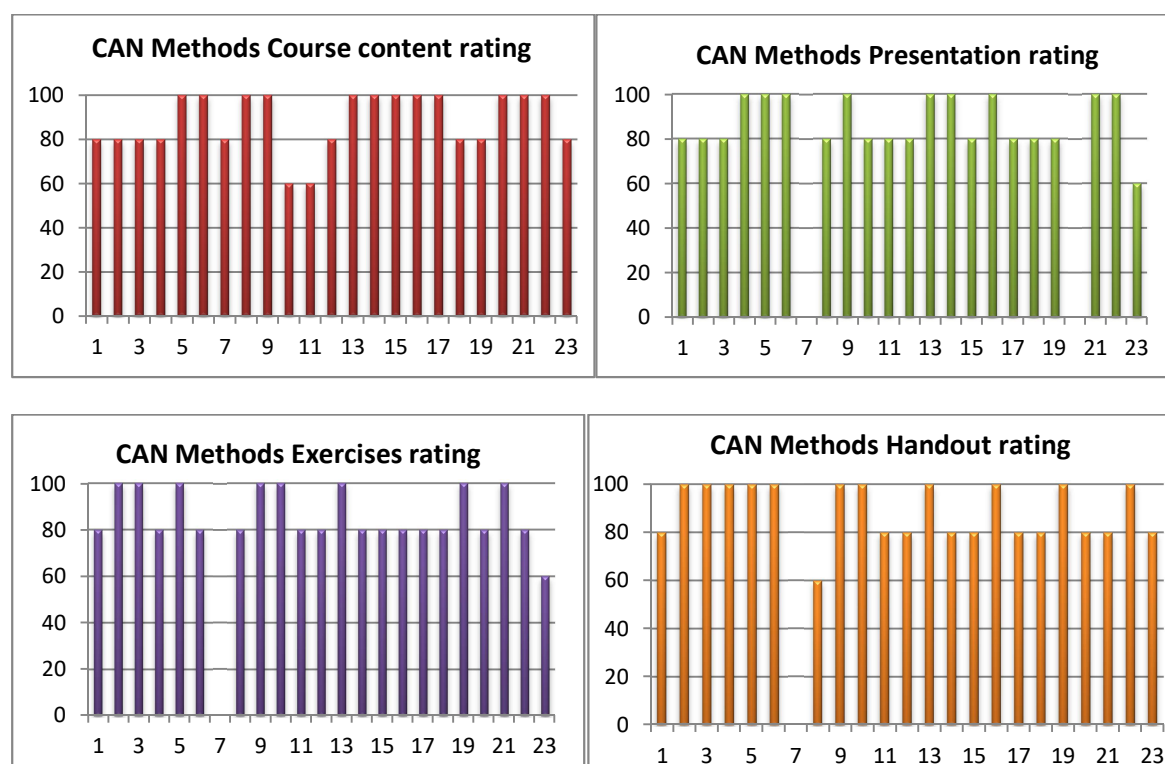


Evaluation of the CAN training course for meeting the needs of OVC by empowering community supported family care

All of the participants reported that the course had been helpful in enabling them to enable the needs of orphans and vulnerable children to be met and reported that the course was pitched at the right level.

The average overall rating the participants voted for the course as a whole was 86.7%, which is between good and excellent. A score of 100 equates to excellent, 80 to good, 60 to all right, 40 to not good, and 20 to bad.

The following bar charts indicate how each participant scored the parameters of course content, course presentation, exercises, and hand outs



Qualitative feedback forms concerning the work of Care Africa Network in Lesotho overall were also very positive.

REQUESTED FOLLOW UP TRAINING COURSES IN LESOTHO

CAN has been requested to provide a one day follow up training course in Lesotho in 2016.

It is also being considered whether funding could be arranged so that another set of participants from other organisations in Lesotho could receive a repeated version of the courses that were delivered mainly to government area social workers in 2015.

CONSULTATIONS TO ORGANISATIONS FOR OVC IN LESOTHO

These were organised by the Ministry of Social Development. Some positive plans resulted from these discussions.

Examples of plans made as a result of discussions in the consultations

1. Plans to develop improved and standardised procedures for admissions and discharge plans from children homes so as to prevent inappropriate admissions and to enable children to be rehabilitated to a suitable family home with their own family if possible or failing that adoption , preferably within Lesotho
 - In consultations with Beautiful Gate Children's home it was discussed how in Lesotho, in common with other African countries, children are sometimes left at children homes for inappropriate reasons and no record of their families kept. This effectively prevents children from being rehabilitated to their families or adopted. So they are denied the family rearing they need for their healthy development for the future and lose all contact with their family – which is also their future social security safety net. Beautiful gate children' home have a social worker and admission procedures which prevent this occurring. Children who cannot be rehabilitated to their families are adopted where possible.
 - Following discussions of the need for this in all children's homes in Lesotho , the director of Golden Gate suggested that he would be able to find funding for a social workers and transport for them, for other children's homes. He also was willing to share the procedures of Beautiful Gate and work with the Ministry of Social Development to develop standardised procedure s to ensure good practice in all children's homes.
 - This was discussed afterwards by me with the Permanent |Secretary for Social Development, who agreed this would be helpful and she planned a meeting so that procedures could be shared and standardised good practice guidelines developed . These could then be implemented by any social workers for children's homes which Beautiful Gate could find funding to enable.
2. Plans to develop income generating training for disabled children alongside their formal education so that if unable to acquire employment they are still able to earn a living
 - In discussions during a consultation with Cheshire Homes which provided a hostel during term time for disabled children who would be otherwise unable in access education, it was agreed that many of the children would have difficulty obtaining employment in |Lesotho despite their formal education. Staffs were interested in the idea of developing income generating training in parallel to the formal education, so that if unable to obtain employment the children would still be able to earn a living on return to their villages.
 - This was discussed by me later with The Permanent Secretary for Social Development, who thought this could begin with teaching the children to rear chickens and pigs with the units rearing these animals which the Government had developed at the hostel.
3. Enabling families to support their relatives' orphans and vulnerable children by support group members training them in savings and loans group methods and income generating projects

Village Support Groups

- It was most impressive to hear from village support groups from many villages, (who had collected outside the chief's house for a consultation with CAN)of the excellent work they are doing enabling orphans and vulnerable children to be well cared for within their families. Methods support groups used including growing food for the ovc, sharecropping orphans' land, key-hole gardens to enable vegetables to be grown even in droughts, and linking a support group member to a child headed family to act as a mother to them. It is also positive to hear that SOS children's homes are now helping such support groups rather than admitting the children to homes. |In discussions they were interested to hear of the success of savings and loans group methods linked with income generating training in Uganda and they planned to introduce this to enable families they support to develop to support themselves for the future.

EVALUTATION OF CONSULTATIONS IN LESOTHO

The comments on the qualitative feedback forms concerning the consultations were very positive.