

BRCS ONLINE NEWSLETTER

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BOTSWANA RED CROSS SOCIETY HOLDS BOTSWANA CHAMBER OF MINES FIRST AID INSTRUCTORS FORUM

Botswana Red Cross Society recently hosted Jwaneng, Botswana Power Corporation (BPC), Botswana Ash (BOTASH), Morupule Coal Mine, Lucara, Minergy Coal, Orapa, Letlhakane and Damtshaa Mines (OLDM) at the 2023 Botswana Chamber of Mines (BCM) First Aid Instructors forum.

The deliberations at this forum included the review of the Training Manual formulated by BCM in conjunction with BRCS, aligning of inter-mine First Aid competition tests to COVID-19 regulations and guidelines to have competitive

teams ready and sharp to compete as well as community First Aid Training in Mine operation areas to equip them with techniques in case emergency strikes so that they can be able to provide the necessary interventions fulfilling the three basic principles of FIRST AID being to; safe life, prevent further injury and promote recovery.

During the four days engagement the organizations successfully came up with strategic mitigations and strengthened partnerships between the Botswana Red Cross Society and Mines in Botswana to create safe working environments.



TLAMELONG REHABILITATION CENTRE TAKES PART IN ABILITIES EXPO 2023



Tlamelong Rehabilitation Centre trainees recently took part at this year's Abilities Expo 2023, hosted at Limkokwing University. The Center trainees showcased some of their products including vegetable, fashion & fabric, art & craft, and Paintings.

The Expo afforded over 200 young people living with disabilities and their organizations the opportunity to sell their products and services. The purpose of this event was to recognize the skills and talents they have and to cre-

ate an inclusive society for young people living with disabilities by bringing together a diverse group of people, organizations, and companies.

Tlamelong Rehabilitation Center shares a vision of promoting the empowerment of young people living with disabilities, hence honoring the invite. The team of young people met and engaged with a wide range of stakeholders and this expo has by far provided a significant value to Tlamelong Rehabilitation Center.



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DANGERS OF WEARING HIGH HEELS

Historically, Physiotherapists have warned against wearing high heels, as they are the cause of a plethora of musculoskeletal injuries including foot, ankle and low back issues seen in Physiotherapy Departments. The following are some dangers of wearing high heels:

Lower Back Pain

High Heels are not kind to your natural foot anatomy and may cause the pelvis to push forward, leading to uneven weight distribution, with consequent pressure, soreness, and pain in the lower back.



Shortened Achilles Tendon

Secondary to long-term wearing of high heels, you might suffer a shortened Achilles tendon leading to difficulties walking barefoot or walking without heels.



Posture, Gait and Balance

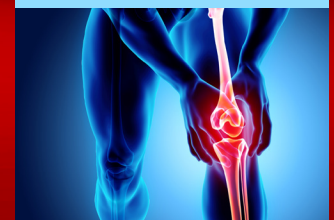
Because you carry yourself differently when you wear high heels, your centre of gravity changes, leading to altered balance, posture, and walking pattern.

ADVICE:

If you are unable to put away your favourite heels, it is important to limit the amount of time spent in them by alternating high heels with flat shoes to prevent injury.

Knee Osteoarthritis

"Wear-and-tear arthritis" is much more common in people who wear high heels as they increase the distance from the floor to the knee, causing excessive knee torque (force of rotation) and compression.



SEFHARE REHABILITATION CENTER EMBARKS ON STUDENT EXCURSION

Sefhare Stimulation Center recently embarked on a student excursion to J.Q Farm. The center management and teachers decided to take students to this place away from their usual routine environment with the main aim of imparting knowledge through hands-on experience which is one of the ways of making learning more interesting.

J.Q Farm, situated in Sefhare, houses small stock (sheep & goats), fruit trees and vegetables. Although agriculture is not one of the subjects offered at the center, it has always been important that students are taught about the environment and life skills which include farming. This is done mainly to help students develop different skills through observation and learning differently through the different excursions. It is good to expose people with disabilities to different environments so that they also learn and get involved in different activities in the community as they grow.

The center notes that excursions seem to be one of the effective academic concepts

and it makes studying fascinating and engrossing. Educational trips organized by the center serve as a miracle stress buster. Seeing, touching, and live experience of an academic concept enhances memory power. One of the main benefits of school excursions for students living with disabilities is the interactive sessions during these trips. Such field trips allow students to freely interact with friends, teachers, and others, helping them fit well in society.

The time has now come to include educational tours like this J.Q visit and excursions in the curricu-



lum. This practical exposure encourages students to perform better and score higher grades. It provides an all-round development of students, which is the main aim of today's education. Including educational excursions in the curriculum will guarantee a holistic approach for students.

HR TIPS



The winter season is upon us, we are starting to experience a drop in temperatures. We encourage you to dress warmly, eat warm food and beverages and to take the flu vaccine shot so that we keep the winter chills at bay. The use of masks and sanitizers is also imperative throughout the season to avoid contamination and the spreading of viral diseases.

The HR Department encourages you to take time off work as this is essential for your mental and physical wellbeing. Employees should take annual leave to rest from the demands of work, which is tremendously important as it improves employee productivity, reduces the likelihood of sick leave and boosts mental health. **(Do not forget to get the BRCS flask for P70)**



GWETA FARM IMPARTS KNOWLEDGE TO GASEBALWE PRIMARY SCHOOL PUPILS

The Botswana Red Cross Society Community farm located at Gweta Village hosted standard 6 and 7 pupils from Gasebalwe Primary School to teach them about pest and diseases control management in a horticulture project. The activity is in line with the National Society's giving back

to the community of Gweta.

Students with the guidance of the Food Security Officer, Mr. Mpho Keenao, had the opportunity to scout the field to identify pests such as birds, locusts, aphids, grasshoppers, and fungal disease that affect the production of vegetables. These pests greatly affect the expected yields and thus playing a detrimental role in

the country's food security which the Gweta Farm Aim to address. The pupils were also taught about control measures that one can adopt to curb further damage caused by these pests.

The Gasebalwe Primary School pupils were encouraged to implement these learnings in their Agriculture studies and backyard gardening projects.

