



## Newsletter May 2008

Welcome to our very first newsletter! Since the Jabulani Rural Health Foundation was created in October last year, so many exciting things have happened – and we thought it was high time we let you know about them.



### How it all began...

The Jabulani Rural Health Foundation was founded by four enthusiastic doctors – Dr Taryn Gaunt, Dr Ben Gaunt, Dr Karl le Roux and Dr Sally le Roux.

Based at Zithulele Hospital, a small rural hospital in one of the poorest areas of South Africa, the friends wanted to create a non-profit organisation that would provide support for the development of Zithulele Hospital and the health of the community it serves – around 130,000 people.

L-R: Taryn, Ben, Karl & Sally

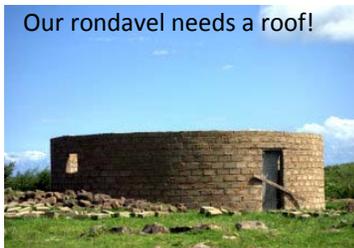


The Foundation focuses on healthcare support, care for those affected by HIV/AIDS, poverty relief, education, nutrition and advocacy.

### Fundraising complete for Training Centre Accommodation

Having raised a total of R80 000, the Jabulani Rural Health Foundation is due to start building work on a dormitory-style rondavel and kitchen for people who come to Zithulele Hospital for essential training.

Our rondavel needs a roof!



The site, just 500m from the hospital



A new kitchen will be built



The trainees include local health-care professionals, village health workers and affected family members who will be providing community-based care to the terminally ill and patients who are too poor or too sick to travel to the hospital, particularly malnourished children, HIV patients and cerebral palsy sufferers.

## Nutrition monitor for Masikhule

The Masikhule Garden & Nutrition project now has its own nutrition monitor, Notandikile Valuvalu. Elected by the community, Notandikile will be using a demonstration garden to teach local families about nutrition as well as helping them create and maintain their own door-size vegetable patches.

The project is funded by Stichting Zithulele, a Dutch foundation set up by Dr Henk Boonstra. A former doctor at Zithulele Hospital, he is familiar with the challenges faced by the community and established Stichting to promote its development. Stichting has strong links with the local church and its supporting congregations, who have been closely involved with Masikhule since its inception last year.

Masikhule is modeled on a successful nutrition project run by the Medical Research Council in KwaZulu Natal and has expert input from nutritionist Professor Benade.

Known and respected throughout the community and with a background in agriculture, Notandikile was the obvious choice for nutrition monitor. An important part of her job is to measure the growth and weight of children every month, in order to combat the problem of childhood malnutrition. Notandikile is looking forward to holding her first meeting at the end of the month.



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## Become a Friend of Zithulele!



If you would like to help the Jabulani Rural Health Foundation with its projects, receive updates on all our latest news and make a real difference to our community, then why not become a Friend of Zithulele?

As a Friend of Zithulele, we invite you to contribute a regular amount every month. Regular donations help us to plan, budget and employ staff, all of which lead to the sustainability of our projects.

How much you donate is entirely up to you—no amount is too small. For monthly commitments of R100 or more, we will send you a Jabulani factsheet and our regular newsletter as a reminder of our continued gratitude.

To become a Friend of Zithulele, just send us an email at [jabulanifoundation@gmail.com](mailto:jabulanifoundation@gmail.com) and we will get back to you with the details.

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**We would like to thank all the donors who contributed to the projects mentioned in this newsletter: Stichting Zithulele, Rhodes Scholars Southern Africa Forum, Reading School Student Council and Breadline Africa.**

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