

CARE AFRICA NETWORK, (CAN)

Charity Registration Number 1139942



REPORT ON CAN TRAINING COURSES AND CONSULTATIONS PROVIDED IN 2015

IN

SWAZILAND

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 IN SWAZILAND 2015

Training courses were provided by Care Africa Network in Swaziland over a 3 day period 10th -12th February 2015. The first was training in the treatment of Post-Traumatic Stress Disorder (PTSD) in children by using Children's Accelerated Trauma Therapy (CATT). The second course concerned methods of enabling the needs of Orphans and Vulnerable Children (OVC) to be met by community supported family care. These methods were collected in CAN research from the four countries of Lesotho, Swaziland, Kenya and Uganda.

The courses were provided by Care Africa Network. The trainers gave their time free of charge and the expense of their visit was partly met by CAN and partly by donations from themselves, apart from training at the conference centre which was funded by Super Buddies.

The arrangements for the course participants including hire of the venue, refreshments, accommodation for participants, hand outs and materials were made by one of the CAN partner organisations in Swaziland, Super Buddies who also found funding for this. Care Africa Network contributed £300 provided by Festival Medical Services towards the course materials and the costs of the course.

Both courses were attended by 29 participants from all over Swaziland who have now been designated Care Africa Network Extension Workers and who will continue to disseminate the ideas they have learnt for the benefit of more OVC.

Participants were drawn from the following organisations:

- Super Buddies mentors for young people
- Swaziland Action Against Abuse, (SWAAGA)
- One Stop Centre for Abused children

Training in treating Post-Traumatic Stress disorder in children using CATT

As a result of attending the first course, all 29 participants are now qualified to treat children suffering from Post-Traumatic Stress Disorder (PTSD) using the every effective CATT method. This cures all symptoms of PTSD and generally results in other severe mental health difficulties, which have often arisen due to the PTSD reaction to the trauma, being cured.

Participants from One Stop Centre for abused children and SWAAGA report that many of the children they treat suffer from PTSD and will benefit from the treatment they have learnt.

Super Buddies mentors plan, with the agreement of any relevant person, to screen for children suffering from PTSD in the groups of children they empower and mentor, and also in schools using the CRIES 8 developed by the Children in War Foundation. They will see, and if appropriate treat those children whose score on the CRIES 8 scale suggests they may suffer from PTSD.

Because participants on the course came from across the country, this treatment will therefore now be available to children suffering from PTSD in every area of Swaziland.

Training in methods of enabling community supported family care for OVC

In addition all of the 29 participants, who attended the second course that described the methods for enabling community supported family care of orphans and vulnerable children, are now designated CAN extension workers. They are committed to disseminating the ideas from the four countries presented on the course for the further benefit of more children across Swaziland. As part of the course they also developed their own ideas for projects they plan to implement.

Some of the ideas that the groups thought should be introduced, or which they planned to implement themselves in Swaziland included:-

1. Based on the Lesotho Red Cross project they wanted to ensure that the needs of all OVC were met whilst they continued to live in a loving extended family supported by group members who were coordinated by a trained volunteer village care facilitators.

This would be achieved by:

- Equipping children with life skills such as growing crops, carpentry, raising livestock etc.
 - Support groups providing for basic needs of OVC, such as clothing, food, and accommodation.
 - Support group members growing crops and developing income generating projects to provide for needy OVC
 - Families who can afford to do so donating to Care points
2. Enabling volunteers to work with dying parents so as to help them plan for their children's future, including identifying which family members would care for the children and making memory books and boxes for the children. Again this drew on the work of Lesotho Red Cross.
 3. With regard to child protection they recognised that the land of orphans needs to be protected and that government and NGOs should be involved in ensuring this. The land should then be used to meet the needs of the OVC by:
 - Share cropping orphans' land in the manner of the share cropping project in Lesotho where families farm the orphans' land and donate 50% of the produce to the orphans. This both reduces poverty and empowers children with farming skills for their future.
 - Children being taught to grow vegetables through the use of keyhole gardens for consumption and sale, even in drought conditions, based on the ideas developed by Send a Cow and Catholic Relief Services in Lesotho.
 4. Drawing on the Lesotho Peka Development Group's ideas they thought that unemployed youths should be engaged in house building for families in need and who cared for OVC. They could also be involved in agriculture by growing food for OVC, and in other income generating projects. The aim would be to provide for the immediate needs of OVC and their families, and

also to train the unemployed in income generating skills with a view to developing their own enterprises that could provide for themselves and their families in the future.

The group believed that Swaziland government should adopt this as an official policy in all areas and oversee the programme to ensure that necessary funding and donations were made available. NGOs such as World Vision could also be involved in overseeing the programme and to regulate the funds given to communities for this programme. They thought that a challenge would be to ensure that funds for such programmes are used as intended, and this would need to be controlled and monitored.

5. Other ideas suggested included.

- Teaching young people farming and other income generating skills needs should be given a much higher priority. It was suggested that the education system needed reform to include for all the introduction of income generating and business skills from as early as primary schools. The present system trains children mainly for white collar jobs but many are then unemployed.
- Needy people could be involved in organising fund raising activities, such as family fun days for the purpose of funding initial income generating activities. They should then be encouraged to start their own business and to train their peers, develop their communities economically, create housing projects for those in need, and care for the elderly.
- Self-help groups should be organised for women.
- Drop in centres for street children, similar to those established by Re-trak in Uganda, should be developed as centres for training street children in income generating skills and rehabilitating them with their families.

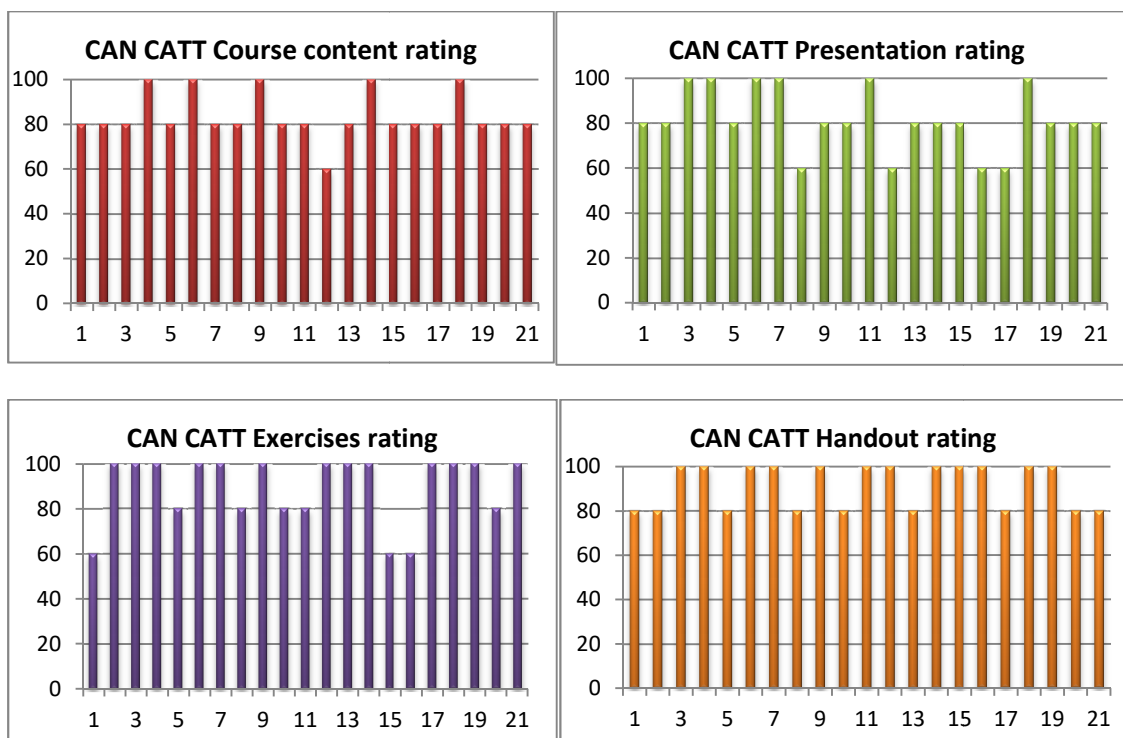
EVALUATION FEEDBACK CONCERNING TRAINING COURSES IN SWAZILAND

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 was 86.7%, 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 course in terms of course content, course presentation, exercises, and hand -outs, all of which were also on average voted between good and excellent.

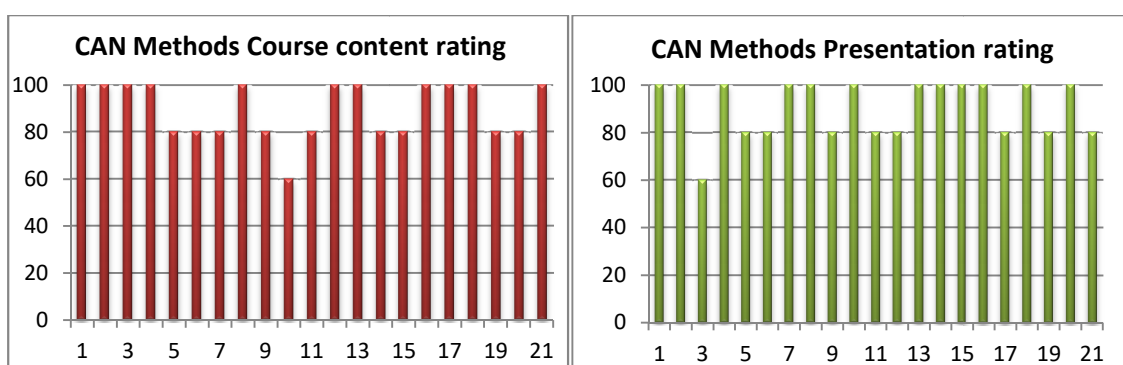


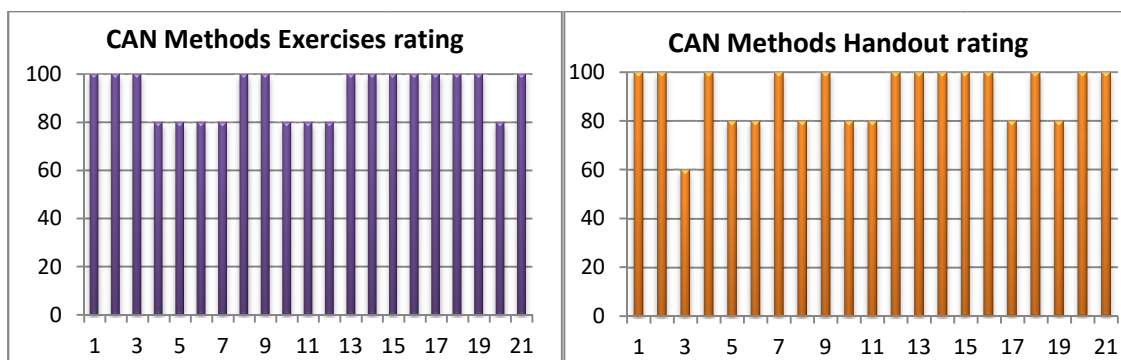
Evaluation of CAN training course concerning meeting the needs of OVC by empowering community supported family care.

All of the participants reported that the course had been helpful in providing them with ideas that would enable the needs of OVC to be met. They reported that the course was pitched at the right level.

The average overall rating the participants voted for the course as a whole was 86.8%, 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 course in terms of course content, course presentation, exercises, and hand-outs, all of which were evaluated on average as being between good and excellent.





Qualitative feedback forms concerning the work of CAN in Swaziland were also very positive.

POSSIBLE FURTHER CARE AFRICA NETWORK TRAINING COURSES IN SWAZILAND

It is being considered whether funding could be organised for a similar courses could be provided by Care Africa Network for participants from other organisations working for the benefit of OVC in Swaziland, including perhaps those treating children with mental health difficulties.