

Prevention Programmes

HOPE Cape Town offers short-term HIV and AIDS prevention and awareness workshops to local organisations and companies, religious institutions, community forums and schools.

The basic HOPE Cape Town HIV prevention programme includes the following focus areas:

Safer Practices

It is important to follow safer practices, which can include correct and consistent condom use, yet the realities and complexities of life mean that accurate information must go hand in hand with the skills and ability to negotiate safer practices. There must be access to all prevention methods, including sterile needles for those who inject and prevention of transmission from mother to child.

Access to Treatment

Everyone who is HIV-positive has a right to treatment and medication. Antiretroviral therapy (ART) can help people manage their condition and prolong life. It is also important that medication for HIV-related opportunistic infections, such as tuberculosis and pneumonia, is available. For HIV treatment to work, people receiving it must have a healthy lifestyle, clean water and the means to follow a nutritious diet.

Voluntary Counselling and Testing

These services should be available to anyone who needs them. Information and support can help people who are HIV-negative to stay free from the virus, while assisting those who are HIV-positive to take the necessary steps to stay well, get the treatment they need, and avoid transmitting HIV to others.

Empowerment

People who have access to accurate information on HIV and support to uphold their rights can make informed decisions about the way they lead their lives in order to protect themselves and others. Empowerment and defending the rights of women and other marginalized groups are particularly key to stopping the spread of HIV.

HOPE Cape Town delivers training courses and workshops on request only. Please contact us at info@hopecapetown.org for more information.