

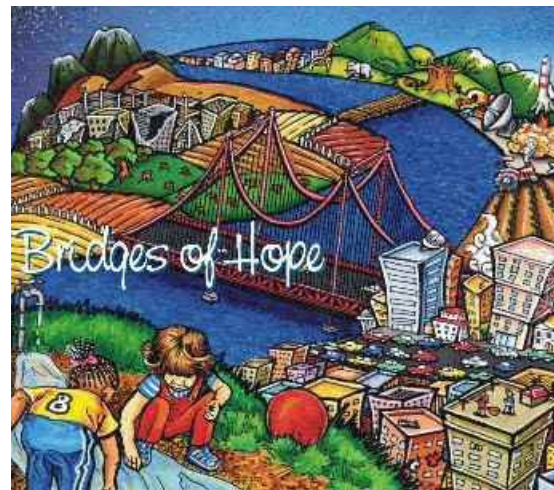
Bridges of Hope Newsletter

New Tools for Change in HIV and AIDS Education

August 2006

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1. Editorial

This International AIDS Conference edition of the *Bridges of Hope* Newsletter shares new developments and the experiences, learning and achievements of various users, including the Standard Bank *Bridges of Hope* based programme which featured in this year's Global Business Coalition on HIV/AIDS award ceremony. It also includes details of the next ***Bridges of Hope* Open Training of Facilitators and Peer Educators Workshop**, scheduled for Monday 13th - Wednesday 15th November 2006, in Johannesburg. See pages 5 - 8 for detailed information, including accommodation, costs and a booking form.

The next few issues of this newsletter will each include articles on how *Bridge of Hope* activities and techniques can be applied and adapted for specific target audiences, starting with faith based organisations and groups. Please [send in your contributions](#) for the next issue, including:

- Feedback, and comments on any aspect of your experiences using *Bridges of Hope* training activities and behaviour change techniques, in particular with faith based groups.
- Suggestions for changing, adding to or deleting particular activities.
- Short reports on any programme making use of *Bridges of Hope*.
- Illustrative photos (please send as separate jpeg attachments.)
- Comments, letters or questions to the editor.

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2. Chewing Gum Challenge - A New Exercise

A new ice-breaking exercise in the 2006 edition of the *Bridges of Hope Users Guide*, is 'Chewing Gum Challenge.' This quick and fun exercise, introduced by Jonathan Roper of ICAS for the Standard Bank *Bridges of Hope* programme, has proven effective in challenging participants to recognize and start thinking about their own risk behaviours. You may want to try it out and incorporate it into a pre-2006 edition of the Users Guide. It works well as an introduction to the Risk Ranking Activity, and also links well with the Wildfire activity. It involves giving pieces of chewing gum to a number of participants, collecting all the half-chewed pieces of gum in a cup, and then offering them back to the participants. They invariably all refuse, often with expressions of disgust. Facilitated discussion then explores why people are so reluctant to risk contact with a tiny amount of someone else's saliva, which poses no practical risk of HIV transmission, and yet may sometimes be willing to take much greater risks to their health in sharing other body fluids during sex.

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3. Notes and Photos from the Open Programme in Zambia

The first *Bridges of Hope* open training of trainers and peer educators programme in Zambia took place near Livingstone at Maramba River Lodge, surrounded by real crocodiles, hippos and islands, not just the laminated card ones from the *Bridges of Hope* kit. Participants came from a variety of businesses, NGOs and government organizations in Zambia, Zimbabwe and Namibia including City of Windhoek, three different banks in Zambia, Tongabezi Lodge, CEDAR Family Care (Harare), Christian AIDS Taskforce (Bulawayo), a wide variety of Zimbabwean NGOs affiliated to Oxfam Australia, and the Network of Zambian People Living with HIV (NZP+), who also provided a great co-facilitator, Clement Mufuzi.

The four day programme allowed for two 'real life training practice sessions', one doing community outreach on the streets and in the markets of Livingstone, and the other with pre-arranged target groups, including business staff, a secondary school group and a support group for hearing impaired people (See Fig 2).



Fig 1: Workshop participants and facilitators from Zambia, Zimbabwe and Namibia, in the new *Bridges of Hope* T-shirts.

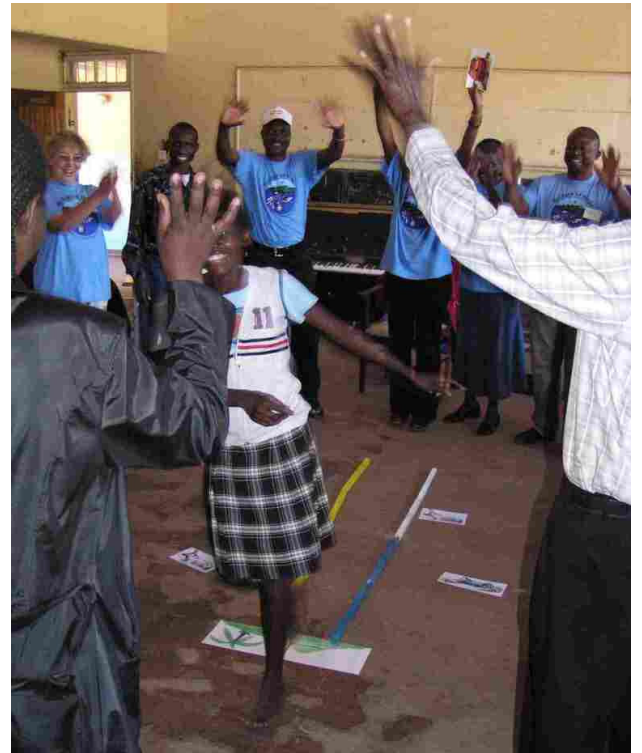


Fig 2: Workshop participants facilitating a 'Real Life Training Practice Session' with a support group for hearing impaired people in Livingstone. (Instead of clapping hands, deaf signing of applause is waving both hands in the air, as in this photo.) The *Bridges of Hope* activities proved to be very effective with hearing impaired participants, thanks to their highly visual and experiential nature.



Fig 3: Another group of *Bridges of Hope* workshop participants delivering their 'Real Life Training practice session' outside the main market in Livingstone. Nsiwa Mpala and Benny Mushowo (Oxfam Australia) are using the Forum Theatre activity to involve members of the audience in developing skills and demonstrating strategies for addressing particular relationship issues, such as (in this case) refusing sex from a sugar daddy.)

[Cathy Oldrieve](#), who participated in the Zambia Workshop with colleagues Molly Pelagia and Violet Zhuwawo from CEDAR Family Care / River of Life Churches, Harare, writes:

We were all agreed that the workshop at Maramba was the most productive and confidence building workshop we have been on so far. I especially liked the participatory approach to the teaching and also the quick implementation of lessons learned in the field around Livingstone. Violet said she particularly liked the challenge to look ahead and consider life in the future. She said that is quite unAfrican and challenging. She also said she came away feeling that she "could do it". I think we all felt like that!

We used a variety for your tools during the four day workshop we held for 35 new CEDAR volunteers who are having ongoing training at River of Life Church Westgate. This week focused on psychosocial support. They absolutely loved the icebreakers especially "Kissing the Baby" and "Wildfire" and "Move If". Molly used the Bridges as an introduction to her teaching on God the Father's Love for us and also used the card characters in her lesson on Prayer, encouraging prayer as one of the support mechanisms. I used the Portrait Gallery in my lesson on Stigma. (Activity: Can you tell who is living with HIV?) We also used Risk Ranking in the Stigma lesson to highlight misconceptions about HIV and AIDS. We used the Activity: What happens in the body of someone Living with HIV to help show how the virus works, because many questions arose on how the virus attacks the immune system and causes death. We had a lot of fun and I think the participation also helped our volunteers to learn. Thank you for a really good set of tools.

4. Waterberg Welfare Society - Bridges of Hope Update

[Zachariah Sekhu](#), Youth Co-ordinator of Waterberg Welfare Society in Limpopo Province, South Africa, produced the following bulletin about their use of Bridges of Hope. He attended a 3-day Open programme in Johannesburg in 2005, and also a follow up open 1-day workshop in May this year.

Achievements and Participation

- 1) ± 3000 youth in Mabatlane local schools and surrounding farm schools have participated in this program and the principals and teachers supported the activities. Their comments are: "facilitators presented their lesson very well. They encouraged full participation from learners."
- 2) The sessions in high schools were successful because more learners came forward for VCT after we did activities especially Walking the Bridges, the Life Boat and Wild Fire (as shown here).
- 3) We have managed to do more HIV/AIDS awareness workshops in the schools, the HIV/AIDS support Group and the youth groups. We also participated in the HIV/AIDS awareness workshop on the 1st December 2005 and the participants and facilitators enjoyed the activities.



Changes

We have increased the length of the bridges by adding one bridge to make the bridge more difficult to walk through, and also we draw a big picture of the island so that the audience and participants are able to see it clearly.

Challenges

During the workshops it was difficult because we were involving ± 500 learners and, we did not have enough time for the participants to share their experience of the activities.

For more information please contact:

Zachariah Sekhu (Youth Co-ordinator) or Mary Stephenson, Waterberg Welfare Society
PO Box 1029, Vaalwater 0530, Limpopo Province, South Africa Tel +27 (0)14 755 3646 Email wws@esnet.co.za

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5. Standard Bank HIV programme amongst finest in the world

by [Talia Thompson](#):

The GBC (Global Business Coalition on HIV/AIDS) has over 200 member companies worldwide and its mission is to harness the power of business in the fight against HIV/AIDS. The GBC annual awards for business excellence gala, was held in London on 22 May 2006. This gala evening aims to award and commend companies who have shown business excellence in the fight against HIV/AIDS.

Standard Bank South Africa was commended at this ceremony in the category for Outstanding Business Excellence in the Workplace. This commendation places the Standard Bank HIV programme amongst the top 20 finest HIV programmes in the world. Central to the response by Standard Bank has been the training of approximately 450 HIV and Wellness Champions to use *Bridges of Hope* activities and techniques and serve as peer educators in the business and community environment. The *Bridges of Hope* training programme has therefore been an integral part of the Standard Bank HIV programme.

* * * * *

The following is some feedback from one of the Standard Bank Wellness Champions:

WOW! I think that sums up in one word my experience with *Bridges of Hope*. To say that I have grown and learnt so much myself is an understatement, because I was like so many others who think that they know enough about HIV / AIDS and it is never going to happen to them. Then you start attending the workshops and working through the *Bridges of Hope* material and it becomes this absolute **WOW** factor as you start to realise that HIV / AIDS is so much bigger than you could ever have imagined. Initially I was a bit daunted by the task that lay before me, but because the workshops and material are so dynamic you can't help but get excited and want to share what you have learnt with others.

I think what is also so great about *Bridges of Hope* and Standard Bank Corporate Health is that they support their HIV champions by having workshops to empower us, and we have a buddy system for support, because we are also still learning everyday. The only down side to this program is that there are not enough hours in the day to reach everyone we would like to, but it makes it all worth while when you get to talk to people about HIV / AIDS and they say, "I didn't know that" or "Why don't we have an HIV champion in our branch because this is so informative"

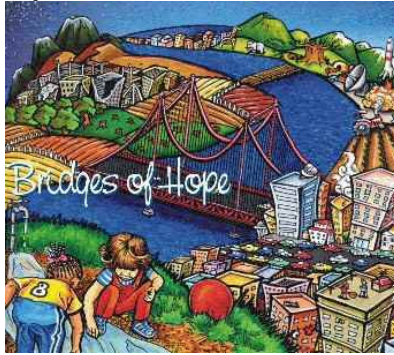
I never expected people's reactions to be so positive to the *Bridges of Hope* workshops, mainly because of people's attitudes towards the disease and of course the general workaholic syndrome of "We don't have time for this", "Do we have to attend", but I am pleased to say that attitudes really changed after the first workshop. Not only were the workshops designed to be informative, but also fun and inter-active and staff now want to attend the workshops to learn more. I've seen staff's attitudes changing around the issues of HIV / AIDS and although there is still a long road to travel with educating people and breaking the stigma attached to HIV / AIDS, with *Bridges of Hope* and Standard Bank Corporate Health we are winning one person at a time.

6. Next Training of Facilitators & Peer Educators Open Workshop Monday 13th - Wednesday 15th November 2006, in Johannesburg

This 3-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. The dates of the programme leaves time to incorporate *Bridges of Hope* activities in World AIDS Day outreach programmes, where they have proven very effective in previous years. 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 Facilitators 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 3-day workshop programme:

13th – 15th November 2006

Benvenuto 4 star Conference Centre, Johannesburg, South Africa

Hosted as a joint venture between Potential Unlimited (International) & Trideco (Pty) Ltd

FACILITATORS:

*"Lively, interesting
and unforgettable"*

PETER LABOUCHERE the creator of BRIDGES OF HOPE

*"Very practical
and inspiring"*

MALEBO RATLHAGANA, HIV+ Trainer, Setshaba Research Centre

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.
- Have materials they can use to enhance their World AIDS Day programmes (two weeks later.)

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.

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Workshop Programme / Methodology

The intensive 3-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 (Day 3). 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.

Facilitators

Peter Labouchere, the Creator of *Bridges of Hope*, will lead the facilitation of this programme. 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.

Peter's e-mail: peterl@mweb.co.zw Tel: +263 13 43254

Malebo Ratlhanga, who is living openly and positively with HIV, shares a passion for life that extends also to her work with Setshaba Research Centre in Pretoria. Since participating in a *Bridges of Hope* Training of Trainers programme a year ago, she has made extensive use of *Bridges of Hope* activities and behaviour change techniques to enhance her dynamic and effective facilitation of wellness and HIV-related education and training programmes.

Malebo's e-mail: malebo@setshaba.org.za Tel: +27 12 799 2422

What is included?

- A complete *Bridges of Hope* kit (Enhanced 2006 edition of this global award winning package, with T-shirt and revised and updated *Users Guide*.)
- 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 [Benvenuto Conference Centre](#).



Costs, Discounts and Payment Options

Total cost per delegate, including training, *Bridges of Hope* kit (worth R1,250 / US\$200 / GBP105), T-shirt, follow up and certification, lunches and refreshments: **R 6,600** (US\$ 975 / GBP 513)

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

Option 1: R1,350 (US\$200 / GBP105) early bird discount (over 20% off) if booking form returned and full payment of **R 5,250** (US\$ 775 / GBP 408) is received by cheque, direct deposit or electronic transfer in one of the following accounts before 12th September 2006:

	Account Details 1 (in UK)	Account Details 2 (in South Africa)
Account Name:	Potential Unlimited (International)	Trideco (Pty) Ltd
Address:	Priory Cottage, Kington St. Michael Chippenham, Wilts SN14 6JR, UK	PO Box 72057, Parktown 2122, Johannesburg, South Africa
Bank:	Lloyds TSB Bank plc, UK	Standard Bank, South Africa
Account No:	00885486	200444948
Branch Code:	30 94 04	00 03 55
Branch:	Summertown, Oxford	Parktown
VAT position:	No VAT (not VAT registered)	Add VAT @ 14% (Vat No: 4140144538)

Option 2: R 700 / US\$100 discount (over 10% off): if booking form and full payment of **R 5,900** (US\$ 875 / GBP 460) is received before 12th October 2006.

Option 3: Pay the full amount of **R 6,600** (US\$ 975 / GBP 513) before the start of the workshop.

Potential Unlimited (International) & Trideco (Pty) Ltd reserve the right to refuse entry into the workshop should full payment not have been received prior to the start of the workshop.

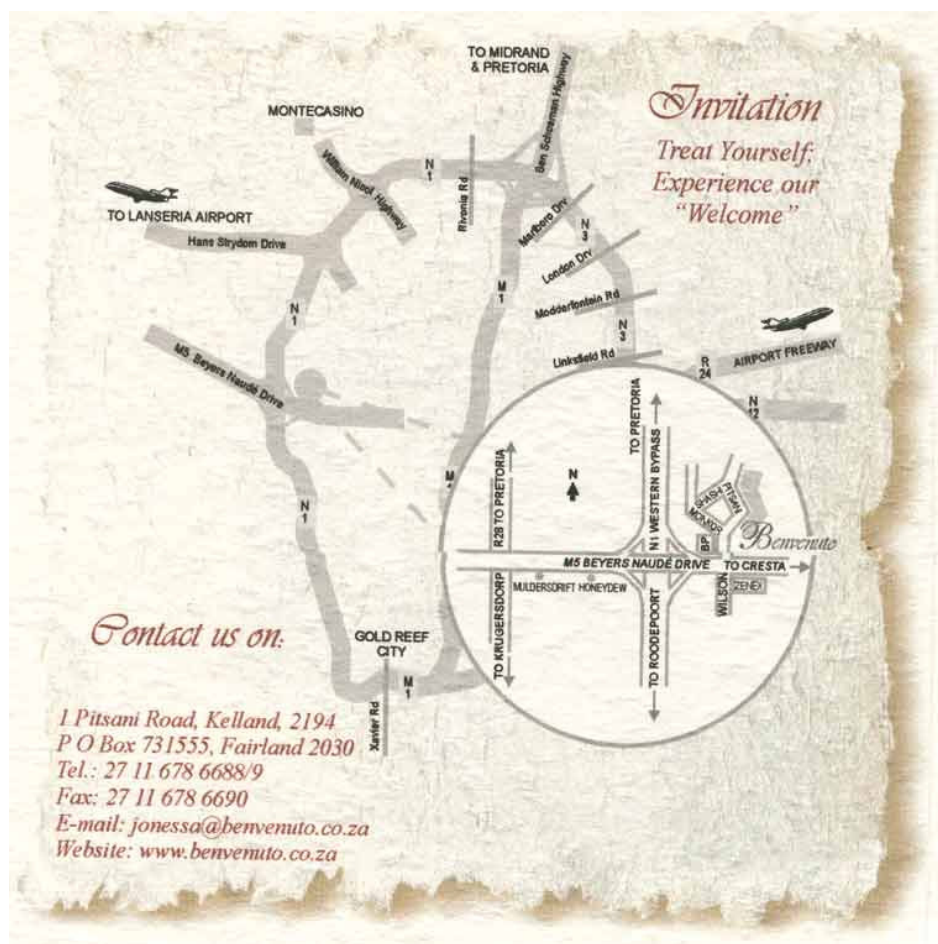
Cancellations & Substitutions

Cancellations received in writing more than 21 days prior to the event 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 will be refunded in full.

Venue & Accommodation

The 4-star rated Benvenuto conference centre offers comfortable single and twin rooms. See map opposite for venue location or www.benvenuto.co.za for more information.



BOOKING FORM
BRIDGES OF HOPE TRAINING OF FACILITATORS AND PEER EDUCATORS
Benvenuto Conference Centre, Johannesburg, 13th-15th November 2006

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

Attn: Peter Labouchere, Potential Unlimited (International)

E-mail: peterl@mweb.co.zw Fax/Tel: +263 13 43254 / +44 1249 750208

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 (Tick one)

Option 1:
R 5,250 / US\$ 775
by 12th September

Option 2:
R 5,900 / US\$ 875
by 12th October

Option 3:
R 6,600 / US\$ 975
by 13th November

I will make payment to Trideco (Pty) Ltd account in South Africa (in which case add 14% VAT):

I will make payment to the Potential Unlimited (International) account in UK (no VAT payable):

On receipt of this form, a formal invoice will be sent to you.

Accommodation

We have provisionally reserved a limited number of rooms for bed & breakfast at Benvenuto Conference Centre (see www.benvenuto.co.za for pictures and details.) Set dinner is also offered there for R102.50 per person. If you would like us to book accommodation for you at Benvenuto (subject to availability), please complete the following:

Room Type	Daily rate (bed + breakfast)	Total for 4 nights 12-16 Nov	How many such rooms shall we book for you?	Arrival date e.g. 12 th	Number of nights
Single (Bed & Breakfast)	R 485	R 1940			
Shared Twin Room (Bed & Breakfast)	R 730	R 2920			

I will pay Benvenuto directly for my accommodation:

Add the cost of accommodation to my invoice for the workshop:

Authorised by:

Name: _____ Position: _____

Tel: _____ E-mail: _____