

KOMGA POST TEST CLUB IMPRESSES UGANDAN DELEGATION

Judy Ngoloyi

(Picture taken by Bongani Mshumpela)

KOMGA 26/03/08: Members of Post Test Clubs situated in Great Kei Local Municipality had an opportunity to meet face to face with the Ugandan delegation, who were guests of the Amathole District Municipality, and the originators of the Post Test Club concept. The Ugandans are world renowned for having managed their HIV and Aids prevalence rate and reducing it from a high level of 18% to the current low level of 6% over the past few years. During their period of visiting the Amathole District Municipality, the Ugandan delegation managed to pay a courtesy visit to some of the Post Test Clubs that were formed here in 2007.



In Kampala we have several post test clubs who have really organized themselves very well; they are made up of community based organizations, are registered and recognized by the government. If you have not yet done so, I propose that you do this,” Misanvu said.

Addressing Post Test Club members and residents at Komga at the local municipal offices, Cllr Geraldine Misanvu of Kampala Central Division in Uganda, said that she had witnessed a radical change in the membership of the local Post Test Club compared to her last visit to South Africa. She said during their previous visit at ADM clinics, she discovered that people feared to disclose their HIV and Aids status.

“When I came here I was very sad when I compared the situation in South Africa to the openness of the problem in Uganda. **In Kampala we have several post test clubs who have really organized themselves very well; they are made up of community based organizations, are registered and recognized by the government. If you have not yet done so, I propose that you do this,” Misanvu said.**

She said in South Africa there were still a large number of people that are not organized at all when it comes to the pandemic. Misanvu emphasized that she is over the moon with the way that the Post Test Clubs of Great Kei local municipality are entertaining and enjoying themselves. She also promised them that next time she visits the ADM she'll spend a period of twelve months with them.

Msanvu also conveyed a message from the Ugandan youth to the youth of the Amathole District Municipality. The messages are as follows:

- Those of you who are still of a school going age, please go back to school.
- You can still study, achieve your aims, work and be productive members of society.
- Those of you who cannot go to school and are still young, please join vocational courses and learn skills. This will help you to minimize the stigma because you'll be independent and proud of yourself. Do it for yourself.
- Try hard to involve yourselves in planning so that you can plan for your needs – this can start at family level.
- Try to be as inquisitive as possible so that you find out and are updated on matters concerning the promotion of good health. Ask questions about new methods of living, about new drugs, about collective treatment and about new preventative measures.
- Make friends and do not isolate yourselves – this is part of planning for the future. Talk about death to your friends; tell them why you are making friends with them so that they can support you.
- Please maintain your body by eating well, sleeping in a clean room taking care of yourself hygiene, taking your medication at all times and enjoy life to the fullest so that you eliminate stress. END.