



SUMMARY

1. *Editorial*
2. *Lillian Foundation activities*
3. *Training of CWAC*
4. *Workshop on case management*
5. *Physiotherapy Department*
6. *Orthopaedic*
7. *Holy Family Fine & Fine*
8. *Garden and Poultry, it is possible*
9. *Gifts from WV*
10. *Album*

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Editorial

We cannot live in harmony with ourselves and with others if there is a lack of Confidence. This confidence is the firm security of our person and all of our initiatives. We have security in a person because we know that in his words there is no double meaning or search; never makes a light judgment on the attitudes of others; he works intensely, trying to finish the entrusted task taking care of even the smallest detail; It will arrive punctually if it has been agreed or it will keep the secret that we have entrusted to it.

It is easy to lose trust in someone who does not act with justice, a merchant, professional or service provider who abuses our lack of knowledge or goodwill, and asks in return for an amount of money that does not correspond to what was agreed.

A lie has no place in any kind of relationship, because it confuses the truth, destroys feelings, causing a rupture that rarely, if ever, can be resolved.

We can confuse "self-confidence" by turning it into a presumption, as a way of making ourselves noticed by an attitude.

Another misunderstood form of Trust, is the excessive familiarity in the dealings, provoking the mockery of those around us, the same relatives and co-workers are the victims of our siege, possibly not reacting violently to our behaviour due to lack of resources, but for having more education. Now, we are all capable of generating trust in others:

- Every time we teach others to work, accepting their failures and helping them to improve, in this way they will be able to gain confidence in what they are doing.
- To make decisions, take into account those who share the same responsibilities, thus, with another vision of the situation, better results are obtained.
- Know how to listen to the opinion of others, regardless of our better preparation or the position of higher level we occupy.
- Help the children to decide, trying to provide them with the elements that help them to take the most convenient option.
- Trying to comply on time with the orders we have, at work, at home and with friends.
- Present our work clean, orderly and punctually.
- Always speak with the truth.
- Collect the right amount of money for what we sold or the service we provide.
- Avoid making mockery or slander of other people.

We are worthy of Confidence for responsibly fulfilling our obligations, we

help others with our advice or our work, if we know how to fulfil the promises we make, we avoid criticizing others, we generate a pleasant atmosphere in the meetings to which we are invited, we understand the mistakes of others and help correct.

Perhaps the best indicators of trust, are the number of friends we have, the number of people who come to our business and the responsibilities assigned to us at work; when this happens, we can say that we are trustworthy.

Bro. Léon Robert MBENGUE, oh

LILLIAN FOUNDATION ACTIVITIES

Holy Family Centre has been in partnership with Lillian Foundation (LF) through Cheshire Homes as the leading Partner Organization. With the support of LF, this year the centre has managed to provide

- Educational support
- Medical support and
- Economic support

for 30 children with various disabilities.



Some of these children have been on LF support for the past 4 years now and it has helped to see them through school with the provision of Groceries and payment of School fees, equipment and social support to not only them but their families too.



This year the staff of Holy family made home visits to understand better the social economic status of the families the children come from and reached as far as Dundumwezi where there is a family which has 3 children with disabilities and being raised by a dedicated father who also has a disability. The support from LF has helped 2 of these children in paying for their school fees, one at St. Mulumba School in Choma and the other at Choongo School in Monze.

Sharon HANDONGWE

TRAINING OF COMMUNITY WELFARE ASSISTANT COMMITTEE (CWAC) IN KAZUGULA (LIVINGSTONE)

Community Based Inclusive Development (CBID) is an initiative that gathers all efforts in the provision of services for the Persons with Disabilities (PWDS).



To this effect, Holy Family Centre in partnership with CBR Zambia Support offices works towards the provision of services for

persons with disabilities not only directly to the beneficiaries but also through the empowerment of stakeholders and other partners.

On the 25th to 30th of March, 2019 a representative from the institution together with other stakeholders from Livingstone helped to train CWAC members in Kazungula district on CBR/CBID.



The purpose was to empower the community volunteers with basic knowledge on CBR/CBID interventions.

Sharon HANDONGWE

ORIENTATION WORKSHOP ON CASE MANAGEMENT TOOLS

Holy Family Centre was privileged to participate in a workshop on Case management Tools for Catholic Affiliated Residential Child Care Facilities at Kapingila House in Lusaka from 20th to 23rd May, 2019. The workshop was organized by the Zambia Association of Sisterhoods (ZAS)/Catholic Care for Children in Zambia (CCCZ). The Facilitators were from the Ministry of Community Development and Social Services (MCDSS).



The purpose of the training was to orient all Child care facilities on the forms that the government has so that the facilities have the same way of recording information.

As an institution, we are among the few that get to keep children for a period of time and often the need to unite these children with family is realized, the training helped us better understand the process of reintegration in the case of abandoned children and also it gave us an opportunity to share our own best practices in Case management and learn from others as well.

Sharon HANDONGWE

PHYSIOTHERAPY DEPARTMENT

“Favourable working relations in and outside physiotherapy department at HFC”.

Serving at Holy Family Rehabilitation Centre for over 5yrs proved to be a God given blessing indeed since the time Provincial Medical Office under Ministry Of Health redirected me from Livingstone Central Hospital in 2013. From the time I joined Holy Family Centre all staff members I found were very hospitable.

In physiotherapy department I learnt many new things from colleagues that I found. My professional experience and good interpersonal relations grew because of

Regular meetings, Trainings, Workshops and Community outreach that we used to have with various departments, thanks to Theresa Ghalaliny and Dr Ngulula a Medical Doctor from Monze Mission Hospital who used to supervise our department.

Working environment with other departments such as administration, nursing, social, household and transport has been always good enabling our patients and caregivers to get the best rehabilitation that we can offer.



Holy family centre is one of the few rehabilitation centres in Zambia that has benefitted

uncountable

citizens who have had orthopaedic, musculoskeletal and neurologic conditions and it is still relevant. However, as a department and the centre as whole, we have had challenges that has made the centre not to function the way it used to, especially beginning January 2018 to date.

With the new Director Br Leon Robert Mbengue who has joined us and the entire management, all hopes are that God may guide them to revive Holy Family Centre so that it returns to its full operations especially the way it used to function between 2013 and 2016 or even better than that.

Kelvin MUSONDA

ORTHOPAEDIC

Orthopedic is one of the key departments at the centre which makes artificial devices also assembles

wheel chairs; raise shoes, gives crutches to clients who are an able to walk and any



other supporting devices as need may arise.

Being among the only two Orthopaedic centres in the southern part of Zambia apart from Livingstone General Hospital, the centre receives a lot of clients. These clients are not restricted to Monze or the southern part of Zambia but the whole country. The centre is renowned for making Orthotics and Prosthesis that are durable and fit the client's specifications at an affordable price.

In the past 3 months, the department has received an average of 29 clients some of which are supported by workers compensation, Lillian fund and individuals.



Due to the high cost of the materials and the number of the clients we receive, the centre sometimes is unable to meet the demand and therefore seeks donor funding to be able to buy the raw materials needs.

Lloyd CHOOMBE

HOLY FAMILY FINE & FIT

The physiotherapy department has introduced a new activity. Every Fridays we conduct aerobics for children with disabilities and all the members of staff. This is done in order to support the fight against Non communicable diseases(NCDs) such as cancer, diabetes and heart diseases.



And also to generally improve the health state of our colleagues and clients as these aerobics also help in strengthening the immune system, boost mood, tones muscles etc..



We also intend to extend this activity to the members of the community so that they can also improve their quality of life because we believe that health is wealth and that nothing tastes as good as health feels..

Mukuka

GARDEN AND POULTRY, IT IS POSSIBLE

Holy Family Centre has strengthened in recent months in vegetable and livestock activities.



Despite the difficulties to master this activity. HFC has set it up.

Gardening we see the encouraging growth of cabbages, green beans, okra, fresh

tomato, onion, cucumber...

As for breeding, HFC introduced broilers and pigs.

In addition, HFC plans to introduce others animals and increase the garden in the future.

He also hopes that these activities undertaken with seriousness and commitment can be a source of income.

Bro. Léon Robert MBENGUE, oh



All staffs were happy having received materials that will make our work easy.

Hope CHILESHE



GIFT FROM WORLD VISION

Social department is the first point of contact for all clients arriving at the centre. This department provides social support at all clients under our care.



On 17th April, 2019 we were privileged to receive different working materials from World Vision; which we delivered to all departments at the centre. Especially physiotherapy.

EDITORIAL BOARD

Editor in Chief:

Bro. Léon Robert MBENGUE, oh

Executive Editor:

Sharon HANDONGWE

Associate Editor:

Stella KABENGO

Kelvin MUSONDA

Thanks for the Confidence and the Support towards our initiatives and activities.

Venue:
CHILD DEVELOPMENT CENTRE (CDC) Next to World Vision - Fair View.

Time & Days:
Friday: 16hrs to 17hrs
Saturday: 6 : 30hrs to 07:30hrs
Sunday: 16hrs to 17hrs

Charges:
€ 20 per session
€ 150 per month



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« HEALTH IS WEALTH »

HOLY FAMILY FINE & FIT CLUB MONZE

REMEMBER TO TAKE SMALL STEPS AND ADD MORE MOVEMENTS INTO YOUR DAILY LIFE.

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HOLY FAMILY FINE & FIT CLUB

Are you concerned about your bodyweight and would you want to shade-off some kilos?

Is your blood pressure giving you problems? Would you want to generally improve your quality of life?



HOLY FAMILY FINE & FIT CLUB

A team of highly qualified exercise experts will be conducting Aerobic classes and individualized exercise plans with a professional touch.

Aerobics are a type of moderate-intensity physical activity that you can sustain for more than a few minutes with the objective of improving your fitness and your health.



BENEFITS OF AEROBICS

- Reduces the risks of chronic diseases like:
 - Heart disease
 - Cancer
 - Diabetes
 - Hypertension
- Strengthen your immune system
- Reduces symptoms of depression
- Improves performance of activities of daily living
- Regulates weight and tones muscles
- Aids sleep
- Improves mood



