

# Hillcrest AIDS Centre Trust



## Dear Friends of HACT

A very warm welcome to the third edition of our new bi-monthly newsletter. In this edition, we catch up with our education team and find out what's been happening with the two programmes they run - Life Skills in primary schools and Peer Education in high schools. In the words of our beloved Madiba;

***“Education is the most powerful weapon which you can use to change the world.”***

After 25 years of fighting HIV/AIDS, we here at HACT know that truer words have never been spoken. Ongoing education at a grass-roots level is crucial if we are to have any hope of one day realising our vision of a HIV-free generation and an AIDS-free Valley of 1000 Hills.

We therefore give thanks that our education programmes have been able to continue and deepen in their impact over the past 18 months. We also give thanks for our many partners and donors who together, enable us to deliver our much needed education initiatives. In particular, we are grateful to the local primary and high schools with whom we work on a daily basis. We are acutely aware that all of these schools and their teachers struggle with a lack of funds and resources. Their dedication and commitment to their students in the midst of such challenges is truly inspiring.

**Thank you & God bless you!**

**The HACT Team**

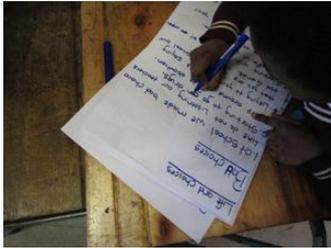
## Meet our Education Programme Team

Our Education Team is made of three incredible individuals.



Together, this vibrant and energetic group deliver our Life Skills and Peer Education programmes across schools in six communities in the Valley of 1000 Hills area. Read their [story](#) here.

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## Helping our youth make positive choices

HACT's Life Skills programme aims to equip primary school children with the skills they need to make positive choices so they can grow up and lead healthy, safe, HIV-free lives. In addition to life skills development, the programme aims to inspire and instil confidence in its young participants, many of whom are vulnerable and come from impoverished backgrounds. To read more about our Life Skills programme [click here](#)

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## Students set to impress at the 2016 Positive Lifestyles event

Our Positive Lifestyles Event Committee, which involves Principals and Heads of Departments from the five schools currently involved in our Life Skills programme, have been hard at work planning our third annual Positive Lifestyles event. This much anticipated celebration is set to take place on Tuesday the 16th August 2016 at the Pinetown Civic Centre.

Students from the five participating schools will compete on the evening in performance categories including song, dance, drama and poetry. All of the performances will communicate key messages learnt by the students during the Life Skills programme.

The event is expected to be bigger and better than ever this year, with parents and community members eager to show their support and see their children delivering powerful and positive messages about transformation and brighter futures. The prizes that will be awarded on the evening will be carefully selected to ensure they benefit both the schools and the students.

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## Tackling teenage pregnancy

According to the latest available stats from Statistics South Africa, the KwaZulu-Natal province has the highest rate of teenage pregnancy in the country. (26 000 in 2013) For the high schools involved in our Peer Education programme, tackling this issue is an ongoing challenge and one that we repeatedly get asked to focus on in our Peer Education programme.



As part of our Peer Education programme, the peer educators are expected to plan and deliver numerous awareness campaigns for their fellow students. Peer educators from Kwa

Dinabakubo High School in Molweni recently ran an awareness campaign at their school about sex and sexuality. Their campaign focused on the dangers of sex, prevention of HIV and teenage pregnancy. The campaign was specifically aimed at the school's grade 11 and 12 students. A nurse from Molweni Clinic availed herself for the event and introduced herself as a contact person who the youth could see for advice and or treatment related to their sexuality.

*"It's great to see our peer educators tackling such issues themselves. Hearing it from their peers only helps to reinforce for the students what they learn from their teachers and in the classroom."* Pemla Mtshali, HACT Education Facilitator.

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## Aiming for success – 2016 Career Expos give students the edge



In May 2016 the Education team held four Career Expos in local high schools in the Valley the 1000 Hills that are involved in our Peer Education programme. The aim of the expos was two-fold. Firstly, the expos aimed to expose students to different fields of study and professions and secondly to share with them information regarding various scholarships and bursaries that they could potentially apply for. HACT's Education Programmes Manager, Sibusiso Mthethwa explains;

*"Our Career Expos are held annually in the middle of the year to enable the students time to make use of the information before the following year's tertiary applications are due. Crucially, they also take place at the student's schools rather than at a central location which the students then struggle to attend due to a lack of funds for transport."*

On behalf of our Education team and all the students who participated in this year's Career Expos, we would like to thank the students from UKZN's Masakhane organisation who partnered with us to deliver these much needed expos.

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## Fighting for justice – Lungelo's story



Lungelo, aged 17, is currently in Grade 12 at Thokoza Mnganga High School in Shongweni and dreams of becoming a lawyer once he's finished school. Fighting for justice is Lungelo's passion and what motivated him to take part in HACT's Peer Education programme last year.

*"I believe in being fair to people and doing what I can to help those who have personal problems and face injustices in their lives."*

From sharing what he's learnt about HIV/AIDS and teenage pregnancy with his friends, to helping one of his peers who was a victim of rape, Lungelo says he's had plenty opportunity to put what he's learnt on the Peer Education course into action over the past year.

*"I've really enjoyed the responsibility of being a peer educator and the confidence it has given me to pursue my own goals in life. We learnt how important it is to treat others with dignity and respect and how it is impossible to be a good leader without these things."*

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## How you can help this Mandela Day

[Click here](#) for some great ideas on how you can spend your 67 minutes and directly help those impacted by HIV/AIDS this Mandela's Day.

Nelson Mandela  
Day  
18th July 2016



**67 minutes to  
help those  
impacted by  
HIV/AIDS...**

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## Shop and win this winter

Come shop at our beautiful nursery here at the centre. If you spend R50 or more between 20th June and the 5th August 2016 you can enter our competition and stand a chance to get your garden in tip top shape this spring! We have a R500 gift voucher from our nursery and a one hour consultation at your home with local indigenous gardening expert, Lynn Page.



Our Nursery is open from 8am - 4pm, Monday - Friday and from 8am - 2pm on Saturdays.  
Thank you for your support!

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## Meet a HACT monthly donor

### **First Group - a monthly Adopt-a-Bed donor**

The HACT team are hugely grateful to First Group for their ongoing support of our work. First Group's Media & Marketing Manager, Claire Brider, gives us some insight as to why they are one of our monthly Adopt-a-Bed donors, having adopted two beds in our Respite Unit. [Click here](#) to read the interview.



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## Adopt-a-Bed and become a monthly donor today

Donate monthly to our Respite Unit by becoming an Adopt-a-Bed donor.

To fund the care of just one patient we need to secure R6000 a month to cover medication, 24 hour nursing care, food, pathology, xrays and running costs. Your regular monthly donation, whether it be big or small, will help ensure the sustainability of the Unit.

With your monthly donation we can cover the following costs:

- R25 feeds one patient for a day
- R175 feeds one patient for a week
- R700 provides one patient with medication for a month
- R3500 covers one full time care giver for six patients in the Unit for a month

All donations made by South African donors are tax deductible. [Donate today.](#)

[Donate to our Respite Unit](#)



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