

BUILDING COMMUNITY. ENHANCING WELLBEING. NURTURING RESILIENCE.



**MAMELANI  
PROJECTS**

*Walking alongside people in their development*

**ANNUAL REPORT 2019**



# MESSAGE FROM THE DIRECTOR



This is my first annual report as the Director, and it's been a year of transition for Mamelani. Over the past 16 years, Carly built an organisation with integrity, conscious of its rightful place in the development of people, communities, organisations and our country. She was a big part of Mamelani and Mamelani was a big part of her. The separation was hard for all of us. The prospect of sustaining an organisation without its founder was daunting for the staff, board, funders and partners, knowing the organisational risks that come with founder transitions.

When I considered taking up the role as Director, and read the literature on founder transitions, it reminded me of the scene in *The Lion King* when Mufasa shows Simba the kingdom, and Simba asks, "But what is that shadowy place over there?" If I could change Mufasa's response, it would be "Son, that place is called founder transitions - don't ever go there alone!" Luckily for me, I didn't go alone. I went with a committed team of people and an organisation rooted

in its approach to development. Going there, with this team, has made the unknown feel safe and affirmed the belief that growth happens when there is a balance between challenge and support, and change is made possible where relationships are strong.

Now, in the 6<sup>th</sup> term of our democracy, the country is also in a "shadowy" place. Unemployment rates amongst our youth have soared to 55.2% and our communities are experiencing unprecedented levels of violence and trauma. We are on the "many hills" Nelson Mandela alluded to when he said, "After climbing a great hill, one only finds that there are many more hills to climb." Our ability to continue climbing these hills will be tested in a climate of political and economic uncertainty. Signs on this trail clearly state, "Please hold onto your belongings." Enhancing our resilience and wellbeing will not only depend on what we do, but on how we do it. As South Africans, we will have to spend time on these hills **listening** to our diverse stories and **seeing** our unique qualities as the stepping stones to the solutions we are all seeking.

As we continue walking alongside people in their development, Mamelani remains resolute in its approach, working in ways that are relational, experiential, strengths-based, reflective and responsive to what is emerging. I wish to use this report to not only reflect on what was done over the past year, but also to show how we are nurturing resilience, enhancing wellbeing and building community using our five practice principles.

I'd like to take this opportunity to thank you for walking alongside us in our development and enhancing our resilience in this new dawn.

In gratitude,  
Gerald Jacobs  
Director

# MESSAGE FROM THE CHAIRPERSON

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It seems appropriate to quote Charles Dickens in *A Tale of Two Cities*, when contemplating the year that has been: “It was the best of times, it was the worst of times.” - from hosting the Queen of Sweden to losing one of our community health champions, and a myriad of experiences in between.

Gerald Jacobs stepped into Carly Tanur’s (Mamelani’s founder) giant shoes on 1 July 2018, followed by unexpected resignations, restructuring and unwavering support from Monika Edwards and the phenomenal Mamelani team. We all collectively held our breath – would the Mamelani ethos survive such fundamental and pervasive change? Everybody hunkered down and did what was required of them, and then some. Mamelani’s relational methodology proved invaluable in maintaining channels of open communication throughout the process. It’s not over, but I am able to state, with cautious optimism, that

Mamelani has come through the worst, having not only changed, but progressed - its ethos intact, stronger and evolving. Like every other PBO, funding remains a challenge, but we soldier on. And now that we are revived from within, we are ready to face the mammoth tasks that confront us on a daily basis.

In a world that makes no sense, we walk alongside the people in the communities we serve, incrementally improving their lives and helping them to help themselves. Sometimes tackling these societal woes seems insurmountable given the level of violent crime, corruption, poverty and hopelessness that characterise the majority of South Africans’ lives. “You must be the change you want to see in the world”, Mahatma Gandhi’s said, and we must continue to be just that.

In closing, I want to thank the phenomenal Mamelani team on behalf of the board for the exceptional work they do every day with passion and commitment. It is thanks to all of you that we are embarking on another year of service with hope. Other PBOs have observed our transition with keen interest. They are watching still. Just keep doing what you’re doing, in the way you’re doing it. You are evidence of what Margaret Mead said: “Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

Lisa Brunton  
Chairperson





## MEET THE TEAM

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Gerald Jacobs – Director

Monika Edwards – Operational Manager

Cleopatra Sawuti – Co-founder and Health Programme Manager

Thandi Blie – Co-founder and Health Facilitator

Nontombi Mamkeli – Health Facilitator and Wellness Team Leader

Noncedo Jikwana Mkhohli – ARV Adherence Club Facilitator

Leroy de Klerk – Proseed Programme Manager

Charlene Hill – Proseed Team Leader

Terri-Lynn Smith – Youth Transitions Facilitator

Lewis Kalombo – Intern Youth Transitions Facilitator

Adj mali Kwitonda – Intern Youth Transitions Facilitator

Linda Kaoma – Communications Manager

Dorette Knoblauch – Office Manager

### **Board of Trustees**

Lisa Brunton – Chairperson

Chanderay Windvogel - Treasurer

Zakiya Soeker-Sauls

Dr. Chance Chagunda

Baheya Najaar

Nokukhanya Mncwabe

Sue Davidoff

Prof. Thandi Puoane





# STAFF AND ORGANISATIONAL DEVELOPMENT

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The past financial year was a season filled with transitions throughout the organisation. Apart from Carly, we bid farewell to Nomvuyo Mbele in the Wellness team, and Abigail Hendricks, our youth transitions facilitator. On our board, we said goodbye to our treasurer, Rama Shagaya and Allan Taylor, one of our longest serving board members. Allan has been a real pillar of strength to Mamelani over the years and his calmness and safe hands will be missed. We are grateful for each and everyone's contribution to growing Mamelani into the dynamic organisation it is today.

While it's been a time of saying goodbye, it's also been a season of new beginnings. We welcomed Dorette Knoblauch, our office manager, as a permanent member of our staff team. In the Wellness team, we recruited Nontombi Mamkeli as our new wellness facilitator. Terri-Lynn Smith joined the ProSeed team alongside our two youth interns, Lewis Kalombo and Adjmalu Kwitonda. On the board, we welcomed Zakiya Soeker-Sauls, Dr. Chance Chagunda and our new treasurer, Chanderay Windvogel.

Mamelani is a reflective organisation. We pride ourselves in our practice and our approach to development. We come together four times a year to reflect on our work, monitor our goals, celebrate our progress, and respond to the things that need to change. This year we spent time helping new staff members learn about our practice, and strengthening our M&E system. In true Mamelani style, we asked each staff member to dress up in the way they see and experience Mamelani. It was bright, diverse and colourful - with a touch of crazy! This experiential exercise was a fun way to explore the organisation's culture and make its values visible.

We knew that all the transitions would present some challenges, so at the beginning of the year, we enlisted the help of Sue Soal, who facilitated a process to help us reflect on the change inside the organisation. This process gave us the opportunity to explore our relationship to change, and how we respond to it in our own lives. It highlighted our personal and collective resilience and helped gather energy for the transition. It also lessened anxieties and made the qualities living in the organisation visible. This has led to an ongoing process in the organisation we have called "Masibonane" – "let us see each other"

At Mamelani we enhance resilience by supporting our team in their professional and personal development. Our practice principle of being responsive means that we not only respond to the needs of our communities and participants, but also pay attention to the growth and development of our staff and organisation. This year, our communications manager attended a Digital Fundraising workshop with Inyathelo. Thandi Blie, one of our wellness facilitators, attended the Grail Centre Trust's Training for Transformation. Cleopatra Sawuti, the Wellness programme manager, completed her studies in Community Development with Continuing Education for Africa (CEFA). We also had three team members attend Basic Counselling Training through Families South Africa (FAMSA). Apart from this, we ensured that each staff member has access to individual support and mentoring. We are grateful to our individual mentors, James Taylor, Sue Soal, Lungisa Huna, Anya Mendel and Lisa Cohen for this valuable support.





## MEMORABLE MOMENT



We said goodbye to Carly Tanur in a memorable farewell party held to honour the amazing work she's done.

As one participant said, "You are like our mother. Your good works will follow you wherever you go."

## FROM YOUTH INTERN TO STAFF MEMBER



In 2013, I began my journey with the ProSeed programme. Throughout my time in the programme I was known to be very quiet and shy. In each group session or workshop, I was always good at listening to others, but I hardly participated in the discussions. At first, my understanding of the commonly used terms, Identity, Relationship and Resilience was very basic. Every group session had a learning that impacted my everyday experience at home and school.

My journey after the programme wasn't easy and required constant perseverance. I continued volunteering at Mamelani during their camps and whenever they needed an extra hand, and my relationship with staff continued to grow. I got involved in the coffee shop project with fellow graduate, Nelson Lotrin, and intern, Aurielle, aka Lily. The journey with the project was interesting as it brought three people from different countries and generations together for a shared purpose and passion. After a year of working on this project and trying to get it off the ground, Mamelani posted about a 12-month Youth Transition

Facilitator Internship in the organisation for all the graduates from the programme. I applied and got the interview and they chose me for the internship. When I look back now on my internship, the journey has been challenging with a lot of valuable learnings, and I have grown to be very confident in my work. I will use this new-found confidence in my role as a full-time staff member.

Signing my contract as a staff member is my most memorable highlight. For about two weeks as a staff member, I constantly woke up with a smile on my face and while riding my bike to work I couldn't hide my excitement. I cannot believe that I'm at a stage where I can walk alongside other youth coming through the programme - I hope that my journey will continue to inspire others!

Lewis Kalombo

We celebrated Leroy de Klerk's appointment as ProSeed's Programme Manager and Charlene Hill's appointment as ProSeed's Team Leader.

## MEMORABLE MOMENT



# PROGRAMME REPORTS

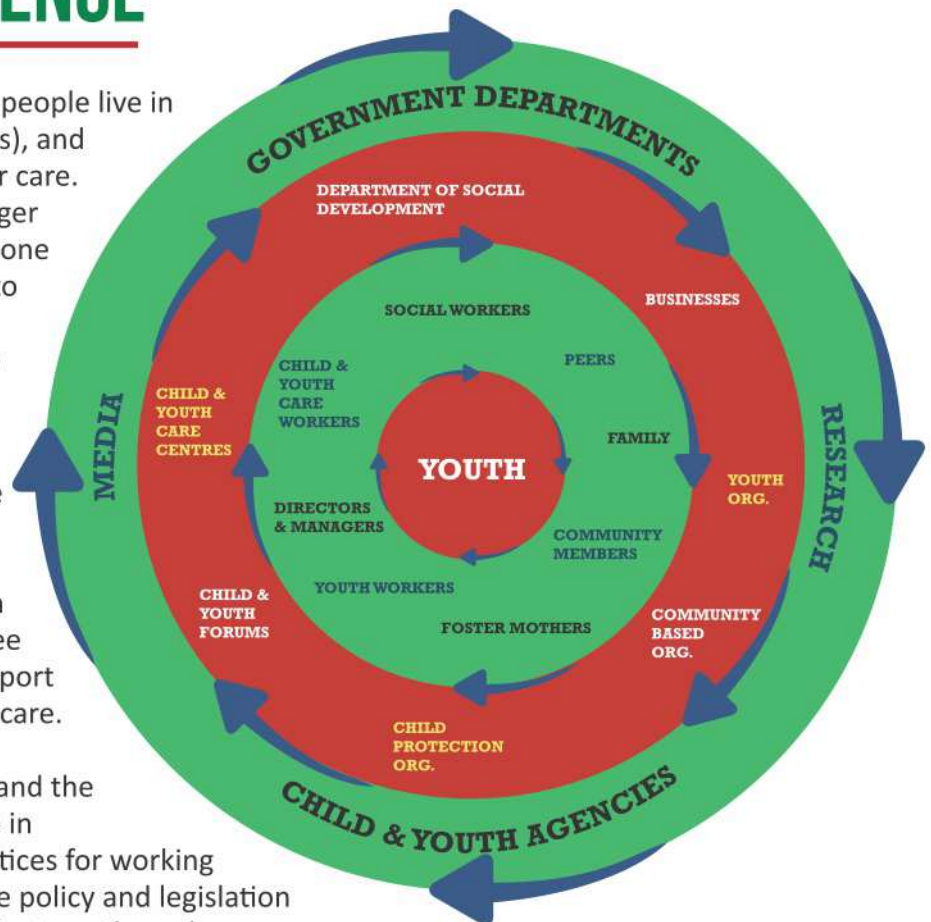


# BUILDING RESILIENCE

In South Africa, over 20 000 young people live in Child and Youth Care Centres (CYCCs), and approximately 500 000 are in foster care. When they turn 18, they are no longer minors and have to move on. From one day to the next, they are expected to become 'instant adults' and to take care of themselves - even if they do not have a home or a way to cope and meet their basic needs.

Based on resilience theory, we have developed an integrated and systems-wide approach to supporting youth transitioning from care. Our intervention works at three levels. Firstly, we provide direct support to young people transitioning from care. Secondly, we support staff from organisations that work with them and the Child and Youth Care sector at large in developing strategies and best practices for working with them. And thirdly, we influence policy and legislation to ensure that transitional support is strengthened.

Our vision is for an interdependent social system, where young people thrive and collaborate with communities, practitioners and policymakers to enhance wellbeing and resilience in society.



## PROSEED TRANSITIONAL DEVELOPMENT PROGRAMME

The ProSeed Youth Programme works directly with young people leaving alternative care, preparing them for their transition and providing ongoing support after they leave. We collaborate with young people to enhance their resilience, focusing on their existing strengths and supporting them to build healthy networks of support.





# WAYS IN WHICH WE WALK ALONGSIDE YOUNG PEOPLE

Supportive mentoring relationships

Experiential group activities

Practical support with basic needs during and after the transition

Internships and work readiness processes

Educational support

Social events and gatherings

## OUR WORK WITH YOUNG PEOPLE

Over the past year, we worked with **61 young people** and welcomed a new cohort of young people preparing to leave alternative care (CYCCs and foster care). We are particularly excited about our growing partnership with Home from Home and the opportunity to again support young people transitioning from foster care. Essential practical support was provided to all the young people in the programme including educational support, basic food support, accommodation and transport allowance. The components of the programme have enabled young people to continue their schooling and further education even after they leave care. Young people's successes are the collective effort of the young people, practitioners and partner organisations.

The individual mentoring sessions remain an opportunity for young people to reflect on their transitions and receive support in achieving their goals. Over the last year we facilitated **251 individual mentoring sessions, 16 group sessions** and **3 camps** with young people in three different cohorts. The group sessions ensured that young people gain opportunities to experiment with new skills, increase self-awareness and take on leadership roles. In our efforts to build relationships and grow networks of support, we decided to increase the engagement between young people from different cohorts by hosting a bi-monthly supper called Pastalani! In line with our practice of learning by doing, young people got to take turns cooking, thereby gaining important independent living skills.





To prepare young people for their transition into employment, we encourage them to develop the necessary skills and capacity to find and maintain work. Our 3-month internship programme is an opportunity for them to gain valuable skills and experiences. It is also an opportunity for them to learn by doing and make decisions about their career paths. These experiences are stepping stones during their transition into long-term employment. Apart from the internship programme, young people also have access to skills training courses. We are very proud of one of the young people who, after he had left school, completed a barista training course and is now working at a coffee shop in Cape Town. Some of the other internships included sailing, upholstery, plumbing, early childhood education, coffee making, information technology and animal welfare.



"The individual sessions helped me to see the world differently by not only seeing the negative stuff but also seeing the positive things around me and inside myself."

- Young person

"The group sessions can give you confidence and make you stand up to your fears and emotions."

- Young person

"All the places that you go to, they want experience, so the internship is an opportunity to get some experience and it put some money in my pocket to buy the basics I needed while I was living on my own"

- Young person

## STATISTICS OF YOUNG PEOPLE IN THE PROGRAMME GATHERED IN 2018:

85% belong to a network of support

80% had stable accommodation

77% felt prepared for the transition from care

80% are in either skills training, education or employment

84% felt more hopeful about the future

77% said the programme improved their ability to connect with others

100% said that the programme has made a significant impact on their life



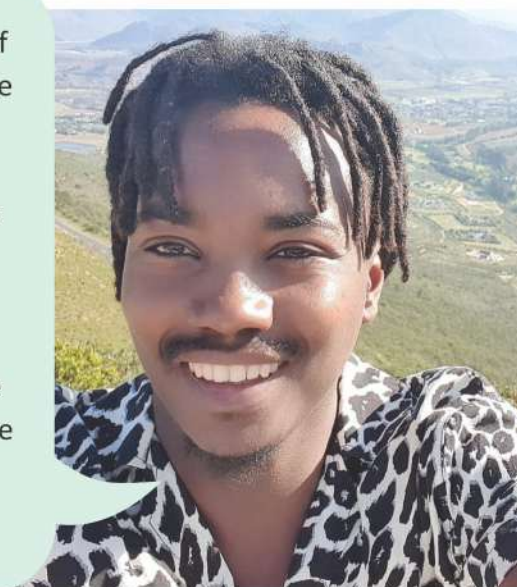


## CONTINUITY OF CARE

One of the cohorts came to the end of their three-year journey in the programme and marked their transition with a camp in the Cederberg mountains. Even though they have moved on, they remain connected to the programme by helping the team with group sessions and, for example, completing simple tasks like photography, creative designs for our events, transport and making fun videos. In this way, we ensure that care continues.

We are proud to see some of the young people have become baristas, chefs, fashion designers, software developers, IT technicians, uber drivers, retail consultants and youth workers, to name but a few. Young people have cited these continued connections and supportive relationships as one of the central things they value the most about Mamelani. Creating these spaces for young people to share has provided them with a sense of safety and hope as they continue overcoming the many challenges ahead of them.

“My name Jean Claude, and I was part of Mamelani in 2013 when the youth programme changed its name from Project Lungisela to ProSeed. Being part of Mamelani changed my life in so many ways. They were there for me during the good times and the bad times – I really appreciated that they always encouraged us young people not to not give up. As a young person who grew up in a Children's Home, I participated in various youth programmes, but I felt like Mamelani was the most impactful. When I left the Children's Home, Mamelani supported me to integrate into society. This year, I needed to complete a plumbing internship but found it very difficult to secure a free internship - I felt discriminated against because I was a refugee student. In the end, I had to pay a company for me to do an internship with them and because I was facing financial difficulties Mamelani paid for me. I really appreciate Mamelani for their continued support and all they do for young people, including those who are refugees.”





## MEMORABLE MOMENT

We launched our book *Our Stories* to an enthusiastic audience at a fully packed Book Lounge. Young people shared excerpts from the book which interweaved into one beautiful story. The book and its launch are another way in which we are not just seeing the youth, but giving them a chance to be seen and heard.



## CAPACITY BUILDING

Mamelani believes that the resilience of one system will influence the resilience of another and that transitions-friendly organisations will create transitions-friendly systems, programmes and staff. Our capacity-building programme seeks to develop the capacity of practitioners and organisations to work more effectively with the transitions of young people as they develop into young adults, live interdependently and engage in meaningful and productive lives. The capacity-building programme works relationally with both staff and leadership of organisations in an attempt to make organisations more transitions-friendly.

## OUR WORK WITH ORGANISATIONS

In the last financial year, we continued our in-depth work with four organisations, supporting them to strengthen their transitional programmes. Home from Home is one of the organisations Mamelani has supported. The organisation manages 34 foster homes in the Western Cape and cares for 178 children. Our work with Home from Home has contributed to the development of an integrated transitions programme – “iBhabhatane” meaning “butterfly”. Keeping with the metaphor of the butterfly, the programme aims to work intentionally with transitions across all the developmental age groups within the homes. While the programme is still in its infancy we are very excited about walking alongside this organisation.

In our work with organisations we encourage them to use every day transitions as opportunities to build resilience - working with the now while focusing on the long-term outcomes. Organisations are realising that the ‘transitioning’ starts as soon as the young people enter the institution, and that it continues beyond the institution. This also holds true for our work with organisations. We are continuously transitioning as we walk alongside organisations by building strong relationships, focusing on strengths, experimenting, reflecting on practice and being responsive to what is emerging in the sector. Our journey with **Lawrence House Child and Youth Care Centre** is an example of this:

“Lawrence House and Mamelani Projects share a long and fruitful partnership. Our search on how to create an independent living programme brought about the first connection.

Since that time, Lawrence House has been actively participating in the various programmes offered by Mamelani Projects over the years - from youth processes, to capacity building for Child and Youth Care workers, to reflection on practice for facility managers.



During this time, Lawrence House's understanding of transitions grew, and was developed and internalised to the point of creating our own understanding of transition and formulating it into our programmes as a permanent feature.

Today, Lawrence House and Mamelani Projects are walking alongside each other, learning from each other's area of expertise, and growing new understandings together with the common aim of rendering more meaningful programmes to young people in care and advocating for change in the field of Child and Youth Care work in relation to best practices.

Examples of the results of our dynamic partnership are an upcoming Symposium on how to promote belonging in foreign youth in alternative care, as well as the plan of developing a facilitator's handbook on youth practice methodology with a particular focus on building belonging.

Mamelani Projects has succeeded in creating a capacity-building model that enhances agency and resilience in the young people directly, and also, at the same time, grows the organisation providing care for those young people.

Mamelani Projects' holistic understanding of youth development and its translation into programmes and interventions is certainly unique, and as such a fundamental input for youth development work in the region."

*Giulia Treves, Lawrence House Manager*



## OUR WORK WITH PRACTITIONERS



Our work with practitioners seeks change at an individual level by developing supportive and influential relationships. We facilitate learning processes and conversations with practitioners by reflecting on the challenges faced by young people and

identifying the barriers that might inhibit their actions towards supporting better transitions. At the same time, it's been important for us to provide ongoing support to practitioners who are challenged to work with the daily effects of violence and trauma in our society.



In the last year, we engaged with **55 social service practitioners** and facilitated **17 learning sessions**. While these learning sessions are focused on strengthening youth development practices and support that help young people thrive, they are also an opportunity for practitioners to support each other and build meaningful connections. These strong relationships have ensured that young people have a safety net of supportive adults. We are particularly inspired by staff and volunteers at a community-based organisation called Echo House, who provide transitional housing and supportive services to young people. We are working alongside Niel Steyn, the manager, to provide ongoing support to youth transitioning from care.

## TALKING TRANSITIONS — EMBRACING CHANGE

Early last year, we initiated a series of dialogues with young people and practitioners to explore the ways in which we can embrace and learn from transitions. The purpose of these dialogues is to explore the role of transitions in strengthening the resilience of young people and the people that work with them. Some of the topics that have been covered in these dialogues include adolescent brain development, youth as active participants in their development, youth development, supporting interdependence, continuity of care, transitional planning, and supporting foreign nationals.

## ADVOCATING AND INFLUENCING THE ALTERNATIVE CARE SECTOR

Our focus on care-leaving over the years has given us the opportunity to influence policies, legislation and the alternative care sector in a way that nurtures youth resilience instead of inhibiting it.

Over the last year, we developed a closer relationship with the National Association of Child and Youth Care Workers (NACCW), and at the end of 2018, our programme manager, Leroy, was selected onto the regional executive committee. We are working alongside this leadership team as advocates of Child and Youth Care work and strengthening the supports for practitioners in the Western Cape.

Given that we extended the programme to work with young people in foster care, we were asked to present our approach to social workers working in foster care within the Department of Social Development. We are really excited about these growing relationships in the sector and the opportunities it provides us to strengthen the support for young people transitioning from alternative care.

### Some of the ways in which we have influenced the policy formation process in the past year

- The department asked for our input in developing a conceptual framework for transitional support and after-care programmes.
- We were invited by the National Government's Child Protection Forum to deliver a presentation on transitional support programmes to social workers and other social service practitioners from across South Africa.
- At the end of 2018, we gave input into the Children's Amendment Bill and were part of ensuring that transitional support receives greater priority in chapter 13 of the Children's Act.

"It's helpful to have discussions with others who do the same day-to-day work, and who have the same challenges. There is no manual for transitional work in Child and Youth Care centres in South Africa, specifically in the Western Cape context. Each centre and youth group is different, but there are a lot of similarities. It is helpful to know you are not alone as a centre, trying to figure things out to help youth to transition more successfully into adulthood. The open discussions and support are very helpful."

- Liezl Conradie, Manager at The Launchpad Transitional Support Programme



## MEMORABLE MOMENT

We worked alongside Lawrence House to facilitate a dialogue with young refugees, Child and Youth Care workers and social workers about building belonging with young people with migrant backgrounds. Since the event, a group of young people have created a support group and are meeting on a regular basis.



## PROMOTING COMMUNITY HEALTH AND WELLBEING

It is well known that South Africa has the biggest HIV epidemic in the world, with an estimated 7.52 million people living with HIV in 2018. In addition to this, South Africa continues to have the highest incidence rate and one of the largest drug resistant TB epidemics globally. The latest figures from the South African Department of Health statistics state that 73% of TB patients are HIV positive. It is important to note that these health conditions are particularly prevalent in poor communities where there is a need for people to be equipped to respond better to these health issues. Public clinics are under-resourced and do not have adequate time to address the on-going need for essential health education and support relating to these pressing health conditions.

Mamelani's Community Health Programme addresses this gap in health services, and in the process, strengthens resilience in under-resourced communities. We work to ensure that women are more informed about their health and the available health services, and are supported in overcoming the barriers that they face in managing their own health and the health of their families. Although the focus of the programme initially was on health literacy, we have come to better understand the underlying challenges that impact on community health and wellbeing. There are many psychosocial and socio-economic issues that affect the community. Our programme works in ways that contribute to improving health and wellbeing in a holistic and sustainable way, supporting people to be proactive in creating the changes they want to see in their families and communities. The Community Health Programme includes health literacy education, Wellness Workshops, ARV Community Adherence Clubs, a Community Champions development programme, and a Grandmothers Network.

## WELLNESS WORKSHOPS

Health information is at the core of the Wellness Workshops. Our intervention is aimed at closing the gap in information around health, nutrition and chronic diseases of lifestyle. However, when we read the testimonials from participants at the end of each cycle, we are struck anew by how much the safety and emotional support we offer in the workshops contribute to the success of the Wellness programme. Working in communities challenged by toxic stress and trauma has taught us how important it is to create safe spaces for people to feel heard, acknowledged and valued. The ability to open up and share is often the first step to making a change. The health facilitators say that working in communities means being "open and ready for anything".





They talk about how they have to honour stories of violence, broken relationships, financial struggles and trauma which can overwhelm participants and create barriers to prioritising health and wellbeing.

In the last year we reached over **170 participants** through the Wellness workshops. It has been very exciting for us to see shifts in their confidence and sense of self-worth. We noticed participants expressing themselves more freely, developing new communication skills and opening up to new relationships. There has also been an increase in people's emotional capacity to make healthier choices. People have shared stories about how the workshops have helped them to communicate better with their families and tackle their problems head-on. We have also been able to observe shifts in our workshops in the last year. We have seen an increase in men attending workshops and have also intentionally targeted workshops at grandmothers and the elderly, as they are caregivers for their children and grandchildren. Their lack of access to information can be a barrier for them in supporting their families.

The workshop feedback reflects the value of the knowledge gained through the workshops. In the last cycle participants shared how comprehensive the knowledge is, and that the information gained covers a wide range of topics in an in-depth and engaging manner. The 8 weeks training allows the health facilitators to cover the material fully and also to support participants in taking active steps to change their health in small yet significant ways. Here are some of the testimonials participants shared in the last year's cycles:

"I will take what I learnt in this workshop and use it with my grandchildren. I was very excited every Tuesday when we went to this workshop, because we are old people, we never thought that we can still learn more about health issues, but now I will be the one who will be telling my grandchildren about these different illnesses. Thank you for being patient with us as old as we are."

- Participant from Driftsands Masjied Group



I am living with my child. She was afraid of telling me about her status. One day when she became very sick I had to take her to Site B hospital – that was the day she told me she was HIV + because the doctor said I shouldn't enter and then she said no it's okay I think it is time for my mother to know and she told me there in front of the doctor. I did not know what to do but now, through the session, I have heard of many ways to take care of her. Thank you for all your advices during this difficult time. I feel much better now that I know what I can do."

- Participant from Power Child



"The process was very informative and easy to understand and now I have knowledge that is important to my life. The highlight for me was learning about different types of diseases. What stood out for me is that part of how important it is to get tested for HIV early so that a person can access treatment while they are still healthy. I felt motivated not to be scared now that I know now why I must go and get tested without waiting to become sick. Thank you for the good workshop it was and was an eye-opener for me."

- Participant from Harare Masjied group

## WELLNESS WORKSHOPS DATA

### Cycle 1 (March – May 2018)

Name of group	Number of participants	Gender	Type of group	Area	Type of workshop
Masiphathisane	12	All Female	Seniors Club	Site B	Follow-up workshop
Masimanyane	15	5 Male 10 Female	Seniors Club	Site B	Follow-up workshop
Harare Masjied and Learning Centre	16	3 Male 13 Female	Church youth group	Khayelitsha	Wellness workshop
Power Child Mfuleni	15	8 Male 7 Female	Middle-age group	Mfuleni	Wellness workshop
Nokhaya	15	All Female	Senior Club	Site B	Follow-up workshop
<b>TOTAL</b>	<b>73</b>				

### Cycle 2 (June – Aug 2018)

Name of group	Number of participants	Gender	Type of group	Area	Type of workshop
Power Child	15	5 Male 11 Female	Seniors	Mfuleni	Wellness workshop
Zolani Senior Club	12	4 Male 8 Female	Seniors	Bongweni	Wellness workshop
Power Child ECD	6	All Female	Teachers of ECD	Mfuleni	Wellness workshop
Harare Masjied	12	3 Male 9 Female	Youth group	Harare	Wellness workshop
<b>TOTAL</b>	<b>45</b>				

### Cycle 3 (September – February 2019)

Name of group	Number of participants	Gender	Type of group	Area	Type of workshop
Power Child Community	13	All Female	Youth group	Mfuleni	Wellness workshop
Zolani Senior Club	12	4 Male, 8 Female	Seniors	Bongweni	Wellness workshop
Driftsands Masjied	15	2 Male 13 Female	Seniors	Driftsands	Wellness workshop
Sibabalwe	1	10 Female 2 Male	Seniors	Khayelitsha	Wellness workshop
<b>TOTAL</b>	<b>52</b>				



# COMMUNITY CHAMPIONS



The Community Champions Programme is an 18-month process that supports grassroots leaders to grow and develop interventions that can have a positive impact on the health and wellbeing of those around them. The last financial year saw two groups of Community Champions overlapping. In the first part of the year, we had a cohort of 14 Community Champions complete a range of skills training programmes namely computer skills, sewing skills, home-based care skills and counselling skills. Some of the participants shared they are now able to do things that they had always dreamed of. We witnessed a bright confidence emerge as the Community Champions attended courses and gained technical and professional skills. They were also able to easily open up to new relationships and step into leadership roles with more confidence. One of the Champions is a small business owner and will be receiving support to strengthen her business. This cohort's 18-month process came to an end with a camp in May 2018 and a final evaluation in September.

We were excited to recruit a new cohort of champions in August 2018. Thirteen Community Champions completed their 8-week capacity building process by the end of November, and were ready to explore their goals for the next year. They will be mentored by the health facilitators for the next 12 months, and also attend training when they have identified what skills are needed to support their initiatives and the amazing work that they do in their communities.

"I thought my dream was vanished, but when I attended the Champs Programme my dream was revived. When my parents passed away I lost hope. Now I had the opportunity of going back to my goal to continue with my fabric painting because I enjoyed doing that. The aim of doing that was not for me but to educate others by sharing my skill to young people in different communities so that they can be busy doing something with their hands. My goal is to help people and spend time with them. I salute Mamelani for opening doors for me and making it possible for me to continue with my goal. Mamelani did wonders for me. I was given the contact details of Singamakhalipha at Gugulethu to visit them in order to offer my service. My dream was to teach children how to do fabric painting and now I am employed at the above organization to work with the children there. All this with help of Mamelani. Thank you Mamelani on what you did for me, now I have something to put on the table, you brought hope to my future again. HALALA MAMELANI HALALA!"

- Boniswa Mfundisi, Community Champion



# ARV COMMUNITY ADHERENCE CLUBS

In 2015 we started The ARV Community Adherence clubs in partnership with Medicine Sans Frontiers and Kuyasa clinic, hoping to expand our reach and align ourselves with the national health strategy of decentralising ARV dissemination to relieve the backlog of patients waiting for ARV medication. Our Community Adherence clubs are growing in strength. In the last year we have had **nine active Community Clubs, with almost a 100% adherence rate.**

Club members have shared that in addition to the access to medication and referrals, the emotional support they receive supports them in dealing with their status and strengthens them to open up to others. They share how essential emotional support is for adherence. Club members often speak of the support and guidance they received when they decided to disclose their status to their family members and partners.

In the last year, group support has expanded to individual counselling, and our ARV Adherence facilitator, Noncedo Mkhohli has sharpened her skills through FAMSAs training to feel equipped to provide ongoing emotional support for her clients. We have continued to strengthen our relationship with Kuyasa clinic and kept the venue of the Adherence clubs at Yiza Ekhlanya (a Community Health Centre that is run by one of our former Community Champions). This assists in decentralizing group sessions and treatment distribution at a community level.



"It's awesome to be a club member, I feel like a VIP spending 20 minutes only to get my meds, meaning I can still get to work without being late or needing to give my boss a story – it's really wonderful."

- ARV Adherence Club member

"Enkosi mama for listening to me. The reason I came to you is because I trust you and feel safe to share anything with you."

- ARV Adherence Club member

"I am a 28-year-old lady who stays at Harare in Khayelitsha. In February 2017, it was a normal day, I randomly decided to go and check my status as I used to once in a while. I nearly died of shock when I received news that I was HIV positive. That sunset, I cried myself hopelessly thinking of my 8-year-old son at the time thinking I will die and leave him behind. I lost all the confidence. Every time I had to go to the clinic and spend the whole day waiting for my medication it drained me to death. Six months later I joined Liyema Club which is held at Kuyasa Clinic - that is when my life took a turning point. I met new people who were in the same journey I was in, I had people who I can share with and ask question when I had ones. It's all thanks to our group mentor who is so passionate about her job. It is very easy to ask and share things with her. She has taught me so many things in living a healthy life while living with HIV. I have regained my confidence ever since I started the club. It has been a great help in my life. Thank you so much" - ARV Adherence Club member

"I really appreciate sis Noncedo. She is always willing to help all the time. Always has a smile on her face, goes an extra mile, and will even call you to remind you of your appointment. Nobody does that, but she does. She will give you a heads-up on what to expect on your next visits, so that you do not get caught blind-sided. She cares for her patients more than anyone I have ever met in this profession. She does all of the above and is professional at the same time. We are very lucky that she came to our rescue and started this programme that has zero waiting time."

- ARV Adherence Club member



# ARV COMMUNITY CLUBS DATA

Name of Club	Gender of Club Members	Total
Likhanya	13 Female	23
Liyema	12 Female	25
Linomtha	15 Female	25
Cleo Community Club	14 Female	25
Liyahluma	15 Female	25
Perm	15 Female	24
Lulutho	16 Female	25
Lunje	16 Female	24
Qhama Community club	18 Female	20
<b>TOTAL</b>		<b>216</b>

## THE GRANDMOTHERS NETWORK

The Grandmothers Project (named Masikhulisane Bogogo) provides ongoing skills training to a group of grandmothers based on the needs identified in their communities. The Masikhulisane Bogogo process has been very practical and hands-on, with our grandmothers wanting to get involved in community initiatives. The grandmothers suggested the idea of establishing community gardens.

Six of the eight gogos now have their own gardens. The first garden was set up at LACAP in Langa, the second at Phaphaphani Sizwe (also in Langa), the third at Sililiso Community Project in Samora Machel, the fourth at Yiza Ekhasya in Kuyasa and the fifth at Masimnayane OVC in Site C, with the last garden established in Philippi. It has been a good learning process for everyone involved and there are now thriving gardens in different communities thanks to the green fingers of these dedicated grandmothers.



During their final evaluation of the year, the grandmothers thanked Mamelani for the skills that they gained and shared how they feel that their capacity is growing for providing safe and conducive environments for the children in their area. They appreciated having a space to share the emotional stories from their lives and to be supported. They used the time also to discuss the way forward.

Their plan is to recruit more grandmothers to join the support group in the new year.



## MEMORABLE MOMENT

Our annual **Health Awareness Day** took place on 19 October 2018 at Amandla Edufootball in Khayelitsha and we were amazed at the wonderful turnout, with **109 people attending**. The theme was “Our right to a healthy future”. Health Facilitators invited three partner organisations to do HIV/Aids testing and Diabetes screening on the day.



## MEMORABLE MOMENT

We hosted a Madiba Day event on the 18<sup>th</sup> July in partnership with Power Child.

## MEMORABLE MOMENT

The Community Health Programme is in its 15<sup>th</sup> year. Two of the programme founders, Thandi Blie and Cleopatra Sawuti, are still with Mamelani today!







# FINANCIAL REPORTS



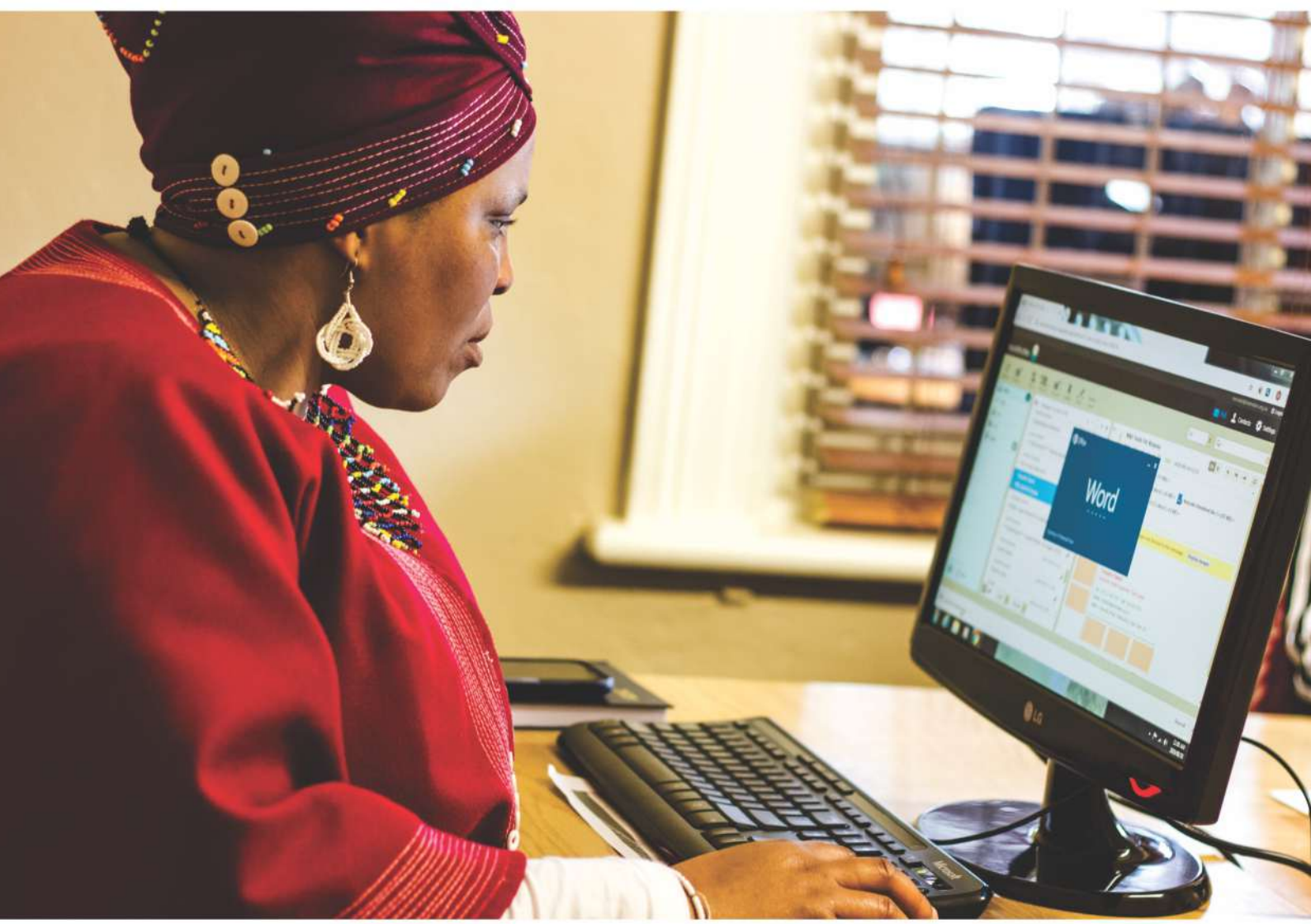
## Income and Expenditure as at 28 February 2019

	2019	2018
<b>INCOME</b>	<b>3,322,344</b>	<b>3,357,131</b>
Project Income		
Donations received	3,316,084	3,291,354
Other Income	6,260	65,777
<b>EXPENDITURE</b>		
<b>Administration</b>	<b>519,297</b>	<b>470,008</b>
Accounting fees	46,232	41,678
Administration	39,000	42,500
Advertising	9,380	7,175
Audit Fees	42,493	31,920
Bank Charges	27,259	19,554
Cleaning	18,209	27,165
Computer Expenses	678	4,050
Courier & Postage	2,452	2,162
Depreciation	14,448	20,566
Insurance	23,509	22,284
Interest/fines and penalties	3,209	233
Internet	4,170	980
Phone, Fax and Internet	25,683	23,971
Printing & Stationery	15,376	13,226
Rent Paid & Security	183,549	166,269
Repairs & Maintenance	17,051	16,798
Recruitment	21,641	1,642
Staff loan written off		6,300
Subscriptions	800	450
Staff Transport & Travel	8,697	4,220
UIF	15,461	16,865
<b>Organisational Development &amp; Sustainability</b>	<b>383,937</b>	<b>191,106</b>
Fundraising & Sustainability	312,100	129,485
Organisational Development	46,138	31,186
Staff Development and Training	8,180	11,600
Staff Welfare	17,519	18,835
<b>Programme Costs</b>	<b>2,298,756</b>	<b>2,393,245</b>
Programme Salaries	2,298,756	2,393,245
<b>ProSeed Youth Development Programme</b>	<b>403,708</b>	<b>500,920</b>
CYCC Capacity Building Process	73,090	80,867
Camps	36,985	20,192
Conferences		24,069
Educational Support & Bursaries	16,398	9,365
Food Support & Youth Accommodation	52,500	83,550
Group & Life skills Sessions	21,339	56,220
Internship Stipends	101,337	
Internship Support	12,600	40,860
Programme Development	32,338	96,838
Staff Development	9,675	13,984
Telephone & Staff Transport	34,502	39,990
Youth Transport	12,944	34,985
<b>Community Health Programme</b>	<b>133,034</b>	<b>234,905</b>
Community Champions	39,100	74,336
Conferences		20,181
General Expenses	11,269	19,085
Printing & Stationery	5,898	6,472
Programme Development	28,000	42,887
Staff Development		10,985
Transport	27,097	32,728
Telephone	17,556	21,122
Workshop Materials	4,114	7,109
	<b>3,738,732</b>	<b>3,790,184</b>



## Statement of Financial Position as at 28 February 2019

	2019 R	2018 R
<b>ASSETS</b>		
<b>Non-current assets</b>		
Equipment	12,116	25,003
<b>Current assets</b>		
Trade and Other Receivables	33,700	34,550
Cash and cash equivalents	382,051	751,183
	<u>415,751</u>	<u>785,733</u>
<b>Total Assets</b>	<u>427,867</u>	<u>810,736</u>
<b>RESERVES AND LIABILITIES</b>		
<b>Reserves</b>		
Accumulated surplus	359,250	775,638
	<u>359,250</u>	<u>775,638</u>
<b>Current Liabilities</b>		
Trade and other payables	68,617	35,098
Deferred Income		
	<u>68,617</u>	<u>35,098</u>
<b>Total Reserves and Liabilities</b>	<u>427,867</u>	<u>810,736</u>





# SUPPORTERS

Our work would not be possible without the generous support of our donors and Mamelani Movers!

## Corporate donors, Trusts and Foundations

Cape Union Mart  
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The Stephen Lewis Foundation  
Tigers Eye  
Western Cape Department of Social Development

## Individual donors

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Ruth Odigie  
Waheeda Ahmed  
Ruth Odigie  
Waheeda Ahmed





# MAMELANI MOVERS

## Three Peaks Challenge

We are grateful for our continuous relationship with the Three Peaks Challenge. The event allows runners to raise funds for our organisation. This event requires runners to summit Devils Peak, Table Mountain and Lions Head all in one day. This year, five Mamelani Movers took up this gruelling challenge and raised R39 000 for our organisation. A big thank you to Three Peaks, and our Mamelani Movers; Mark Anderson, Barry Washkansky, Mathew Burke, Joel Broad and Fabio Gallotta.



## Cape Town Cycle Tour

Despite concerns about the water crisis in 2018, eight riders donned the Mamelani jersey and raised R19 000. A big thank you to Micah Burger, Mike Schleich, Dave Bullimore, Callyn Wilkinson, Jason Hayes, James Taylor, Elize Nel and Eugene Bosini.

# THANK YOU

Sue Soal, James Taylor, Lisa Cohen, Lungisa Huna, Desiree Paulson and Anya Mendel for the role they have played in strengthening and supporting us in our work!

Catherine Morris and her team at Green Home and The Trustees of The Adele Drechmeier Trust who generously have supported Yiza Ekhaya.

Ineke Meijer for her generous support toward the development of the Mamelani team.

The Book Lounge for helping us host the *Our Stories* launch.

Lisa Brunton for running the Two Oceans Half Marathon and fundraising for Mamelani.

Special thanks to our top 3 riders Micah Burger, Mike Schleich and Jason Hayes who collectively raised R14 000 and our top 3 runners Mark Anderson, Joel Broad and Fabio Galotta who collectively raised R35 000 through their back-a-buddy campaigns!



A special thank you to the National Lotteries Commission who made the printing of this report possible.



# PARTNERS

We would also like to extend our thanks to our partner organisations – we value the relationships that we have built with you and the journey we have walked together!



## **Organisational partners:**

- Our Organisational Development Partners - The Community Development and Research Association (CDRA).
- Our training partners – UCT Department of Human Nutrition, The Children’s Institute and Training for Transformation.

## **Health Programme partners:**

- Our implementing partners -Treatment Action Campaign (TAC), Kuyasa Clinic, Heart and Stroke Foundation, Khethimpilo, TB, HIV & AIDS, and Yiza Ekaya.
- Our community partners – Langa Action Community Aids Programme (LACAP), Phaphamani Sizwe, Sizakuyenza, SAHEP, Lathitha, Power Child, Ithemba Labahlali and Khethimpilo.
- Our networking partners – MSAT and The People’s Health Movement South Africa (PHM-SA), Department of Public Health (UCT), City of Cape Town, FAMSA, Rape Crisis and Khululeka.

## **Youth Programme partners:**

- Our implementing partners in the Capacity Building Process – The Department of Social Developmen, Child and Youth Care workers, Social Workers and Directors from Heatherdale Children’s Home, The Homestead, Lawrence House, St Michael’s, SA Children’s Home and St George’s Home for Girls, Leliebloom CYCC, Holy Cross Children’s Home, Girls and Boys Town and Home from Home.
- Our accommodation partners - Beth Uriel and Echo House.
- Our Educational partners - School of Hope, City Mission Educational Services, CPUT, Northlink College and Cornerstone College.
- Our experiential learning and work readiness partners – The Impi Challenge, Scripture Union, Craft and Design, Bidvest Car Rentals, Table Mountain Cableway, Cape Wheel, U-Turn, Observatory Community Hall, Battswood Primary, Ground Up, Nobakada’s Transport, Be.UP.Park
- Our networking partners – The National Association of Child and Youth Care Workers (NACCW), National Child Protection Forum, Gauteng Care Leaving Forum, CYC-Net, African Network of Care Leaving Researchers (ANCR) and the Collaborative Network of Youth Organisation (CNOYO).



# Thank you

*for taking the time to read this report and  
for your ongoing support of our work!*

Mamelani Projects is a  
Non-Profit Organisation

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Mamelani Projects

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Via our website. Please use the link below:  
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Or make a payment directly to our bank account.

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