

## **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 PROMOTERS**

## **Annual Report**

1 March 2017 to 28 February 2018

**In 2016 Health Promotion South Africa Trust earned Barack Obama's endorsement**

# **Health Promotion South Africa Trust (HPSA)**

## **"Promoting Health through Education!"**

### **In 2016 HPSA earned Barack Obama's endorsement**

The mission of Health Promotion South Africa Trust (HPSA), a registered non-profit organization, is to educate and promote health and well-being at the individual and community level in South Africa. Our work is essential because health care and wellness is at crisis level in South Africa, especially in informal settlements and other overcrowded, 'vulnerable' communities. Currently we operate in such communities near to Cape Town and its surrounds. Here we facilitate free workshops to adults, adolescents and children on essential information and practical skills on living a healthy lifestyle and preventing disease. We teach in community centres, in schools, in crèches, in churches and in commercial centres. Since the majority of our attendees are women and girls, we also offer other workshops, when requested, such as dealing with violence and rape, parenting skills, and teenage pregnancies.

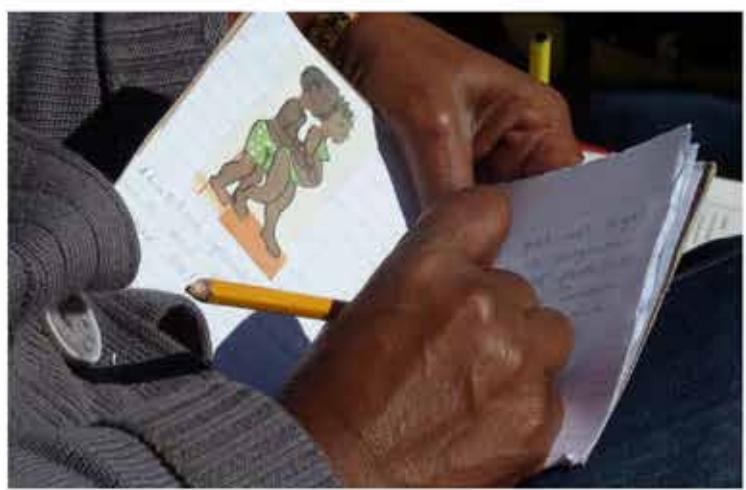
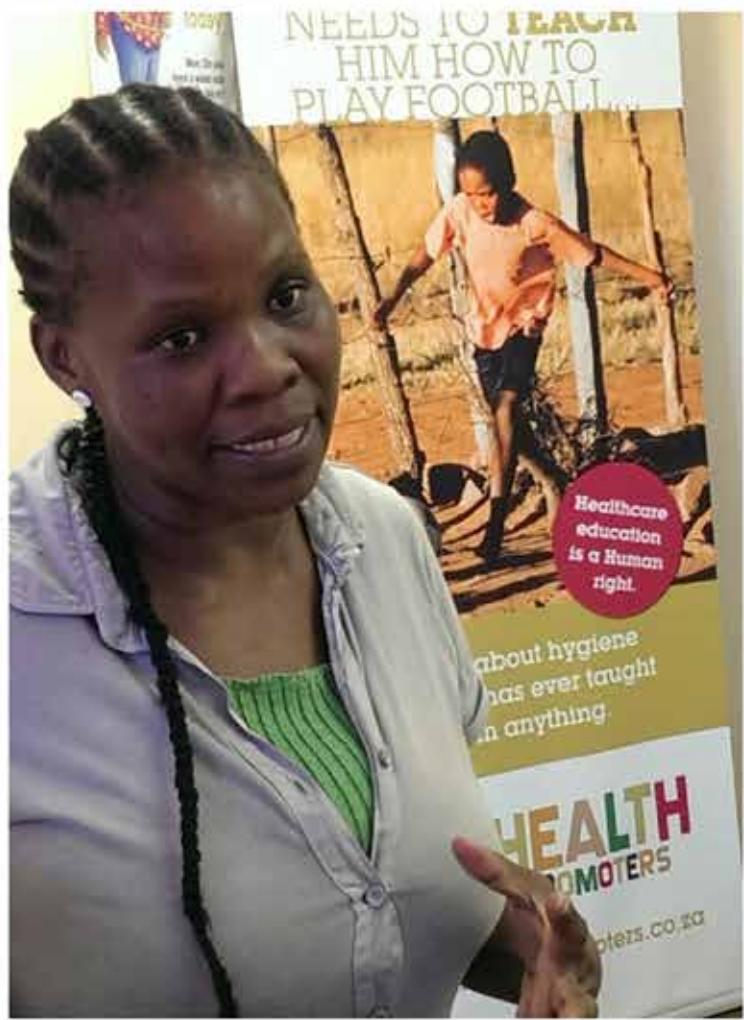
We call our teachers Senior Health Promoters, and we only train teachers who live in our targeted communities. Being taught by someone who speaks their language and lives in their community helps our clients to learn better. We also partner with other agencies in the communities we serve.

The impact of our work is considerable. Currently, we reach between 15, 000 and 20,000 people every year. Our attendees enjoy their learning and are very appreciative of the chance to learn knowledge that can improve the health and outlook of their families, friends and themselves. It is also often reported to us that many of our 'graduates' find work in orphanages, crèches, elder care etc.

Years ago the two founders of Health Promotion South Africa Trust (HPSA) Dr h.c. Harold E Robles and Dr Jelle Braaksma, were very aware of the poor health of many people in 'vulnerable' communities in South Africa. They realised that there was an urgent need to provide free health education to these vulnerable people. So they founded HPSA, as a very practical way of realising their dream of healthier South Africans!



**This is Lobola Zikhona, 25 years.** "I received my basic health education certificate today at Health Promoters. I am so happy that I completed the workshops. Now I am equipped, I can take better care of my health and with this certificate I can maybe find a job" #Lifechanginghealtheducation



# An overview of our 2017- 2018 operations.

## What we do

We teach adults, adolescents and children essential information and practical skills on how to live a healthy lifestyle and prevent disease. Our workshops are free, and we only teach in informal settlements and in other 'vulnerable' urban and rural communities. The venues we teach in vary, such as community centres, schools, crèches, churches, wineries and work-places.

## Why we do this

- There is a health care crisis in South Africa, especially in urban and rural 'vulnerable' communities. This crisis is mostly due to overburdened healthcare facilities, as the number of clinics and hospitals are too few to cater for the many millions who live in these 'vulnerable' areas.
- The crisis is also due to poverty, as around 25% of the South African population is unemployed and poor (about 5 million people), of which about half of this number are children and youth. Women particularly often have under-developed literacy skills, minimal job opportunities, low levels of self-worth, as well as feelings of helplessness, alienation and disempowerment.
- Statistics confirm this crisis as deaths from both communicable and non-communicable diseases are increasing each year in South Africa (WHO). And sadly, under five year old children's deaths from diarrhoea in South Africa are estimated at 20% of all yearly deaths (most diarrhoea deaths are preventable).
- Crime, alcohol, drugs and violence also contribute to the health crisis (for example: far too many SA women and girls are abused and raped frequently, well above the global average).
- We hope that our health education workshops will empower our attendees to make informed decisions about their health, and so become healthier. We envisage that this improved health will help to eliminate the link between poverty and ill-health and work towards a healthier and more economically viable population.



**Thina Nyembezi**, 26 years appreciates having Health Promoters in her life: "I understand so much more about health now. I can help older people stay healthy and I can tell other people about the dangers of a wrong diet or alcohol abuse, it helps me and my community a lot."



## **Who do we teach?**

\*Our major target population are mostly unemployed, fairly uneducated women and men of all ages as well as school-aged children living in 'vulnerable' communities.

\*Another population is mostly untrained women who teach young children in crèches.

\*And lastly, we target people who live in 'vulnerable' communities at their work places.

## **So what do we teach?**

- We teach a course we have developed called Basic Health Education (BHE), which is offered free to anyone who would like to attend. The BHE curriculum is devised to educate people in all the essentials of healthy lifestyle practices, as well as teaching how to prevent and manage the major infectious and lifestyle diseases in culturally appropriate ways. The BHE course is comprised of 12 compulsory workshops, and 8 elective workshops which target special populations like youth, child-bearing women, parents, elders etc.
- The workshops are practical, interactive, culturally appropriate and fun, as we use Power Point Presentations, concrete apparatus, group activities and printed hand-outs. For example, just teaching hygiene in practical, culturally appropriate ways, including rehydration methods, and breast feeding (just one aspect of the BHE) immediately gives many young babies and children a chance to live and remain healthy.
- We give our attendees a Certificate of Attendance once they have attended all the compulsory 12 workshops. We find that about 96% of our attendees attend all the workshops and complete the BHE curriculum, and are very happy to 'graduate' and really appreciate their certificates! Many attendees testify that the certificates often help them to get employment.
- We are also currently piloting a health and psycho-social course called GrowStronger! This course is aimed at supporting and empowering women and girls in these 'vulnerable' communities.



**Thokozile Vilakazi**, 28 year: "Health Promoters helped me to see that I can now help those who can't help themselves."

## Who does the teaching?

- We call our teachers Senior Health Promoters. They live in the communities they serve, as research shows that people learn better from, and identify better with, teachers who live in their communities.
- Our Health Promoters are extensively trained in health knowledge, teaching and management skills before they begin to teach, as well as receiving ongoing training twice a month. They also receive regular expert on-site support from a teaching and a management point of view.

## Where do we teach?

- Health Information Centres (HICs): Each vulnerable community that we serve has a Health Information Centre, where one or two Health Promoters are placed. Each HIC is usually situated in one of our charity partners' buildings, so we are able to keep costs down that way. Here we teach the BHE course as well as the GrowStronger! course.
- We also teach the BHE and GrowStronger! courses in other centres, such as schools, churches, crèches, wineries, elder homes etc. and some workplaces.



**Nomzamo Mabuya**, 33 year: "Health Promoters brought a change in my life. I thought I knew, but I didn't. I learnt to respect my body because my body is important."



# 2017 -2018 Health Education Projects.

In the next few pages you can read about the various projects we conducted both at our Health Information Centres (HICs) as well as at other outreach venues during in the financial year of February, 2017 to March, 2018.

## HP@Community Projects

The HP @Community projects are so designated because we conduct them in our Health Information Centres (HICs) at the heart of each community. At each HIC our Senior Health Promoters teach the **Basic Health Education (BHE)** course to anyone who would like to attend. Some HICs focus on the HP@Community projects more than others.



- **Khayelitsha HIC: 8 HP @Community Projects were conducted.**

Senior Health Promoter Xoliswa Mhobo taught the BHE course to 8 different groups of women and some men during this financial year. Each group designed their own graduation celebrations and prize their certificates. The attendees responded very favourably to the BHE content, and almost all attendees showed great understanding of the information and practical applications taught. They often expressed regret that they did not know the content before and showed high motivation to practice what they have learnt and also to help others learn better health practices. Each year Xoliswa has a waiting list for workshops, which keeps her busy throughout the year. We hope to add a part-time Health Promoter here in the near future.

- **Mfuleni HIC: 3 HP @Community Projects were conducted.** Senior Health Promoter Ntobiso Vantyolo taught the BHE course during this financial year. Once again, the attendees showed great interest in health information and in sharing their information and received their certificates with gratitude.

- **Kayamandi HIC: 1 HP @Community Project was conducted.** Senior Health Promoter Amenda Mfenyana taught 2 BHE topics at a yearly combined Rotary and HPSA event. At the event Rotary conducted various health tests and we taught health information. The event was very well attended by people from the community.

- **Langa HIC: 3 HP @Community Projects were conducted.** Senior Health Promoter Vuyelwa Mgidi taught the BHE course to some very interested ladies from her community. 2017/2018 was her first year teaching in this area. As the year progressed into the new year, the numbers in the groups increased, showing how word of mouth helps draw people to our workshops. Their certificates of attendance were also very gladly received.

## **HP@School Projects**

**HP@School projects** are so designated because we go out to schools and after-school projects to teach the BHE course to children at primary/ elementary level. All our HICs conducted **HP@School projects**, except Khayelitsha HIC. Some of the larger primary schools have very crowded classrooms (between 30 -50 children in a class) so we are careful to adapt our teaching methodology to suit these conditions. The children love these classes, and enjoy learning about ways to improve their health. Currently, school children do not receive certificates of attendance, though we hope to change this in the future.

- **Mfuleni HIC: 1 HP@School Project was conducted.** Senior Health Promoter Ntobiso Vantyolo taught the BHE course to 4 classes at Tsitsa Primary School in Mfuleni throughout last year. The children enjoyed the sessions greatly and the principal and staff appreciated our presence in the school.
- **Kayamandi HIC: 2 HP@Work Projects were conducted.** Senior Health Promoter Amenda Mfenyana taught 2 HP@School projects, the first being at Kayamandi Primary School, where she taught the BHE course to 6 classes during the year. The principal and staff are also very happy for our presence. The second **HP@School project** was conducted with our partner Legacy Community Development Centre's after school programme called Khulani Kids. Amenda taught health education to 4 groups of Khulani Kids of primary school age all year. The children enjoy their lessons with her and show that they have learnt much health knowledge and healthful skills.
- **Langa HIC: 1 HP@School Project was conducted.** Senior Health Promoter Vuyelwa Mgidi taught all year at Thembani Primary School, near to our HIC. She taught the BHE programme to 7 different classes over the year and her work was appreciated greatly by staff and students alike.

## **HP@Church Projects**

**HP@Church** is so designated as we teach the **BHE** course in various churches when asked to do so. Only one HP@Church Project was conducted during this financial year.

- **Langa HIC: 1 HP@Church Project was conducted.**

Senior Health Promoter Vuyelwa Mgidi taught one HP@Church project at the Baptist Church in Langa. Her workshops were very well attended and much appreciated, and attendees were very thankful for the health knowledge gained. The same church has asked us to come back this year for new church members.

**Nombaniso Runqa**, 25 years: told us with passion about the work of Health Promoters: "I finally know what I should or shouldn't do, what I should or shouldn't eat and what I should or shouldn't use. Health Promoters brings light in my life."





## HP@Work Projects

- **Kayamandi HIC: 2 HP@Work Project was conducted.** Senior Health Promoter Amenda Mfenyana taught the BHE programme to a large group of very enthusiastic men and ladies at a local tree-planting organization. The attendees kept coming back for more, even after they had graduated, (they found it hard to leave!). Our CEO, George Arrey, conducted a refresher BHE course at the Protea Hotel, Stellenbosch. He had taught the BHE course there a few years ago.

## HP@Mkhulu (Elders), HP@Creche, HP@Winery

These projects were not run during this February 2017 to March 2018 financial year, as our Senior Health Promoters were busy with other projects. We hope to add a few HP@Mkhulu projects (at Elder Centres), as well as a few HP@Creche projects (teaching the staff) in the next year.

## GrowStronger! Project

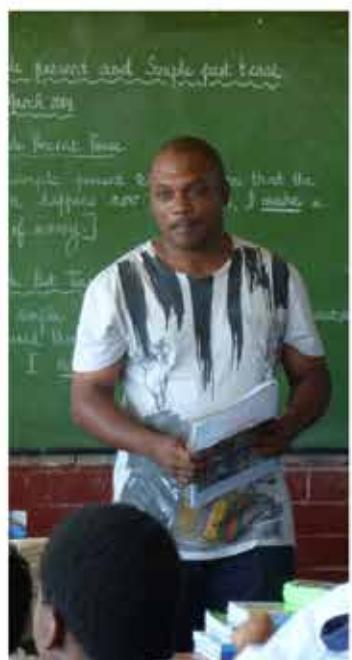
- **Khayelitsha HIC: 1 GrowStronger! project was conducted:** Senior Health Promoter Xoliswa Mhobo helped to pilot (with PDD Elaine's special support) our new course GrowStronger! to a group of enthusiastic BHE graduates.

The women who finished GrowStronger! testified that the course showed them how to care for themselves and their families better. Observations and some evidence suggested that they found the GrowStronger! course informative, supportive and empowering.



**Babalwa**, 21 years: "Even though I only had 3 classes yet, it helped so much in learning about sicknesses. I do cover my food and keep my house clean now. That's how it changed me."

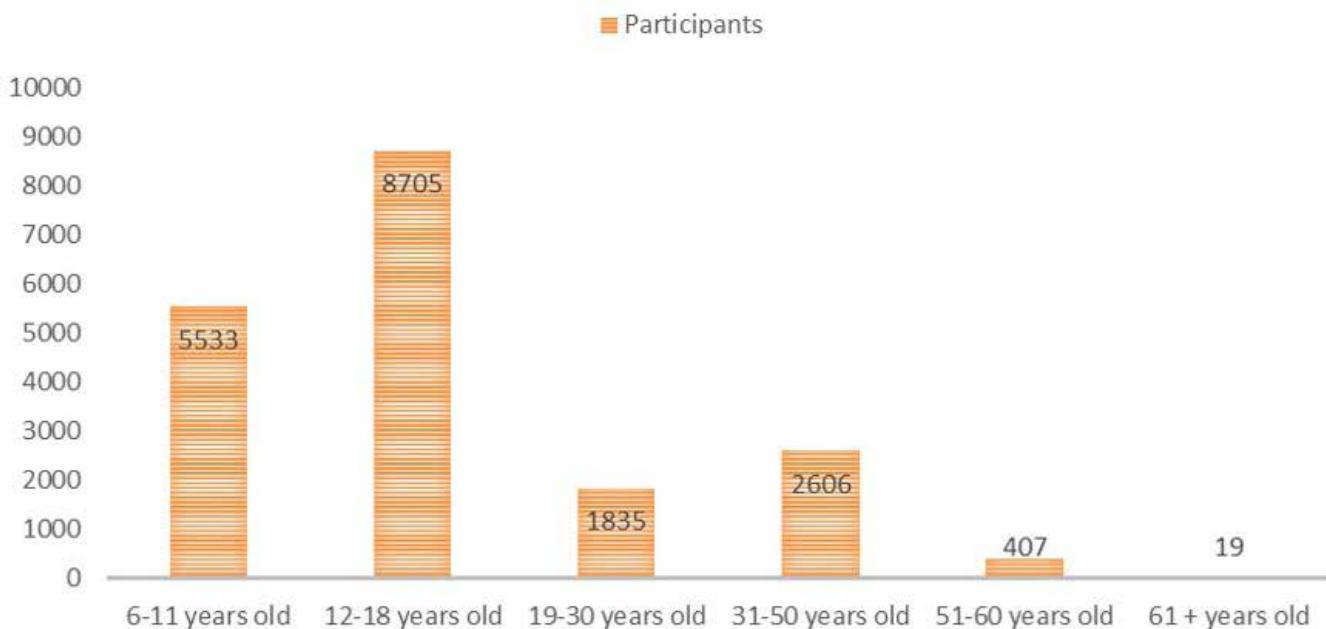




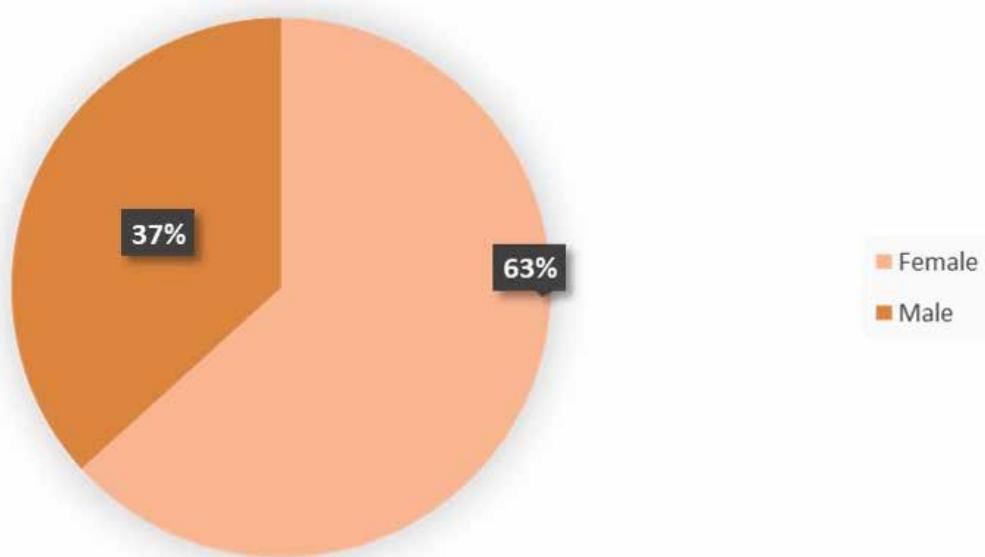
# 2017/2018 Statistics

HPSA reached a total of 19,105 people with health education from February 28, 2017 to March 1, 2018. Of the total number of attendees 14,238 were school children and 4,867 were adults. In terms of gender, we reached 12,072 females and 7,003 males. We facilitated 766 Basic Health Education workshops (usually 2 hours duration), of which 413 were conducted at our Health Information Centres, and 353 workshops were conducted at outreach venues like schools, churches etc.

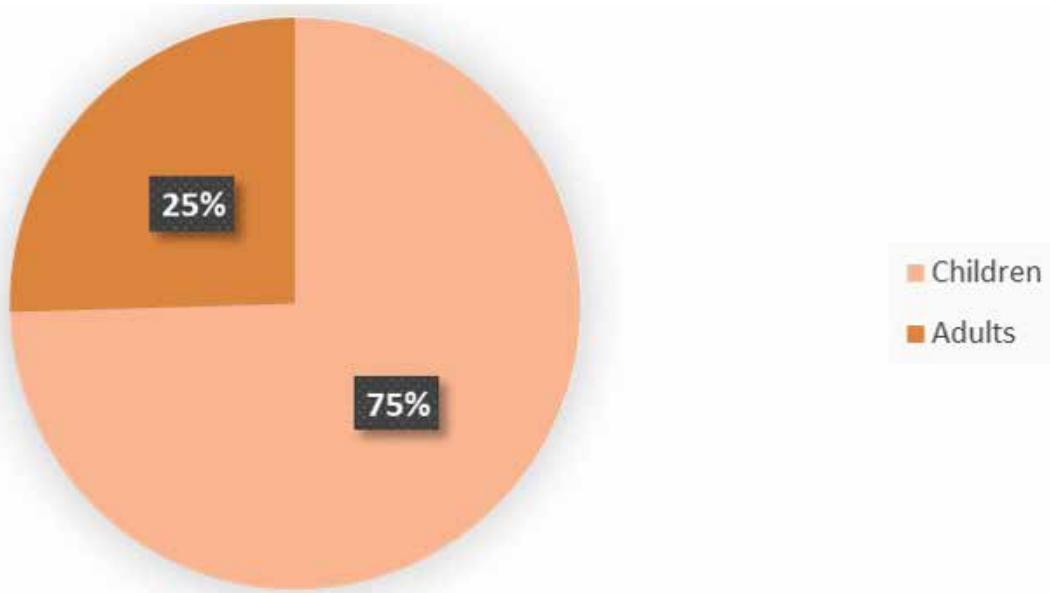
## 2017/2018 HPSA reached 19,105 people with Health Education



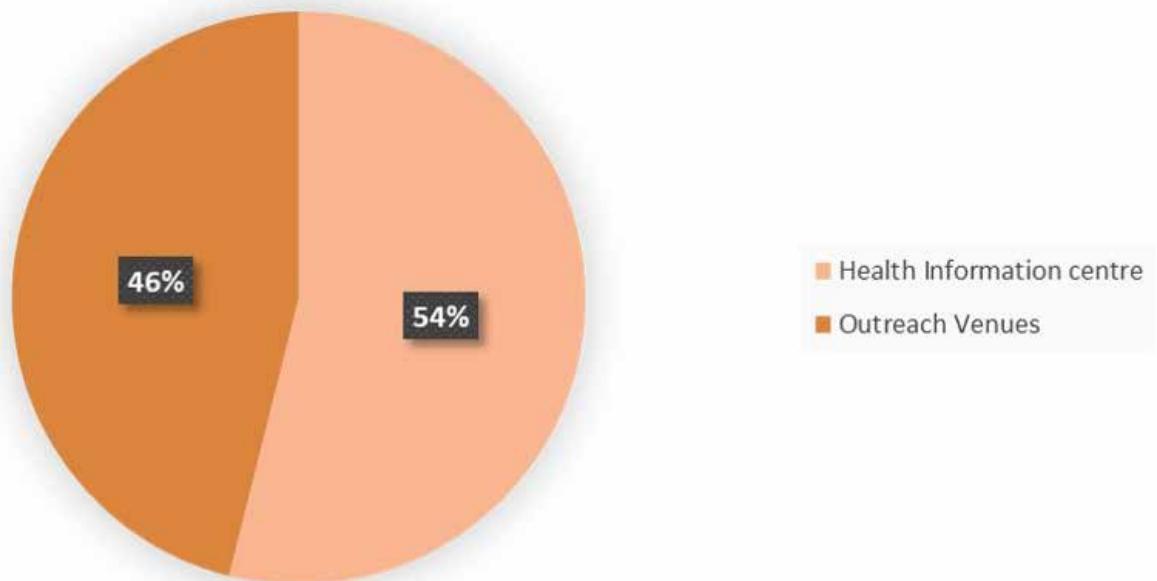
**Of these 19,105 people 12,072 were female and 7,003 were males**



**Of 19,105 participants 14,238 were children and 4,867 were adults**



**HPSA facilitated 766 Basic Health Education Workshops in 2017/2018**



# Our Board of Trustees

## Ms Khutsafalo Malmsey Rangaka, Chairperson.



Malmsey Rangaka has had a varied education and experience in health, education, clinical psychology and public service management. She has attended general and strategic management courses. Since arriving in the Cape in 2003 she has also undergone a Hydroponics Production and Management System Programme, the Front of House Certificate of the Cape Wine Academy, an Export Development Course as well as Bookkeeping and Advanced Pastel Courses. She holds the Advanced Certificate of the Wine and Spirits Education Trust (WSET).

She was a founding Chairperson of the African Vintners Alliance, member of the Research and Development sub-committee of the South African Black Vintners Alliance; is current Deputy Chairperson of the Deciduous Fruit Trust; Co-ordinator of the Black Wineries Stream of the Transformation Roundtable; member of the founding board of the Women's Cooperative Bank; convener of its Cape Town Chapter, and Chairperson of the Dutch-SA NPO Health Promoters SA. Malmsey is the Trustee of M'hudi family Trust and CEO of its business units, and oversees the implementation of the business plans. Her special skills are in strategic planning, organizing, finance and administration. Malmsey has also developed an acute eye for detail – a valuable asset in a people-oriented business.

### Statement from our Chairperson

I am delighted that the HPSA had another very good year delivering on its mission of giving basic health education to individuals and communities in the vulnerable communities in and around Cape Town. Our strategy to have clean governance systems and procedures are strengthening and giving good results each year. There are four areas of progress in the past year that I would like to specifically address in this statement.

**The Board:** Members of the Board of Trustees of HPSA fully exercise their accountability for the clean governance of the organisation and take of their collective and individual responsibility for promoting high standards of corporate governance seriously. The board remains committed to supporting our management and giving the best advice and oversight possible. Professor Lincoln Raitt has this year focussed on making sure that our human resources are well taken care of and is also giving great support to the board's secretariat. We have strengthened the Board with the appointment of Ms Marlene van der Merwe who happens to be an Occupational Therapist and will add value from a health perspective.

**Our People:** The HPSA's success is driven by the commitment of its people. Our Management and Health Promoters are indeed our greatest resource. The Executive Management is involved with the day-to-day business activities of the organisation and carry out their responsibilities for ensuring that decisions, strategies, programmes and views of the Board are implemented with distinction. On behalf of the Board, I would like to thank our Management and Health Promoters for their contribution to another set of very good results this year as they continue to selflessly serve disadvantaged communities through various health education programmes. This year with very little financial resources their service reached 25% more people than the previous year. We plan to further strengthen our Management performance through the addition of two additional staff members to assist with both administration and professional training.

**Financial Statement:** The HPSA has received a clean financial audit for the years 2015/2016 and 2016/2017. The 2017/2018 audit is underway. It has been determined that the annual financial statements are in agreement with the accounting records. In this current year we will be reviewing and strengthening the organisation's accounting policies and procedures to be in line with our policy for clean governance.

**Organisational Growth:** The HPSA has reached maturity in the implementation of its strategies and programmes of health education. As a result of years of successful intervention in the communities we serve, we realise that our valuable services are needed in more communities with similar problems. Our short to medium term plans include not only regional and provincial expansion of our programmes, but also the creation of upstream and downstream packaged and portable Health Promotion Solutions through franchising our programmes content and delivery. With the implementation of this plan, we hope that the HPSA's valuable work will reach as many people as possible both in South Africa and the rest of the continent.

**A word of thanks to our Donors and Friends of HPSA:** On behalf of our Board of Trustees and Management, I would like to thank all our donors and Friends of the HPSA for their hard work and generous donations given to the HPSA in this past financial year. As you know, all our efforts involved in providing basic health education here in South Africa are made possible because of the donations of generous and caring people like you. Looking into the HPSA future developments, expansion and franchising plans we depend on your donations as they will help with these various efforts. Without your donations, there is little we would be able to achieve. Thank you again for your generosity and kindness, and we look forward to partnering with you again in the near future to be of service to our communities.

**Phumla Jacob, 55 years:** "Even though I've just been here for 2 weeks, I learnt already about the benefit of food. But I want follow up. I'm never too old to learn!"



On behalf of our Board of Trustees and Management, I would like to first thank Dr Jelle Braaksma for the valuable contribution he makes to our organisation during his annual visits to South Africa since I joined the organisation in 2016. During his visit in the year under review, Dr Jelle made a significant contribution in his analysis of the strategic position of the HPSA and shared his wisdom on how the organisation can be developed and professionalised further. We thank him for this contribution as it will be ingrained in the memory of the organisation when those changes have been implemented.

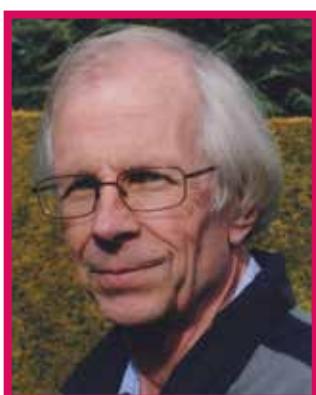
I would also like to express the board's heartfelt thanks to Dr h.c. Harold E Robles for working tirelessly to further the mission of the HPSA. He continues to do great work in bringing the much-needed funds to the organisation through his work with various funders and the friends of the HPSA in Holland, the U.S.A and Australia without which our organisation would not exist. As a result of this immense contribution the board will at its next meeting honour Dr h.c. Robles by endorsing him as the HPSA's founder for the rest of the organisation's existence.

I give thanks to all our donors and Friends of the HPSA for their hard work and generous donations given to the HPSA in this past financial year. As you know, all our efforts involved in providing basic health education here in South Africa are made possible because of the donations of generous and caring people like you. Looking into the HPSA future developments, expansion and franchising plans we depend on your donations as they will help with these various efforts. Without your donations, there is little we would be able to achieve. Thank you again for your generosity and kindness, and we look forward to partnering with you again in the near future to be of service to our communities.



# Our Board of Trustees

Health Promotion South Africa Trust is registered as a Trust with the relevant authorities of South Africa. We have a Board of Trustees comprising our Chairperson Ms Khutsafalo Malmsey Rangaka and currently, 3 other trustees, Prof. Lincoln Raitt, Dr Thulisile Ganya-za-Twalo and Ms Marlene van de Merwe. The Board meets regularly, at least 4 times a year, and ex-officio members are our CEO, George Arrey, our PDD, Elaine Harcombe and our Founders, Dr h.c. Harold Robles and Dr Jelle Braaksma. HPSA is very grateful for the for the wisdom and experience our Trustees bring to guiding us in matters such as governance and finances.



## **Secretary: Prof. Lincoln Raitt**

Lincoln Raitt is an academic with long experience in teaching, research and administration. It is his pleasure to support Health Promoters where possible.



## **Trustee: Dr Thulisile Ganyaza-Twalo**

Dr Ganyaza-Twalo is a social worker and social scientist. Currently her trade is in the legislative sector. As a trustee, she brings expertise in governance and provides strategic direction to the work of the Health Promoters. She comments that in 2017/2018 the organization grew and developed beyond expectations. It provided valuable services to communities through their Health Promoters. It is now working to establish its footprint in the Western Cape.



## **Trustee: Ms Marlene van de Merwe**

As an Occupational Therapist in private practice, it is such a wonderful opportunity to work alongside such enthusiastic and highly motivated people towards promoting health care in 'vulnerable' communities. Making a difference in such communities has been on my heart for a long time. Although being new to the Board, I have seen that HPSA is a well organised, efficient and growing organization that makes lasting impacts on many lives.munities through their Health Promoters. It is now working to establish its footprint in the Western Cape.

# Our Management

## Introduction to our Chief Executive officer

Operations and finances are managed by our Chief Executive Officer (CEO), George Arrey. Before he accepted the post of CEO, George had many years' experience as a Senior Health Promoter, so he is very well-versed in health education. He has been our CEO for 5 years. He holds a BA degree in Community and Health Psychology (University of South Africa) and is currently studying a Management Diploma at Stellenbosch University.

## Report from our chief executive officer, Mr George Arrey



The Health Promoters have made significant strides this year in the quest to provide basic health education to designated health professional shortage areas 'vulnerable' communities. Our patience, persistence and perseverance over the last few years certainly did pay off this past year. Not only have we experienced and continue to experience financial stability, but our plans to streamline our programmes have also been realised beyond expectations. Through the bringing of new ideas and innovations, we have successfully created an atmosphere of both sustainability and continuity.

All our Health Information Centres (HICs) in the communities of Kayamandi, Khayelitsha, Mfuleni and Langa are currently fully functional, with Senior Health Promoters stationed as community liaison and workshop facilitators. Though the communities in which we are based are culturally homogenous, there are certain endemic health issues specific to particular areas. For this reason, we have ensured that each centre, though ready to tackle various issues, focuses on the health issues that are problematic to the community in question.

We are equally in the process of laying the groundwork for future programmes which are both as a result of demand and some new partnerships we have acquired.



**Xilisa Ngalimane**, 23 years: "I learned to eat healthy and why that is important. If I don't want to get sick, I need to eat good food."

**1) Health Promoters Educational theatre:** Because of the dire need to save water in general, and the necessity for better sanitation in our target areas, we have partnered with World Water Net-an international organisation involved with providing sustainable solutions to water issues around the world. So our idea of educating the population through theatre arts, regarding better water-saving and sanitation measures, fits in with their mission. So we have created a pitch video, detailing the concept, and an established plan of action, and submitted it to World Water Net. Should they agree, we can start implementing the programme as soon as funds become available.

**2) New Satellite Health Information Centre in Strandfontein:** In collaboration with Hope Southern Africa (HOSA), we are in the process of creating a new satellite Health Information centre in Strandfontein. This new endeavour will see us impacting the impoverished communities of the latter and through community outreach, extend our tentacles even further.

In the process, selected individuals from HOSA will be trained at our centre in Khayelitsha and stationed at this new satellite as the main Health Promoters to educate the people of Strandfontein and the surrounding communities.

**3) New and Current Partnerships:** In terms of partnerships as whole, we still have and have maintained a good working relationship with our host partners at the Legacy Community Development Centre, Baphumelele Childcare Centre, Langa Sports Centre and Power Child Campus, in the townships of Kayamandi, Khayelitsha, Langa and Mfuleni, respectively.

We are very grateful to the many individuals and entities in the Netherlands that have donated funds to us in 2017. We are thrilled that they share our dream of improved health and wellness for people living in vulnerable communities in South Africa. Some of our donors included, the Harm Sipkema Stichting, Maria Stroot Fonds, Stichting Casterenhoeve, Stichting 10%, Stichting Haella, InterChem, Stichting VOS, Zwanenberg Food Group and, of course, the Sandton Hotels.

Eliminating the link between poverty and ill-health is possible. Education, especially education that brings about the ability to make informed decisions about health is key. Preventative care can successfully bridge the gap between medical cure/treatment and rehabilitation, and the Health Promoters are determined to play a major role in realising this goal.



**We were also able to collaborate in awareness campaigns with CANSA and with Centre for Communicable Diseases at the University of Cape Town.**

"Our partnership with the Health Promoters is still new but invaluable. We identified a great synergy from the onset and have not relented our efforts to make the best of this friendship. Evidence of this was in early March, where we joined forces to conduct a very successful International Awareness Day of Human Papilloma Virus. The outcome was beyond all expectations; as a result, we plan to do more of these kinds of collaborations in the future with our newly-found partner".

**Dr Zizopho Mbulawa, University of Cape Town.**

"The Cancer Association of South Africa (CANSA) was very pleased to be able to contribute to the HPV International Awareness Day event, in support of raising awareness of HPV and cervical cancer in Khayelitsha. This preventable cancer is the leading cause of cancer death for women in South Africa, and it is imperative that we work together to inform and empower women to address this risk. Our collaboration with the Health Promoters as the main event co-ordinator and with other major role players/partners was one of hopefully, many more to come".

**Melissa Wallace (CANSA)**

## **Introduction to our Programme Development Director (PDD)**



Curriculum development, staff training and monitoring and evaluation are managed by our Programme Development Director, Ms Elaine Harcombe. Before she accepted this position, Elaine had many years' experience in mission work as a teacher in many parts of central Africa. She has also, for many years, lectured and supervised psychologists, learning support specialists and teachers at the University of the Witwatersrand in Johannesburg, as well as running a limited private psychology practice. She holds a Masters in Educational Psychology.

## **Report from our Programme Development Director (PDD), Ms. Elaine Harcombe**

**Programme Improvements:** This last year has indeed been a time of consolidation and improvement of our programmes as well as improving the evaluation of our activities. All these activities help make us more efficient as well as more transparently accountable to our clients and donors. For example, improving our training and support of our Senior Health Promoters has resulted in more efficiently run Health Information Centres, as well as helping them to manage their centres well with less support from Management. Methods of monitoring their progress both as managers and teachers have also improved efficiency and accountability on many levels. It has been wonderful to see how each Health Promoter has improved in skills and confidence over this past year.

**New Course GrowStronger!** : It has been a deep joy and satisfaction for me this past year to develop a psychosocial programme we have called **GrowStronger!** (with some help from our CEO and the Senior Health Promoters in terms of cultural applications). This course is aimed at South Africa's vulnerable women. **GrowStronger!** is designed to help these women to learn more about themselves, to value themselves more and to look after themselves, and their families better. Learning and practicing new skills, such as managing anger, setting limits, preventing and dealing with abuse, problem-solving, and respect for themselves and others are part of the course. There are 10 sessions, one per week, which gives time to share and support each other as they learn and practice new skills. It is hoped that the combination of our **GrowStronger!** and **Basic Health Education** (the women complete this first) courses will give the attendees and their families the chance of a healthier and more self-directed future. We envisage developing especially tailored versions of **GrowStronger!** for teenagers, children and men in the future.

**Curriculum Development and its Evaluation:** All HPSA curricula are based on sound knowledge and are developed by experts in the field. For example, for each BHE topic we start the process with a sound, academically-referenced journal article based on the latest research. Last year, and currently, Dr Annemiek Dekker, a medical doctor from Holland, has been developing and updating these medical referenced articles (see below for more information on Dr Annemiek).

These articles are then reviewed by a few South African medical experts from our **Professionals Advisory Panel**. Then only do I take the referenced articles and start developing them into teaching materials, such as the Power Point Presentations, hand-outs, concrete apparatus as well as teaching helps for each topic.

Some of the teaching materials still need to be developed, but hopefully this will be complete by the end of 2018. We are very grateful for Dr Annemiek's assistance with the BHE development, such as the referenced journal articles, her interaction with experts from our Advisory Panel, and her training our Senior Health Promoters in medical information.

**Evaluation of Attendees Learning and Attitude Change:** As the curriculum materials become more developed, we hope to devise sound ways of evaluating our attendees learning and attitudinal changes. These forms of evaluation have to be carefully developed, as the low literacy and low knowledge levels of the majority of our attendees have to be accommodated. I hope to get this done towards the end of this year in collaboration with a well-trained volunteer.

**Nicebakazi**, 34 years: "I didn't know about for instance dehydration and first aid, or how to keep the different parts of my body healthy. Health Promoters taught me well."



## **Report from our Medical advisor and lecturer, Dr. Annemiek Dekker**



After having worked as a medical doctor in the Netherlands I decided that I wanted to use my knowledge and skills to improve health in developing countries. My work experience in a hospital in Cape Town and in a rural hospital in the Eastern Cape made me very aware of the need for basic health education in South Africa. Prevention is better than cure.

I believe Health Promoters is such a valuable initiative aiding this cause in providing free health education for people in townships around Cape Town and in this way making such a positive change. I am very happy to contribute to this cause as medical advisor and helping with the development of our program.

It has been such a fulfilling experience to teach the Health promoters background and see how driven they are to pass on this knowledge to help their communities.

Together with Elaine, our goal is to develop a holistic health education program build on evidence based and up to date information and supported by experts from the specific fields. This will be finished in 2018, after which improvements and updates will of course continuously be preformed. Further expansion of the Health Promoters South Africa is another big goal for the upcoming year. There are so many other areas in big need for this basic human right; health education.



# Our Senior Health Promoters



# Fundraising report

## Introduction to our Fundraiser and Founder

Dr. h.c. Harold Robles is the co-founder of Health Promotion South Africa Trust. His passion for improving the health of 'vulnerable' South Africans is clearly seen in almost everything he does. He is indefatigable and unstoppable in spearheading the raising funds for us, and he generously gives his time and expertise in support of HPSA functioning on many levels. Dr. Harold Robles was formerly the founder and president of the Albert Schweitzer Institute of Humanities in the United States of America. He is a Dutch and American citizen. For his international humanitarian work he received many honors including a knighthood from Queen Beatrice of the Netherlands.

## Report from our founder and fundraiser, Dr. Harold Robles

As a fundraiser I primarily see my function as setting up structures that enable the many people who are eager to help the Health Promoters to effectively do so together. I hear of / meet so many people who are eagerly interested in supporting the mission of the Health Promoters. So a few of us planned and executed the following process:

**Fundraising First Step:** In 2016 an official NPO (approved by the Netherlands government) was established called **Stichting Vrienden van de Health Promoters (Nederland)** or (**Friends of the Health Promoters, Netherlands**). This entity, composed of so many dedicated and supportive Friends, has helped to raise donations from large and small organizations in the Netherlands for a few years now. We are especially grateful for their efforts in 2017/2018 as they encouraged many companies and associations to support us with considerable funds.

They were also able to raise money during benefit events, such as the first, annual Golf4Health event in 2017 ([www.golf4health.nl](http://www.golf4health.nl)). Plans are currently in place to host the second, annual Golf4Health event in June 22, 2018. A Dutch and/or Belgium celebrity will be placed in every flight.

Other fundraising endeavors of the Friends in 2017 included an annual fundraising gala event (another is planned for 2018) as well as a two weeks' primary school event which included Skype calls between the children from the Netherlands with children in South Africa.

**Elam Sam**, 26 years: "I see the importance of fruit and vegetables now. I learn so much, and I want to keep on learning. I will definitely attend other courses from Health Promoters as well!"



Let me introduce you to the dedicated members of the Board of the **Friends of the Health Promoters, Netherlands**. Both the Chairperson and the Secretary of the Board are South African, living in the Netherlands.



**Picture of the Board. From left to right. Leo Winkelhorst, Treasurer, Sindiswa Dwezekile Secretay, Jisk Nijdam, Member, Veronica Buitenhuis Sityo, Chairperson.**

We also have many dedicated volunteers who help the Board in various ways. For example, Dutch volunteer, Rob Langstraat, CEO of InterChem, created the Health Promoters Club 100. His 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.

Another volunteer, for many years, is Jaap van den Berg, manager the Twente Brewery. A few years ago Jaap travelled to South Africa to witness with his own eyes the work of the Health Promoters. This trip inspired him to create a special beer called Twentse Amber, to emphasize the importance of clean water for a perfectly special beer and the importance of clean water for hygiene.

Twentse Amber is a ruby-coloured, top-fermenting beer. Thanks to a balanced combination of various malts and typical American hops, this beer has a full, slightly bitter taste with a fruity touch. Twentse Amber is unfiltered and not pasteurized. 1 euro is being donated to for every glass of Twentse Amber ordered.

Other Friends in the Netherlands are supporting us in many 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. Many of her short documentaries can be viewed on our YouTube channel: <https://www.youtube.com/user/HealthPromoters>



Then there is Mrs Regina Eggink, the Coordinator of the Friends (Netherlands) who uses her extensive marketing and publishing skills for HPSA regularly, together with the many student interns such as Ashley Gelderland, Anne-Fleur Baks, Dejan Williams and many more.

Several well-known Dutch people are in support of the mission of the Health Promoters. We are privileged to note that some of our Goodwill Ambassadors include Patricia Steur (Photographer), Netherlands; Kenneth Herdigein (Actor), Netherlands; Klaas Wilting (Former Police Commissioner), Netherlands; Nurlaila Karin (Singer), Netherlands; Kathleen Ferrier (Politician), Netherlands/Hong Kong; Luna Paige (Singer), South Africa; Mariska van Kolk (Singer), Netherlands; Edgar N. (Designer), Netherlands; Ronald Kolk (Designer),

**Fundraising Second Step:** Another NPO was started in the USA in 2017, called the **Friends of the Health Promoters, USA**. This NPO is an official US Tax exempt organization. Their first fundraising project was the publication of a very special book selected from the writings of Albert Schweitzer, called Reverence for Life: The words of Albert Schweitzer. Dr Robles chose the selections, and Maurice Bassett Publishing in Florida/USA published in November, 2017.

Maurice Bassett noted: 'As a publisher, I have to say I am honored to have the opportunity to publish Reverence for Life: The Words of Albert Schweitzer. It's a rare book which elevates our consciousness by showing us the true value of all life all living beings and helps us to step into a more evolved, more compassionate humanity, what humanity can be at its best. I am most grateful to Harold Robles for giving me the opportunity to be of service in releasing this book. It cannot help but to change the lives of those who read it and ultimately change our culture for the better.'

**Please note: You can financially support the mission of the Health Promoters when purchasing a copy of Reverence for Life, the words of Albert Schweitzer.** It is available in hardcover, paperback, eBook and eventually also as audiobook on Amazon.com

ISBN paperback: 978-160025-113-9 US Dollars: 9.95

ISBN hardcover: 978-1-60025-115-3 US Dollars: 29.95

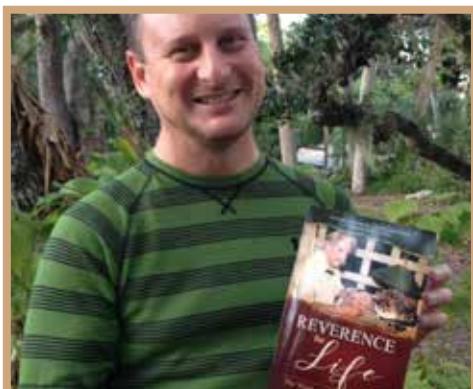
Bookstores will also be able to order it through the distributor (Ingram) or directly from the publisher in Sarasota Florida/USA.

**Conclusion:** We are expanding our fundraising plans in 2018/2019 to include professional fundraisers who will interact on their own, as well as with the **Friends of the Health Promoters** organizations. We already have signed up Prof Jeff Balch and Ms Angela Harcombe, who will both be raising funds in Europe and the United Kingdom, respectively. Prof Balch is already involved in raising funds for the HPSA Educational Theatre. We also have plans to begin a **Friends** organization in South Africa, as well as a dedicated fundraiser.



Professor Jimmie Earl Perry, Professor of Music and Creative Arts director at the Africa Centre for HIV/AIDS Management, Stellenbosch University, and Goodwill Ambassador of Health Promotion South Africa Trust has passed away Friday January 12, 2018. †

## Fundraising and awareness activities in Europe, the USA and South Africa



# Financials

As previously stated in this report, the Health Promoters have attained a reasonable degree of equilibrium in terms of income and expenditure in the past year. This is thanks to a few factors such as our fundraising initiatives and endeavours bearing fruit both at home and abroad and our cash flow improved substantially as a result. In addition, we were referred to a very reliable and well recommended accounting firm Naude and Partners. One of their accountants Mrs Ilonka du Toit has done a tremendous job in putting our books in order.

Please find below a statement from Ms du Toit:



To the Friends of Health Promoters

We have audited the books of account for the past 2 financial years and are happy to report that the financial controls in place in the business is sound and working well.

The financial reports showed an increase in fundraising income and we hope to see more increase in the next financial year.

We continue to help them attain the best controls possible to ensure that the financial reporting reflects the true state of their affairs.

Copies of the financial statements can be obtained from the CEO

A handwritten signature in black ink, appearing to read 'Ilonka'.

I du Toit CA(SA)

Partner

25 April 2018

WT Naudé - CA (SA) • I Du Toit, CA (SA)

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# #LifeChangingHealthEducation

The idea behind #LifeChangingHealthEducation started as part of a minor / research project of three students from the University of Applied Sciences in Utrecht/Netherlands.

These three young Dutch women were very curious about the stories behind the organization.

**Every week we showcase another #LifeChangingHealthEducation on our Facebook page.**

## 'This is what #LifeChangingHealthEducation is all about!'

- By Jessica Kempton-Jones, Stellebosch South Africa.

'Meet Tyam Mthabiseng (left), Dulaze Thandokazi (right) and their grandmother (centre), who tragically lost her leg to amputation due to diabetes. After attending a Health Promoters workshop in Mfuleni an informal settlement just 40km outside of Cape Town the women pictured above now say they feel confident and well equipped to tackle this disease that affects 7% of the adult population in South Africa alone (3.85 million). This is just one of the many uplifting stories The Health Promoters play a vital role in. Due to the success of grass roots health education for economically marginalized communities within South Africa, The Health Promoters are paving a way for more families like Tyam and Dulaze to prevent as well as better cope with the diseases and ailments affecting their loved ones, and themselves.'

What The Health Promoters strive to do is impart sound health knowledge mainly focusing on prevention and awareness to individuals, who then embark on spreading the word throughout their communities. Thus, in this process, The Health Promoters are creating a revolutionary, well-rounded approach to health education in third world countries, by making use of the simplest communication tool around: word of mouth.'



# Words of appreciation

**The Health Promoters in South Africa is the beginning of a better life for many.**

Jisk and Thea Nijdam, parents of one of our Goodwill Ambassadors, **Edgar N**, visited the Health Promoters in 2017. Jisk Nijdam is a member of the Board of the Friends of the Health Promoters in the Netherlands.

## **Here is their report:**

We wanted to see South Africa but we also wanted to see the Health Promoters' work with our own eyes and tell you about it. We found South Africa a happy country with friendly people, great food and excellent wines, and really enjoyed ourselves. During these first weeks in Cape Town and Stellenbosch, we had no idea what was going on in the townships. Then we went with the small crew of the Health Promoters to a Sunday Market in Blauw Klippen near Stellenbosch. We helped to sell some of the children's clothes that we had received from a sponsor from the Netherlands and of course our beautiful own bracelet. These bracelets are made by the women in the townships (with the purchase of this bracelet you give a mother in the townships health education so they can take better care of themselves and pass it on again).

We also visited several townships, where the Health Promoters have their own modest space. We could not believe our eyes. We visited a crèche (where children go before going to school) which was very small, so many small children in a very small space. Our Health Promoters taught the crèche teachers health education. We have a lot of respect for all those beautiful strong women, the HPSA Senior Health Promoters, who teach the basic health education and training with excellent and promising results. We were very impressed with the work that the Health Promoters are doing in the vulnerable communities near Cape Town.

We also visited various school classes where children are taught, if you look in their eyes you melt. The women teach the children to deal with hygiene, among other things, because still too many children die of diarrhea unnecessarily. In short, everything that has to do with healthy lifestyles is extremely important. We will not soon forget our last visit to Kayamandi near Stellenbosch. The children showed how they playfully learn a lot from a game of Memory (on health education) and they also sang and danced for us. It was a happy and moving afternoon.

We have felt and experienced that this is the beginning of a better life for many. We have seen it with our own eyes under the inspiring leadership of Harold, George and Elaine. The Health Promoters are doing their utmost to make these children happy for a beautiful, new and healthy future in South Africa. We are happy to have been a partner and are deeply impressed by this wonderful team.

Friendly greetings, Jisk & Thea Nijdam.





# Be part of the Health Promoters Community:

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-  [www.twitter.com/HealthPromoters](http://www.twitter.com/HealthPromoters)
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