

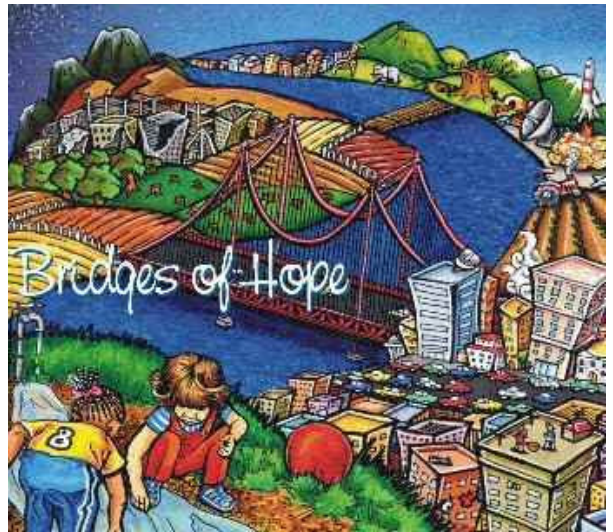
Bridges of Hope Newsletter

New Tools for Change in HIV/AIDS Education

February 2006

Contents:	Page
1. Editorial	1
2. Recent Programmes and Feedback from Users	2
3. Certified <i>Bridges of Hope</i> Users	3
4. 2006 Edition of the <i>Bridges of Hope</i> kit	3
5. Supplementary notes for the Activity: 'What happens in the body of someone living with HIV or AIDS'	4
6. Training of Trainers / Peer Educators Programme 19 th -22 nd June, in Zambia near Victoria Falls	5

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Picture courtesy of Idea Lab Pty Ltd / Standard Chartered Bank

1. Editorial

A very belated 'Happy New Year', and may it be it great one for you!

Congratulations to those who have recently completed the certification process, and many thanks to all who have contributed evaluative feedback and ideas towards further enhancing and refining the 2006 Edition of the *Bridges of Hope* package. One product of this - an extension of the activity *What happens in the body of someone living with HIV or AIDS?* to clarify issues around anti-retroviral treatment and adherence, is included on page 4.

This issue includes details of the next ***Bridges of Hope* Open Training of Trainers Workshop**, designed to provide participants with all the knowledge, skills, confidence and physical materials (*Bridges of Hope* kits) they need to achieve real impact when using these [global award](#) winning training activities and behaviour change techniques. This will run from Monday 19th - Thursday 22nd June 2006, at Maramba River Lodge, Livingstone, Zambia. The venue is inspirational for a *Bridges of Hope* programme - on the banks of the Zambezi River just 4km above Victoria Falls, where the islands, crocodiles and hippos are much more real than the laminated card ones in your *Bridges of Hope* Kit! See pages 5 - 8 for detailed information, including accommodation, costs and a booking form.

Please [send in your contributions](#) for the next issue, including:

- Evaluative feedback, comments and on any aspect of your experiences using *Bridges of Hope* training activities and behaviour change techniques.
- Ideas for changing /improving / adding to (or deleting) particular activities.
- Short reports on any programme making use of *Bridges of Hope* activities and techniques.
- Illustrative photos.
- Comments, letters or questions to the editor.

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2. Recent Programmes and Feedback from Users

The *Bridges of Hope* training package is being used in over 50 countries throughout Africa and elsewhere with business programmes, communities, youth, faith-based, and other groups. Recent programmes (see photos below) have included:

- A combined PSI Swaziland / PSI Lesotho three-day programme in Mbabane.
- An Open Training of Trainers programme in Durban, hosted by KZN joint venture partners Imbokodo.
- A five day Bridges of Hope Training of trainers programme hosted by the Department of Health, North West Province, South Africa



Fig 1: Participants with their *Bridges of Hope* T-shirts during a recent Open Training of Trainers programme in Durban, hosted by Imbokodo.



Fig 2: Nikki de Pina (Imbokodo), Revd Eddy Swartbooi (Nomokwa Distrik Vigsraad) and Johannes Sishange (Eskom) facilitate the *Risk Ranking* activity with a school group by Durban beach as part of a 'real life training practice session' during a *Bridges of Hope* Training of Trainers programme.



Fig 3: Employees at Swaziland Contract Furnishers in Mbabane try to reach the island (representing their life goals and dreams) and avoid falling amongst the crocodiles (dangers and problems they face) by using the white/blue (abstinence/ faithfulness) bridge. Some need to make use of a second yellow (condom or support) bridge to cross safely. The session is being facilitated by a group of participants on the PSI Swaziland Bridges of Hope Training of Trainers programme.

Feedback from participants on the PSI Swaziland and some previous intensive 3-day *Bridges of Hope* Training of Trainers workshops has recommended at least one additional day for further consolidating and refining skills to ensure most effective use of some of the trickier-to-facilitate activities. Hence the next open programme is now planned be of 4 days duration.

Other feedback from recent *Bridges of Hope* based programmes has included:

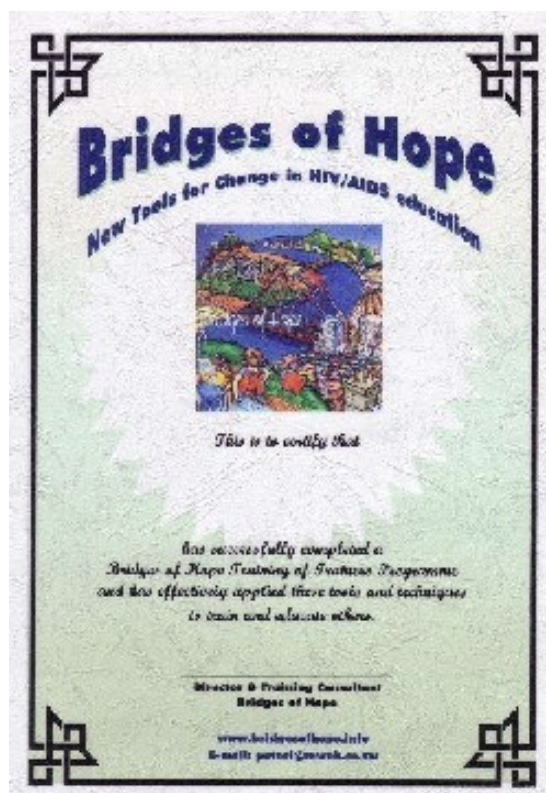
- "The card characters provide a wonderful tool for identifying issues relating to HIV / AIDS and the pictures of who is positive addresses the issue of stigma in a remarkable way"
[Vickey Nxumalo](#), HIV & AIDS Programme Officer, Council of Churches, Swaziland

- "This is a valuable new approach to educate on HIV / AIDS issues especially now that people are immune to the old way we used."
[Dorah Dlamini](#), Training Manager, PSI Swaziland
- "I have presented the Bridges of Hope course for 32 people and by presenting it and working through the material I have discovered the value of the course. The people really enjoyed it and said that it was excellent and a different approach of teaching that can reach everybody....an eye opener for the people and it also opened the door for many discussions. Thank you very much for the course I perceive it very positive and helpful. I really enjoyed preparing and presenting the course and I have discovered the value of each exercise".
[Annelise Jansen van Rensburg](#), Nurse Trainer, Netcare

3. Certified Bridges of Hope Users

Congratulations to the following, who have all completed the *Bridges of Hope* Certification Process, and received the certificate shown here. As well as completing a formal *Bridges of Hope* Training of Trainers Programme, this has required them to provide sufficient evidence of how they have applied *Bridges of Hope* activities, tools and techniques to address the HIV related issues of a range of target groups.

From **Imbokodo** (Pietermaritzburg, South Africa): Lungile Gidigidi
 From **Netcare** (Dunswart, South Africa): Annamarie Kritzinger
 From **Standard Bank South Africa**: Lyle Borman, Adrienne Bruwer, Monique Carolissen, Toni Coetzee, Wendy Creed, Esmarelda Dreyer, Prudence Gelderbloem, Meer Hendricks, Miranda Hlatana, Daniel Kotton, Ricky Kleinhaus, Tina Levendal, Dikeledi Malema, Gillian Miller, Mario Pepino, Elizabeth Petersen, Liesel Rumble, Shaheda Solomons, Ferial Warrin, Penelope Winter, Beauty Zondi
 From **Standard Bank Swaziland**: Phindile Weatherson
 From **Waterberg Welfare Society** (Limpopo Province, South Africa): Mosimane Baloyi, Zachariah Sekhu



For [details of the certification process, click here and send.](#)

4. 2006 Edition of the Bridges of Hope Kit

The 2006 updated and enhanced edition of the *Bridges of Hope Users Guide* and training kit includes a few new activities and techniques, and also some adaptations and extensions of existing activities. These provide further life skills techniques and some additional ways for addressing issues around anti-retroviral treatment, adherence, stigma and positive living.

For example the Activity *What happens in the body of someone living with HIV or AIDS?* has been extended to explain anti-retroviral treatment and adherence, as detailed in the supplementary notes on the next page. You are welcome to print this and add it to your earlier edition of the *Bridges of Hope Users Guide*.

These innovations have been tested with various groups and their effectiveness proven over the last 6 to 12 months. Many thanks to all those who have contributed by providing constructive feedback and input to this process.

5. Supplementary notes for the Activity:

'What happens in the body of someone living with HIV or AIDS'

Suggestions for what the Facilitator says:	What the 'actors' should do
Stage 3: Living with AIDS	
<i>In most cases HIV eventually starts to get stronger and manages to attack and take over most of the White Blood Cells, so the body's immune system is severely weakened.</i>	HIV stands up and attacks White Blood Cell and gets both arms of White Blood Cell locked behind his/her back so that White Blood Cell cannot fight off infections.
<i>When other infections enter the body now, the White Blood Cells can no longer fight them off. The immune system is now very weak, and can be attacked by any opportunistic infection. Infections are free to run and dance all round the body, and the White Blood cells can no longer stop them. The body now has AIDS - Acquired Immune Deficiency Syndrome.</i>	Infection and Another Infection both enter the body, dancing round the other characters. HIV continues to hold White Blood Cell .
Stage 4: Anti-retroviral Treatment	
<i>When someone's count of white CD4 blood cells drops to a very low level, or they have some AIDS defining illnesses, they may start to take a combination of Anti-retroviral drugs, or ARVs for short. ARVs can prevent the HIV virus from replicating properly, but they cannot get rid of HIV completely. They allow the White Blood Cells to build up again, so that they can once more fight off infections.</i>	ARV enters the body and attacks HIV , freeing the White Blood Cell from HIV 's grip, and pushing HIV back into a corner. White Blood Cell recovers its strength and once again fights the Infections and pushes them out of the body.
Stage 5: Adherence to taking ARVs	
<i>This body is strong again and the person thinks: "I am well again. Why should I carry on taking these anti-retroviral drugs." So they stop for a while.</i>	ARV leaves the body.
<i>HIV regains strength, and attacks and weakens the body's immune system again, allowing other infections to freely infect the body.</i>	HIV attacks and holds White Blood Cell again. Infection and Another Infection enter and dance around the body again.
<i>HIV also changes its form slightly (it mutates) so that is resistant to the combination of ARV drugs being used.</i>	HIV changes how it looks in some way, e.g. facial expression.
<i>The person starts taking ARVs again. However, HIV is now resistant to that combination of ARVs and they no longer work. HIV continues to suppress the immune system, allowing more infections to move freely around the body.</i>	ARV enters the body again, but this time HIV just ignores or pushes ARV away. HIV continues to hold and push down White Blood Cell . The Infections continue to dance around the body again.

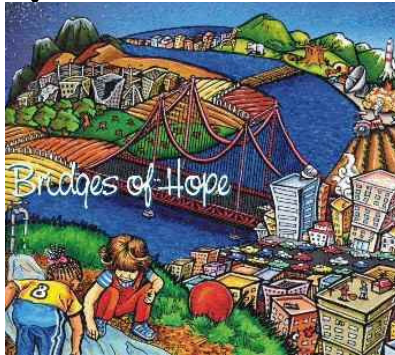
6. Training of Trainers / Peer Educators Programme

Monday 19th - Thursday 22nd June 2006, in Zambia near Victoria Falls

This 4-day programme is planned to provide you with a complete *Bridges of Hope* kit (updated and revised 2006 edition) and the knowledge, skills and confidence you need to achieve real impact when using these training materials, activities and behaviour change techniques. Maramba River Lodge is an inspirational venue for a *Bridges of Hope* programme - on the banks of the Zambezi River just 4km above Victoria Falls, where the islands, crocodiles and hippos are much more real than the laminated card ones in your *Bridges of Hope* Kit! The 'brochure' for this programme on pages 5 to 8 offers detailed information, including accommodation, costs and a booking form.

Bridges of Hope

Training of Trainers and Peer Educators Open Workshop



Powerful and practical, global award winning
Training Activities and Behaviour Change Techniques to
address HIV-related issues, stay healthy, live positively
and realize your goals and dreams in life

Get the training materials and learn to use them on a 4-day programme:

19th – 22nd June 2006

Maramba River Lodge, Livingstone, Zambia

by the Zambezi River 4km from Victoria Falls

Hosted by *Potential Unlimited (International)*

*"Lively, interesting
and unforgettable"*

LEAD FACILITATOR:

PETER LABOUCHERE the creator of BRIDGES OF HOPE

*"Very practical
and inspiring"*

Why attend this programme?

After attending this workshop, participants will:

- Be able to confidently and effectively use the range of *Bridges of Hope* activities and behaviour change techniques to address the HIV and AIDS related issues facing their work colleagues, friends, families and communities.
- Be able to explain and apply the key behaviour change concepts and underpinning principles incorporated in the *Bridges of Hope* activities and techniques.
- Have a plan for implementing what they have learnt.
- Leave with the knowledge, skills, confidence, and physical materials (i.e. complete *Bridges of Hope* kits) which they need to implement their plan.

Who is it for?

- ⌘ Trainers, educators and facilitators
- ⌘ Company wellness and HIV focal persons
- ⌘ Peer educators / HIV Champions / Counsellors
- ⌘ Youth and Community Leaders
- ⌘ Leaders and educators in Faith Based Organisations
- ⌘ Anyone else interested in enhancing the impact of group training and education they provide to address HIV-related issues facing their work colleagues, families, friends and community.

Bridges of Hope Newsletter – February 2006

Website: www.bridgesofhope.info E-mail: peterl@mweb.co.zw

Workshop Programme / Methodology

The 4-day workshop programme will be highly participatory, structured as follows: Participants first experience the training tools and activities as participants and apply them to address some of their personal issues around HIV and AIDS (Day 1), then practice using them with other participants (Day 2), then try using them in 'Real Life Training Practice' with groups from local businesses and communities (Days 3 and 4). Each session builds on previous sessions, with mutual support from participants assisting the learning process, so it vital that participants *commit to attending all sessions throughout the programme*, as far as possible without interruption. Integrated throughout the programme are inputs on different HIV related issues and explanations of some of the powerful and practical behaviour change communication concepts and techniques underpinning the design of the Bridges of Hope.

The programme will start at 08h00 and finish at 16h30 each day.

For a brief description of a previous *Bridges of Hope* based workshop held in Livingstone, with a complete, unedited compilation of end of workshop participant feedback, click on [Skills Building Workshop on Behaviour Change in Livingstone, Zambia.](#)

Facilitators

Peter Labouchere, the Creator of *Bridges of Hope*, will lead the facilitation of this programme. He may be assisted by others who have attended a previous *Bridges of Hope Training of Trainers* programme and who have since proved themselves effective and committed in their use of these materials. In his international work as a HIV and AIDS Training Consultant, Peter combines:

- In-depth understanding of HIV related issues for businesses and communities in Sub-Saharan Africa
- Cross-cultural communication skills and sensitivity;
- Experience of applying powerful and practical behaviour change techniques (qualified NLP Master Practitioner);
- An innovative, practical approach;
- A sense of humour!
- A passion for enabling people to stay healthy and achieve their life goals and dreams.

What is included?

- A complete *Bridges of Hope* kit (Enhanced 2006 edition with revised and updated *Users Guide* and T-shirt.)
- All facilitation, training and follow up.
- Free membership of the *Bridges of Hope Users Group*, with inclusion in an e-mail group to exchange ideas and keep informed of latest revisions, evaluations, updates, case studies, additional activities and other developments.
- A smart presentation **certificate** (see section 2) for those who complete the *Bridges of Hope* certification process by applying what they learn with their colleagues and communities).
- **Lunch** each day and morning/afternoon **refreshments** at Maramba River Lodge.
- A **sunset river cruise** on the Zambezi one evening during the workshop (drinks and snacks included.)



Costs, Discounts and Payment Options

Total cost per delegate, including training, *Bridges of Hope* kit, T-shirt, follow up and certification, sunset river cruise on the Zambezi, riverside training venue, lunches and refreshments: **US\$ 950**.

Substantial discounts are offered for early payment, and payment options are as follows:

Option 1: US\$ 200 early bird discount if full payment of **US\$ 750** (GBP £431) is received by electronic transfer (or by UK sterling cheque) to the following account before 31st March 2006:

Account Name:	Potential Unlimited (International)	Address:	Priory Cottage
Account No:	00885486		Kington St. Michael
Sorting Code:	30-94-04		Chippenham
Bank:	Lloyds TSB Bank plc, UK		Wilts SN14 6JR
Branch:	Summertown Oxford		UK
Fax:	+44 161 2369 452		

Option 2: US\$ 100 discount: if full payment of **US\$ 850** (GBP £488) is received by electronic transfer (or by UK sterling cheque) to the above account before 31st May 2006.

Option 3: Pay the full amount of **US\$ 950** in cash or by travellers cheque just before the start of the workshop.

Potential Unlimited (International) reserves the right to refuse entry into the workshop should full payment not have been received prior to the start of the workshop.

Cancellations & Substitutions

Cancellations received in writing more than 21 days prior to the event being held carry a 50% cancellation fee. Should cancellations be received later than 21 days before the event, the full workshop fee is payable and non-refundable. Substitutions at no extra charge are welcome.

In the unlikely event that this workshop is cancelled for any reason, all monies paid to Potential Unlimited (International) will be refunded in full.

Accommodation

Special rates (old 2005 rates) for participants on this programme have been agreed with [Maramba River Lodge](http://www.maramba-zambia.com) ([click here for the website, www.maramba-zambia.com](http://www.maramba-zambia.com)). Accommodation is limited and subject to availability, so please let us know soon what you would like booked for you at Maramba River Lodge. When we receive your booking, we will confirm availability of the rooms you want. You will be responsible for paying your room account directly to Maramba River Lodge.

Travel

There are regular direct flights to Livingstone from both Lusaka and Johannesburg, and Maramba River Lodge is about 12km from Livingstone Airport. Please make your own arrangements for travel to the training venue.

REGISTRATION FORM
BRIDGES OF HOPE TRAINING OF TRAINERS AND PEER EDUCATORS
Maramba River Lodge, Zambia, 19-22 June 2006

Please complete and return, preferably by e-mail to:

Attn: Peter Labouchere

E-mail: peterl@mweb.co.zw

Address: P.O. Box 131, Victoria Falls, Zimbabwe

Tel/Fax: +263 13 43254

Cell: +263 11 209922 / +27 83 5399181

REGISTRATION DETAILS:

Name of your Organisation: _____

Postal Address: _____

Tel Number: _____ Fax: _____

Delegates:

1. Name: _____ Surname _____ Position _____ Email _____

2. Name: _____ Surname _____ Position _____ Email _____

3. Name: _____ Surname _____ Position _____ Email _____

4. Name: _____ Surname _____ Position _____ Email _____

Payment Options

Which Payment Option will you be using (please tick): Option 1: Option 2: Option 3:

Accommodation (see www.maramba-zambia.com for pictures and details, all subject to availability)

If you would like us to book accommodation for you at Maramba River Lodge, please complete this table:

Room Type at Maramba River Lodge	No of people sharing	Daily rate (room only)	Total for 5 nights 18-23 June	How many such rooms shall we book for you?	Arrival date e.g. 18	Depart date e.g. 23
Chalet with en suite	1	US\$ 45	US\$ 225			
Chalet with en suite - twin	2	US\$ 60	US\$ 300			
Chalet with en suite - double	2	US\$ 60	US\$ 300			
Chalet with en suite - 3 bed	3	US\$ 75	US\$ 375			
Chalet with en suite - 4 bed	4	US\$ 90	US\$ 450			
Landela Safari Tent with en suite	1	US\$ 45	US\$ 225			
Landela Safari Tent with en suite - twin	2	US\$ 60	US\$ 300			
Landela Safari Tent with en suite - 3 bed	3	US\$ 75	US\$ 375			
Landela Safari Tent with en suite - 4 bed	4	US\$ 90	US\$ 450			
Safari Tent with shared ablution	1	US\$ 30	US\$ 150			
Safari Tent with shared ablution - twin	2	US\$ 35	US\$ 175			

Authorised by:

Name: _____ Position: _____

Tel: _____ E-mail: _____