

Zandile

FACILITATOR'S GUIDE



Steps for the future



Acknowledgements

Written by Marianne Gysae and Elaine Maane

Layout by Carine Nguz

Supported by WFD

© STEPS

Zandile

FACILITATOR'S GUIDE

Using film as a tool

Learning Cycle

A facilitated film screening is based on the action learning cycle.

A film is screened and followed by a discussion.

This process allows audiences to watch, reflect on, engage with and learn from the film, the issues it raises and the discussion.

- **Watching the Film**

The film screening becomes a collective social experience, while audiences watch the film together.

- **Reflection on the film**

After the film screening, audiences reflect on the film and share their feelings and reactions.

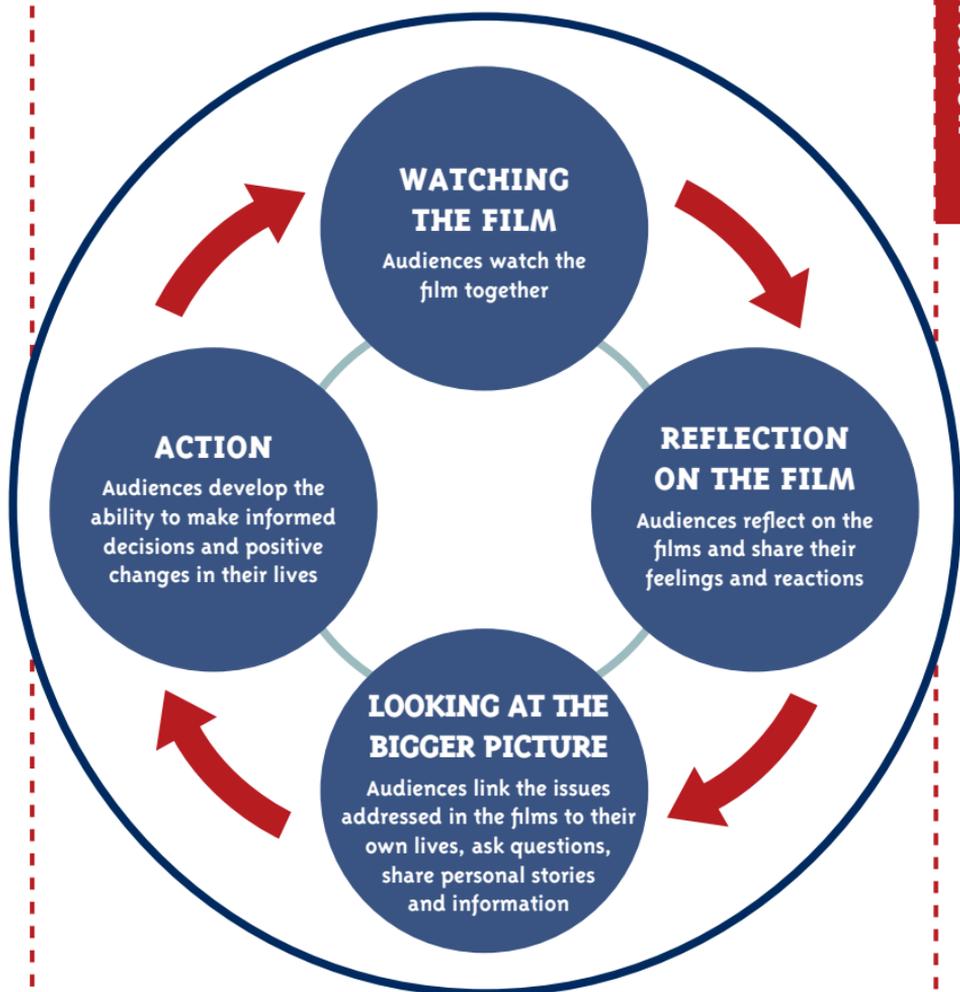
- **Looking at the bigger picture**

During the discussions, audiences unpack the issues raised in the film and link them to their own environment.

- **Action**

This process allows audiences to draw lessons learned and make informed decisions.

Learning Cycle



The role of the facilitator

The role of the facilitator is to guide the learning process without dominating it.

The facilitator's primary function is to guide the discussion. He/she needs to create an environment where the participants feel confident and able to voice their opinions and/or ask for more information.

The facilitator needs to build on the knowledge and experience of the audience and respect and acknowledge audience contributions.

He/she should provide information where required to address misconceptions and encourage audiences to come up with their own conclusions.

Qualities of a good facilitator

- **Attitudes:** Non-judgemental, respectful, gender-sensitive, honest
- **Knowledge:** Issues raised in the film, subject matter, referral structures
- **Skills:** Facilitation and communication techniques, dealing with conflicts and emotions

Who is the audience?

Before a screening facilitators should gather information about their expected audience:

- *Who are the viewers: what is their education level, primary language, age, interests and concerns?*
- *What kind of experience might they have had with the issues raised in the film?*
- *How might these issues affect their lives, directly or indirectly?*

At the screening

Introduction

Facilitators should introduce themselves and the film, giving the title, the length, when and by whom it was made; and a brief outline of the story.

Screening the film

The audience needs to be comfortable, able to see the screen and hear the sound clearly. The film should run right to the final credits. This allows the audience time to wind down and reflect before re-engaging with the group.

Methods of reflection

For an effective discussion to take place, the facilitator needs to consider the size of the group and chose methods that are suitable for the specific audience.

- **Plenary discussion:** A plenary discussion allows members of the audience to share and listen to others. However, in a big group, this means that only a few people will get to speak.
- **Buzz groups or pairs:** Viewers share their reactions with their neighbours in "buzz groups". This gives everyone a chance to express his or her reaction and feelings.
- **Small groups:** The group may be large enough to divide into several smaller groups. This allows more people to participate in the discussion. Each group should choose someone to report back to the plenary.

Zandile



Directed by: Miki Redelinghuys & Guy Hubbard

Length: 18 minutes 38 seconds, South Africa

Target Audience

Youth and adults,
support groups,
health centres

Key Issues

TB, HIV, Treatment Adherence,
Positive Living, Poverty, Support



Film Outline

Zandile raises two children in an informal settlement on the outskirts of Cape Town. At 20 she tested HIV positive and a few years later she was diagnosed with pulmonary TB.

We accompany Zandile on her personal journey while dealing with TB. She encourages others to get tested as anybody can get infected with TB.

Zandile is determined to survive, be a good mother and see her children through their graduation - the education she herself had always hoped for.



Questions For Discussion

- *How does this film make you feel?*
- *Can you relate to Zandile's story? Explain*
- *What kind of TB was Zandile diagnosed with?*
- *What other forms of TB do you know of?*
- *How is TB transmitted and how can it be prevented?*
- *Zandile had her children tested for TB? Who else in her household should have gone for testing?*
- *What are the dangers of defaulting TB treatment?*
- *If you test positive for HIV it is recommended to be checked for TB as well. What are the reasons for doing so?*
- *What makes Zandile strong?*
- *Would you regard Zandile as a good role model? Why/ why not?*
- *What have you learned from this film and discussion?*
- *How are you going to use this knowledge?*



TB Information

What is TB?

TB is caused by a bacterium (germ). TB in the lungs –pulmonary TB- is the most common form of TB. TB germs are spread from person to person through the air, when coughing, sneezing or spitting. A person needs to inhale only a few of these germs to become infected. TB can occur anywhere in the body. When TB has spread outside of the lungs to other parts of the body, it is called 'disseminated TB' or 'extra-pulmonary' TB.

Signs and symptoms of TB

Symptoms of TB in the lungs include: Prolonged cough, night sweats, weight loss and tiredness. TB outside the lungs is harder to diagnose.

TB Testing

TB can hide in the body for a long time without showing itself. When the immune system is weak the TB infection might become active. The most reliable test for TB used is a sputum test. A chest X-ray may also be necessary.

Treating TB

Persons diagnosed with TB can be treated and cured with medication taken for six to eight months. Treatment for TB outside of the lungs takes longer. If a person doesn't take the medication every day, TB can become resistant to the medicines. This is called MDR TB- Multi Drug Resistant TB. A person must finish all the medication until the doctor says he/she is cured.

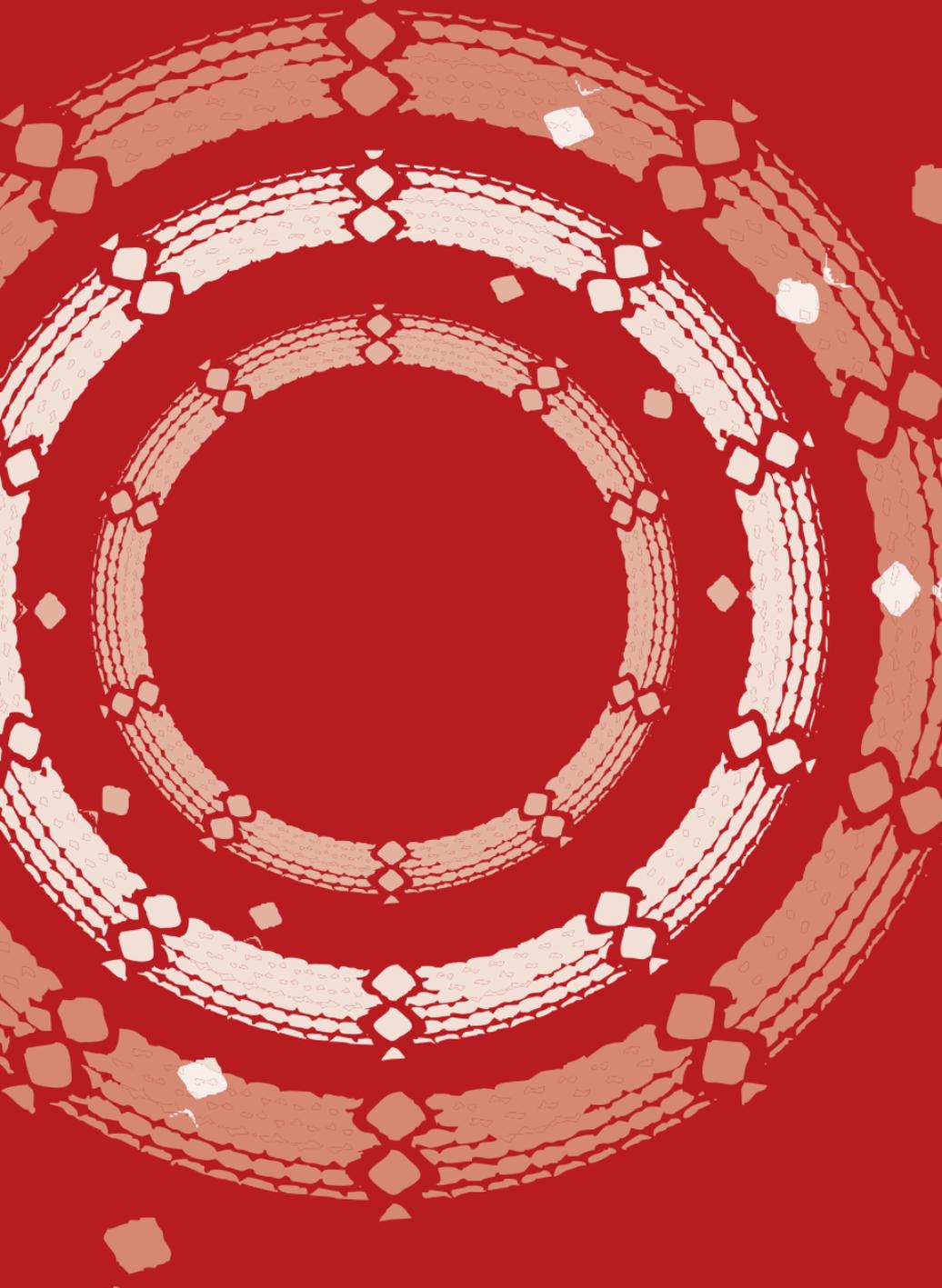
TB and HIV

A person living with HIV should be checked for TB, as it occurs more often in people, whose immune systems are weak. Starting on ARVs will strengthen the immune system and make it less likely to get TB. A doctor will advise when to start treatment, as it is hard for the body to handle TB medicine and ARVs together.

The information was extracted from fact sheets produced by Treatment Action Campaign and Community Media Trust, South Africa

For more information visit:

www.tac.org
www.beatit.co.za
www.soros.org/initiatives/health
www.stoptb.org



www.steps.co.za

7 Glynnville Terrace, Gardens 8001, Cape Town, South Africa

Tel: +27 21 4655805 / Fax: +27 21 4655806

Email: info@steps.co.za



Steps for the future

www.steps.co.za