

The Thogomelo Project

Impacting community caregivers at all levels

Community

“The [Thogomelo] project has impacted a lot on our relationship with other organisations. The project helped in building relationships – now we actually know who is responsible for what. We didn’t know them personally before. I know all their names now.”

Work environment

“The training has established me and grown me. After [the training] I presented what I had learned and my coordinator has seen I am actually practising what I preach to them. They have made me the OVC coordinator at work!”

“This training helped me at work. We opened a support group with the caregivers and if you have a problem you speak out and get help from other caregivers.”

Family

“My family life – it was a *deurmekaar* – but now it’s like you looking your family in a different (way)... I was not listening to my little one and my father, although sometimes they have something to say – and you don’t give them the attitude that they need. So through this training, really, I learnt to listen to them if they have anything to say.”

Individual

“I didn’t know how to relax – I was over burnt. When I came to the training I learnt how to love myself. I was overwhelmed with personal problems, but after the training I saw the need to take care of my personal burdens and stress before my work.”

