

SWHAP South Africa Newsletter August 2014

UD Trucks wellness day

Congratulations to UD Trucks who achieved 82% VCT uptake at their first wellness day. 80% of employees also participated in a range of wellness tests including eye checks. UD Trucks a division of Volvo Trucks started their HIV and wellness programme at the beginning of this year.



Vision screening during UD Trucks wellness day

Networking

CEO

In June top management from the SWHAP partners in South Africa convened at the residence of the Ambassador of Sweden to South Africa, Anders Hagelberg, for the first CEO network meeting of 2014. The gathered participants were briefed on the SWHAP strategy for 2014-2017 including the SWHAP wellness approach. SWHAP is focused on building the capacity of its partners to set up and implement comprehensive workplace wellness programmes where HIV remains at the centre of activities and interventions. The Deputy Chairperson of the South African National AIDS Council (SANAC), Mmapaseka Letsike described the HIV situation in South Africa and noted the successes and challenges in the implementation of the National Strategic Plan. She called on the private sector to expand HIV and TB programmes and for labour

unions to negotiate for more effective programming in the workplace addressing stigma and discrimination.

Occupational Health Practitioners

Occupational Health Practitioners can experience stress as a result of their jobs. They can very easily take on the burdens of their colleagues leaving them feeling overwhelmed, burdened and burnt out. Ten Occupational Health Practitioners from six companies had the opportunity to attend a debriefing session where they were trained on understanding the importance of a healthy work-life balance and developing a personal care plan.

Champions

The Champions networking workshop was held on June 26th, with a focus on the HSRC's South African National HIV Prevalence, Incidence and Behaviour Survey, 2012. The objectives of the workshop were to help participants to identify the prevalence and incidence of HIV infection in South Africa in relation to social and behavioural determinants and to develop workplace programmes that are responsive to the outcomes of the Survey in line with the current National Strategic Plan 2012-2016.



Participants at the Champions networking workshop

The Swedish Workplace HIV and AIDS Programme (SWHAP) is a long-term strategy to support the response to HIV and AIDS at Swedish related workplaces in sub-Saharan Africa. SWHAP is a joint programme between the International Council of Swedish Industry (NIR) and the Swedish Industrial and Metalworkers' Union (IF Metall). It is financially supported by Sida and Norad.

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South African National Standards (SANS) Training

In July SWHAP organised a SANS 16001:2013 Wellness and Disease (including HIV and TB) Management System training workshop for its partners. The training attracted 19 participants from 12 companies including of the National Union of Metal Workers of South Africa (NUMSA). This standard was developed to assist organizations to implement minimum standards for wellness and disease management. It sets out proactive interventions that an organization can implement to prevent ill health and improve upon or maintain the health of its employees. It encompasses health conditions that are not commonly occupationally induced.



Group discussions during the SANS training

At the end of the workshop all participants were given certificates with the facilitator noting that the class of 2014 was the best ever in terms of engaging with the course content and deliberating issues during the course of the workshop. Kudos to all who were part of the 2014 workshop. You did us proud. Thank you to SKF for providing the training venue.

Employee Profiles

In the last newsletter we presented the low cost initiatives being implemented at Ulrich Seats, this quarter we follow up the story by profiling two employees who have benefitted directly from these efforts. We hope that this inspires other companies and Peer Educators to identify innovative and cost effective interventions to keep the momentum of programmes going.

When Joyce joined the workplace programme and started exercising at the beginning of this year she was overweight weighing 95 kilograms. Encouraged by Alrentia Viktor the Workplace Wellness Programme Coordinator, she initially started by walking and soon found herself jogging after a few weeks.

My goal was to reach 70kgs but when the time goes I was even losing more I thought to go further because I was feeling good. I am now 65kgs and my life is healthy. I am excited about that. I do not feel tired [anymore]. I thank Ulrich Fitness Club I thank, Mrs Alrentia Viktor and Mr Josias Malepe who encouraged us and the patience that they [showed].

The exercise combined with a balanced diet paid off. Joyce lost an incredible 30 kilograms. This has been a team effort because while the ultimate responsibility for Joyce's health and the decision to participate was hers, the workplace played a role in providing an enabling environment for behaviour change to occur. The owner of the company was committed to the wellness of his employees and invested in a blood pressure machine, an electronic weight scale and second hand gym equipment. This allowed the employees to regularly monitor their weight and blood pressure and to exercise during their break times. Additionally the passion of colleagues such as Alrentia Viktor was key in motivating and sustaining behavior change.



Joyce (pictured on the right) before and after joining the Fitness Club at Ulrich Seats

Read Violet's story on the SWHAP Facebook page.

We appreciate your feedback on our stories, and welcome suggestions for improvement and contributions for the next issues. Please keep sending in photos and reports of activities you are conducting.

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