



TOBEKA MADIBA ZUMA  
FOUNDATION

**TOBEKA MADIBA ZUMA  
FOUNDATION  
2016 ANNUAL REPORT**

# 2016 Annual Report

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**Produced by the TMZ Foundation Team**

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# Patron & Founder



*"I firmly believe that education is the key to promoting a lasting culture of support for each other. We can achieve this by reaching out, with both hands, to the less fortunate, the old and the young, the sick and the needy. Our Foundation can be the catalyst for change so that together we - as a nation and as a community - can work together to forge a better world; a better life"*

## RSA First Lady Tobeka Madiba Zuma

I'm proud to welcome you to the Tobeka Madiba Zuma Foundation. Our stated goals are simple and clear. We believe in the power of education to enhance and support our health initiatives and our women's empowerment programs. We wish to build a cancer-smart South Africa; free from the ravages of TB, with zero HIV/Aids related deaths, a zero rate of new HIV/AIDS infections and a more understanding and caring society for all.

We invite you to accompany us on our journey.

## Inspiration



*"Women of South Africa are an inspiration. Every time I meet and talk to women across this beautiful rainbow nation of ours, I am both humbled by their strength and uplifted by their remarkable stories of courage and survival. It is a privilege to be a South African woman, but also a responsibility: because in our genes is a call to be without equal."*

– Madam Tobeka Zuma

# Message from our Chair



**DR Keorapetse Tabane**  
Medical Oncologist

We live in a beautiful country with people inspired by what has been achieved in recent times. We also have a lot to be grateful for - a world class constitution supporting one of Africa's most robust democracies, and a society which strives for equal opportunity for all.

But in today's South Africa, we should be under no illusion that we are living in a crisis that comes from the quadruple threats of HIV, AIDS, TB and Cancer. These health issues continue to threaten us and undo all the good that our nation has achieved thus far.

Although we rolled out the largest Antiretroviral Treatment (ART) programme the world has ever seen, we have not stemmed the growing number of new HIV infections. Overall South Africa's HIV infection rate stands at about 19.2% of the population. That's over 7 million men, women and children living with HIV.

The tragedy is that a large proportion of those infected with HIV in South Africa are young. We must fight back.

The Youth hold the future of South Africa in their

hands so we must do everything in our power to change the course of this HIV epidemic and influence not just people's futures but also those of the country.

Similarly, breast and cervical cancer are the leading cancers among South African women. Huge strides have been made in medical science to screen, detect and treat these cancers. Thankfully, urban women have taken advantage of these life-saving tools. But rural women lag well behind because information seldom reaches their communities and even when it does, the high levels of illiteracy hinders the spread of these key messages. Add to that, an overburdened rural health system, which only has the capacity to react rather than prevent and it's clear that help is urgently needed here.

We are thus embarking on not just an educational mission, but also a practical program that brings tools to the countryside - such as screening mammography mobile trucks and more access to screening pap smears.

But we urgently need help. We must partner with civil society and relevant organizations. We must increase efforts in advocacy and government lobbying to raise awareness and allocate resources to meet these needs.

We believe that the TMZ Foundation, championed by the tireless efforts of our Founder and Patron Mrs. Tobeka Madiba Zuma, is the support structure our government needs to help tackle these health issues.

On behalf of the Board, we are honored to have been tasked with this responsibility, and we look forward to partnering with you to build a better life for all.

**- Dr. Keorapetse Tabane**

# Executive Summary

Chronic diseases have a major economic, social and developmental impact on individuals, families, the health system and society at large. Since chronic diseases affect the young and people in their productive years, they reduce productive labour and earning capacity at a household level and inflict significant out of pocket expenses. Chronic diseases have a particularly negative impact in poor and rural communities, where income levels are low and few have access to health insurance and necessary medical services. Africa cannot claim to be an emerging market unless it is able to quantifiably demonstrate improvements in the status of children & women's health and access to necessary health services on an equitable basis.

In South Africa most of the people in underserved rural areas are unaware of their risk for cancer and lack access to resources, treatment and care. Data from South Africa's National Cancer Registry (NCR) show breast cancer as the leading cancer among women, followed by cervical cancer. South African women have a 1 in 29 lifetime risk of developing breast cancer, with an age-

standardized incidence rate of 30.6 per 100,000 of population.

The Tobeka Madiba Zuma Foundation, conceptualised in 2009, and started operating in 2010, provides a radically different approach to humanitarian outreach.

First envisioned by the First Lady of South Africa, Madam Tobeka Madiba Zuma, who is passionate about the plight of the impoverished, it is her vision to create a national organization that not only lends a helping hand to those in need, but does so in support of the government's objectives towards achievement of the Sustainable Development Goals program.

The TMZ Foundation regards cancer awareness, testing and screening, HIV/Aids testing and Tuberculosis screening through Health Education Programs and other interventions as an effective means of improving the lives of South African people, especially those in rural communities.

# Vision, Mission and Values

## Our Vision

Envisaging a world where humanity is afforded the right to the best Health care, education in healthcare matters, and women empowerment initiatives.

## Our Mission

To deliver sustainable healthcare and community development initiatives that is accessible to all irrespective of social status and geographical location. Traversing all nations and races: giving hope and future to the hopeless, the poor and oppressed. Speaking for the voiceless.

## Our Values

- Ethics
- Confidentiality
- Integrity
- Unconditional caring
- Positive regard for people
- Proactive and Responsive

## Target Group

People from all walks of life paying particular focus on the historically disadvantaged rural communities reaching all the underserved rural women and children, in all 9 Provinces of South Africa.

# Special Programs



All our programs are based on fighting the burden these diseases cause in our country. They are all interconnected and we promote education, create awareness and advocate for equitable access to treatment, care and support.

The Foundation is made up of diverse individuals, united in their common purpose and goal of promoting dialogue, advocacy & awareness through its diversified initiatives. And what makes it special is that rather than addressing one aspect of an area of focus it takes a far more holistic approach.

The Foundation has formed strategic alliances with several organizations and the National Dept of Health in order to reach across the length and breadth of South Africa. Also critical is ensuring that female cancers, HIV and TB are not seen in isolation but dovetailed with other existing services such as Antenatal and Postpartum care. This is to ensure that these services are provided in a continuum from home to Primary Health Care services to Tertiary Institutions and Hospices for quality and holistic patient-care.

This dream can only be realized through a close working relationship with all the stakeholders. This integrated approach taken by the foundation goes beyond just the health care aspect to include

the social aspect as is commonly known that social determinants play a significant role in health outcomes.

The Board of Trustees and the management aspire to achieve a common purpose, hence the team works internationally, locally and regionally, pooling expertise and experience from all sectors of society with a view to identifying and addressing health care needs and influencing health policies.

The Foundation concentrates on supporting four pioneer programs, namely:

1. **HIV /AIDS**
2. **Tuberculosis**
3. **Cervical Cancer**
4. **Breast Cancer**

These four conditions contribute massively to the disease burden within our country and have devastating consequences to the social fabric of our societies. Unsurprisingly, the most marginalized sectors of our communities - the rural poor, women and children - bear the brunt of the burden. These sectors are also the least likely to access any of the beneficial intervention measures currently in place. All our programs are linked to promoting education, awareness and access to treatment, support and care for all people suffering from any of the four targeted medical conditions.

## HIV and AIDS



South Africa has, by a significant margin, the world's largest HIV positive population (approximately 7 million people living) with the number of deaths reaching 140 000 per year as a result of HIV and AIDS. There are 3, 9 million women aged between 15 to 49 years living with HIV, making them the largest and most vulnerable sector in our society. HIV prevalence amongst all adults (15-49 years) is estimated at 19.2% - one of the highest rates in the world.

In line with achieving the 90-90-90 Fast Track treatments target to end the AIDS epidemic. South Africa is offering HIV treatment to all people living with HIV, regardless of CD4 count. South Africa already has the largest free Anti-Retroviral Treatment (ART) program in the world, with approximately 3.5 million people on HIV treatment today.

The major issue has been the number of new HIV infections which is estimated to be 340,000 new cases just in 2014, a quarter of which are youngsters aged between 15 and 24 years.

South Africa's National Strategic Plan for HIV, STI's and TB 2012-2016 remains the focal point of the country's efforts to tackle HIV and AIDS and was extended to cover Tuberculosis and Sexually Transmitted Infection in 2012. The NSP's objectives for achievement by end of 2016 are:

- Address social and structural barriers that increase vulnerability to HIV, STI and TB infections
- Prevent new HIV, TB and STI infections
- Sustain health and wellness
- Increase the protection of human rights and improve access to justice.

Our Patron's role as UNAIDS Special Advocate for the Health of Women, Children and Youth, and her role as a member of the Organisation of African First Ladies Against HIV/AIDS (OAFLA) means that the Foundation's HIV and AIDS programs are focused on achieving Sustainable Development Goals to end the AIDS epidemic by 2030.



### a) Prevention of New Infections

South Africa's National Strategic Plan (NSP) for HIV, STI and TB 2012-2016 highlighted the need for a combination of prevention measures that may include: male and female condoms; medical male circumcision; HIV Counselling and Testing (HCT); TB screening and preventive therapy; social and behaviour change communications, promoting health-seeking behavior; changing socialisation practices and interventions to eliminate gender-based violence; increasing access to sexual and reproductive health services; providing post-exposure prophylaxis (PEP); peer education; and PMTCT services.

### b) HIV Counselling and Testing (HCT)

HIV testing is the first step in the Antiretroviral Treatment programme (ART) and offers those who are unaware of their HIV status the correct information on where they stand, or for those who are HIV-negative to repeat the HIV test to be able to access appropriate care.

The Foundation plans to increase HCT and ensure this service is readily available especially in rural areas. The Foundation currently uses HCT services provided by the Department of Health

and other relevant stakeholders, such as Right to Care – the campaign that assisted the Foundation to drive HCT and TB screening at Westville Prison and Pietermaritzburg Prison. The Foundation is working to secure funding for our own mobile health screening services, which reaches remote areas and conducts HCT, linking it to TB screening and overall health and wellness.

### c) Prevention of new infection among Youth and Women

Young women between the ages of 15 and 24 years are four times more likely to have HIV compared to males of the same age. This risk is especially high among pregnant women between 15 and 24 years, and survivors of physical and/or intimate partner violence. On average, young females become HIV-positive about five years earlier than males.

It is commonly acknowledged that South Africa is grappling with high levels of violence against women, with sexual assault and domestic partner violence contributing to increased risks for HIV infection. The Foundation is thus collaborating with Higher Education institutions to address behavioural issues that are key drivers of the epidemic among today's youth. The Foundation - together with the University of Kwa-Zulu Natal - conducted a Health Wellness Day, where HCT, Condom distribution and a discrimination dialogue was held. The Foundation continues these dialogues and promotes overall health awareness and the empowerment of youth and women by:

- Providing ongoing mentorship to young women, linking them with other women leaders in communities;
- Ensure young girls have access to education and remain at school to maximise their economic opportunities;

- Ensuring that young girls and women have access to good quality, comprehensive, life skills-based HIV and sexuality education at schools through the governments Schools Health Program;
- Promoting access to youth-friendly sexual and reproductive health services in order to prevent teenage pregnancies and allowing young women to make informed decisions about their bodies.

There are other HIV Prevention Initiatives aimed at today's youth:

- Voluntary Medical Male Circumcision (VMMC)
- Pre- Exposure Prophylaxis (PreP)
- Post-exposure prophylaxis (PEP)
- STI Education and Screening

### **Elimination of Mother-To-Child Transmission (EMTCT)**

The HIV prevalence in pregnant women attending public sector clinics was 30% in 2013, even after the government had increased the availability of MTCT services across the country. Encouragingly, the percentage of HIV-positive pregnant women receiving ART to reduce transmission of the disease to the unborn child has steadily increased from 83% in 2009 to 87.1% in 2012.

Despite these encouraging results, the TMZ Foundation recognizes the continuing need to increase access to expectant mothers and to screen and test for early infant diagnosis in rural areas. This will be achieved through:

- Securing funding for development of infrastructure and machines that provide rapid diagnostic testing, to ensure early diagnosis for new born babies and ensuring these are available in rural areas;
- Investing and seeking funds to ensure health care providers are adequately trained on ART regimens needed for infants;
- Providing pregnant rural women with pre-natal classes that will educate them on different issues around breastfeeding, immunisation and importance of post natal check-ups for mother and child;
- Addressing issues of malnutrition faced by rural children- raising awareness of healthy food;
- Promoting screening and treatment of syphilis to eliminate neonatal syphilis;
- Educational material development on PMTCT be made available to pregnant women at rural clinics

## e) Treatment, Care and Support

### Community Health Workers

The integration of TB Care and HIV treatment, care and support for the HIV epidemic has increased the strain on the health systems in our country, especially in rural areas. The Foundation recognises the need to strategically ramp up human resource capacity to strengthen the existing health system. The Foundation has been relying on volunteers as a stopgap measure, but we will begin rolling out our pioneer Community Health Workers program, which will train 9,000 individuals per year, for a period of 3 years, in 2 provinces.

Our existing volunteers continue to provide the necessary care and support to newly diagnosed and terminally ill community members. But at the same time, the Foundation will continue to work closely with the Department of Health to advocate for the retraining of medical, laboratory and nursing staff to improve their skills and continue to provide treatment, support and care to communities, in a sustainable manner.

### Pediatric HIV Education, Treatment, Support and Care

According to UNAIDS, 2.3 million children under the age of 15 years are living with HIV, and 90% of these children are in Africa. South Africa had 150,584 children under 15 years on ART with an average of 2,412 children initiated on ART each month. The new guidelines for ART initiation have ensured early diagnosis for children. South Africa now provides ART for all children under 5 years, regardless of their CD4 cell count or clinical staging and no longer uses viral load as part of baseline assessment for ART initiation in children.

While these achievements have been recorded, issues of timely access to treatment, support and care for HIV infected infants remains a challenge in rural areas. Challenges that impact pediatric HIV treatment in rural areas include: limited health care centres; limited skilled personnel to deliver pediatric ART; and the unavailability of transport services for mothers.



The Foundation plans on scaling up EMTCT in rural areas by combining pediatric HIV treatment and care with EMTCT education. The Foundation is working on securing funds that will allow rural clinics to ensure timely access to treatment, care and support for HIV infected infants and young children, as well as ensure these infants continue with treatment by:

- a) Addressing issues of early diagnosis through new funding for rapid diagnostic test equipment for new born babies and ensuring these are available in rural areas by finding ways to enable children to be present at clinics early.
- b) Developing a Community Health Workers pilot training project that will provide pediatric HIV skills training for community health workers. Community health workers play an important role in providing health care to communities and hard to reach rural areas. By scaling up their skills it would assist in ensuring infants and young children receive the treatment, support and care.
- c) Investing and supporting orphanage homes and assisting those places that provide care to orphans with basic facilities, food items, clothing.
- d) Training of primary health workers in drug regimens, high tuberculosis infection co rates that impact pediatric HIV treatment.
- e) Provide pediatric HIV educational print materials to school teachers to educate them on learning disabilities faced by HIV infected school children.

### **Programs in the framework of CARMMA- Pediatric HIV**

With so many children in Africa living with HIV, there is an urgent need to improve access to maternal treatment and infant testing.

- i) The Maternal and Child Project developed by the Tobeka Madiba Zuma Foundation aims to reduce new HIV infections among children, through improving access to PMTCT and educating mothers on maternal treatment.
- ii) Investing in ways to ensure that treatment is available in rural communities, and that health providers receive adequate skills and training on pediatric ART.

### **Stigma and discrimination**

Stigma and discrimination continue to drive and influence people living with HIV and those affected by the disease. In the fight against AIDS, the First Lady understands that conquering stigma is vital in the fight against the disease. Stigma prevents people from seeking treatment and staying on treatment. The First Lady recognizes that only open and honest dialogue about sexual behavior and HIV will assist in fighting stigma and discrimination.

The Tobeka Madiba Zuma Foundation thus partnered with the University of KwaZulu Natal as part of a Sensitisation and Transformation dialogue aimed at university students. The objective of this campaign was to promote non-discrimination, sexual rights and gender equality in relationships. This campaign was the first open dialogue initiative that the Foundation has engaged on.

### **Adolescent AIDS (All In campaign)**

WHO and UNAIDS Global Standards for quality health-care services for adolescents recommend making services more "adolescent friendly" - providing free or low-cost consultations, and making medically accurate, age-appropriate health information available. This is because the needs of adolescents are different.

Therefore ending adolescent AIDS requires scaling up of HIV testing amongst adolescents. The Tobeka Madiba Foundation through collaboration with the University of KwaZulu Natal conducted day event where HIV testing, TB Screening, and Health awareness initiative at the University took place. This is the start of an initiative that the Foundation plans to conduct in different Universities across the country.

The Foundation also plans to start a dialogue with adolescents that aim at engaging them on issues of gender equality, substance abuse, sexuality and gender based violence. The aim of these dialogues is to encourage open communication and will enable the youth to have a platform where their voices are heard and their questions are answered.

The Foundation is also launching a new Youth empowerment programme within the Framework of the Forum on China-Africa (FOCAC) Cooperation. This is a cultural exchange programme where South African HIV orphaned young adolescents will participate in a summer youth camp in China in June. Through the cultural interactions and exchange, the young adolescents will also learn about adopting a healthy lifestyle, the importance of early cancer and TB screening, and the prevention tools to safeguard them from diseases.

## Maternal and Child Health

South Africa has an HIV prevalence of 30% amongst pregnant women attending public clinics. The First Lady and the TMZ Foundation knows that a reduction in maternal mortality rates and the delivery of healthy babies, requires healthy mothers. Women, especially those in rural communities are often neglected in the promotion of healthy lifestyle initiatives. Madam Zuma is an advocate of healthy lifestyles and she is passionate about educating rural women on health issues.

This alarming number of 30% HIV prevalence amongst pregnant women, has led the Foundation to develop plans that address this problem by launching an HIV and AIDS education project, targeted at pregnant women. This program aims at ensuring women have access to clinics and family planning services.

An education program aimed at empowering women on knowledge of infant feeding, importance of vaccinating new born babies, importance of attending post-natal follow up for both mother and child has been introduced.

Madam Zuma also acknowledges that health care workers also need to play their part in ensuring maternal and child health, which is why the Foundation is planning a major investment drive to train and increase the number of community health workers across the country.

Community health workers are trained in short, formal courses to serve the communities in which they live so that they are able to connect



to their own communities, do regular home visits and keep track of people's health concerns, especially for those who are unable to reach clinics. Developing community health workers will assist in areas where there is a chronic lack of nurses and doctors.

## Programs in the framework of CARMMA Adolescent SRHR

South African Department of Social Development launched a National SRHR Strategy Framework that highlighted the gaps that exist in the promotion of young peoples' sexual and reproductive health rights. The Foundation has established a relationship and collaboration with the University of Natal, with plans to target other Universities, to start dialogues with young people about their sexual and reproductive health rights. The Foundation's plan is not only directed at University students, but also the surrounding communities, especially in the countryside where there are cultural misunderstandings and practices that impact on human rights.

The Foundation is also collaborating with the Jes Foord Foundation (rape activist) in an awareness project that speaks out against rape and assisting rape survivors.

## Tuberculosis (TB)

South Africa has an alarming rate of TB infections. The World Health Organisation (WHO) statistics estimate an incidence of 450,000 cases of active TB in 2013 - about 1% of the total population of South Africa. This rates South Africa as having the third highest incidence of TB infections in the world, after India and China.

The incidence of TB in our country has increased by 400% over the past 15 years. Out of the 450,000 cases, it is estimated by WHO that about 270,000 (60% of TB cases) people have both HIV and TB infections. The latest figure from the South African Department of Health is that 73% of TB patients are also HIV positive.

Among HIV-infected children, tuberculosis accounts for up to one in five deaths. Insufficient integration of TB care into HIV programmes has weakened the national response to this disease.

The Foundation will thus focus on integrating TB and HIV in order to address the inter-relationship that drives both diseases.

### a) Prisons and Rural TB Prevention and Awareness

#### TB prevention programmes

The Foundation will conduct TB awareness campaigns in rural areas and continue with its current Prisons TB awareness project. Educating and conducting TB screening ensures early

detention and assists prisoners with early diagnosis and treatment.

#### TB Diagnosis

The GenXpert test is a molecular test which detects the DNA in TB bacteria. It uses a sputum sample and can provide an accurate result in less than 2 hours. It can also detect the genetic mutations associated with resistance to drugs. The test was developed by Cepheid and FIND and 330,540 cartridges have been purchased for use in South Africa.

The Foundation aims at facilitating widespread access to this test that will have a dramatic impact on TB treatment, especially in rural areas.

### b) Up scaling of Resources

Various shortcomings have impacted negatively upon the provision of treatment and diagnosis to cancer patients. Issues such as poor levels of training for nursing staff, insufficient, old and outdated equipment and the absence of laboratory facilities make it particularly difficult to provide patients with the treatment and screening services they need, especially in rural areas.

The Foundation thus aims at addressing these issues by securing funding to:

- Enhance the Skills of nurses with core training
- Providing basic equipment and developing Infrastructure for rural clinics.

## Cervical Cancer

In South Africa there are around 6 000 new cases of cervical cancer each year, and out of those affected women, more than half will die. Cervical cancer is a heartbreaking and painful disease and in South Africa it ranks as the second-most frequent cancer among women and the first most frequent cancer among women between the ages of 15 and 44 years.

At present, the National Cervical Cancer prevention programme offers three cervical cytology smears per lifetime, starting after the age of 30 at 10-year intervals. A tailored approach to cervical screening and treatment in HIV infected women, who have far higher rates of cervical pre-neoplasia, is warranted and requires the establishment of achievable guidelines. Integrating screening into the overall HIV care package needs to be evaluated.

The factors that affect the high cancer burden in South Africa include:

- Missed screening opportunities,
- A lack of knowledge about the disease and availability of screening;
- A lack of transport to get to a treatment centre;
- An inadequate medical infrastructure;
- Low socio-economic background – i.e. low education levels and illiteracy;
- Misconceptions and poor understanding of cervical cancer.

With HIV becoming a chronic disease, rural communities are now experiencing associated cancer cases. In rural areas where HIV education is low, the added pressure of cancer requires collaboration and linking these diseases through education.

### a) Early Detection

#### HPV Vaccination for Rural Schools

The Integrated School Health Programme, which was launched by His Excellency the President in 2012, is used by the Department of Health to vaccinate girls in grade 4 who are at least 9 years old. The target is approximately 419,600 girls attending about 17,000 schools. Consent forms are distributed at the beginning of the year and girls only receive vaccines once consent is given by a parent or guardian.

In 2014, when the programme was first introduced, over 2,000 vaccinators were sent to about 16,500 schools across the country and vaccinated just under 420,000 girls in Grade 4. Round 1, 2016 has been completed.

The Foundation joined this vaccination campaign in Round 2 which started on August 1 2016 until September 6, 2016. Our main aim in this campaign is to ensure that as many young girls as possible in rural areas receive HPV vaccination and are educated about cervical cancer.

#### Pap Smears for Rural Women

It is well known that cervical cytology (Papani-colau Smears) can accurately predict the presence of pre-malignant or malignant lesions of the cervix in most cases. The Foundation will launch a pilot initiative for rural women to have pap smears done. This initiative will be a collaborative effort with the Phelophepa Health Train which aims to provide access to screening services for rural women. The Health Train serves as a mobile clinic that reaches remote rural areas providing health education and treatment of minor diseases, diabetes and cancer screening. It also provides education on preventable conditions and early detection.

## Breast Cancer

**B**reast cancer represents 32% of all female cancers. It is the most common female cancer world-wide with a lifetime incidence risk of 1:8 and a 1:28 lifetime risk of death. It is the commonest cause of cancer death in women aged 35-55 years. South African epidemiological data are incomplete but appear to emulate international figures, with breast cancer overtaking cervical cancer as the most common female malignancy.

### Early Detection

Early detection remains key to more successful outcomes when treating cancer. And knowledge about breast cancer is critical to ensuring that the right tests are done, in time, to reduce unnecessary suffering and enhance the chances of survival. The Foundation will thus initiate a series of campaigns to help.

### Mammographic Screening for Rural Women

The Foundation will seek partners with medical facilities across the country to provide free mammograms and diagnostic breast care services to rural women.

### Self-Examination Education

The Foundation will seek to educate rural women on how to conduct a self-breast examination. This

awareness will also help to empower women to obtain better health care.

### Support and Care Groups

The Foundation will develop support and care groups in rural clinics, where women can share their experiences and fears with other women. Mass Media awareness campaign will also be implemented through social media, radio, newspaper and leaflets.

In South Africa, where competing healthcare priorities have delayed the implementation of a national breast cancer screening program, the Foundation supports the adoption of the Global summit recommendations.

We foresee and will encourage beneficial synergies between the Global program and the more established cervical cancer screening programs. An advantage is that South Africa already has a well-established diagnostic and treatment infrastructure which, whilst requiring expansion, will not have to be started from scratch.

There is clear evidence that in the absence of a screening programme, early stage diagnosis and treatment reduces morbidity and mortality and reflects an achievable goal in an enabling environment.

# Achievements, Highlights & Milestones

## Donation & Official Handover of The Manxili Clinic



## Annual Warriors Walk for Cancer



### Annual Pink Tie Gala Dinner



### Celebrating Youth Month



### Breast Cancer Awareness Concert in Umtata, EC



### Mahikeng BC Concert, North West



### 67 Minutes to Serving Humanity



### 67 Minutes to Serving Humanity



### Breast Cancer Documentary – Coming Soon



# Stories of Survival



## Profile: Lillian Dube

I have been honoured with a number of accolades, including **Best Actress and Lifetime Achiever from the Theatre Guild**, and toured Scotland and Germany with the theatrical production, **Curl Up and Dye**.

I own a casting agency and TV Production company, and my most recent accomplishment is the production of my own series, the comedy *Skwizas*, now airing its second season on SABC 2. My current projects include acting in the following movies and soaps :

The Chemo Club – Comedy Movie  
 The Girl and the Lion – A Documentary  
 Gog' Helen – The Sequel (2016)

Glowing though this list of achievements may be, I can say that my portrayal of Sister Bettina has, undoubtedly, been the highlight of my career. *Soul City* has given a voice to people who previously couldn't speak up for themselves. I particularly value the difference we've brought to women.

By educating them, *Soul City* has helped to empower them and make them more independent. That's one of the reasons I chose the series over other projects. I'm so proud to be associated with it.

We haven't made up anything in the show. It's real; in fact, it's based on research. I applaud the fact that every effort is made to ensure that the show maintains its relevance. For example, there was a time when Sister Bettina didn't feature in the series. We were focusing on safe sex, and we realised that no one was going to listen to an old person preaching about condoms – they just wouldn't be able to relate! Preaching is, in fact, never welcome on *Soul City*; it's more about edutainment, the goal being to educate people while entertaining them.

As a cancer survivor who views her role as an awareness activist in an extremely serious light, I'm concerned that the current generation of nurses appears to have forgotten that protocol, while important, cannot replace nurturing care. People must come first. And, that this is one of the topics that will be addressed going forward.



## Profile: Phungi Baloyi

Phungi is the TMZ Foundation's Goodwill Ambassador & Advocate for breast cancer but a breast cancer survivor/ warrior herself. She was diagnosed with breast cancer over 5 years ago. At that time, patients went into surgery not knowing if they would have a breast when they woke up. Radical mastectomies were the only option and the surgery was often disfiguring.

Luckily she did need that extreme option. Phungi and her supportive husband, approached her diagnosis with candour and a heavy dose of positive attitude. It was a life-saving example that encouraged her 5 years later to monitor this formidable enemy up close.

### *"Early detection saves lives,"*

1 in 28 women is be diagnosed with breast cancer. As disturbing as it has been to see more women diagnosed with breast cancer every day, Phungi knows the landscape is different and there is much hope on the horizon.

One in 28 women will be diagnosed with breast cancer. As disturbing as it is to see more and more

women diagnosed with breast cancer, Phungi knows the landscape is changing and there is hope on the horizon.

Thanks to improved screening, treatment and support, Phungi believes the face of breast cancer has changed forever. However, due to late detection, women are still dying from this largely preventable disease.

Options unheard of when she was diagnosed just over 5 years ago are standard tools in the cancer fighting arsenal. It doesn't change the fact that the treatment is life altering, but today we have new tools and an ever-widening array of genetic markers.

Phungi recognizes that the many advances in breast cancer detection and treatment are directly linked to research, education and advocacy, championed by the non-profit organisations such as the TMZ Foundation and our own Department of Health.

Their combined commitment to find a piece of the cancer puzzle has extended life and inspired hope for countless women.

"Early detection and improved treatment does save lives but, please, let that cure be soon. I do not want my nieces and daughters to fear the words, 'Darlin' you have what your Mamma had.' Phungi and her husband Brian have been blessed with a 7 month old baby boy. She fell pregnant after she was in remission.

***"Join the TMZ Foundation in the fight against Cancer..."***



## Profile: Martina Meisie Motaung

*"Battling Through the Struggles of Life to Find my Purpose Again..."*

### **I overcame Rape, HIV, TB and cervical cancer at an early stage in life.**

"When it happened, I decided I wasn't going to let it get me down. He took something from me and I couldn't prevent that, but the rest of my life is mine. I have my life and that's all that matters."

Recounting the day of the attack 11 years ago, Martina recalled: "I was travelling in a taxi from work to home. The sun had just set and it was a peaceful evening. I had so many thoughts about what I was going to do when I returned home. But no, it was not to be..."

She begins her speech as she looks at her audience but sees beyond their plastered smiles to touch the deep pain they suffer. Her audience is largely pooled from the most marginalized and most vulnerable rural communities, many of whom suffer from HIV/AIDS, cancer, TB or all three.

Martina was raped over twelve years ago. She was subsequently diagnosed with HIV/AIDS. A year later she suffered from pulmonary TB and survived, only to face the gruesome trials of cervical cancer shortly after.

"I had to follow a very difficult TB treatment plan and for eight months I was living on countless pills that left me drained," she recalls. "But I persevered knowing that if I falter I would simply die."

As an HIV/AIDS infected person, Martina was full aware of her vulnerability to other diseases and she was determined to face her challenges with a healthy lifestyle and continuous screening.

"Early screening was my primary concern but still, when the doctor called me to announce that I had stage 4 cervical cancer, the only question I had for him was: "Am I going to die?" One is never prepared for the shock and fear that come with that diagnosis."

Rising above what a human being can withstand at one time, Martina survived and was declared TB and Cancer free. She decided to become a motivational speaker and establish support groups for those who still had to journey through the suffering and the pain.

On an early February morning in 2015, Martina received an invitation to join Madam Tobeka Madiba Zuma on a Warrior's Walk to honour

cancer survivors. At the time, she was juggling a day job as a customer service attendant at Gautrain and also served as a motivational speaker.

"I felt honoured to walk along-side the First Lady and the President," she says. "When I was called to the VIP side to meet our First Lady in person, I could see in her eyes how moved she was by my story. But the mood that day was so positive and so inspiring that I just knew that she understood."

Shortly after, Martina was invited to join the Tobeka Madiba Zuma Foundation and share her journey to inspire hundreds if not thousands of survivors across the country.

"I remember my first speech in front of the First Lady," Martina chuckles. "I don't know Zulu but I had to speak to these kind old ladies and I made an effort. I managed of course but after they had a few laughs at my expense."

TMZF has given Martina a job that speaks to her new vocation and her passion to motivate, to hold on to hope and find a way to get assessed. Her rigid treatment plan required flexible hours and a relaxed environment for her health to thrive. Together with Madam Zuma, she offered herself as a shield to create an honest and compassionate space that allows the foundation to reach out, beyond taboos and fear and discuss life saving behaviours with many disenfranchised communities.

"I learnt from Madam to better present myself, make my case, abide by higher ethical standards and most of all to be the change that I want to see," she says.

As she looks around and spreads hope with her ever confident, compassionate smile, she concludes her speech. "Early detection saved my life, twice. It can save yours and those you love the most."



## Profile: Liza Motlhasedi

I have been a cancer survivor for the past 11 years. I was diagnosed with lymphoma, cancer of the lymphatic system in 2004. I was born in Matau; Rustenburg on September 26, 1972. I'm a single mother to a 13-month old handsome boy, Gaopalelwe.

At the time of my diagnosis I was an active board member of Bathobotlhe Baptist Church in Mohlakeng, Randfontein, I also served as a Sunday school teacher. My life was full and active and I led a healthy lifestyle. I went regularly to the gym, attended aerobics classes and I'm currently involved in an orphanage called Phehella in Silverton. I help with raising funds for their school stationery every year.

The diagnosis came as a shock because there was never a record of cancer in my family, although lymphoma is not hereditary. It made me grow closer to God and he felt like my belief was being tested every day. It was the most trying times but Isaiah 43 V. 2 kept me going: "When you walk through water I will be with you; when you pass through the rivers they will not sweep over you."

***Cancer can be beaten. Cancer can be conquered.***

I was born on the 7th January 1969. I live with my two sons; Reaobaka and Rebaone and my husband, George at Unit 15, Mmabatho. I work for the Mafikeng Local Municipality in the Finance Department. I am a lay minister at the All Saints Anglican Church.

In early October 2008, I was diagnosed with breast cancer; The doctors ordered a lumpectomy operation within weeks and I started chemotherapy soon after from November 2008 to March 2009.

A six week course of radiation therapy followed soon after that. And to my delight, the MRI scans after completing my treatments have shown that I am now cancer free. So I am now doing my yearly routine check-up and for those of you who think that breast cancer is a death sentence, take courage. It can be beaten. My faith in God also keeps me strong. Thank you.

## Profile: Inno Game





## Profile: Christine Ngwanyama

I thank God for sending His Word to heal me and for providing me with wonderful doctors and nurses whose love, knowledge and compassion were available to assist me in my fight against breast cancer. I am humbled by their obedience to honour God by applying healing to his people.

I also give thanks to my children for loving and caring for me – their support was amazing! As a singleparent, they were the closest people to care, support and encourage me in every way during the most difficult time of my life. To my family, friends & colleagues, thank you for your prayers, love and support, words cannot express my appreciation. The Lord will richly bless you all.

When we talk about cancer, we need to know that it is not associated with death anymore, but that our faith is tested. **James 1:2 - 4.**

Shock and denial was what I felt when I was diagnosed with the most feared disease in 2004. I was angry and terrified, then I asked God, Why me? Then a question came to mind "How will I know that God is the Healer if I did not get sick? This question challenged me and gave me hope and strength, that my flesh will be tested but my spirit is safe with God, I knew I had a very strong weapon, and that was FAITH.

I prayed and asked God to take away my fears as they were overtaking me, killing me before the actual disease. Cancer drew me closer to God. I prayed each day, singing praises and reading His Words.

I heard words of life from God's Word that said

***"This sickness is not unto death, but that the Son of God may be glorified through it"***  
- John 11:4.

The Word of life sustained me through months of relenting pains as I battled breast cancer.

I believe I was healed the minute I prayed according to **Mark 11:24.**

***"Whatever things you ask when you pray, believe that you receive them and you will have them".***

I went through the fire and through the water but the Lord brought me out to rich fulfilment. I will forever testify about His goodness and praise Him for His love and for healings me.



## Profile: Leбомang Winnifred Holele

I'm celebrating my 11th year as a cancer survivor and activist. I have been blessed with over a decade of grace.

I was born on 26 April 1961. Most of my childhood was spent in Kuruman. As a young adult pursuing my lifelong dream to be an educator, I relocated to Mafikeng. It was there that I met and married Rev. Tshwene Raymond Holele in 1987 and we were blessed with two beautiful daughters, Kitlano and Ngata.

On Friday, 27 August 2004, at the age of 43, I was diagnosed with breast cancer and underwent a mastectomy on my right breast on the 15th of September 2004. Chemotherapy and radiation treatments followed soon after. This was a challenging period in my life, however I constantly tried to maintain a positive outlook.

My family, colleagues, my church, at home and in my community supported me through my trial period, and for that I am extremely grateful.

I am of the same opinion as TD Jakes that when you are down to nothing, God is up to something. I believe I have been called to make every day a World Cancer Awareness Day.

It is with this attitude that I continued to soldier on and spread the knowledge and my life experience. My personal experience enriched my capacity and ability to touch the lives of those around me.

I'm venerated in my community. I have integrated an amalgam of responsibilities; a Sunday School Teacher, a deputy principal of the Batswana High School, a member of the Anglican Mothers Union member and a volunteer of Moitsheki Skills Community Development Centre, cancer survivor and activist, wife and mother.

My aim is to remind people that cancer is a not a death sentence and early detection can save lives. With education, we can support and motivate other cancer survivors. Cancer can be beaten.



## Profile: Violet Makgomo Khumalo

*“My Cancer changed my life. I’m grateful for every new, healthy day I have. It has helped me prioritize my life”*

- Olivia Newton- John

I am Violet Makgomo Khumalo (nee Langa) was born on the 12th Dec 1973 and was raised by my maternal grandmother. When I was 13 years old we (my younger brother and I) moved to our parents home in Hammanskraal in Lefatlheng village. I was married and divorced in 2009. After matriculation I went to study Education (BA Ed) at then Unibo (North West University). I later did an honours degree (B.Ed.) I’m presently employed by the Social Development as a Youth Worker.

Late in August 2009 I discovered a small lump under my right breast on my bra line. I ignored it for almost a year but went finally to consult my Doctors who ended up having me take the Biopsy tests that confirmed that I had breast cancer.

I was operated on in early December 2010, on my daughter’s birthday and underwent Chemotherapy and Radiation treatments as part of the standard regimen to fight the disease. It was a challenging period of my life as cancer has been the scourge of my family for a long time. I lost my two aunts (my father’s younger sisters) to cancer. The first succumbed to cervical cancer and the second to breast cancer.

I received lot of support from my whole family, my fiancé and colleagues through this journey. I’m presently writing a book about my journey.

# Partnerships & Collaborations

In 2015 our Patron made major strides in the fight against HIV and AIDS, building relationships with UNAIDS, Forum of Co-operation with China (through the Organization of African First Ladies against HIV/AIDS), and the Commission for Gender and Equity.

HIV and AIDS, by reducing new HIV infections among young girls and women, helping to empower the women and girls of South Africa and to ensure that they have access to comprehensive sexual and reproductive health services.

These relationships have paved the way for the Foundation to cement its contribution to fighting



Partnered with CGE



Partnered with UNAIDS



Partnered with UNISA



Partnered with VSO

## The 1st African Girls' Summit on Ending Child Marriage in Lusaka, Zambia

Highlighting the need to protect young girls by bringing together civil society, the Government and the private sector, our Patron emphasized that if we speak with the same voice and ensure joint advocacy - from political and business leaders to traditional and community leaders - we will make more progress.

Concentrating on the Foundation's four core pillars, our programs for 2016 and beyond, are positioned to address issues of skills development amongst women and girls, promoting access to health facilities for communities, and increasing our collaborative efforts with organizations that contribute to the betterment of communities.



## Working in close collaboration with the Department of Health

Partnering with community-based organizations to support pediatric HIV as well as TB and Cancer care, allows the Foundation to better understand the needs of the people and what is needed to strengthen existing local resources.



## HIV/ AIDS 90-90-90 Fast Track Municipalities

The First Lady is working with UNAIDS and Local Municipalities on the 90-90-90- UNAIDS March, a health approach that challenges countries to reach 90% of people diagnosed with HIV by 2020; enroll 90% of diagnosed people onto antiretroviral treatment by 2020; and to have 90% of people in treatment with fully suppressed viral loads by 2020.



## Collaboration with the Prisons



The First Lady has also led an initiative to advocate for prisoners' health and human rights. A Prison's Project has been initiated and these visits highlight the need for an integrated approach for the rights and health conditions of prisoners in the Southern African region. The initiative started in the KwaZulu Natal Province, where 2 prisons were visited and TB screenings and HIV testing were conducted. Prisoners were educated and counselled on TB and HIV. The Foundation is also targeting more prisons in Gauteng and the North West Province.



### Partnering with Jes Foord & SAPS in Stopping the Violence against Women & Children



### Promoting Healthy Lifestyle Nationally



## Screening Services to the People

The Foundation, in conjunction with the Department of Health, is taking screening services to the people. This will require funding and sourcing of mobile screening units as well as screening equipment such as X-rays and qualified personnel.

The TMZ Foundation, led by its patron and founder Madam Tobeka Madiba Zuma, held a Mass cancer screening day in Ladium Soccer Stadium, Pretoria to reach out to thousands of South Africans, and to raise awareness of the disease, empower youth and vulnerable communities to take charge of their health and break taboos surrounding cancer and other diseases that threaten the country's most productive generations.



In collaboration with Kalafong Hospital, Doctor George Mukhari Academic Hospital, the Department of Health and the Tobeka Madiba Zuma Foundation conducted two hospital visits to commemorate World Cancer Day and to share hopes and dreams for a healthier South Africa with patients and their families.

## Caring for the Disabled



# Meet Our Board



**First Lady Tobeka Madiba Zuma**  
Founder and Patron & Board of Director



**Dr K Tabane**  
Chair & Board of Director



**Paulina Janse Van Rensburg**  
Board of Director



**Chichi Maponya**  
Board of Director

## The wind beneath the foundations wings



**Akona Sotiya**  
Personal Aide



**Laila Saada**  
Head of Communications



**Mbalenhle Sindane**  
Intern Comms Officer



**Lungi Madlala Mcunu**  
Stakeholder Relations



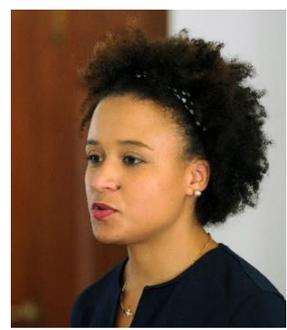
**Martina Motaung**  
Beneficiaries & Volunteers



**Magauta Pretty Dikana**  
Programs Support Officer



**Philasande Dladla**  
Youth Goodwill Ambassador



**Thandi Bulayi**  
Professional Volunteer

## Our Goodwill Ambassadors



**Phungi Baloyi** is the TMZ Foundation's Goodwill Ambassador & Advocate for breast cancer and a breast cancer survivor / warrior herself.

Read her inspiring story of hope and survival (Previous in Stories of Survival section).



# Volunteerism



The Foundation works closely with the Department of Health to provide care and support for newly-diagnosed HIV and TB sufferers, as well as for the terminally ill. With the strain on the healthcare system in south Africa at breaking point - especially in rural areas - the Foundation's fantastic volunteers play a critical role in supplementing the urgent work that is done the Department of Health.

The need for volunteers - to work in the field, in administrative tasks and in fund raising - has never been more urgent and the Foundation urges more people from communities across the country to join and support its worthy causes. The future of South Africa rdepends on a strong, healthy, educated workforce,

**Join us and make a difference.**