

# **A REPORT ON THE SECAM PASTORAL TRAINING OF ANGLOPHONE TRAINERS IN RESPONSE TO HIV AND AIDS, 5- 9 November 2014, SOUTH AFRICA**



*Willow View Lodge, South Africa (November 2014)*

## **1. Overview**

This training was organised as part of SECAM’s effort to develop strategies of dissemination of the “*Pastoral Training in response to HIV and AIDS*” manual for all those involved in the Church’s HIV and AIDS ministry (priests, religious, doctors, nurses, counsellors, catechists, teachers); and applying the Church’s moral and social doctrine in the different situations, where the people of God in Africa are facing the various challenges of the pandemic. The Second African Synod called for a training manual for Africa on pastoral care for people living with and affected by AIDS, and SECAM (the Symposium of Bishops’ Conferences of Africa and Madagascar) was given the task of producing the manual, and disseminating it across the continent. Countries represented in this training were Zimbabwe; Ghana; Kenya; Cameroun; Angola; Botswana; Lesotho; Benin; Tanzania; Namibia; Malawi; Swaziland and South Africa.

## **2. Aims of the training**

The aim of the training course was to help participants update their knowledge of

- The basic facts about HIV and AIDS
- How HIV and AIDS is spread, its impact, how to prevent it, and how it is treated
- The emotional impact of HIV on those infected and affected
- Pastoral counselling skills
- The teachings of the Church
- The response of the Church to HIV and AIDS

### 3. The programme

To achieve these aims the programme followed engaged participants around

- Basic facts on HIV and AIDS presented clearly and unambiguously
- Scientific and ethical issues related to prevention of HIV infection and reinfection
- The epidemiology and spread of HIV globally and regionally
- The impact of HIV on society and development
- Psychosocial support for those infected with and affected by HIV and AIDS
- The church's response (reference was made to various publications, supplied by the SACBC AIDS Office and/or as part of the training manual)
- Presentations of personal testimonies by three individuals living positively with HIV and adhering to ART
- Designing and implementing HIV and AIDS activities in parishes and other ministries
- Developing helping qualities and attitudes with reference to Gerald Egan's *skilled helper* methodology.
- Developing helping skills
- Listening with love and pastoral counselling skills.

The detailed slides concerning these topics are in the training manual.

### 4. Participants

The training was for trainers in the Church's HIV and AIDS ministry who will facilitate the dissemination of the "*Pastoral Training in response to HIV and AIDS*" manual. In attendance were Paul Muchena; Mavis Bonsu; Fr Paterne Auxence Mombe; Robert Nkontchou; Fr Samuel de Jesus Paquete; Enyonam Amegan; Roberta Asiedu; Liliosa Musiyiwa; Wame Ncube; Patricia Mabataung Mokhathali; Firmin Adjahossou; Aloys Fizya Madulu; Stephen Lesomo; Fredrick Odhiambo Olweny; Fr Richard Bauer; Fr Melik Mandla Makama Machawe; Ngcamphala; Fr Sibongiseni Msomi; Sr Miriro Jane Javangwe; Emily Kayimba; Ana Maria Ramos Dias Dos Santos; Sr. Alison Munro; Sibonakaliso Mkhize; Priscilla Rakhetsi; Nondumiso Jwara; Boitumelo Nkomo; Sr Cecelia Anawanti; Grace Ngwana. These trainees were selected on the following criteria:

- Knowledge of participatory training techniques;

- Involvement in HIV and AIDS projects;
- An interest and availability in long term collaboration with HIV and AIDS projects and training;
- A working experience and knowledge of HIV and AIDS issues in the Church;

## 5. Special guests

Bishop Jose Luis Ponce de Leon, bishop of Manzini, Swaziland (and SACBC liaison bishop for AIDS) presided at Mass on the feast of All Saints of Africa, and Sr Hermenegild Makoro CPS (SACBC Secretary General) participated in part of the training.

## 6. The Workshop



The workshop took place from 05 to 09 November 2014 at Willow View Lodge in Bredell near Johannesburg, South Africa. Local hosts were the Southern African Catholic Bishops' Conference (SACBC) AIDS Office

Trainers for this workshop were:

1. Sr Alison Munro
2. Fr Richard Bauer
3. Paul Muchena
4. Firmin Adjahossou
5. Fr Paterne–Auxence Mombe
6. Robert Nkontchou

## 7. Content and Process

### a) The basic facts about HIV and AIDS

This section focused on what HIV and AIDS is, how is it transmitted from one person to another, and what the factors are that influence HIV transmission or vulnerability; how HIV affects the immune system and on the different types of HIV tests. It was highlighted during the training that HIV and AIDS does not have a cure but can be managed if one is taking the treatment as directed by a medical

doctor or practitioner. Adherence to treatment is very crucial as ARVs prolong one's life. The participants were given the opportunity in groups to discuss their basic understanding of HIV and AIDS. The response from the participants showed that people understand much about HIV and AIDS. At the same time the updated information was found very valuable.

**b) Testimony: Persons living with HIV and AIDS**

Three people living with HIV and on ARV treatment who are part of a support group at Nazareth House in Johannesburg gave personal testimonies, touching delegates with their honesty and openness concerning their stories and the challenges they have overcome. Their testimonies illustrated that with correct medication and adherence HIV can be managed very well. At the same time there are other challenges that face them, among them acceptance of their status by family members and friends and difficulties around family issues and employment.

**c) Emotional impact of HIV: Counselling skills and strategies**

There are a lot of negative emotions around HIV and AIDS. HIV and AIDS affects both an infected individual and his/her family members. In our society today some families are still afraid to talk about HIV and AIDS because of the fear of being stigmatized. This was one of the responses voiced by participants from different countries during the training. It showed that a lot needs to be done within our societies to educate people about the basic facts of HIV and AIDS to assist those infected and affected cope with the disease. One of the important steps that needs to be taken to assist those affected and infected is to make sure that necessary counselling is implemented immediately so as to ease the concerns of those infected and affected. It was stressed that good counselling skills and strategies are crucial to help individuals and their families cope with the shock that one of them is infected. The participants were given an opportunity to practise their counselling skills.

**d) Psycho – social support for those living with and affected by HIV and AIDS**

Psycho social support is crucial for people living with and affected by HIV/AIDS. The facilitators emphasized during the training that people living with HIV/AIDS deserve a lot of support from family members to deal with their HIV and AIDS status. Some of the coping mechanisms are to live positively through disclosing to the spouse and family members, to eat healthily, to join a support group, to ensure adherence to treatment. Support groups have proved to assist individuals living with HIV and AIDS deal with the pandemic; this was confirmed by the three patients from the Nazareth house project. Establishment and strengthening of support groups in projects will yield positive results for people living with HIV and AIDS. Participants were given the chance to evaluate how strong or weak their support group systems are, and also encouraged to help initiate support groups in their parishes for people living with HIV and AIDS.

### e) **Response of the Church – Teaching, Service, Pastoral Care**

The role of the Christian is to

- emulate Christ in word and most especially in deed
- bring compassion and love to one's neighbours,
- never to judge people in the situations they might be in, but embrace them with compassion
- serve the least among us
- be available to listen whenever we are needed

In this section the participants were reminded of the Church's social teaching. They examined the principles of social teaching, among them the sanctity of human life, the dignity of all, solidarity, justice, and the option for the poor. Time was also spent on understanding some of the different documents of the teaching Church (statements of the last three popes, and of different Bishops' Conferences). These teachings are clearly presented in the training manual.

### f) **Field Visits**

Participants visited several AIDS projects in the Archdiocese of Johannesburg, and were impressed with the commitment they observed at **Nazareth House**, Johannesburg; **Sithandizingane**, Tsakane; **St Francis Care Centre**, Boksburg and **Ahanang**, Sebokeng. Nazareth House, run by the Sisters of Nazareth, provides a range of services, not all of them AIDS-related; they cover the care of the elderly and of orphaned/abandoned children, a hospice, and an ARV treatment programme. Sithandizingane is a programme working with children affected and infected by AIDS, and assisting with various services in the local community. St Francis care Centre was started by a Franciscan priest, now deceased, to address the needs of people with HIV and AIDS; it includes a hospice and a residential facility for children, and was for about ten years an ARV treatment site. (Patients now receive treatment in public health facilities). Ahanang is a parish based project that supports home based care and services to orphans and vulnerable children in the community.

## **8. Planning Church-based Responses; Resource Management**

The participants provided examples of how they envisage taking forward Church-based responses in their various countries. These include training

- at the level of the bishops' conference
- at diocesan level
- at parish level
- for various groups, sodalities

Some training will be conducted over five day periods, in other instances the training may be for shorter periods but over a more extended time (eg monthly for a day over a number of months).

Further training of trainers is planned for Francophone and Lusophone countries, and will be conducted by the some of the same trainers present at this workshop.

Some time was also spent on looking at resource mobilization. It is recognized that the costs of conducting residential training over a number of days can be prohibitive, although such residential training may be desirable. Other options include shorter workshops, and non residential training where costs can be limited. Participants will investigate further the options open to them in their own situations, around funding options and what kind of training best suits their circumstances.

## **9. Evaluation**

The participants valued the organization of the workshop, the prior preparations, the field visits, the testimonies of people living with AIDS, and the facilities at the venue. It was felt by some that the workshop could have been longer rather than condensed into three full days. Gratitude was expressed to SECAM and the SACBC.

## **10. Materials**

- Slides of the “*Pastoral Training in response to HIV and AIDS*” manual were given to participants in a workshop pack in hard copy as well as a soft copy in a memory stick.
- Various publications were provided by the SACBC AIDS Office for the participants on the role of the church in fighting the AIDS pandemic.
- Pamphlets from two of the four sites that were visited were provided to participants for further reading.

## PROGRAMME

<b>WEDNESDAY 05 NOVEMBER 2014</b>		
<b>TIME</b>	<b>AGENDA ITEMS</b>	<b>RESPONSIBLE ACTOR (S)</b>
<b>13:00</b>	Arrival /Welcome and Logistical Arrangements	SACBC
<b>18:30</b>	<b>SUPPER</b>	
<b>THURSDAY 06 NOVEMBER 2014</b>		
<b>07:30 – 08:30</b>	<b>BREAKFAST</b>	
08:30 - 08:40	<b>Session 1</b> Opening Prayer	Rev. Fr. Samuel de Jesus PAQUETE, 2 <sup>nd</sup> Vice Secretary General of SECAM and Director of SECAM Justice, Peace and Development Commission
08:40 - 09:30	Brief Introductions Historical Background on the Training Manual	Mr Firmin Adjahossou, Programmes Officer of SECAM
09:30 - 10:30	Sharing of Expected Outcomes Goals and Objectives of training	Mr Paul MUCHENA, Programmes Officer of SECAM
<b>10:30 – 11:00</b>	<b>TEA/COFFE BREAK</b>	
11:00 – 12:30	<b>Session 2</b> Basic facts about AIDS	Rev. Fr. Paterné–Auxence MOMBE SJ, African Jesuit AIDS Network and Director of AJAN House, Kenya
12:30 – 14:00	<b>LUNCH</b>	
14:00 – 15:30	<b>Session 3</b> Basic facts about AIDS: spread and impact	Rev. Fr. Paterné–Auxence MOMBE SJ
<b>15:30- 16:00</b>	<b>TEA/COFFE BREAK</b>	
16:00 – 17:30	<b>Session 4</b> Testimony: Persons Living with HIV and AIDS	SACBC Sr Alison MUNRO
17:30	Eucharist	Rev. Fr. Samuel de Jesus PAQUETE
<b>18:30</b>	<b>SUPPER</b>	
19:30 – 20:30	<b>Session 5</b> Emotional Impact of HIV: Counselling skills and strategies Brief evaluation of day	Mr. Robert NKONTCHOU, Family Life Federation, Cameroun Mr. Paul MUCHENA
20:30	Closing Prayer	
<b>FRIDAY 07 NOVEMBER 2014</b>		
<b>07:30 – 08:30</b>	<b>BREAKFAST</b>	
08:30 – 13:00	Site Visit AIDS Project(s)	SACBC, Participants Rev. Sr Alison MUNRO
<b>13:00 –14: 30</b>	<b>LUNCH</b>	

14:30 – 15:30	Session 6 Site Visit : participant experiences	SACBC, Participants Rev. Sr Alison MUNRO
15:30 – 16:00	<b>TEA/COFFE BREAK</b>	
16:00 – 17:45	Session 7 Counselling skills, strategies, role plays	Mr. Robert NKONTCHOU Rev. Fr. Paterne–Auxence MOMBE SJ
17:45	Eucharist	Rev. Fr Rick BAUER, Former Director, Catholic AIDS Action, Namibia and with Maryknoll Fathers Participants
<b>18:30 – 19:30</b>	<b>SUPPER</b>	
19:30 – 20:30	<b>Session 8</b> Counselling skills, strategies, role plays Brief evaluation of day	Mr. Robert NKONTCHOU Rev. Fr. Paterne–Auxence MOMBE SJ
20:30	Closing prayer	
<b>SATURDAY 08 NOVEMBER 2014</b>		
<b>07:30 – 08:30</b>	<b>BREAKFAST</b>	
08:30 – 10:30	<b>Session 9</b> Catholic Church Response: Teaching, Service, Pastoral Care	Rev. Fr Rick BAUER
<b>10:30 – 11:00</b>	<b>TEA/COFFE BREAK</b>	
11:00 – 12:30	<b>Session 10</b> Catholic Church Response: Ethical and Moral Issues	Rev. Fr Rick BAUER
<b>12:30 – 14:00</b>	<b>LUNCH</b>	
14:00 – 15:30	<b>Session 11</b> Catholic Church Response: Homilies, Pastoral Counselling, Educational Programmes	Rev. Fr Rick BAUER Rev. Fr. Paterne–Auxence MOMBE SJ
<b>15:30 – 16:00</b>	<b>TEA/COFFE BREAK</b>	
	<b>Session 12</b> Planning Church-based responses Resource management Evaluation	Mr. Firmin ADJAHOSSOU Mr. Paul MUCHENA Rev. Fr SAMUEL PAQUETE
17:30 – 18:30	Sunday Eucharist	Rev. Fr. Paterne–Auxence MOMBE SJ , Participants
<b>18:30 – 19:30</b>	<b>SUPPER</b>	
19:30	Social Evening	Participants
<b>SUNDAY 09 NOVEMBER 2014</b>		
<b>07:30</b>	<b>BREAKFAST</b>	
	<b>DEPARTURE</b>	



## PARTICIPANTS

NAME	COUNTRY	ORGANISATION AND DESIGNATION	CONTACTS
Rev. Sr. Alison MUNRO	SOUTH AFRICA	Director of the AIDS Office of the Southern African  Catholic Bishops' Conference	Tel: (27-12) 323 6458  Fax:(+27-12) 3266218/3264358  <a href="mailto:amunro@sacbc.org.za">amunro@sacbc.org.za</a>
Mr.Robert NKONTCHOU	CAMEROUN	Africa Family Life Federation	+23777847699  +23733026078  (Wife) +2377578554  <a href="mailto:nkoroclau@yahoo.fr">nkoroclau@yahoo.fr</a>
Fr. Richard BAUER MM, LCSW	NAMIBIA	Former Director, Catholic AIDS Action, Namibia and  with Maryknoll Fathers	Cell: +264 81 283 64 17  <a href="mailto:richardbauermm@ac.com">richardbauermm@ac.com</a>  <a href="mailto:richardbauermm@me.com">richardbauermm@me.com</a>
Fr. Paterne –Auxence MOMBE, SJ	KENYA	African Jesuit AIDS Network and Director of AJAN 5House	+254716295245  +254774135677  <a href="mailto:pmombe@jesuitaids.net">pmombe@jesuitaids.net</a>  <a href="mailto:paternet1@gmail.com">paternet1@gmail.com</a>
Rev. Fr. Samuel de Jesus PAQUETE	ANGOLA/ GHANA	2 <sup>nd</sup> Deputy Secretary General of SECAM and  Director of SECAM Justice, Peace and Development  Commission	+233 272604146  <a href="mailto:secam.jpdc@yahoo.com">secam.jpdc@yahoo.com</a>

Mr. Paul MUCHENA	ZIMBABWE/ GHANA	Programme Officer SECAM	+233 540 897630 <a href="mailto:pzwasu@gmail.com">pzwasu@gmail.com</a>
Mr. Firmin ADJAHOSSOU	BENIN/ GHANA	Programme Officer SECAM	+233 245315450 <a href="mailto:fadjahossou@yahoo.fr">fadjahossou@yahoo.fr</a>
Ms Mavis BONSU	GHANA	Accountant SECAM Good Governance Department	+233 249538999 <a href="mailto:secam.jpaccountant@yahoo.com">secam.jpaccountant@yahoo.com</a>
Ms Enyonam AMEGAN	GHANA	Bilingual Secretary SECAM Good Governance Department	+233 549442779 <a href="mailto:justicepeace_secam@yahoo.co.uk">justicepeace_secam@yahoo.co.uk</a>
Aloys Fizya Madulu	TANZANIA	National HIV/AIDS Coordinator Responsible for planning 12and coordinating HIV/AIDS programs. Responsible for facilitation, training and capacity building for dioceses. National Youth Program Coordinator and Community Services Coordinator.	+ 255 22 2851077 (office) + 255 755831360 (mobile) <a href="mailto:Adema1965@yahoo.com">Adema1965@yahoo.com</a> <a href="mailto:Aloysde2012@gmail.com">Aloysde2012@gmail.com</a>
Mrs. Emily Kayimba	MALAWI	Responsible for HIV and AIDS programs in the Diocese of Chikwawa. Diocesan Health Secretary , Chikwawa Diocese	<a href="mailto:emilykayimba@gmail.com">emilykayimba@gmail.com</a> 00265 999 263 237 00265 9999 45 364
Fredrick Odhiambo Olweny	KENYA	Programme Manager. Collectively worked with EFL in Kenya and South Africa for	+254 (20)-8560804 Mobile

			20 years	+254, 721, 392,927 fredolweny@gmail.com
	Roberta ASIEDU	GHANA	Deputy Coordinator, Community and Institutional Care	+233 (0) 289116856 Mobile +233 (0) 204085335 <a href="mailto:rasiedu@nchs.org.gh">rasiedu@nchs.org.gh</a>
	ANA MARIA RAMOS DIAS DOS SANTOS	ANGOLA	Responsible for HIV and AIDS Department	E-mail <a href="mailto:dsantosana277@yahoo.com.br">dsantosana277@yahoo.com.br</a> 00244 923 511 885
	Mrs Liliosa Musiyiwa	ZIMBABWE	Diploma in general nursing, diploma in midwifery, diploma in community health nursing, BSc nursing science, current studies Masters in nursing science majoring in Maternal child health	+263772334193 +263712285447 Home land +2634614283. lmusiyiwa@hotmail.com lilly@zcbc.co.zw
	Mrs. Mabataung Patricia Mokhathali	LESOTHO	Six months as HIV and AIDS coordinator.  Two years working as a focal person at district health management team	(+266) 62006484 <a href="mailto:patmmokhathali@yahoo.com">patmmokhathali@yahoo.com</a> <a href="mailto:patmmokhathali0074@gmail.com">patmmokhathali0074@gmail.com</a>
	Fr. Melik Mandla Makama	SWAZILAND	Diocese of MANZINI	<a href="mailto:fanswako@gmail.com">fanswako@gmail.com</a> 0026876282552
	Mr. Machawe Ncamphala	SWAZILAND	Diocese of MANZINI	<a href="mailto:orphanaid@caritas.org.sz">orphanaid@caritas.org.sz</a> 0026876639109
	Ms. Wame Ncube	BOTSWANA	FRANCISTOWN	<a href="mailto:ncubewame@yahoo.com">ncubewame@yahoo.com</a>

				0026776211389 0026772646342
	Mr. Stephen Lesomo	BOTSWANA	GABORONE	<a href="mailto:stephenlesomo@yahoo.com">stephenlesomo@yahoo.com</a> 002677150069
	Mrs Grace Ngwana	SA	DURBAN	27 0 723873931
	Sr. Jane Javangwe	SA	ALIWAL	<a href="mailto:aidsoffice@catholic-aliwal.org.za">aidsoffice@catholic-aliwal.org.za</a> 27 (0) 722747105
	Mr. Sibonakaliso Mkhize	SA STAFF	SACBC	<a href="mailto:smkhize@sacbc.org.za">smkhize@sacbc.org.za</a> 27 (0) 123236458
	Ms. Priscilla Rakhetsi	SA STAFF	SACBC	<a href="mailto:prakhetsi@sacbc.org.za">prakhetsi@sacbc.org.za</a> 27 (0) 123236458
	Ms. Nondumiso Jwara	SA STAFF	SACBC	<a href="mailto:njwara@sacbc.org.za">njwara@sacbc.org.za</a> 27 (0) 123236458
	Sr Cecelia Anawanti	SA, NIGERIA	JOHANNESBURG	
	Ms Boitumelo Nkomo	SA	PRETORIA	
	Sr Hermenegild Makoro	SA	SACBC	
	Bishop Jose Ponce de Leon	SWAZILAND, ARGENTINA	SACBC	
	Ricus	SA, HOLLAND	Nazareth House	
	Linda	SA, ZIMBABWE	Nazareth House	
	Brian	SA, ZIMBABWE	Nazareth House	