



Celebrating 21 years of *Stepping Stones*

1995-2016

## My experience of the *Stepping Stones with Children* training



Angelina Namiba, Salamander Trust Associate

I was delighted when Alice asked me to attend the Training of Facilitators session in Dar Es Salaam. This was because of 3 main reasons.

- My experience of working with communities for people living with HIV has largely been with communities in the UK.
- I was therefore looking forward to training with my counterparts from Kenya, where I am from, Uganda and Tanzania.
- I was also secretly excited because the training was going to be held in Dar where we lived for a few years when I was a young girl.



In terms of the training itself, I found it to be very intense.

- In the nearly two weeks that we were there, we only had one day off! Needless to say, I was the first one at the beach that day.
- We spent all day co-facilitating workshops and most of the evening preparing for the workshop we were going to deliver the following day.
- I liked the method where we were paired up with co-facilitators and in teams of 10 where we worked together for the duration.
- Although very intense, I had the opportunity to facilitate workshops for the different groups - the 5-8s, 9-14s and caregivers.

The training:

- Helped me to learn and grow both professionally and personally and I was able to use some of the sessions with my daughter, though I won't embarrass her by mentioning which sessions!
- Enhanced my skills around working as a team and with diverse groups of trainers.



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- Made me appreciate the varied skills and to tap into them from my own personal development. In particular how to communicate with and facilitate sessions with the younger age groups. Which I
- Gave me an opportunity to work with and share experiences with the other participants.

Learning in-country enabled me to understand and fully appreciate the conditions under which the *Stepping Stones* programmes are delivered.

Finally, the training also gave me an opportunity to speak Swahili everyday. Which I really enjoyed especially as here in London whenever I hear someone speak Swahili on the bus or train I will go over and talk to them! I was also able to go to Swahili mass everyday and we also ate lovely fresh food. All this in lovely peaceful surroundings!

The training was an experience I will treasure for a long time to come as it was altogether great for my mind my body and my soul.

I look forward to being involved as a facilitator and trainer of trainers across communities in East Africa should we get funding to continue this invaluable work.

Angelina

### **Postscript**

At the *Stepping Stones with Children* Launch I had completely forgotten to mention the issue of telling my child I have HIV, and this is because it happened so long ago now I no longer think about it. But the fact that the whole manual is about caregivers and children is very closely related to my own experiences.

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