



**HEALTH
PROMOTERS**

Annual Report

1 March 2018 to 28 February 2019

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

Health Promotion South Africa Trust (HPSA)

"Promoting Life Changing Health 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 it's 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, and very soon beyond South Africa!



The Founders, Harold Robles and Jelle Braaksma



Qhama: 'Health Promoters help me to know what is right for my life. I think my body is very important. I know now that eating healthy helps me keeping healthy.'
#lifechanginghealtheducation



An overview of our 2018- 2019 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.



Senior Health Promoter Mrs. Xoliwa Mhobo at work



Simbongile Latoya Nombula: 'I got my certificate, I'm so proud of myself! Thank you Health Promoters. I feel like I can really help in my community. I learned about HIV, eating healthy, hygiene, nutrition and many more subjects. I don't even know where to begin how this changed my life.'

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 mental health and psycho-social course called GrowStronger! This course is aimed at supporting and empowering women and girls in these 'vulnerable' communities.



Dr. Zizipho Mbulawa, Institute for Infectious Diseases (UCT)



Snethemba Jodula: 'Before, I was blinded. Health Promoters opened my eyes. Especially about HIV and Aids. I had no idea what it could do and how to prevent it. Now I know that I also play a role in our community health.'

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.



Nomfundiso Makhosi: 'With the Health Promoters I learned more about health. With the things I learned I know how to help people in the community and my own child. For example: I didn't know it was important to always wash your hands to keep clean. Like before eating and after going to the bathroom.'



2018 -2019 Health Education Projects.

All our life changing health education projects are conducted in the various communities we serve, which range from close to Cape Town all the way across to Stellenbosch (50 kilometres away). Each Health Information Centre (HIC) acts as a base for our Health Promoters to operate from in the surrounding communities. Many of the people we serve are not usually well-educated and employed and they often come from very poor homes, so our life changing health education is very relevant in these communities.

The operations in each Health Information Centre (HIC) varies, as some centres focus more on teaching community members health education at the centre, which we call **@Community** projects. But other centres, depending on the needs in each community, focus on teaching health education in the surrounding communities, and we call these projects **@School, @Crèche, @Church, @Work, @Mkhulu**, etc.

During the current year our operations were conducted through four HIC's, and we were fortunate, due to extra funding, to be able to train 4 more Health Promoters from August onwards, which means that there were two health educators at each centre from August, 2018. So even though some of the time was spent training our new educators, their presence has helped us to broaden our reach in many ways. As we proceed into the next year, we anticipate that we will be able to reach, due to these new Health Promoters, many more people that we did this year. The next few pages describe each HIC, their staff and their activities during the financial year of March, 2018 to February, 2019.



Khayelitsha Health Information Centre

Khayelitsha is one of the fastest growing communities in South Africa, home to around 390 000 people (mostly young people migrating from other places). It is also one of the poorest areas around Cape Town, and at least half of the residents live in informal housing. Our Khayelitsha HIC is situated right in the heart of Khayelitsha, in rooms provided by our charity partner, Baphumelele Children's Home. Our HIC is very well known in Khayelitsha, and in surrounding areas like Macassar, Mitchell's Plain, Philippi, Harare etc., and many of our participants come from the above-mentioned faraway communities, as well as from Khayelitsha, to attend our Basic Health Education (BHE) courses.

Mrs Mhobo, Senior Health Promoter, leads out very capably here, and she is ably assisted by her trainee Ms Mahlathi. Mrs Mhobo has been educating attendees for many years in this centre, and her attendees talk very positively about our health education to their friends, neighbours and relatives. This word of mouth referral system has made sure that we have long waiting lists of people waiting to learn about health at our Khayelitsha HIC. Apart from the life changing health education given, it is clear that Mrs Mhobo's kindly mentoring style also attracts our mainly female clients to her classroom.



Senior Health Promoter Mrs Xoliswa Mhobo

During this year, Mrs Mhobo's classes were packed (though we limit each class to 25 participants and below, as smaller classes enhance learning). She teaches the BHE for 4 days a week at her HIC (Friday is a training/preparation day). All these classes are **@Community** projects. A new **@Crèche** project was started in January, 2019, which will run through the year, on certain Saturday mornings.

The purpose of this project is to teach the BHE to crèche principals and teachers. Mrs Mhobo and Ms Mahlathi will take it in turns to travel to the crèche venue. Our new trainee, Ms Mahlathi, will be teaching in this coming year (her training now complete) which will help provide more health education to many people in Khayelitsha.



Assistant Health Promoter
Ms Phakama Nahlahi, Khayelitsha

When visiting the Khayelitsha HIC, you are immediately impressed by the interest and joy the participants display as they learn, as well as the interest the Health Promoters show in teaching the topics. As one Health Promoter said to the writer the other day, "I love teaching about health education to our clients, they find it so interesting, and they want to learn!"



Pamela Zonke: 'Health Promoters helped me how to help when someone is involved in an accident. For example, a while ago someone got himself cut in the hand. I learned that I should clean it with water and put a band-aid on it, so it will not get infected. No one else knew how to help him.'





**Senior Health Promoter
Ms Amenda Mfenyana**

Kayamandi Health Information Centre (HIC)

Kayamandi is a fairly poor community where very many people are crammed into a very small area. The community is situated very near to Stellenbosch, a historic town about 50 kilometres from Cape Town. Our HIC is on a hill overlooking Kayamandi and the town of Stellenbosch as well as the many beautiful mountains that surround the town. Here we occupy a class room and two offices in the Legacy Centre (one of our charity partners). These facilities also house our Head Office (in fact, if you visit our CEO in his office, there is a mountain view to die for from his windows!). Here our Senior Health Promoter, **Ms Amenda Mfenyana** is very well assisted by her trainee Health Promoter, **Ms Sino Bomvu**. This year they conducted two **@School** projects are their main focus, one of the **@School** projects being conducted at Kayamandi Primary School (a local government school). The other **@School** project is teaching health education to the primary

school learners who attend the Legacy Centre's after-school project. They also conducted an **@Community** health education project and an **@Work** project during this year, both at our premises once weekly each.

At Kayamandi Primary School Mrs Mfenyana teaches health education classes to around 40 children in each class for 3 days a week (we aim at teaching the whole BHE course over one year to each class). Ms Mfenyana is very popular with her learners, and her work is appreciated considerably by the school staff. This project has been on-going for a few years now, and we are gratified to note that at the beginning of 2019 the school trebled the number of classes Ms Mfenyana taught during 2018. This is a clear sign that the school is very happy with our input, and wishes more of their learners to benefit from our health education courses. At the Legacy Centre our health educator team taught a health education class each day, except school holidays, to various primary school grades. We were pleased to note that the Legacy staff has indicated in January, 2019, that they would like our Health Promoters to also teach health education to their high school students, and they will start doing that soon.

The other two projects, **@Community** and **@Work** projects were conducted last year at our HIC, on one day each a week. The **@Community** project enrolls mostly women from the community, but since the employment rate in Kayamandi is very high, these classes are not very large. The **@Work** project provided health education to Wildlands, a local non-governmental organisation, they prefer to come to our premises, so we teach them there. One of the Health Promoters at Kayamandi was telling the writer recently that she was very hopeful that one day we could have HIC's in her home town and other areas in the Eastern Cape (a province of South Africa), as people lacked so much knowledge about how to prevent illness and live healthily, a hope we all agree with!



**Assistant Health Promoter
Ms Sino Bomvu, Kayamandi**



Langa Health Information Centre (HIC)

The Langa community is the closest to Cape Town of all our HICs, and is one of the oldest in the area. There are many historical landmarks, reminiscent of the apartheid era in this community. In addition, many revered people from the resistance era came from this area. Here at least 52,000 people live, many in small formal houses but a fair percentage live in shacks. In Langa we operate from a room the City of Cape Town allows us to use in their Langa Sports Centre. Here **Ms Mgidi** and her trainee Ms Maku teach a group of women every week about health education (an **@Community** project). These participants often tell their friends and family about the health education given at our HIC, and so there is always a waiting list of people ready for the next group to start, once the previous group has completed the Basic Health Education course. Ms Mgidi also occasionally teaches health education to people who live in a local Elders Centre (an **@Mkhulu** project).

For two days a week, the Health Promoters go to a local primary school, Thembane Primary School (an **@School** Project) where they teach health education to the learners in Grades 4, 5 and 6. The principal of this school and her teachers often say how grateful they are for Ms Mgidi's teaching of health education at their school. In fact this year (2109) they have demonstrated again how they value our work, as they have doubled the number of classes we taught last year from January onwards for the rest of 2019! We hope to approach another school soon, now that **Mrs Maku** has finished her training.



Senior Health Promoter
Vuyelwa Mgidi



Assistant Health Promoter
Mrs Zikona Maku, Langa

Inathi: 'Even though God is protecting all the time, I need to take care of myself. I learned that drugs is not good for our health. Cigarettes are also drugs, I should never start with them. They are a gateway drug to other, more severe drugs.' #lifechanginghealtheducation



Some of our outreach activities



Mfuleni Health Information Centre.

Mfuleni is a relatively new community, very close to Khayelitsha, and surrounded by other communities such as Blue Downs and Malibu. There are also around 52 thousand people who live here, many of them poor, and living in shacks, though there are also formal dwellings too. During 2018 we shared premises with another of our partners, Power Child, a local NGO charity, but unfortunately, their operations closed down towards the middle of 2018. We were allowed to stay on in the building almost until the end of the year, but this caused disruption and uncertainty. Fortunately we were able to obtain premises in a nearby charity called Nobantu, a local NGO, and operations have started smoothly there this year. Our Senior Health Promoter, **Mr Ntobiso Vantyolo** is assisted very well by his Trainee **Mrs Nokwando Mashiya** and he conducted both an **@Community** project, an **@Creche** project and an **@School** project during this financial year.

The **@Community** health education project was taught at our HIC at Power Child, and is continuing, during 2019, to be taught twice a week at Nobantu. The participants are mostly young unemployed women. We are hoping for more enrolment now that we are settled at Nobantu, and residents realise that we are permanently settled there.

Mr Vantyolo also taught an **@Creche** project at Power Child, as part of the course the Power Child staff were teaching to trainee crèche teachers. Unfortunately, this course was discontinued in the middle of 2018, due to Power Child's closing down. An **@School** project was also begun at the beginning of 2018, but unfortunately this project was closed down by the school for various reasons.

There is great need for our services at Mfuleni, and now we have a stable "home" at Nobantu, and also have two Health Promoters there, now that Mrs Mashiya is trained, we are convinced that many **@Projects** will operate there in 2019. The enthusiasm of our Health Promoters for what they do is clear in Mfuleni, so that is a very good beginning.



**Senior Health Promoter
Ntobiso Vantyolo**



**Assistant Health Promoter
Mrs Nokwando Mashiya, Mfuleni**

Statements from our new partners 2018-2019



23 Augustus, 2018

Health Promotion South Africa Trust (HPSA)

To whom it may concern,

It was late 2018 that I got introduced to Harold Robles, Founder & Special Advisor of Health Promotion South Africa Trust (HPSA). Harold and I both experienced a moment of immediate trust and respect for one another. Health Promoters have been working tirelessly to arrive where they are today. They have dispatched several educators in Cape Town townships which has been paramount in awareness, education and prevention of somatic issues.

Promentis has a growing reputation as an industry leader in the field of addiction and mental health care.

If only these organizations would be able to work together, the future would look much better and the care would become more complete and specialized. And why not?

Both Harold and I are Dutch and hold the adage "actions always speak louder than words". The first introduction was followed up by introductions with colleagues from both organizations in both The Netherlands and in South Africa and the desire to collaborate grew steadily.

I have written out an initial program of education that provides in-depth knowledge in the field of addiction and addiction care and this will start on the 19th of April 2019 with teachers from Promentis teaching the Senior Health Promoter's from HPSA to be more and better equipped in the ongoing battle against alcohol- and drug addiction.

This program will be followed up by evaluations and another program of mental health care.

I hope this helps.

With kind regards,

Marcus Teunissen

A handwritten signature in black ink that reads "Marcus Teunissen". The signature is written in a cursive style and is enclosed within a simple, hand-drawn rectangular box.

Managing Director Promentis SA.

23 Augustus, 2018

Health Promotion South Africa Trust (HPSA)

Waternet is the water cycle organization in Amsterdam and surroundings.

It takes care of the drinking water production, distribution, waste water collection, processing (raw material recovery), ground and surface water tasks. Waternet is a government organization that works in these areas on behalf of the municipality of Amsterdam and the district water authority Amstel, Gooi and Vecht. The work concerns policy preparation, operation and maintenance for all required infrastructure and installations.

In 2007, Waternet decided to share knowledge and experience internationally through World Waternet (WWn) with government organizations elsewhere in the world that have questions in the area of the water cycle. We work (worked) e.g. in South Africa, Mozambique, Tanzania, Kenya, Ethiopia, Egypt, Burkina Faso, Mali, Ghana, Jordan, Lebanon, Israel and West Bank, Turkey, Indonesia, Laos, China, India, Antilles and Suriname. We prefer to work with our partners in a long-term cooperation focused on capacity building and sustainable development of the organization.

Water is crucial in life and has a direct relationship with our health. This certainly also applies to sanitation. Providing information in order to deal with water and sanitation well and responsibly and making people aware of this need is extremely important. Reason why World Waternet likes to cooperate with parties such as Health Promotion South Africa Trust (HPSA) that are strong in the field of achieving awareness and training people in this area.

World Waternet, on the other hand, has cooperations with the (local) authorities to work with them on the required infrastructure and facilities in a sustainable manner. In this way, parties are complementary, HPSA on the "users" side and World Waternet on the side of the authorities.

World Waternet is honored with this collaboration with HPSA by supporting them in creating and rolling out their new activities, the creation of an educational theater focused on hygiene, water issues and sanitation.

Otto Ferf Jentink



Regional Director Southern Africa and Middle East



10 January 2019

Health Promotion South Africa Trust (HPSA)

Dear Harold,

I am thrilled to inform you that the South Africa City Orchestras Organisation (**SACO**) has decided to adopt the health educational activities of the Health Promoters South Africa as our Corporate Social Responsibility (CSR) project.

It was very good to have spent so much time together during your last visit to South Africa and I sincerely hope that we will continue to do so.

We are ready to help your activities through our musical events in any way that we possibly can.

SACO, as you are aware, currently consists of three orchestras founded by myself i.e. the Stellenbosch City Orchestra (SCO), the Bloemfontein Philharmonic Orchestra (BPO) and the Capital City Orchestra (CCO).

The many people joining our concerts will from now on be aware of the activities of the Health Promoters and **HPSA** will reciprocate in supporting and mentioning our musical activities as well.

We at the **SACO** are proud to be associated with you and the amazing work you are doing in the townships of South Africa and wish you great success with all your future endeavors.

With best wishes and kind regards,

Dr. Paul Loeb van Zuilenburg

A handwritten signature in black ink, appearing to read 'Paul Loeb van Zuilenburg', written in a cursive style.

**Founder & Director
South Africa City Orchestras**

STATISTICS 2018/2019

HPSA reached 20,193 people with Health Education

Introduction

All that we do revolves around sharing life changing health education with people living in the communities we serve. We do this in different ways, which are explained as follows:

1. Our main focus is to teach our Basic Health Education (BHE) course. We do this at our Health Information Centres (HICs), and participating schools, crèches and churches etc.

Adults doing the BHE attend all 12 BHE workshops (one topic takes around 2 to 2 1/2 hours to complete), and they usually finish all the BHE topics in 2 or 3 months, depending on how many sessions they attend each week. Once adult attendees have completed all the courses, they receive a very professional Certificate of Attendance, usually at a graduation planned by themselves along with their Health Promoters.

It is clear that our participants want to be educated by us, as there are adult waiting lists in each HIC and statistics show that **our drop-out rate for BHE completion is very low; in fact during 2018-2019 97% of the adult participants who started the BHE course finished it.** And of the 3% who do not complete the course, many often come back and complete the course later on. It is interesting to note that much higher drop-out rates than ours are evident in South African education (ranging from around 40% to around 50% drop out rate, depending on the institution). The quality of teaching, mentoring, gathering statistics and the management of HICs has improved over the last year, which also explains these good results.

Children and teens doing the BHE at schools usually take the whole year to complete the BHE course, depending on how much time the school allocates to our Health Promoters, and because the school holidays also lessen the time available. At this stage we are not giving Certificates of Attendance to each child, though we hope to do so at a future date. In the three schools we are active in, the number of children taught range from around 45 to 35 in each class, and the BHE topics are divided in half, or thirds, depending on age. Once a class has been taught the BHE, the Health Promoter moves onto another class, so eventually all the learners will have been taught the BHE and then we either keep teaching the new children as they move up in the school or we find another school.

BHE statistics for 2018-2019

The total number of participants attending health education workshops during 2018-2019 is **15 743 participants.** This number includes all adults, teens and children.

Of this combined number, **31% are adults** (4 909), **49% are teens** (7 772) and **20% are children** (3 062); **66% are female** (10 456) and **34% are male** (5,287).

These statistics were rigorously collected and are verifiable.

2. Our secondary focus is health awareness events

During the year we helped organise and attend various health awareness events, an example being the Human Papillomavirus (HPV) awareness event which we help organise (each year) with Dr Zizipho Mbulawa and her team from the Institute of Infectious Disease and Molecular Medicine, University of Cape Town. We contact thousands of people at these events. We usually teach during these events, and we also have stands where people can come and ask questions and advice as well as inviting them to attend our BHE courses.

We estimate that during **2108/2019 we raised awareness for around 4 000 people at these events.**

3. Our third focus is recruitment

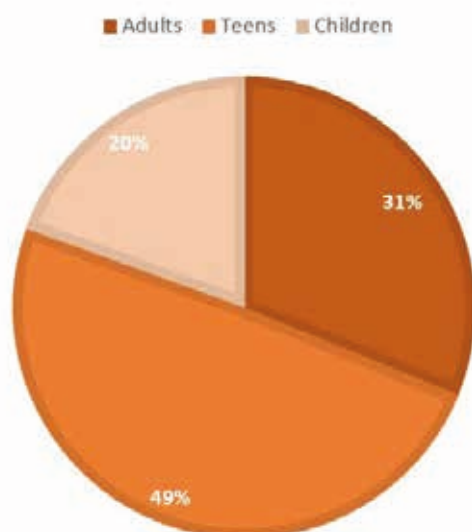
During this year all 8 Health Promoters went out often to hand out Xhosa flyers inviting people to take our BHE course. As they did this they explained about the BHE course and answered any questions people asked. Obviously, some people were more interested than others, so it is difficult to estimate the impact of these activities. But we think that **they contacted around 450 or so interested people** this way.

Combined Health Education Results Show:

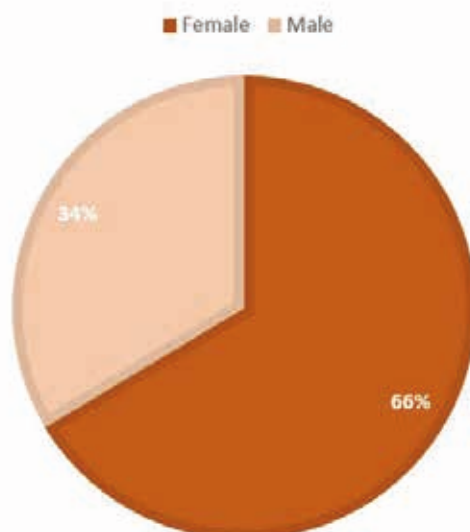
15 743 people (BHE) + **4 000 people** (awareness events) + **450 people** (recruitment) = around **20 000 people** who were contacted with life-giving health education during 2018/2019.

And if you consider the possibility that if **each of the 20 000 people we educated explained just ONE LIFE CHANGING HEALTH PROMOTION FACT to one other person, then you can estimate that at least 1,5 million peoples' health have been enhanced** by our health education this year!

BHE STATISTICS FOR 2018-2019



GENDER



Our Board of Trustees

Ms Khutsafalo Malmsey Rangaka, Chairperson.



As I started composing this statement, I realised just how quickly HPSA has grown since I joined the organisation three years ago. 2018 has in many respects been a year with many rewarding moments characterised by growth, consolidation and taking on new challenges and opportunities. We made solid progress on many fronts, including building on our existing strategic platforms, while establishing exciting new ones.

To Our Funders

I wish to extend a sincere word of thanks to our funders for continuing to support us. Without their support we would not be able to carry on doing the good work we do for our vulnerable communities. Their funding, annual visits and words of encouragement are the oil that gives the Health Promotion South Africa the energy to keep going. We are proud to announce that for the third year now we have received a clean financial audit. We thank you.

The Board

Our Board members continue to dedicate their time doing their fiduciary duties of oversight and governance to HPSA. Last year we bid farewell to our long serving Board member Thulisile Ganyaza-Twalo who moved on to pursue other opportunities. We thank her for her contribution and wish her well into the future. We have welcomed Dr Honjiswa Conana, an educationalist and researcher who has already settled well and giving her valuable contribution to our organisation.

Strategic Partnerships

This year the HPSA has done a lot of work in forging relationships with important strategic partners who will add value to its mission of bettering the lives of vulnerable communities. These partnerships will see the HPSA expanding its services beyond the borders of South Africa. We have been working on establishing licencing agreements through which we can collaborate and help interested organisations inside and outside South Africa to have access to our established programs and systems of health promotion.



To this end we are in advanced discussions to help establish "Caribbean Health Promoters and Health Promoters Suriname" to give basic health education to the people of the Caribbean and Suriname.

We are also in the process of collaborating with the Kingdom of Lesotho to help establish "Health Promoters Lesotho@MAC (Maluti Adventist College). These initiatives will see Health Promotion South Africa Trust extend its wings and services far beyond the borders of South Africa.

Trustee Ms Marlene van der Merwe

As an Occupational Therapist, Ms van der Merwe's experience is very helpful to HPSA in its endeavours to provide, contribute and develop as major preventative care player through health education. She comments that '...it is such a wonderful opportunity to be part of a dynamic team that fulfils an extensive and growing need in the various communities HPSA serves'.



Trustee Dr Honjiswa Conana

Dr Honjiswa Conana is the Teaching and Learning Specialist of the Faculty of Natural Sciences, University of the Western Cape. Her interest, expertise and experience in teaching and learning and in research methodology has and will continue to be of great help to HPSA, as we continue to develop / review our curriculum and accountability measures.



Trustee 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.



Tendai, 12 years: "Washing is very important to me because you need to take care of yourself - just for yourself." #lifechanginghealtheducation



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). He is busy exploring new academic interests at the same institution (UNISA).

Report from our chief executive officer, Mr George Arrey

Like the past years, the Health Promoters this year have neither spared a single ounce of energy nor relented any effort to help create awareness through education for the purpose of preventing diseases in the townships of Cape Town. We have been able to, through increased human and material resources this 2018/2019 financial year, reach a considerable degree of our Strategic Plan goals for 2014-2019, in terms of people reached, educated and positively impacted in our target communities.

Our organisation as a whole and myself as CEO in particular decided this year to increase momentum in doing what we do best, which is, providing first hand free-of-charge basic health knowledge to under-served populations. For nothing else, our drive has been due to the fact that it has become even more apparent to us that there's no better time to change lives through education than now, because of the prominence of and easy access to information via information technology, which makes people more aware of caring for their health. In addition, our target clientele is quickly making the connection between disease prevention, a healthy lifestyle and general wellbeing, and so are flooding our workshops in large numbers.



We have as a result of the above, carefully re-designed and restructured our programmes to suit the need and meet increased demand. Our centres now have waiting lists of people eager to be educated, and because it costs nothing more than their time to be trained, hundreds of people attend workshops each week both in our health information centres and our outreach programmes. With the ground works we have successfully laid in



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!" #lifechanginghealtheducation

the past few years, especially this year, we can confidently say, not only have we become a key role player for social change in the communities where we are based, but we may also hopefully become pivotal in changing the face of health promotion in particular, in this country and even beyond, in the not-so-distant future. Research shows that health education is the future of primary health care.

Strategic Plan Goals: One of the goals of our Strategic plan is to expand our services to many areas in South Africa and beyond her borders. But in order to achieve this we considered that we needed to consolidate our operations on many levels, which is what we aimed to do in 2018-2019. Looking back over the year, I can see the wisdom of this approach, as many minor and major issues have been sorted and sustainable systems set in place.

We have also obtained legal advice on how to proceed with ensuring that both our partners and ourselves are in line with the basic requirements in terms of the law and have put in place procedures that will enable us to obtain a licence (similar to a franchise) for HPSA. When obtained, this licence will enable us to expand safely, with legal recourse available. In fact, we have learnt a great deal over this year, and are now confident that we are ready to expand responsibly as funds become available.

Expansion Opportunity: Towards the end of 2018 such an opportunity became available, as Maluti Adventist College of the Mountain Kingdom of Lesotho approached our Founder, Dr Robles, with a request for starting our approach to health education in their area. So, our partnership with Maluti Adventist College was born! It has been named the HP Lesotho@MAC project. The latter will see us duplicating what we do here in South Africa, in Lesotho, as needs assessments have shown that the Lesotho context is similar to our own and that the need for health education in Lesotho is just as great as it is in South Africa.

Partnerships: The Health Promoters continue to have mutually helpful partnerships with their host partners; Baphumelele Child Care, Legacy Community Development Centre, the Nobantu project and the Langa Sports Centre, and many other partners both within and outside our target communities. We hope to see our partnerships progress to an even higher level in the coming years.

A fruitful collaboration between ourselves and Dr Zizipho Mbulawa of the Institute of Infectious Diseases and Molecular Medicine, Faculty of Health Science, University of Cape Town (UCT) as well as the Cancer Society of South Africa (CANSAs), has enabled us to conduct strategic Awareness Campaigns to help bring to light some of the endemic issues that are plaguing our target communities, such as Human papillomavirus (HPV).



Together with Queen Masenate Mohato Seeiso of Lesotho.

In March this year, the latter campaign was held in Khayelitsha and the conversations which led to an in-depth discussion on cervical cancer as a by-product of HPV was packed with eye-opening information. We have also had some really important partners come on board recently, such as, Promentis Mental Health, which with the synergy between us, we intend to start some innovative ideas that will tremendously enhance our both organisations. We would also like to welcome World Waternet, but also South African City Orchestras (Stellenbosch City Orchestra, Bloemfontein Philharmonic Orchestra and Capital City Orchestra

Thank you: I want to use this opportunity to thank our partners, donors and supporters. A special thank you goes to Dr Harold Robles, our Founder and Special Advisor to the Board. The contribution you make to keep the Health Promoters going, Harold, is truly invaluable. Most importantly, I would like to give a big thank you to our funders: Haëlla Stichting, Sting Jong, Sandton Hotels, Stichting Casterenshoeve, De Ridder Adviesbureau, Spie, Hugo Lens Optiek, A+M Recycling, Van Heest Trading, Xtra Material, Schieweg BV to name just a few, and of course the many private friends. And, last but not least, I 'take my hat off' to the wonderful team of highly enthusiastic men and women in the Health Promoters staff, without whom this great initiative would not be realized.

Conclusion: The Health Promoters firmly believe that health education is a human right, and because of our strong stance on this belief we would go the extra mile to make sure the local populations have access to basic health and hygiene information. With the partnerships and collaborations we have cultivated in the course of this unique intervention, we envisage a South Africa and hopefully an Africa, free of preventable diseases.



Report from our Programme Development Director (PDD)



This last year has been a very fruitful one indeed. There has been considerable improvement in almost all areas of my portfolio. It has been a joy for me to be part of this on-going improvement and to see our Health Promoters acquiring such professionalism. It is a joy firstly to see how our educators are fulfilling their potential in so many ways, becoming professionals in their own right. Secondly, it is wonderful to see that they are able to teach and manage their centres so much better than before, which means that the participants are learning so much better. So we, our CEO and I, consider that this consolidation conducted this year has been very worth our while and now the whole team is ready, on the brink, so to speak, of expanding into South Africa and beyond her borders!

Staff Training and Evaluation: During this year the Health Promoters met regularly twice a month for continued training. This year we focussed on improving teaching skills and also improving medical knowledge, as our Medical Advisor Dr Annemiek Dekker also taught them often during the course of the year. This emphasis has helped greatly to improve the quality of teaching and knowledge as well as raising awareness about the need to improve teaching to suit participants' needs.

This year we also set up a system of formal evaluation of our Health Promoters performance of things like teaching, management of their centres, statistics gathering etc. These evaluations will be used in the coming year as a basis for promotions.

Trainee Health Promoters Training: We were very kindly given funding during this year to employ and train more Health Promoters, so from August, 2018 we employed 4 Trainee Health Promoters, which means we thankfully have 2 Health Promoters in each centre now. The trainees received training from the Senior Health Promoters in management, knowledge and statistics gathering, as well as teacher education from myself, and they will continue on an internship basis for a few more months into 2019. So far the trainees have shown excellent motivation and interest in the training process as well as great interest in educating people with health promotion information.

Curriculum Development: During this year great strides have been made, with the very able help of Dr Dekker, (and some of the experts on our Advisory Panel), with the completion of the **Basic Health Education** curriculum. It has been thoroughly renovated and upgraded with up-to-date medical information and disease prevention information. There are now 12 completed compulsory workshops, which clients have to attend before they can get their Certificates of Attendance. There are also 2 completed optional workshops available, but more are planned, mainly to do with mental health, parenting etc. The development of printed materials suited to each age group will be completed shortly (we have been very fortunate to obtain funding for printing health education booklets to match our BHE topics for our adult and child participants). The development of teaching helps for each session is also still to come.

The **GrowStronger!** programme (the psycho-educational /mental health programme developed and trialled during 2017) was not run during this year as there was need for more health educator training before it was rolled out at all the Health Information Centres. We are planning to do that in this coming year.

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."



Participant Monitoring and Evaluation: At the moment we evaluate clients by checking the drop-out rate (statistical method) and checking the satisfaction of agencies and clients using anecdotal methods. This last year, as mentioned above, 3 of our @School projects have asked us to increase the amount of teaching we do for them, which is a clear indicator of their satisfaction with our services. In addition, our centres all have waiting lists for health education, which is also good indicator of client satisfaction. The final piece of anecdotal evidence is that our clients tell us how much they enjoy and learn from and use our health information (see page 30 for life changing health education)

Finally, statistics show that our drop-out rate is very low; in fact during 2018-2019 97% of the participants who started the BHE course finished it. And of the 3% who do not finish the course, many often come back and complete the course, as they often only left because they had obtained work. In future the statistics of returning clients will also be available. It is interesting to note that much higher drop-out rates than ours are evident in South African education (ranging from around 40% to around 50%, depending on the institution).

It is clear from this evidence that our work is valued and appreciated. We hope in the year to come to add more formal kinds of measures, to add impetus to this positive anecdotal evidence.

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



After having worked as a medical doctor in the Netherlands, the past couple of years working abroad have been challenging but a big learning and very rewarding experience at the same time. Definitely contributing to this, has been my work for the Health Promoters as Medical Advisor in regarding curriculum development and training the Health Promoters. It has also only strengthened my conviction that prevention is better than cure and why the Health Promoters work is so valuable and necessary.

Together with Mrs Elaine Harcombe, PDD, we have been developing the Basic Health Education programme and teaching this to our Health Promoters. Training the Health Promoters and seeing their drive to make a change concurrently along with Management's passion for this cause, has given me the energy to continue this quest as well.

In the upcoming year we will focus on growth. Growth of our organisation in and around Cape Town but even more so on the growth of Health Promoters in and outside of South Africa. Hopefully we can expand our reach and give more people access to this essential knowledge for a healthy life.

The activities of the “Friends of the Health Promoters Netherlands” (Stichting Vrienden van de Health Promoters)

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 2018/2019 as they encouraged many companies and associations to support us with considerable funds which has enabled us to maintain the status quo as well as giving us enough funding to begin fulfilling long-dreamed of goals of helping more people in South Africa.

They were also able to raise money during benefit events, such as the second annual Golf4Health event in 2018 (www.golf4health.nl). Plans are currently in place to host the third annual Golf4Health event on the 14th of June 2019. Well-known Dutch celebrities will be placed in every flight.



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

Other fundraising endeavors of the Friends in 2018 included many awareness activities. Plans are to create an annual gala event dedicated to **“Life Changing Health Education”**.

Many thanks to the many friends and volunteers who supporting in many ways, such as sharing their expertise with us. Many thanks to Gerian Alofs, of the University of Applied Sciences in Utrecht, Martinique Nederend, Andy and Sjoukje Smith, Igor Schell, Anne and Sophie Eggink, Diana Foks and Thea Nijdam, 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.

And Patrick de Leede from Catch of the Day, an experienced PR consultant, who coordinates all press releases, media publications and interviews in the Netherlands. And Heleen van der Vegt–van Biljouw, from Interface translators in the Netherlands, who has enthusiastically helped us with English<>Dutch translations since 2007.

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 Wiltling (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), Netherlands; and Barbara Gwanmesia (Singer/Author) Cameroon/Netherlands; Olga Commandeur (Athlete), Netherlands; Koert-Jan de Bruijn (Actor), Netherlands and Nonkazimlo van Westerlaak (Youth Ambassador), Netherlands.

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. Plans are to publish another book in 2019 and to organize different fundraising events, maybe also a Golf4Health event somewhere in the USA.

Conclusion: We are expanding our fundraising plans in 2019/2020 to include professional fundraisers such as Ms. Angela Harcombe in the UK. There are also plans to create more "Friends of the Health Promoters" in the UK, Germany and South Africa.

All kind of fundraising and awareness activities organized by the Friends of the Health Promoters Netherlands, in pictures.



Golf4Health 2018 in the Netherlands

In 2018 21 companies and celebrities sponsored and supported the mission of the Health Promoters by playing golf. The format was a 4 ball Texas Scramble with each team comprising of one well know Dutch/Belgian celebrity. We had great weather and plenty of good golf by the teams. The wine on the course and the snacks contributed to a successful afternoon. The evening was capped off with a South African style braai. At the end of the evening the final amount raised was announced to be a fantastic 10,000 euros. A special word of thanks goes to Kleiburg Golf Club who offered the use of the course free of charge and to Sandton Hotels who were de main sponsor for the event. In 2019 the event will be played again and we hope to raise more than in 2018.



How two primary schools, one in the Netherlands and the other in South Africa became friends forever

In 2017 a primary school in the Netherlands decided to partner with a primary school Health Promoters teach in for a full year. The teachers of "CNS De Nieuwe Weg", in Oostvoorne taught their students about the mission of the Health Promoters, as well as about the lives of the children in the Kayamandi Primary School in South Africa. The highlight of this time was the live video conference between the Dutch school children and the African school children. All the children enjoyed this video conference greatly. They not only responded to questions but they also sang for each other. This left a lifetime impression on both sides.

In 2018 two teachers from the Dutch school traveled to visit the Health Promoters in South Africa with suitcases filled with presents given by their students for the children of the Kayamandi school. The South Africa children received the gifts with great happiness. The adults on both sides were very appreciative of the gesture. Back in Holland the teachers shared their stories and the pictures with their students, and so the partnership was concluded, but hopefully will live long in the minds of all the children.

Financials

Naude and Partners – Registered Accountants and Auditors, Somerset West, Western Cape have audited the financial statement of the Health Promotion South Africa Trust for the past three years, including the current financial year of March, 2018 to February, 2019. An extract from the audit report is included below

"In our opinion, the financial statements present fairly, in all material respects, the financial position of Health Promotion South Africa Trust as at the end of February, 2019, including its financial performance and cash flows for the year then ended in accordance with the International Financial Reporting Standard for Small and Medium-sized Entities".

The financial report presented below comprises the **Donation Income**: all the funds donated by private donors, foundations and individuals for the period above stated; the **Income Generation**: all the funds acquired from trust fundraising efforts for the period above stated; and the **Interest** accruing from bank accounts for the period above stated.

The report also includes the expenditure of this income on three operational aspects namely the **Basic Health Education** course: our free health education course undertaken by the large majority of our clientele in workshop and outreach settings, as well as pupils in schools; **Awareness Campaigns**, usually large events, aimed at raising awareness in the targeted communities regarding endemic health issues; and finally **Recruitment** aimed at encouraging individuals at community centres to learn of our services and receive invitations to attend our health education courses.



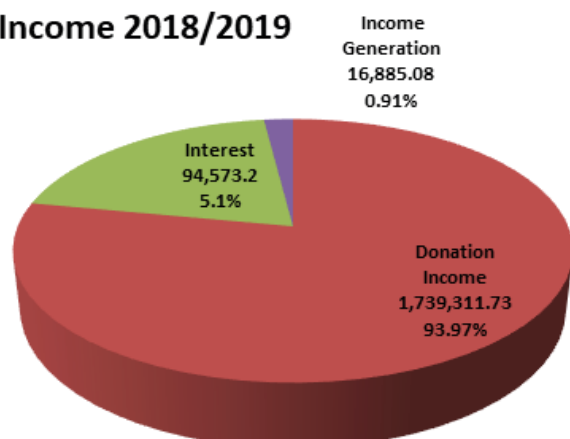
Income 2018/2019

Type	Amount	%
Donation Income	1,739,311.73	93.97%
Income Generation	16,885.08	0.91%
Interest	94,537.2	5.1%

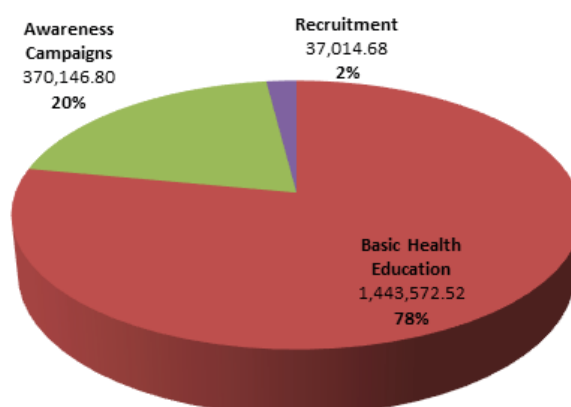
Expenditure 2018/2019

Category	Amount	%
Basic Health Education	1,443,572.52	78%
Awareness Campaigns	370,146.80	20%
Recruitment	37,014.68	2%

Income 2018/2019



Expenditure 2018/2019



#LifeChangingHealthEducation

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 from Cape Wines

The programs of the HEALTH PROMOTERS are making a DIFFERENCE!

For some years we have been supporting various social projects in South Africa. In the context of our new African Wines and the resulting collaboration with Health Promoters, we visited a number of projects in January this year.

Workshop in Khayelitsha

First we visited the township Khayelitsha together with CEO of Health Promotion South Africa Trust (HPSA) George Arrey, a great and passionate director! There we were allowed to participate in a workshop "Hygiene". Hats off for the ladies, who accompany this. In a good, an interactive way they give the trainees handles and teach them applicable knowledge. So no vague and dry facts, but practical and feasible information and tips. It is, of course, a shame that what we find so normal in the western world, water, soap, electricity, is not always available here. Also expensive cleaning products cannot be bought. But with simple, often old-fashioned remedies, the women are helped to learn and to carry out much-needed hygiene activities.

Collaborate for the communities

We then also visited the projects in Mfuleni and Kayamandi. Visiting a school gave us a good impression of what the Health Promoters mean for the communities. You will feel the passion and the commitment of the people of Health Promoters at every project! It is also nice that there is intensive cooperation with other initiatives, like orphanages, sports clubs, childcare, schools, etc. We saw that there is a better cost control, instead of spending money on expensive buildings and other money-consuming cases, it goes straight now to the people who need it!

Support the Health Promoters!

We are particularly impressed by the work that the Health Promoters are doing and we are very happy that we can support their beautiful work with African Wines!

Thanks to everyone for their incredible hospitality!

Belinda & Damiano.
AFRICAN WINES
ENJOYING WINE AND GIVING BACK !
<https://www.africanwines.nl>



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