

НЕКОММЕР

ANNUAL

REPORT

2018

13

YEARS
OF CARING

WHO WE ARE

Hlokomela was established in 2005 in response to research findings that highlighted the need for health care among farm workers in the greater Hoedspruit area. Guided by ongoing research and development, Hlokomela remains a prominent and respected role player in the health and well-being of a significant portion of the local community, reaching about 30 000 people annually (direct and indirect beneficiaries).



OUR VISION

“A culture of caring that empowers all.”



OUR MISSION

“To provide quality, all-inclusive health care to everyone in the Kruger2Canyons Biosphere Region.”



IMPORTANT COORDINATES

- HLOKMELA MAIN HEALTH CENTER:
-24.403735, 30.789432
- HLOKOMELA HERB GARDEN & SPEKBOOM MAZE:
-24.402317, 30.808803
- HLOKOMELA MARKET (SPAZA, SEWING PROJECT & CHARITY SHOP):
-24.386035, 30.866039

✕ WHERE WE WORK

We do most of our work in the greater Hoedspruit area, the administrative centre of the Maruleng Municipality, which is situated in the Mopani District of the Limpopo Province.

We also work in Bushbuckridge, Mpumalanga where the focus is on sex worker education and health awareness.

Tourism, government services, farming and forestry are key to the economic activities in these areas. The farming sector supports a significant section of the local population of seasonal and migrant workers.

✕ LETTER FROM THE ACTING CHAIRPERSON OF THE TRUST

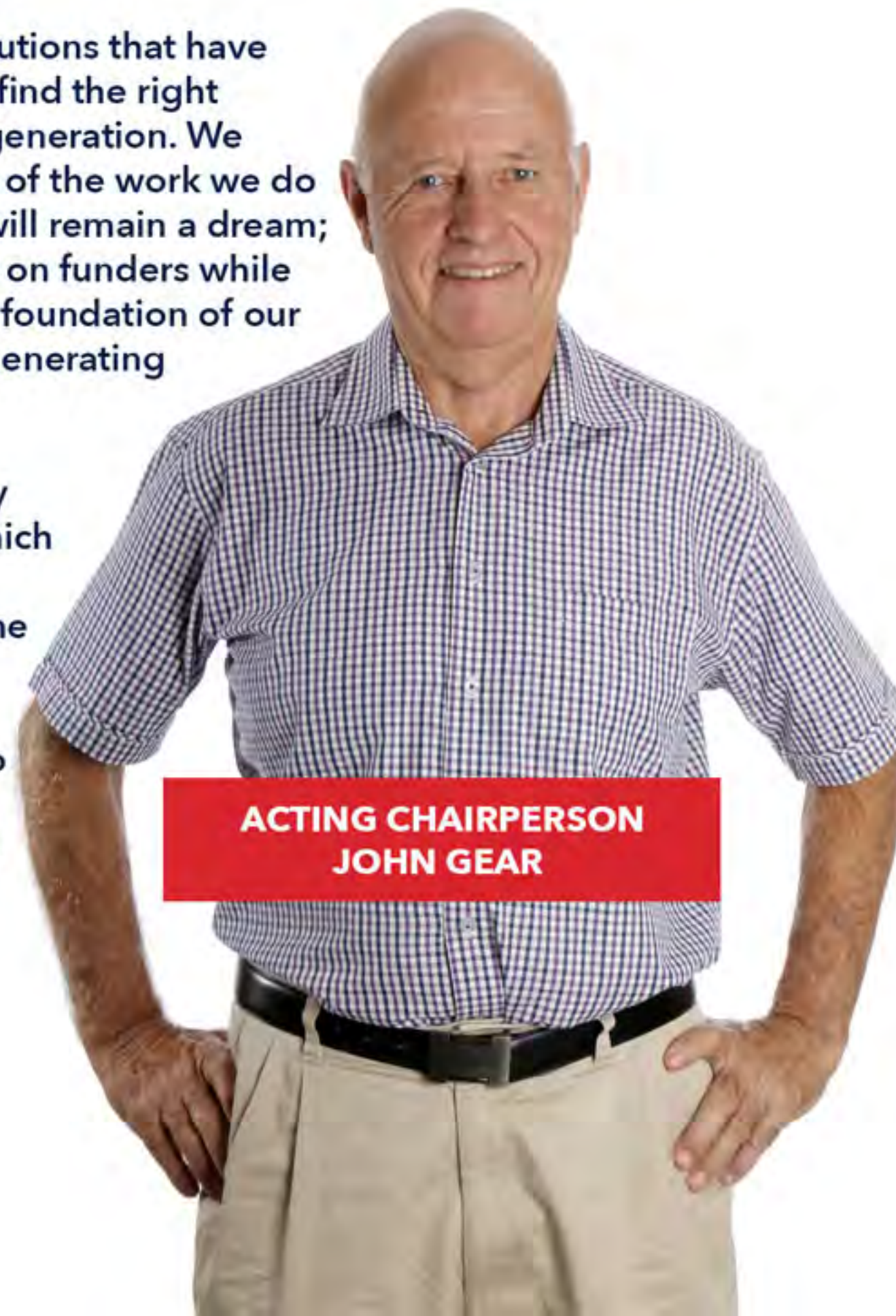
2018 was another momentous year in the life of Hlokomela. We are celebrating an incredible 13 years of provision of continuous high quality health care and support for the most vulnerable (migrants and unemployed), for farm workers and others for whom access to care is a highly complex, time consuming and challenging process. This year has seen a number of Public Awards for Hlokomela and our staff continue to set examples that are admired around the world. Congratulations to all.

As you read this report, try to picture the stories behind the statistics. Our statistics speak about "1000's of this" and "10,000's of that" but each one of those actions and interventions is about our staff making contact with and helping another human being who has a life story that will make many of ours seem so easy and simple. There are mothers who have travelled for hours to bring a sick child to care and in so doing have lost a day's pay, spent 50% of their daily wage on a taxi fare and who have had to pay a childminder to care for another child at home. The hardship endured and the love for a sick child are just two things that must make us pause and ponder on how we can improve this tough situation. Paying higher salaries, granting compassionate leave and donating to Hlokomela are just three ways that we as individuals can support Hlokomela in its work.

I want to pay tribute to those amazing institutions that have stepped up to support us as we struggle to find the right balance between fund raising and income generation. We would love to be self-sufficient but because of the work we do and the communities we serve that dream will remain a dream; our duty is to try to reduce our dependence on funders while accepting that donations will always be the foundation of our continued work. We have exciting income generating initiatives.

Tshemba Foundation and Hoedspruit Rotary continues to support the Women's Clinic which goes from strength to strength. Many individuals have contributed money and time to Hlokomela. To all a heartfelt thanks.

I want to pay tribute to Marié-Tinka Uys who stepped down as our Chair this year after a decade and more of deep involvement and exemplary leadership of the Hoedspruit Training Trust, Hlokomela's parent Governing Body.



**ACTING CHAIRPERSON
JOHN GEAR**

Marié-Tinka, your legacy lives on; your passion for moral and ethical practice driven by your own values and informed by the publications of Justice Mervyn King's reports on good governance will echo in Board Meetings for many years to come. We wish you good health and long life as you continue life's always exciting and rewarding journey.

Finally to Christine and your entire staff for a job well done; thank you and keep up the good work. You are all an inspiration to those who have had contact with Hlokomela no matter how brief that engagement.

A luta continua,
John Gear



**CHAIRPERSON
MARIÉ-TINKA UYS**

BOARD OF TRUSTEES



**SECRETARY
LOHANZI JANSEN VAN VUREN**



**BOARD MEMBER
CHRISTINE DU PREEZ**



**BOARD MEMBER
TEBOGO MAMETJA**



**BOARD MEMBER
LINDIE BOTHA**



**BOARD MEMBER
DORIS MALEPE**



FROM THE DIRECTOR

AND MEMBER OF THE BOARD OF TRUSTEES



In a time when it is becoming ever more difficult to secure long term funding in the NGO world, Hlokomela is taking the lead in securing the future of the Organisation. Last year I mentioned that we are investigating the possibility of a fee-for-services model for some of the services we offer. This year it is my pleasure to announce that in 2019 we will implement a pilot of the project at Bavaria Clinic. We look forward to the results of a research study conducted through Discovery Fund to develop this model for Hlokomela.

It was a great shock when the Limpopo Department of Health ceased funding salaries for Hlokomela's clinic staff, but we are extremely grateful for the support we still receive from them in terms of services and consumables. Discovery Fund and Adcock Ingram came to our rescue by pledging funding for 3 years to cover our nurses' salaries.

As the impact of malaria intensified during 2018, so did our efforts to curb the spread of the disease. Forming part of a malaria committee, Hlokomela assisted in a spraying programme in the Hoedspruit and surrounding area during the peak season. The highlight of the project was when we received a donation of 70 000 mosquito nets in December 2018. A large number of these nets have already been distributed to the vulnerable people in our communities.

The prevalence rate of HIV amongst farm workers in the Hoedspruit area is of the utmost importance to the nature of the activities we implement. During 2018 a survey on the prevalence of HIV and TB amongst farm workers was conducted in order to see what Hlokomela's impact has been over the past decade. We eagerly anticipate the results of the survey early in 2019. This will give us direction for the future of the Organisation.

This year has taught me a lot about persistence and appreciating the beauty in small moments so I would like to share my motto for 2019 with you:

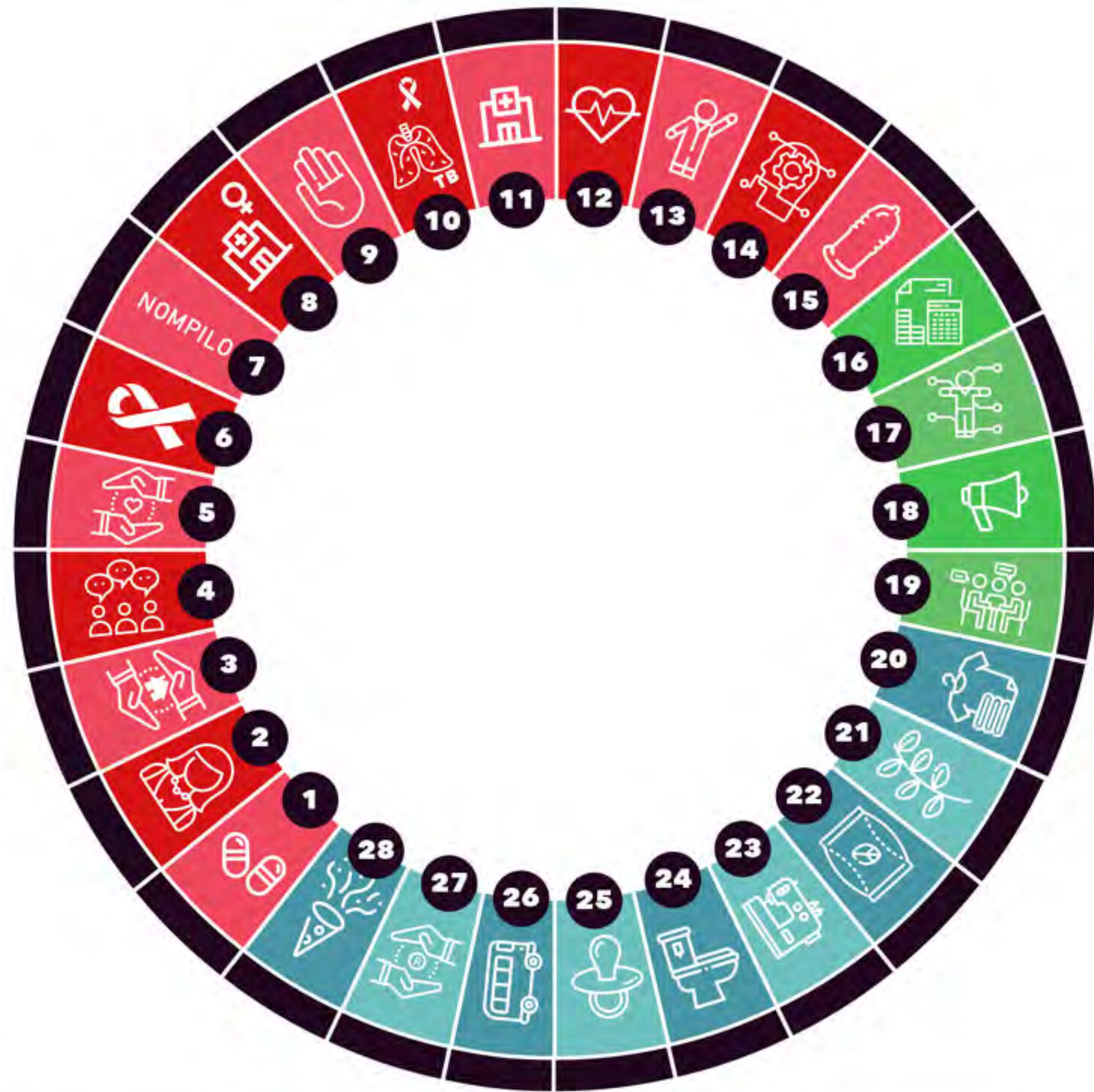
"Every day may not be good, but there is something good in every day".
- Alice Morse Earle

Christine du Preez
Hlokomela Director

WHAT WE DO

The work we do is grouped under three main headings:

- Health Services
- Administration
- Income Generation Projects (IGP)



HEALTH ACTIVITIES

1. PRE-EXPOSURE PROPHYLAXIS (PREP)
2. SEX WORKER PROJECT
3. HOME BASED CARE
4. SUPPORT GROUPS
5. CARE & SUPPORT
6. HIV TESTING SERVICES (HTS)
7. NOMPILO PROJECT
8. WOMEN'S CLINIC
9. HEALTH AWARENESS
10. HAST-HIV/AIDS, SEXUAL TRANSMITTED INFECTIONS & TUBERCULOSIS
11. 10 X CLINICS
12. PRIMARY HEALTH CARE
13. MIGRANTS PROGRAM
14. VICTIM EMPOWERMENT PROJECT (VEP)
15. CONDOM DISPENSERS



ADMINISTRATION ACTIVITIES

16. FINANCE DEPARTMENT
17. HUMAN RESOURCES
18. MARKETING
19. BOARD OF TRUSTEES



INCOME GENERATION PROJECTS ACTIVITIES

20. CHARITY SHOP
21. SPEKBOOM PROJECT
22. HERB GARDEN
23. SEWING PROJECT
24. MOBILE VIP TOILET
25. CRECHE
26. TOURS
27. GRANTS & DONATIONS
28. FUND RAISING EVENTS



HEALTH

- Working with farm management to assist in developing a healthier work environment, and to develop and implement workplace HIV and AIDS policies and Primary Health Care programmes;
- Providing peer education;
- Providing Primary Health Care by training and mentoring workers as caregivers (Nompilos);
- Sensitising, training, and mentoring male role models with the aim of addressing issues such as Gender Based Violence, transactional sex, and poor health-seeking behaviour in men;
- Developing and implementing an integrated Social Change Communication programme, such as billboards and pamphlets and other materials, to promote behavioural changes to reduce high-risk behaviour;
- Organising and implementing recreational programmes to increase social participation and improve the quality of life of workers and their families;
- Establishing and running wellness clinics to provide information, condoms, and health care services (Primary Health Care) and referrals, including HIV Testing Services (HTS) and Antiretroviral Therapy (ART), to workers and their families;
- Improving the nutrition of sick workers by monitoring their nutritional status and providing them with food donated by farmers;
- Running a dedicated Women's Clinic for cervical and breast cancer prevention, screening and awareness.
- Offering Pre-exposure Prophylaxis (PrEP) to people at risk such as sex workers and truck drivers.
- Addressing gender based violence through the Victim Empowerment Project (VEP)



INCOME GENERATION PROJECTS (IGP)

- Growing fresh herbs and selling fresh herbs and herb products to local grocery stores, restaurants and lodges in the Hoedspruit and Phalaborwa area;
- Running a charity second hand clothing shop;
- Organising and running social interest tours to Richmond Crèche, Hlokomela Herb Garden, Hlokomela Clinic and Hlokomela Market;
- The Spekboom Project grows and sells spekboom trees.
- Tours
- Hlokomela Sewing Project makes new clothing and adjusts existing pieces of clothing. They are also keen to take on other projects and will soon start making reusable sanitary pads.



ADMINISTRATION

- Good administration is the backbone of the organisation. This department supports the other departments in conducting operations and their field work by ensuring that the paperwork, buildings and finances are all in order.

✖ WHO WE SERVE

- Farm workers, including seasonal workers, in the Kruger to Canyons Biosphere Region.
- Employees of local tourist lodges notably in the Greater Timbavati
- Migrants from Mozambique, Zimbabwe and South African provinces.
- Sex workers in the Hoedspruit and Bushbuckridge areas.
- Farm owners and managers in the Kruger to Canyons Biosphere Region.
- Our partners in Government; the Maruleng Municipality, Mopani District, Limpopo Department of Health and Department of Agriculture, Limpopo.
- Our donors and funders.
- Our staff and Board of Trustees.



Photo by Yeshiel Panchia



Photo by Yeshiel Panchia

X THE PROGRAMME

HEALTH CARE ACCESS

Creating an enabling environment

Hlokomela facilitates the development and implementation of work place policies for HIV and AIDS. At present, we assist **72** enterprises to develop and adopt a management and worker endorsed policy that also includes a peer education programme.

Activities include signing a memorandum of co-operation, setting up HIV&AIDS committees, HIV Testing Services (HTS) and social communication initiatives to reduce HIV transmission. We facilitate access to health services, programmes and medical products.

Hlokomela runs wellness clinics on a rotational basis at Richmond, Hlokomela, Bavaria, Klaserie Private Nature Reserve, Ngala, Waterside, Phelwana, Singita Lebombo, Thornybush, South African Wildlife College and Timbavati Foundation. Doctors and professional nurses provide health care services and referrals, information and condoms at the wellness clinics. In addition, Hlokomela provides confidential HTS on farms to accommodate workers who cannot visit the clinics.

During the year under review Hlokomela had:



11 027 Clients provided with HTS



1789 Patients on ARVs



552 Newly diagnosed HIV Positive clients



33 941 Clients screened for TB

Nompilos

99



Care givers, also known as Nompilos, attend to patients on farms.

During the year under review, **43** Nompilos rendered Home Based Care services to **118** clients who are on chronic medication. Interventions range from primary health care to disseminating social and educational information.

412



Many of the patients are on ARV and TB treatment. During the year, care workers referred **330** individuals to clinics.

Condom Dispensers

134 sites



Hlokomela maintains condom dispensers at **134** locations, including high transmission areas such as truck stops, shebeens, taxi ranks, hawker's markets, hotels and lodges.

During the year under review, we distributed **2 172 000** male and **59 400** female condoms.

2 172 000

Male condoms



59 400

Female condoms

Sex Worker Project



9 385

Hlokomela has two sites, the Bushbuckridge Local Municipality and the Mopani District Municipality, to educate an increasing number of sex workers in these areas.

Each site has **13** peer educators who reach sex workers at more than **50** hot spots per site.

The programme aims to empower sex workers with skills that will enhance their capacity to speak for themselves, to address human rights concerns, to make informed choices and provide opportunities for them to test for HIV and AIDS.

During the year, peer group motivators reached **9385** sex workers at these sites.

Pre-exposure prophylaxis

Hlokomela offers pre-exposure prophylaxis (PrEP) to people at risk such as sex workers. During this period, of the **9385** sex workers reached, **1194** tested negative for HIV and **211** of these clients were initiated on PrEP. Since the project was initiated in 2016, we have retained **177** sex workers on PrEP.



Hlokomela Women's Clinic

The Hlokomela Women's Clinic, now in its second year of operation, is a facility at Hlokomela Main Clinic dedicated to women's health. During the year under review, the facility has expanded its services and is currently offering breast, abdominal, pelvic and pregnancy ultrasound. It also offers Pap smears and cryotherapy, an early stage on-the-spot treatment for cervical cancer prevention.

During the year under review, **325** Patients were screened for breast cancer, of which **11** were referred to hospital where **3** were positively diagnosed and treated for breast cancer.



Other scans done at the Women's Clinic include abdominal scans, of which **73** were done, pelvic scans **32**, pregnancy (4D) scans **28**.



During 2018, **383** patients were screened for cervical cancer.



Photo by Yeshiel Panchia

"Bravolution"

During consultations with patients the desperate need for well-fitting bras in a good condition was identified and we responded with the "Bravolution" initiative.

The "Bravolution" encourages women to donate their new or used bras to the Hlokomela Women's Clinic. This allows us to do a proper bra fitting with our patients in need!

Donations are welcome and even bras with minor defects can be fixed by the Hlokomela Sewing Project.

Outreaches

The Hlokomela Women's Clinic is committed to educating and empowering women. We regularly go on outreaches to schools to present talks on breast cancer, cervical cancer and women's health in general.



At the outreaches during 2018, more than **400** gift packs containing sanitary products and educational literature were handed out.

BEHAVIOURAL CHANGE COMMUNICATION

Dialogue through focus groups and daily discussions

Various methodologies have been used to increase dialogue amongst farm workers and sex workers to facilitate health and other related topics - for example migration related topics, health and hygiene. Farm workers and sex workers are encouraged to raise pertinent themes and topics that are then addressed monthly.

To achieve the above, Hlokomela has trained community based peer educators, known as Nompilos. A monthly stipend is provided to the Nompilos to undertake peer-led communication, information and education. Information on HIV prevention and treatment, life skills and other health related information is disseminated through one-on-one sessions, group discussions, public education campaigns and outreach campaigns.

Recently the stipend system has changed from Hlokomela providing these, which were directly funded by the provincial Department of Health, to the Department contracting the Red Cross Society to fund stipends to all community caregivers (including the Nompilos) across the Limpopo Province.

Outreaches

During the year, Hlokomela reached more than **14 181** farm workers and migrants through various outreach activities that included awareness campaigns and regular health information sessions on farms.

Topics ranged from hygiene, HIV&AIDS, STIs, TB, malaria, cancer and nutrition to migrants' rights. We link appropriate activities with special days, such as World TB Day, World AIDS Day and 16 Days of Activism for No Violence against Women and Children, Breast Cancer Month and STI & Condom Week.

Training

Hlokomela's clinic staff received various types of training during the reporting period including training on: oral pre-exposure prophylaxis, infection prevention & control, TB, dermatology, ultrasound scanning and waste management to name but a few.

Project staff were also trained on Index testing, first aid and adherence counselling.



Publicity

The local newspapers, Kruger2Canyon News and Hoedspruit Herald, are valued supporters of Hlokomela and publish regular articles about the organisation, its events, people and achievements.

The Bulletin in Tzaneen carried an article in October 2018 about training conducted at Hlokomela for Nompilos as Trauma Releasing Exercises (TRE) facilitators.

ANB Investments and NACOSA's December 2018 newsletters, as well as Kruger2Canyon News in December 2018, carried stories about the Gold Award Hlokomela Women's Clinic won at the Community Chest Impumelelo Awards in Cape Town during November 2018.

The Citizen carried an article about sensitization workshops done as part of the Sex Work Programme in their July 2018 online issue.

The Mail&Guardian carried an article about the Hlokomela Women's Clinic in their November 2018 online issue.

ORGANISATIONAL EFFECTIVENESS

STRATEGIC PARTNERSHIPS

Funders

During 2018 Discovery put out a call to their most influential contacts to support Hlokomela in keeping open its' clinics after the Department of Health ceased to fund the Organisation's clinic staff salaries. Adcock Ingram heeded their call in a big way, and Discovery also put their money where their mouth is by matching the pharmaceutical giant's donation to Hlokomela.

New Partnerships

During 2018 Hlokomela's relationship with Rotary Club came to fruition as Rotary International signed a new partnership with the Organisation to fund the Hlokomela Women's Clinic. The funding aims to provide critical, high quality health care services to rural women who would not otherwise have access to these services.

Hlokomela was also very grateful when Johns Hopkins University in Baltimore, USA, pledged their support for the Hlokomela Women's Clinic in the shape of funding as well as specialist volunteers to assist at the facility.

Research

The reporting period was a very busy time for the Organisation with various organisations visiting Hlokomela to conduct research on our activities and practices. One of the highlights was the Health Economics and Epidemiology Research Office (HE²RO) through Discovery, who conducted research at Hlokomela and amongst its' beneficiaries in order to develop a costing structure and fee-for-service model for the Organisation. The results of the study, expected in 2019, will enable Hlokomela to implement a model whereby clients and/or their employers will be able to pay for the services offered at Hlokomela. Although the services have always been free, the tough funding climate has necessitated this move in order for Hlokomela to secure its' future as a health care provider in the Hoedspruit area.

Very exciting also is the National Institute for Occupational Health (NIOH) who conducted a survey in the area on the prevalence of HIV&AIDS and TB ten years on from the original research conducted through the International Organization for Migration (IOM) in 2008. The results of this survey, also expected early in 2019, is of the utmost importance in directing the future health care and awareness activities of the Organisation.

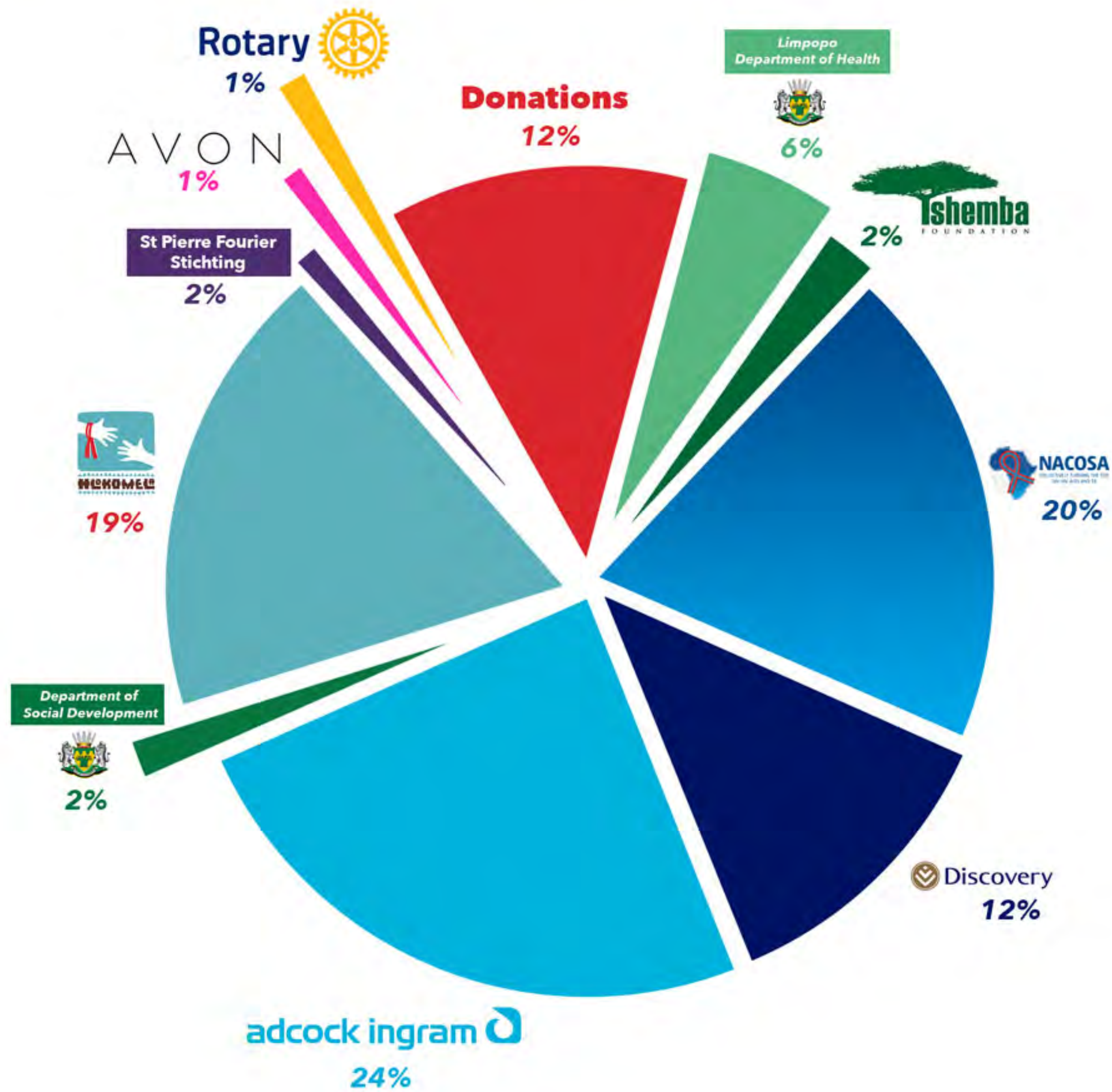


Photo by Yeshiel Panchia

FUNDING AND FUNDRAISING

HTT relies mainly on donor funding to keep our doors open. In addition, Hlokomela runs income generating activities to supplement our income. Detailed audited financial statements are available upon request.

HLOKOMELA Funder Contribution Chart 2018/19



*Detailed audited financial statements are available upon request.

HLOKOMELA Donations Chart 2018/19*

*for donations above R10 000.00



Photo By Yeshiel Panchia

OUR 2018 TEAM

| | |
|--------------------|---------------------------------|
| CHRISTINE DU PREEZ | DIRECTOR |
| ANTOINETTE NGWENYA | PROGRAMME MANAGER |
| BUSISIWE MOROANE | CLINIC MANAGER |
| ALBERT MATUMBU | FINANCE MANAGER |
| M.J. DU PREEZ | MEDIA, MARKETING & IGP MANAGER |
| DESIRÉ WRIGHT | OFFICE MANAGER |
| CANDY NKGOGO | PROJECT MANAGER |
| FORTUNATE KHUMALO | FINANCE ASSISTANT |
| GAVIN TE BRAKE | HERB GARDEN MANAGER |
| DR LOUW DU TOIT | MEDICAL OFFICER |
| DR JOHN GEAR | VOLUNTEER DOCTOR |
| SR GLENDA VAN WYK | SENIOR PROFESSIONAL NURSE |
| SR JULIES MORIRI | SENIOR PROFESSIONAL NURSE |
| SR EUNICE MASHEGO | PROFESSIONAL NURSE |
| SR NIKIWE MABUZA | PROFESSIONAL NURSE |
| SR NOMSA MASHILE | PROFESSIONAL NURSE |
| SR KGOMOTSO KHOZA | PROFESSIONAL NURSE |
| SONJA BOTHA | STAFF NURSE |
| FIA LÖÖF VAN ZYL | TOURS AND VOLUNTEER COORDINATOR |
| DAPHNEY MHALENI | COMMUNITY DEVELOPMENT OFFICER |
| KIM RISIBA | COMMUNITY DEVELOPMENT OFFICER |
| CONSTANCE RAHLANE | COMMUNITY DEVELOPMENT OFFICER |
| AMANDA MGIMETI | PROJECT MANAGER |
| KGOPOTSO MANAMELA | PROJECTS TEAM LEADER |
| SINDY NKUNA | ADMINISTRATOR |
| MERRIAM NDLOVU | AUXILIARY NURSE |
| RACHEL MALAPANE | AUXILIARY NURSE |
| PATIENCE SELEKANE | AUXILIARY NURSE |
| LUCY MALOPE | COUNSELLOR |
| JUNIOR MOGAKANE | COUNSELLOR |
| DORIS MALEPE | COUNSELLOR |
| CONSTANCE NGOBENI | COUNSELLOR |
| LUNGI MATHEBULA | COUNSELLOR |
| SOLOMON NGOBENI | SUPERVISOR |
| THAPELO NAMANE | DRIVER |
| GIFT NYAMBE | CLEANER |
| WINNY SERAGE | CLEANER |
| TSHEPO LEWELE | ADMINISTRATOR |
| BHEKI MALOMOLA | HTS PROJECT TEAM LEADER |
| FAITH MAWELA | HTS PROJECT TEAM LEADER |
| JULIE MALOPE | HTS COUNSELLOR |
| STEPHEN LEHLOANE | HTS COUNSELLOR |
| MODERN MNISI | HTS COUNSELLOR |
| NECIA SERAGE | GARDENER |
| ALFRED MABANE | GARDENER |
| OLGA SEKGOBELA | GARDENER |
| TEBOGO MODIPANE | GARDENER |
| LUCKY MOHLALA | GARDENER |
| GITTA LIEBERHERR | VOLUNTEER |
| MPHO SENTSHO | SHOP KEEPER |
| JOANA KABOTE | SEAMSTRESS |
| CLARAH MAZADZA | SEAMSTRESS |
| IRENE DZVENE | SEAMSTRESS |
| SHILA MOKANSI | VEP HEALTH WORKER |
| LUCKY DJADJI | VEP HEALTH WORKER |

2018 EMPLOYEE OF THE YEAR

HEALTHCARE SERVICES ADMINISTRATION INCOME GENERATING PROJECTS



Donating to Hlokomela made easy from every corner of the world



GlobalGiving is the largest global crowdfunding community connecting non-profits, donors, and companies in nearly every country. They help non-profits from Afghanistan to Zimbabwe (and hundreds of places in between). Hlokomela features projects on GlobalGiving, including; breast cancer, sanitary pads and trauma releasing exercises.

Why should you donate through GlobalGiving?

Every 2 months donors receive a report on how their money has been used on the specific project.

GlobalGiving is an US based, online platform, with US donations being tax-deductible. They also provide UK Gift Aid benefits for registered non-profits around the world.

Payment is taken through a secure platform, with the options of a recurring donation or one-time payment.

How Hlokomela benefits from GlobalGiving

- The more donations we receive, the more visible we are on the platform as our search rank increases.
- We reach a broader, global demographic.
- We achieve a stable monetary stream with recurring donations.
- We can see who has donated, and send them a thank you email.
- Bonus events through GlobalGiving where we get x amount of money extra for every donation received.
- Networking potential with other brands and platforms.



SCAN ME TO DONATE

Hlokomela's projects on GlobalGiving

Breast Cancer

Our breast cancer prevention programme will include training for local health workers in the use of ultrasound for breast cancer screening as well as on-site treatment for early-stage cancers. We also aim to teach the community about cancer symptoms and how to conduct a potentially life-saving breast self-exam.

Sanitary pads

We aim to provide reusable/washable sanitary pads, produced by the Hlokomela Sewing Project using local women as seamstresses. We have an existing network for distribution as our clinics reach more than 20 000 young women and girls annually. These pads will have a long operational use, therefore it will cut down on discarded disposable pads as non-recyclable, and hazardous, waste in the community.

Trauma Release Exercises (TRE)

We bring TRE to the communities. TRE is an effective and safe self-help tool to release tension and trauma, which can be used in large groups. TRE is culture and language independent and is used successfully with traumatised communities all over the world. With your support, we will give training to 20 community workers and care givers so that they can spread and facilitate TRE in their communities.



Photo by Yeshiel Panchia

INCOME GENERATION PROJECTS (IGP)

Hlokomela Herb Garden

The Hlokomela Herb Garden has been in operation for over 10 years. The natural farming practices employed grow a variety of healthy, fresh herbs, some vegetables and herb products, for direct sale to surrounding lodges, restaurants and supermarkets. A holistic and vigorous fertility programme is underway, focused on soil health with the aim of increasing quality and quantity of production. This includes a composting system incorporating horse manure, chicken manure, sawdust, garden waste and effective microorganism inoculants.

Hlokomela Market

The Hlokomela Charity Shop mainly sells second hand clothes donated by the community. Located opposite the Bavaria Bus Stop outside Hoedspruit, it attracts many farm workers while they wait for their buses in the afternoons. The Hlokomela Sewing project is also situated at the Market and offers a wide range of sewing related services to the general public. In 2019 the Market will also become the home of the Hlokomela Spaza and the ANB Factory store (Selling A Grade dried fruit, at wholesale prices, direct to the public).

Hlokomela Spekboom Project and Maze

The Spekboom Project is a tough little plant that requires minimal care. It is one of the most effective trees when it comes to reducing carbon dioxide in the atmosphere. The plant is also edible, high in basic nutrients, and can treat dehydration and heartburn. Currently we are building a stockpile for wholesale purposes. At the Hlokomela Herb Garden, a recently planted Spekboom Maze is growing well and will surely become a popular tourism attraction within a year or two.

Tension & Trauma Release Exercises (or TRE®)

Hlokomela runs TRE® appointments (Trauma and Tension Relief Exercises), to help rural farm workers deal with trauma and stress in their lives. Developed by Dr David Berceci, TRE® is a self-help technique that deliberately activates our bodies' instinctive tremor mechanism in a safe and controlled way. Session by session, these tremors help to release the build up of muscular tension patterns that have built up in the body during stressful and traumatic life experiences. Apart from having weekly TRE® sessions available to the Hlokomela staff and patients, Hlokomela also runs a project that aims to support 20 community workers in rural Hoedspruit to be trained in TRE®. After completion of the course these community members would then be able to have TRE® sessions with members of their communities.



Fundraising Events

Hlokomela's annual Herb Bush Party has become a well-supported greater Hoedspruit calendar fixture. This event is held annually and supported by most of our local customers, including lodges, restaurants and food outlets in the Kruger to Canyons Biosphere Region. This year the event was hosted in June at the bush venue on Kapama Private Game Reserve where the location, time of year and relatively short distance from Hoedspruit town proved to be a great success.

2018 Marks the year that Hlokomela took on some exciting challenges by hosting a range of different events aimed at different sections of the market. We hosted a comedy show with Schalk Bezuidenhout in June 2018, followed by the stargazing event with Dr Philip Calcott in August 2018 at Wild Rivers Estate. The Strooijonker event in September with De Klerk Oelofse rounded off the year, ensuring an interesting blend of events to see what works best for the local market.



Hlokomela Tours

As part of our efforts to raise funds for Hlokomela, the organisation offers day trips to a few key projects that form part of the Hlokomela story. These tours give guests the opportunity to experience the innovative side of the Kruger to Canyons Biosphere Region where social change & development is driven through sustainable community projects.

HLOKOMELA TOURS

JOIN US 4 AN INSPIRATIONAL COMMUNITY EXCURSION!!








We invite you to experience the innovative side of the Kruger to Canyons Biosphere Region where social change & development is driven through sustainable community projects.

Hlokomela is a local non profit healthcare organisation that looks after the health and wellbeing of farmworker & hospitality staff in the K2C area.

Come take a tour with us and experience first hand the innovative action this organisation is taking to provide quality, all-inclusive healthcare to the people of this region.

PICK UP POINTS

- Kamogelo Centre Hoedspruit
- Bush Pub Timbavati Gate
- Three Bridges Restaurant
- Klaserie One Stop
- Tunnel Plaza Total

TOUR STOPS

- Hlokomela Main Clinic
- Richmond Crèche
- Hlokomela Herb Garden
- Hlokomela Market (Second hand shop & Sewing project)

* Enquire about additional available stops

MINIMUM 2 GUESTS
RATE IS PER PERSON SHARING
TOURS RUN MONDAY TO FRIDAY
BOOKINGS AT LEAST 24 HOURS IN ADVANCE
TOUR DURATION +/- 3 HOURS
ALSO FIND US ON:

CONTACT US ON : +27 71 326 5759 OR info@hlokomela.org.za WWW.HLOKOMELA.ORG.ZA

X SUCCESS STORIES – HLOKOMELA SAVED HER LIFE

Story by Sonja Botha

It is with a warm and grateful heart that I share the journey of *Thandi Ndlovu with you.

Thandi has been a Hlokomela patient for many years. She is a mother of two beautiful sons, she is 40 years old and makes the most beautiful dresses.

Around October 2017 Thandi felt a strange mass in her breast. She was afraid and unsure of what this may be. She decided to visit the Hlokomela Women's Clinic to have a breast ultrasound done. That day in February 2018, is the day that we both will never forget. I remember so clearly when I showed her the image on the ultrasound machine, the fear in her eyes when she looked at me and said "it's cancer isn't it".

This day marked the start of Thandi's journey with stage 3 breast cancer. Thandi was referred to the Helen Joseph Hospital where she consulted with Prof Carol Benn from the Breast Health Foundation. She had mammograms, biopsies and blood tests done. On 5 May 2018 Thandi started chemo therapy. This was a very tough time for her as she battled severely with the side effects of the chemo and lost all her hair. All while having to travel back and forth from her home in Acornhoek to Johannesburg.

Thandi remained positive throughout this process and has wonderful support from her friends and family. In January 2019 Thandi will undergo a lumpectomy after chemo. Her left breast will also be reduced. Following on this procedure, she will undergo 6 weeks of radiation that will hopefully remove the threat of breast cancer from her life once and for all.

Thandi has shown so much bravery, resilience and faith and we salute her for this!

**Thandi Ndlovu is a pseudonym used to protect the identity of Hlokomela's patient in this story.*

SOPHIE'S JOURNEY INTO THE SEX WORK INDUSTRY

By Constance Rahlane

She is tall and thin, wears perfect make-up and her hair looks like she just stepped out of the salon. At first glance you may think that *Sophie is a model taking a walk on the street but her profession is in truth not so glamorous.

Sophie is a sex worker.

Just like many of her fellow sex workers, Sophie never thought that she would ever become a sex worker. However, starting her career at the young age of 15, she continues to earn a good income and is still going strong at 33.

When asked how she came to be a sex worker, Sophie says: "I started by having many boyfriends at a young age, hoping they will give me money. I wanted money to take care of myself, since my single mother was unemployed."

However, she realised that dating many guys at the same time is risky and they didn't give her as much money as she had expected. This is when she decided to sell sex. At first she sold her service for only R50.

Now, Sophie is a mother of 3 and she admits that being a sex worker is tough. "Sometimes clients don't pay as agreed, sometimes they are rough and demanding; sometimes there is jealousy amongst my fellow sex workers, sometimes it is risky," she says.

Sophie says when Hlokomela offered her a job as a Peer Educator in 2014, her work became less difficult. She is now equipped with health information with which she reaches many sex workers, also recruiting them to test for HIV and access more health services at Hlokomela's facilities. "I had very little information about HIV, and I didn't use condoms properly," she admits.

She calls herself lucky because she is still HIV negative; and when Hlokomela started initiating HIV negative sex workers on pre-exposure prophylaxis (PrEP) in June 2016, she was one of the first who started taking this medication.

"I felt so happy when Hlokomela introduced PrEP. I am planning to remain HIV negative for the rest of my life. I take it every day and also encourage other sex workers to take it," Sophie adds.

Sophie admits that she does not want to be a sex worker for the rest of her life but for the time being she will continue to do her work with pride; knowing that Hlokomela supports her and she has a sense of belonging with the Organisation. Sophie advises fellow sex workers to take care of their children and participate in community activities.

**Sophie is a pseudonym used to protect the identity of the sex worker in this story.*



HLOKOMELA HONOURS

- 2007: Independent study finds farm workers trust confidentiality of services offered
- 2007: Oral presentation at South African AIDS Conference in Durban
- 2008: Maruleng Municipality's Best Non-Profit Organisation in Mopani District
- 2008: Christine du Preez is a finalist in The Southern African Trust and Mail & Guardian Drivers of Change Investing in the Future awards
- 2008: Poster presentation at the 17th International AIDS Conference in Mexico City
- 2008: Poster presentation at the 4th Annual South African AIDS Conference in Durban
- 2009: Hlokomela received an award from Mail & Guardian "Investing in the Future" awards selection committee with the 2009 'Investing in Life' award for its holistic innovative approach to medical and social service delivery for farm workers and their families
- 2010: Hlokomela participated in the 2010 International AIDS Conference in Vienna
- 2010: Silver Star award from Impumelelo for innovations in government and public sectors
- 2011: Board member presentation on the Herb Garden at the Peace Corps South Africa Health Symposium
- 2012: Denmark based television crew films an episode of a cooking series by the winner of Master Chef Denmark, using ingredients from Hlokomela Herb Garden
- 2012: Poster presentation at the 19th International AIDS Conference in Washington, DC
- 2013: The Director of Hlokomela received the award and was the winner of the SA's Most Influential Women in Civil Society Organisations and Related Services.
- 2013: Poster at the 6th SA Annual AIDS Conference in Durban
- 2014: Director accepted as Ashoka Fellow
- 2014: Herb Garden manager and general assistant awarded Entrepreneur and Female Farm Worker of the Year respectively by the Limpopo Department of Agriculture
- 2015: Christine du Preez receives a Recognition Award in the category International Community Workers Recognition at the Women4Africa Awards UK 2015.
- 2015: Discovery Fund makes a mini documentary of the Hlokomela project:
"Sprawling farm clinics winning the war on HIV/AIDS in Limpopo"
<https://www.youtube.com/watch?v=5X62J-00S6U>
- 2015: For World Aids Day on 1 December 2015, eNCA News featured Hlokomela Clinic:
"Hlokomela Aids treatment hub fights HIV"
<https://www.youtube.com/watch?v=3BX10KKsNVQ>
- 2016: Poster presentation on behalf of the Discovery Fund at the 21st International AIDS Conference in Durban.
- 2017: The Herb Garden entered the Limpopo Province Department of Agriculture Maruleng Municipality 2017 Female Farmer of the Year competition and took second place in Top Entrepreneur Processing at the awards ceremony in August 2017.
- 2018: The Hlokomela Women's Clinic wins Gold at the Community Chest Impumelelo Social Innovations Awards ceremony in Cape Town, November 2018.



The 2018 Hlokomela Annual report is dedicated to Marié-Tinka Uys for her contribution as a Board member to the successes of the Organisation during her tenure as Chairperson over the past 12 years.



HLOKOMELA

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TRUSTEES: M.T. UYS (CHAIR), E.C. DU PREEZ (DIRECTOR), DR. J.S.S. GEAR, D. MALEPE, L.BOTHA, T. MAMETJA & V.L. JANSEN VAN VUREN