

5 STAR TO HEALTH

A registered Non-Profit organization that focusses on personal hygiene awareness and support

THE BEGINNING

1

January 2019

5 Star To Health started out as a campaign and soon realized that there is so much more that can be done and decided to structure the organization to become bigger

COMPANY STRUCTURE

3

2019

The rest of the year 2019 was used to structure a working organization and lay out all the important information such as the membership contracts, company logo, constitution, social media, plans and goals to move forward.

2

THE FIRST OUTREACH

21 April 2019

In conjunction with Miss Free State SA, the first outreach was done over Easter at a children's home in George, Western Cape where 35 children received hygiene products.

4

MEMBERS FIRST OUTREACH

December 2019

After a team was constructed in Bloemfontein, their very first outreach happened individually across South Africa and a total of 21 children received tubs with hygiene products.

6

COMPANY REGISTRATION

6 February 2020

5 Star To Health becomes an officially registered Non-Profit organization.

5

CONTAINERS

2019

Throughout the year we moved from cardboard boxes, to plastic bags then finally found the perfect match for 5star To Health, recycled Herbalife Tub. We receive all our Herbalife tubs from our biggest sponsor, *Sussara Prinsloo*. Saving the planet and helping those in need, perfect.



OUR FIRST BIG OUTREACH

7

5 March 2020
5 Star To Health did its first big outreach in Bloemfontein at Beyang Bana Pele Creche where we gave 75 children tubs filled with hygiene products in conjunction with the UFS medical faculty.

TEAM SHIRTS

9

10 March 2020
Our Bloemfontein team got an amazing sponsor for team T-Shirts from Sediba Beef

CAMPUS ASSOCIATION

8

9 March 2020
5 Star To Health is a registered campus association at the University of The Free State where we interact with students and other organizations to create hygiene awareness

LOCKDOWN EASTER

10

4 April 2020
Amidst the nationwide lockdown and all the uncertainties that South Africa has faced, we managed to provide 55 people with hygiene products. Such a necessary thing in our current circumstances

12

JOHANNESBURG BRANCH

11

26 April 2020
Regardless of our trying circumstances we managed to expand 5 Star To Health and now not only have a team in Bloemfontein, but also have a team in Johannesburg under the management of Fiona Roxburgh

WEBSITE SPONSOR

23 June 2020

With our ever-growing company one of our goals is to bring awareness and get many people involved and thus, we need a website. Thanks to *Webconstructglobal* we are going to get a website soon !



TEAM GROWTH

1
3

5 July 2020
With the exponential growth of 5 Star To Health we move into the next phase of management. The Bloemfontein branch is now under the management of Lee Liddell

MARKETING TRAINING

1
5

6 – 12 July 2020
The current team went through a 7-day training course learning the correct way to approach sponsors and recruit members to become volunteers of 5 Star To Health

TEAM EXPANSION

1
4

Managing Members
Bloemfontein
Michelle Jonck
Alida Jordaan
Johannesburg
Kayla Stretz
Thembi Phiri

1
6

WEBSITE LAUNCH

1
7

8 August 2020
Thanks to an amazing sponsor from Webconstructglobal.net we were able to launch our brand-new website, www.5startohealth.co.za where we display how we started, what we do and beautiful pictures of all the outreaches.

NELSON MANDELA DAY

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18 July 2020
On Mandela Day 5 Star To Health made it possible to help 70 children in the community of Sinksabrug in collaboration with a local high school, York High.

NEW SPONSORS

Facemasks
Adding facemasks to our containers has been an essential change we needed to implement as soon as possible and thanks to Lollie-B clothing and Megamor Photography it was made possible.



KESTELL OUTREACH

19

24 August 2020

We were honored to help nearby schools and small homes with products. This outreach helped us to identify 29 people in need in the area of Kestell, Free State.

JOHANNESBURG OUTREACH

21

4 October 2020

The John Wesley Child Care Centre in Kempton Park is the home of 12 teenage girls who was an absolute pleasure with dancing, singing and telling life stories when the JHB team went on an outreach and provided sanitary products.

BLOEM TEAM EXPANSION

20

Managing Members

Our Bloemfontein team has expanded and fulfilled all its positions
Lee Liddell
Michelle Jonck
Alida Jordaan
Ulrich Grobbelaar
Simone Roux

PHILIPPOLIS OUTREACH

22

15 November 2020

November was dedicated to special cases of certain individuals that anonymously need our help. A wonderful outreach that helped 7 people in need.

DRIVE-BY OUTREACH

24

5 December 2020

Our end of year function combined with a Christmas cheer helped 30 underprivileged people whilst driving around and adhering to Covid-19 protocol in the Bloemfontein area creating many happy smiles.

GOLDEN KEY WITS

23

October – December

Over the course of three months the Golden Key Wits Chapter in collaboration with 5 Star To Health collected several bags of old clothes and books which was donated to the Wits Hospice in Johannesburg.

AKASIA OUTREACH

25

26 February 2021
We collaborated with Akasia residence at the University of the Free State. We provided 55 girls in need with sanitary towels & a small motivational quote to brighten their day

BANK ACCOUNT

27

18 April 2021
We did it! We opened our first official NPC business bank account by FNB. Details are available on our website.

YOUTUBE CHANNEL

29

June 2021
In June we started our very own YouTube channel with videos of all our outreaches. Go check it out:
<https://www.youtube.com/channel/UCjZ5qpiRn2ISU3dT52IYI7g>

SPECIAL CASES

26

23 March 2021
We strive to help those who can't help themselves and protect their identity while doing so and thus, we call it special cases. Today we got to help someone, that is all that matters.

CAMPUS ASSOCIATION

28

28 April 2021
We registered as a SRC civic and social campus association at the University of the Free State for 2021. Watch this space!

30

SPONTANEOUS OUTREACH

8 July 2021

Today we helped someone spontaneously who was in desperate need asking for help for him and his family of 2 brothers and a sister in Bloemfontein, Free State.