

## OUR VISION

Health Promotion South Africa Trust seeks to enable and support a society that is actively pursuing health and well-being

## OUR MISSION

Health Promotion South Africa Trust educates and promotes health and well-being at the individual and community level





## HEALTH PROMOTION SOUTH AFRICA TRUST (HPSA) EARNS UNITED STATES PRESIDENTIAL ENDORSEMENT

The mission of Health Promotion South Africa Trust (HPSA or Health Promoters), a registered non-profit organization, is to educate and promote health and well-being at the individual and community level in South Africa. HPSA currently operates in vulnerable communities near to Cape Town, where adults, adolescents and children are taught essential information and practical skills on how to prevent disease and live a healthy lifestyle. We teach in community centres, in schools, in crèches, in churches and in commercial centres. This emphasis on prevention rather than cure has won the backing of many friends of the Health Promoters in America, Europe and even Australia.

In 2016, HPSA's Board members, management, staff and founders, Dr. Jelle Braaksma and Dr. Harold Robles, were honored to accept the congratulations and stamp of approval of President Barack Obama, who stated:

***"As you reflect on your achievements, I hope you take pride in the difference you have made in the lives of others. Congratulations on all you have accomplished. I wish you the very best in the years ahead as you continue working to forge an ever brighter tomorrow." 21 October 2016***



Encouraged by the successes and steady growth of HPSA, reaching in recent years from 15,000 to more than 20,000 every year, the organization has taken on new leadership and struck out on an ambitious new strategic path. Under the professional guidance of HPSA Board Chairperson Mrs. Khutsafalo Malmsey Rangaka, HPSA has expanded the focus of preventive health education and have aimed at a greater range of target groups, from children under 5 years of age to adolescents, adults and even the aged.

In addition, the HPSA health education approach is being developed into a franchising model for use in other South African provinces and eventually in other African, Asian and South American countries. This is in line with what President Obama has referred to as the Health Promoters' 'unending work of building an ever brighter tomorrow'. The impact HPSA has made so far has only been possible with the support of inspiring leaders, such as Archbishop Desmond Tutu, as well as the financial contributions of our generous sponsors.



As we move forward along the path toward a brighter tomorrow and a better future, we see our method of 'prevention through education' as an essential element for meeting the global Sustainable Development Goals (WHO) and 'leaving no one behind'. The Agenda 2030 (WHO) aims acknowledge that development out of poverty requires good health, and good health requires knowledge and practical skills on how to prevent disease and live a healthy lifestyle. Health Promoters stands ready, with the backing of the White House, to make its vital contribution to improving the health of many vulnerable people.

To continue the expansion of our indispensable services, we rely on the Friends of the Health Promoters from around the world. Please join us today!

**Dr. Jeff Balch**  
HPSA International Development Director, and Professor at Stellenbosch University Africa Centre for HIV/AIDS Management Africa Centre for Social Change



**Noluthando Ramncwana:** "I like to be here because I learn more, how to deal with hypertensive people, with diabetic people, and how to manage your diabetes and high blood pressure. Then I also learn easily about breast cancer, cervical cancer and how to keep your blood healthy. This is why I keep coming to these classes."



## FOREWORD FROM OUR BOARD'S CHAIRPERSON

Mrs Khutsafalo Malmsey Rangaka



As I began to write this preface, I realized just how quickly my first year as HPSA Chair went. It has been an eventful year with many rewarding moments, as well as some challenges particularly pertaining to inadequate funding. Although it has been a year of transition with all the challenges that go with change, it has also been a very rewarding year in which the Board of Trustees, the Executive Managers as well as the Founders worked tirelessly to put solid fundamentals in place.

We have worked together on a five - year Strategic Plan and have managed to put in place governance systems, policies and standard operating procedures as well as the HPSA Code of Conduct. We have strengthened the Board by electing a Treasurer to oversee the finances and enable annual auditing, which is currently underway, and a Secretariat to facilitate administrative duties of our organisation. We have also generated roles and responsibilities to ensure proper guidance, monitoring and evaluation of our functions.



I feel honoured to be the Chairperson of the Board of this small but unique and dynamic NPO and look forward to collaborating in the future with my colleagues on the Board, the Founders, the Management and the Senior Health Promoters.

While I'm pleased with how much we have achieved about meeting our goals for bringing health education to vulnerable people living in communities near to Cape Town, I will not rest until we deliver the HPSA vision of better health to all of South Africa, and many other countries.



**Nomvuyo Ngotyia:** "We are happy to learn from the Health Promoters because we want to help the people in the community. We are happy because I know everything now about TB, HIV and cervical cancer. We also learn how to prevent hypertension and how to prevent disease with exercise and eating healthy."



## REPORT FROM OUR CHIEF EXECUTIVE OFFICER (CEO)

Mr George Arrey



For the past 15 years Health Promoters have been engaging in the empowerment of people in the vulnerable communities of Cape Town through the medium of health education. Seeing that there is a powerful nexus between ill-health and poverty, we felt obliged to play a role in breaking that link by bringing vital basic health and hygiene information to people in need.

However, despite our successes in the past years, we have had some bumpy rides recently. As an organisation surviving on donations, we have not been spared the hardships that accompanied the recent global recession meltdown. Last year in

particular was a remarkable year because we faced many difficulties in terms of funding that only the hope that we are doing God's work kept us going. We were forced to drastically restructure our budget, which included halving staff wages and other economies, just to stay afloat.

Notwithstanding, with the help of individuals and entities who believe in us and know our work is critical to the health of South Africans, we were able to bounce back beyond our wildest imagination, and we ended the year with sufficient funds to operate for a while. So now we look forward to continuing the good work in 2017, that is, continuing and expanding current programmes as well as launching some of the programmes that were put on hold due to lack of funds.

**Overview of Operations:** Currently, we operate in four vulnerable communities in the Cape Town area. We have **Health Information Centres (HICs)** in Kayamandi, Khayelitsha, Langa and Mfuleni, where daily health education workshops are conducted. Most of these HICs operate out of premises that are provided by our partners, either free or at a low cost. This helps us to reduce our operating costs considerably, apart from helping us to engage in community life more deeply.

In 2016 we were forced to reduce our operations, as described above. But in spite of this, in each HIC our **Senior Health Promoters** taught health education workshops every day, as well as conducting workshops in various outreach venues. So we were able to implement our **HP@Community**, our **HP@School** and our **HP@Home** programmes during 2016 very successfully.



**Noncedo Mbangi:** "I am here at Health Promoters. Today we received our certificates. We learnt a lot about health. We can talk to people who have chronic diseases, like me I have diabetes and hypertension but now I have learnt a lot about management and prevention of disease. I thank you, Health Promoters, and I thank you, my teacher Xoliswa a lot!"

In 2017, due to increased funding, we hope to build on our current operations (that is **HP@Community**, our **HP@School** and our **HP@Home** programmes) as well as increasing our impact in other areas. For example, we would like to add operations in churches (**HP@Church**), in crèches (**HP@Creches**), in the workplace (**HP@Work**) and with the elderly (**HP@Mkulus**). We would also like to offer specific prevention programmes where required, like teenage pregnancy, drug and alcohol addiction, stress relief etc.



Dr. Annemiek Dekker and George Arrey

**Kayamandi HIC:** Our Kayamandi HIC is in the heart of the winelands near Stellenbosch and it is based at the premises of the Legacy Community Development Centre. Here, in 2016 our Senior Health Promoter Ms Amenda Mfenyana taught basic health and hygiene education to the Legacy children (**HP@School**), as well as some adults (**HP@Mkulus**). She also taught three classes of children each day for 3 days every week at one of Kayamandi's primary schools (**HP@School**). In 2017 we plan on expanding both our **HP@School** programme and our **HP@Church** programme in Kayamandi.

**Khayelitsha HIC:** Our Khayelitsha HIC is found in site B at Baphumelele Child Care Centre, and here our Senior Health Promoter Ms Xoliswa Mhobo taught the highest number of adult health education workshops amongst our centres in 2016 (**HP@Community**). From Monday to Friday each week, Ms Mhobo taught many women (and a few men) from Khayelitsha and from areas even further away like Enkanini, ZweZwe, Site C, New Klipfontein, Macassar, 'Harare' and Cross Roads. In 2017 we are hoping to carry on teaching basic health education as usual in Khayelitsha, but we are also very excited to be able to offer our programme called *SHINE!* (**HP@Home**), which was started in Khayelitsha a few years ago. *SHINE!* has gained momentum in our Khayelitsha HIC over the years and has become identified with our HIC. *SHINE!* is a psychosocial, mainly female abuse victim/survivor empowerment programme run over 8 weeks of intense, highly interactive health and psychosocial workshops.

**Mfuleni HIC:** At Mfuleni, we decided that in 2016 we would focus on outreach health education, rather than conducting workshops at our HIC (our accommodation here is provided by Power Child Campus). This is mainly because there are large numbers of people who visit the various community centres in Mfuleni who can be reached where they are. So our Senior Health Promoter, Mr Ntobiso Vantulo, teaches at centres like Nobantu where people of all ages (children, youth, adults and elderly) converge for various community programmes, including our health education (**HP@Community**). Clients also come from far away communities for our sessions, like Blackheath, Delft, Philippi and Malibu City.

**Zoleka Gomo:** "I like to say thank you to Health Promoters to do this programme. Ntobiso did it very well and we enjoyed the course. We are going to teach our children in our homes. We look forward to doing more with the Health Promoters....stay as sweet as you are, we love you!"



Mr Vantulo also teaches health education classes, 3 classes a day for 3 days each week at a local primary school (**HP@School**). In 2017 we plan to expand our **HP@School** programmes into other schools in the Mfuleni area, as well as teaching in our HIC (**HP@Community**) and implementing our **HP@Church** programme.



Lynette Viljoen, Elaine Harcombe, and George Arrey

**Langa HIC:** At Langa, our Senior Health Promoter, Ms Vuyelwa Mgidi teaches health education to women every week (**HP@Community**). The City of Cape Town allows us to use a room in the Langa Sports Complex, which provides easy access for people in the area, and from further afield like Nyanga-Crossroads and Gugulethu, as the taxi-rank is nearby. She also teaches health education to 3 classes a day for 3 days of the week at a local primary school (**HP@School**). In 2017 we plan to expand the **HP@School** and the **HP@Church** programmes in this area.

We look forward with joy to expanding our operations in 2017. Our hearts go out to all the people in South Africa who do not have the knowledge and skills to look after their health properly. So the more HPSA can empower parents, adults, elders and youth to improve hygiene, prevent dehydration, eat more healthfully, and exercise more faithfully etc., the more lives will be saved in South Africa. We cannot thank our supporters enough for the help and resources they provide us to do this life-saving work.

**Nonzame Bhubhotyane:** "Hi, I am here for Health Promoters, for learning from Health Promoters. If you come here you will get a lot of knowledge of HIV/AIDS, TB, high blood pressure and a lot of things about yourself. And then my teacher tells you about how to prevent from getting these diseases, and you must come here and learn and listen... it will also help you to get a job. You must come and learn and talk to my teacher, Xoliswa, who is very nice and you must come and talk to her even if you have a problem... and she will help you with another plan...."



## REPORT FROM OUR PROGRAMME DEVELOPMENT DIRECTOR (PDD)

Mrs Elaine Harcombe



2016 was a fruitful year, in spite of our adverse circumstances, as we focussed on improving many aspects of HPSA's functioning. Areas of Programme Development improvement included additional training and supervising of the Senior Health Promoters, improving our accountability on many levels as well as expanding and updating our Basic Health Education curriculum.

**Senior Health Promoter Training:** This training involved improving statistics collection methods, improving teaching and learning skills and the development of mentoring skills. Currently, each Senior Health Promoter is reliable and accurate with statistics collection. They have learnt to improve their teaching skills and are getting better at planning teaching plans and lesson plans. The teaching and learning skills and mentoring skills

are learnt by interaction with our PDD in groups and on an individual basis, often weekly. Due to these learnt skills we have felt comfortable to extend our work into new schools, part of our HP@ School programme, for example (see our CEO's report). They are also ready to become mentors of future Health-Promoters-in-training. The Senior Health Promoters are to be commended especially during 2016 as they worked and learnt responsibly, in spite of receiving lowered salaries.

**Improving Accountability:** Our statistic gathering methods prove who we teach, when and where. Each form is linked to the other so it is possible to see exactly when and what a certain person was taught, and by whom, and in which Health Information Centre. Recently, we have linked our teaching planning record forms to the attendance statistics forms, which improve our accountability. And finally, the way we teach, using Power Point presentations, practical activities, improved teaching styles along with mother tongue usage, means that our clients are learning easily and are more likely to change their health habits for the better.



### Expanding and Updating our Health Education

**materials:** We have two sets of health education materials, firstly the Basic Health Education (BHE) curriculum used by our Senior Health Promoters for teaching healthy living to our regular clients in our Health Information Centres and other @Programmes, such as @Church, @School, @Creche etc. Secondly, there is the Health Promoters Training (HPT) curriculum used for training Senior Health Promoters. These materials are always in a state of review and development. A fair amount of progress was made in 2016, but we look forward to making much more progress in 2017.

The BHE curriculum was improved in 2016 but more work still needs to be done, while the HPT curriculum still needs considerable work.

**HPSA Professionals' Advisory Panel:** Improving accountability with our health education materials is done firstly by having experts from our Advisory Panel to inform and advise us with expert knowledge (please see the box below) and secondly by having an education expert (the Programme Development Director) doing the development of the teaching material. We are honoured to have a select group of highly trained and experienced professionals giving up their precious time to be part of our Panel. For a survey of the members of the Panel and the process involved, please see the box below.

## CURRENT MEMBERS OF THE HPSA PROFESSIONALS' ADVISORY PANEL:

**Gynaecologist and Obstetrician:** Dr Jelle Braaksma (MD, PhD Obst.Gyn; Free University of Amsterdam) is currently Emeritus Chairman of Erasmus Medical School, Erasmus University, Rotterdam. He has many years of experience as a practitioner and a lecturer in his field, in many parts of the world, including years of work with the Flying Doctor service in Nairobi, East Africa.

**General Practitioner:** Dr Christiaan Jooste (MBChB; Pretoria University) currently practices medicine in Gordon's Bay, near to Cape Town. He has had many years of medical experience in South Africa.

**General Practitioner:** Dr Annemiek Dekker (MSc) trained in the Netherlands. She is anticipating to work as a surgeon in South Africa shortly.

**Physiotherapist:** Ms Jeanette Fourie (MSc Physio; University of Cape Town). She lectured in physiotherapy for many years at the University of Cape Town, as well as running a private physiotherapy practice in South Africa. She is currently living in Australia.

**Clinical Psychologist:** Dr Penny Webster (MA.Clin, University of Johannesburg; PhD, Rhodes University) lives in Gordon's Bay, near Cape Town and currently teaches distance psychology courses in the USA. She has had many years' of experience in lecturing at university level and running a psychology practice in the USA and South Africa.

**Dentist:** Dr Lyndon Sterley (BChD, Stellenbosch University) has a dental practice in Stellenbosch. He has many years' experience in his practice as well as expertise in dental implants and oral surgery.

**Coordinator:** Educational Psychologist, Educator: Elaine Harcombe (M Ed. Ed Psych; University of the Witwatersrand) is currently HPSA's Programme Development Director. She has had many years' experience in curriculum development, and in designing contact and distance education training materials to suit different levels of ability. She also has, for many years, lectured in education and educational psychology at university level, taught at elementary and secondary schools and run a psychology and special educational needs private practice, all in Central and Southern Africa and the USA.

**Advisory Process:** Initially, all health education teaching and learning materials are based on information provided by relevant professional expert volunteers such as doctors, dentists, nutritionists, physiotherapists etc. and / or information found in recent peer-reviewed journals and / or published books. All materials are referenced correctly. Then Elaine Harcombe, our HPSA Programme Development Director, using the health information provided by the experts, designs the teaching and learning health education materials to suit the knowledge levels and learning styles of our workshop attendees (with some advice from the Senior Health Promoters).

Once the health education teaching and learning materials are developed, Elaine sends them to the relevant members of our Professionals' Advisory Panel. Members of the Panel are asked to send advice and their stamp of approval on the medical / specialist content of the materials.

Elaine then incorporates any advice she receives from Panel members into the materials and then attaches the name of the reviewing member of the Panel to each document reviewed, along with the date of the review. Panel members' comments are all filed for future reference. In this way we can assure our donors, clients and partners of the up-to-date, relevant and client-friendly content of our health education materials.

## REPORTS FROM OUR SENIOR HEALTH PROMOTERS



### Senior Health Promoter Xoliswa Mhobo (Khayelitsha)

**reports:** 2106 was a most productive year for me, even though, as everyone knows, there were many ups and downs (or should I say challenges). Though we had financial challenges I was able to teach health education in my HIC to many women and a few men, who often came from far away (**HP@Community**). I enjoyed seeing so many of these attendees learning to change their lifestyles, as well as seeing how much they valued and appreciated what I taught them. One challenge we still have as Health Promoters is the fact that mainly women come to our workshops; there are many men out there who don't appear to be interested in learning about health.

### Senior Health Promoter Vuyelwa Mgidi (Langa) reports:

I started working last year for HPSA. I was so happy to have this job. I am very happy to teach our people and our children in my community because I learn a lot and I am happy because I help a lot of people now. When I started presenting in front of people I was so scared, but I am much better now. I am also happy to teach the children at school, as they like learning what I teach and I also learn a lot about how to teach children. There were a few challenges for me in 2016, getting people used to coming to my HIC at the Sports Centre (**HP @Community**), and getting the school to want me teaching health education (**HP@School**), but by the middle of the year everything was going well and I don't have a lot of challenges now.



### Senior Health Promoter Amenda Mfenyana (Kayamandi)

**reports:** Last year was special as I started teaching health education to Grades 4-7 at the local government school in Kayamandi (**HP@School**). I really enjoy teaching children! Before I started to work with HPSA I used to teach adults, but now I have learnt to teach children and I really enjoy it. I have learnt different ways of teaching children so it is fun, and they learn well from me and look on me as their mentor, which makes me really happy. I also taught children and elders at Legacy Centre (**HP@Community**).



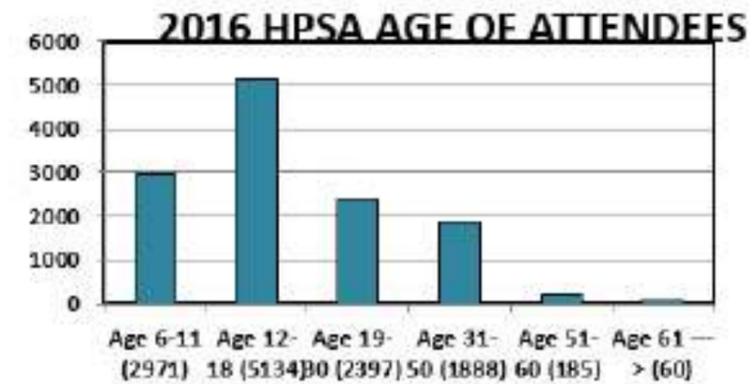
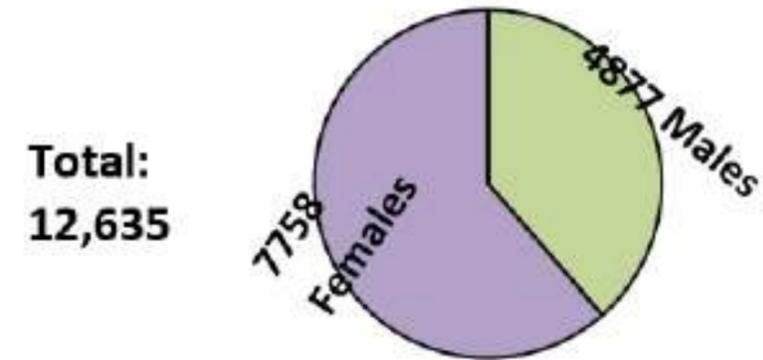
### Senior Health Promoter Ntobiso Vantyo (Mfuleni) reports:

We decided to focus on **HP @Community** and **HP@School** programmes at Mfuleni HIC in 2016. We approached a primary school in Mfuleni who were happy to partner with HPSA (**HP@School**). So from the beginning of 2016 I taught health education to enthusiastic 10-13 year olds at the school. This strategy was only a success and I find it exciting to see a great number of school kids who are happy to learn about health and wellness. They are focused, soaking up the information given to them, thus giving me high hopes that they will implement our teachings and experience better health. I also taught health education to elderly women and school children at Nobantu, one of our partners in Mfuleni, who are very happy with having HPSA's support.

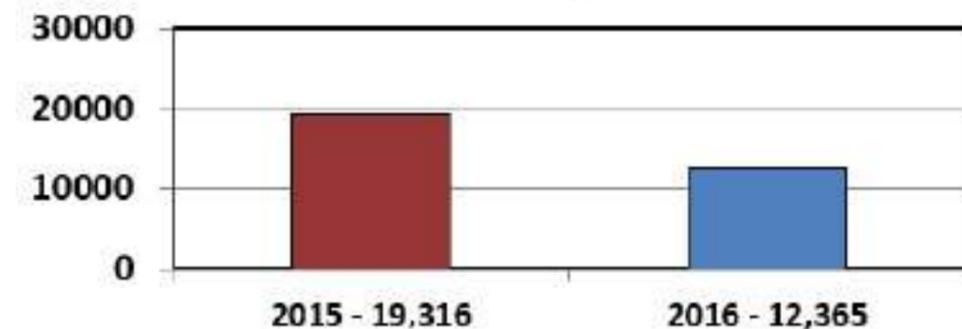


## OUR STATISTICS FOR 2016

In 2016 workshops and consultations were conducted in the mornings only, due to insufficient funds. In spite of this stricture, attendance at our workshops was very good, and along with consultations we reached 12,635 people this year. The number of males and females reached, along with the age groups of our attendees follows:



### STATISTICS OF PEOPLE REACHED BY HPSA IN 2015/2016



## OUR FUNDRAISING INITIATIVES IN 2016/2017



### South African Fundraising Endeavours:

Health Promoters became partners with Clean Cooking for All (CCFA) which involved helping the company with the distribution of their product, Mimi Moto stoves, in the townships of Cape Town. Conversation about this joint initiative started sometime in 2015, but the actual implementation happened from March 2016 onwards. A certain percentage of the profits from the sale of each stove was given to HPSA as a donation.

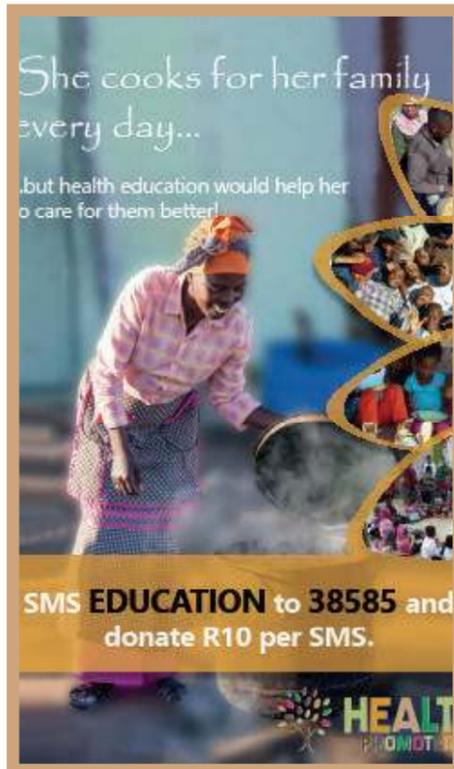
The Mimi-Moto stove is a battery-powered gasified stove that uses compacted wood pellets as fuel. It has been approved by World Health Organisation as one

of the healthy cooking options for underdeveloped countries. The stoves are mainly distributed in under-resourced settlements, as that is where the need for safer and healthier cooking is highest. The participants of HPSA workshops are the primary target to use the stove because they have acquired basic knowledge about healthy eating. However, the community at large is envisioned to be the final target. The stove was demonstrated to the hundreds of people that attend HP workshops, and they are encouraged to buy the stove at a very low price.

The results so far, have been promising. As at the end of November this year, more than 100 stoves had been distributed to the communities that were targeted. The people's reaction to the product has been overwhelming, and it is believed to be the future of safe and clean cooking in South Africa as a whole.

**Additional SA Funding Initiatives:** HPSA acquired an SMS number around mid-2016, which people can use to donate funds to HPSA. All they have to do is to SMS **Education** to 38585, which allows them to donate R10 per SMS. We also designed donation advertisements for local newspapers and magazines. We plan to implement both of these strategies in 2017.

**International Funding Endeavours:** Friends around the world are eager to help and support the mission of the Health Promoters. So to simplify the process of supporting the activities of Health Promotion South Africa Trust in South Africa, an official NPO (approved by the Netherlands government) was established in 2016 called *Stichting Vrienden van de Health Promoters (Netherlands)*.



In 2016 this Foundation (familiarily called Friends in English) was able to raise funds from many large and small organizations in the Netherlands. They were also able to raise money during a benefit winter concert featuring well-known performers. After this successful concert event the organizers decided to make this an annual event in honour of the Health Promoters.



Lee Towers

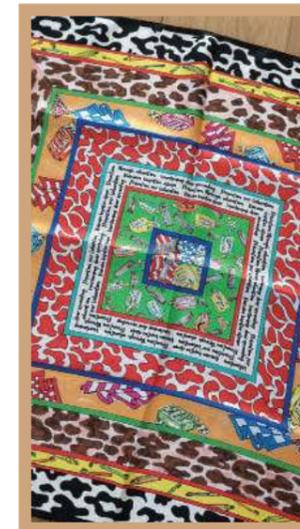


Mariska van Kolck, Ger Vos en Rosita Dameri

There were many other fund raising activities done by the Friends in the Netherlands during 2016 (though their benefits will carry on into 2017 and beyond). They include the Dutch fashion designer Edgar N, an HPSA's Goodwill Ambassador, who created a special summer sports shoe in honour of the Health Promoters. A percentage of every pair of shoes sold will donated to HPSA.



Edgar Nijdam



Health Promoters by Ronald Kolk

Then there is the Sandton Hotel group, a collection of beautiful hotels in the Netherlands that have been supporting the Health Promoters very successfully for some time now by making it easy for guests to make a small donation as they check out. Another benefactor is the well-known fashion designer Ronald Kolk, also an HPSA's Goodwill Ambassador, who has created and designed a beautiful silk scarf called "Prevention through Health Education" which will soon be sold as a fundraising tool.

We are very grateful to the many individuals and entities in the Netherlands that have donated funds to us in 2016. We are thrilled that they share our dream of improved health and wellness for people living in vulnerable communities in South Africa. Our donors in 2016 were Harm Sipkema Stichting, Maria Stroot Fonds, EZVN, Stichting Casterenshoeve, Stichting 10%, Stichting Haella, InterChem, Stichting VOS, Stichting 1913, Sandton Hotels, Zwanenberg Food Group, Rituals and HERA Global Forwarding.

**Future Fundraising Initiatives:** In 2017 we look forward gratefully to the continued support of the *Stichting Vrienden van de Health Promoters (Netherlands)*, and who are planning to add an annual HPSA Benefit Golf Event to our fundraising event list. In addition, the *Health Promoters Club 100* was created by two supporters, Rick den Boggende and Rob Langstraat. Their goal is to invite 100 men and women to join this special club and to make a commitment to support the Health Promoters for at least five years.

In 2017 we also look forward with great anticipation to the activities of more Friends in other countries. In Australia, Tamara Parker created, at the end of last year, the second *Friends of the Health Promoters (Australia)*. Tamara and the Friends (Australia) team are in the process of creating all kind of activities to not only increase awareness of our mission but to also to raise funds for our projects and programmes. And soon a third Friends (an official 501c3 organization) will be created in the United States of America. Thanks to Ilona van der Hagen, Anne Ferrier and Aditi Eve Silverstein for their hard work and dedication to creating the Friends in the USA.

## OUR SUPPORTERS AND PARTNERS

**Supporters around the World:** Many people support HPSA in different ways, such as sharing their expertise with us, which helps us greatly. For example, Ms Gerian Alofs, of the University of Applied Sciences, Utrecht, Netherlands, uses her professional photography and film maker skills on our behalf every year. Then there is Mrs Regina Eggink (the Coordinator of the Friends (Netherlands), who uses her extensive marketing and publishing skills for HPSA regularly. In addition, a well-known Dutch photographer, Patricia Steur, also an **HPSA Goodwill Ambassador**, allows us to use her well-known pictures when we need to.

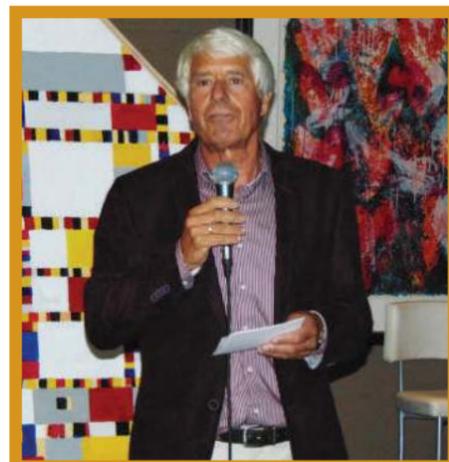


**Regina Eggink**



**Patricia Steur** Netherlands; Edgar Nijdam (Designer), Netherlands; Ronald Kolk (Designer), Netherlands; Barbara Gwanmesia (Singer/Author) Cameroon/Netherlands.

Some people have also offered to become **HPSA Goodwill Ambassadors** so they can use their considerable influence to make more people aware of HPSA and our mission. We are privileged to note that some of our Ambassadors include Patricia Steur (Photographer), Netherland; Kenneth Herdigein (Actor), Netherlands; Klaas Wilting (Former Police Commissioner), Netherlands; Nurlaila Karim (Singer), Netherlands; Kathleen Ferrier (Politician), Netherlands/Hong Kong; Luna Paige (Singer), South Africa; Jimmy Earl Perry (Singer), South Africa; Mariska van Kolck (Singer),



**Klaas Wilting**

Many friends and supporters came to visit us from overseas in 2016, especially from the Netherlands. They included Frank van Berlo and George van Evert from Apeldoorn Rotary Club, Annie de Vries, Rick den Boggende and his mother Karin, Daan van de End and his family, Rita del Castilho and Ben Broekaar and many more. We are grateful for their interest and support.



**Frank van Berlo, and his friends from Apeldoorn/The Netherlands**



**Nokonwaba Mqondiso:** "I learn about many diseases because the diseases are too much, for example, I didn't know about the diseases of the mouth. Health Promoters have helped me to learn and now I can teach it in my home, my husband and my family. Thank you for everything you teach us. I wish everyone can come and can catch everything that you teach us!"

**Partners in South Africa:** We have some very close partners in South Africa. Some of these partners we share accommodation with no cost, while others allow us to occupy a room in their facility at a low rate or we run events together with them. For example, we share facilities with Legacy Community Development in Kayamandi (HPSA Head Office included), and we also teach health classes to their some of their clientele, including the Khulani children. We also share premises with Baphumelele Children's Home (Khayelitsha), with Power Child Campus (Mfuleni) and with Langa Sport Centre. We are greatly appreciative of these collaborations as they help us to save money on rent and utilities. In addition, partnering with these NPO's and agencies also help our combined presences to make more impact on the surrounding communities.

Not only do we share premises but we also teach health education classes on the premises of other partners, such as Nobantu Centre in Mfuleni, Kayamandi Primary School, Tsitsa Primary School in Mfuleni, and Them bani Primary School in Langa and Langa Sports Centre. We also run events or work together on projects with the following partners: Kuyasa Horizon Empowerment (Kayamandi), Prochorus Community Development (Kayamandi), Love To Give (Stellenbosch Community Development Project), VisionAfrika(Kayamandi), Injongo Creche (Mfuleni), Luthando Creche (Kayamandi), Stellenbosch International Fellowship and United Nations Association of South Africa (UNASA; Stellenbosch).



**Sindiswa Kapitango:** "I came to Health Promoters because I heard from a friend. I have been longing to learn home-based care but I didn't have money to do it. So I came to Khayelitsha and met my teacher Xoliswa and she is so kind and accommodating. She taught us lots of modules like HIV/AIDS, hypertension and cancer. There were a lot of things that we did not know about our bodies like how to prevent these diseases because we didn't know how if you don't exercise you will get all these diseases. So I tell all the people if you want to be healthy you must exercise and eat healthy food, all the varieties of food and vegies and everything!"



## NOTES OF APPRECIATION FROM OUR HOST PARTNERS:

It is a pleasure for all of us at Legacy Community Development Centre to say how much we appreciate the partnership that exists between HPSA and our organisation. The fact that our buildings are literally tied together indicates the way we work together – the one cannot live without the other! We appreciate the fact that you enable all our primary school kids to be taught health and wellness classes and that we are always welcome to make use of your facilities. Together we make an impact on improving the level of 'health information' in Kayamandi.

**Louise Fourie**  
 Managing Director  
 Legacy Community Development, Kayamandi  
 084 683 9001



Health Promotion South Africa Trust is one of the organisations we are proud to be associated with. They help us in ensuring that our clients receive a quality and integrated service due to the health trainings they offer to them. The work that they do is very essential to any human being because "the first wealth is health". Having them as a partner makes our services go a long way in changing the lives of the people of the Mfuleni community. I look forward to more fruitful and lasting engagements in building and transforming this community.

**Sheilah Chikoki**  
 Campus Manager  
 Power-Child Campus, Mfuleni



The health education workshops conducted in the Langa Sports Centre by Senior Health Promoter Vuyelwa Mgidi inspires kids and sets a light to their paths of development, social interaction, peer pressure and mental capacity. They also impact and make a difference by diverting the children from the social ills being experienced within the confines of township living. Her teaching also enables kids to enhance their self-esteem and confidence which brings about positive behavior and optimistic attitudes.

Yours faithfully,  
**Mark Basson**  
 Principal Facility Officer : Recreation & Parks  
 Langa Administration Offices  
 Corners Lerotholi and Washington Streets Langa 7455

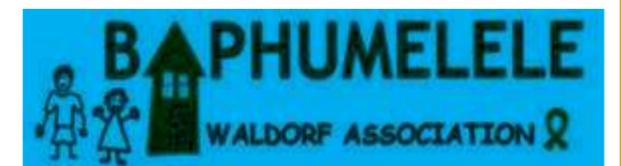
Tel : 021 4446913  
 Fax: 086 576 2345  
 Cell: 083 388 1583  
**Email:** Mark.Basson@capetown.gov.za  
**Website:** www.capetown.gov.za



I, the undersigned Rosalia Sibulelo Mashale, in my capacity as the Managing Director of Baphumelele Waldorf Association, hereby confirm that Baphumelele has been in partnership with HPSA for seven years. This partnership started when one of its founders, Dr Robles, came to Baphumelele having an interest in training people on HIV/AIDS and other health-related issues. He was therefore afforded the opportunity to run workshops with our employees and children and this spread until the whole of Khayelitsha community and its surrounds became involved with the health and wellness training.

Given the increasing HIV/AIDS prevalence in the Western Cape Province, Baphumelele Management recognizes the vital role that HPSA's Health Promoters play in fighting this epidemic with their health training workshops in our community. We believe that they operate with a high level of integrity and deliver good quality services, and that they are regarded well in their field of work.

Kind regards,  
**Rosie Mashale**  
 Baphumelele Managing Director,  
 Z118, Dabula Street, Khayelitsha, 7784  
 Cape Town, South Africa  
 Tel: 021 361 8631  
 Rosie @baphumelele.org.za; info@baphumelele.org.za



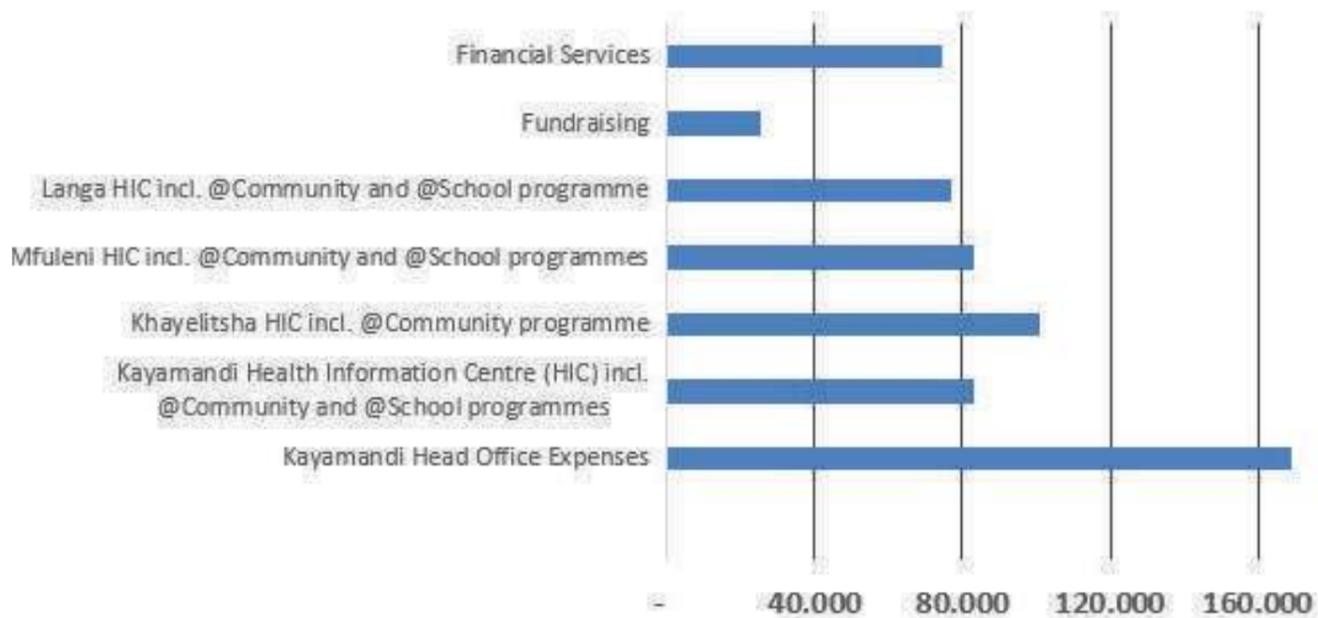
## OUR FINANCES FOR 2016

During the 2016 financial year (1 March, 2016 to February 28, 2017) we operated from our Head Office in Kayamandi and from our Health Information Centres (HICs), one each in Kayamandi, Mfuleni, Khayelitsha and Langa respectively. Our total expenditure for these operations in the 2016 financial year was R 612,702. Please see the graph below for more details, where you will find expenses for financial services, international fundraising, Head Office as well as expenses for each HIC. The only rent we paid was for the Khayelitsha HIC.

As noted in Mr Arrey's report, we had to reduce our expenditure drastically due to a fall-off in donations from funders during 2016, but even so operations in the HICs ran well and we reached almost 13,000 people. HIC operations in 2016 also included the successful implementation of the **HP@School**, **HP@Creche** and the **HP@Community** programmes.

In 2017 funding has already increased dramatically, and so we look forward to adding more **HP@ Programmes** to our operations such as **HP@Creche**, **HP@Church** and **HP@Mkhulu**, which will enable us to reach many more people than we did in 2016. We are so grateful that there are so many people and entities that care about helping the vulnerable communities of South Africa to improve their health. Thank you for your support!

Health Promotion South Africa Trust  
Expenditure year ended February 2017



## OUR BOARD OF TRUSTEES

On the 20th of September, 2016 we elected first-time **HPSA Board of Trustees** officers as well as a new chairperson, Ms Rangaka. This historic occasion marks one more important step we have made towards becoming a properly governed, standards-compliant NPO.

We are grateful to have people of such stature, wisdom and experience to lead us as we develop further. We very much appreciate the time and effort these very busy people put into helping HPSA achieve the goals of bringing health education to as many people as possible. Let us introduce them to you:

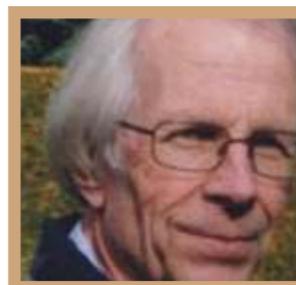


**Chairperson: Khutsafalo Malmsey Rangaka.**

Malmsey is currently the CEO of Mhudi Wines, a vineyard situated near Stellenbosch as well as being a member of the African Vintners Alliance and the Deciduous Fruit Industry Development Trust. In the past years Malmsey has won various awards including the International Ethnic Business Women's Association of the Netherlands Award.

**Treasurer: Renice Williams.**

Renice is currently Programme Manager at the Africa Centre for HIV/AIDS Management, Stellenbosch University. Apart from Programme management, Renice also does office and financial management at the Centre.



**Secretary: Dr Lincoln Raitt.** Lincoln is currently Emeritus Professor in the Department of Biodiversity and Conservation Biology at the University of the Western Cape. He is currently supervising postgraduate students and carrying out research in his speciality, plant ecophysiology.

**Trustee: Dr Thulisile Ganyaza-Twalo.** Thulisile is currently Unit Manager at the South African Parliament in Cape Town. She has been a Board member since HPSA's inception.



**Ex Officio Board members:** Dr. h.c. Harold Robles and Dr. Jelle Braaksma, (Founders and Special Advisors), George Arrey (CEO), Elaine Harcombe (Programme Development Director), Dr Jeffrey Balch (HPSA International Development Director), Mrs Kubeshni Govender Jones (HPSA Fundraiser (South Africa) and Governance Consultant) and Mrs Lynette Viljoen (Accountant).



**Mrs. Kubeshni Govender Jones**



**Dr. Jeffrey Balch**

## STUDENT VOLUNTEERS IN 2016

For many years HPSA has been blessed by the energy and passion of many student volunteers, usually from the Netherlands. They came from universities such as the Universities of Applied Sciences in Utrecht and Rotterdam, Windesheim University and the Avans University of Applied Sciences in the Netherlands.

2016 was no exception! Five student volunteers from the University of Applied Science, Rotterdam, Netherlands and two students from Utrecht University, Netherlands helped HPSA with 2 projects from September, 2016 to early February, 2017. The first project developed plans for increasing HPSA brand awareness in South Africa. The second project developed a health information application for our website, so that people who cannot attend our workshops can at least find some preventative health education information online.

All their enthusiastic and helpful efforts were very much appreciated by HPSA management and trustees. One project, planned and executed by all seven students, culminated in an HPSA brand-awareness event in an historic wine estate near Stellenbosch. The students commented: "We had a wonderful time together and really created an exciting opportunity to start walking a new path towards creating more brand awareness at this event. There is so much potential within HPSA and it deserves all the recognition it can get. Our goal, while we are here in South Africa, is to provide as much recognition for the Health Promoters as we can. "



# MESSAGE FROM OUR FOUNDERS

Dr. Jelle Braaksma & Dr. h.c. Harold Robles

It is a joy to see that what we had in mind so many years ago is coming to fruition. Thanks to all involved in HPSA. Who would have thought that currently every year more than 15,000 people, predominantly women and children, are being taught life-giving health and wellness information? In the beginning of this year we personally witnessed the growth of the organization under the dynamic leadership of the HPSA Board Chairperson Malmsey Rangaka and CEO George Arrey. And ever since 2015 the HPSA Board, the trustees and the management are now completely South African. Another wish that came true!

The impact of our work is considerable; our attendees enjoy their learning and are very appreciative of the chance to acquire knowledge that will improve their own health and that of their families. We are also thrilled to discover that many of our clients who have completed our **Basic Health Education** course and received our certificates, find it easier to get jobs. For example, Mama Rosie, the Founder and Managing Director of Baphumelele in the township of Khayelitsha, one of our first partners, recently told us that she would not hire anyone who did not have a HPSA **Basic Health Education** certificate.

We are both very thankful that others share our vision of healthier South Africans. We thank each one of you, with all our hearts, for your involvement in our young and vibrant Health Promotion South Africa Trust. So many people have given us donations, expertise and positive wishes so that our work can go forward as we empower people with the knowledge and skills of healthy living. We especially thank the Board of Trustees members, our CEO, our PDD and our Senior Health Promoters for working so hard and for being so dedicated to the mission of the Health Promoters. We will continue to support each one of them in every way possible.



The Founders  
Dr. Jelle Braaksma & Dr. h.c. Harold Robles



**Nobantu Tono:** "I came here to learn about all the diseases like HIV/AIDS, hypertension and cancer that is killing people. So now I know how to prevent and how to look after your body, you must eat healthy and you must look after your weight so you can survive in life because if you don't look after your body you can die. So I learnt a lot at HP. So I say thank you to my teacher, to my managers, I thank you a lot, because my dream is to be a nurse- so HP help me to go far, thank you."



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