



Mamelani Projects

Annual Report
2019/20





RESILIENCE

Welcome to Mamelani's 2019/20 Annual Report and thank you so much for taking the time to read it.

Living through a pandemic is incredibly difficult, and I'd like to acknowledge the strain this may have caused you and your loved ones. Recognising the impact of difficult experiences on ourselves and those around us is the first step to recovery. When we do this, we create a sense of empathy, connection and community. Where there is connection there are possibilities to not only recover but to adapt and transform. As we navigate these uncertain times, we are grateful for our connection to our partners, the youth, community groups, organisations and grantmakers who form part of our mission to build resilience and promote well-being in society. This report is a celebration of you, of us and of we.

Masibonane – "Let us see each other."

Gerald Jacobs
MAMELANI, DIRECTOR

MESSAGE FROM THE CHAIR

Bewilderment, anger, rage, fear, anxiety - just some of the emotions I've experienced since the commencement of the Great Lockdown Crisis ("GLC"). And I'm gainfully, reasonably securely employed, and able to fend for those I love and for whom I am responsible. My heart goes out to all those who Mamelani Projects serves – if I feel this way, how must they be feeling? To counter this, we must take stock to fortify ourselves. During the relevant financial period, we brought a new funding partner, MariaMarina onboard; we began paid consulting work with our long-term partner, Home from Home, working with foster mothers and management teams to strengthen transitions for the young people in their care, thereby diversifying our income-generating sources; we launched 'Talking Transitions', a quarterly workshop for alternative care practitioners focusing on a youth development approach to youth transitions; ➡



MESSAGE FROM THE CHAIR

one of our former youth in the programme, Lewis Kalombo, has become part of our staff contingent, together with Claire Jacobs, a former participant in our capacity-building process; and Michu, a former youth in the programme has commenced an internship with us. I cannot think of better examples of the fruits of the labours of our phenomenal team manifesting: helping people to help themselves and in turn, to help others. In addition, we successfully closed our 2018 Community Champions' Project and recruited 25 new Community Champions for the

2020 cohort. In my estimation, this goes beyond resilience into the realm of inspired action.

The above achievements are heightened in significance when viewed against the backdrop of our lease terminating, which triggered a successful but arduous search for alternative premises; the departure of Linda Kalombo, our communications go-to person, in September 2019; and the struggle to find a treasurer capable of devoting adequate time to our requirements. Certainly, challenging circumstances, not to mention the GLC, which struck with full force in March 2020. When I consider the tireless commitment of the Mamelani team, not only during the relevant financial period, but always, and particularly now, in these unprecedented times; I am humbled and awed. The words of Maya Angelou come

to mind, modified somewhat with poetic license to fit the circumstances: We may be changed by what happens to us, but we shall not be reduced by it.

Lisa Brunton

**CHAIR: MAMELANI PROJECTS
BOARD 2020**

”

**I am humbled
and awed.**

”

Mamelani is a community development organisation that recognises the impact of violence and trauma on the daily life experiences of communities.

59%

Youth unemployment rate
in 2020

8,5 million

Young people NEET (not in Employment, Education
or Training) in 2020

57.4%

of deaths are accounted for by
non-communicable diseases

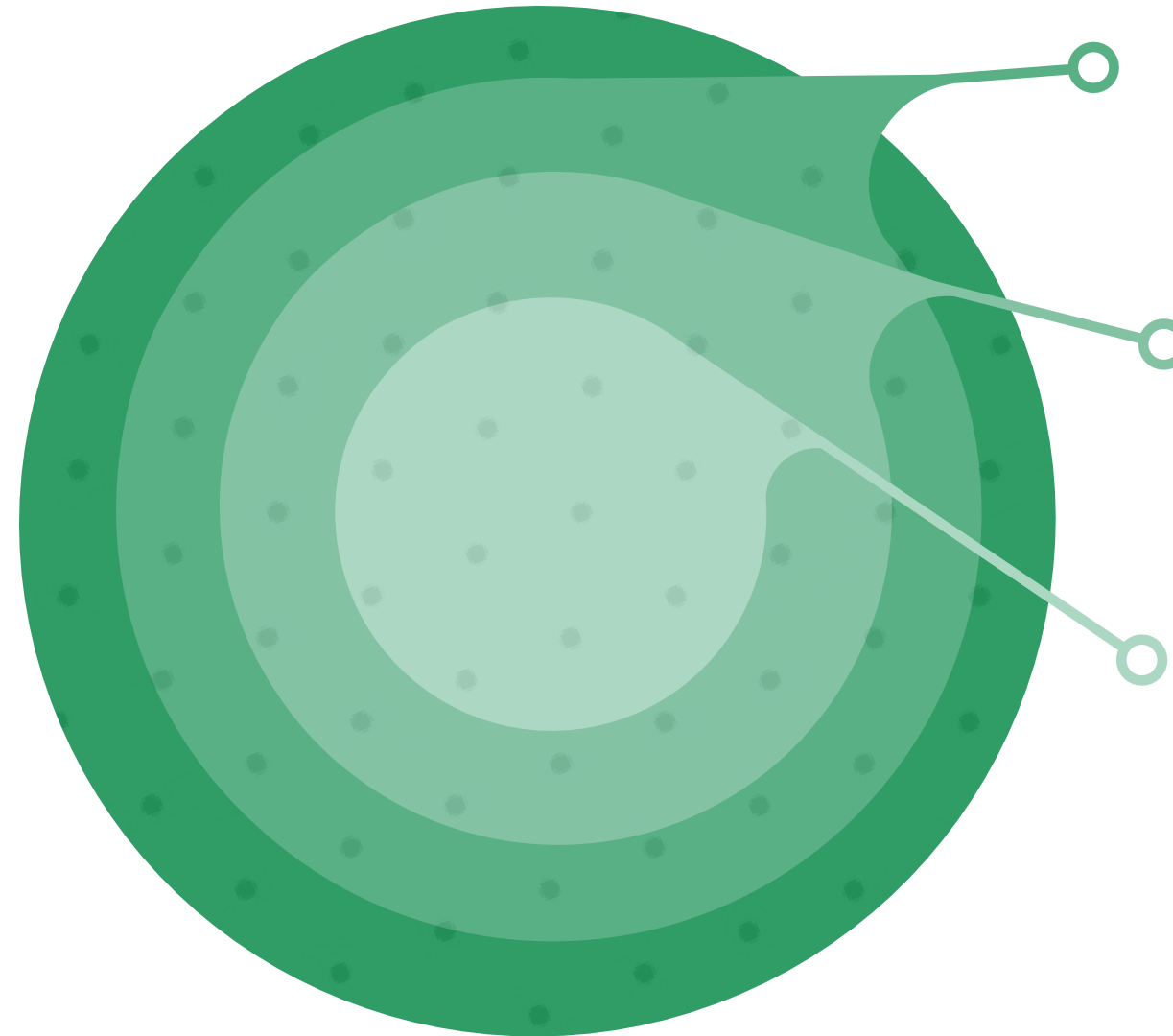
18.9%

HIV/AIDS prevalence rate

THE RESILIENCE OF ONE SYSTEM IMPACTS THE RESILIENCE OF ANOTHER

”

We partner with youth, community groups, grassroots leaders and organisations to build resilience and promote well-being in society.



Talking Transitions, Foreign National Dialogues, Learning spaces for the CYCC sector, Grandmothers group, Annual Health Awareness Day, Community gardens, Champions leadership development

Youth camps, Youth experiential sessions, Youth social events, Cooking demos, Health Champions camps, Wellness workshops, Community Adherence clubs

Individual mentoring and counselling, One-on-one support, Youth transitional support, Youth educational support, Youth internships and work readiness, ARV dissemination, Health Champions skills training

**EVERYTHING WE DO
IS INFORMED BY OUR
PRACTICE PRINCIPLES.
WE WORK IN WAYS
THAT ARE:**



Relational:

We believe change is made possible where relationships are strong.



Responsive:

We work with individuals on their life path, from their perspective, at their pace and according to their priorities.



Reflective:

We believe that awareness is the starting point for change.



Strengths-based:

We believe that people have strengths, talents and assets that make them resourceful in the face of adversity.



Experiential:

We believe people learn best through engagement and learning by doing.



”

What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.

NELSON MANDELA

PROSEED YOUTH DEVELOPMENT

The ProSeed programme collaborates with youth transitioning from alternative care and supports them in their transitions. Our support is provided in ways that allow youth to experience a sense of power and responsibility. We acknowledge their strengths and experiences as assets in building resilience and a greater sense of belonging. Over the past year, 64 youth came through the programme, and their stories are a valuable contribution to inspiring hope amongst their peers.

Individual mentoring, groups sessions and internships form part of the basket of supports that ensure that youth remain engaged and don't become ➡



**64 Youth
impacted**



**54 Youth in
education, training
or employment**



**287 Individual
sessions**



**13 Experiential
sessions**

PROSEED YOUTH DEVELOPMENT

part of the NEET (Not in Education, Employment or Training) statistics. Over 80% of youth who have transitioned while in our programme remain engaged in education, skills training or employment.

The experiential nature of the programme gave youth the opportunity to try out new things and strengthened their sense of agency. Opportunities to cook, lead discussions, participate in decision-making and support other young people, helped demonstrate the power youth experience when they are co-creators of their own development.

A big thank you to all the youth for sharing their expertise and creating a sense of belonging amongst their peers.



We see you.
#SIYAKUBONA



1 Impi Challenge



1 Annual Amazing Race event



4 Wilderness camps



4 Pastalanis
(Social gatherings)



3 Youth-led dialogues for Foreign Nationals



STORY BY

ANDREA

I joined the programme in 2017 because I heard that Mamelani actually assists youth transitioning from care centres. It was a very difficult time for me because I was unsuccessful with my application to further my studies at UWC, and was so disappointed. Later that year, I had to leave the institution, and this was a turning point for me. I witnessed what Mamelani means when they say “walking alongside youth”. I did the research into independent living options with the support of my mentor Charlie. I eventually found a place to stay at, namely Echo House, which supported me with rent and finding a job. Experiencing this kind of positive community was a shock; to have people genuinely help you was a breath of fresh air. The constant encouragement, acknowledgement of my achievements and potential scared me. ➡

**STORY BY
ANDREA**

Community service, camps, hikes, dinners, assisting with group sessions, presentations and drawing logos for the Amazing Race – these were all part of my journey with Mamelani and Echo House. I knew I was enjoying the process because I was actively engaging and contributing to it. I’ve learnt to acknowledge a lot of things that I ignored in the past and this was mainly due to all the reflecting. After every session it was “let’s reflect” - it was an irritation at first, but I’m so used to it now that I reflect before and after every decision I make. Yes, I have grown because I don’t fear change the way I used to. I’m working at an events company called Entry Ninja and recently passed my learner’s license. My goal is to get my driver’s license and complete my degree in psychology. Thank you for taking time to read a part of my journey, I tried to keep it short.



Let's reflect.

SUPPORTING RESILIENCE IN YOUTH ORGANISATIONS

Our capacity-building programme is based on the belief that greater resilience among youth organisations will contribute to positive youth outcomes. Over the past year we supported organisations and practitioners individually to strengthen collaborations within youth eco-systems.

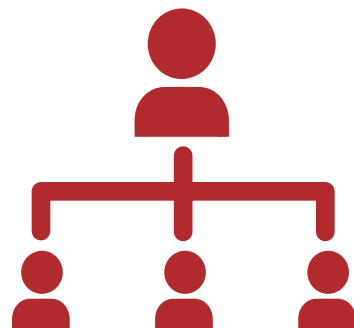
Child and youth care centres, foster homes, transitional housing and after-care programmes were able to connect, build relationships and collaborate. Our sectoral learning sessions provided training on adolescent brain development and

strengths-based approaches to youth development.

We are very excited about our growing partnership with Home from Home, a child protection organisation that manages 34 foster homes that serve 174 young people in communities across the Western Cape. Mamelani developed a learning process to support the organisation in strengthening the in-care experiences of young people in their care.



STATISTICS



15 Organisations



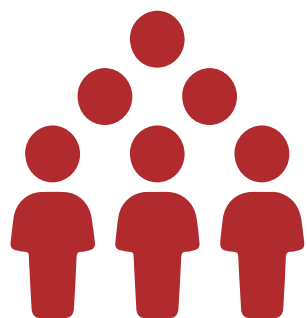
50 Individual sessions



11 Sectoral learning sessions



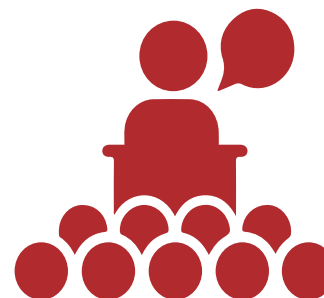
90 Social Service Practitioners



40 Community members



34 Foster mothers



**1 Symposium:
Building Belonging**



1 NACCW Conference presentation



1 Youth – Adult Collaborative process

STRONG NGO PARTNERSHIPS DOUBLE THE RESOURCES AND RESILIENCE

Home from Home is a Cluster Foster Care organisation which provides supported and supervised foster care to orphaned, abused, neglected and vulnerable children in 36 foster families across the Western Cape. As with most NGO's, we are under- resourced and always busy dealing with daily challenges, leaving us with little time to develop partnerships. Our developing relationship with Mamelani has however shown us the real value there can be in a significant partnership with another NGO. ➡

From left to right: Niel Steyn (Echo House), Leroy De Klerk (Mamelani), Monika Edwards (Mamelani), Gerald Jacobs (Mamelani), Victoria Smith (Home from Home), Peter Marx (Home from Home). In front: Hendriko Ockhuys (Echo House).



STRONG NGO PARTNERSHIPS

Home from Home and Mamelani have worked together for some years, but over the last 18 months this relationship has developed to what is becoming a partnership in growing the resilience of our children and families. Although the Covid-19 lockdown has hindered some of our partnering plans, we are very excited by the growth that Mamelani is bringing to our young people as well as our staff team. It is good to see youth

transitioning from care getting world-wide attention, but it's an indictment on our care system that this hasn't always been the case. Mamelani has been a leader in championing this important area of our work. Another highlight of our partnership has been Mamelani's emphasis on reflective practice. Given the reality of a shortage of resources, NGOs typically forfeit time for reflection in order to address more of the urgent daily issues. In this, Mamelani has richly influenced Home from Home with its reflective practice that grows our wisdom and resilience in our work.

**Peter Marx
DIRECTOR, HOME FROM HOME**

”

**...reflective practice
that grows our wisdom
and resilience in our work.**

The background of the slide features a warm, golden-hued sunset or sunrise sky. In the foreground, several South African flags are visible, held aloft by silhouetted figures whose hands are raised in a gesture of celebration or protest. The flags are partially obscured by a large white circular graphic on the right side of the slide, which contains the main text.

SUPPORTING POLICY CHANGE

Our experience with youth transitions over the years created opportunities to influence policies, legislation and advocate for a greater focus on the challenges faced by youth transitioning from alternative care.

Recommendations were made to the Children's Amendment Bill to ensure that young people are prepared and supported before and after their transition from alternative care. This Bill is currently being tabled in parliament.

In 2019 the national government adopted the National Child Care and Protection policy and recognised transitional support as part of a set of essential responsive and protective services. This a huge achievement for our advocacy work!

In 2020 the guidelines for Independent Living Programmes were approved by the National Department of Social Development. Mamelani has been part of this process and we are excited about this development.

COMMUNITY HEALTH AND WELL-BEING WORKSHOPS

Our workshops address the health challenges faced by communities. We work in ways that contribute to improving health and well-being 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 content of the workshops covers topics such as Nutrition, Chronic

Diseases of Lifestyle, TB and HIV. A key component of the workshops is offering a safe space for participants to share about the physical and emotional barriers that they face in managing their own health and the health of their families.

In the last year the Community Groups we trained were Driftsands, Masjied, Mfuleni Community, Sibabale, Phillipi Community, Nyanga Community,

Masazane Seniors, Eluthandweni, Nobantu, Diabetic Buddies, Masakhane, Simamele, Siyahlala, Imizamo yethu, Masonwabe and Imbokodo.



19 Community groups



26 Community Health and Well-being workshops



21 Healthy Cooking demonstrations



1 Annual Wellness event for 143 participants



500 Direct participants



97% Increased health literacy reported by participants



”

I am a woman who has 2 children coming from Eastern Cape. I don't have family members this side. I was recruited by Nontombi to come attend her workshops. At first I didn't take it seriously because I didn't know what this workshop is mainly about. The second phase of this workshop has changed my life because I am a rape survivor, I was sexually abused at the age of seven years and again when I was seventeen by a close family member. I tried to report this matter, but my mom had no time to listen to me. At this workshop I was listened to, questions were asked of me and people have really showed interest in my story. The workshop has helped me a lot, I have spoken about this matter for the first time. I am now free. I said to myself that I will never share this matter with anyone but Mamelani has changed me. I am now a new person.

WORKSHOP PARTICIPANT

COMMUNITY ARV ADHERENCE CLUBS

Our ARV Community Adherence Clubs provide community-based care to HIV positive patients who, through the programme, access treatment from community-based settings instead of needing to access care and treatment from the clinic. The clubs meet every two months for a standard check - up, collection of medication and a group support session. Club members can also access individual counselling to receive support with adherence, disclosure and other challenges connected to living with HIV/Aids.



9 Community Clubs



270 Participants



54 Club sessions



97% Adherence rate

”

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

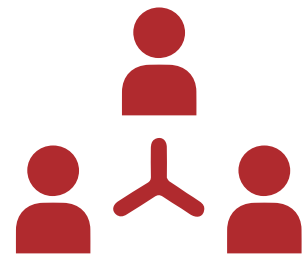




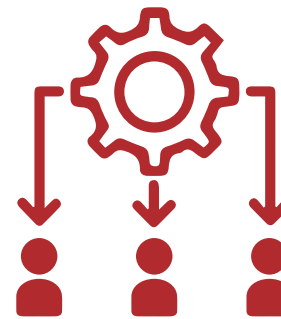
COMMUNITY CHAMPIONS

The Community Champions Programme supports grassroots leaders to grow and develop interventions that can have a positive impact on the health and well-being of those around them. The programme is an 18-month leadership process assisting the champions with capacity building alongside monthly mentoring sessions. These champions who are already active in their communities, are supported in strengthening their own community initiatives which vary from soup kitchens, support groups, creches and small community businesses. In the last year we worked with a group of 13 Champions and recruited a further 25 participants for 2020.

STATISTICS



38 Participants



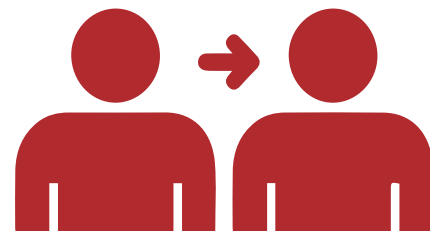
**1 Capacity-building
process**



6 Group gatherings



**1 Graduate
group event**



**80 Mentoring
sessions**



**7 Community
Champions**
supported with FAMSA Level 2
Counselling Course



**3 Community
Champions**
supported with Basic
Sewing Course

STORY FROM THE GROUND

“Thank you Mamelani for all they have done for me especially with the Counselling Course in 2019. It has been so helpful to me especially at this time of the world being faced with a serious pandemic. Apart from what I’ve learnt I am now able to educate people living with this fear using my counselling skills. The information that Mamelani has been sending to us via Whatsapp as Champions, is also very helpful in terms of health education. The Champions Camp last year - wow it was the most exciting time I ever had . Who I am now is much different compared to before I got involved to Mamelani. I am so proud to have been part of the Community Champions. May the Organisation grow bigger and continue making change to individuals and the Communities out there.”

Nomvula Kaleni
COMMUNITY CHAMPION 2019



MASIKHULISANE

BOGOGO

(GRANDMOTHERS NETWORK)

The Grandmothers Network provides ongoing support and skills training to a group of grandmothers, based on the needs they have identified in their communities. In the last year we had 16 active grandmothers who met bi-monthly for emotional support as well as to work on a community gardening initiative.

Reflecting on the year, the grandmothers felt that the gardening project had been an immense success in their communities. By the end of the year, 8 grandmothers had a functioning home garden, and felt confident in their ability to maintain their gardens, rotating their vegetable planting, and planting seasonal crops according to Western Cape weather. Grandmothers shared how the garden had assisted them with winter vegetables, and that last year they had spent time making soup for family and neighbours. One of the grandmother had assisted in cooking for an old age home in her community.



GROWING VEGETABLE GARDENS

“Grannies from Samora Machel Community asked permission from the school principal in one of the schools to use their premises to make their own garden. The principal was so excited and allowed them to use a few plots, and students were also intrigued with the idea and influenced to see old people working so very hard. Students sometimes volunteer to help them in their spare time, and it was a learning curve to gain a new skill for them.”

Thandi Blie
COMMUNITY HEALTH FACILITATOR



DONORS AND SUPPORTERS

- ♦ Cape Union Mart
- ♦ Capitec Foundation
- ♦ Coronation Asset Management
- ♦ EMpower Foundation
- ♦ Home from Home
- ♦ Lewis Stores
- ♦ MariaMarina Foundation
- ♦ Rolf-Stephan Nussbaum Foundation
- ♦ Simacel
- ♦ Stella and Paul Loewenstein Charitable and Educational Trust
- ♦ Survé Philanthropies
- ♦ The Adele Drechmeier Trust
- ♦ The Claremont Rotary Club
- ♦ The GRT Charitable Trust
- ♦ The HCI Foundation
- ♦ The Iqraa Trust
- ♦ The Joan St Leger Lindbergh Charitable Trust
- ♦ The Maid Foundation
- ♦ The National Lotteries Commission

- ♦ The RB Hagart Trust
- ♦ The Stephen Lewis Foundation
- ♦ Tigers Eye
- ♦ Western Cape Department of Social Development
- ♦ Alfred Harris
- ♦ Alistair Cordiner
- ♦ Anneli & Göran Nilsson
- ♦ Antony Gevisser
- ♦ Arafat Gatabazi
- ♦ Barry Washkansky
- ♦ Brian & Lisa Aronson
- ♦ Carly Tanur
- ♦ Constanze Frank
- ♦ Elzan Wilson
- ♦ Gijsbert Bakker
- ♦ Hannes Venter
- ♦ Ineke Meijer
- ♦ Jed Borrill
- ♦ Jonathan Niemann
- ♦ Julika Pahl

- ♦ Lisa Brunton
- ♦ Lucy Jamieson
- ♦ May Rosanna His
- ♦ Richard Fosse
- ♦ Russell Lund
- ♦ Ruth Odigie
- ♦ Sharon and David Hudaly
- ♦ Stijn van Zelst
- ♦ Sue Cooper
- ♦ Yahya Adam

THE MAMELANI BOARD



Lisa Brunton
Chairperson



Zakiya Soeker-Sauls
Treasurer



Prof. Thandi Puoane



Nokukhanya Mncwabe



Baheya Najaar



Mamelani Staff 2019

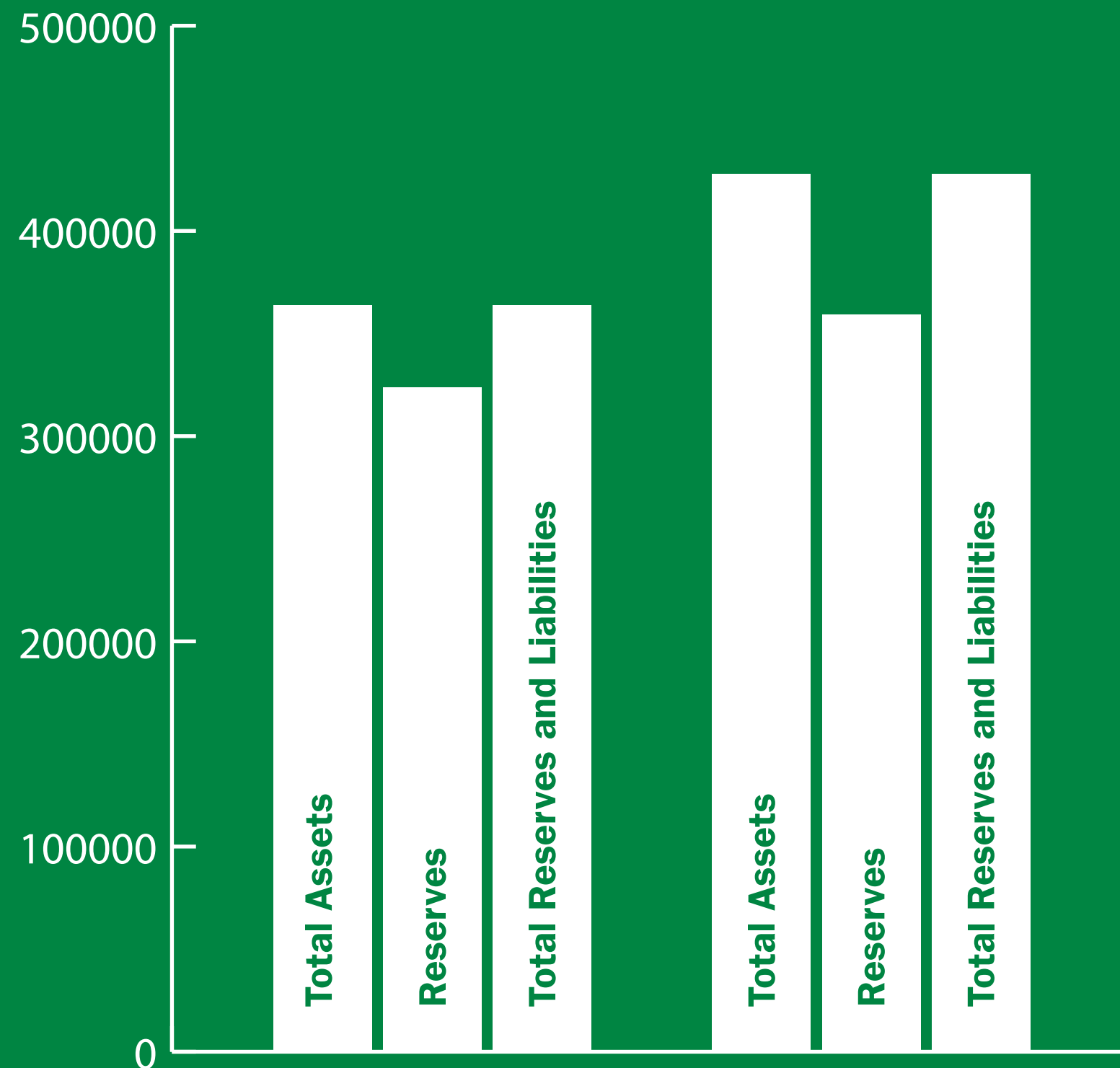
Back row (From left to right):
Thandi Blie
Cleopatra Sawuti
Gerald Jacobs

Back row (From left to right):
Dorette Knoblauch
Charlene Hill
Monika Edwards
Noncedo Mkhohli

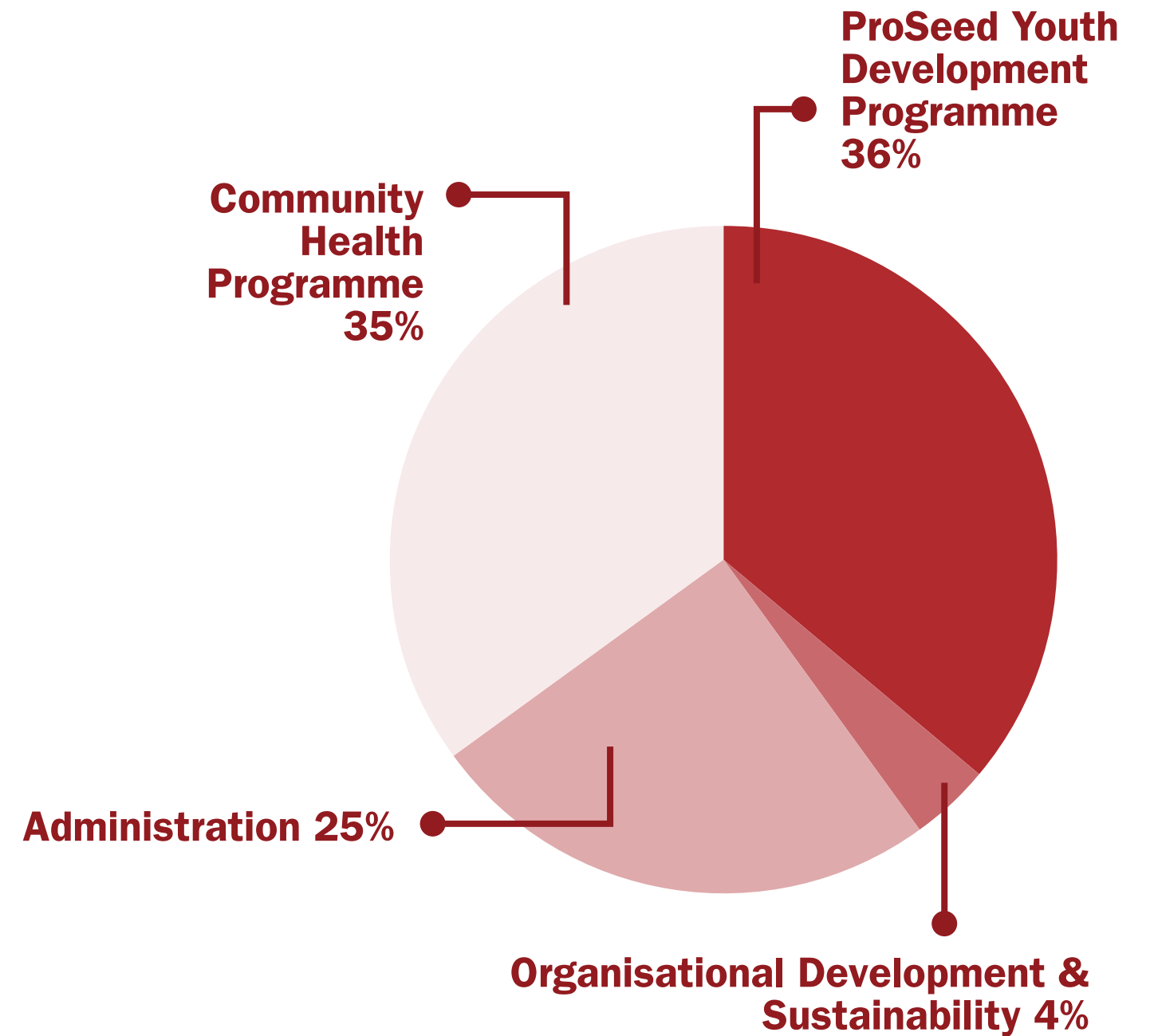
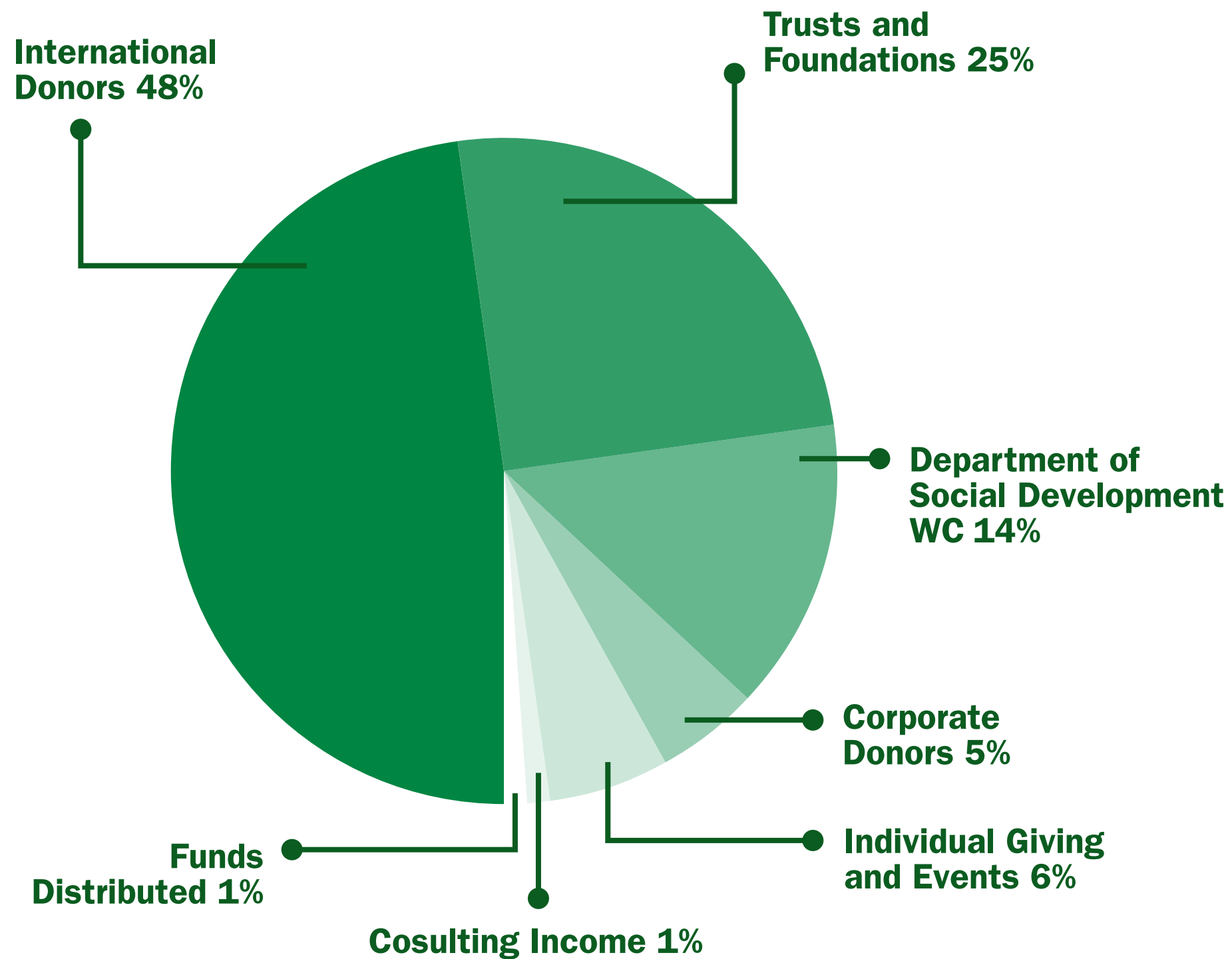
Middle row (From left to right):
Nontombi Mamkeli
Claire Jacobs
Leroy de Klerk

Front row (From left to right):
Rimichu Vitu
Lewis Kalombo

STATEMENT OF FINANCIAL POSITION



INCOME AND EXPENDITURE 2019/2020



CORONA VIRUS UPDATE

Mamelani, alongside the rest of the welfare sector, is responding to the overwhelming need of unemployment and food sustainability that is facing communities post lockdown and Covid-19. Our participants are sharing fears about poverty and hunger, and we have had an unprecedented request for assistance with food relief. With the support of individual funders and donors, we have been able to support 400 families a month with a monthly food voucher or food parcel. To date we have distributed 1542 food vouchers and plan to support our existing beneficiaries until the end of October. We have been humbled by an overwhelming wave of gratitude. What we thought would be a simple food delivery exercise has been

given meaning by our participants' responses and strengthened our relational practice. What we know is that people who are seen, listened to and acknowledged have hope. And people who have hope mobilise communities, support other and use the small resources that they have to support others. During level four and five lockdown, facilitators found creative ways to continue engaging with the groups, participants and young people. We continued reflective and mentoring sessions, offering emotional support, debriefing and sharing key health information via WhatsApp chat groups, Google Hangouts and Zoom. We supported our participants with data so that participants had a community of support and continued building a strong ➡



CORONA VIRUS UPDATE

social network, even as we were practicing physical distancing. With the easing of lockdown regulations, we have commenced our community group work and individual mentoring sessions. The landscape that awaits us post Covid-19 will not be a return to life as normal. We anticipate that our programmes will have to support the increasingly complex needs of communities. The issue of food sustainability and rising unemployment will remain critical as the sector recovers from job and income loss. The need for emotional support and counselling will remain vital. Information and support around well-being, nutrition and food

security, mental health, and gender-based violence are some of the things we will be prioritising in our community development work in 2021. We are strengthening

our partnerships with community champions and youth who are working on the ground and joining us in promoting well-being and resilience.



There is no power for change greater than a community discovering what it cares about.

MARGARET J. WHEATLEY



PARTNERS

No organisation is an island. We'd like to extend our thanks to the organisations that are a part of our community of support.

- ♦ Community Development and Research Association (CDRA)
- ♦ People's Health Movement
- ♦ Heart and Stroke Foundation
- ♦ FAMSA
- ♦ City of Cape Town
- ♦ Treatment Action Campaign (TAC)
- ♦ Amandla Edu-Football
- ♦ The Homestead
- ♦ Lawrence House
- ♦ Holy Cross
- ♦ Home from Home
- National Association for Child & Youth Care Workers (NACCW)
- ♦ St Michael's Child & Youth Care Centre
- ♦ St. George's Home for Girls
- ♦ SA Kinderhuis
- ♦ Echo House
- ♦ Beth Uriel

- ♦ O'Graceland
- ♦ National Child Protection Forum
- ♦ Collaborative Network of Youth Organisations (CNOYO)
- ♦ The IMPI Challenge
- ♦ Nobakada's Transport
- ♦ Observatory Community Hall
- ♦ Green home
- ♦ Yiza Ekhaya
- ♦ TB Care
- ♦ Kuyasa clinic



**THANK YOU FOR TAKING THE
TIME TO READ THIS
REPORT AND FOR YOUR
ONGOING SUPPORT
OF OUR WORK!**

BANKING DETAILS

- ♦ Bank: Absa Bank
- ♦ Account Name: Mamelani
- ♦ Projects Account Number: 4058731334
- ♦ Branch: Adderley Street
- ♦ Branch code: 632005
- ♦ International SWIFT code: ABSAZAJJ
- ♦ Reference: Your name

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