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Enquiries; Sabelo Ncwane

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## **E. G & USHER MEMORIAL AIDS SUPPORT GROUP**

### **WHAT IS A SUPPORT GROUP?**

Generally support is a common ingredient of many successful people. In trying to assist the South African government in reaching a millennium goal E G & Usher Memorial Hospital has established AIDS support group where by group members provide each other with various types of help usually non professional and non material for particular shared problem.

### **PURPOSE OF THE SUPPORT GROUP**

- To help members cope with stressful life events after discovering their status.
- Revitalize existing coping abilities
- Sharing personal experiences
- Listening and accept other people's experiences
- Providing empathy
- Understanding and establishing social network.

### **OBJECTIVES**

- Help members to develop group cohesion and demonstrates to members that they are not alone.
- To fight the stigma and isolation from other group members
- To build strength from group members and ensure sustainability of the group in the near future.

### **STRUCTURE**

The group is targeting females and males who are HIV Positive.

The support group is co-coordinated by Miss Nombulelo Sigcau, a student Social Worker and is overseen by the hospital Principal Social Worker Mrs Nandipha Zikolo. There is an ongoing engagement with Councilors and Nurses from the Greater Kokstad Municipality Clinic. The support group is currently made up of twenty three members and the hospital is still calling for more members to join the group. All the government, NGOs and Private sector are also invited to be part of this successful group.

## **CHALLENGES**

- We still need more support from other organizations and NGOs
- Some members are struggling with food and we will need assistance however Greater Kokstad Municipality has promised to work with us.

**FOR FURTHER INFORMATION ABOUT THE GROUP CONTACT THE SOCIAL WORK DEPARTMENT**

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039 797 8136 OR**

**KOKSTAD CLINIC**

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