



# People With Haemophilia Newsletter Central Haemophilia Foundation 3rd Quarter 2017

## Climb with Purpose Kilimanjaro July 2018



Hi, I'm Cobus Visser, a person living with haemophilia and I will be climbing Mount Kilimanjaro, Tanzania in July 2018!

This challenge is intended to take me to the next level in my life, to show me and other people that anything is possible! In this process, I will be using my experience to create awareness for haemophilia and people living with bleeding disorders.

I will be taking two sets of crutches with me. The reason is I need my elbows replaced and my ankles fused. I am pushing myself to showcase the power of the mind!

During the challenge, I will be taking other people with me on this journey to walk for their causes. We will be doing a world record attempt on the mountain and then on our return we will get together and write our stories that will be combined in to one book. This will be used to promote life lessons people can use on their

personal journeys. Proceeds from the book will be donated to the Haemophilia Foundation and used to inspire haemophiliacs to live their dreams!

You can follow the whole journey on Facebook as I attempt this challenge!

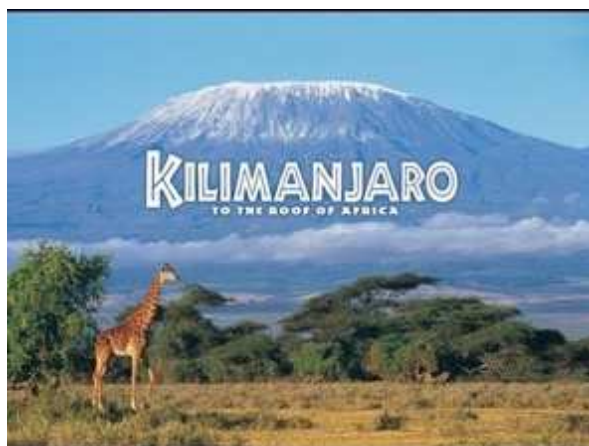
Click on the following links to follow:

### Link to PowerPoint

<https://www.dropbox.com/s/e9y5j9tkmrtcc19/Kilionpurpose%20webinar%20Global.pptx?dl=0>

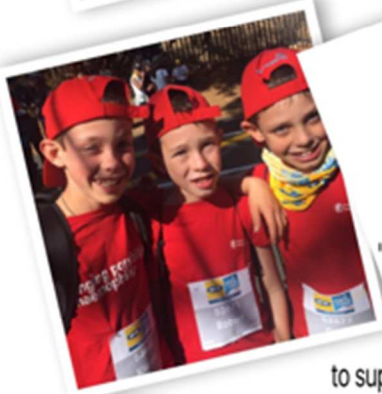
### Facebook video

<https://www.dropbox.com/s/4geeiyacj743ovi/Going%20live%20today%20%203kilionpurpose%20-%20Climb...%20-%20Cobus%20Visser%20-S-%20%20Mental%20Strength%20Coach.mp4?dl=0>



**Climb with Purpose - #hemophilia**





 **South African Haemophilia Foundation**  
Member of World Federation of Haemophilia

Sunday 23rd July 2017

"Hike for Haemophilia" is growing from strength to strength!

Thank you to all those who braved the morning and stepped out wearing "red" to support the cause and spread awareness about bleeding disorders!



 **walk the talk**  
702  
Title Sponsor



  
**START**



# PATIENT EDUCATIONAL DAY & AGM 4 NOVEMBER 2017

Join us as the bleeding disorder community in the central region get educated!

**Where?** OR Thambo Protea Hotel  
Gladiator St, Kempton Park  
GPS Co-ordinates 26:07:9:48 S  
28:13:57:37 E

**What Time?** 9H30 – 14H00

**The speakers will be as follows:**

**Debra Pollard** – Nurse from the United Kingdom  
working 25 years in the  
Haemophilia community

**Prof Johnny Mahlangu** – What is new in  
treatment

**Piet Theron** - Life story of a medical doctor living  
with Haemophilia

**RSVP?** Please RSVP as we need numbers for lunch  
**BEFORE 9 OCTOBER 2017**

e-mail to [juliemal@mweb.co.za](mailto:juliemal@mweb.co.za) or  
Fill in the list at your local clinic  
Transport will be available

**Who can come?** All people with bleeding disorders and their  
immediate family – unfortunately we do not have  
separate entertainment for the children this year



South African  
Haemophilia Foundation



## Special Request!

Charlotte Maxeke Academic  
Hospital Haemophilia Clinic

**Please can you help!**




**We are asking all patients, family and friends to have a look at home and please donate any unwanted men's and boys' clothes and shoes!**

**Some of our patients need to be admitted urgently or they may be struggling at home. Your donation will go a long way to helping our patients in need!**

**You can drop off your donations at the Charlotte Maxeke Academic Hospital Haemophilia Clinic, ward 294**

**Thank you so much, Sr. Bongsi  
011 488 3295**

**GET INVOLVED**

- Pay your subs to the SAHF and become a member. Contact Julie Malan at [juliemal@mweb.co.za](mailto:juliemal@mweb.co.za) for membership forms.
- Raise awareness in your companies or participate for PWH in public events.
- Contribute to the newsletter. You can write about anything haemophilia-related. Send your article to [juliemal@mweb.co.za](mailto:juliemal@mweb.co.za) or [naherrick@worldonline.co.za](mailto:naherrick@worldonline.co.za)
- Support our fundraising efforts during the year.
-  Follow us on Twitter @HaemophiliaSa
-  Follow us on Facebook [www.facebook.com/groups/401785716506736/](https://www.facebook.com/groups/401785716506736/)
-  Follow us on Instagram at bleedingdisorderssa

Visit our website [www.haemophilia.org.za](http://www.haemophilia.org.za)  
to download our new Haemophilia Pamphlets.  
They are available in all 11 official languages.

**Printing of this newsletter is  
sponsored by Fax Support  
(011) 791 7988**

