

OUT REACH

DEC 2022





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FOREWORD

Dumelang Bagaetso

I can't believe how fast this year went by, this year has been exceptionally busy, and I believe that as Botswana Red Cross Society team we should be proud of ourselves for making it this far.

2022 has been an eventful year for the National Society. With these events happening around and about us, I am delighted to share that we have grown and continue to grow as a National Society. This year alone, Botswana Red Cross Society hosted 10 Southern African National Societies and other Societies like the Turkish Red Crescent in Gaborone for the SAPRCS Conference.

The National Society also conducted a three-day youth entrepreneurship development training for 38 volunteers who came from across the country. This workshop aimed at connecting the youth volunteers to established entrepreneurship and business development service providers, relevant for mentorship, coaching and finally, provide the youth with an opportunity to enhance their skills and talent development. The National Society aimed to equip youthful volunteers with entrepreneurship skills which will contribute to their communities through establishing of income generating activities.

Botswana Red Cross Society had an opportunity to sign a Memorandum of Understanding (MoU) with the University of Botswana that signifies a milestone in the history of BRCS and UB, to assist BRCS in capacity building. An award ceremony (volunteer recognition awards) to honour and recognise individual members and volunteers for outstanding volunteer service and acts of great contribution to the Society's cause for the Red Cross Movement was held on the same day as the MOU signing.

Above all other achievements for 2022, BRCS acquired two mobile clinics to augment health ministry offering Physiotherapy services across Botswana.

Bagaetsho I am happy to note that the Society continues to come up with different interventions to promote community resilience and empowerment. In 2021 the

Society established a community farm in Gweta and was launched officially in September 2022. The farm is currently doing well producing fresh and quality vegetables to support the local market. This move aims to empower the community and is also a way by the National Society to complement Government efforts in developing the local horticultural market. This is evident as the farm is currently supplying the local supermarkets like Choppies.

One notable achievement has been, being able to attend the Annual General Assembly in Geneva with my counter parts NEC President and Youth Executive Committee President, where I was reappointed to the Compliance Meditation Committee. Among the international trips, Botswana Red Cross Society was also privileged to be represented by two (2) Youth Executive Committee members in Egypt for Conference of Youth (COY 17,) while myself and Mr. Gaone Tsokwane represented the National Society at COP 27 for climate change discussions.

In summing up our year's achievements, BRCS was appointed the lead implementing partner of 10 Southern African Countries for the Africa CDC Saving Lives and Livelihoods in partnership with Mastercard Foundation initiative. As the lead implementor, BRCS attended the Southern Africa Regional Launch that was held in Zambia.

Get full details about the above achievements in the next pages of this newsletter. Let me wish you all a Prosperous New Year.

Happy Reading

Kutlwano Mukokomani



BOTSWANA RED CROSS SCHOOL CLUB IN NGAMILAND DIVISION



Botswana Red Cross Society, Ngamiland Division has partnered with Primary Schools in Maun and surrounding villages to establish Red Cross School Clubs. As classified, this is the first venture into the world of volunteerism for the younger generation.

Working closely with the Maun Branch, club members always have the opportunity to participate in Red Cross service projects that impact their community and the world. Student members have been able to discover new opportunities for self-development and have been encouraged to choose activities that will most effectively fulfill the community's greatest needs.

Red Cross school clubs are a team effort, where Red Cross units, schools and students all work together to make their communities and the world a better place and where young people develop leadership skills.

It has been Maun Branch's main goal to invest back into our students and community first. The branch also wants to sow positive seeds and teach students that the greatest leadership quality that one can possess is servitude!

The following are some of activities that have been undertaken:

- Dissemination of Health and safety information
- Clothes donation drive to assist needy students
- Conducting fundraising in schools with guidance of the Patron and volunteering at numerous events in the school.
- Life-saving skills and community to respond to emergencies.
- Induction on Red Cross Work and History
- Development of activity plans
- Election of school clubs committee
- Regular home visits
- Back yard garden donation

In partnership with the schools, the Maun Branch has been engaged in assisting students prepare for their examinations and to motivate and encourage the Standard 7 students after writing their Primary School Leaving Examination (PSLE). With this initiative a total of ninety-seven students in Shashe Primary School and eighty-seven in Moremi Memorial School were reached. The Branch also had outreach activities for students before they wrote their

examinations.

This included taking them through study skills and advocating for support from their caretakers. After examinations, the BRCS team met the students where topics on: Positive Living, Juvenile Delinquency, Life at Junior School, Alcohol and Drug abuse, Teenage Pregnancy and spiritual support were shared with them.

It is the branch's aim to give these kids the opportunity for personal and professional growth and help others in need. The aim is to stay relevant and participate in activities that align with the Red Cross's humanitarian mission by holding regular service projects as well as leadership trainings throughout the school year to benefit members and their communities.

ESTABLISHED CLUBS

- **Nxaraga Primary School – Nxaraga School Club**
- **Gumare Primary School – Gumare School Club**
- **Shashe Primary School – Shashe School Club**
- **Tsau Primary School – Tsau School Club**

TSAU BRANCH ADOPTS 2 FAMILIES FOR HUMANITARIAN SUPPORT



Tsau Branch made up of both members and volunteers has adopted two (2) families in their community who are elderly and needy. The branch is committed to providing humanitarian support through providing psycho-social support services, for example, assisting with day-to-day house chores and activities of the daily living. The interventions contribute to addressing both psychological and social needs of the families.

This initiative is led by the Red Cross Volunteers who conduct most humanitarian activities such as house to house visits, hygiene talks and are committed to making positive change in the community around them.

The Tsau Branch also assists vulnerable persons with referrals to different service providers for different services such as a Social & Community Development Office working closely and Tsau Home Based Care - Clinic. The vulnerable individuals are referred for services such as food assistance,

housing support. This highly benefit the families as some of their needs are addressed by other service providers in the village. The initiative is a great achievement for the Tsau Branch and their efforts are quite recognized by leaders and other volunteers.

BOTSWANA RED CROSS SOCIETY HOSTS THE VOLUNTEER RECOGNITION AWARDS

The Botswana Red Cross Society hosted Volunteer Recognition Awards to honor and recognize individual members and volunteers for their great contribution towards humanitarian service and acts of to the Society's cause for the Red Cross Movement.

VOLUNTEER RECOGNITION AWARDS OBJECTIVES

The awards were aimed at identifying exceptional individuals and branches who have made an outstanding contribution to the organization in achieving its mission of alleviating human suffering directly or indirectly. The Volunteer Recognition Awards received 84 applications for the various categories.

It is through these awards that the national society plans to motivate volunteers and promote the spirit of volunteerism, to build resilience, enhance knowledge base and gain a sense of responsibility for the volunteers to their own community.

DIFFERENT AWARDS AND WINNERS

The following received award in the different categories:

AWARD CATEGORY	WINNER
Best Volunteer of the Year	Lebogang Seabelo (Moshupa Branch)
Best Senior Volunteer of the Year	Keobametse Setso (Gweta Branch)
Best Youth Volunteer of the Year	Mike Motseothata (Kasane)
Best Youth Executive Committee Member of the Year	Twinkle Galesiwe
Best First Aid Volunteer of the Year	Tshimologo Mojoo (Maun Branch)
Best Volunteer of the Year Living with Disability	Magret Galeboe (Letlhakane Branch)
Best Health and Care Volunteer of the Year	Refilwe Pilane (Artesia)
Best Disaster Response Volunteer of the Year	Lemogang Machena (Maun)
Best Branch of the Year	Kasane Branch
Best School-Based Red Cross Club of the Year	Central Primary School (Serowe Branch)
Best Patron for a School-Based Red Cross Club of the Year	Oarabile Julia Ross (Malotwana)



Leading the humanitarian response against COVID-19 in the region through Risk Communication and Community Engagement (RCCE)

Botswana Red Cross Society is implementing an RCCE project and coordinating 10 Southern African Countries through the Saving Lives and Livelihoods Initiative (SLL).

The Saving Lives and Livelihoods Program is a USD1.5 billion partnership between Mastercard Foundation and Africa CDC which is aimed at enabling access to safe vaccines across the African Continent. This contributes to African Union's goal of vaccinating 70% of the African Population by the end of 2022.

The role of BRCS is to manage the project in the 10 countries in Southern Africa as well as

- Designing RCCE strategies,

- Conducting Vaccine Perception Study
- Development of targeted risk communication and preventive materials
- Training and Skills Development Programmes
- Implementation of RCCE activities
- Setting up tools and systems required for effective communication

Setting up rumour tracking and feedback system

So far, Botswana has completed microplanning in 6 countries which are Botswana, Lesotho, Malawi, Namibia, Zambia, and Zimbabwe. Implementation in these countries will begin in December 2022.



A BRCS volunteer registering a community member for vaccination in Metlobo village in October 2022.



Zambia Red Cross Society volunteer during SLL regional launch in Lusaka, Zambia in November 2022.



In the photo are BRCS staff and other implementing partners with the President of the Republic of Zambia, H.E. Hichilema Hakainde during the Southern African SLL regional launch in November 2022

THE SLL IN PICTURES



The SLL microplanning exercise with BRCS, MoHSS-Zimbabwe, Africa CDC, WHO, Makerere University and AMREF Health Africa in April 2022.

SAVING LIVES AND LIVELIHOODS: COVID 19 VACCINE DEMAND CREATION IN BOTSWANA

Botswana Red Cross society engaged in the implementation of Saving Lives and Livelihoods Project brought by the Ministry of Health with support from Africa CDC Saving Lives and Livelihoods in partnership with Mastercard Foundation. Botswana Red Cross Society engaged in the Risk Communication and Community Engagement pillar of the project, creating demand for COVID 19 vaccination in 8 districts and 65 villages. A team of 135 volunteers based in the Northeast, Boteti, Goodhope, Lobatse, Bobirwa, Ghanzi, Selibe Phikwe and Charleshill were deployed to create demand for vaccination through an array of modalities targeting 160 000 people. The project was implemented as part of a nationwide integrated vaccination campaign termed Ntlo le Ntlwana creating demand for COVID 19 vaccination and EPI under 5 vaccination. A hive of activities were done amongst others, stakeholder engagement, training of volunteers and mobilization through different formats.



Mobilization was conducted by volunteers through door to door – in person engagement, public address and through social media by the social media Officer. The engagement was conducted to disseminate information about COVID 19 Vaccination, address rumors and misconceptions that were in the community, identify, persuade and link community members who need vaccination to the service provider. Implementation was contextualized to each district with each village manned by local volunteers, supported by key community gatekeepers such as influential traditional leaders, business owners and religious leaders spreading the message to their communities and persuading them to play their part and get vaccinated.

BOTSWANA RED CROSS SOCIETY SUPPORTS THE MINISTRY OF HEALTH ON NATIONWIDE INJECTABLE POLIO VIRUS VACCINATION CAMPAIGN



Botswana Red Cross Society in partnership with Ministry of health conducted an injectable polio virus vaccine mop up campaign on the 12th to 16th of December 2022 with indications that it was an overwhelming success. The mandate of the Campaign was to provide operational assistance in community mobilization, engagement, and risk communication, link all individuals who missed polio vaccine doses to the nearest local health facility and administer polio vaccine to those who have missed doses.

This campaign was preceded by an environmental surveillance of poliovirus in different parts of the country where some samples collected were found positive for Vaccine Derived Poliovirus type 2. The

findings triggered suspicions that the virus might be circulating in the community therefore unvaccinated children might be at risk of polio infection, which is known to have irreversible adverse effects.

In actioning out the auxiliary role and mandate of responding to public health emergencies, the National Society deployed an organized team of 44 Officers, 217 Vaccinators and 812 community volunteers equipped with vehicles, communication tools and supplies targeting 60000 vulnerable children for vaccination nationwide. BRCS incorporated an array of modalities including its trademark community led, person centered approach to get children vaccinated. Different mediums were used to engage communities such as door-

to door- in person engagement by local volunteers, Public address in local dialect, targeted mobile outreach at hard to reach areas as well social media engagement for the online audience amongst others. Local gatekeepers and structures were consulted and engaged contextualizing implementation in each district to fit unique needs of each community.

Through the campaign 5493 children have been vaccinated. 19749 under 5 vaccine doses have been administered (5865 OPV, 4484 IPV and 9400 other antigens.). The campaign was a success through a generally good coherence between District Health Management Teams, Community gatekeepers and Botswana Red Cross Society.



BRCS Volunteers Trained on Sexual and Gender Based Violence

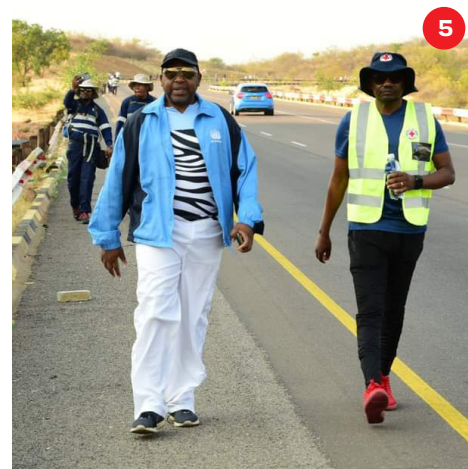
Botswana Red Cross Society in partnership with IFRC conducted training of volunteers on Sexual and Gender-Based Violence. The objectives of the training were to raise awareness around Sexual and Gender Based Violence amongst BRCS volunteers and equip them with skills to become change agents in their community. The training was graced by facilitators from different organizations working with SGBV and 23(17 female and 6 male) volunteers as participants

of the training.

Sexual and Gender Based Violence (SGBV) is one of the most prevalent human rights violations in the world and in Botswana. It is a multifaceted issue webbed by the secrecy which feeds its existence. During the COVID 19 pandemic, the SGBV pandemic like outbreak, erupted, creating a need for intervention.

BRCS volunteers are often grassroots responders hence the need to equip them

with knowledge of what SGBV is, as well as basic skills to respond and refer cases in the communities. During the training they were informed about the role of different stakeholders, such as the police, health care system, social services and civil society organizations addressing SGBV. The takeaway message from the training was that SGBV is not a one-person problem but a whole society problem that requires collective effort.

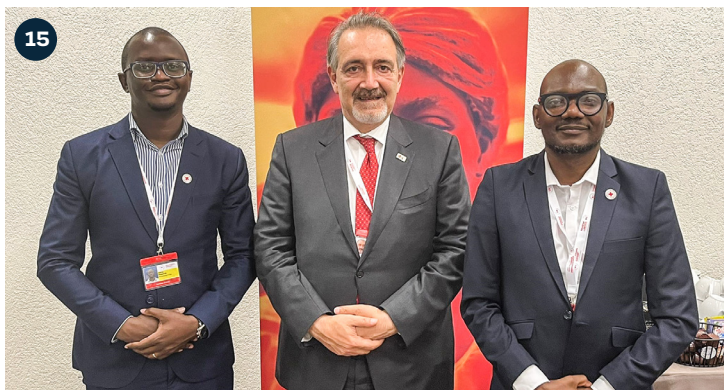


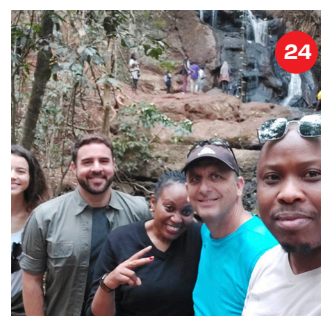
CAPTIONS

1. BRCS SG and UB Vice chancellor at the MOU signing
2. BRCS project Manager accepting Best Non-Governmental organisations and Societies award on behalf of the NS
3. BRCS Staff with SG during Independence Day
4. All smiles; Minister of Health, Hon. Dikoloti visiting BRCS stall in Kanye for the launch of Walk for life campaign
5. BRCS SG with MoH official during walk for life
6. Minister of Entrepreneurship, Hon Gare visiting Moshupa Branch.
7. The Honorable Vice President of Botswana, Slumber Tsogwane visiting the BRCS stall at a road safety event.

BRCS IN

PICTURES





CAPTIONS

8. BRCS First Aid Trainer attending to visitors at the NAHPA Wellness Day
9. Captured, BRCS Mobile Truck during walk for Life campaign
10. BRCS volunteers participated in the Minister of Health's Walk for Life campaign as first aiders.
11. BRCS Polio Mop up Campaign Mobilisers ready to hit the ground running.
12. Sudanese Red Cross Society representative with BRCS SG during their visit to Botswana
13. Botswana Red Cross Society at Moshupa Trade Fair
14. World Aid Day Commemoration in Magothwane
15. From Left to Right, BRCS President Mr. Itumeleng Otto Odirile, IFRC President Mr. Francesco Rocca & BRCS Secretary General Mr. Kutlwano Mukokomani attending the AGA in Geneva
16. Breast Cancer Awareness Month, BRCS part of Management attending the event
17. BRCS NYEC Members in Egypt for COP27.
18. breast Cancer awareness commemoration Master of Ceremonies, Mr Gaone Tsokwane deliberating on the day.
19. BRCS Polio Mop Up campaign Moshupa Vaccinators and Mobilisers ready to hit the ground running Delagation at the Gweta farm launch
20. Sefhare Stimulation Centre staff celebrating Independence
21. #everywhereforeveryone, BRCS First Aiders ready to serve.
22. Ready to Serve, volunteers at the Walk for Life Campaign against NCDs
23. Minister of Entrepreneurship Hon. Gare visiting BRCS stall at Moshupa Trade Fair
24. Disaster Management Coordinator in Kenya on employee loan mission
25. Malotwane Volunteers at Deborah Memorial Hospital, during Volunteer Recognition Day



THE ROLE OF PHYSIOTHERAPY IN BREAST CANCER REHABILITATION

By Mwiimbi Muunyu

Did You Know...

- That according to WHO, by the end of 2020, Breast Cancer had surpassed lung and prostate cancer to become the world's most prevalent cancer?
- That lifestyle factors, such as lack of regular exercise amongst others, may increase your chances of developing breast cancer?
- That there are a range of issues following breast cancer treatment that can be successfully managed through physiotherapy?
- That BRCS has qualified and licensed Physiotherapists, ready to provide you with a cancer post-operative physiotherapy programme, tailor-made to fit your specific needs, effectively improving your functional ability and quality of life?

In recent years, evidence of both physiological and psychological benefits of physiotherapy as an adjunct to breast cancer treatment has been growing steadily, with the following physiotherapy interventions being critical in managing symptoms and side-effects of breast cancer treatment:

Managing shoulder pain

Through careful and detailed assessment, physiotherapists can help figure out the cause and right approach to treat several types of pain, whether it be musculoskeletal or neuropathic in origin after surgery and chemotherapy.

Improving Range of Motion

Following surgery and radiation therapy, shoulder range of motion and strength can be limited due to surgical scarring, rotator cuff strain, adhesive capsulitis and swelling. Physiotherapy employs exercise and soft tissue mobilisation techniques to loosen adhesions within the underlying tissues around the scar, helping improve mobility and overall function of the shoulder and upper limb.



CBR AND MRCs



One of the seven (7) fundamental principles of the Red Cross Movement is Humanity. The principle of humanity expresses what the Movement places beyond anything else: the need to act in order to prevent and alleviate human suffering. In pursuit of this principle, the vision of Botswana Red Cross Society (BRCS) is to be a model of excellence in serving the vulnerable.

There are a number of vulnerable groups in the society who continue to struggle to access specialized services. Persons with disabilities are one such group. They often have difficulty accessing rehabilitation services that involve Physical, Occupational, and Speech Therapies. The BRCS' auxiliary role to public authorities provides the National Society (NS) with a unique opportunity to reach out to persons with disabilities to provide them with innovative and latest technology rehabilitation services.

To this end, the NS recently bought its second Mobile Rehabilitation Clinic (MRC). Having two mobile clinics of this kind has enabled the BRCS to reach out to more persons with disabilities in

their communities. The two MRCs, are operating from the northern and southern parts of the country respectively and have already proved successful in reaching out to vulnerable populations. They deliver services directly to communities in need by flexibly adapting their services based on the changing needs of the target community. By driving directly into communities and opening their doors on the doorsteps of their target clients, the two MRCs have been shown to be able to engage and gain the trust of persons with disabilities.

In September, the National Society's Therapists were in Boteti West, giving support to the District Health Management Team (DHMT) through integrated community-based rehabilitation (CBR) activities, which included health, social and rehabilitation services for persons with disabilities.

Through CBR, the NS has built a strong network with disability stakeholders within the communities. This network ensures that persons with disabilities receive the best services and ascertains that they are socially included.





BOTSWANA RED CROSS SOCIETY LAUNCHES A COMMUNITY FARM IN GWETA

The Botswana Red Cross Society in Partnership with the Japanese Embassy in Botswana recently launched the Gweta Community Farm project in Gweta Village.

Speaking at the launch, the Botswana Red Cross Society Secretary General, Mr. Kutlwano Mukokomani indicated that The Botswana Red Cross Society, has, in the past 3 years, successfully strengthened and re-established its relevance in community humanitarian services and reached out to more than 1.5 million beneficiaries across the country with different interventions.

Mr. Mukokomani further reiterated that this opportunity has afforded the Botswana Red Cross Society an expanded scope and visibility, bringing increased partnerships with key players in the humanitarian and donor space.

Through this pilot project, the National Society aims to offer an environment for socio-economic upliftment of the Gweta Community. The goal of BRCS is to facilitate building safe and resilient

communities which are progressively moving from vulnerability to sustainability. Botswana Red Cross Society plans to attract more partners to invest in community building resilience by supporting interventions like this Community-based Farm project.

"As a legacy, the BRCS Community Farm project in Gweta is now active and produces between 1 and 1.5 tons per month of horticulture produce like tomatoes, cabbage, green peppers, lettuce, watermelons, spring onion and butternut. This is seen as aligned to the government agenda to promote local production of vegetables and reduce the importation bill," said Mukokomani.

Director for Food Production in the Ministry of Agriculture, Mr. Diirilwe Matoto said that this initiative came at the right time as the Government of Botswana has taken a decision to close the importation gap for Agricultural commodities by restricting importation of horticultural crops. He further said, "this creates an opportunity for local horticultural producers like Gweta community horticultural farm as the sub sector contributes only 40% of the national

demand and 60% is met by importation."

The development of a community farm came about as a component of the Food Security and Livelihood Programme, under Disaster Risk Management. This project received financial support from the Japanese Government. "The Japanese Embassy in Botswana has contributed 36 million Japanese Yen (approximately P3.6 million) in response to the food and nutrition insecurity caused by COVID-19, and to the re-establishment of subsistence farming activities in the area," said Miss Sayuri Himero, the Japanese Embassy representative. The BRCS Gweta Community Farm project is a nine (9) hectare farm where beneficiaries from the community have been picked to work together as part of a team to produce vegetables to sell, improve food security and earn a living. The beneficiaries who are part of the project have access to infrastructures that include a fully equipped borehole, irrigation system, farming inputs and are provided with technical support by a Horticulture Specialist.

A WORD FROM MPHO VICTOR KEENAO - THE BRCS FOOD SECURITY OFFICER

It has been more than thirteen (13) months since the establishment of the Gweta farm, and it has gone through the first phase of production which was about researching which crops perform best in the region as the soil is different from that in other parts of Botswana. It was found that the soil in the region is sandy loam soil, which needs a lot of organic fertilizers to correct the soil structure and texture or to give the soil a tact structure which is suitable for plant growth and absorption of fertilisers.

It is very important to understand that the plants have three stages of growth, each with its own requirements. The first stage is root and stem development. Roots play a very important role in the life of a plant as they are responsible for uptake

of nutrients and water. Therefore, for the first 30 days, one should focus on providing an environment for good development of roots. Through good cultivation and applying nitrogen-based fertilisers.

The second phase is from day 31 to 60, in which the plant is focused on vegetation and flowering. For plants to photosynthesise, they need good vegetation to absorb sunlight and convert it into energy for the plants to make food. During this stage knowledge, skills and advanced techniques regarding pesticides as plants are now prone to attacks by pests. We also consider fertigation and fungicides.

The last stage is fruiting. Here, farmers need to protect their fruit as it is their product. They need to

guard against any attacks and boost the fruits if the required size is not reached yet. They may need to apply potassium-based fertilisers to strengthen the cell and shelf life of the fruits. It should be noted that for good production of vegetables, you need a Horticultural Specialist to lead or run the production. Most decisions are by what is happening in the field daily as scouting is done every day. Even if you have a winning cropping plan, the chances are that most of the activities are going to change based on prevailing circumstances.

All these techniques have been introduced to the beneficiaries or local farmers and have been applied under the guidance of the FSO. The farm has so far sold over 7 tons worth of vegetables to individuals, local shops, supermarkets like Choppies in Maun and Nata Choppies and we have moved to second phase of our cropping plan and are still producing.

This initiative by Botswana Red Cross Society will help to address national food challenges as the importation of vegetables has been imposed. The Gweta community farm is an intervention that is geared towards promoting sustainable food security and is taking steps in the right direction.



FOOTSTEPS TRACKING ACTIVITY



Tlamelong Rehabilitation staff conducted a monitoring visit at homesteads of students who have graduated from our facility to track outcomes from the Rehabilitation institution program through which young people with disabilities were trained, graduated and released into the community.

Most of the graduates are actively involved in small-scale income-generating activities. It has been discovered that most of the graduates with an active support system from their family, community, and other stakeholders demonstrate better social and economic outputs. This highlights the need to sensitize families and stakeholders on the importance of their support in ensuring the desired social and economic inclusion. Amongst those who were visited was Mr Tobbin Batshabeng, a young man from Letlhakane who graduated with Horticulture, Trade C Practical Certificate from Tlamelong Rehabilitation Centre in 2021. This is a

two (2) year vocational program offered to young people with disabilities at Tlamelong is certified through Madirelo Training and Testing Centre.

The Social and Community Development departments played a key role in supporting

Mr Batshabeng throughout his training period. Tobbin stood above the rest and was named overall best performing student amongst his peers and awarded with a poultry project comprising 30 layers, 100 bird capacity cage, chicken feed, egg collecting trays, vaccines and egg cartons (for packaging eggs).

Mr. Batshabeng is now fully operating the project in Letlhakane. The BRCS team paid him a courtesy visit and have noted that the general upkeep of the birds and poultry house was satisfactory. The project records were also in good condition. He noted that the demand for his produce supersedes what he can supply. The project has enabled him to support his family and



cater for their needs. Tobbin is one of the many proving that disability is not inability, he has proven that he is capable. Tlamelong Rehabilitation Centre continues to advance economic inclusion of people living with disabilities.



BRCS STIMULATION CENTRES EMBARK ON FIELD TRIPS

Field trips offer an immense and enriching educational experience to children outside the classroom. They learn important skills such as safety, social interactions, and flexibility. The benefits children reap from nature are well documented, which is part of the reason school field trips often involve excursions. Children with disabilities, however, sometimes get left behind.

Children living with disabilities make up a higher percent of the children in residential care around the world, and they can face additional vulnerabilities. During the transition, personalized care plans need to include further considerations that support children with learning challenges or physical disabilities. In situations where discrimination may be an issue, identify people of influence within the community, including faith-based leaders, and school and government officials, in addition to caregivers, who can respond appropriately within the community. To make sure that the above is covered, Tshimologo, Sefharand Tlamelong Stimulation Centres recently took their students on a field trip in Gaborone, Sefhare and Francistown.

These field trips have been an important tool for getting children with special needs exposed and raise awareness on different aspects, outside the classroom. The students get to understand the communities they live in. They visit different places, not limited to, Fire Department, High court of Botswana, game park, rivers and airport.

The students had an opportunity to visit the famous Obed Itani Chilume and National stadiums and they finished off the end of their day by having lunch at the Lions park resort, Kwa Nokeng Lodge and Pomegranite Golf Resort and Spa. This also gave them an opportunity to view game animals.

Not only are field trips a fun activity, but they are also important because students are able to learn, and grow knowledge. The Educational field trip also play a vital role in the school curriculum. Students who struggle with the traditional learning set-up can understand certain concepts better. Students get to learn through an authentic experience and interesting way to explore new things. This is a perfect combination of sight-seeing and learning. They also offer social opportunities as this enables the



students to sharpen their social skills as part of their learning. These centers aim to make the curriculum engaging and give our students an exhilarating education experiences.

VOLUNTEER CORNER

GORATA TSHEPISO SEGO

A PASSION DRIVEN VOLUNTEER



Gorata Tshepiso Sego, is a 24 year old young lady hailing from Mabesekwa village, a remote area located 67 km from Tonota village. "Gee", as affectionately referred to by her fellow volunteers, was born in a family of 6, being the first born. She is a proud mother to a 3-year-old daughter.

Gorata has been involved in motivating her peers from a young age. "I'm very passionate about volunteering and being able to make a difference in my community and hopefully the nation. I started volunteering at primary school when I was in standard 7," said Gorata. "Miss Gee", as her friends call her, says she has volunteered in different organisations besides Botswana Red Cross Society.

"I have been volunteering with Botswana Red Cross Society since 2020 and I was among the team recruiting new members as our branch was re-opened after 5 years of being dormant." Apart from being keen on the membership drive, Gorata serves as a Treasurer for the Mabesekwa Branch.

According to Gorata, she became an active member of the Botswana Red Cross



Society during a heavy rainfall season which destroyed homesteads. "My role was to assess and refer clients to relevant authorities for help. I also took part in firefighting and did contact tracing and community mobilization during COVID-19 pandemic," she said.

"As a Botswana Red Cross Society volunteer, I have learnt to work with people from different backgrounds, both nationals and from other countries. I have also acquired problem solving skills because we meet different situations in the field and make decisions," Gorata noted.

"One of the memorable activities that I enjoyed was when I managed to identify kids who have been hidden at a certain cattle post by their mother, a migrant from another country, and a local man. The children were of school-going age but were not in school. I found help for them and they are now in school. I am so passionate about Volunteering as I enjoy helping and working with the less privileged and marginalized people," she said with a smile.

When asked to give her fellow young people general advice, Gorata said "volunteering is all about giving back to the community and it teaches self-discipline and builds one's self esteem. Many youths in Botswana should be encouraged to volunteer their time to help the most vulnerable in their communities and I promise they will derive so much satisfaction in seeing the difference they may make in another person's life."

Besides being a volunteer with BRCS, Miss Gee holds a BGCSE certificate, Certificate in Fashion & Design and Certificate in Professional Modelling. In 2017-2018, she was crowned Miss Bobonong, and in 2022 she scooped the 1st Princess of Miss RADP Tonota and she proceeded to Central District Council district level competition, where she was selected in the Top 5 out of 18 young ladies and in her own words "that increased my level of confidence."

BOTSWANA RED CROSS SOCIETY PARTNERSHIPS AND COLLABORATIONS IN 2022

- Ministry of State President
- Ministry of Health
- Ministry of Local Government and Rural Development
- National Disaster Management Office
- International Federation of Red Cross and Red Crescent Societies (IFRC)
- International Committee of the Red Cross
- United Nations Children's Fund (UNICEF)
- International Organisation for Migration (IOM)
- Mastercard Foundation
- Turkish Embassy
- Africa CDC
- The Netherlands Red Cross
- Japanese Embassy
- Laurelon Diamonds
- Palms for Life
- South Korean Embassy

Give Back Make a difference today !!!

*Pledge your financial or in-kind support
to help the most vulnerable.*

BANKING DETAILS

Botswana Red Cross Society
absa bank
Mall Branch, Gaborone
ACC NO: 2737602

Botswana Red Cross Society
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