



# HLOKOMELA

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# ANNUAL REPORT 2007

# Hlokomela Annual Report 2006 / 2007

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### Summary

Hlokomela is a HIV and AIDS programme targeting farm workers, including foreign migrants, in the commercial agriculture sector of Hoedspruit, Limpopo Province. The programme aims to reduce the HIV vulnerability of farm workers through peer education, awareness raising and prevention. The project has been running successfully for the past 48 months, on 18 sub-project sites. Recently, the sub-project sites have been increased to 28. An estimated 8 000 people are reached through the activities of the programme.

The Hoedspruit Training Trust, which is responsible for overseeing the activities of the Hlokomela Programme, was formed in 1996, building on its predecessor, the Rural Foundation community development initiative. Its membership is drawn from farmers, farm workers and community members, and its focus is community development with a strong emphasis on health. Its targeted beneficiaries are farm workers and their families.

Between 1992 and 1996, a farm workers' health programme, supporting farm workers as lay health workers, to address primary health care issues was run effectively. These lay health workers were called Nompilo's. The Nompilo programme has remained active within the Hoedspruit area after the Rural Foundation project ended. However, with the onset of the HIV pandemic, it was realised that an urgent re-focus was needed. Through a participatory process, the programme's new purpose was determined: to reduce vulnerability of farm workers to HIV and AIDS through improved knowledge and awareness, access to services and improved living conditions.

This purpose is achieved through 7 main programme components:

- Working with farm management to assist in developing a pro-

ductive work environment, and to develop and implement workplace HIV and AIDS policies and programmes.

- Providing peer education, through a network of farm workers.
- Providing primary health care by training and mentoring farm workers as carers, known as Nompilos
- Implementing a gender intervention, targeting men, providing training and mentoring of male role models, so as to address issues such as gender-based violence, transactional sex and poor health seeking behaviour of men.
- Implementing an integrated social change communication programme, which includes the local development of communication materials and mechanisms developed through participatory processes, supporting all the other project components and encouraging changes in behaviour to reduce risk taking behaviour.
- Implementing a programme of recreational activities involving all farm workers.
- Establishing and running a wellness clinic, providing health care and ARV's to farm workers.

The programme's success was ascertained through a formal evaluation process, where planned and actual results were compared. The evaluation concluded that real progress has been made towards achieving the objectives of the programme through the seven programme components, as described above. The evaluator also commended the programmes' achievement in bringing so many different partners to collaborate in addressing the problem. This public, private and international aid and NGO collaboration, demonstrated how coordinated efforts, under local ownership, could achieve desired results. ( [1] Nompilo - (after a Zulu word meaning 'mothers of life') )





**2. Reflections from the driving seat**

**Christine du Preez**  
*The beginning...*



After initially struggling to secure start-up funding for Hlokomela, a breakthrough was achieved in 2005, when we established contact with the International Organization for Migration (IOM), which had been conducting research into migrant farm workers in the area. They immediately recognized the value of the project for their constituents (migrant workers), and provided a small amount of start-up funding, which was supplemented in 2006 by a small donation from the European Union. This seed funding enabled the project to employ two half-time workers, Antoinette Ngwenya and myself. Using our own

vehicles, and whatever else we could lay our hands on, we managed to beg or borrow donations of furniture for our offices. And so we made a humble start.

We quickly established structures and sound business processes, and registered as a non-profit organisation (NPO). Realising that the project could not fly without the support of the farmers in the area, we enlisted the help of Dr. Paul Pronick, from Rixile Clinic, to brainwash the farmers! It worked. We visited 16 farms and introduced the Program Co-ordinator to all the farm managers. They became partners in the project. A great deal of interest and support was and continues to be received from the farm managers.

**The following are some of the key achievements of the years under consideration:**

- 19 Nompilos have undergone the 59-day training, by CHOICE, on different health provision courses like DOTS support and Home Based Care.
- The Nompilos have begun training as peer educators / communicators, and participate fully in the development of the behaviour change communication programme. They help to determine the messages to be communicated, and how best to do this. They have worked on the production of pamphlets and other materials for farm workers on VCT and Condom use, and have worked to popularise the HIV and AIDS Workplace Policy. They were also fully involved in producing a DVD on HIV and AIDS in Hoedspruit. In addition, 4 billboards have been erected, at key sites, with the umbrella message of "Farm workers care for each other", and sub-messages on condom use and VCT. We are about to replace these with a third set of messages.
- The workplace policy was negotiated with the farmers, management and supervisors and is now in place on 28 farms.
- A vegetable and herb garden has been established and this, together with supplies of excess produce from the farms, helps us to distribute food parcels to those most in need.
- Murals have been painted to raise awareness on farms, to remind the farm community of gender issues that need to be, and are being, addressed.
- Hlokomela works closely with the district health authorities, and seeks to build their capacity to deliver the government's

comprehensive plan. Specifically, the project supports both the HIV & AIDS Strategic Plan: (2007-2011), and the Comprehensive Plan: Prevention Care & Treatment of HIV & AIDS (2003), in the areas of prevention, treatment, care and support, human rights and social mobilisation.

- 30 Supervisors, from different farms in the Hoedspruit area, attended a five-day workshop on "Men as Partners". Sonke Gender Justice ran the workshop. Supervisors on farms have been trained on gender related issues, covered in the following modules: Gender and Sexuality, Domestic Violence, HIV & AIDS and STI's, Male and Female Sexual Health, Relationships and Awareness of Sexual Violence
- In February 2007, a proposal for an ARV clinic for farm workers was sent to Right to Care, our ARV funders. After a process, the buildings at Hoedspruit Training Trust were renovated to host a Wellness Clinic. The clinic provides a service that starts with primary health care, all the way through to HIV testing, counselling and dispensing of free ARV treatment to farm workers.
- Due to the ARV clinic, the staff of Hoedspruit Training Trust expanded to 17 staff members: the doctor, professional nurse, data capturer, VCT counsellor, 2 lay-counsellors, general assistant and a garden assistant.
- During his two year stay in Hoedspruit as a US Peace Corps Volunteer, Nick Vorono will share in the cross cultural experience Hoedspruit and our rainbow nation provides.

**HIGHLIGHTS**

- The Project Director attended the XVI International AIDS conference in Toronto, from 13 to 18 August 2006, following submission of an abstract proposal by the IOM. Hlokomela was one of only 1 000 selected to deliver a message to the conference, from over 13 000 abstract applications submitted. It was a privilege to be part of the team to take the valuable message of the farm worker project of Hoedspruit to Toronto.
- The first concert ever to be staged for the benefit of the local farm workers was on 22 July 2006, on the soccer field of the Bavaria Fruit Estate. An estimated 5 000 people arrived to enjoy the concert, organised in conjunction with SABC's Munghana Lonene Fm Radio. Seven local groups, including Penny Penny, Pensele and General Muzka, wowed the crowds with their music throughout the day. Another HIV and AIDS rock concert was hosted on 7 December 2007.
- We were invited to attend the Women's Sector Summit, on the National Strategic Plan on HIV and AIDS 2007-2011 in Johannesburg, held on International Women's Day in March 2007. We had the opportunity to meet the previous Deputy Minister of Health, Ms. Nozizwe Madlala Routledge, and to share experiences with other groups on issues such as workplace policy and support groups.
- Antoinette Ngwenya had the privilege to be invited to participate in a two-day regional workshop in Zambia. The main objective of the workshop was to raise awareness and share lessons on issues, around HIV, mobility and the commercial agriculture sector, amongst the SADC countries.
- The third International Aids conference was held in Durban. Only 120 oral presentations were accepted into the formal conference programme, out of 800 applications. Hlokomela was one of 120 presentations to be presented at the conference.
- A highlight of our recreational activities programme was the golf day for women, businesswomen, farm women and domestic workers. As Doreen Shokane, of the Dept of Health and Welfare, said: "It was wonderful seeing people from all walks of life, and from different backgrounds, interacting."



**3. MESSAGE FROM THE TOP: CHAIR OF HOEDSPRUIT TRAINING TRUST.**

Hlokomela started from drips and drabs from the past, and has developed into a well run NGO serving the Maruleng commercial farm workers. I have been privileged to have been part of this organization from the beginning, and stunned by the attitude of the personnel involved in this organization. The past year has been blessed with donations from IOM, EU and Right to Care, to continue this important work. Was it not for these organizations, this work would not be possible and the community would be at a great loss. The building and renovations to the ART clinic at the GOV center



**Chris Huddle**

has been a highlight of the past year, and will bring about immeasurable changes in the lives of people who suffer from HIV and AIDS. I am so proud to be part of this organization that touches so many lives, and am sure this organization will be blessed, as many others already are. To all at Hlokomela, please keep up the good work, the community needs us all.



**4. OUR TEAM PULLS TOGETHER**

**Introduction:**

**Project Manager**

Working at Hlokomela, from mid-June 2005, has been an exciting and adventurous "experience of a lifetime" for me. At first I did not clearly understand what the organization, and the work I would do, was all about. I am one of the lucky few that was taught about HIV and AIDS in 1988, from the backyard of my parents' home. I was armed with information.

Nompilos have been volunteering for many years, since 1993. Back then, nobody worked closely with them to monitor progress of the work being done. When the Department of Health introduced the Home-Based Care programmes, in the early 2000s, it was a wonderful opportunity for Nompilos to have that exposure, and to be developed into Health Care Workers. The first day of my work was the first day of the Nompilos in Home-Based Care Training.

As their coordinator, I had to give them support in work carried out. Nompilos were monitored on the progress of work done on the farms. I also had to do farm visits, to check clients and Nompilos for quality control.

The farm workers, on Hoedspruit farms, are excited about the programme. It is so wonderful when they wave when passing by the orchards. Some will stop to ask for more information, and request both male and female condoms. The development of



**Antoinette Ngwenya**

educational materials, in both mother tongues spoken locally, has been much appreciated. The photographs in these materials are of ordinary farm workers, which they can relate to.

Since health care workers are employed on farms, they receive monthly salaries. The organization applied funding for stipend from Department of Health and Social Development. It was not an easy road to travel, but after many attempts to convince the Department, we received funding in mid-2006. That was an achievement. 18 Nompilos are now receiving R500.00 stipend every month, depending on correct information written in the submission of their reports. It is not a lot of money, but it can be used for airtime and transport from farms to the organization. Over the past 30 months, I have come across challenges and obstacles, all in the name of a good cause. The organization has grown tremendously, and I still cannot believe we are where we are today, because of the effort and passion we have demonstrated since its inception.

We are all excited about the future.



**Nick J Vorono (Peace corps volunteer SA-16)**

I have been with Hlokomela for two months. In this brief period of time, I have participated in the expansion of existing facilities, rollout of new services and plans for future growth of the agency. I am impressed with the level of commitment I have observed by all stakeholders in the Hlokomela/Hoedspruit community. I feel fortunate to have two years, to live and work as a member of the community.



**Themba Mgwenya (Social change Gender coordinator)**

My name is Themba Mgwenya; I was born in 1981 at Bushbuck Ridge and live in Dwarsloop Township. I started working for Hlokomela Hoedspruit Training Trust on the 3rd September 2007 as a Social Change Coordinator, focusing on Gender and Behavioural Change and Communication. I feel lucky and more than privileged to be part of and working for Hlokomela. I always feel good when I bring a smile to people's faces, by making a

difference through the programmes that we run at Hlokomela. Being asked by most people I interact with for opinions on various matters makes me feel more important, and I thank and appreciate Hlokomela management, who saw the potential in me to give me a chance to work with them.

I come across challenges, problems and sometimes even entertainment, most days at Hlokomela. That doesn't make me regret being part thereof. I'm learning to handle, act and behave accordingly. Hlokomela has made me grow bigger and bigger in many ways, but not old. My pen may not interpret my inner expression.



**Ruth Mathebula (High transmission coordinator)**

I, Ruth Mathebula Ngobeni, work at Hlokomela - Hoedspruit Training Trust, as a coordinator for this High Transmission Area. I can say it's a privilege for me, since I have started to work at Hlokomela as a coordinator on 03 September 2007. Hlokomela - Hoedspruit Training Trust is a non-profit organisation that improves people's health. As

an employee of Hlokomela, I've gained a lot by being here as a coordinator. I've learned at Hlokomela that this organisation cares about other people most, and is not after money. Another thing I can say is, whether or not you are in the organisation of a company, care for people first, not for yourself; you will be blessed by doing that. Hlokomela deals with HIV, to help people who are working on the farms, because most of them know nothing about this disease. So I say thank you to Hlokomela, you mean a lot to people who are working on the farms, because without you, their health is nothing.



**Nicoleen Heydenreich (Finance manager)**

I was appointed on the 1st of March 2007 as a financial officer at HTT. Our goal is not only to make a difference in the lives of our farm workers, but also to let our financial affairs reflect our abilities, reliability and trustworthy relationships with our donors.

It is a great privilege for me to be part of this organization. I am responsible for all financial reports, and to ensure that we maintain a transparent and honest policy.





**New staff  
for 2008**



**Dr. M.M. Erasmus**

My name is Mia Erasmus-Hugo, but in my professional work I still go by Dr MM Erasmus. I joined Hlokomela in October 2007, to join them in their exciting venture to add antiretroviral therapy to their comprehensive fight against HIV/AIDS. This is new and challenging for all of us, to start from scratch, but we have good support from Right to Care staff, as well as from other ARV clinics in the area. I have many years of experience working in the public sector, particularly in

internal medicine, where the impact of HIV on our communities is most devastatingly seen. I look forward to being able to intervene in the lives of people living with HIV, long before they need admission to the medical wards. My hope is that we will provide a good quality service, diagnosing and initiating therapy at the earliest appropriate time, and in this way truly improve quality of life and prevent mortality from AIDS-related illnesses.



**Richard Khosa**



**Junior Mogahane**



**Queen Makhubuele**



**Refah Mogahane**



**Lee Swart (Professional nurse for Wellness clinic)**

I am privileged to be working with such a great team at Hlokomela. Each member is dedicated and is prepared to walk the extra mile for our clients and each other. To be working so closely together is very satisfying, and each day is ended with a huge feeling of accomplishment.

At Hlokomela, we can give undivided attention to our clients, and they know we are just a phone call away should

they need us.

Our mission is to provide physical, mental and spiritual care, thus treating our clients in totality. But for this to be possible, we ask farmers/employers to join hands with us because together we can make a difference.



**Thomas Mkhomolo**



**Lucy Maile**



**Constance Ngobeni (Nompilo and Lay councillor)**

I started working as a Nompilo in 1992, at Bavaria crèche. We were taught to make vegetable gardens, to be caregivers and DOT supporters.

In 2005, I became involved at Hlokomela, which I enjoy very much. I enjoy working with people and giving them health education; telling them about a healthy lifestyle and how to care for themselves and their families.

I have built good relationships with them, and they know they can confide in me.

Many of the clients even come to my

home if they have something confidential they want to discuss with me, because they feel they can trust me. I like helping people esp. with TB and HIV, because they need a lot of support and guidance.

**Lucia Nonyane (Data capturer for Wellness clinic and administrative officer)**

I started working for Hlokomela on the 1st of May 2006, as an Administrator. I am the face of the Organization, and as an administrator I have learned a lot and grown. Since I started working with Hlokomela, I can now see a change in me, because Hlokomela gave me lots of information. I am now capacitated with the knowledge of this information that I never had before. I can say it's like a blessing in the sky for me to be part of the Hlokomela staff. I am able to express my experience with the knowledge that I have and the support that I get from Hlokomela.



**The  
Hlokomela Team**







5. We regularly feature in the Newspaper!



Above: Christine and Antoinette seen here at the SA Aids Conference with, Jacob Vuyani.

**DURBAN** - The third South African AIDS Conference was held in Durban at the International Convention Centre, from the fifth to the eight of June 2007. Over 4000 people attended the conference and Hoedspruit's very own Hlokomela Home Base Care (HHBC) project was also represented. The theme of the conference was 'Building Consensus on Prevention, Treatment and Care.' Despite the absence of Minister of Health, Dr. Manto the conference was a huge success, said Christine

submissions, only 120 oral abstracts and 605 poster presentations were accepted into the formal conference programme - Hlokomela was one of the 120 oral presentations invited to be presented. Hlokomela's initiative was presented by Antoinette who presented: "Seasonal farm workers, a marginalized community: developing a comprehensive approach to addressing HIV on Hoedspruit commercial farms." HHBC team, Christine and Antoinette would like to thank the Department of Health and

### Hoedspruit farms face the challenge of HIV

Throughout 2006, Hoedspruit farms\* affiliated to the Commercial Farm Worker HIV and AIDS Prevention and Care Project - a partnership between farms, the Hoedspruit Training Trust and the International Organization for Migration (IOM) - have been working to address the impact of HIV on farm workers and their families.

**The Workplace Policy**

The HIV Workplace Policy adopted by the affiliated farms serves as a set of guidelines for managing HIV in the workplace. This Policy - which is in line with the South African Code of Good Practice and the International Labour Organisation (ILO) Guidelines - as well as applicable South African labour legislation - is the result of extensive discussions between farm management, farm workers and the Hoedspruit Training Trust (HTT).

The Workplace Policy sets out the commitments and responsibilities of the farms, the farm workers and the HTT in terms of managing HIV in the workplace. In summary, this is what each of the parties is committed to:

**Farms will...**

- Not discriminate against anyone who is HIV positive
- Treat HIV as a chronic condition, like diabetes or high blood pressure
- Provide information on HIV to all workers
- Support the training of peer educators and care givers (Nompoti)
- Encourage all workers to know their HIV status and provide time off for workers to go for Voluntary Counselling and Testing (VCT)
- Provide support to workers who choose to disclose their HIV status

**Farm workers will...**

- Attend HIV education sessions on the farms
- Take an active part in HIV campaigns on the farms

**HTT, through its project Hlokomela, will...**

- Provide quality services to workers, including referral to Voluntary Counselling and Testing (VCT), and to health facilities
- Maintain confidentiality at all times
- Help the farms to manage HIV and implement the HIV Workplace Policy
- Together with the farms and farm workers, regularly review the policy

**\*Farms affiliated to the Commercial Farm Worker HIV and AIDS Prevention and Care Project:**

Abraham Products	Top Tans
African Family Trust	Beusink Circuit
Antonieta Citrus	Lehmann's (Pty) Ltd
Bavaria Fruit Estate (Pty) Ltd	Geluk Estates
Ed Enkelung	Mohlets Farm
Manamang Estate	Anna Henery
Bespang Partnership	Reddinghys and Partners
Blyde Citrus	Thornbush Holdings
Wynsberg Citrus and Mangos	TJL Farming

**Workplace Programme**

To support and give meaning to the HIV workplace policy, the farms in partnership with HTT and the IOM are implementing a comprehensive programme of interventions aimed both at preventing HIV infection and supporting those already infected.

The workplace programme includes:

- Working with farm management to assist in developing a conducive work environment
- Providing Peer Education through a network of farm workers
- Primary Health Care, by training and mentoring farm workers as carers, known as Nompoti
- A gender intervention, targeting men, providing training and mentoring of male role models to address issues such as gender based violence, transactional sex and poor health seeking behaviour of men.
- An integrated social change communication programme, developing materials that support the other components and that encourage changes in behaviour to reduce risk taking behaviour

A programme of recreational activities to improve the quality of workers' lives.

Taken together these activities aim to address both the HIV vulnerability of farm workers and to mitigate the impact of HIV. Key to this is addressing the stigma and shame that surrounds HIV and developing an environment that promotes hope, where HIV is no longer viewed as a death sentence but a chronic health condition that can be managed.

This policy marks a major step in our programme and highlights the commitment of the farmers and farm workers to work together to address HIV.

The Hoedspruit farmers are leading by example not just because HIV is impacting on their commercial operations but also because it is the right thing to do. It is hoped that others in the commercial farming sector will be inspired and motivated to consider implementing similar programmes and policies, not just in Hoedspruit but throughout South Africa.

**If you would like to know more about the project, please contact:**  
Christine du Preez, Director, Hlokomela, on 053 200 9333  
e-mail: [info@hlokomela.net](mailto:info@hlokomela.net)

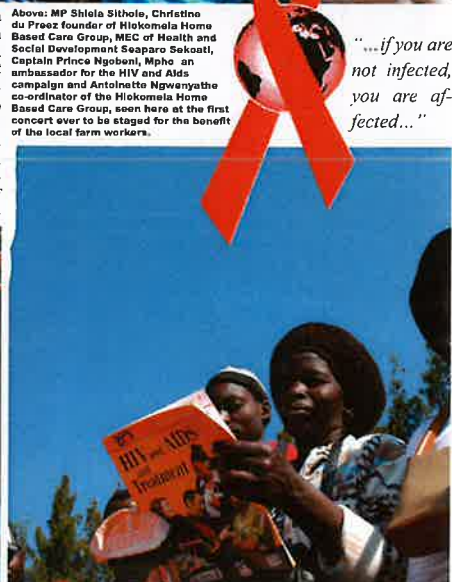
Issued by the Commercial Farm Worker HIV and AIDS Prevention and Care Project

## Music concert A HUGE SUCCESS

**HOEDSPRUIT** - A fantastic day was celebrated with song and dance. Farm workers arrived from miles and miles around, many on foot, some by bicycle and others by taxi or farm truck. An estimated 5000 people, all in all, arrived to enjoy the Hlokomela Home Based Care group's HIV/Aids campaign, held in conjunction with SABC's Munghana Lonene Fm Radio, on Saturday July 22 at Bavaria Fruit Estate. Local musicians such as Penny Penny, Pensele, General Muzka, Dj Khwaya and Zozo wowed the crowds with their music throughout the day. Hlokomela used the event as a means of sharing their valuable messages regarding HIV and Aids with the farm workers. They also capitalised on the opportunity to offer primary health care to 100 people and they conducted 12 VCT's (voluntary counselling tests). 210 birth certificates were also issued and 340 identity documents applications were made. Rev Frans Kruger opened the day's programme with prayer followed by a message of hope by Johann Du Preez, manager



Above: MP Shilela Sithole, Christine du Preez founder of Hlokomela Home Based Care Group, MEC of Health and Social Development Seaparo Sekoati, Captain Prince Ngobeni, Mpho an ambassador for the HIV and Aids campaign and Antoinette Nkwanyathe co-ordinator of the Hlokomela Home Based Care Group, seen here at the first concert ever to be staged for the benefit of the local farm workers.



"...if you are not infected, you are affected..."

## Farm workers Valetines Dance

**HOEDSPRUIT** - Hlokomela River's hall. It wasn't just your normal party! Special care was given to inform those attending the Valentine festivities about



some of the more serious issues facing couples today. Mrs. Hosana gave a very valuable talk on pregnancy and condom awareness. She addressed issues such as: how women should care for their bodies and their babies during pregnancy. She also stressed the importance of going for regular check ups and the need to know ones HIV status. Turma addressed gender awareness in earnest, and Counsellor Maita Ralepelle gave a motivational speech. Overall the evening was highly informative and everyone enjoyed the party until late.





# Seen @ Hlokomela awareness concert 2007



## THE SIXTEEN DAYS OF ACTIVISM

November to 10th December 2007. These are days which all people, especially men, need to be reminded about things that other males do to hurt women and children. The acts are committed by people who are related to the victim.

Men are usually responsible for 80% of the reported cases of such nature as they are the main characters in these incidents. It is in time we start thinking about the role of men in these incidents. Maybe people feel good when statistics only violence are released at higher rates, but these statistics are for one to take action against these shameful deeds that men do to innocent women and children.

85% of domestic violence reported cases, women and children are the victims. In every four South African women is assaulted by her boyfriend or husband every six days, in our South African life, a woman is killed by her partner and 11 million South African women are raped in their lifetimes.

Women usually experience beatings, and other sorts of domestic violence from their partner an average of 23 times before she looks for help. And part is that only one in twenty-five women report their cases to the police.

This issue from a different angle means taking a step to challenge men to whether what one does make him feel like a real man, or proud to have his name down as a serial killer and rapist of women and children. Maybe one feels like a dog from the deeds that even dogs themselves no longer do. The abuse are frequently found to have been committed after one had a few drinks, and it is also clear that one knows his problems and he turned to alcohol. Alcohol does not solve problems, but result in family violence. It is clear that one is a coward, not being able to face his family changes or ask for help. Alcohol does not solve problems, but result in family violence. It is clear that one is a coward, not being able to face his family changes or ask for help. Alcohol does not solve problems, but result in family violence. It is clear that one is a coward, not being able to face his family changes or ask for help.



**HOEDSPRUIT** - Once again, the Hlokomela Aids Day celebration, in conjunction with 16 Days of Activism against Women and Child Abuse, was a great success.

Approximately 600 people came to enjoy the entertainment of local musicians, such as Sollyboy, Mongwe, FT Joe, Xirimani, Pencil, Majimbana, Molz & Monz and The Havoc: Vullures, who wowed the crowds throughout the day at Bawaria. The campaign was organised by the Hlokomela Home Based Care Centre. Choice Trust, from Tzaneen, supported the day with demonstrations on how to use a female condom, and New Start, of Musina, offered Voluntary Counselling and Testing (VCT), of the 600 visitors, 34 were tested. SABC's Mungwana Lenene Fm offered live air broadcast throughout the day. A motivational talk was given by Mpho Lwele on 'Positively Living, with HIV', and another informative talk



## Game 4 GOLF



I would like to challenge fellow men and children would look at you and see a responsible man or a dad they can be proud of. Women and children suffer unseen depression and stress from an abusive male in most families. In some cases, the children's wonder when he is going back to work. Is what you do to your family what a real man, husband and head of the family does to prove his manhood? Children who grow up in abusive families turn out to be abusive when they are adults. Is this what you would like to see from your third generation? Wake up! Let's all fight abuse against all women and children. Be a leader and be proud of your actions, or the women will lead.

(Forum obtained from People opposing women abuse: www.powa.co.za 2003)  
From: Thembu Mgwanya - Social Change Coordinator

Hlokomela project  
A project of the Hoedspruit Training Trust, P. O. Box 1265 Hoedspruit, 360  
Christine Du Preez - Project Director  
Cell: 083 300 2919 Cellfax: 083 300 2919



**HOEDSPRUIT** - This weekend a mottled match of socialites took to the greens at Drakensig Golf Course. This was an initiative by Hlokomela. The plan was a golfing competition for non-golfers, each team headed up and guided by a golfer....The result....heaps of fun....stax of laughs and over all good exercise and a great social time enjoyed by all!

An unexpected mixture of business women, farm workers, farmers wives, domestic workers and so forth, all found themselves to be on a par when it comes to most of their abilities and difficulties. The golf course proved to be a great social equalizer and the ladies and a few gents had the opportunity to get to know each other really well as the day progressed.

An invited guest who was surprised to find herself with a golf club in hand was Doreen Shokane (Deputy Manager for STI's, HIV and AIDS, from Limpopo Health Department "It was a splendid event," she said. "It was wonderful seeing people from all walks of life, from different backgrounds interacting. To see so many women committed to women's health and combating AIDS and the oppression of women coming together in this way."

As Antoinette Ngwenya of Hlokomela explained, "It was very interesting, and lovely fun, but I didn't realise that it is much exercise - walking for 4 hours. We really need to do more exercise and not just sit around at work, in our cars or home. We should do more fun walks. I think that everyone realised we should do more sport and not just go to funerals every weekend."

Every player was a winner in the end with prizes for each team that ranged from pots to dinner sets, flasks, toasters, kettles, irons and umbrellas. Each player also received a basket of oranges and a liter of juice.

It was fantastic to socialize with each other in this way," explained Antoinette.



### October - Breast Cancer Month

#### What is breast cancer?

Breast cancer is a malignant (cancerous) growth that begins in the tissues of the breast. Over the course of a lifetime, one in eight women will be diagnosed with breast cancer.

#### Who is at risk?

- Breast cancer is common to women and become more common as age increases
- 80% of cases occur in women over 50 years
- Taking contraceptive slightly increases risk
- Obesity and heavy drinking also increases
- Having close relative with breast cancer double your risk

#### What are symptoms of breast cancer?

- Change in the size or shape of a breast cancer
- Dimpling of the breast skin
- Nipple becoming inverted
- Swelling or lump in the armpit
- Breast pain
- Breast tenderness

#### Ways for screening for breast cancer

- Self examination by feeling the breast for any lumps (a guide on how to do this can be obtained from your local clinic, hospital or General Practitioner.
- A mammography (x-ray of the breast) can be used to detect early breast tumours when they are small

It should be noted that early detection of breast cancer makes it relatively easy to cure. Studies have shown that women who take part in early screening of breast cancer are less likely to die of it than those who do not take part in mammography screening.

#### Breast cancer treatment

The treatment for breast cancer has been improving for the past twenty years. This treatment for breast cancer is surgery. For very early breast cancer a lump is removed. The surgery may be followed by a short course of radiotherapy or chemotherapy, depending on the type of tumour and how advanced it is.

In life we go through health stability, but as we grow health instability occurs. Chronic diseases conditions strike us, for instance HIV and AIDS, Cancer, e.t.c.

A terminal stage can arise and we are all going to go through the following stages:

- Denial (shock)
- Anger (emotions)





**6. Read my lips**

**Introduction:**

**Number of farms: 28**

**Farm workers: ± 8000**

**Estimated breakdown:**

	<b>Male</b>	<b>Female</b>
<b>Total:</b>	<b>3300</b>	<b>4700</b>
<b>Seasonal:</b>	<b>2100+</b>	<b>3900+</b>
<b>Permanent:</b>	<b>1200+</b>	<b>1800+</b>

	2005	2006	2007
VCT	360	600	840
Condoms	Male: 200	M:92 000	M:142 170
	Female:0	F:1100	F:2685
Condocans	0	64	64
Peer Educators	20	20	28
Gender Advocates	Male: 0	M : 67	M : 67
	Female: 0	F: 25	F:25
PLWHA + TB support gr.	0	1	2
PLWHA + TB participants	0	M : 13	M : 23
	0	F : 7	F : 27
Workplace Policies	1	18	28
Requests for Assistance/Support/Community Outreach	0	150+ per/month	250 per per/month

*'Education is the most powerful weapon which you can use to change the world' – Nelson Mandela*



**7. OUR FUNDERS AND PARTNERS**

**IOM**  
Inter-government organisation whose programme "Partnership of HIV and Mobility" (PHAMSA) seeks to reduce the vulnerability and mitigate the impact of HIV amongst mobile and migrant populations, including farm workers. Provides technical and financial support.

**Hoedspruit and The Oaks Clinic**  
Local Public Health Services, to whom Nompilos refer for comprehensive primary health care. In addition, Hlokomela has formed and is facilitating a TB support group at Hoedspruit clinic.

**Rixile Wellness Clinic**  
Public Health service – VCT services. Prevention campaigns and access to ARVs. Farm workers are referred to clinic for ARV's. Rixile staff visit the farms once a week for awareness and prevention. Clinic is located within an Acornhoek hospital.

**Choice Trust**  
Primary Health Care and development implementation NPO. Also training provider and mentoring on HBC. Have submitted joint funding applications with project. NDA funding for food gardens. Operational in the Tzaneen area.

**Sibambene Development Communications**  
Social change communication consultancy/service provider based in Johannesburg. Support in the writing and monitoring of evaluation report.

**Sonke Gender Justice Project**  
Gender experts: providers/facilitators of participative training, mentoring and sensitising campaigns. Based in Johannesburg.

**Kruger2Canyon**  
Weekly, local, privately-owned newspaper in the Hoedspruit area. Committed to giving the project media exposure and reinforcing its key messages.

**South African Police Services (Hoedspruit)**  
Supporting gender interventions – addressing gender based violence. Public. Police station located in Hoedspruit. Hlokomela and the participating farms form their own sub-community policing forum which conducts monthly meetings with the main community policing forum. Nompilos have hosted a crime prevention event on the farms in partnership with Hoedspruit Police.

**Department of Health in partnership with the EU**  
Supporting the Nompilo stipend of R500 per month. Funding of high transmission area project. Financial support. Public. Donated 2 Mobile containers to deliver services to farm workers. Polokwane

**Hoedspruit Farmers & Farm workers**  
Access to farms, commitment and contributions in-kind training transport. Private. Hoedspruit farms. Implementation of workplace policy by farm management.

**Maruleng Municipality**  
Advocacy, local buy-in and in-kind contributions (assisted the project manager to attend the International AIDS Conference in Toronto - 2006) Public. Municipal offices based in Hoedspruit. The vision of the municipality "To be a powerhouse of socio-economic development through sustainable and integrated agriculture and tourism". This is in accordance with HTT vision for game/farm workers (agriculture and tourism).

**Indunas/Traditional authorities**  
Supporting the community and the organisation in health-related matters. Traditional. Maruleng and Bushbuckridge municipalities.

**Traditional Healers**  
Supporting and referring farm workers to the organisation. Private. Maruleng and Bushbuckridge.

**The Herb Lady - Elba Groenewaldt**  
Female farmer promoting health through the use of herbal plants. Train and assist support groups. Private. Based in Hoedspruit. Limpopo Female farmer of the year in 2002.

**Empowerment Concepts**

**David Patient & Neil Orr**  
Based in Nelspruit, an organisation focused on nutrition, psycho-neuro-immunology and positive health, providing training and mentoring to our staff, support group and carers. As a well-known person living with HIV, David provides a positive role model and assists in addressing stigma and discrimination.

**10 Church groups**  
Advocacy and local buy-in. Provides support in the form of food parcels, money, and spiritual support, etc. Private. Based in Hoedspruit area.

**Starfish**  
Working with orphaned and vulnerable children. Assisting the crèche teachers to become more effective in caring for the orphan and vulnerable children in the farm community. NPO. Based in Tzaneen.

**Right to Care**  
Implemented an HIV testing, care, and treatment programme targeting people in need from the surrounding farm communities. Based in Johannesburg.





**8. To a healthy future!**

Above achievements are also supported by the following recent developments:

- Continued government support: Department of Health funded 2 mobile containers and, in October 2007, we started a Wellness Clinic for the farm workers, where we could start the treatment for our HIV and AIDS positive farm workers.
- Commitment from RIGHT TO CARE to start ARV treatment, and funded staff to provide this service to farmers and farm workers.
- Impumelelo award shortlist. After a thorough evaluation process, Impumelelo have decided to short-list our project for one of Impumelelo's awards. We are to present our project to a Panel of Judges in Cape Town in February 2008.

**RESEARCH**

- 1 Christina Landman – Professor Landman's research aims to investigate the farm workers underlying concepts of illness and healing, and the role played by religion and culture in informing these concepts. To do narrative counselling with farm workers who are traumatised depressed and / or anxious.
2. A study to determine the prevalence of HIV in the farming area will be conducted in 2008. It will be on a completely anonymous and voluntary basis. The information will provide vital information to properly support the farming community in the struggle to bring the epidemic under control.

9. Financial report copies on request.

10. Organogram

Christine du Preez  
Director  
Hlokomela

16 November 2007

Dear Christine

**Contribution to the Hlokomela 2007 Annual Report:**

Many thanks for giving IOM an opportunity to contribute to your 2007 Annual Report. After 2 ½ years together as partners IOM is still proud to be associated with the inspiring work done by the Hlokomela team.

The organisation has grown from a group of people with a shared vision into a fully functioning, transparent NPO; an NPO that is leading the way in tackling HIV not only in Hoedspruit but also within the agricultural sector in South Africa.

By tackling HIV in a comprehensive way Hlokomela is, we believe, greatly assisting the local community to transform and grow for the benefit of all.

Please pass on our sincere thanks and appreciation to all the people that contribute to this successful project including staff, management committee, the HTT board, farmers and supervisors and especially your dedicated team of Nompilos, who are at the forefront of this transformation process.

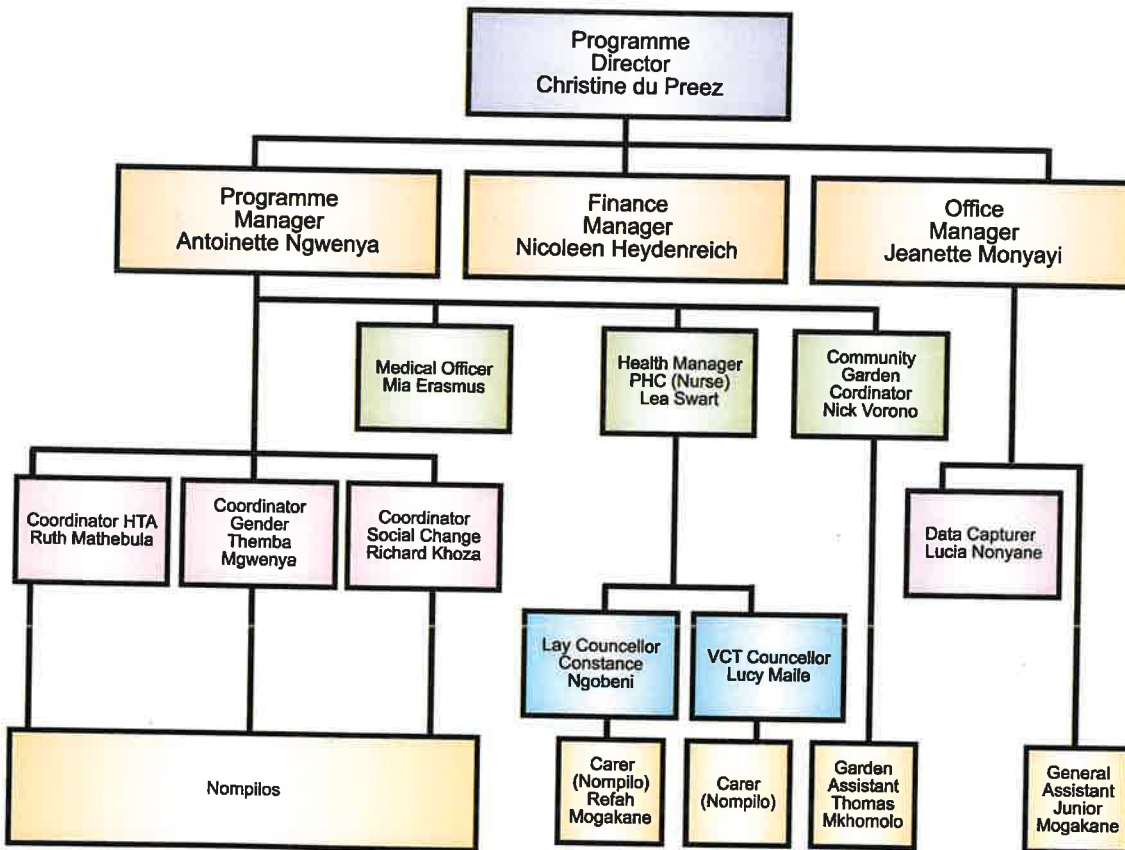
We look forward to working with you over the next 2 years.

With very best wishes,

**Julia Hill-Mlati**  
Senior Project Officer  
PHAMSA – Partnership on HIV and Mobility in Southern Africa



**Hlokomela Organisation Structure**



Other regular donors through out the year are:

Altie Scholtz Zuleika, Hendrien Kruger (food), Ronel , Erna Reineke (Clothes and Food), Richmond Management - Jaco Loots (Transport) Chris and Barbra Huddle (Adventure camp), Kruger 2 Canyon (Articles) Heidi and Nina, Hoedspruit Week (Articles)Louise, Christopher Huddle (Adventure Camp) Ronel Scott (Donation), Johann du Preez, Bavaria Management (Food garden and financial support), Ammie Minnaar (faxes), Sarie Mommsen (Management support), Harry Grove (Garden), Tersia Grove (Support and seedlings), All 28 Farm Managers, Parma Nursery (Seedlings), Juan Muller (Garden), Mari-Tinka Uys (Support), Hoedspruit Clinic Staff , Oaks Clinic Staff, Eljon (electrical), Elba (Herb garden), Esme Claassen (lectures), Unifrutti management (support), Tinnie Laubcher (tomatoes), Bavaria pachouse (oranges), Nicoleen Smit (foodplus), Plan-It Events (soccer), Blyde Sitrus (financial support), Hannelie van der Meulen(laminating of articles), SABC's Munghana Lonene Fm Radio, 7 Local musicians such as Penny Penny, Pensele, Havoc Vultures and many others who provide their services for free during our concerts for farm workers, Great North Transport, Thank you