



CHAPTER



Health and HIV/AIDS

Karl Moller of Mount Pleasant, Hermanus, has AIDS. He was tested at the Hermanus Clinic in Harmony Street when he was in his early twenties. He and his friend Gerrit had decided to be tested because they often did not use condoms. One of their acquaintances, who also did not always use condoms, tested HIV-positive and that really worried Karl.

Karl was very shaken when he heard that he was HIV-positive. He was given counselling about all the different stages of the illness until full-blown AIDS develops. He went on working as a shop assistant until he was too ill to work. Now he finds it difficult to reach the clinic even in a taxi. When he was last at the clinic he told the sister, "It is very difficult to get to the clinic. I feel so weak and nauseous. I am afraid of throwing up in the taxi." The sister was very sympathetic. "Yes, I understand your problem. I am also worried that you could catch flu from someone in the taxi. That will just



lead to more complications. Perhaps it would be easier for you if someone could come to your home to bring you your medication. They could also help you with the sores under your arms and in your groin.”

The sister then arranged for a volunteer from the Hermanus AIDS Action Group to visit Karl at his home in Mount Pleasant.



WESTERN CAPE

AIDS Foundation, Treatment Action Campaign

34 Main Road, **Muizenberg**, 7764
PO Box 74, Nonkqubela, 7793
Tel: (021) 788 3507
Fax: (021) 788 3726
E-mail: info@pac.org.za
Contact: Mr N Geffen

Non-governmental programme—training:

This foundation provides general information about AIDS. It keeps interested people informed about the activities it is planning and also channels financial contributions to any AIDS initiatives.
(Area served: Western Cape)

AIDS Helpline

Toll free: 0800 012 322

Provincial programme—counselling and education:

The helpline provides the most recent information on HIV/AIDS and offers telephonic counselling for people living with HIV/AIDS, or it refers such people to the nearest HIV/AIDS counselling facility.

Department of Health

4 Dorp Street, **Cape Town**, 8000
PO Box 2060, Cape Town, 8000
Tel: (021) 483 5663
Fax: (021) 483 4345

National Department—training: The Department strives to improve the nutritional level of all South Africans by putting them in touch with services and initiatives that can prevent malnutrition.

(Area served: Western Cape)

Lifeline Western Cape Provincial Office

56 Roeland Street, **Cape Town**, 8001
Tel: (021) 461 1113
Fax: (021) 461 6400
Helpline: 0861 322 322
E-mail: heloise@lifeline.org.za
Contact: Mrs H Solomons

Non-governmental organisation—counselling and education:

This organisation offers general information and advice services to people living with AIDS. It administers the recruitment, training, appointment, support and development of HIV/AIDS counsellors who work in hospitals and clinics. The programmes also train unemployed people to counsel HIV-positive individuals.
(Area served: Western Cape)

Cancer Association of South Africa

37A Main Road, **Mowbray** 7700
PO Box 186, Rondebosch, 7780
Tel: (021) 689 5347
Fax: (021) 685 1937
E-mail: vpillay@cansa.org.za
Contact: Mrs V Pillay

Non-governmental organisation—counselling and education:

This organisation provides counselling, information and resources to individuals with cancer, as well as their families.
(Area served: Western Cape)

Leadership South

13 Wade Road, **Claremont**, 7708
Tel: (021) 683 7695
Fax: (021) 683 1763
E-mail: lsp@mweb.co.za
Contact: Mr G Phippen



Non-governmental organisation —counselling and education:The purpose of this project is to reduce the impact of AIDS by focusing on youth groups, youth leaders and underprivileged communities in the Cape Town area. The groups are trained and equipped with the skills needed to care for people with AIDS. The programme teaches communities to make use of their own resources.
(Area served: Western Cape)

Western Cape Department of Health

4 Dorp Street, **Cape Town**, 8001
Tel: (021) 483 3567
E-mail: fabdulla@pawc.gov.za
Contact: Dr F Abdullah

Provincial department—information:This programme provides voluntary testing for HIV, counselling, anti-retroviral medication to pregnant women, as well as baby formula for six months after birth. There is no charge for the service, thus reducing family expenditure on medical care.
(Area served: Several areas in die Western Cape)

Boland District

Agape AIDS Support Group

Corner of TC Newman Hospital and Broadway Streets, **Paarl**, 7646
7 Kloof Street, Wellington, 7654
Tel: (021) 862 0762
Fax: (021) 862 0762
Contact: Ms Z Fortuin

Municipal programme—counselling and education:The support group offers a variety of programmes that focus specifically on AIDS education and counselling to people living with AIDS and their families.
(Area served: Paarl)

Cancer Association of South Africa, Winelands and the West Coast (CANSAs)

3rd floor, Shoprite Building, Church Street, **Wellington**, 7654
PO Box 673, Wellington, 7654
Tel: (021) 862 2633
Fax: (021) 864 2722, Toll free: 0800 226 622
E-mail: ansasteyn@cansa.org.za

Non-governmental organisation—health service: CANSAs funds and supports cancer associated research projects. It offers information and support to cancer patients and their families and provides a toll free helpline. CANSAs undertakes public education programmes and also has breast cancer identification clinics.
(Area served: West Coast, Winelands)

Ceres AIDS Action

27 Munnik Street, **Ceres**, 6835
PO Box 62, Ceres, 6835
Tel: (023) 312 3111
Fax: (023) 312 3177
Contact: Miss H Truter

Non-governmental organisation—counselling and education:The organisation offers information and counselling on AIDS-related issues.
(Area served: Ceres)

Cloetesville Primary Health Clinic

Lang Street, **Stellenbosch**, 7600
Tel: (021) 889 6999
Fax: (021) 889 6999

Provincial Department—Health service:This organisation provides services related to chronic abuse, HIV care, immunisation of children, family planning, certain medical conditions and post-natal care.
(Area served: Stellenbosch area)

Kayamandi Health Clinic

Sethona Street, Kayamandi, **Stellenbosch**, 7600
Tel: (021) 889 6902
Fax: (021) 889 6550

Provincial health service:This organisation provides services related to chronic abuse, HIV care, immunisation of children, family planning, certain medical conditions and post natal care.
(Area served: Kayamandi and part of Stellenbosch)

Zolani Clinic

Building Road, **Ashton**, 6715
PO Box 22, Ashton, 6715
Tel: (023) 615 1100
Fax: (023) 615 1563
Contact: Ms L Nkohla

Non-governmental organisation—counselling and education: The clinic offers the youth of Ashton training and information on issues relating to AIDS.
(Area served: Ashton)

Eden District

Child and Family Care

64 Albert Street, **George**, 6530
PO Box 83, George, 6530
Tel: (044) 874 0424
Fax: (044) 874 0426
Contact: Ms S du Toit

Municipal programme at crèches:This programme was instituted in response to malnutrition among children between the ages of 0 and 5 due to poverty, unemployment, alcohol abuse and child abuse. The most important goal of this project is to monitor the children's health and nutrition on a regular basis in order to ensure day care in a safe, emotionally and intellectually stimulating atmosphere. Parents are taught domestic skills. The parents are expected to be responsible—that is why they have either to pay R10 per child or to help out at the centre.
(Area served: Borchers, Lawaaiikamp, Rosemore and Conville area)



Dysseldorp Advice Office

3 Deelman Street, **Dysseldorp**, 6628

Tel: (044) 241 2449

Fax: (044) 251 6337

E-mail: sanaf@mweb.co.za

Contact: Mrs S Africa

Non-governmental organisation—counselling

and education: The organisation provides education, awareness-raising, training and counselling on HIV/AIDS and also distributes condoms among the community.

(Area served: *Dysseldorp area*)

Western Cape Provincial Administration

—Psychiatric Services

1. **Ethembeni Day Centre**, Thembalethu, **George**, 6560
Tel: (044) 877 0204
Fax: (044) 877 0204
Contact: Mr I van Rensburg
2. **Garden Route / Little Karoo District Municipality** Psychiatric nurse, 94 St John's Road, **Oudtshoorn**, 6620
PO Box 12, **George**, 6530
Tel: (044) 272 2241
Fax: (044) 272 0783
Contact: Ms G Bowles or Ms J Jooste
3. **George / Mossel Bay:** Private Bag X6592, **George**, 6530
Tel: (044) 470 7653
Fax: (044) 874 2151
Contact: Ms S Walters or Ms V Morkel
4. **Knysna / Plettenberg Bay:** George Rex Avenue, **Knysna**, 6570
PO Box 9, **Knysna**, 6570
Tel: (044) 384 1135
Fax: (044) 384 1190
Contact: Ms M Marcus
5. **Sonskyn Day Centre**, PO Box 86, **Oudtshoorn**, 6620
Tel: (044) 274 0140
Fax: (044) 274 0140
Contact: Mrs LP Olivier

Provincial psychiatric services: These services include individual counselling and treatment as well as family counselling services.

Overberg District

Provincial Clinics

1. **Hawston Clinic:** George Viljoen Street, **Hawston**, 7202
Tel: (028) 315 1602
Fax: (028) 315 1602
2. **Hermanus Clinic:** Harmony Street, **Hermanus**, 7200
PO Box 20, **Hermanus**, 7200
Tel: (028) 313 8140
Fax: (028) 313 8139

3. **Mount Pleasant Clinic:** Heide Street, **Mount Pleasant**, **Hermanus**, 7200

Tel: (028) 313 8137

(Area served: *Mount Pleasant, Hermanus*)

4. **Zwelihle Clinic:** Lusiba Street, **Zwelihle**, **Hermanus**, 7200

Tel: (028) 313 8164

Fax: (028) 313 8139

Provincial Clinic—health services: These clinics provide services relating to chronic treatment of HIV, immunisation, family planning, other medical problems, postnatal treatment, the aged, the treatment of sexually transmitted diseases and tuberculosis (TB).

Central Karoo District

Beaufort West AIDS Action Group

7 Kesner Street, **Beaufort West**, 6970

PO Box 1014, **Beaufort West**, 6970

Tel: (023) 415 3313

Fax: (023) 415 2121

Non-governmental organisation - counselling

and education: Beaufort West AIDS Action Group has a home where it provides HIV/AIDS training and counselling to AIDS sufferers. The organisation also provides home care to AIDS sufferers and counselling groups meet regularly at the organisation. The group presents HIV/AIDS awareness campaigns within the community.

Progressive Primary Health Care

55 Blythe Street 55, **Beaufort West**, 6970

PO Box 1172, **Beaufort West**, 6970

Tel: (023) 414 3715

Fax: (023) 414 3715

Non-governmental organisation—counselling

and education: Health care services are provided for the community of Beaufort West. There are also community health workers attached to the organisation. The centre also provides shelter for women and life skills training and counselling.

Western Cape Provincial Administration

—Psychiatric Services

1. **Psychiatric nurse**, Beaufort West Hospital, Psychiatry, Private Bag X549, **Beaufort West**, 6970
Tel: (023) 415 2188 (extension) 244
Fax: (023) 414 2466
Contact: C Roman
2. **Masixole Day Centre**, 2 Dunhill Street, **Beaufort West**, 6970
PO Box 58, **Beaufort West**, 6970
Tel: (023) 415 3323
Fax: (023) 414 3013
Contact: Mrs R Joeste

Provincial psychiatric services: These services include individual counselling and treatment as well as family counselling services.



■ City of Cape Town District

Atlantis Adult Education Centre (AAEC)

Corner of Grosvenor and Hermes Avenues (old satellite police station), **Atlantis**, 7350
PO Box 1537, Dassenberg, 7350
Tel: (021) 572 5884

E-mail: avos@freemail.absa.co.za

Non-governmental organisation—counselling and education: This organisation offers a limited HIV/AIDS programme, which provides information on the treatment of, and also raises awareness of, HIV/AIDS.

(Area served: Atlantis, Mamre, Pella, Witsand)

Atlantis Integrated HIV/AIDS Network

CWD Building, Corner of Sun Road and Penelope Street, Avondale, **Atlantis**, 7349
PO Box 3043, Reygersdal, Atlantis, 7352
Tel: (021) 572 2739

Non-governmental organisation—information: This network provides information on HIV/AIDS and makes referrals to HIV/AIDS clinics in the different districts. It also provides technical support to member organisations.

(Area served: Atlantis, Mamre, Pella, Witsand)

Sothemba Centre

7 Meath Street, **Bellville**, 7530
Tel: (021) 948 7699
Fax: (021) 948 5740
E-mail: aag@icon.co.za

Non-governmental organisation: This organisation offers counselling to people who are HIV-positive or have AIDS. It accommodates and supports homeless people. It also regularly presents programmes on AIDS to raise consciousness of AIDS among the community. The programme also provides food parcels, clothes and shelter by giving people building material to erect informal housing. It contributes to people's health through offering educational programmes and referring people to the appropriate support services. Aid is given in organising funerals and paying for them. Handicrafts and life skills are taught to groups.

The South African Red Cross—Western Cape

21 Broad Road, **Wynberg**, 7800
National Office: Helen Bowden Residence, 1st Floor, Somerset Hospital, Beach Road, Granger Bay
Tel: (021) 418 6640
E-mail: kpolley@redcross.org.za

Contact: Mrs K Polley

Non-governmental organisation—counselling and education: The Red Cross presents first aid classes as well as offering community-based first aid services. It is also involved in community education, youth education, support groups, home carers for HIV/AIDS sufferers and disaster management.

(Area served: West Coast, Swartland. A school project is being implemented in Riebeeck-Kasteel and Malmesbury.)

Lifeline

56 Roeland Street, **Cape Town**, 8001
Tel: (021) 461 1113
Fax: (021) 461 6400
Contact: Ms S Kilroe

Non-governmental organisation—counselling and education: This programme, which operates in Cape Town, involves the recruitment of jobless people from underprivileged communities with a high incidence of HIV/AIDS and equipping them with counselling skills. The programme also includes pre- and post-test treatment, trauma-diffusing sessions and sustained individual and group sessions for people who have tested positive for HIV/AIDS. It manages the recruitment, training, development and support of voluntary counsellors who work in day hospitals and clinics in Khayelitsha, Guguletu, Nyanga, Mitchells Plain and the central Health district.

(Area served: Cape Town)

Mamre Community Health Project

Toll House, Toll Street, **Mamre**, 7347
Tel: (021) 576 1010
Fax: (021) 576 1803
Contact: Mrs H Adams

Community-based organisation—counselling and education: This project manages a blood pressure unit, offers counselling to HIV/AIDS sufferers and also does HIV/AIDS tests. It facilitates health promotion, life skills and sexuality workshops. This project also lends support to the victims of violence against women and offers peer counselling sessions to young people.

(Area served: Mamre, Pella, Atlantis)

Matie Community Service—Tygerberg

Tygerberg Student Centre, Tygerberg Campus, University of Stellenbosch, **Tygerberg**, 7493
PO Box 19063, Tygerberg, 7507
Tel: (021) 938 9310
Fax: (021) 938 9591
E-mail: es4@sun.ac.za

Non-governmental organisation—health service: Matie Community Service is a non-profitmaking organisation that is involved in a number of activities. The Tygerberg branch administers three medical and four dental clinics in areas that are without health services.

(Area served: Kalbaskraal, Riverlands, Chatsworth, Abbotsdale, Middelpas, Piketberg, Malmesbury, Moorreesburg)

St John Ambulance Foundation

Helderberg Centre, **Somerset West**, 7129
PO Box 205, Somerset West, 7129
Tel: (021) 851 7394
Fax: (021) 852 7174
Contact: Ms J Walker

Non-governmental organisation—training workshop: This organisation offers first aid and gardening training to the community.

(Area served: Somerset West)



AIDS Counselling Centre

Lady Michaelis Day Hospital Centre, Timour Hall Road, **Plumstead**, 7801

PO Box 379, Plumstead, 7801

Tel: (021) 797 3327

Fax: (021) 797 3356

Contact: Ms C Jacobs

Non-governmental organisation—counselling

and education: This centre provides information and counselling on issues relating to AIDS. The organisation attempts to alleviate the effect of HIV/AIDS and tuberculosis on all communities in Cape Town by means of training, information, counselling, testing, support and referrals.

(Area served: Cape Metropolitan area with limited services to the West Coast and in the Swartland)

Wola Nani:

76 Long Street, Third floor, **Cape Town**, 8000

PO Box 16082, Vlaeberg, 8018

Tel: (021) 423 7385

Fax: (021) 423 7387

E-mail: wolanani@wolanani.co.za

Contact: Ms N Fhumani

Non-governmental organisation—counselling

and education: Wola Nani was established to help people living with AIDS to gain access to essential services and opportunities to improve their lives. Wola Nani helps afflicted individuals, offers counselling, support, HIV education, primary health care, visits to homes and health monitoring. The project also gives people the opportunity to earn an income. It also facilitates day care facilities.

(Area served: Kasselsvlei)

■ **West Coast District**

Cancer Association of South Africa —Winelands and West Coast (CANSAs)

3rd floor, Shoprite Building, Church Street,
Wellington, 7654

PO Box 673, Wellington, 7654

Tel: (021) 862 2633

Fax: (021) 864 2722, Toll free: 0800 226 622

E-mail: ansasteyn@cansa.org.za

Non-governmental organisation—health

service: CANSAs funds and supports cancer-related research projects. It provides information to and offers support to cancer patients and their families, and has a toll free helpline. CANSAs undertakes public education programmes and it also has a breast cancer identification clinic.

(Area served: West Coast, Winelands)

Department of Health—Offices

1. Department of Health Services Malmesbury,
Private Bag X15, **Malmesbury**, 7299

Tel: (022) 487 9304

Fax: (022) 487 7292

2. Department of Health Services Vredendal, PO
Box 98, **Vredendal**, 8160

Tel: (027) 213 1045

E-mail: headoff@matzikkamamun.co.za

Contact: Mr J Cornelius

(Area served: Lutzville, Ebenhaeser, Vredendal, Van Rhynsdorp, Doringbaai)

Provincial Department—information:

This department provides health-related information on services available in the area.

Moorreesburg Community Health Centre

Corner of Main and Loop Streets, **Moorreesburg**,
7310

Private Bag X8, Moorreesburg, 7310

Tel: (022) 433 3375

Non-governmental organisation—health

service: This organisation offers health services, such as family planning, immunisation, treatment of injuries, prenatal and postnatal care and social services in general.

(Area served: Moorreesburg and surrounding areas)

West Coast AIDS Initiative

Saldanha Bay

Tel: (022) 701 3045

Fax: (022) 701 3075

E-mail: christom@saldanhabay.co.za

Non-governmental organisation—counselling

and education: This is an educational organisation that tries to alleviate the effects of HIV/AIDS and tuberculosis in communities. It does this through training, information, counselling, testing, support and referrals.

(Area served: Saldanha Bay, Langebaan, Hopefield, Vredenburg, Paternoster, St Helena Bay, Velddrif)