

07/06/17

HEALTH, HYGIENE &NUTRITION Report

1. Mr Vengesai

Mr Vengesai is an epileptic patient. He is 56 years old, and is a father of two. He is a widower. He is on medication of epilepsy. Twice or three times a month he is attacked by epilepsy which is a big problem for Mr Vengesai because this disturbs him to work for his family. In December 2016 he was attacked by epilepsy and was admitted at Gweru General Hospital for three weeks. He became very sick complaining of headache.

As for this year 2017 he is much better and he is at his house. He was given 50kg shelled maize and 20kg sugar beans by OEAS Organization and he was very thankful.

2. Jessy Muzanya

Jessy Muzanya had skin cancer for 15 years now. As for the past four years she has been using aqueous cream for bathing, this has helped her a lot and she consult with Dr Mutangadura twice a year and she was given medication to apply on her skin OEAS paid all her medication expenses. She is a very hard working woman in the field. She is doing very well these days. She had a good harvest from her field.

3. Manyuchi Family

They are all doing well except that Mr Manyuchi is still smoking which is a dangerous thing due to his health. They are still able to work in their field so that they can have food on the table. Parents and children of Manyuchi family help each other in the field. They are happy with the good rains and their crops are doing well.

4. Simbarashe Sibanda

Simbarashe is improving well concerning his health. He is on ARVs, is able to get them from the hospital every time without any problem. Also he works in the field to get enough food to eat which is a better thing. The problem is that he is staying in Chiundura which is far away from his school (Chaplin High school). These cause him to be tired often.

5. Perseverance Ndebele

He is on ARVs and is able to get them from the clinic in Mkoba without any problems. He also gets enough food to eat every day. The grandmother is taking great care of him every day.

6. Blessing Sithole

Blessing Sithole is on ARVs for past 10 years and He has never improved his health. He is married and a father of one child. He came to the office in January 2017 to talk to me concerning his health. I advised him to go to the hospital to get some help. His weight is 40kg and is very slim now. Also he is not stable when talking. It seems he is under a lot of pressure since he is not working. The other problem is that he cannot get a good balanced diet so I advised him to request for garden seeds of different types so that he can get something to eat. I am still waiting for him to come back. His phone is not working.

7. Maria and Melody Bhangwani

They are double orphans who are living alone at a house in a farm which was left by their father. They keep their house very clean. They don't have a big garden for vegetables. They have harvested a few maize cobs from their farm. They have plenty of sweet potatoes which are not yet ready to harvest. Food is a big problem to these girls. Their church members help sometimes them with food. Also OEAS supported them with 50kg shelled maize and 20kg sugar beans. They also received washing and bath soap from OEAS.

8. Gogo Razika

Gogo Razika is a lady aged 93. She is a widow and is staying with her son and a maid. She used to be very hard working woman in the garden, now due to her advanced age she is not able to work in the garden anymore. She has arthritis and is finding it difficult to walk. She is now using a walker to move around the house. When bathing the maid helps her to get into the tub so that she will not fall, and she is able to bath on her own.

Due to her age she is always very clean. She does her own washing and cleans her bedroom and is able to put a smile on her face always. Whenever I pay her a visit she will pray for all the staff members. OEAS has been assisting Gogo Razika for eight years we assist her with food (maize and sugar beans) peanut butter, ace porridge, biscuits , washing soap, bathing soap, toothpaste, clothes blankets and we also share our love with her.

Drug abuse in Zimbabwe

This has become a major problem in Zimbabwe of drug abuse among the youth. About 75% of the youth suffer from mental problems due to drug and substances abuses. They use the following drugs on themselves: cordan, broncoleer which is a cough mixture, cannabis, maragoda, musombodhiya, zed and ARVs.

This abuse is due to lack of jobs in the country and bad economy. Some parents are not even there to monitor their children to used drugs and as a result some of these children end up engaging in unsafe sex where they will get HIV and other diseases like sexual transmitted diseases STIs. As for the ladies they end up having an unwanted pregnant.

It's very painful that ARVs are being abused in this manner where as someone outside there is really in need of them. I wish this can come to an end.

Sexual abuse

In Zimbabwe one girl is raped in every hour a day below the age of 16. Statistics have shown that an average of 392 female juveniles was sexually abused monthly last year 2016. I just pray that this will not happen in this New Year 2017. Some cases go unreported. Others cases are swept under the carpet to safeguard family relations. It is a fact that some cases of child abuses are perpetrated by relatives, known people (teachers, pastors or neighbors) or even parents of the victims. Most of these victims end up in bad health, physically, psychological trauma to emotional and cognitive challenges. Some victims can commit suicide.

As a victim to sexually and physical abuse, I really feel the pain on this situation. This is really bad. I had a chance to talk to OEAS beneficiaries that they should be aware of what is happening to them. They should quickly report to the police any kind of abuse. They should not be shy, but be in a position to speak out.

OEAS Beneficiaries (Peer Pressure)

I had a lesson with the beneficiaries during their April holiday tutorials. There is a lot of peer pressure around our children be it in school, or communities even at churches. They should not be overcome by peer pressure but always should run away from bad teachings like drugs, alcohol, engaging in early sex, love of money or fancy clothing as this will lead them to disease like HIV or sexual transmitted diseases. They can also be victims of the unwanted diseases and unwanted pregnancy.

So all the staff members advised the beneficiaries to focus on their school work, rather than to do what some of their friends do. The best friends should be their books, nothing else. They should always pray to God and ask for his protection.

Chop-chop basket

The first chop-chop basket was done in February 2016, and 32 beneficiaries benefitted from this programme. Second chop-chop basket was done in September 2016 and 17 beneficiaries benefitted from this basket. This chop-chop basket was done due to economic hardships, climate changes and there was no food aid to feed people. This was of great help. I thank all the benefactors who funded this chop-chop basket.

Each beneficiary was getting 50kg shelled maize and 20kg sugar beans. All the beneficiaries were very happy to get this assistance.

a) First allotment was done in February 2016 and 32 beneficiaries benefitted

Money donated	\$3,750-00
Chop-chop basket	\$1,839-00
Emma Tichapondwa consultation	\$ 25-00
Emma Tichapondwa glasses	\$ 50-00
Emma Tichapondwa blouse & hat	\$ 50-00
Chiundura cluster	\$ 822-00
Manyuchi children school fees	\$ 300-00
Total amount	\$3,498-00
Balance	<u>\$ 252-00</u>

b) Second allotment was done in November 2016 and 17 beneficiaries benefited.

Money donated	\$990-00
Chop-chop basket	\$978-00
Balance	<u>\$ 12-00</u>
Total balance on chop-chop	<u>\$264-00</u>

Donations in kind from Private Donor

Items donated	Quantity
Vaseline	(500ml) 204 bottles
Peanut butter	(375ml) 222 bottles
Marie biscuits	120 packets

Used clothing

St. Michaels school Harare

OEAS received school uniforms for winter from St. Michaels School. Both urban and rural beneficiaries benefitted in 2016.

June 2017 we received a donation of shoes for the infants from St. Michaels Harare. Hozheri School benefitted and a few from urban area.

Shazia 's donation

We received 16 fleece blankets from Shazia, Local Medical Student, to help the Faith and Light beneficiaries and some who are in need. The donation included the Chompkins, sweets, biscuits and Mazoe drink and jam. As for the Chompkins, sweets, biscuits, mazoe and jam will use this during the August holiday tutorials. As for the fleece blankets, wool hats and socks we will give this to the beneficiaries during this winter time to use.

Visit to Hozheri Primary School

We made a visit to Hozheri Primary School on 22/06/17 to assist the beneficiaries with shoes; we have received from St Michaels Primary School Harare. The early childhood developments (ECD) are the ones who benefitted from this donation as shown on the pictures below.



Three quarters of Hozheri beneficiaries had no shoes. Their feet were very cold. They were very happy to see shoes on their feet.

Water Situation at Hozheri Primary School

Hozheri primary school children are very poor. They bring their own water to school for drinking and cleaning. They don't have any source of water near their school for doing gardens. Sadza is cooked at school and each child should bring his/ her own vegetable which is very hard for many children to do. During this winter time some students will bring mice to eat with sadza. The way they catch these mice is a dangerous way because they might be bitten by snakes. Their poverty is cause by lack of water at school or at home. Students are asked to donate \$ 1 each once a week for relish of which parents are finding it difficult to raise the money asked for. Some students will eat plain sadza only which is a difficult thing to do. Water is the biggest problem at this school.

Compiled by: Doreen Mashinga