



Happy, healthy moms

Description

We celebrated National Pregnancy Awareness Week (3-7 February) with a heart-warming community event at Eluthandweni Maternity Health Services, bringing together expectant parents for meaningful support.

The event brought together pregnant women, male partners, healthcare workers, and community members, all united in strengthening maternal health and encouraging supportive, family-centred care.

Now in its seventh year, our longstanding maternal health programme reflects our sustained commitment to safe motherhood, reducing preventable complications, and improving health literacy amongst expectant mothers and their partners in the Kathorus region.



Programme highlights

The programme highlighted several key maternal health priorities, including:

- The importance of early antenatal care (ANC) booking
- Recognising pregnancy danger signs
- Encouraging couples HIV counselling and testing
- Promoting healthy lifestyle habits during pregnancy

- Strengthening male partner involvement in pregnancy and childbirth

Healthcare professionals led engaging education sessions, supported by information packs that reinforced the health messages shared on the day. In addition to the educational sessions, attendees received access to a range of on-site health services, including:

- Blood pressure screening
- HIV testing and counselling
- Haemoglobin and blood glucose checks
- Weight monitoring
- Referrals for high-risk pregnancies

This combination of education and preventative screening helped participants better understand their health status and the importance of continuous antenatal monitoring.

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A standout feature of the day was the strong turnout from male partners, often underrepresented in routine clinic visits. Through couples-focused discussions, Q&A sessions, and open dialogues on emotional and practical support, partners were encouraged to play an active role throughout the pregnancy journey. Many couples also took advantage of the opportunity for joint HIV testing, reinforcing the importance of shared responsibility in protecting maternal and newborn health.

The participants expressed high levels of satisfaction, with many requesting similar events be held regularly. Key achievements for the day included:

- Improved awareness around early antenatal care

- Increased understanding of pregnancy danger signs
- Higher uptake of HIV testing among couples
- Stronger community engagement in maternal and child health



The event also helped strengthen the relationship between the clinic and the community, fostering a supportive environment that promotes healthier families.

The Pregnancy Awareness and Partner-Friendly Day stands as a powerful reminder of what collaborative, community-driven healthcare can achieve. AfroCentric Health's sponsorship played a pivotal role in empowering families with essential knowledge and access to screening services, ultimately contributing to safer pregnancies and healthier outcomes while reinforcing a clear message: when families, partners, and healthcare providers work together, communities thrive.



Category

1. Our Wellness