



Training Provider Accreditation No: ETDP10643

Bridges of Hope Training

Changing Behaviour for Health and Wellness



Social and Behaviour Change Communication using innovative participatory training methodologies to engage participants and motivate health seeking behaviours.

Touching the heart, not just the head

Training materials

The innovative Global Award winning Bridges of Hope Training materials (current generic edition shown here) address a wide range of wellness and HIV-related issues, linking health seeking behaviours to realizing life goals and aspirations.

Training programme development

Training materials and programmes are developed and tailored for the specific context and needs of your target groups.

Accredited Training

Open and in-house workshop programmes to train Trainers / Peer Educators / Facilitators / Counsellors / Leaders to apply the materials most effectively, accredited with ETDP-SETA / SAQA (South African Qualifications Authority.)



"There is absolutely no way that can describe how amazing the Bridges of Hope tool is and the changes it has made and is still making in a lot of people's lives. The activities are very participatory and can be used in so many ways. They can break down very complicated explanations to convey a message to participants in a way that is clear and unforgettable."

Prosperine Zulu, Anti AIDS Association, Zambia



SAPPI Peer Educators run a session at DuNoon Market, Cape Town. Participants try to avoid obstacles (card crocodiles and sharks representing health and other challenges and threats in life) and reach an island (life goals and dreams) by walking on stick bridges (support and health seeking behaviours.)



Facilitating the *Bushfire* activity at Bauze Youth Centre, Lusaka, Zambia, to demonstrate how HIV can spread in a community, particularly through multiple concurrent partnerships. It provokes participants to reconsider the risks they take in their sexual behaviour.

"The participants had fun and games while at the same time undergoing life-changing experiences."

Dawne Jackson, Wellness Coordinator, Nelson Mandela Bay Municipality

Treatment and Adherence Toolkit

A set of activities include the use of masks for clarifying disease progression and treatment of both **HIV** and **TB**, and in particular for motivating adherence to ARVs / anti-TB drugs. The 'treatment and adherence toolkits' have been provided with training to organisations such as **HOPE Cape Town** Community Health Workers.



Activity: *What happens in the body.* 'ARV' is suppressing 'HIV', allowing 'White Blood Cell' to recover and eject the two 'Opportunistic Infections' which had been dancing freely around the body.

TRAINING MATERIALS CREATED AND PROGRAMS DELIVERED in over 60 countries - some examples

PMTCT and Men's Involvement

With **Johns Hopkins University Center for Communication Programs: Ghana Stop AIDS Love Life Program & Malawi BRIDGE Project.** Developed the *Journey of Hope*, the *Hope Kit* and two supplementary training packages focused on PMTCT and Mens engagement (*Have a Healthy Baby* and *Bambo Wachinsanzo*). Trained Master Trainers to roll out the programs nationally.



Malawi BRIDGE Project - Participants are involved in demonstrating how ARVs suppress HIV and dramatically reduce the risk of transmission during birth.

Safe Circumcision: MMC Model and Mobiliser Toolkit for Demand Creation



Patent # 2012/08354

In consultation with **CHAPS (Centre for HIV and AIDS Prevention Studies)**, developed a model to demonstrate and explain the benefits of **Medical Male Circumcision**, and for health practitioners to practice the procedure.

Developed a **Medical Male Circumcision Mobilizers Toolkit** for demand creation, now being used by various organisations including a **CareWorks** South Africa program supported by **PEPFAR / CDC**. Community Mobilizers using the toolkit write:

- "It's a wonderful and a user friendly kit".
- "The impact is very good because it opens people's minds. It makes my work in the field easy."

Business Peer Education Programmes

Trained Standard Chartered Bank and Standard Bank Wellness Champions globally to use tailored Bridges of Hope training packages. These programmes have won 3 Global Business Coalition Awards and the AfriComNet Award for Excellence in HIV and AIDS Communication.

BCL Botswana trained Peer Educators about to run a *Bridges of Hope* session underground at Selibi Mine.



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