Provincial Highlights

Eastern Cape

Palesa Mgoduka, Provincial Manager

During the year under review, the Eastern Cape has positioned itself to devote more emphasis on building community structures, education, care and partnerships with other organisations as well as the government departments. Below are a few of the highlights from the year.

CANSAs relationship with the Department of Health is becoming stronger with a number of partnerships including at the Frere Hospital in East London where CANSANSA staff and volunteers assist patients at the breast clinic.

The partnership with traditional healers in OR Tambo region has resulted in more people going for cancer screening. A cancer workshop was held by the Department of Health, CANSANSA and Traditional Healers Association in Mthatha.

Men’s health has been very successful in the Western Region with a total of 200 men who went for PSA tests at different companies. An All Gold Sponsorship of 600 goodie bags was acquired from Tiger Food Brands Ltd in Port Elizabeth to combine health promotion and fundraising at our golf days. The theme for our golf days was “Healthy Prostate” because tomato products are helpful in reducing the risk of prostate cancer. We reached over 800 golfers and the feedback was positive.

The Lymph clinic in the Amatole Region, run by volunteers, supports breast cancer patients with lymphoedema. The clients benefit from stimulation of the lymph glands and feather light massage of the affected arms.

Door-to-door peer education about cancer is being conducted in Mdantsane which is the second largest township in South Africa. The community expresses their gratitude for the education being done.

CANSANSA, the Department of Health and the South African Council on Alcoholism and Drug Abuse (SANCA) conducted an anti-smoking road show at 10 schools to give presentations to learners about the dangers of smoking.

About 200 staff of the South African National Defence Force in Port Elizabeth took part in a 7-km health walk organized by CANSANSA volunteer Isabel Arpin. A health talk was also given on cancer prevention, especially on sunSmart awareness.

I extend my thanks and congratulations to my colleagues in all regions for their hard work and commitment. Their efforts have enabled our organisation to fulfill its mission and made a big difference in the lives of those living with cancer.
Free State / Northern Cape
Elize Joubert, Provincial Manager

CANSA Free State/Northern Cape (FSNC) attributes the successes of the past year to the excellent partnerships with the 120 communities we serve. CANSA FSNC also networks strongly with government departments, other institutions and business partners by putting the cancer cause on their agendas and thereby ensuring that they take ownership of CANSA’s mission.

CANSA FSNC currently has 95 liaison committees taking the lead with the fight against cancer in the various towns. The 116 mentoring teams and 1 426 trained patient care volunteers ensured the holistic care of the 4161 patients and their families. In the bigger towns 28 support groups were active to ensure that patients received the necessary support.

Patients from the Free State, Northern Cape and Lesotho mainly receive their radiation treatment in Bloemfontein. The two CANSA Interim Homes (Katleho and Olea) enabled 1 611 patients to receive their treatment. The support from corporate and individual donors to sustain these two homes was evident in the R85 000 received from Vodacom as well as the R22 390 generated with the Bucks for Beds project. CANSA FSNC had a very successful World Cancer Day on the 2nd of February where the focus was placed on children. Various children’s parties were hosted and party packs handed out. The public generously supported these events.

The Kimberley Region received the Sanlam Cobolt OFM Award for Service Excellence as the best NGO in the Northern Cape.

A further highlight was the seven symposia, which reached 520 health professionals and volunteers. Themes included: the dangers of smoking, colorectal cancer, men’s health, cervical cancer, breast cancer, sunSmart awareness and a healthy lifestyle. Due to the high incidence of cervical and breast cancer, two mobile clinics are utilised daily to detect cancer in women as soon as possible. During the reporting period 7 012 pap smears and 5 914 clinical breast examinations were done. Men (654) were also reached with PSA tests to assist with the early detection of prostate cancer.

A total of 299 637 people were reached with 3 660 health talks, which were mainly conducted by our 843 Health Promotion volunteers. Schools, youth, women and men groups were targeted to receive the message of a healthy lifestyle and risk reduction. Over 173 959 people were reached with 2 233 exhibitions. Highlights were the breast cancer walks which were attended by more than 5 000 people. The sunSmart campaign was also a highlight, mainly due to the support of Clicks who sponsored materials including cabanas. The CANSA Exhibition Stall at the Annual Nampo Agricultural Show in May 2006, promoted the CANSA brand and health messages to the more than 60 000 annual visitors to this show.
Gauteng
Joel Perry, Provincial Manager

During the year under review, CANSA Gauteng focused on establishing community structures for delivering services, implementing more education and early detection programmes and enhancing the quality of services to all those affected by cancer. With commitment to the cause and visionary leadership at the national level, the year ended with growth targets having been met and staff upbeat for the future. Through the dedicated efforts of staff and the support of volunteers, 20 new community structures were established in the province.

CANSA has been well supported by local and national media to promote our health messages and programmes organised in respective areas in the province. This includes provincial and local radio stations, local print media and electronic newsletters with a collective reach of over three million people. We have had 100 print articles, 69 radio talks and 21 newsletters involved with our communications. Over 4 068 posters and 267 717 pamphlets were distributed in communities, workplaces, exhibitions, health days and at talks given across the province. Over 110 830 people have been reached with direct health talks excluding radio, and 122 425 directly with exhibitions.

Regarding cancer screening, networking and funding support, CANSA Gauteng conducted 2 051 Pap smears, 1 244 PSA tests and 2 550 breast examinations. Abnormalities detected and referrals have been at 5%. A total of 542 patients have been accommodated at no charge at our Interim Homes in order to access cancer treatment at several hospitals in Gauteng. Our home based care programme has looked after 1 022 patients, and a further 2 299 people have benefitted from our 39 Support Groups held across the province.

Highlights of the year include the re-launch of Lukholweni Interim Home in Soweto on 7 September 2006 after the completion of major renovations which were sponsored by the National Lotteries Board to the tune of R1.6 million. Morning Live on SABC 2 conducted a live broadcast from Lukholweni on the morning of the launch and interviewed various stakeholders including survivors and medical professionals to raise awareness about cancer. After the corporate breakfast, members of the public enjoyed a motivational talk by musician Hugh Masekela, talks by cancer survivors and music from the Soweto Youth Choir. Sibongile Khumalo, who is an active CANSA volunteer and a member of the Lukholweni Committee, was the programme director.

Gauteng was proud to host CANSA’s national World Cancer Day event at Alan Ridge Combined School at Rabie Ridge, Midrand on 4 February 2007. Approximately 1 500 learners enjoyed the Tap Tap/Toktokkie musical dance shows that promoted healthy lifestyles in line with the World Cancer Day theme of ‘Our Children, Our World’.

CANSA Western Gauteng received the “Outstanding Community Support Organisation Award” from the Roodeport Chamber of Commerce and Industry for 2006.

CANSA Gauteng conducted over 100 wellness days at workplaces where exhibitions were also held. CANSA ran a successful door-to-door campaign on men’s health held in Alexandra in November 2006 leading to 65 men being screened. Another awareness campaign in Tembisa and Daveyton reached 1 402 men at taxi ranks, the SAPS, local schools and taxi associations.

Over 2 000 people attended the Jail ‘n Bail held at the Princess Crossing Shopping Centre in Roodepoort in November. Other events included the breast cancer tea in Carletonville, the women’s awareness day at Lukholweni Interim Home, the Spar Ladies Race which had 6 300 participants and the Rooi Rose tea with 960 participants.
The financial year under review started on a low in terms of financial challenges from the year before. Although we operated with a low staff complement, many volunteers dedicated their private time to assist us carry our programmes through. A new regional office was opened in the uThungulu Region, in the North Coast of the province and soon thereafter over 100 potential volunteers came forward to offer their services.

In terms of health programmes, the major drive for the year was mainly in two campaigns - anti-smoking and breast cancer awareness. About 3 000 people attended a public event in Escourt co-hosted by CANSA and the Department of Health, the focus being on the youth and not smoking. Our volunteer from Newcastle, Bill Renwick, who is also a cancer survivor, delivered a testimony and a lesson to be remembered. Another event was also held in Durban wherein over 1 000 school learners and teachers participated. In both events, the Provincial and Regional Offices of CANSA were well represented, alongside members of the Provincial Legislature, traditional leaders and Senior Management in the Department of Health.

In October, breast cancer awareness month was celebrated in style with about 350 women attending a learning and sharing morning tea function in Newcastle organised by a group of volunteers who sought all the necessary equipment and refreshments.

A total of 2 077 patients and family members were assisted through our home based care programme, hospital visits and support groups.

Monthly, about 382 regular patients received assistance from our dedicated staff in Durban, Scottburgh, Newcastle and Pietermaritzburg.

Over 729 288 people were able to receive information through regular health information talks, and radio interviews.

Through our annual men’s health campaign, of the 2 675 men who undertook Prostate Specific Antigen (PSA) tests, 107 were referred for further investigation and treatment.

A total of 2 113 Women were seen through our Pap smear clinics, and 2 412 were assisted and taught how to do a Breast Self Examination (BSE); and 249 were referred for further investigation and treatment.

This year’s sunSmart campaign saw 158 people being seen through the annual spot-the-spot beach activities and 35 were referred for further investigation.

For World Cancer Day on 4 February 2007, CANSA Durban office visited children at the Inkosi Albert Luthuli Hospital. Pictured here are singer/guitarist Lesley Stark entertaining the kids with Mo the Magician looking on from the background.
In Mpumalanga, 11 provincial council members, 41 regional committee members, 195 liaison committees members and a total of 914 volunteers assisted the 17 staff members to reach out into many towns and communities which would otherwise not have benefited from CANSA knowledge, expertise, and services.

During this year, CANSA served 1,505 patients, present over 180 health talks and 31 exhibitions which reached 7,720 people. CANSA also distributed CDs, booklets, posters, and pamphlets to almost 35,000 persons. CANSA Mpumalanga also participated in a national cervical cancer screening programme, during which 1,498 Pap smears were conducted with 152 referrals. A repeat sponsorship from the ABSA Foundation in Mpumalanga enabled CANSA to implement “Healthy Living through Community Development” to great effect. Over 15,000 learners were reached and 63 community members trained on health awareness, care and patient support services and 1,300 community members empowered with information on health awareness and patient care. At total of 431 health talks and exhibitions brought the CANSA message to about 32,643 persons.

Cancer patients and their families benefited from eight support groups facilitated by professionals who have shared their knowledge and expertise free of charge, in many cases travelling considerable distances to do so. Service level agreements with 37 stakeholders, businesses, and professionals have enabled CANSA to offer a wide range of services to clients in many areas.

Flowing from these partnerships, CANSA co-hosted a successful Cancer Awareness Day with the Provincial Department of Health, at Kromdraai in the Albert Luthuli Municipality, near the border with Swaziland in October 2006. A successful World Cancer Day was held in Kanyamazane in the Lowveld with the Department of Education. A large Breast Awareness Day took place at Anglo Coal in the Highveld area. The Breast Care programme informed many high school girls on the importance breast health. A successful Breast Festival event in Secunda was great fun while providing an opportunity for breast and PSA screenings and generated over R11,000.

During this financial year CANSA was able to utilize funds to the value of just under R16,000 (donated in previous years by Sappi, Standard Bank and the Promenade Charity Ball for this purpose) to provide travel support to child and adult patients who needed to travel to larger centres in Gauteng for cancer treatment.
Donations from the Monty Atherstone Trust over many years have had far-reaching benefits for CANSA Mpumalanga in making it possible to educate and train CANSA staff and volunteers to deliver community services. In February 2007 a team including the provincial manager, three regional managers and a project facilitator visited three CANSA offices in the Free State / Northern Cape to learn from their proven successes, and in March 2007 all Mpumalanga staff were brought together at a three-day Bundu Bash in the Lowveld where the CANSA NED and other key personnel from National Office informed, educated, empowered and inspired us in the challenges of excellence and self-sustainability.

In respect of governance, Ds Darius Botha from Nelspruit was elected to serve on the newly established CANSA Council of Governors, while Provincial Chairperson, Mr Henk Jooste, was tasked to lead a working group in amending the Charter in respect of the roles and responsibilities of Provincial Councils.

Lucille Lamb, Regional Manager of CANSA Highveld, retired after 29 years of service.

Project initiatives in the province realized almost R1,3 million. The pride local project is the Debutantes' project run in Highveld and Lowveld, and the winning Debutante, Mart-Marie Rademeyer of Witbank brought in around R72 000 on her own, mainly through the sales of fudge. Highveld also ran a very successful Motorbike Raffle project, with Jail’n Bail being the star project in Cosmos Region, together with a couple of enjoyable golf events. The Delmas Committee presented a novel Rugby Dance with the Blue Bulls theme.

I would also like to acknowledge the efforts of the Lydenburg Liaison Committee, led by Ann Neethling and Annetjie Bosman. Also, Elmi Hattingh held a successful Golf Day in Nelspruit, and the Liaison Team in Malelane under the leadership of Susann Breytenbach won the provincial Cuppa for CANSA competition.

North West / Limpopo
Gerda Strauss, Provincial Manager

It is a privilege to contribute towards this annual report and to endorse the quality service delivery of CANSA North West and Limpopo. During the previous financial year CANSA introduced a 7 point turnaround strategy including the following key indicators:

- Cost Reduction
- Income Generation
- Service Delivery
- Staff Morale
- Governance and Management
- Communication with stakeholders
- Research

These two provinces were structurally affected by this strategy and had to rationalise our staff component, scale down on management structures and streamline our service delivery structures. The management team divided the two provinces into five regions, namely Klerksdorp Region, Mafikeng Region, Rustenburg Region, Waterberg Region and Polokwane Region. Two of these regions (Rustenburg and Waterberg) now manage services across provincial borders. These structural changes contributed towards the turnaround strategy by saving R2 000 000 during the financial year under review.

Regarding income generation we need to highlight our very successful Relay For Life event held in Rustenburg. It is currently the South African benchmark for CANSA and not only brought in R232 000-00, but 65 teams participated.
through the night and 3 000 to 5 000 people attended this event. The 100 survivors who walked the first lap were the VIPs of this event and they were treated and attended to in a very special way. This was also an excellent opportunity to market the services of CANSA.

We managed to build and grow our community structures from 17 to 43 and this enhanced our service delivery in small communities i.e. Taung, Ganyesa, Dendron and many more. Volunteers were trained and partnerships with DOH and other service providers in the medical field, helped to empower communities and individuals to help control cancer. CANSA’s service delivery benefitted more than 4 000 cancer patients and their families. The Theunis Fichard Hospital, an eight-bed hospital facility situated in Polokwane is the only one of its kind in the country. Needless to say that the quality of services compare with the best country wide and contributed towards the fight against cancer and assisted many patients and their families.

Our mobile unit had a successful outreach programme and although it is part of the Rustenburg region, the unit worked in Mpumalanga and other regions within our own province i.e. Vryburg and Waterberg.

We conducted 4 000 screenings (Pap smears and PSA testing) throughout the year.

Staff morale was improved through two seminars (for service delivery staff) by a clinical psychologist and the system of provincial staff awards. Although staff felt uncomfortable with a lot of the changes, they managed to settle down and to refocus on CANSA business. We also hosted several team building opportunities to build unity amongst the staff of the two provinces.

The appointment of our governor, Gladys Matjie, made a great difference to the governance of the two provinces. She is a professional woman with a wealth of knowledge and expertise. She represents CANSA on several committees and community structures and constantly puts CANSA in the face of government and other significant partners.

We are the only provincial structure with an active database of 27 000. The management of the database, through the Givengain system, enhances communication from our grassroots volunteers to our corporate sponsors and partners. Our provincial website page is well organised and updated on a monthly basis.

We as management of CANSA North West and Limpopo extend our gratitude and appreciation to our donors, volunteers, partners and staff for their loyalty and ongoing support. Together we make a difference.

**Western Cape**

*Stephanie van Deventer, Provincial Manager*

Winning the battle to control cancer requires effective teamwork that extends to the community at large. CANSA Western Cape education and screening programmes use a community-based approach to provide crucial links among CANSA, the Department of Health, the private sector, other organisations, and the public as we work together.

We all celebrated World Cancer Day on 4 February 2007 with events all over the province including prayer services, community and workplace talks and exhibitions, and cancer patients in various health centres enjoyed special attention.

Cervical and breast cancer have the highest incidence of all cancers in Western Cape women. Our programmes focused on reaching women in disadvantaged and rural communities with a screening programme for cervical cancer in partnership with the Department of Health, Life Healthcare and the National Health Laboratory Services. A total of 1 464 women received free Pap smears. This included a special screening programme in the Central Karoo towns of Prince Albert, Leeuwegamka and Laingsburg. In August 2006 an awareness campaign on cervical cancer screening was launched in...
Khayelitsha in partnership with the Department of Health. This involved handing out a teabag to women with a message to have tea with another women and inform her of the importance of a Pap smear. Health professionals assisted us in performing clinical breast examinations on 4,243 women while CANSA staff educated personnel at 16 Woolworths stores on breast cancer. Thousands more women were reached with information through 50 radio talks and 91 articles in the local media while Good Hope FM radio station also broadcasted a dedicated awareness programme on breast cancer during October 2006.

A very successful prostate cancer screening programme was run in partnership with local medical doctors and Pathcare laboratories to screen 1,041 men in three regions. An additional 14,173 men were reached through 487 talks and 20 exhibitions while our media partners assisted us to reach thousands of men through 12 articles and 14 radio talks on the importance of early detection.

Our activities promoting healthy choices to prevent cancer were aimed at all age groups, including the youth. Thousands of learners in schools across the province were educated on healthy eating habits, being sunSmart and not smoking. An additional 40 radio talks, 906 public talks and 53 print articles further educated the population on healthy lifestyle issues. A total of 622 people were screened for skin cancer by volunteer dermatologists during our Spot the Spot Beach Clinics. All our Health Programme Coordinators attended a Smoking Cessation Workshop in August 2006. Specific schools were then targeted to introduce programmes to become smoke-free schools.

A total of 3,016 patients received support services from CANSA volunteers and trained caregivers. These services included home-based care, emotional support, financial support, and support relating to food parcels, patient transport and medical equipment.

Our 20 bed Eikehof Interim Home in Athlone offers accommodation and specialised supportive care for patients for the duration of treatment and accommodated 159 patients over a 12 month period - some of them staying for as long as six weeks. Apart from physical care, counselling and recreational activities, the home also embarked upon a programme to foster a culture of healthy eating and to ensure that the patient takes the concept back home. Patients were trained in health gardening by the Mosaic Gardening Project. Patients also enjoyed the experience of weekly massages by students of the Cape Allied Health Institute and were introduced to the art of jewellery making.

Our Stoma therapy clinic in Mowbray has been delivering services to patients for more than 22 years and our satellite clinic in George is also functioning extremely well and services patients in the Southern Cape.

None of our prevention, early detection and care programmes would be possible without our dedicated team of staff and volunteers. As a token of appreciation, we treated more 1,000 volunteers to "Special Day for Special People" functions to thank them for their support.

Our events for the year under review included very successful Cuppa for CANSA, Sanlam Golf, Shavathon and Toktokkie projects. The 15th annual Bergriver Rubber Duck Challenge raised a total income of R1 million over 15 years. New to CANSA’s calendar was the successful Relay For Life event which was held in Oudtshoorn on 3 and 4 February 2007.

We take this opportunity to thank our 42 staff members, 3,000 volunteers and many partners whose dedication constantly inspires us.