

Maties reach out to community

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The Matie Community Service group of student volunteers from Stellenbosch University hosted a health promotion day at the Kalkfontein Community Hall on Saturday 26 May.

The group from the primary healthcare branch, consisting of among others medical, speech therapy, occupational therapy, physiotherapy and dietician students, were on hand to advise local residents on health issues.

According to chairperson of the Matie Community Service group, Kaylin Adams, the day was aimed at identifying the symptoms of health issues such as diabetes, hypertension and heart disease.

"Often we find that residents are presenting symptoms which actually put them close to being in a coma," says Adams.

"Our service is aimed at the prevention

and awareness of health issues as well as ensuring that residents age well."

The group worked alongside local volunteers from the community as well as the Koinonia Wellness Centre in an effort to bring the services to the community.

Dawn Roode, the co-ordinator of the local volunteers, has been involved in the project for the past 12 years.

"I've seen many students from the university volunteering here throughout the years who have now become doctors," she laughs. "This is a wonderful opportunity for the community as residents can get referrals as well as prescriptions for the necessary medication. However, the community needs to make use of this opportunity."

The group also runs monthly clinics at Kalkfontein Primary School, with the next clinic taking place on Monday 11 June from 18:00 to 22:00.

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The helpers from the Koinonia Wellness Centre were also on hand to assist at the Kalkfontein Community Hall on Saturday 26 May. From left are Mphakiseng Letjeba, Lulekwa Mbobo, Megan Jacobs, Annelice Conradie and Kayakazi Lamla. PHOTO: JAY-DEE CYSTER



The students from the Matie Community Service group hosted a health promotion day at the Kalkfontein Community Hall on Saturday 26 May.



The volunteers from the community who participated in the health promotion day at the Kalkfontein Community Hall on Saturday 26 May. From left are Carol Collins, Vincent Collins, Harriet Kemmies, Wilhelmina Oliver, Dawn Roode, Abongile Ndyana, Wilma Petersen and Natasha Abuba. PHOTO: JAY-DEE CYSTER