



# Hillcrest AIDS Centre Trust



*"Our children are the key to winning the battle against HIV/AIDS. By supporting and protecting them we can ensure we all have a bright future ahead of us..."*

**Babongile Phakati, HACT Prevention Programme Field Worker**

## **Dear friends of HACT**

A very warm welcome to the fourth edition of our new bi-monthly newsletters. In this edition, we are featuring the work of our Prevention Programme which currently provides HIV prevention services to over 1000 orphaned and vulnerable children and young people across six different communities in the Valley of 1000 Hills.

Around the world, children and young people are disproportionately affected by the HIV/AIDS pandemic, having often endured the devastating loss of one or both their parents at an early age. This leaves them vulnerable both physically and mentally to a whole myriad of challenges as they journey towards adulthood.

While finding innovative and age-appropriate ways to deliver HIV/AIDS prevention and education initiatives for both children and young people is therefore a crucial part of our Prevention Programme here at HACT, we also focus on educating and supporting their care-

givers and addressing the crippling fear and stigma that still exists in many of the communities in which we work.

HACT's Prevention Programme is managed by Linda Chule, a dedicated and experienced individual with a passion for child and youth development. Linda oversees two Team Supervisors as well as 20 Child & Youth Care Workers who each monitor and support 50 orphaned and vulnerable children through support groups meetings and home visits.

On behalf of the many children and young people who are benefitting from our Prevention Programme, we would like to express our sincere thanks to our current funders NACOSA, for their generous support.

We hope you enjoy this edition of our newsletter and the opportunity to learn more about our work with children and young people. All of HACT's projects and programmes are only possible through the support and generosity of our local and international donors and partners. Should you wish to support us in our mission, please make a donation or visit our website for more ways you can get involved. <http://www.hillaids.org.za/get-involved-hillcrest-aids-centre-trust-hact-durban>

**Thank you & God bless you!**

**The HACT Team**

**Donate to our Prevention Programme**

## Sakhile's Story - Stronger Together

Sakhile Radebe, (name changed) is 17 years-old and lives with his mother and step father in Molweni. In June 2016, Sakhile joined HACT's Prevention Programme and started attending our weekly support group meetings after his mother heard about the initiative in the local community. Desperate to get some help for her son, she approached HACT's Prevention Programme Field Worker, Sthombe Sithole and asked if he could take part.

***"Sakhile's mother was very concerned about him as she was struggling to communicate with him at home and he was very angry at the world. I told her that Sakhile was very welcome."***

[To read more click here](#)



## Circles of support – caring for the caregivers

***"I've learnt it is important to talk to your children, even if it is sometimes difficult. The support group has been very helpful to me - it is good to know we are not alone in our problems and to help each other."*** Inchanga Support Group member

One of the keys to HACT's success is our holistic and family-orientated approach to tackling

the HIV/AIDS pandemic. This is particularly true in relation to our HIV/AIDS prevention initiatives.

[To read more click here](#)

## Right to know – celebrating young people’s rights on Youth Day



In celebration of national Youth Day, HACT, in partnership with other stakeholders, held a *Right to Know* dialogue event in KwaNyuswa on Thursday, the 16th June 2016. Over 300 young people from the local community participated in the event which focussed on raising awareness and promoting young people’s rights and responsibilities.

In addition to informative talks about young people’s rights by HACT, local clinic representatives and Coastal College, our team provided free HIV testing and counselling on the day, with 26 young people coming forward for testing.

The highlight of the event was a fun and entertaining talent show competition, which saw the young people use music, dance and drama to convey their own interpretations of their rights as young South Africans and what their *Right to Know* means to them.

***“It was great to see our young people come together to learn about their rights and to talk about their hopes and dreams for the future. We must support them if we want them to succeed in life.”***

**Sanelisiwe Dlamini, HACT Prevention Programme Field Worker**



## Promoting healthy lifestyles in Molweni

The Molweni Sports Ground was the scene of much excitement on Saturday, the 25th June 2016 as our Prevention Programme team launched a community fitness club.

The day started off bright and early with a 4km fun run / walk that was coordinated by HACT Prevention programmes Field worker, Sthombe Sithole, and HACT Peace Corps Volunteer, Jane Iris Lee (pictured left). Both young and old took part in the event and were rewarded for their hard work with some healthy refreshments at the finish line.

Free health screening checks were also conducted on the day by Nurses from Molweni Clinic, while representatives from Virgin Active were on hand to offer their professional advice on free, safe and effective forms of exercise.

In addition to promoting physical fitness and highlighting the importance of leading a healthy lifestyle, the club, which now meets daily, aims to provide the community with fun, intergenerational activities that friends and families can enjoy together.



## Malvern boys lend a helping hand

HACT welcomed a group of young students from Malvern Preparatory School in Philadelphia, USA to our centre in July 2016 as part of their cultural exchange trip to South Africa.

The students assisted our Prevention Programme team in delivering several holiday workshops for over 180 orphaned and vulnerable children from NtShongweni, KwaNgcolosi and Molweni from the 7th – 13th July 2016. Fun was the name of game during the workshops, with the children participating in arts and craft lessons, traditional games and sporting activities.

***“Our students loved getting the opportunity to interact with the children and young adults from local Zulu communities. Their experiences were life-changing and life-enriching. Thank you for making us feel so welcome. Siyabonga!”***

***Teresa Lohse, Teacher, Malvern Preparatory School.***

## A winning combination – using soccer to promote HIV/AIDS education

Following an intense three-day training workshop involving all 20 of our field workers, HACT's Prevention Programme team will now be using the power of sport to educate, inspire and mobilize young people to lead healthy and productive lives.



Using soccer, the programme helps young people engage in relevant and important discussions about their health, access and build support structures and learn how to avoid

risk-taking behaviour that leaves them vulnerable to contracting HIV/AIDS.

Conducted by HACT partner, Grassroots Soccer, the training was held from the 27th – 29th June 2016 in HACT's new Martin & Hamilton Training Centre and showed how, through soccer, we can carry out meaningful HIV/AIDS education and awareness in a fun, culturally sensitive and non-threatening manner.

***“I’m very excited to start delivering this programme in my area. Soccer is a part of everyday life in our communities and I know the children are going to love it!”***

***Siyanda Meyiwa, HACT Prevention Programme Field Worker***



## Donor Profile: Margaret Turnbull & HACT UK

***“HACT is a special place, run by special people. Over the years, I’ve seen it grow into a holistic and multi-faceted initiative that still manages to retain its community-driven focus. For me, helping HACT to realise its vision and bring about positive change in so many people’s lives has been a real privilege.”*** Margaret Turnbull, Founder of HACT UK

Margaret Turnbull (pictured middle with HACT's Prevention Team Supervisors; Sli Lukhele – left and Pretty Masondo – right) is a retired Head Teacher and Educational Consultant who lives in Enfield, North London. Passionate about helping children and advancing education both inside and outside the classroom, Margaret first became involved in HACT 16 years ago while attending an HIV/AIDS conference in Durban.

[To read more click here](#)

## HACT Nursery's Spring Sale is now on!

Our Spring Sale is now on from the 1st – 30th September 2016 with 10% off all plants and garden décor while stocks last! We have a wide range of indigenous and exotic plants that are sure to brighten your garden this spring so please do pop in and visit us.

Our nursery is open Monday – Friday, from 8am – 4pm and on Saturdays from 8am – 2pm.



Hillcrest AIDS Centre Trust

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