



Keeping Abreast

KOMATSU

taking breast cancer awareness throughout Botswana



Northside Primary School



THANK YOU

KOMATSU

We are very excited to announce that KOMATSU have sponsored us in full for the purchase of our very own Ultrasound machine.

This is going to allow us to rule out Breast cysts and Fibroadenomas in the villages we visit. This will cut down on the transport and accommodation costs of bringing many ladies with such breast issues to Gaborone, for ultrasounds. The money saved will also free up funds to go towards mammograms, which we still need to outsource.

We are grateful to KOMATSU who have been our principal sponsor for almost 5 years now.

Thank you for changing lives!



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Journey.of.hope.Botswana

JOURNEY OF HOPE BOTSWANA



Page 2

Tshwara. Leba. Tlathloba | Touch. Look. Check

JOHB | HOW IT ALL BEGAN

Ten years ago, a group of women sat together to discuss the idea of starting a support group for women going through Breast Cancer. Three of these women, Bev Denbury, Rita Keevil and Marilyn Garcin, are still a part of Journey of Hope Botswana. Here are their stories:

In 2008 I was diagnosed with breast cancer. I had my treatment in Botswana and discovered if you did not have medical aid the process for treatment was extremely difficult and traumatizing.

In 2009, a group of ladies got together to help a lady who needed breast cancer treatment and did not have the funds to pay, we held a fund raising lunch and managed to raise a fair portion towards her treatment.

As per the norm in small communities, the word got round and we were approached by other desperate ladies for help. We then formed a committee and registered a non-profit charity and named it "Journey of Hope Botswana"

Again the communities of Botswana from Kasane, Maun, Francistown and Gaborone pulled together and held fundraisers to help us on our way, getting the important message of "early detection saves lives" out to the communities of Botswana.

Over the past eight years, we have annually travelled the length and breadth of Botswana on our beautiful pink vespa scooters, backed up by pink vehicles proudly sponsored by Barloworld, Seriti, Silverton, Tracker, Auto Armor, Avis and Bank Gaborone. Medical services have come from MRI, BEMS, and RESCUE ONE. We also have a growing group of volunteers and Bokamoso Private Hospital kindly allow Doctors and nurses to travel with us and help with breast examinations.

Our latest extremely proud moment is the purchase of a portable ultrasound machine thanks to our major Sponsor KOMATSU, we are more than excited with this new purchase as this will save Journey of Hope Botswana a large amount of money which is spent on paying for ultra sound examinations .

As Journey of Hope Botswana continues to grow and make a difference, my wish is for us to eventually have our very own 'Womens wellness Centre' removing the stress and trauma this disease causes.



Bev Denbury - Chairperson

I have lived in Botswana since 1981 and value being able to "give back" to my adopted country.

As one of the founding members of Journey of Hope Botswana, I have been on every Big Journey. I am a rider and keep the children busy while their mothers and grandmothers receive education and examinations.

As a practicing litigation attorney, I offer legal services to the organisation. I have been consistently supported by BH Botswana and Armstrongs Attorneys in my activities in Journey of Hope.

I am a proud member of Journey of Hope Botswana for its delivery of the power of knowledge and its mantra that "early detection saves lives".



Rita Keevil - Road Captain

We moved to Botswana in 1986, where we stayed in Orapa for 6 years. We then moved to Maun where I was manager of a safari lodge for 10 years. We moved to Gaborone in 2003 and I opened my own safari company, which I still own.

I started Journey of Hope Botswana, with a group of like-minded women, including Bev Denbury, Rita Keevil, Jenny Marinelli, Debbie Stanford and Margaret Macdonald, to raise funds to help those that needed financial assistance. We now concentrate more on the awareness side.



Marilyn Garcin - Travel Manager

SUPER PROUD!

The theme for our Golf Day fundraiser was SUPERHEROES and they came out to support, pledge and play, all with an aim to raise P250 000 for Breast Cancer awareness.



FOR MORE SUPERHEROES
www.johb.org

OUR ANNUAL OBJECTIVES AT JOURNEY OF HOPE BOTSWANA

- The annual Big Journey -
- Support and attend public health events -
- Facilitate fundraising and awareness events -
- Teach the importance and techniques of self examination at every opportunity -
- Produce and distribute information pamphlets -
- Present a national media awareness campaign -



STEPPING UP FOR A HEALTHIER TOMORROW



If you see a pink vespa on the road, with a Bokamoso Private Hospital logo on the side, don't be alarmed. The Private Hospital has given the 2017 Big Journey a very welcome sponsorship boost, to the tune of P116 000.

This sponsorship is not only announced through the bike and rider branding, but also through a number of key contributions to directly benefit the men and women we see whilst taking breast cancer awareness throughout Botswana.

These include

- Consumable needed for breast examinations, aspirations and biopsies
- Laboratory Fees for 40 Fine Needle Aspirate Cytologies and 20 Breast Biopsy Histologies
- Personnel costs for Dr Malone and Matron Keyser, who joined the Journey of Hope team to do breast examinations
- P5000 for the printing of Breast Cancer Awareness colouring books
- 16 free mammograms that were given away in a weekly call-in show on RB2. This was done over a period of 4 months (July to October) in order to ensure that breast cancer awareness was not relegated to the month of October.



We are indeed grateful for the support, which now has the nation more aware about the importance of following the Touch. Look. Check/ Tshwara. Leba. Tlhatlhoba process – once a month, every month.

Thank you, Bokamoso. Le kamoso.

WORTH A MENTION



Lebani Mazhani (pictured here with Dr Brigid Malone) is a cancer survivor, who put her law career on hold to do the CanSurvive radio show on GabzFM. During Breast Cancer Awareness month, she interviewed the co-founder of Journey of Hope Botswana, Mrs Bev Denbury, about her own journey with Breast Cancer, as well as her hopes for the organisation as a whole.



A chance meeting with **Patricia Solomon Letlape** introduced us to a cancer support group known as **FIGHTERS**. The group of men and women who are going through different stages of all cancers (including Breast Cancer) support one another through a WhatsApp group. For more information, contact Patricia on +267 74871839

SHAKAWE | GUMARE | SEHITHWA | MAUN | RAKOPS | LETLHAKANE | SEROWE | PALAPYE



BIG JOURNEY 2017

August 2017 marked the eighth year of the Big Journey – a convoy of pink scooters that travel to towns and villages across Botswana’s clinics and hospitals giving talks, conducting free breast exams and teaching self-examination techniques. We reach thousands of men and women, and make referrals where necessary.

The pink team visited clinics in Shakawe, Gumare, Sehithwa, Maun, Rakops, Letlhakane, Serowe and Palapye before returning to Gaborone on Sunday 20 August.

During this Big Journey, the team gave over 50 talks about how to do a self examination at home, and performed a record 1520 breast examinations. 79 men and women were referred to Bokamoso Private Hospital for ultrasounds and mammograms. Those with positive results for breast cancer were referred to Princess Marina Hospital for treatment.



34 VOLUNTEERS | 8 DAYS | 9 CLINICS

The Big Journey 2017
12 Aug - 19 Aug 2017

1520

breast examinations

MAUN	341
SEHITHWA	84
SHAKAWE	181
GUMARE	207
RAKOPS	134
LETLHAKANE	201
SEROWE	200
PALAPYE	172

All referrals are being handled through Bokamoso Private Hospital. These include

25 Fine Needle Aspirations | 28 Ultrasounds | 6 Biopsies
7 Combined Ultrasound/Mammogram
23 Nipple discharges for Cytology

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October

IS BREAST CANCER AWARENESS MONTH

Every year, in October, we join the rest of the international community in increasing awareness about breast cancer. We honoured invitations to do talks and breast examinations, in the following:



- Kgatleng District Wellness Day in Mochudi
- Avani Golf Day, Gaborone
- Who Am I BW, Gaborone
- Phakalane Charity Dinner
- Laurelton Diamonds
- Curves, Gaborone
- Wild Things, Jwaneng
- Ministry of Basic Education, Gaborone Ramotswa
- Cummins, Gaborone
- Alexander Forbes, Gaborone
- Mochudi District Council
- CAB Stiletto Walk, Gaborone
- University of Botswana Library
- Toddlers Academy, Phakalane
- GabzFM



To book a talk or breast examinations for your event, contact us via email: info@joh.org.bw

RE A LEBOGA

SPONSORS AND ACKNOWLEDGEMENTS

As a non-profit organisation, we rely on donations to spread the awareness message throughout Botswana. These donations have come in cash and in kind, and we are grateful for each one.

BIG JOURNEY SPONSORS 2017 | BIG JOURNEY SPONSORS 2017

Principal Sponsor
Komatsu

Main Sponsors
Bokamoso Private Hospital
Northside Primary School
Maun Moonwalkers
KBL
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Rider/Bike/Logistics

Spar
STIHL
Coastal
Thornhill
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Choppies
Brenham
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Rod and Julia Phillips
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Cresta
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EzeeGrip
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Kya Sands
Kwa Nokeng Oil
BEMS
BICL
Regent Insurance
Garcin Safaris
Town Lodge
Grand Palm
Woolworths
BMS
JCDecaux
Just Alice



Every year of the Big Journey, we request permission from the Ministry of Health and Wellness, to conduct awareness in clinics and hospitals nationwide. The respective District Health Management Teams ensure that our posters are put up well in advance, and mobilise the community members on the actual day of our visit. The nursing staff is welcome to get involved in the proceedings of the day, and at the end of our visit we leave behind posters and pamphlets. Where referrals are made, we liaise with the clinics to ensure that the men and women who have been identified do indeed come to Gaborone for scans or treatment.



SPOTTED ONE OF OUR PINK BUILDINGS, BILLBOARDS, BIKES OR CARS IN YOUR AREA?

Take a pic and tag us on Facebook!

[# Journey.of.hope.Botswana](https://www.facebook.com/Journey.of.hope.Botswana)



Go fetoga ga tebebo ya thoba

Change in direction of nipple



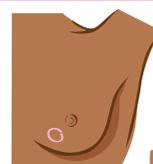
Bogwata kana go oboga ga letlalo.

Rash or crusting



Boleng jwa letlalo sekai; go bobetsega

Skin texture; e.g. dimpling or puckering



Kgwethe - e ka tswa e sa bonale mme e utwala

Lump - may not be seen but might be felt



Se se tswang mo thobeng; metsi kana boladu

Nipple discharge