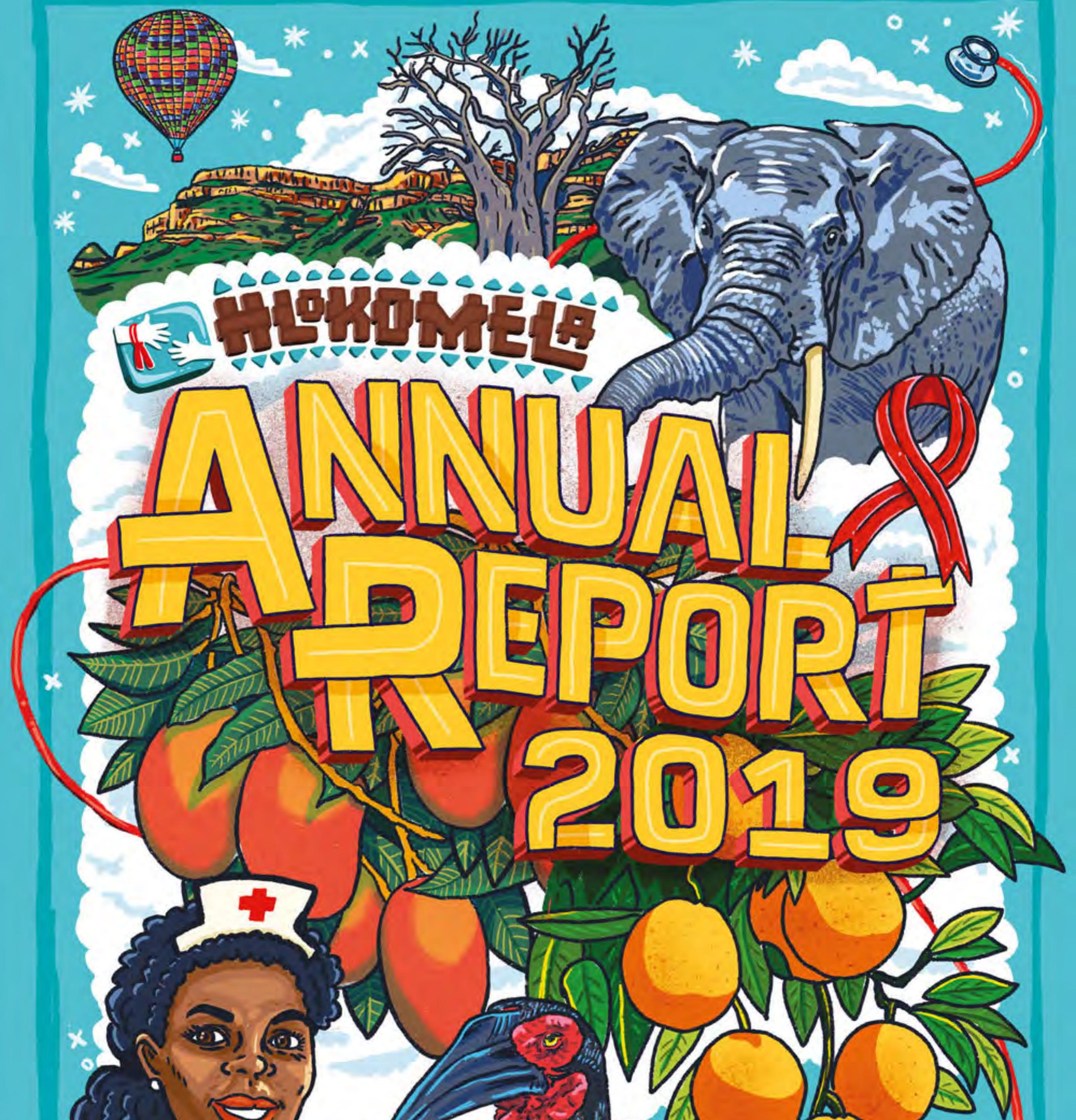
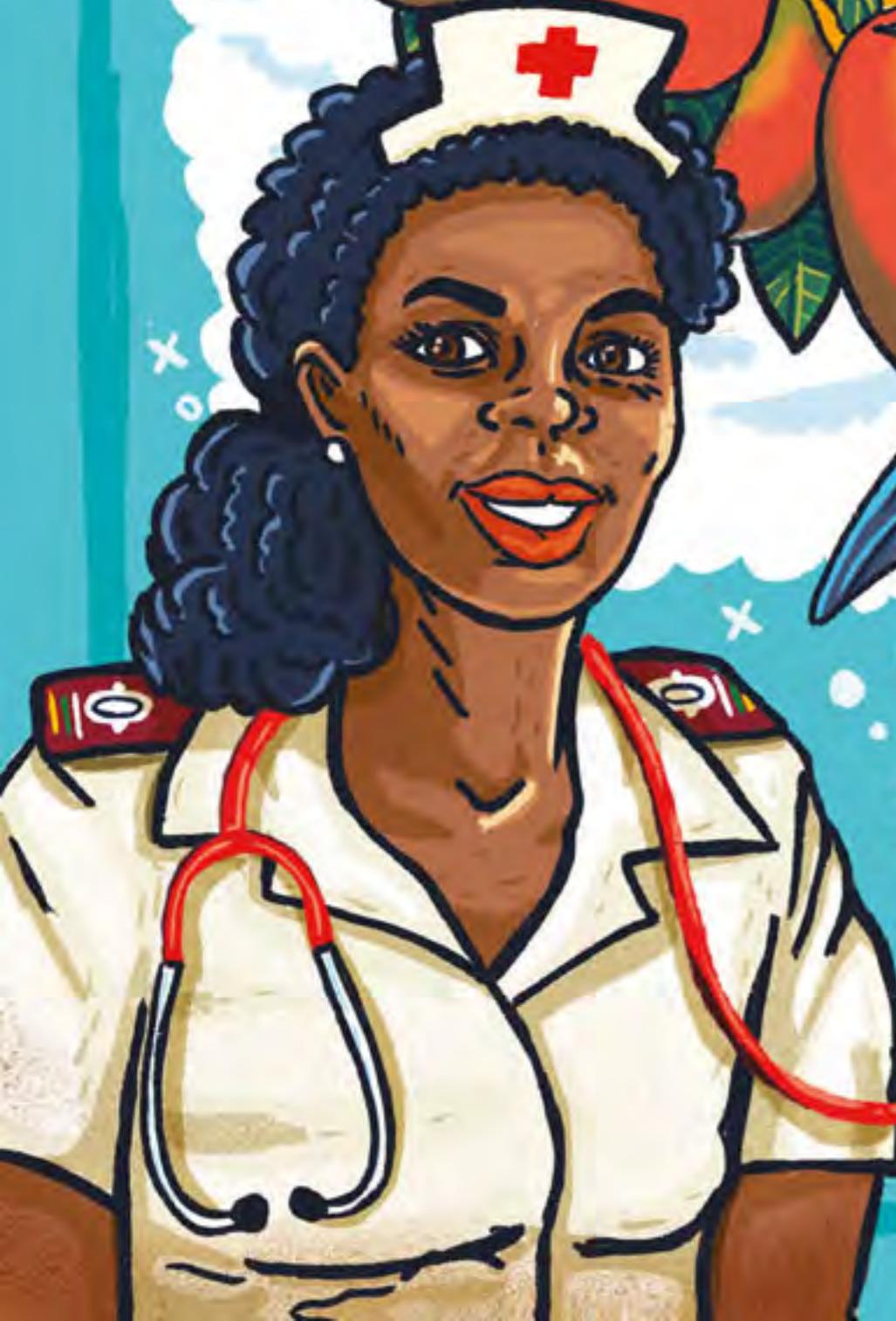
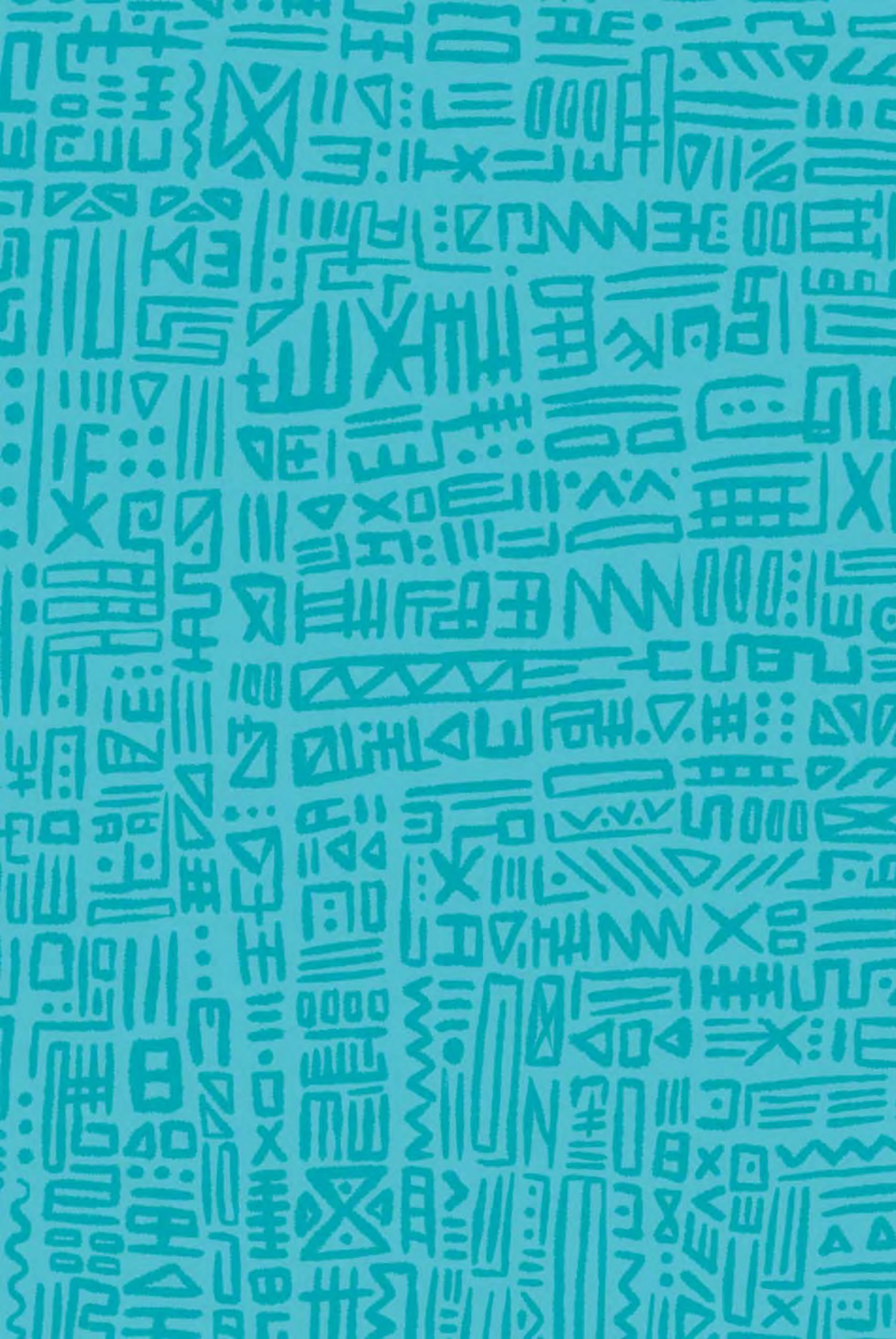


HOKOMELA

# ANNUAL REPORT 2019





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## FROM THE CHAIRPERSON OF THE TRUST

2019 was an exciting year of profound changes, highlights and reality checks for Hlokomela – some brought on by new research evidence and others by everchanging local and international politics. Hlokomela continued to deliver the quality health and social services it is known for amidst these distractions.

We learnt that 'test and treat' reduces new HIV infections by 30% (PopART), and that new infections in young women continue at unacceptably high levels despite the availability of comprehensive services (ECHO). Politically, it proved tricky to predict exactly where international donor funding was heading. However, we were confident that health delivery in South Africa would change - to some extent dramatically. With the anticipated implementation of National Health Insurance (NHI), we assumed that public-private-partnerships would become more critical than ever. These threats called for innovative thinking on our part to serve our clients with even more available, more accessible, more acceptable and higher quality services.

In response, Hlokomela reinforced its existing partnerships with local and provincial departments of Health, Social Development and the local police to ensure alignment with government policies and plans, positioning Hlokomela to provide services on behalf of government in future. Alongside positioning, Hlokomela revisited its strategic plan and organisational structure to improve sustainability, responsiveness and continuity. This entailed careful juggling of community needs with funder priorities and operational requirements – not an easy task in a resource limited setting.

From here, Hlokomela continued to deploy novel, tailored options to reach the 90-90-90 targets for our vulnerable target populations: farm workers, sex workers, adolescent girls and young women, and migrant populations. We expanded psychosocial support and strengthened victim

empowerment to remove social and structural barriers preventing access to services. We also prioritised community outreach, development and ownership to make our services more appealing and to promote service uptake.

To stay relevant in this dynamic environment, our main strategic task for 2020 is to exploit our strongest skills—resilience and agility—to decide what Hlokomela will look like under which conditions. This is a decision that the communities we serve, as stakeholders, will help us decide.  
*Re tlo hlokomela baeti!*

Dr Mariette Slabbert

## BOARD OF TRUSTEES



CHAIRPERSON  
DR MARIETTE SLABBERT



DEPUTY CHAIR  
PROF JOHN GEAR



EXECUTIVE OFFICIAL  
CHRISTINE DU PREEZ



SECRETARY  
LOHANZI JANSEN VAN VUREN



BOARD MEMBER  
TEBOGO MAMETJA



BOARD MEMBER  
LINDIE BOTHA



BOARD MEMBER  
DORIS MALEPE



## FROM THE DIRECTOR AND MEMBER OF THE BOARD OF TRUSTEES

Over the last year changes in healthcare services was on everyone's lips and it was no different at Hlokomela. We have asked ourselves tough questions: "How can Hlokomela be sustainable?" and even "What does sustainability look like?"

With the National Health Insurance on our doorstep, Hlokomela will continue to provide quality care by "caring for each other" as a contractor to government. Caring is as much a part of my DNA as it is central to the culture at Hlokomela. My hope is that this culture of caring will stay with Hlokomela into the future and that it will ring true despite tremendous growth and change.

With National Health Insurance in mind, we implemented the Ideal Clinic model at Hlokomela in 2019. This model has brought a lot of change to our clinics, all for the better. Waiting times were reduced to 1 hour and 41 minutes which is well below the national standard of 3 hours. This, along with improved client flows, prompted lots of positive response from clients and other stakeholders.

To improve sustainability, we ran a two month pilot to test a partial payment system for services we offer in the clinics. The results will be available in 2020 and will give us a better understanding of the benefits, viability and disadvantages of offering subsidised services in our community.

We are excited and hopeful about 2020 and I find encouragement in the words of Henry David Thoreau:

*"Go confidently in the direction of your dreams. Live the life you have imagined."*

Christine du Preez



PHOTO BY SASKIA FRINKING



## WHO WE ARE

Hlokomela was established in 2005 in response to research that highlighted a desperate need for health care among farm workers and other vulnerable populations in the greater Hoedspruit area. Since then, Hlokomela has been a prominent and respected role player in the health and well-being of the local community serving about 60 000 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.



## WHO WE SERVE

- Farm workers, including seasonal workers, in the Kruger to Canyons biosphere region.
- Farm owners and managers in the Kruger to Canyons biosphere region.
- Employees of local game lodges notably in the Greater Timbavati.
- Migrants from Mozambique, Zimbabwe and other provinces in South Africa.
- Sex workers in the entire Mopani District of Limpopo Province.
- Community members in the Acornhoek area who participate in the Stepping Stones Project.
- Our government partners in the Maruleng Municipality, Mopani District, and the Limpopo Department of Health.
- Our donors and funders.
- Our staff and Board of Trustees.



PHOTO BY M.J DU PREEZ



PHOTO BY HERMAN VERWY



\* SEX WORKER PROJECT RUNS ACROSS THE WHOLE OF THE MOPANI DISTRICT



## WHERE WE WORK

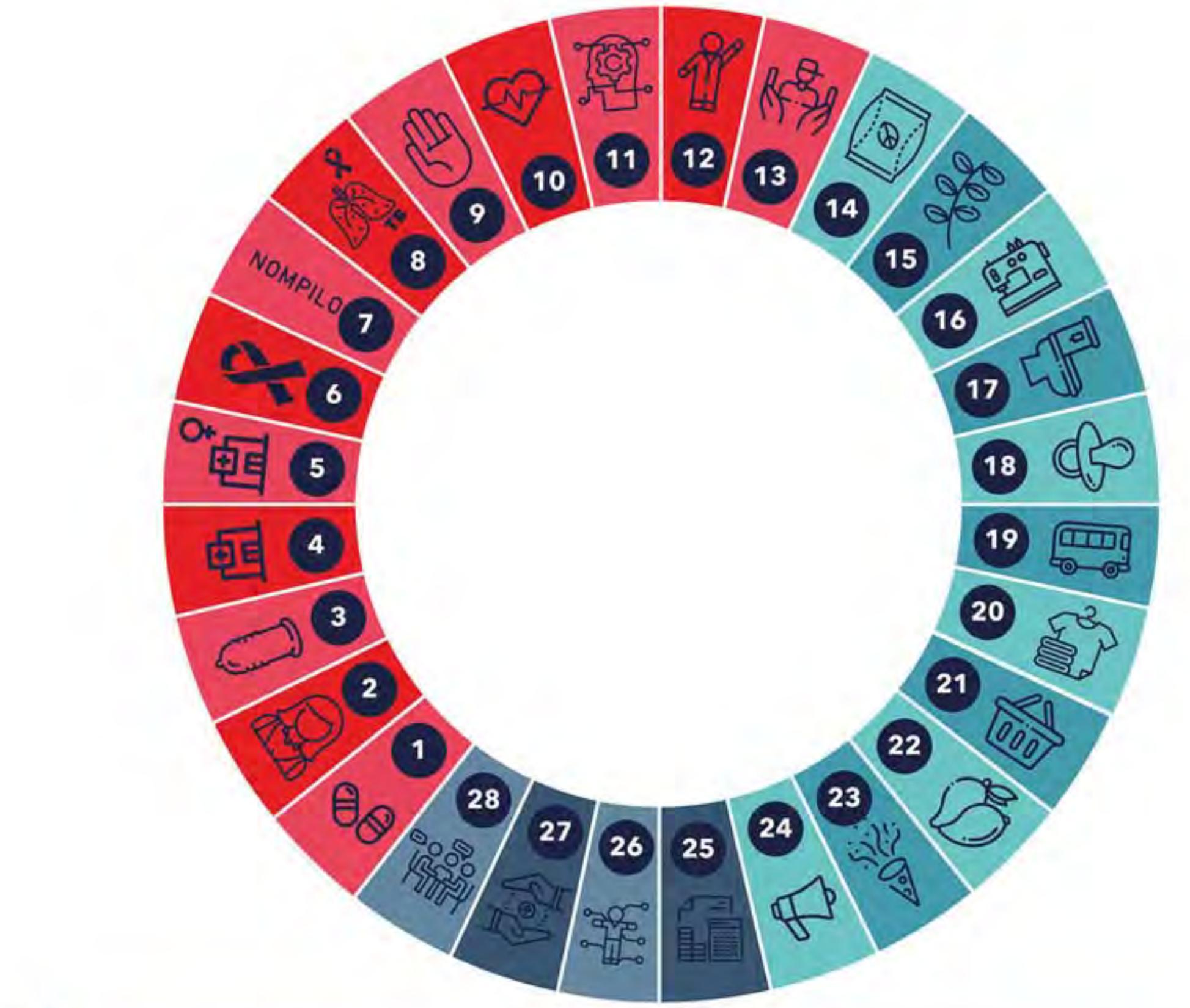
Kruger to Canyons Biosphere, Mopani District, Limpopo, South Africa

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, Limpopo Province. We also work in Acornhoek, Mpumalanga where the focus is on community education and upliftment through the Stepping Stones Project.

Tourism, government services and farming are key economic activities in these areas. The farming sector offers employment to a large portion of the local population of seasonal and migrant workers.

# WHAT WE DO

THE WORK WE DO IS GROUPED UNDER THREE MAIN HEADINGS:



## HEALTH & SOCIAL PROGRAMMES

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

## HLOKOMELA INVESTMENTS

14. HERB GARDEN
15. SPEKBOOM PROJECT
16. SEWING PROJECT
17. MOBILE VIP TOILET
18. CRÈCHE
19. TOURS
20. CHARITY SHOP
21. SPAZA
22. ANB FACTORY SHOP
23. FUND RAISING EVENTS
24. MARKETING

## OPERATIONS

25. FINANCE DEPARTMENT
26. HUMAN RESOURCES
27. GRANTS & DONATIONS
28. BOARD OF TRUSTEES



# HEALTH & SOCIAL PROGRAMMES

Our health and social care programmes offer biomedical, social and structural interventions to reduce HIV, TB and STIs. Our services cover the continuum of care ranging from combination prevention to treatment and retention as well as sexual and reproductive health. Social programmes include psychosocial support and programmes to reduce gender based violence and human rights violations.

### Specific activities:

- Working with farm management to create a healthier work environment, supported by workplace HIV policies and workplace wellness programmes;
- Providing peer education on farms (Nompilos) and in the sex worker programme (peer educators);
- Training and mentoring of caregivers recruited from the community;
- Training, and mentoring male role models to address gender based violence, transactional sex, and poor health-seeking behaviour in men;
- Promoting safer sexual behaviour through an integrated social behavioural change communication programme, using outreach, billboards and pamphlets;
- Sensitising health care workers, the police and the community towards sex workers and migrant populations;
- Offering recreational programmes to increase social participation and improve the quality of life of farm workers and their families;
- Promoting healthy lifestyles, condoms, and primary health care services and referrals at fixed clinics and during mobile outreach;
- Monitoring nutritional status and providing malnourished clients with food donated by farmers;
- Running a dedicated women's clinic for cervical and breast cancer awareness, prevention, screening and treatment;
- Offering pre-exposure prophylaxis (PrEP) to people at risk of acquiring or transmitting HIV, for example sex workers and truck drivers;
- Addressing gender based violence through the Victim Empowerment Project (VEP);
- Using "Stepping Stones" to prevent new HIV infections among migrant and mobile populations in farming communities and informal settlements.



## HLOKOMELA INVESTMENTS

These projects aim to support Hlokomela in becoming more sustainable in the future:

- Growing and selling fresh herbs and herb products to grocery stores, restaurants and lodges in the Hoedspruit and Phalaborwa area;
- Running a second-hand clothing shop;
- Conducting social interest tours to Richmond crèche, Hlokomela Herb Garden, Hlokomela Clinic and Hlokomela Market;
- The Spekboom Maze project which grows and sells spekboom trees;
- The Hlokomela Sewing Project makes new clothing, offers alterations and other seamstress work. In 2019 the project started to manufacture washable sanitary pads for distribution in the communities and will also be on sale.



## OPERATIONS

Good administration is the backbone of the organisation. The operations department supports the health, social and income generating projects to run smoothly by ensuring that the administration, maintenance on buildings, procurement and finances are all in order.



PHOTO BY M.J DU PREEZ



PHOTO BY YESHIEL PANCHIA



PHOTO BY HERMAN VERWY



## HEALTH & SOCIAL PROGRAMMES

### Implementation of the Ideal Clinic Model

In May 2019 we started implementing the Ideal Clinic Model. This model represents national health standards. By the close of 2019, we were at 77% implementation rate of the model. Significant changes have been made to operations at Hlokomela's clinics.

- Clients are separated into three streams depending on their reasons for visiting the facility: preventative, acute or chronic.
- All clients are now registered upon arrival, where after their vital signs are checked.
- From here clients are directed to one of three designated consulting areas.
- Frail, very sick and elderly patients are prioritised through fast track lanes.

A special emergency room was equipped with medical oxygen, emergency treatment, and a blood pressure monitor with ECG function. Clients have access to a medical practitioner three days per week and volunteer specialists who visit the clinic to treat complicated cases.

The appointment system for chronic clients' reduced waiting times at the clinic through a more organised approach to retrieving files and planning for the next day's patient load. Since July 2019, stable chronic clients have been enrolled in the Central Chronic Medicine Dispensing and Distribution (CCMDD) programme to further reduce congestion in facilities. Pharmacy Direct delivers these clients' pre-packed medication every two months, allowing them to skip the clinic queue by collecting their treatment from a separate office where they sign for collection. By December 2019, 530 clients were successfully transferred to CCMDD. Chronic clients undergo clinical examinations twice a year to get their prescriptions renewed. Redelinghuys Farm, and Bavaria -, Richmond -, and Phelwana Clinics were included in the CCMDD programme as outreach points.



### Health Care Services

In 2019, Hlokomela continued to develop and implement HIV workplace policies for local farms and businesses. By the end of 2019, we were assisting 72 enterprises with improving their employment policies supported by a peer education programme. We facilitate access to health services, programmes and medical products. Activities include signing a memorandum of co-operation, setting up HIV&AIDS committees, HIV testing services and social communication initiatives to reduce HIV infections.

Hlokomela runs Wellness Clinics at Richmond, Hlokomela, Bavaria, Klaserie Private Nature Reserve, Ngala, Waterside, Phelwana, Singita Lebombo, Thornybush and South African Wildlife College. Doctors and professional nurses provide health care services and referrals, information and condoms at these clinics.



#### HIV

- Total number of Hlokoma clients: **27 322**
- 92% of clients who visited Hlokoma know their status
- 80% of patients who tested HIV positive were initiated on treatment
- 92% of patients on ART had a suppressed viral load after 6 months on treatment

\*Hlokoma is working towards achieving "90-90-90", an ambitious treatment target that was set by UNAIDS to help end the AIDS epidemic by 2030.



#### Diabetes

Of the 10 797 clients 40 years and older, **9 064** (83%) were screened for diabetes. Of these, 33 clients (0.3%), were diagnosed with diabetes and initiated on treatment.



#### Condom distribution

Hlokoma maintains condom dispensers at **140** locations, mostly high HIV transmission areas such as truck stops, shebeens, taxi ranks, hawker markets, hotels and lodges. During the year, we distributed **2 040 000** male and **66 100** female condoms.



#### TB

Hlokoma screened **87.7%** of 27 322 patients who visited our clinics for TB.

Only 3.6% (21) of the 590 sputum samples collected, tested positive for TB and all newly diagnosed TB clients were initiated on treatment with a 100% TB cure rate.



#### STIs

Out of 22 207 patients (15 years and above) screened for STIs, 1.7% (384) tested positive and were treated for STIs.



#### Hypertension

All patients over 40 years are screened for hypertension. Out of 10 796 clients over 40 years, 8819 (82%) were screened of which 67 (1.2%), were newly diagnosed with hypertension and initiated on treatment.



#### Outreach on farms

Care givers, also known as Nompilos, attend to clients on farms. During the year, **71** Nompilos rendered home based care services to 166 clients who are on chronic medication. Interventions ranged from primary health care to distributing health and social educational information.

Many of these clients are on ARV and TB treatment; Nompilos referred **462** individuals to clinics for further health care services.

During the year, Hlokoma reached farm workers and migrants through various outreach activities that included awareness campaigns and health information sessions on farms, delivered by Nompilos. Topics ranged from hygiene, HIV, STIs, TB, malaria, cancer and nutrition to upholding migrants' human rights. Hlokoma links relevant activities with special health calendar 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.





## Sex worker programme

The programme aims to empower sex workers with skills that will enhance their capacity to speak for themselves, to address human rights violations, to access psychosocial support, to make informed choices and to provide opportunities for them to test for HIV. Sex workers also have an opportunity to be screened for non-communicable diseases, sexual reproductive health and mental health issues.

In 2019 NACOSA appointed Hlokomela to implement the Sex Worker Programme in the entire Mopani District municipal area. Each of the five sub-districts have three peer educators and one HTS & linkage officer. Two site coordinators manage the peer educators, a dedicated professional nurse manages the linkage to care through the HTS & linkage officers and attends to sex workers in the field. When needed, sex workers are referred to a doctor in the clinic.

In addition, a social worker and social auxiliary worker offer psychosocial support to sex workers while an advocacy officer advocates for their rights by sensitising stakeholders about the programme.

During the year, peer educators reached 1 767 of the targeted 2 323 sex workers at 169 hotspots in the District.



## Pre-exposure prophylaxis

Hlokomela offers pre-exposure prophylaxis (PrEP) to people at high risk of HIV. During 2019, of the 1 767 sex workers reached, 679 were tested for HIV and 209 of these clients that tested negative for HIV were initiated on PrEP. Out of those who were tested, 39 clients tested positive of which 23 were initiated on ART and 16 referred to their home clinics.



## Victim Empowerment Project

In 2019, dialogues and one-on-one sessions were done during outreach campaigns and door-to-door visits. We reached 1 501 people who were sensitised on topics such as different forms of abuse, responsible alcohol and drug use, sexual and domestic violence.



### DID YOU KNOW

Did you know: Christine du Preez, director of Hlokomela, has been in the healthcare industry since 1982 and has 38 years' nursing experience. She established and successfully managed several Youth Health Care Centres in Pretoria as well as five primary health care clinics in a 65km radius from Hoedspruit for the Department of Health. Under the banner of Hlokomela she established and manages 10 occupational health and primary health care facilities at agricultural farms and game lodges. Christine has won several individual as well as group awards for her work with Hlokomela over the past 14 years and has presented the organisation's work at the International AIDS Conference several times.



## Hlokomela Women's Clinic

**204**

The Hlokomela Women's Clinic, situated at the Hlokomela Main Clinic, offers breast, abdominal, pelvic and pregnancy ultrasounds. It also offers Pap smears and cryotherapy, and early stage on-the-spot treatment for cervical cancer prevention.

**13**

During the year, 204 clients were screened for breast cancer. Of these, 13 were referred to the hospital for further management; 4 of these women were positively diagnosed and treated for breast cancer.

**333**

Other scans done at the Women's Clinic include 65 abdominal scans, 122 pelvic scans, and 146 pregnancy scans.

**323**

During 2019, 323 patients were screened for cervical cancer.

**120**

**"Bravolution"**  
The "Bravolution" project encourages women to donate new or used bras to the Hlokomela Women's Clinic. This allows us to do a proper bra fitting with our clients in need. During 2019 we received about 160kg of donated bras which benefitted over 120 women receiving 2 to 5 bras each.

**500**

The Women's Clinic spent a lot of time on creating awareness and teaching the youth about women's health. We visited groups of secondary school students and offered sex education, talks on breast cancer, cervical cancer, women's rights, HIV and STI's. In 2019, we reached approximately 500 learners during five outreaches.

**5**

We worked closely with five local and international volunteer doctors recruited through the Tshemba Foundation. The volunteers provided advanced training on women's health to our staff and enabled us to provide comprehensive healthcare to our clients.



PHOTO BY SASKIA FRINKING



PHOTO BY SASKIA FRINKING



PHOTO BY SASKIA FRINKING



## HLOKOMELA INVESTMENTS

### Hlokoma Herb Garden

The Hlokoma Herb Garden has been in operation for over 11 years. The organic farming practices employed produce a variety of healthy, fresh herbs, vegetables and herb products, for direct sale to the surrounding lodges, restaurants and supermarkets. We are now selling directly to private households in our area as well. A holistic and vigorous fertility programme is underway to improve soil health with the aim of increasing quality and quantity of production. This includes a diverse composting system incorporating horse manure, chicken manure, sawdust, garden waste and effective microorganism inoculants to help create rich, nutrient dense soil.

### Spekboom project and maze

The Spekboom project celebrates a tough little plant that requires minimal care. It is one of the most effective species when it comes to reducing carbon dioxide in the atmosphere. The plant is also edible, high in basic nutrients, and is used for treating dehydration and heartburn. At the Hlokoma Herb Garden, the spekboom maze is growing well and will soon be a popular tourism attraction. Alongside our maze, we launched a '1 000 000 spekboom project' to offset our carbon footprint, and to support and promote a more conscious, environmentally minded.



PHOTO BY M.J DU PREEZ



PHOTO BY SULENE WOLMARANS



PHOTO BY SULENE WOLMARANS



## Hlokomela Wellness Wednesday Market

Launched in 2019, Hlokomela Wellness Wednesday is a weekly market for environmentally conscious businesses and households to showcase their products to the greater Hoedspruit community, in a consistent and reliable market setting. We have our natural produce, organic seeds, pot plants, other natural produce from community growers, natural, hand-made soaps, natural honey and some super foods, woodwork made from ethically harvested wood, and more. Other vendors that have showed interest in joining us in 2020 include vegan soaps and body products, alternative (to plastic) packaging and shopping options, organic fair trade coffee, and open sandwiches and healthy snack options. We plan to let this market grow naturally, hopefully requiring very little administration and extra work.



## Hlokomela Herb Bush Party

Each year Hlokomela enjoys wide support for the Hlokomela Herb Bush party from surrounding business' and lodges who come together to help raise funds for our organisation. Food and drinks tables are set-up in the middle of the bush and party goers dance to a silent disco under the African sky. Starting just before sunset, we watch the majestic Drakensberg mountains fade into the darkness while the stars come out to amaze. 2020 will be our 10th anniversary of the Herb Bush Party, so a massive weekend of exciting festivities can be expected.



PHOTO BY BARRY MORGAN



PHOTO BY BARRY MORGAN



PHOTO BY BARRY MORGAN

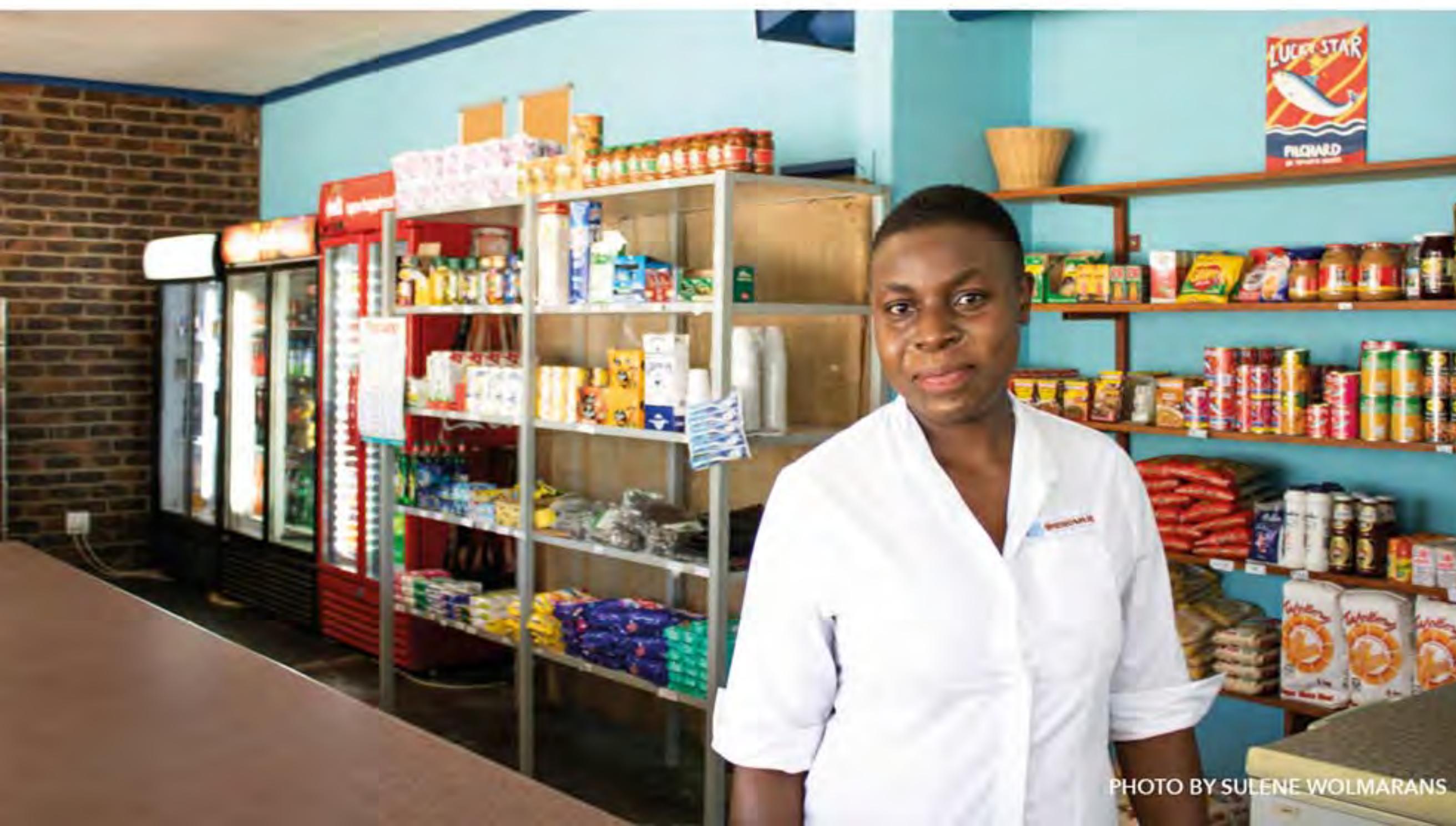


## Hlokomela Market

2019 was the year of big changes at Hlokomela Market as it became home to Hlokomela Spaza as well as the ANB factory shop. Hlokomela Spaza mainly caters to the commuters who travel by bus from the Bavaria bus stop. Within a year, the ANB factory shop has become a huge asset to Hlokomela Market as it sells A grade dried fruit, at wholesale prices, direct to the public. Hlokomela Market also houses the charity shop, which mainly sells second-hand clothes donated by the community. The sewing project, also situated at the Market, offers a wide range of sewing services to the public as well as larger projects for key clients.

## Tension & Trauma Release Exercises (TRE)

Hlokomela offers Tension & Trauma Release Exercises (TRE) appointments to help the organisation's staff, clients and community members deal with trauma and stress. Developed by Dr David Berceli, TRE is a self-help technique that deliberately activates the bodies' instinctive tremor mechanism in a safe and controlled way. Session by session, these tremors help to release muscular tension patterns that have built up in the body during stressful or traumatic life experiences. A generous donation to Hlokomela enabled the training of 15 staff and Nompilos as Community TRE Facilitators. In 2020 Hlokomela will support these facilitators to take TRE to their communities and offer relief where it is needed the most.



## Hlokomela Tours

Hlokomela Tours offers day trips to key projects in the Hlokomela story. These tours give guests the opportunity to experience the innovative side of the Kruger to Canyons Biosphere Region where social change and development is driven through sustainable community projects. In 2019, Hlokomela hosted 430 tour guests on 85 tours.

## Hlokomela Volunteers

During 2019 Hlokomela had 65 volunteers (20 women and 45 men) who assisted the organisation with various tasks and projects. They all came from different parts of the world - South Africa, Belgium, France, Sweden, Spain, Wales, England, Canada, Australia, the Netherlands, Germany and the USA. Some volunteers assisted at the Herb Garden to weed, cut and plant. Others made a difference at Hlokomela Spaza by assisting staff to paint, do stocktaking, and even to make new signs. Some of our 2019 volunteers assisted with administration and data capturing. Our volunteers also enjoyed helping out at fundraising and awareness events.

If you are interested in volunteering at Hlokomela, please send us an email to [info@hlokomela.org.za](mailto:info@hlokomela.org.za).





## OPERATIONS

### Strategic partnerships

In April this year, Hlokomela joined forces with HUMANA People to People SA. The project aims to prevent new HIV infections among migrant and mobile populations in farming communities and informal settlements. The focus is on using combination prevention methods protecting adolescent girls and young women (15-34 years), and men and women (30-49 years).

### Research

In 2019 we received the much anticipated results of the Health Economics and Epidemiology Research Office (HE<sup>2</sup>RO)'s research, funded by Discovery, to develop a costing structure and fee-for-service model for the organisation.

The study costed the services we offer for free. Hlokomela's cost per patient came out below the primary healthcare expenditure per headcount in South Africa when acknowledging government support. The results were encouraging as clients favoured our services over that of local public healthcare facilities thanks to the high quality of care provided at Hlokomela.

The study further investigated the willingness of farmers to pay for their workers' healthcare expenses and to what extent. Four out of five of the farmers (83%) who participated in the survey indicated that they were willing to contribute financially towards a healthcare funding model for the Hoedspruit area.

HE<sup>2</sup>RO ran a two-month pilot of a partial payment system at Hlokomela's Bavaria Clinic. We eagerly await the results of the pilot in 2020.

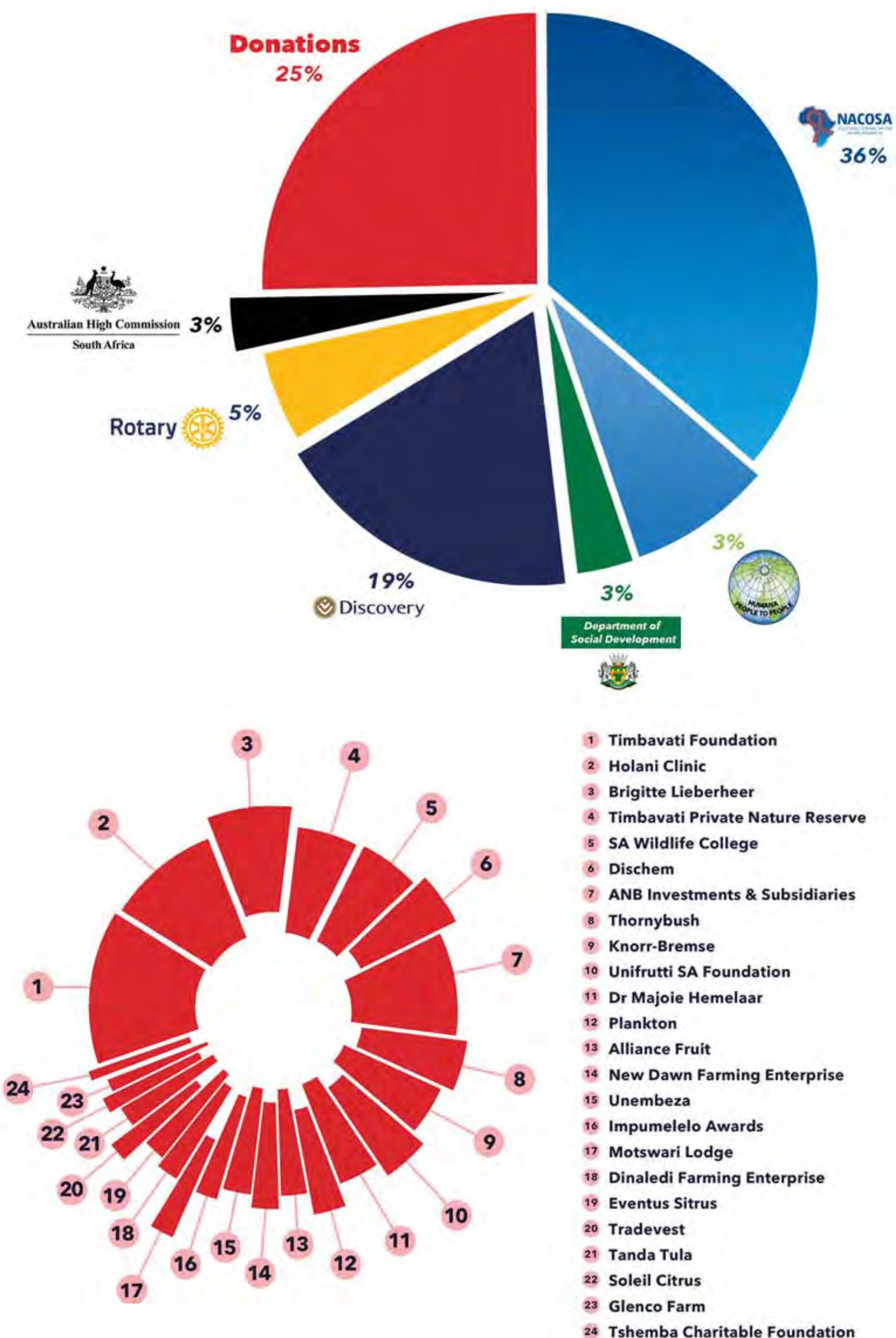




PHOTO BY YESHIEL PANCHIA

## Training and development

- Three members of the management team attended training on motivational management.
- The management team attended a growth strategy workshop.
- Thirteen staff members attended a basic computer skills course.
- The professional nurses completed a practical course on primary health care.
- Four lay counsellors attended an HTS training programme.
- One professional nurse completed a dispensing course.
- All clinic staff attended a presentation on medical ethics.
- Twelve Stepping Stones Facilitators received training on the Stepping Stones Programme.
- Two VEP health workers attended HIV testing and first aid training.
- Fifteen Nompilos and other staff members were trained as trauma release community facilitators.



PHOTO BY SULENE WOLMARANS



PHOTO BY SULENE WOLMARANS



PHOTO BY SULENE WOLMARANS

Funding and fundraising

# GlobalGiving

Donating to Hlokomela made easy through GlobalGiving

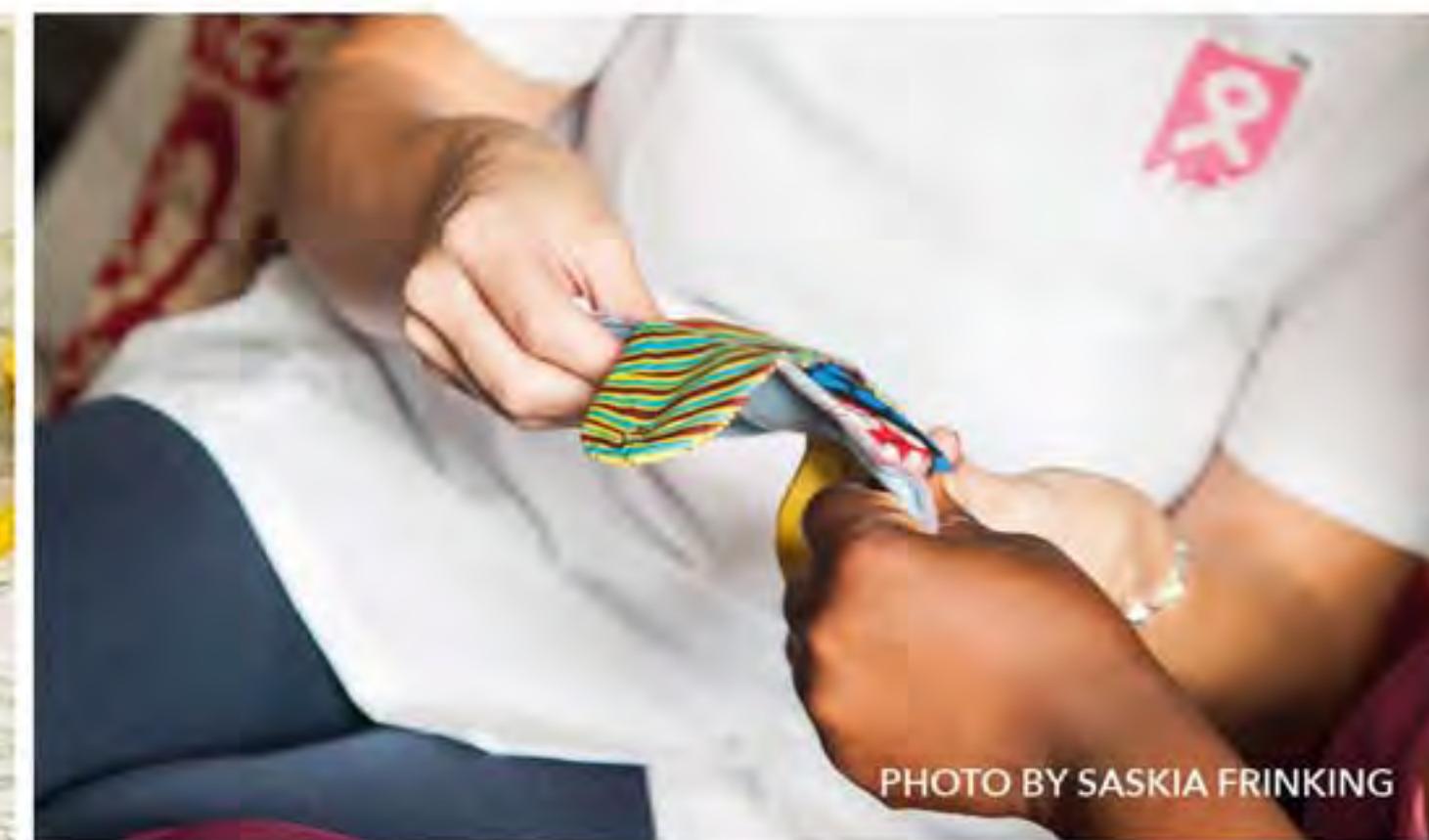
GlobalGiving is an online platform enabling people from the United States to make tax-deductible donations to worthy causes. They also provide UK gift aid benefits for registered non-profits around the world.

Every three months donors receive a report on how their money was used on their chosen project.

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

Hlokomela benefits from GlobalGiving in the following ways:

- The more donations we receive, the more visible we become 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 receive an additional amount of money for every donation made.
- Networking potential with other brands and platforms.



## Hlokomela's projects on GlobalGiving

### Breast Cancer

Our breast cancer awareness programme includes training for local health workers, and the community in general, on self-breast examination and identifying signs and symptoms of breast cancer.

### 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.



**SCAN ME  
TO DONATE**



## OUR TEAM

Christine du Preez	Director	Masana Fungeni	Site Coordinator	Thapelo Namane	Driver
Antoinette Ngwenya	Programme Manager	Lucia Mashego	Site Coordinator	Bongekile Mhlanga	Community Services & Linkage Activist
Desiré Wright	Office Manager	Kgopotso Manamela	Shop Supervisor	Mary-Jane Ngobeni	Stepping Stones Facilitator
Albert Matumbu	Finance Manager	Cleopatra Mashego	Shop Assistant	Vivian Ngobeni	Stepping Stones Facilitator
Fortunate Khumalo	Finance Assistant	Mathieu Cornillon	Volunteer	Mimi Mathebula	Stepping Stones Facilitator
Michelle Marule	Finance Assistant	Constance Rahlane	Data Capturer	Tinah Mashego	Stepping Stones Facilitator
M.J. du Preez	HCI, Media & Marketing Manager	Sindy Nkuna	Administrator	Tshwarelo Shakoane	Stepping Stones Facilitator
Fia Lööf van Zyl	Tours and Volunteer Coordinator	Brunneth Shikwambane	Administrator	Jane Ndlovu	Stepping Stones Facilitator
Gavin te Brake	Herb Garden Manager	Tshepo Lewele	Administrator	Hildah Masinga	Stepping Stones Facilitator
Solomon Ngobeni	Fleet & Logistics Coordinator	Norah Rachoshi	Intern Admin Clerk	Valencia Dube	Stepping Stones Facilitator
Dr Louw du Toit	Medical Officer	Merriam Ndlovu	Auxiliary Nurse	Patricia Phiri	Stepping Stones Facilitator
Dr John Gear	Volunteer Medical Officer	Rachel Malapane	Auxiliary Nurse	Debra Nyathi	Stepping Stones Facilitator
Dr Kevin McDonald	Medical Officer	Patience Selekane	Auxiliary Nurse	Tiyani Mkansi	Stepping Stones Facilitator
Sr Busi Moroane	Clinic Manager	Audry Mashabela	Auxiliary Nurse	Julie Malope	Stepping Stones Facilitator
Sr Marie Riekert	Clinic Manager	Lucy Malope	Counsellor	Lemmy Mhlanga	Stepping Stones Facilitator
Sr Glenda van Wyk	Senior Professional Nurse	Junior Mogakane	Counsellor	Ntsako Maluka	Stepping Stones Facilitator
Sr Eunice Mashego	Professional Nurse	Doris Malepe	Counsellor	Evidence Maake	Stepping Stones Facilitator
Sr Nomsa Mashilo	Professional Nurse	Constance Ngobeni	Counsellor	Loret Ngobeni	Stepping Stones Facilitator
Sr Laverne Stebbing	Professional Nurse	Lunghi Mathebula	Counsellor	Necia Serage	Gardener Supervisor
Sr Carissa Stoltz	Professional Nurse	Gift Nyambe	Cleaner	Olga Sekgobela	Gardener
Sr Suzanne de Villiers	Professional Nurse	Winny Serage	Cleaner	Tebogo Modipane	Gardener
Sr Nikiwe Mabuza	Professional Nurse	Stephen Lehloane	HTS Counsellor	Lucky Mohlala	Gardener
Selinah Molefe	Professional Nurse	Salome Magopane	HTS Counsellor	Alfred Mabane	Gardener
Sr Ntaka Masiagwala	Professional Nurse	Mandla Zitha	Driver	Raymond Ndlovu	Gardener
Sonja Botha	Staff Nurse	Ndivhu Maguada	HTS & Linkage Officer	Marvin Mgiba	Gardener
Candy Nkgogo	Project Manager	Bheki Malomola	HTS & Linkage Officer	Refilwe Mashego	Gardener
Daphney Mhaleni	Community Development Officer	Phyllis Mongwe	HTS & Linkage Officer	Clarah Mazadza	Seamstress
Nkateko Zitha	Social Worker	Jane Tshikunde	HTS & Linkage Officer	Irene Dzvene	Seamstress
Kim Risiba	Social Auxiliary Worker	Rosinah Malatji	HTS & Linkage Officer	Shila Mokansi	VEP Health Worker
Amanda Mgimeti	Advocacy Officer	Mikateko Baloyi	HTS & Linkage Officer	Lucky Djadjji	VEP Health Worker



## HLOKOMELA HONOURS

- 2007: Independent study finds farm workers trust confidentiality of services offered.
- 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.
- 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.
- 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.

## Maria regains self-confidence after life changing surgery

By Sonja Botha

During a Women's Clinic consultation with one of the Hlokomela sex work project peer educators, Maria M, was diagnosed with a severe case of polymastia (extra breasts). Apart from the negative impact on her self-image, this condition was extremely uncomfortable.

After Hlokomela women's clinic consulted with the Breast Health Foundation of South Africa, the process of consultation at the Helen Joseph Hospital in Johannesburg started for Maria. Maria underwent surgery to remove the extra breast tissue after the possibility of breast cancer was ruled out.

Maria recovered 100% from her surgery and is now able to live a normal life with the confidence she enjoyed before onset of the illness. Maria will start with radiation treatment at Charlotte Maxeke Hospital in 2020.

## Ongoing care and support for our breast cancer patients

By Sonja Botha

Two years ago JM noticed a change in the skin of her left breast. After visiting her local hospital a few times without success, she decided to consult at Hlokomela women's clinic towards the end of 2018.

After an inconclusive breast ultrasound, and a persistent nipple discharge, we sent a sample on a slide to the local laboratory. The results came back after six weeks as positive for carcinoma. Because JM

did not speak English, we had a translator explain the way forward to her. We also involved her family, specifically her daughter JaM, as a proper support system is vital to patient wellness. After consulting with JM's family, we referred her to the Helen Joseph Hospital. Here, a specialised team of doctors and nurses work closely with the Breast Health Foundation South Africa to ensure that breast cancer patients receive the best possible

care. Early in 2019, JM got on a bus to Johannesburg to consult with Prof Carol Benn at the Helen Joseph Hospital. After a mammogram and a biopsy was done, JM received confirmation of a positive, slow growing carcinoma. JM underwent successful surgery and the mass was completely removed. JM will start with radiation treatment at Charlotte Maxeke Hospital in 2020.



# 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.



HOEDSPRUIT



### 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 11 326 5159 OR [info@hlokomela.org.za](mailto:info@hlokomela.org.za) [WWW.HLOKOMELA.ORG.ZA](http://WWW.HLOKOMELA.ORG.ZA)



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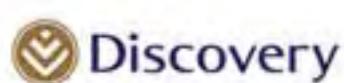
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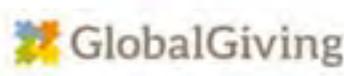
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