

Mary Schofield - Booyesen Park 23/01/11---18/02/11

*Note from people and places: this volunteer's placement was designed specifically for them – they went through our full matching process, as we've been doing with you. The placement report indicates their particular skills and experience – yours may be similar or completely different – your own placement will make best use of **your** experience and skills. Every volunteer is different – in what they give and what they gain. These reports from previous volunteers serve to give you as good a picture as possible about the project.*

If you have any questions about this report please do not hesitate to contact me.

kate@travel-peopleandplaces.co.uk

Prior to trip;

Fairly straightforward. I was there in 2009, there had good idea of what was expected.

Orientation and preparation at start of placement:

Excellent. It gave us an opportunity to ask questions and gain better understanding of overall project.

Experience and Work

Once again, I enjoyed my time with Carers and Clients. It was a two-way thing, whereby we each benefitted. We had informal teaching sessions each day for about 1hr. when we got back to office from home visits. Subjects were chosen by Carers.

It is important to state that there is very limited opportunity for "hands on Nursing", but there are unlimited opportunities to pass on knowledge and skills. I found that the Carers were very keen to increase their knowledge.

3 Support groups, Elderly; Young people with Hiv/Aids (20+)

Vulnerable older children(13-18yrs.)

At the two latter groups, i was asked to speak. The subjects were chosen by Carers and Clients. Breast Cancer and Teenage pregnancy were chosen.

The Teenage pregnancy one was repeated by popular request!!

(I think the sandwiches were a big draw.)

Carers are considering involving elderly in basic literacy teaching with young people as so many leave school not able to sign their names. I thought this was brilliant and it doesn't cost anything!

I did one workshop for Emmanuel Staff. Clinical Depression was the subject chosen by staff. This was very enjoyable, very interactive.

I had a second workshop prepared, this never took place I because could not get set date.

I must admit that this was very disappointing as it was asked for before I left the UK.

I feel that any form of teaching is not high on the list of needs, The resources which are available, ie.

Community nurses, which is a great loss.

(I have discussed this with Paul, personality issues need to be put aside.)

Note from people and places: while volunteers and our local project management team continue to work together to identify needs and help set priorities for the project, this must take the form of guidance and advice – final decisions rest with the project, not with us.

Resources left behind;

Articles on; Helping Clients to Exercise; Pain; Accidents and First Aid; Accidents to Children in the home; Preventing Accents; Anxiety; Stress; Depression; Asthma; AnteNatal Care; Eczema; Coping with Grief and Loss; Effective Communication; Parkinson's Disease; Sleep; Caring for the Carers; Abuse; Pressure Sores.

Info.on; Teenage Pregnancy; Breast Cancer; Clinical Depression. Abuse; TB/MDR;XDR;, Personal Safety.

Recommendations for future volunteers

Be yourself; Listen Well. Respect what is being said, people are a wealth of information. Don't get too "hung up" on Hiv/Aids/Tb. all the other illnesses exist alongside of them and this is where our input is important because we have access to the latest information., they know more about Aids than we ever will.

You can determine from above that I feel reasonably happy about the volume of information we were able to exchange between us.

Finance is an issue, therefore we discussed the following in an effort to earn money for Emmanuel;
Simple Newsletter with advertising space.

Calendar with B/w photos of people in national dress

Recipe Book

Stories from the Elders about their childhood and how things have changed (in 10yrs their way of life will be forgotten about because things are changing fast)

I don't know if any of these things will be pursued, but it flags up ideas.

Note from people and places: through discussion with the project and our partners, we shall be able to identify appropriate ideas and targets for future volunteer placements – so things will be followed up, though not all at once, of course!

Accommodation:

(Fifth Avenue Beach House)

Wonderful. Anthea and all her staff are so pleasant and helpful. Food excellent - would definitely recommend

Mostly spent free time on the beach, what's the problem reading a book by the Indian Ocean in Feb.!
At weekends, we went out and about.

Finally, I really loved it. I would certainly go again, finances permitting!!

Please note – this report is supplied by a former volunteer and the contents are intended solely for your information and personal use.

people and places has permission to publish this information to you as a future volunteer.

Please check with us if you would like to publish it beyond your own circle of friends and family.

Thank you.