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**Topic Three. Goal Three:** Ensure healthy lives and promote well-being for all at all ages.

1. Choose one or more of the targets of goal three or look at health and well-being overall. What are your observations and recommendations for addressing this target in your host country, based on your experience?
2. How does the target you chose relate to goals four and five, if indeed it does?

Being healthy isn't only about your physical health, but your social, emotional and psychological health is included as well. I am currently interning as a Social Worker for Ukulapha in South Africa and I am focusing on the social and emotional health of the children at Slangspruit Primary School where our head office is located. Though my role is to counsel and support these youth emotionally, I've organically become the nurse and to many their guardian while on school grounds.

My role as a social worker allows me to see and explore many of the challenges our children here face that may not necessary be visible but indeed affects their health. We have many children who come from a child headed household and with that come challenges such as stress and malnutrition. Stress, if not dealt with accordingly affects the mental health of an individual, and if it is a child that is being affected then the cases may even be more severe than that of an adult under stress. Not having enough food also affects the health physically, emotionally and psychologically; all of these challenges are intertwined. If one faces more than one of these challenges imagine the outcome of their overall health.

I sit in my office and sometimes have scheduled appointments to see some children but many times I get an unexpected visit from a child who neither has an appointment nor want to make one. They just want to talk in the moment and have someone listen and care. A perfect example is what just took place as I am writing this report. I am sitting near the door on a stool, our door is open and there are children rushing to line up for computer class, which also takes place at the resource centre. A boy says gently, "Miss E, I have a problem, I hurt my leg". I inquired and asked how and if he was okay; he said he was okay but very much in pain. I then asked if he thought about putting ice on it when he got home, he agreed that he could try it to see if the pain subsides. I did see him limping a little as he was walking to the line, but after I spoke with him and they were headed into class he began to walk fine as if he was not in pain. Now, I'm not here claiming that I have this magical power to strip the pain one feels from their body, but I did see how the power of care and compassion works to support a child and have them forget that they're in pain and rather know that someone cares for their well being.

I've started seeing a few children who are thought to have learning disabilities and have serious challenges reading and writing in class. Having one on one sessions has been very successful because I get to actually observe and analyse their level and explore what may be causing them to be behind. I noticed in almost every child I saw that they could read, but the major challenge was that they could not read at the same level as everyone else in class. All they need is extra support. They too begin to doubt themselves because they are made to believe that they are not capable since they cannot keep up with rest of their classmates. Coming from the west our children who have challenges like these are taken out of class and given extra support; I myself had the privilege of getting extra support and was taken out of the classroom by a special education support worker who helped me with my English and math. When I went to high school I took academic English and was able to keep up and that is due to the support I received.

Some recommendations include having Special Education Support Workers at every township school, as there are many children who can benefit from their support. I would also encourage township schools to have a full time social worker that can cater to the needs of the youth as needed. Right now I am an intern social worker from Canada; the school, community and children cannot depend on us as temporary support, they need consistent and sustainable services. Ukulapha has done an amazing job to bring these opportunities to life and hope to eventually hire a South African social worker that can work and support our students.