

# Journey Of Life

## ANCHOR Workshop Feedback Report Mozambique, June 2008

From the 15<sup>th</sup> to 21<sup>st</sup> June, 2008, the 1<sup>st</sup> ANCHOR Mozambique workshop was held at the Hoyo Hoyo Hotel in Maputo. The first two days focused on orienting Staff and ANCHOR partners to the overall ANCHOR framework. Maria Luisa Natividade, RFFA ANCHOR Representative and PDG, and Yolanda Mapengo, Community Affairs Manager for SABCO/Coca-Cola Mozambique attended several sessions of the orientation workshop.



Mozhope Staff with Yolanda Mapengo (Front left) and Maria Luisa Natividade (Front middle)

From the 17<sup>th</sup> to the 21<sup>st</sup> of June 2008, the MozHope team participated in a Training of Trainers (ToT) Journey of Life (JOL) workshop. The aim of the workshop was to strengthen the capacity of the team with the knowledge and skills that they will require, to facilitate the provision of Psychosocial Support (PSS) to Orphans and Vulnerable Children (OVC) in communities affected by HIV and AIDS, poverty and conflict. Through the TOT approach, MozHope staff will in turn train other organizations and community partners to further scale up support to OVC.

The JOL series of workshops was developed by a group of experts on PSS and OVC in the development field. The Regional Psychosocial Support Initiative (REPSSI) has taken a coordinating role in the process of developing, publishing and providing training on the series. HOPE *worldwide* is partnering with REPSSI in promoting and providing PSS through its programs and to other organizations. The JOL series was developed with the aim to provide knowledge and skills to professionals, community workers and ordinary

community members who have an interest in providing support to children affected by HIV and AIDS, Poverty and Conflict. HOPE worldwide has used the JOL methodology extensively in its country programs.

Mrs Bulelwa Totetsi, Social Worker and Expert Trainer in PSS from South Africa, was contracted to facilitate the JOL Training.

The series is divided into three parts:

- **The Awareness Workshop,**
- **The Action Workshops and**
- **JOL for Children.**
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The **Awareness Workshop** takes participants through a process whereby they reflect on their own life journeys, identifying the needs they had, the problems they faced, as well as internal and external resources which enabled them to overcome the difficulties they faced. The facilitator then builds on the participants' knowledge and experiences to help participants identify needs and difficulties that children have today. The Awareness Workshops concludes by helping participants develop practical plans on how they will get involved in helping OVC in their communities, using strengths that children have as well as community resources that are available to them.



Bulelwa Tsotetsi, Master Trainer in PSS, training staff on the use of Picture Codes

There are 3 **Action Workshops** which cover; *Community Parenting, Helping Children Understand Death and Teaching Children Life Skills.*

The *Community Parenting Action Workshop* assists participants in discussing how changes in the community affect the community as a whole, and highlights the necessity for communities to unify towards finding and implementing collective solutions and supporting the most vulnerable members of their community.



Staff (and Trainer) with Journey of Life Training Kits

The *Helping Children Understand Death Workshop* assists participants to discuss the topic of death, how death affects children and what support children need when they experience loss. This topic is very important because death is often seen as a taboo topic to discuss in communities. Adults have many fears about not being able to answer children's questions about death, and also handling emotions that children express when they experience loss. Other factors like property-grabbing and separating siblings when a death has occurred are addressed to help participants become aware of the impact of these negative practices on children, and role that they can play in protecting children from such practices.

The *Teaching Children Life Skills Workshop* assists participants in identifying important life skills that children should develop and how they can play an active role in ensuring that this happens. At the end of each action workshop, participants have an opportunity to develop practical plans to ensure that they apply the knowledge and skills learned in the workshop to support OVC.

The **JOL for Children** Workshop is designed and used to give children a voice. They get a chance to participate in their own workshop where they

highlight issues which affect them and how they would like to be supported by the adults in their communities. The information gathered in the children's workshops is shared with the adults so that they may use it to inform their action plans.

Overall, the team found the workshop very enlightening and useful. It helped them begin identifying and enhancing their own knowledge and skill sets and reflecting on how to apply these to their work. All topics covered were considered relevant to the communities they will be working with. Team members also had an opportunity to play the role of facilitator, and received feedback from colleagues on what they did well and where they needed to improve. The activity instilled confidence in the team, and strengthened their facilitation skills needed for the planned community mobilisation activities.

The next planned training course will be in mid August, and will focus on training staff on Facilitating Community 'Kidz Clubs'