



Who are we?

Established in 1992, Penduka is a registered welfare organisation WO 116. Penduka TB programme is a non-profit, non-governmental organisation. It is a TB service provider in Khomas Region and supporting the Ministry of Health and Social Services in TB management. It is funded by Global Fund Namibia through the Ministry. It also receives donations from Hangana. We currently support 19 CB-DOT points in the Khomas Region where treatment is combined with craft skills, outreach activities, community gardening, health education and nutritional support services.

Our Mission, Motto & Vision

MISSION

To provide a holistic approach to TB support, care, counseling and treatment by offering Community Based Direct Treatment (CB-DOT) to TB and HIV/AIDS patients.

MOTTO

DOT has Cured Me. It will Cure You too!

VISION

To empower TB patients to develop their skills, have an informed society and a TB free generation.

Where can you find us

There are 17 CB-DOT Points situated in the Khomas Region. You can find one at the following locations:

Community Based DOT Points

- 1.Okuryangava – Disability Resource Centre
- 2.Ombili – Omuvapu Street
- 3.Maxuilili – Tauno Hatuikulipi Street
- 4.Okahandja Park – Julius Nyerere Street
- 5.Soweto Constituency Office – Abraham Mashego Street
- 6.Hakahana – Etetewe Street
- 7.Havana – Karasberg & Opuwo Street
- 8.Wanaheda – Potomac Street
- 9.Donkerhoek – Mika Shimbuli Street
- 10.Otjomuise – Bonn Street
- 11.Greenwell Matongo – Daniel Street
- 12.Eehambo Ndhanehale – Havana Ext 2

Health Centres

- 1.Groot Aub Clinic – 50 km out of Windhoek
- 2.Khomasdal Clinic – Borgwara Street
- 3.Katutura State Hospital – OPD, Male & Female Ward
- 4.Robert Mugabe Clinic

Mobile DOT Point

- 1.Mitza farm – 25 km out of Windhoek

Our main office is at Penduka Offices
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Penduka TB is supported by:

Global Fund Namibia



penduka

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Holistic Approach to TB Care and Support in the Khomas Region



TB patients and Ex-TB Patients Activities

Drama Group

Penduka has an energetic drama group consisting of TB patients and Ex TB patients. It hosts drama performances in the community, schools and work places to inform, entertain and educate the nation.

Penduka Gardening Project

Former and current patients enrolled in the programme are provided with training, seeds and tools to operate community vegetable gardens. The fruits and vegetables they grow are used to provide fresh meals to current TB patients.

Activity Training

TB patients get a chance to gain new skills that they can use in the near future to become self employed. Penduka buys the products they produce and sell them in the craft shop to support the patients feeding programme.

Oshoto Penduka

Penduka's "Oshoto" a place for discussion in both Oshiwambo and Otjiherero aim to make counseling accessible to TB, HIV/AIDS patient, vulnerable communities, women, children, men and the general public in Katutura. This programme provides pre and post counseling, bereavement as well as family and spiritual services.

Equity/transparency:

All views and concerns raised in the programme are considered and followed up when necessary.

Empowerment:

We believe in patient empowerment. Some of our staff are former TB patients, craft producers and TB drama volunteers. This promotes skills sharing and a lifelong field experience for current TB patients.

Team work:

We are a chain that supports and helps each other all the time, respect and groom others for the best of community interest. The ventures of Penduka TB Programme CB-DOT, health education, activity training, community outreach activities and nutritional support programme.

Penduka TB Programme also provides support to the institutions of higher learning, work places, community support groups and schools addressing the wellbeing and social health of the individuals.

Community Based Direct Observe Treatment (CB-DOT)

- To avoid patients interrupt and default during their treatment and make sure they swallow the medication.
- To provide health education to TB patients to understand the facts about TB and HIV/AIDS.
- To educate community members as well as helping them make better decisions about their HEALTH.
- To form TB patient and community support groups to address stigma and discrimination.

Community outreach

- Host TB community awareness meetings
- Mobilise communities on TB, HIV/AIDS activities
- Host school awareness meetings and promote TB clubs
- Incorporate the media and music industry in the fight against TB and HIV/AIDS
- Network with other partners in the health sector
- Monitor and host TB drama performances
- Promote the Programme image through advocacy programmes
- Partnership with local music artist **Exit & Mushe** as Penduka TB Ambassadors to support TB and HIV/AIDS awareness activities.
- In partnership with COMBI TB, HIV/AIDS Life style Ambassadors programme

Information education and communication

The IEC is the main source of information sharing and distribution. Its activities include:

- Increase access to information on TB, HIV/AIDS
- Produce a Quarterly TB Newsletter
- Disseminate Information
- Distribute condom/femindom
- Produce programme ICE material

