



# Bridges of Hope Training

Changing Behaviour for Health and Wellness

February 2012 Newsletter



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[www.boht.org](http://www.boht.org)



Peter Labouchere  
 Executive Director  
[peter@boht.org](mailto:peter@boht.org)  
 Tel: +27 (0)21 790 3245  
 Cell: +27 (0)83 5399181



Nombulelo Msindo  
 Business Administrator  
[nombulelo@boht.org](mailto:nombulelo@boht.org)  
 Tel: +27 (0)21 790 3245

Hello from Cape Town, where Bridges of Hope Training has relocated after nine years based in Victoria Falls, Zimbabwe.

This issue features:

- **Feedback and photos** from those already using these fun, participatory training activities and behaviour change techniques to address issues of HIV-prevention, stigma, treatment and positive living.
- Discussion of some of the core **underpinning concepts** which have contributed to the success of this innovative, **global award winning** methodology, illustrated with case study examples from the recent programme with SABCOHA (South Africa Business Coalition on HIV/AIDS).
- New developments including a **retractable, removable foreskin model for demonstrating and explaining Medical Male Circumcision** (see Page 8). This development (an unusual project) will shortly be available either as part of the 2012 kit, or as separate MMC Mini Kit with additional facilitation notes. Please contact us if this is of interest to you.
- Details of **Certified Bridges of Hope Master Trainers and Facilitators**.
- **2012 Edition of the Bridges of Hope Users Guide and kit**





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## 2012 Edition of the Bridges of Hope Training Kit

The latest edition of the kit includes a variety of innovative updates and refinements to the 21 participatory activities, incorporating new developments and WHO recommendations as well as your ideas and feedback (sincere thanks to all Bridges of Hope users who have contributed). It also includes various new images by the Sowetan Newspaper cartoonist Sifiso Yalo

## Welcome to Nombulelo

We welcome Nombulelo Msindo to the organisation as the Office & Business Administrator, bringing a valuable human rights perspective and administrative experience from her time with the South African Human Rights Commission and with other training and development consultancies.

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## SABCOHA Bridges of Hope Training programme

From June to October 2011, Bridges of Hope Training worked with the South Africa Business Coalition on HIV/AIDS (SABCOHA) on a USAID/CDC funded programme to train 965 Peer Educators from throughout South Africa. The 51 training workshops delivered involved participants from diverse organisations and sectors throughout South Africa, including mining and manufacturing industries, prisons, universities, NGOs, contractors and government municipalities.



Three separate workshops were run by trained Master Trainers with this group of Road Accident Fund Peer Educators.

A complete branded SABCOHA Bridges of Hope kit was supplied to every Peer Educator completing the training workshop.

A team of 12 SABCOHA Bridges of Hope "Master Trainers" – all highly skilled and experienced health trainers and service providers - were selected from throughout South Africa and trained to facilitate the intensive 3-day SABCOHA Bridges of Hope Training programme with groups of around 20 Peer Educators.

These workshops were designed using the practical, experiential learning approach to build the knowledge, skills and confidence of participants to make most effective use of the 21 SABCOHA Bridges of Hope activities and behaviour change techniques. They included (as with all Bridges of Hope Training programmes) a challenging "Real Life" community outreach session with external groups on the last day.

The photo on the front page shows a "Real Life" training session in Port Elizabeth conducted a team of Peer Educators from Ford Motor Company (hosting), Shatterprufe, Borbet SA, Lumotech and SA Canopy at a local community clinic.

To request the full SABCOHA report on their programme using Bridges of Hope Training, email [peter@boht.org](mailto:peter@boht.org).





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## Underpinning Core Principles

The design of the *Bridges of Hope Training* programme applies ideas from various 'mainstream' behaviour change communication (BCC) theories, (e.g. Theory of Reasoned Action, Witte's Fear Management and Bandura's Principles of Social Learning). It also integrates these with some selectively applied behaviour change models and techniques derived from Neurolinguistic Programming (NLP). See [www.boht.org/theoriesconcepts.htm](http://www.boht.org/theoriesconcepts.htm) for further discussion.

Here are two of the most fundamental principles underpinning the design of all the Bridges of Hope training activities. The impact that they have is then illustrated with feedback from Peer Educators and Programme Co-ordinators trained on the SABCOHA Bridges of Hope programme.

### Core Principle 1:

**Engage participants in fun, multi-sensory learning experiences which they can relate and apply practically to their own issues and concerns.**

The Bridges of Hope Training activities go far beyond just facilitated discussion. They engage participants in fun, multi-sensory, affective (emotionally involved) learning which "touches the heart, not just the head." They involve participants in a way which enables them to internalise the messages, and apply them in a practical way to their own situation and issues.

### Core Principle 2:

**Link current actions and behaviours to realizing future goals, dreams and aspirations.**

- *Imagine that you and your family are walking along the bank of a river which may have some crocodiles and hippos in it. I am there with you and suddenly I shout at you "JUMP IN THE RIVER!" Will you do what I say?*
- *Now let me try again. "JUMP IN THE RIVER TO SAVE YOUR DROWNING CHILD!" Will you do what I say now?*

The second time you had a personally motivating reason linking the behaviour (jumping in the river) to achieving something you value greatly (the life of your child.)

Much health and HIV-related education and publicity has preached the "ABC" (Abstain/ Be Faithful / Condomise) of prevention, without providing any personally motivating reason for doing so. Sex is nice, it is better without a condom (most will agree) and 'variety is the spice of life'. So the ABC message is not intrinsically attractive, and for it to be effective, the connection must be made between such behaviours and achieving what we want in life.

The first four of the 21 Bridges of Hope Training activities, including *The Future I want* and *Be the person you want to be*, enable participants to envision and consolidate an attractive future scenario for themselves, linking in personal values and identity. This creates a motivating focus and context within which the issues of HIV prevention, treatment, stigma and positive living can then be addressed much more effectively, by linking safer sex and other behaviours to realising personal goals and dreams.

This methodology offers a radical reframe from the more common approach of starting with definitions of HIV and AIDS. The feedback below from Peer Educators and programme co-ordinators trained on the SABCOHA programme provides evidence of how powerful and effective this reframing approach can be.





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## Feedback from participants on the SABCOHA Bridges of Hope Training programme

Note: E-mail links are provided to the individuals providing feedback below, so that you can if you want contact them directly to ask more about their experiences.

*I have been in this field for over 10 years and this I regard as the best of all the training in the market. It is practical and very implementable. The trainees were so eager to put what they learned into practice. Just in one month after training they had already made presentations to over 300 employees in various sites.*

Oageng Moiloa, Health & Wellness Officer, Eskom MoiloaOL@eskom.co.za

*The participants had fun and games while at the same time undergoing life-changing experiences. One activity flowed into the other and what we thought was an energiser turned into a valuable lesson, e.g. on stigma (In the river, on the bank) or risky behaviour (chewing gum activity, which had an astounding impact on people. One lady described it as a "wow" moment.) The message of most activities would dawn on people afterwards like a revelation or serendipity. The Bridges of Hope activities for us are a new and exciting way of getting a message across about behaviour change and HIV.*

Dawne Jackson, Wellness Co-ordinator, Public Health Directorate, Nelson Mandela Bay Municipality djackson@mandelametro.gov.za

*Non-literate people are not exposed by the activities. They can participate fully without anyone knowing they cannot read.*

Zukiswa Lobola SABCOHA Bridges of Hope Master Trainer zukiswa@mandalahr.co.za



At Kusile Power Station, Witbank, South Africa, Peer Educators from Eskom and contractors Brad JV, WBHO and Lonerock facilitate the activity "What happens in the body".



*Participants felt and saw the change in themselves first, and the importance of leading as role models in practicing/living what we advocate for.*

Ntombi Mcoyi VWSA Social Worker and Peer Educator Coordinator mcoyi@vwsa.co.za

*It was a tremendous course – life changing in fact. This course with an experiential focus breaks away from the facts (which everyone knows) and "forces" a person to look at prejudice and stigma and feelings that they have on the issue. The risk ranking exercise is very beneficial and exposed a lot of opportunity to address wrong thinking. The focus on the future is so positive and relevant and this emphasis detracts from the negative perceptions that occur around the whole topic.*

Laurene Booth-Jones, Port Elizabeth lulls@mwebbiz.co.za





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## Feedback about the interactive, participatory nature of the activities

*When you tell people theoretically it never has a real impact, but when you do things practically, people really get it. For example, after using the activity "What happens in the body", people who were defaulting on their ARVs said "Is that really what happens when I stop taking my ARVs? Now I understand why I must stick to taking them."*

Mabebe Maubane, Master Trainer



*The way how the Bridges of Hope train people was totally different. It was interesting, it made me to want to learn more. Interacting with people when talking about issues of HIV and AIDS people do not want to participate. The difference when using Bridges of Hope tools attracts the crowd and makes them curious and they want to participate. The crowd relaxes and there is no tension and they ask questions and learn more.*

Kholeka Wendy Nombanda, Road Accident Fund (RAF)

*The best tools that worked for every session was the visual aids and demonstrations, they managed to grab the attention of the people and bystanders and attracted them to listen as well as participate.*

Roland Perumal, RAF Durban, RolandP@raf.co.za

*Usage of the tools worked exceptionally well as it enhanced the message in a more practical and simple way.*

Leslie Pillay, RAF, leslie@raf.co.za

*People always get bored when HIV/AIDS is mentioned, but with the way the Bridges of Hope training is conducted, people enjoyed it, and they took part in the discussions and were very active in the activities. When a period was over (at Pretoria West High School), and another class had to come in, they did not want to leave, and many of the students told us to come back again as it was informative and they never had a session like that on HIV/AIDS.*

Keletso Ramusha,  
Tshwane University of Technology,  
Pretoria West Campus,  
keletso.kelz@gmail.com

*There is one lady in the group of young adults who did not understand the role of ARV's until I ran the activity "What happens in the body". She phoned me days later saying she is now taking her ARV's and is also encouraging those she knows to do the same.*

Thandi Dlamini, Asset Protection /  
Peer Educator, Anglo Gold Ashanti  
tdlamini@anglogoldashanti.com

## Feedback about the value of focusing on future goals and dreams and linking current behaviour to realising these goals

During a training practice session in Danielskuil,



Northern Cape, a Peer Educator explains to her participants that each of their individual goals and aspirations will be represented by this attractive island.





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Participants at ID Control, Port Elizabeth create a picture representing their personal vision for their future (optional step in *The Future I want* activity.) Session co-facilitated by Laurene Booth-Jones and Bulelwa Mbanga

*The future I want activity worked very well, most people felt great about themselves, they got motivated to achieve what they are aspiring for. One participant said "you just made me feel very good although I am HIV positive, you have made me realise that it's not over yet."*

[Zukiswa Lobola](#) - Report on workshop with Metro Cleaning Services, Cape Town.  
[zukiswa@mandalahr.co.za](mailto:zukiswa@mandalahr.co.za)

*When we did Walking the Bridges (with grade 11 students at Pretoria West High School) that's when they realised the importance of taking care of their bodies, so that they would be able to reach their goals and dreams.*

[Keletso Ramusha](#), [Tshwane University of Technology, Pretoria West](#)  
[keletso.kelz@gmail.com](mailto:keletso.kelz@gmail.com)



During a break in a Pollsmoor Prison workshop for a mix of staff and male inmates, two of the inmate Peer Educators created A3 collages from magazine cuttings representing, for one, his dreams and goals (for the activity *The future I want* and for the other his desired future identity (based on the activity: *Be the person you want to be.*) As well as crystallizing their personal focus and motivation to "be free", maintain their health and realize their desired futures, they subsequently used these as illustrative examples when running these activities during sessions with groups of fellow inmates.





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A participant at Ekurhuleni West College, Johannesburg trying to cross on the single bridge to her "future island." She thereafter crossed fine with both bridges.

*All the people from different groups were so excited about these activities and Walking the Bridges was the most successful session. I've done it with the church youth and some of them are sick, some of them have lost hope due to family matters and they don't know how to go further with life. After giving them this session, some of them even thank me to bring new life to them. Yes, I've given hope, light and inspiration.*

**Khuthala Caroline Ncwadi, Lima Rural Development Fund, Elliotdale, Eastern Cape**

*Your future activity teaches us how to be strong and gives you light how to look forward and be positive in life, don't let anyone put you down.*

**Portia Matshipiso Sello, Peer Educator, AngloGold Ashanti**

*Activities are suitable for all age groups. They not only help people live positively, but also encourage people whether you are a youth or parent not to lose focus on your future vision.*

**Ntombifikile Buyeye, Imizamo Yethu, Cape Town**

*The introduction of the "future you want" tends to make people realize how much they want their future they always dream about and how obstacles along the way can prevent you from achieving this if you lose focus and you do not have support.*

**Rangwato Bambo, Student Support Services Officer, Ekurhuleni West College Rangwatob@ewc.edu.za**



At a school in Kayamandi Township, Stellenbosch, South Africa



Xstrata Kroondal Peer Educators with a group of colleagues





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## New Training Materials for explaining and demonstrating Medical Male Circumcision (MMC)

To assist with explaining the process and benefits of Medical Male Circumcision, we have developed a retractable, removable model foreskin to fit on the standard penis model supplied with the Bridges of Hope kit for condom demonstration.



Uncircumcised

Foreskin retracted

Circumcised

This will be available either as part of the 2012 kit, or as separate MMC Mini Kit. A new adaptation of the Card Character Stories activity to clarify the partially protective effect of MMC (approximately 60% risk reduction) is also on trial and if proven effective will be incorporated shortly in the 2012 edition.

If you are interested in this, contact [peter@boht.org](mailto:peter@boht.org) / Tel: +27 21 790 3245

## Why is it blue?

We are often asked why the penis model is blue. Users of the Bridges of Hope Training kit are diverse in many respects including ethnicity. We were faced with the challenge of finding a universally acceptable colour, and when working with [Standard Bank Group / Stanbic Bank on their global award winning programme](#), opted for their corporate blue!

Although occasionally we get comments that it should be more realistic, most feedback about it confirms it is effective for condom demonstration and practice, observing that humour about the colour can help break the ice on this sensitive subject! It can be supplied in other colours.

## SWHAP and SANDVIK Programmes in Zambia, Zimbabwe and South Africa

Since 2010 and still ongoing, *Bridges of Hope Training* has run various programmes to train Peer Educators and Master Trainers from SWHAP member organisations in Zambia and Zimbabwe, as well as additional programmes with Sandvik Mining and Construction in Zambia and South Africa.



The SWHAP Zimbabwe programme included participants its various members organisations including Sandvik, Dyno Nobel, Scanlink, Ericom, Atlas Copco and SKF/REVCO. Standing extreme right is [Edith Maziofa, SWHAP Regional Coordinator - \[edith@swhap.org\]\(mailto:edith@swhap.org\)](#), who managed the programme with her colleague Tatenda Mukuna.





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SWHAP Zimbabwe participants using the activity *Preventing HIV Transmission during Pregnancy and Birth*. One participant is the baby, shown here being pushed out through the birth canal by other participants (the uterus). The mother is living with HIV, but has not accessed anti-retroviral treatment, and the participant playing HIV touches the baby during the birth. This is then repeated with another participant playing ARV restraining HIV.

In Zambia, the programmes run independently by Sandvik have been particularly effective in local communities – a result of involving employees' spouses and representatives from local Community Base Organisations in the training programme.

Of the 55 people trained on the Sandvik programme, 53 successfully completed the Bridges of Hope Certification Process, and their names are listed both on page 13 and on the webpage [www.boht.org/CertifiedBridgesofHopeUsers.htm](http://www.boht.org/CertifiedBridgesofHopeUsers.htm). Many of them attended the "Graduation" ceremony shown here on 14<sup>th</sup> December 2011.

Dorothy Mutwale, the Training Manager (Auntie D to everyone there) reports:

*The District Commissioner of Kitwe Mr Mwape Kasanda was the Guest of Honour, the MD Mr John Oberg, Managers, Supervisors and some employees attended the function.*

*The D.C. thanked Sandvik for sponsoring the training for the employees and especially for considering the Employees' wives and the community. He urged other companies to emulate Sandvik. The Graduation was very lively.*



Sandvik Peer Educator Damson Chanda receiving his certificate from District Commissioner of Kitwe Mr Mwape Kasanda, with his wife congratulating him with flowers. On the right is Mr John Oberg, Managing Director of Sandvik Mining & Construction Zambia, whose proactive support for the programme was invaluable.

## Awards won by Bridges of Hope based programmes

- ◆ **Global Business Coalition on HIV/AIDS, Tuberculosis and Malaria 2003 and 2008 Workplace Awards for Business Excellence** (for Standard Chartered Bank's global Living with HIV program in 2003 and for Standard Bank Group's Africa-wide HIV and Wellness Education Programme in 2008.)
- ◆ **AfriComNet 2008 Award for Excellence in HIV and AIDS Communication in Africa** (Best community/interpersonal strategy, campaign or tool)
- ◆ **Global Business Coalition on HIV/AIDS, Tuberculosis and Malaria 2009 Community Investment Award** (for Standard Chartered Bank's programme to "Educate one million by 2010.)





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## Certified Bridges of Hope Master Trainers

The following are formally trained, qualified and experienced to manage and facilitate programmes to train other facilitators and Peer Educators to make most effective use of the Bridges of Hope Training programme:

### For Zambia Local Partners Capacity Building (LPCB) / AED programme:

Fikansa Chanda

### For Standard Bank Group

Beauty Zondi

### For the SABCOHA Bridges of Hope programme (South African Business Coalition on HIV/AIDS):



Darlington Chiuta, Zukiswa Lobola, Mabebe Lydia Maubane, Linda Maye, Gilbert Siphon Motlhaping, Mohapi Fuller Mpho, Thapelo Rapoo, Harrington Mbongeleni Sibiyi, Christy-Joy Webster, Thando Khaile, Peter Labouchere.

## Certified Bridges of Hope Users / Facilitators

Congratulations to all the following (on the next 4 pages) who, as well as completing a formal Bridges of Hope training programme, have demonstrated their skill and commitment in using the Bridges of Hope training kit and activities to make a difference to the lives and health of their work colleagues, families and communities.

As well as receiving a certificate similar to this one, [your names appear on the Bridges of Hope Training Website](http://www.boht.org).

## ANGOLA

Fernando David ([World Learning](#))

## BOTSWANA

Lisa Jamu, Mercy Leshomo ([AED](#))

Percy Sethono, Isaac Itumelang, Pretty Bathshupile, Osenotse Ramathekethe, Moiseraele Choir, Irene Gaogane, Kevin Tgakge, Goitsekosi Boikanyi, Moklsadi Malepela, Joshua Moribola, Babili Phinda Mberek, Boitumelo Mengwe, Agnes Phepsi Baodirile, Busang Masole, Sefemo Gabatshela, Itseng Lekgatlhanye, Modiri Ramantsima, Thabo Tman Hoki, Defendant Masundo, Tlhalefang Gaisi Bagwasi, Kebotsaletswe Seuhula ([BCL Mine](#))

Masego Pheto, Manetso Kope, Wame Rakwadi Pauline Barungwi, Edwin Ketsitile, Keene Rabashima, Bawani Mutshewa, Kelobogile Lentswe, Daisy Peloewetse ([Stanbic Bank](#))

Edna Tlale-Bradley

Kabelo Poloko ([BOFWA](#))

Itemeleng Bareng ([CEYOHO](#))

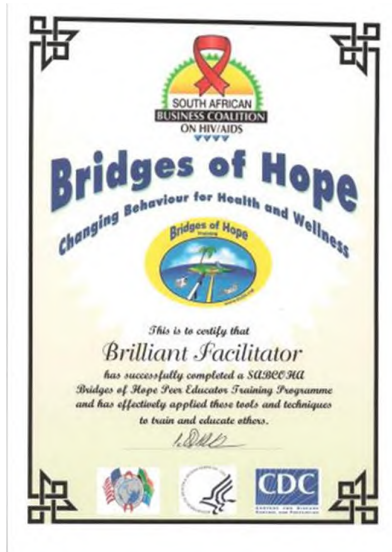
## CAMEROON

Flavienne Eyom ([Standard Chartered Bank](#))

## GHANA

Sanjay Rughani ([Standard Chartered Bank](#))

Vida Graham, Clara Kokui Enyonam Sosu, Malaika Dela Bakar, Sandra Anastasia Osei, Deborah Attram-Danso, Patrice Kofi Adjei, Eunice Amoo-Mensah, Edem Walter Senya, Mustapha Nyaba, Peter Anabila, Catherine Zeng ([Stanbic Bank](#))



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## KENYA

Tim Mwai, Lucy Kimani, Eliud Buchia, Jackson Agadamba ([Standard Chartered Bank](#))

Beffrey M'maiti-Okwemba, Edna Chacha, Sylvia Karinge, Eliud Miyogi Ochola, Latifa Omar Amraan, Eva Awino, Paul Mugambi, Ngondo Kabutha ([Stanbic Bank](#))

## LESOTHO

Puseletso Thakong, Lits'oanelo Motsoahae ([PSI Lesotho](#))

Ntsilane Mhlanga, Mahlape Nkunyape, Moneng Mpela, Mpho Nkhabu, Nteboheleng Debeshe, Thotoane Tsosane ([Standard Lesotho Bank](#))

## MALAWI

Benedictus Mpoto, Christina Nkhumba, Elliot Mankhamba, Eston Chamgwera, Humphreys Chiwaula, Maggie Gundo, Douglas Thom, Edith Banda, Fredrick Liwewe, Mary Fachi, Martha Mphatso Ngwira, Ivy Kwatiwani, Mercy Mwatero, Patrick Mwalilino, Willard Kachikwati, Freda Mughogho, Edith Ban ([Stanbic Bank](#))

Ethel Chavula, Verson Makanada, Maxwell Khumatanso Chimombo, Frank S Domingo, Bwanali Clement Mwinjira, Hilda Matalala, Geoffrey Saidi, Verson Makanada, Fredson Kamakoko Banda ([Concern Universal](#))

## MOZAMBIQUE

Gisela Saraiva, Abdul Magide Muino Alegy, Ussumane Motani, Isabel Bretes, Jacinta Nkulunguila, Isabel Mavie, Rael Benzane, Isabel Mavie, Abdul Remtula, Américo M. Júnior, Argentina de Castro, Jorge Gonçalves, Flavio Leonel Lopez, Mario Ah-shú, Nelcio Fijamo, Silvio Khan, Graciete Rois Alfai, Mauro Gouveia, Sandra Semente ([Standard Bank](#)). Balbina Santos ([ECOSIDA](#))

Mateus Baptista ([Kufunana](#))

Inês Brito, Hemma Tengler, Filipe Manuel Jorge ([ACIS, Beira](#))

## NAMIBIA

André Anthonissen, Ngunga Matthews Muyenga, Leon Husselman ([Windhoek Lifechange Centre](#))

Edward Shivute ([Walvis Bay Corridor Group](#))

Eunice P. Kashima ([NAPPA](#))

Daniellus Hermann, Jan Grobler, Elizabeth Frieda Pereira, Jayson Williams, Tangeni Asino, Jaco Barnard, Helaine Malan, Manilla de Klerk, Chandré Barry, Frieda Itana, Henry Mouton, Adele van Biljon, Estelle Botes, Juliana Claassen, Jackie Hoff, Nicolette Muwonge ([Standard Bank](#))

## NIGERIA

Aminat Ajoke Alli, Sandra I. Adio ([NIBUCAAA](#))

Mercy Ogunbanjo, Fakunle Oludamilola Adesola, Ephraim Gloria, Adetola Olawunmi Oke, Joshua Bamigboye, Awele Oleah, Seyi Egbarin, Oyinpreye Aigbogun, Aba Anuoluwapo Adejoke, Eyoma Inyang Elizabeth, Obianuju Ogechukwu Nwalieji, Payne Olaniyi Michael, Olugbenga A Olayiwole, Omotayo Helen Olu-Betiku, Paul C Akatah, Adetunji Philip, Faseyi Adejoke Atinuke, Chinelo Vivian Ekwulugo, Chidiebere Asiegbu, Godwin Akpong, Erinfolami Elizabeth Olaitan, Abdulazeez Olatunji Akowonjo ([Stanbic IBTC Bank](#))

## SINGAPORE

Barry Smythe ([Standard Chartered Bank](#))

## SOUTH AFRICA

GuguTwala, Bernice Botha, Last Maluleke, Erika Marais, Abram Falakhe Mabaso, Cynthia Maqholo, Patricia Mmusi, Deborah Kgaphola, David N. Marais ([Sandvik RSA](#)).

Darlington Chiuta, Zukiswa Lobola, Mabebe Lydia Maubane, Linda Maye, Gilbert Siphon Motlhaping, Mohapi Fuller Mpho, Thapelo Rapoo, Harrington Mbongeleni Sibiyi, Christy-Joy Webster, Thando Khaile ([SABCOHA trained Master Trainers](#)).

Osia Kamohelo Moepye, Xolosile Zwane, Mpolokeng Phukuntsi, Gavaza Tlangelanie Mirela Baloyi, Nomboniso Mayelu, Belesia Meisie Tshangela, Osiah Kamohelo Moepye

Xolisile Zwane, Mpolokeng Phukuntsi, Gavaza Tlangelani Mirelda Baloyi, Nomboniso Mayelu, Khangelani Lawrence Nonca, Linda Yvonne Peter, Caswell Maswanganyi, Kgomotso Mmoni Precious, Lebato Julia Mokgwatjana, Shaune Faltein, Kholeka Wendy Nombanda, Fergus Kennedy, Shabnum Rampukar,

Leslie Pillay, Roland S Perumal, Euphemia Mbali Mhlongo, Melanie Jenniffer Monson, Craig Flowers, Ntombikile Fikile Buyeye, ([Road Accident Fund](#)).

Mundzara Progress, Moloko Kganakga, Oupa Mashiloane, Nghonyama Risimati William, Matiisetso Thamae, Phetole Michael Moshabela, Rangwato Maria Magdeline Bambo, ([Ekurhuleni West College](#)).

Lucky Moabi, Joel Modise, Percy Mashimbye, Innocent Manonga, Asandiswa Jokozela, Katlego Letseka,

Lesego Seipato, Keitumetse Jessica Ngwato, Kagiso Makitla, Jenny Boremo Mbatha, Ngwako Masipa, Pfano V. Musetsho, Smangele Mbuli, Getrude Mphela, Gaongalelwe Molobye, Simigara Rathebe, Makweng Dichikane Rachel, Conny Mahlatse Seerane, Kefilwe Marobela, Motaung Merriam,



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Thoriso Seroka, Noria Lesego Mohlabi, Letlhogonolo Matlhase, Matete Ngwakwana Gwendoline Selowa, Mamosongwa Florah Legwale Matsele Phoko, Lesego Nkwane, Motaung Merriam, Esther Bathabile Masombuka ([Tshwane University of Technology, Ga Rankuwa Campus](#)).

Frank Vusi Mahlalela, Fannie Baloyi, Nontombi Ramogoshi, Mmatshupo, Bontle Motaung, Thandiwe Makhubela, Esther Boshomane, Lina Mosoloke, Maureen Kwakwa, Mmatlala Gladys Morake, Lebogang Elsie Milanzi ([Bophelo Home Based Care](#)).

Thokozile Elizabeth Sahlulo, Somkazi Mbanya, Laurene Booth-Jones, ([Nelson Mandela Bay Municipality](#)).

Claude Scheepers; Lorenda Steyn, Jalanda Benjamin, Simone Damonze, Nokhutula Melrose Fumbeza, ([Metro Cleaning Services](#)).

Terera Simba, Elvis Mahlanya, Florence Sithole, Rusinga Melody, Azwihangwisi Mavhandu-Mudzusi, Khathutshelo Nengwenda, Melia Ndivhalene Tshivhenga, Manwadu Phathutshedso, Mutenda Khutuadzo Steven, Chihovo Leonard, Melisah Mahuni, ([University of Venda](#)).

Mabasa Nonkululeko Nyeleti, Nompumelelo Sharon Hadebe, Keketso Guard Mhembe, Constance Lerutla, Keletso Ramusha, Mokgadi Mercy Mahlaku, Caroline Matsao Mekwa, Monique Janse van Rensburg, Johan Venter ([Tshwane University of Technology, Pretoria West Campus](#))

Nghonyama Risimati William, Mundzwara Progress, Moloko Kganakga, Oupa Mashiloane, Matiisetso Alina Thamae, Rangwato Maria Magdeline Bambo, Phetole Michael Moshabela ([Ekurhuleni Metro Wellness](#)).

George Arrey, Abongile Khwaza, Andile Jonathan Gqawuza, Msingathi May ([Medical Knowledge Institute](#))

Lynette Rademeyer ([Worcester Female Prison](#)).

Yonela Dondashe, Ncamile Simbongile, Boniswa Mini, ([Metropolitan Foundation](#)).

Sinenhlanhla Sithulisiwe Ngwenya, ([University of South Africa](#)).

Romeo Candric October, ([Ford Motor Company](#)).

Bonisile Kindness Mkhize, Jeanette Makhanya, ([Durban Automotive Cluster](#)).

Ntombikayise E. Mncwang ([Africa Centre for Health & Population Studies](#)).

Kerotse Jacqueline Morwe, ([Tivani Trading](#)).

Thembisa Mpengesi, Nelson Joko, Bomkazi Mkwaaqa, Nonopha Patience Madebe, Sebenzile Tuswa, Sthembele Themgwa, Noloyiso Mtyu, Nomboniso Mayelu, Khangelani Lawrence Nonca, Lindiwe Baleni, Welekazi Nozulela, Nomsikelelo

Mqokozo, Khuthala Caroline Ncwadi, NP 'Fiki' Nxumalo, ([Lima Rural Development Fund](#)),

Sobahle Jeffrey Nikhwe, Thandi Priscilla Dlamini ([Anglo-Gold Ashanti](#)).

Aubrey Mcameni ([Mitchellsplein Volunteer Centre](#))

Stacey Holcroft ([Standard Chartered Bank](#))

Lungile Gidigidi ([Imbokodo](#))

Annamarie Kritzinger ([Netcare](#))

Mosimane Baloyi, Zachariah Sekhu ([Waterberg Welfare Society](#))

Modise Elizabeth ([Lifeline](#))

Vuyiswa Vimbayo, Charmaine Mathibela, Pam Holder, Rebecca Thandy Vongo, Vijanthi Pillay, Amanda Rautenbach, Miche Smith, Maggie Mere, Diratsahae Mokone, Elaine Bruwer, Prudence Gelderbloem, Jacqualeene Paton, Lyle Borman, Monique Carolissen, Toni Coetzee, Wendy Creed, Esmarelda Dreyer, Meer Hendricks, Miranda Hlatana, Daniel Kotton, Ricky Kleinhaus, Dikeledi Malema, Tina Levendal, Gillian Miller, Mario Pepino, Liesel Rumble, Shaheda Solomons, Feriaal Warrin, Penelope Winter, Elizabeth Petersen, Beauty Zondi, Deliwe Mololo, Christell Jansen van Resnsburg, Geraldine Botha, Shirley Morris, Mampe Phylcia Motsoeneng, Cashandra Jordaan, Ivy Rosline Rabie, Tshepo Nkiane, Thandeka Hlongwane, Desiree Naidoo, Hilary Singh, Rhona Nkwana, Adèle Stewart, Boshielo Lebeloane Ale, Bronwyn Marshall, Betty Nyauza, Maria Kok, Tonny Britou, Noncebo Mbonde, Nomusa Mpehle, Viwe Nyoka, Geraldine Ncube, Ryan Garner-Savory, ([Standard Bank](#))

Siphokazi Gcwabe, Nowambo Notshe, Noxolo Makanda, Bongwiwe Mdladlamba, Pamela Makinana, Lindiswa Makinana, Cynthia Links, Phumza Christina Qaba, Nonkwenzela Mtinkana, Sheroam Aziz, Melody Nefdt, Zandile Mndela, ([Pollsmoor Female Correctional Centre](#))

Qiniso Mngomezulu, Siphos Lindumuso Tshabalala, Sipati Ayanda Mfusi, Luyanda Madela, Kabelo K Moganedi, Senate Selebalo, Refentse W.Mpela, Onnica Mokoka, Sibusiso Innocent Ndhlovu, Masego Princess Molefe, Boitumelo Terrence Nokeri, Sifiso Joseph Sihlangu, Mpumi Sister Sibambo, Rejoice Mtshweni, Tsepang S.Moroe, Sophie Tshwaragano Motladile, Somayya Mbowana, Perfedia Mmaditaba Machaba, Penny Barbara Mokwatlo, Dixie Thomas Basini, ([Tshwane University of Technology, Soshanguve Campus](#))

Qiniso Mngomezulu, Siphos Lindumuso Tshabalala, Sipati Ayanda Mfusi, Luyanda Madela, Kabelo K Moganedi, Senate Selebalo, Refentse W.Mpela, Onnica Mokoka, Sibusiso Innocent Ndhlovu, Masego Princess Molefe, Boitumelo Terrence Nokeri, Sifiso Joseph Sihlangu, Mpumi Sister Sibambo, Rejoice Mtshweni, Tsepang S.Moroe, Sophie Tshwaragano Motladile, Somayya Mbowana, Perfedia Mmaditaba Machaba, Penny Barbara Mokwatlo, Dixie Thomas Basini, ([Tshwane University of Technology, Soshanguve Campus](#))

## SWAZILAND

Capt. Bongani Shongwe, Sgt. Abel Simelane, Patrick N. Kunene, ([Umbutfo Swaziland Defence Force](#)).





# Bridges of Hope Training

Changing Behaviour for Health and Wellness

February 2012 Newsletter



Dudzile Khoza, Hlengiwe Gumedze, Khontile Dlamini, Lombuso Matsebula, Nomathemba Magagula, Sibongile Ndlovu, Sikanye Zwane, Sizwe Dlamini, Vamsile Mthembu, Phindile Weatherston, Thembi Jabu Mdluli, Zwelile Thwala, Dlamini Nananza, ([Standard Bank](#)).

Thamsanqa Hlatjwako, Sizwe Dlamini ([PSI Swaziland](#)).

## TANZANIA

Rajesh Das, Eva Exaud Kombe, Mariam Simon Kitindi, Msafiri Pessa, Noelina Kivaria, Susan Kamuzelya, Albert Owenya, Susan Magai, Janet Kheri, Sylvia Shelukindo, Kay Mbwambo, Noelina Kivaria, Gerald Msegeya, Esther Mainoya ([Stanbic Bank](#))

## UGANDA

Elizabeth Lwugge, Rose Makumbi, Aggrey Muyambi, Jessica Nakalige, Aidah Nabagesera, Zuriyah Namakula, Faridah Nassosi, Stella Akol, Allan Aturinda, Evelyn Bahemuka, Kenndy Bayo, Eva Karuhanga, Immaculate Komuhangi, Carol Luwaga, Gertrude Nyaketcho, Denis Otim, Robert Zoodia, Irene Lugolooobi, Aida Mugisha, Real Kaddu, Godfrey Ndello, Norah Kizito, Winnie Nsangwa, Kibirige Sylvia. ([Stanbic Bank](#))

## ZAMBIA

*From Zambia Local Partners Capacity Building (LPCB) programme:*

Fikansa Chanda ([LPCB, Master Trainer](#))

William Tembo, Harriet Musama, ([Luapula Foundation](#))

Chilufya Chimbala, Currie Lungu, ([Action for Positive Change](#))

Racheal Kaluta Mwape, Margarete Makukula Daka, ([CBTO, Lusaka](#))

Mwisa Nkhata, Thomas Banda, ([Mthunzi Development Foundation](#))

Mwape Enos, Chomba Kasonde, ([Nidylsignche](#))

Brian Lukonde Mulenga, Cannon Kahilu Mukuma ([Cindi Kitwe](#))

Mapenzi P Simweemba, Christine Phiri, ([Youth Development Organisation, Choma](#))

Chilombo Theophister, Ruth Phiri, ([Chilanga Youth Awake](#))

Mensoh Moses Mwape, Mutale Veron, Luapula ([Families in Distress, LUFAID](#))

Prosperine S. Zulu, Nchimunya Chiboola, ([Anti Aids Teachers Association of Zambia](#))

Fwilane Banda, Ernest Banda, ([Bridge of Hope](#))

Ben Titus Tembo, Christabel Miyoba Hanongo, ([Contact Trust Youth Association](#))

Christopher Kalonga, Sharon Mumba, Adell de Boer, Mwaba Kaunda, Akayombokwa Mutumba, James Gwabila, Kawa Chirambo, Nshila Chilele,

Charity Mlongwe, Abigail Mangala, Kawanga Dilamonu Kalumbi ([Stanbic Bank](#))

Clement Mufuzi ([NZP+](#))

Nazmiye Bury ([Tongabezi Trust School](#))

## From SMCZ and SWHAP Zambia Programmes:

Deodatus Musonda, Moses Sampa, John Chanda, Damson M Chanda, Kelvin Mumba, Kelvin Mumba, Mambwe Yoram, Kalela Frank, Manase Chimpinde, Mary Chanda, Moses Sampa, Styness Ndalama, Jeanette Walker Livia Mpaze Chisanga, Elizabeth C Chungu, Chizau Robin, Rhoda Chavula Nyumbu, John Nkweto, Chileshe Richard, Mangalashi Dainess, Rogers Kachusha, Brendah Kasusu, Brendah Chibwe Manchene, Dorothy Mutwale, Ruth Johnson Mubita, Carolyn Oberg, Mary Chongo Mbulo, Maria B Zuze, Astrida Mulenga, Fredrick Frank Nkandu, Lillian Kaombe Mulonda, Victor Bwalya Kapembwa, Gilbert Pumulo Mushoke, John Haguyu, Morden Munsaka, Henry Chola, Getrude Hlahla Mpundu, James Phiri, Geoffrey M. Banda, Ruth Renee Chanda, Angela Mukuka Mwanza, Sylvester M. Mwape, Sungubele Mumba, Nkhoma Michael, Ndabala Emmanuel, Chinkoyo Abraham, Kelly Zakeyo, Charles N'gambi, Katongo Vincent, Hildah Chibanga Kamusweke, Khwimani Mhango, Manchene Gershon, Geoffrey Chomba, Chisomo J Banda ([Sandvik Mining & Construction Zambia](#))

Brightson Kyapula ([Orica / Dyno Nobel Zambia](#))

## ZIMBABWE

Richard Mwerahari, Shelter Nyatsanga, Everymay Zhou, Simukai Tyoka, Alois Katsere ([Stanbic Bank](#))

Mkhangeli Moyo ([Shearwater](#))

Sibongile Mhlanga ([Christian AIDS Taskforce](#))

Gilbert Eliya ([Spencers Creek Crocodile Farm](#))

Sindiso Mabhena ([The Victoria Falls Hotel](#))

## From SWHAP Zimbabwe Programme:

Tatenda Mukuna ([SWHAP](#))

Sympathy Chikukwa, Rudo Muchemwa, Makhehlane Ndlovu, Martin Dangakurawah ([SCANLINK](#))

Chari Noel, Lorence Phiri, Patricia Munetsi, Limbani Amos, Shupikai A Gwanzura, Shepherd Chima, Nomathemba Nyandare ([SANDVIK](#))

