



Sandvik Tanzania Youth Football Tournament reaches over 4000

Congratulations to Sandvik Tanzania Peer Educators for hosting a successful youth football tournament reaching over 4000 spectators in Mwanza with information on HIV and wellness. The objective of the tournament was to promote risk and status awareness amongst the youth. The tournament was held over a three month period ending on 19 July. In the run-up to matches Sandvik Peer Educators moved through the Msalala-Mwanza community, educating and mobilising participants for testing through a PA system connected to their vehicle. During the final match 841 people were counselled and tested for HIV with referrals to medical services made where necessary. [Read more](#)



HIV and wellness screening during the tournament

Youth Life Skills Programme

Building on the success of the Tetra Pak Youth Life Skills training held last year, SWHAP in Kenya hosted two workshops for the children of employees within the SWHAP network. 120

children attended the workshops that were held in August. The children were divided into groups according to age and participated in exercises designed to improve their assertiveness skills, enhance self-awareness, promote positive coping mechanisms, and open communication with parents. Life skills training is an effective HIV and AIDS prevention strategy which can increase risk awareness and delay age of first sexual intercourse.

Community outreach

In an example of private-public partnership, Atlas Copco Tanzania Buzwagi Site partnered with the local municipal council in Kahama to provide mobile VCT for the community in July. 103 people were counselled and tested with one client referred to a care and treatment facility. Additionally 1236 condoms were distributed on the day. Comprehensive HIV and AIDS workplace responses must include the communities where employees reside. By providing access to testing and encouraging status awareness within the community Atlas Copco is also protecting the health of its employees who reside in Kahama.

Nutrition in the workplace

Many factors come together to influence the health of individuals at the workplace, but one of the most important determinants of good health is nutrition. Nutrition plays a major role in employee health it can impact on blood pressure, cholesterol, digestion, some cancers and HIV. Workplace programmes that promote healthy diets and improve access to food for employees are beneficial to employers and employees alike. Good nutrition in conjunction with a healthy lifestyle preserves health, improves quality of life and delays disease progression.

Tamarind Translations held a seminar on the importance of nutrition in the workplace and shared the following low-cost

tips on how workplace programmes can promote healthier eating habits amongst the workforce:

- Create 'theme' weeks or months
- Share healthy recipes within the workplace
- Offer incentives, for example t-shirts awarded to staff who consistently bring healthy meals/ snacks to work
- Suggest new tip or goal for each week on notice boards
- Encourage active breaks

Laxmanbhai conducts KABP Survey

In June Laxmanbhai conducted a Knowledge Attitudes Behaviours and Practices Survey to assess their employees' knowledge on issues surrounding HIV risk and prevention, non-communicable diseases, condom use and substance abuse in order to identify gaps and appropriate interventions. The survey identified major gaps in knowledge on non-communicable diseases and HIV treatment options. Laxmanbhai is one of five companies participating in the Building and Construction Workers' Union Mentorship Programme.

HemoCue raises awareness on diabetes

HemoCue Kenya in partnership with a local organisation conducted awareness and testing for diabetes at Strathmore University reaching 1360 staff and students of the University. This figure represented a 400% increase in the numbers tested in previous years. [Read more](#)

Peer Educator training

Peer Educator network training was held in Mwanza Tanzania at the end of July. The focus of the meeting was on reaching out to Peer Educators who work at remote mining sites to get feedback on their progress and to discuss effective strategies for promoting health and behaviour change at the workplace. Ten Peer Educators from Auto Sueco, Atlas Copco, Sandvik and Tigo participated in the network training. The meeting was a good forum for companies with robust peer education programmes such as Atlas Copco to share best practice and motivate their peers.

In related Peer Educator training news, Atlas Copco Tanzania held a three day workshop on "Gender, Reproductive Health, HIV Prevention and Non-Communicable Diseases in the Workplace" for nine Peer Educators and steering committee members from the Kahama, Mwanza and Dar es Salaam offices. The objective of the meeting was to build skills and knowledge on the aforementioned and to facilitate the development of an action plan for peer education and outreach activities. Participants were taken through gender norms and how values and attitudes about gender impact health. Discussions were also held on the links between male gender socialisation and health seeking behaviour patterns. This training was part of a broader agenda by SWHAP partners to address gender in workplace programmes.

After the training workshop Atlas Copco Peer Educators participated in a networking activity where they coined a motto for their programme "SAFARI YA UHAKIKA"- *We will always move forward.*



Sharing experiences at Atlas Copco

Peer Educator profile



In this newsletter we talk to Caroline Okeyo from Shreeji Chemicals in Kenya.

What is your Peer Educator power principle?

I am guided by three things, the law of the land, the ILO's HIV and AIDS Recommendation (No. 200) and the company HIV and AIDS policy. The latter guides me on how the programme is managed

in our workplace, how to treat positive employees and how to handle stigma and discrimination.

What are the best things about being a Peer Educator?

Peer Educators are an integral part of Shreeji's comprehensive HIV and AIDS workplace programme. We are trained not only to inform colleagues about HIV and AIDS, but also to help break down barriers of stigma that prevent employees from accessing services. This has helped to create a safe and confidential environment where employees can participate in the programme without fear of discrimination.

Does peer education contribute to behaviour change in the workplace?

As Peer Educators we train and support fellow workmates. Through the various activities employees are able to ask, learn and become more empowered on how to live a healthy lifestyle. When we had blood pressure screening one of my colleagues was found to have high blood pressure, a condition he was not aware of. Prior to the screening he was frequently absent and his work performance suffered when he was at work. We sat and talked to him about how he could manage his condition. Now absence as a result of sickness is a thing of the past and his work performance has improved significantly.

Upcoming events

October

- 31 Peer Educator Open Challenge, Kenya

November

- 3 Gender Workshop, Kenya
- 12-13 SWHAP Annual Conference and Achievement Award Presentations, Zimbabwe
- 29-4Dec ICASA 2015, Zimbabwe

December

- World AIDS Day CEO Advocacy Forum, Tanzania

