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MAMELANI PROJECTS

Walking alongside people in their development

Message from the Director

Message from a Mamelani Trustee

THE MAMELANI TEAM

ORGANISATIONAL DEVELOPMENT

- Highlights
- Staff Development

PROGRAMME REPORTS

- Community Health Programme
- Child and Youth Development
 - PROSEED Youth Development
 - Child and Family Support Programme

PARTNERSHIPS

FINANCIAL STATEMENT

SUPPORTERS

THANK YOU

Mamelani creates positive transformation in communities. We focus on shifts that enable people to take action to improve their lives by building on already existing knowledge and strengths. We do this by walking alongside people in a way that they feel valued, respected and listened to.



MESSAGE from the Director

Health, as well as what lies at the core of Youth Development. Returning to the purpose of our work in a rigorous and intentional way has enabled us to remain clearly committed to. Some might say, with the level of need and the financial constraints, there is no time to stop and reflect – but I would disagree. I am convinced that the time we have spent together as a team asking ourselves difficult questions and adjusting our approach represents the core of what has kept our work alive, relevant and focused on the quality of our interventions. We have also had to make some difficult decisions in the last year to ensure that we do not stretch ourselves beyond our capacity.

As Mamelani moves into its 10th year as an organisation, I am drawn to reflect on this last year as it marks the end of an era. We are at the cusp of completing a decade of work, and I am so encouraged by where we find ourselves today. The organisation has been able to deepen the impact of its work through innovating and adjusting to the changing context of our programmes, while strengthening the practices that drive our work forward. We are pioneering new ways of doing things and sharing our learning with others. In order to ensure that we are responsive to the context we are working in, we need to reflect not only on what we do, but also on how we do it. There are two things that have been key to this growth – ongoing reflection and our investment into relationships.

In both programmes, we are focused on building agency amongst the people we work with. It has been an honour to witness the creativity, resilience and dedication of the participants who come through our programmes. We have learned so much from the stories they have shared with us – and we are looking forward to another year of partnering in development. Just as we have walked alongside the participants in our programmes, there have been many people and organisations who have walked alongside us. Our board of Trustees, our partner organisations and all those who provide the support to enable us to do this important work – we thank you.

Carly Tanur

In both programmes, we have been able to expand on our understanding of what is meant by Community



MESSAGE from a Mamelani Trustee



I have been a trustee with Mamelani Projects for four years. I have chosen to be with Mamelani because I really believe in the work they do, their decision to focus on two areas of activity rather than to spread themselves thin; I resonate with the areas of engagement they have chosen (Youth Development and Health and Wellness) as I think these are the critical areas for engagement. I love the way in which they do what they do - with commitment, care, authenticity, openness, humility, and modesty and with deep intentionality. Mamelani is an organisation of great integrity, an organisation that understands the principle that how you are and how you do what you do cannot be separated. Mamelani works at both of these levels, engaged in ongoing learning, critical self-reflection and ongoing development of their programmes, not pulled by the imperative to 'go to scale', but to work intensively, intentionally and deeply.

they are committed to, this is what they do, and this is why I love being involved with this organisation. It is an inspiring and uplifting experience that gives me deep hope.

Sue Davidoff

Mamelani is alive, moving and growing all the time, taking themselves and their world seriously with a lightness of touch and a depth of being that is unique and profoundly transformational. Mamelani works with the understanding that real change can only happen if the practitioners themselves are open to change, that change happens from the inside out. This is what



BOARD OF TRUSTEES

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STAFF

- Carly Tanur - Founding Director
- Monika Edwards - Operations Manager
- Anelisa Tobi - Administrator
- Cleopatra Sawuti - Wellness Facilitator & Wellness Programme Team Leader
- Nomvuyo Mbele - Wellness Facilitator & Health Champions Team Leader
- Thandi Blie - Wellness Facilitator
- Gerald Jacobs - Youth Facilitator & Youth Programme Team Leader
- Lerato Kossie - Youth Facilitator
- Leroy De Klerk - Youth Facilitator

COORDINATION TEAM ESTABLISHED

Equality, leadership and participation are key values in our work. It is important to us that these values are present in the organisation at every level, from the grassroots to senior management, and that they are present within our internal structures and ways of working together. In order to ensure that these values are practised, we have instituted a coordination team. The team is made up of the director, the operations manager and a team leader from each of the programmes: Community Health and Youth Development. The coordination team is a learning space where reflection on the health and wellbeing of the organisation takes place. Decisions are taken collectively, factoring in the needs and experiences of staff at all levels. The coordination team is intentionally a space to build shared leadership – a space where we look at how to shift power relations within the organisation – so that, just as in our programmes, we seek to strengthen power with each other as opposed to power over each other. This structure has been implemented in the last year and already there has been a shift in how we hold each other accountable, in how we make connections across programmes and in how we see the organisation's development as a whole.

INVESTING IN PEOPLE - STAFF DEVELOPMENT

Mamelani continues to invest in the capacity building of our team. In 2012 Carly (Mamelani's Director) was selected as a Chevening Scholar, which has enabled her to access funding to do her Masters in Reflective Social Practice. Monika (Operations Manager) attended a 1-week NPO management course offered by Stellenbosch University and generously sponsored by Investec. She also participated in a reflective process with the Proteus Initiative. During the year, Monika facilitated a session for the team on "Narrative Therapy" to strengthen our ability to use narrative therapy principles in our programmes. Lerato (Youth Facilitator) attended a Rites of Passage training in Germany in June 2012, generously sponsored by EDUCO. He also attended a 2-day Wilderness Therapy conference. Nomvuyo (Health Facilitator) graduated last year with a Diploma in Adult Education from UCT and has registered for an Advanced Certificate in Adult Education at UWC. Thandi (Health Facilitator) is continuing with her Diploma in Community Development through Training for Transformation and Cleo (Health Facilitator) has reapplied for auxiliary social work studies this year. Gerald (Youth Facilitator and Team Leader) was invited to be part of Common Purpose, a leadership programme, while completing his third year Social Work studies. Leroy (Youth Facilitator) is doing Social work through UNISA. Anelisa (Administrator) attended a training course through the Fundraising Academy.

CAPACITY BUILDING AND TRAINING

The Wellness team attended a range of training sessions in 2012 through our partnership with Ikamva Labantu, ensuring that all health educators working in Khayelitsha share information using the same message. Training was related to Hypertension (high blood pressure), Diabetes, Nutrition, Smoking and Cholesterol. It presented the valuable opportunity to engage with other facilitators and share ideas regarding the practicalities of dispensing important information in the community. The team also attended workshops on dental and mental health services in Khayelitsha.

Mamelani, along with four other organisations, attended a workshop presented by Professor Rusty Clark from the USA. The workshop looked at what he calls the "TIP Model" - the Transition to Independence Process. It was interesting and valuable to engage someone who has been working in the area of transitional support for many years, and to note some of the contextual differences that impact on the implementation of various transitional support programmes, but also many shared similarities.





HIGHLIGHTS FROM 2012/2013

ATTENDING THE NATIONAL HEALTH ASSEMBLY AND THE PEOPLE'S HEALTH ASSEMBLY

The Mamelani Health Team attended the National Health Assembly (organised by People's Health Movement) where they heard about the developments and challenges relating to the creation of the National Health Insurance system in South Africa. Some of the key challenges and questions related to how the NHI would be funded and what human resources are required for the NHI to function effectively. The team also attended the People's Health Assembly and were able to connect with community health workers, health projects and activists from around the world.

Cleo, a Mamelani team member, shared:

"It was really inspiring to hear about what other organisations are doing in their country to make sure that health is not a luxury for a few, but a fundamental right for all, rich or poor. What stood out for me was how we go through similar challenges, whether it's in South Africa or Mexico. It was interesting to see that the same challenges we are facing at public hospitals are the same all over the world. I attended different workshops– and learned a lot that can be applied to our work at Mamelani."

One week before the Assembly, an International People's Health University (IPHU) course was held at UWC with health activists from around the world, mostly from Africa. The students visited two of Mamelani's Health Champions projects as part of their local site visits. It was exciting to have the IPHU students visit the community and learn more about the health conditions in our communities.



PROJECT LUNGISELA GRADUATION CEREMONY

At the end of 2012 we held a graduation ceremony for the youth who were moving on from the programme. There were more than 30 young men who gathered on the day to mark the next step on their journey. At the start of 2013, some of them came to visit us at the office, to reconnect and get advice. It was good to notice how the relationship had shifted: even though the formal programme and financial support were no longer being provided, they still saw value in the relationships they had built. This was a sign that that the transition out of the programme had gone well and, based on the feedback from the day, the youth felt ready to take this next important step.

INFORMATION GATHERING REGARDING TRANSITIONAL SUPPORT IN THE WESTERN CAPE

During 2012, Mamelani embarked on a research process that looked at the needs and experiences of youth leaving care in the Western Cape. Over this time, we engaged with stakeholders, including Child and Youth Care Centres (CYCCs), to better understand the obstacles and factors of risk and resilience faced when transitioning youth out of the institutions. Two separate processes were undertaken to gather information. An online survey was set up. Registered and unregistered CYCCs were invited to participate, as were selected youth development organisations providing services to the target group (such as post-18 residential facilities). A total of 87% of CYCCs providing services for this target group completed the survey. Mamelani also facilitated a series of focus groups with staff from 11 CYCCs, 5 partner organisations and 39 young people currently or previously in care. An advisory group was established, which included representatives from the Department of Social Development (Children and Families and Youth Development), the National Association of Child Care Workers (NACCW) and the Children's Institute, to ensure that the investigation was informed by legislation and child and youth care practice more broadly. The research process culminated in a "Discussion Document" which will be shared with the sector, and will form part of what informs Mamelani's roll out in 2013/2014. Engaging more intentionally with different stakeholders has given us the opportunity to gain a deeper understanding of the different challenges facing different centres. By sharing our experiences with other child care workers, we have gained a better understanding of what informs Independent Living Programmes for youth leaving care, as well as perceptions of what should be in place for youth once they leave care.

AFFIRMING ORGANISATIONAL CULTURE

In honour of Heritage Day we held a cultural morning for the Mamelani Team. Each staff member was asked to bring a traditional dish, as well as to reflect on the question: What, from my own culture, traditions or belief system is of most value to me, and how do I see this value as part of Mamelani's organisational culture?

Team members reflected on the importance of UBUNTU and sharing what we have as an organisation; the versatility and 'maak n plan' attitude; the importance of relationships and having a tight knit family; the importance of being proud of where we come from; of carrying a positive spirit and a sense of gratitude for what we have, as well as the importance of creativity and diversity. People were dressed in traditional (and interesting!) outfits and there was a table laden with a variety of foods including roti's, steam bread, chicken feet, teiglach, babka, German sausage and sauerkraut, pap and Polish borscht – a deliciously diverse lunch was had by all!

MAMELANI OFFICE GETS A MAKEOVER!

We were fortunate enough to have our offices revamped. The office is so much more organised and productive. Staff have expressed that they are far more able to do their work, especially their administration with the new set up. Mamelani would like to thank our sponsors for making this possible!

Within the Youth Programme, we are looking forward to working more closely with the Child and Youth Care Sector. We plan to roll out the approach we have developed and share our practice with selected Child and Youth Care Centres (CYCCs) within the Western Cape. This process will stretch us as an organisation as we take the necessary steps towards the development of transitional services for youth leaving care more beyond the group we have worked with to date. We look forward to partnering with the Department of Social Development in rolling out the programme.

Within the Health Programme, we will be rolling the 2nd round of the Health Champions programme. We will take on another group in July 2013 to go through a similar 18-month process, drawing on the lessons learned from the pilot programme that was piloted in this last year. We are looking forward to extending our reach to new areas and working with another group of inspiring women!



COMMUNITY-BASED HEALTH EDUCATION PROGRAMME

CONTEXT

South Africa's under-resourced health system, along with the impact of poverty and growing unemployment is having a negative impact on the health and well-being of our communities. Mamelani works in a preventative manner within the health sector empowering women to share essential health information within their communities, so that they can take action to improve their health and the health of their families. The vast majority of government health resources are overburdened with the responsibility of delivering primary health care services, resulting in severely inadequate time and resources available to address the on-going need for essential health education and support. This situation is particularly prevalent in low-income communities resulting in many people being poorly equipped to understand or take responsibility for health-related issues. This situation not only poses a major threat to the health sector but also impacts negatively on the livelihood of the South African population. Education in health and nutrition is widely accepted as a key component in promoting optimal health and reducing the risk of developing chronic diseases of lifestyle.

PROGRAMME DEVELOPMENT

Over the last year, steps have been taken to strengthen Mamelani's practice, deepening our understanding of community health and broadening our definition of wellness. We have developed an expanded definition of wellness that goes beyond 'wellness' as connected to physical health alone. This expanded definition sees wellness as a **growing awareness and ability to make choices that strengthen physical, emotional and spiritual wellbeing**. We reflected on what enables people to take steps to improve wellbeing and how we in our own lives strengthen our sense of wellbeing. As we expand the definition of wellness, we expand the scope for our work in building healthier communities. Sue Davidoff, our dedicated Trustee, facilitated learning sessions with the Wellness Team, reviewing and deepening the practice and the ongoing development of the programme.

THE COMMUNITY HEALTH PROGRAMME

Mamelani's Community Health Programme addresses this gap in services by encouraging people to be more informed about their health, to identify available local services and to take an active role in managing their health and wellbeing. Through Wellness Workshops and individual consultations we cover a range of health topics including infectious diseases (HIV/Aids, TB) as well as Chronic Diseases of Lifestyle (Obesity, Diabetes and Hypertension). Once presented, these workshops are closed with a demonstration of healthy cooking. Emotional support is a key component of the workshops and space is created for people to process the issues they are facing that become barriers to making positive health choices. Where necessary, referrals are made for specialised services within the community.

IMPACT

More than 500 people were reached directly through the workshops: 319 participants in the Wellness Workshops and 120 attended follow-up workshops and 65 people attended a Health Awareness Day. The impact of our work is best demonstrated through the voices of participants:

"You sent us two facilitators who knew what they came here for. We really appreciate the knowledge they shared with us. We never realised that drinking water is very important, despite taking water for your tablets. As a result of that we now carry water bottles wherever we go. Exercise made us feel very young. They also taught us all about infectious diseases and that it was very important to keep our hands clean all the time. Also about diseases including TB, diarrhoea, and HIV. Keep up the good work."

"I would like to take this knowledge from this workshop to my family because some of them have some of these diseases."

"I learned to change what I am eating, to check my status early in order to stay healthy. I learned to cook healthy meals and how to advise other people about their conditions – what they can do in terms of the lifestyle, like losing weight if you are suffering from obesity."

"I learned a lot at Mamelani's workshop – now I know what to do and I understand how my body works. When I notice something in my body, I know what I need to do and go and check at the clinic."

"This information has had a good impact on my lifestyle. I didn't even know my body. Now I am a new creation."

PROGRAMME ACTIVITIES

During 2012/2013 we trained the following groups:

CYCLE 1

NAME OF GROUP	NUMBER OF PARTICIPANTS	AREA	TYPE
Ikamva Labantu	18 members	Khayelitsha	Community Garden Group
Better Life	14 members	Philipi	Community Group
Masiphumelele	10 members	Khayelitsha	Support Group
Movers Senior Group	22 members	Khayelitsha	Community Seniors Club
Africa Tikkun	9 members	Delft	Home-based Care Group
Masonwabisane Group	17 members	Crossroads	Support Group
Masizakhe	16 members	Khayelitsha	Community Group
TOTAL			106 Participants

CYCLE 2

NAME OF GROUP	NUMBER OF PARTICIPANTS	AREA	TYPE
Zusakhe Support Group	7 members	Dunoon	Support Group
Diabetes Buddies	22 members	Mfuleni	Diabetes Club
Kyayelitsha Community Group	14 members	Site C, Khayelitsha	Community Group
Iliso Lomzi	14 members	Harare	HIV Support Group
Masimanyane OVC	9 members	Site C, Khayelitsha	Community Group
Kuyasa Community Group	17 members	Kuyasa	Community Group
TOTAL			83 Participants



CYCLE 3

NAME OF GROUP	NUMBER OF PARTICIPANTS	AREA	TYPE
Siyaqhubeka Community Group	15 members	Makaza, Kyayelitsha	Community Group
Women of Peace	32 members	Mfuleni	Seniors Club Support Group
Masimanyane Community Group	12 members	Site C, Khayelitsha	Community Group
Nobulungisa Senior Club	17 members	Kuyasa	Seniors Club
Masikhule Community Group	12 members	Kuyasa	Community Group
Zingisani Community Group	11 members	Kuyasa	Community Group
Luncedo Community Group	10 members	Malawu Camp	Community Group
Fundisanani Group	11 members	Site B, Kyayelitsha	Community Group
Archivers Community Group	10 members	Samora	Community Group
TOTAL			130 Participants

FOLLOW UP WORKSHOPS

In June we ran a follow up process with previously trained groups. People from the following groups were reached through this process: Iliso Lomzi (15 people), Dazerus (12 people), Red Cross (15 people), Hands of Hope (30 people), St Mary Magdalene (25 people), CWD (12 people) and Khanyisa (11 people).

When reflecting on the workshops, it became clear that in order to respond to the changing needs of the group members, some changes in the format of the follow up sessions was needed. Instead of only focusing on the information that was shared, and revising content, we wanted to try and unpack what deeper issues may be holding people back from implementing the information, as well as assessing what other issues they were faced with in their lives.

The format of the workshops was therefore very different. Trust and boundaries were established in order to create a safe space where participants could share their experiences. Participants were encouraged to explore their own lives, their families and their communities, looking at both positive and negative aspects. Themes emerged that were common to most of the groups, namely the support received from family; connection to their church and the acceptance of their HIV status as helping them to stay hopeful in their lives.

On an individual basis, participants were able to share some of their personal challenges, which included family related issues, stress relating to being in debt, the impact of substance abuse on family members and the challenges faced as a result of loss of income.

THE PARTICIPANTS SHARED THAT THE PROCESS HAD HELPED THEM:

- To better understand the root causes of the problems, and
- Encouraged some members to take action – whether it was to speak to a street committee, or engage differently with their children and those in their care.

THE PARTICIPANTS SHARED THAT THE PROCESS HAD HELPED THEM:

- That they rarely get the chance to process these issues as a collective group
- They felt relieved to share their burdens with others
- They felt less hopeless as a result of the conversations.

HIGHLIGHTS AND ACHIEVEMENTS

In the last year we continued to roll out our Health Champions Programme. At the beginning of 2012, all the health champions were allocated a mentor from amongst the Wellness facilitators. The purpose of the mentoring process was to offer guidance and support to the champions in achieving their goals. At the end of the 18-month process, 8 of the participants had completed home-based care training courses and two of the Champions had strengthened their already existing community-based projects: one, a soup kitchen and the other, an aftercare project. Mamelani was able to provide conduit funding through one of our existing funders, and through this, build their capacity to manage their own funds moving forward.

The first round of the Health Champions process came to an end in December 2012. We held a closing ceremony and end of year gathering in the beautiful Kirstenbosch Gardens. None of the Champions had ever been into the Gardens before and so the day was extra special. We spent the morning reflecting on the year and acknowledging the strength and commitment of the participants over this time.

MEET ONE OF THE health champions

"I am Nosibongile Dube. Mamelani opened my eyes to many things that I didn't know. Mamelani helped me with skills that I wanted to be able to help my community. I am proud to be a home-based carer now so in my community I can help people with their different problems. I can face anything now. I can face my personal problems. I know I have a person to share my things with - my mentor this year has helped me.

I want to say thank you Mamelani. You must grow big and help many people like me."



HEALTH AWARENESS DAYS

The Wellness Team hosted a Health Awareness day on 26 November 26 in Khayelitsha. A total of 65 participants attended the day. A talk about Diabetes and the importance of exercise for good health was given. Participants also played games, including relay races, hula hoops and other fun games. Diabetes and blood pressure testing was provided for all participants on the day. Participants shared that the day was a lot of fun and that the games really helped to release their stress. The Mamelani Team, in partnership with Ikamva Labantu, also attended a Diabetes Awareness day at their centre in Khayelitsha. Mamelani staff members were invited as guest speakers to give input on the day regarding Diabetes.

PARTNERSHIP DEVELOPMENT

In 2012 we held a **learning exchange** with **Soil for Life**, one of our partner organisations. All the field workers and facilitators met to share ideas and experiences with regard to motivation levels amongst the groups that we train. It was a useful day, where the team got to look more closely at the underlying causes of poor attendance and brainstorm what we could be done to improve recruitment into our courses and decrease drop-out rates.

In 2012, Katherine Stokes, a volunteer from the UK, facilitated a **sexual and reproductive health session** with the Wellness Team to explore the reproductive health content of the workshops and to fill knowledge gaps in this area. Katherine also facilitated a **'Photo Voice'** project with the Health Champions, where they were trained with basic photography skills. The purpose of the process was for them to visually capture and document both the challenges and solutions they see in their communities. The images were exhibited at the People's Health Assembly in July – an International Assembly of health specialists and activists from around the world.

In the last year, we also partnered with the **Cape Town Medi-Spa**, who selected some of our participants to attend training, and ultimately get employed in the Wellness field. We were able to refer 8 female candidates for accredited training. Almost all of these women are now employed in a range of corporate wellness initiatives. We are so excited about this partnership with **The Ubuntu Touch Project**.



CHILD & YOUTH DEVELOPMENT

International research outside South Africa indicates that of all the identifiable vulnerable groups in society, young people who have been in institutional care, if not provided with adequate support, are the most likely to experience poor outcomes in adult life. Youth approaching the transition from care are expected to become 'instant' adults. Many young people are simply not ready or adequately prepared for this transition. Youth leaving state care are faced with compounding difficulties as a result of institutionalisation. Research shows that too many transitions at once in this period place too much pressure on the young person and limit their ability to succeed and cope with life beyond care. A slower, phased process is more successful, working with the young person at the pace that allows them to really build the skills necessary for coping with the reality they will face post-institutional care. Although the practical components such as budgeting, access to education and housing are key to their success, building the internal resources are equally, if not more important, to ensure that the young person is able to fully take on these opportunities provided and make the best of them.

PROGRAMME DEVELOPMENT

In June 2012, Mamelani launched our new approach, which acknowledges that young people face particular developmental challenges between the ages of 18 and 25, and specific challenges as a result of the transition from institutional care. Our youth development practice ensures that we accompany the young people along their journey, working with what emerges along the way. We do this by intentionally working on issues of identity, relationships and resilience – and in this way enable them to move towards healthy interdependence. Mamelani works in a way that builds on existing strengths and re-connects young people to their community. We have realised that youth practice is very different from the childcare practices employed within the children's sector, which are focused on care and protection. In order for young people to succeed, the practice needs

to be one that also challenges young people and enables them to learn from their mistakes. There has been a shift within our practice that focuses on the strengthening of the young people's sense of agency, especially because their experience in care is often that everything is done for them. One of the ways we do this is in how we allocate resources, so that there is a shift away from the attitude of dependence, towards an attitude of self-reliance. We have seen first hand the positive impact this has on their self-worth.

SUPPORTING YOUTH TRANSITIONING OUT OF CARE

ProSEED (formerly known as Project Lungisela) continues to provide vital support services for youth making the transition from institutional care toward independent living. The programme runs over a 3-year period, providing support to the young people in the last 18 months before they leave care and on-going support for up to 18 months after leaving care. The intervention is developmental in practice, enabling growth and development in the young person in preparation for their transition from institutional care. The support takes the form of:

- Experiential group work
- Individual one-on-one mentoring
- Rites of passage processes
- Work readiness and Internships

IMPACT

In the last year, since the implementation of the new approach we are excited to see that:

- Less young people returned to the street compared to previous years
- There was a higher school attendance
- The quality of our work has improved, as has the quality of the relationships with the young people.
- More young people leaving care have been able to continue with their education
- Youth were supported in meeting their basic needs (including food and transport), which enabled them to participate more fully in the programme, as they are not functioning in survival mode
- Young people have been able to maintain employment for longer periods, as a result of mentoring youth in their work space
- Youth have a more comprehensive network of support

PROSEED YOUTH DEVELOPMENT:

SUPPORTING YOUTH TRANSITIONING OUT OF CARE

CONTEXT

Thousands of children in need are placed in alternative care each year. While the Children's Act regulates that placement in alternative care, such as in residential Children's Homes, is intended to be temporary (for up to two years), the reality is that a large number of children remain in placement until age 18 when they "age out" of care. While the Act calls on CYCCs to provide transitional support for these young people, it is not specific regarding the actual nature of this support, nor the specific child and youth care practices required to inform transitional support programmes. As a result, few young people leave the care system sufficiently equipped with the skills, resources and capacities to face the challenges of young adulthood.



The impact of our new approach is best demonstrated through the voices of participants:

"I really didn't think about having to leave Homestead one day. I didn't take it seriously until I realised that I had to leave. I realised that I needed help! I didn't know where I was going to go and what I was going to do. Mamelani helped me. You see these guys at Mamelani are like brothers to me and I get to talk about things that one would expect from a family. Mamelani gives people hope and that is so important because people lose hope when they are not supported. It gives guys leaving the children's home an opportunity of making something different of our lives and not having excuses."

"Reaching your goal is not an easy journey – you need to be patient and to be able to do things on your own. Mamelani is preparing me for the outside world. If you plan before you try something, you will achieve a lot. You need to be self motivated and have confidence in life."

"Mamelani taught me that in life you cannot operate well on your own – you need people around you that can give you advice. You must take responsibility for your actions – for example, if you have done something wrong, you must solve it, or try and ask for help if it is difficult to solve on your own. As people we have choices in life. Mamelani is preparing me in the future to be able to work with other people, to help other people, to work as a team, to give people advice and to motivate others."



PROGRAMME ACTIVITIES

Experiential Group Work

The youth attend weekly group sessions that consist of experiential activities or circle work processes where participants can share common challenges and support each other. The experiential approach to life skills offers youth the opportunity to engage in real life situations that support them in building resilience and developing the necessary internal resources they need to cope. These activity-based learning sessions include visiting home affairs for ID documents, restaurants, clinics and other places that the youth will need to engage with in the future. The activity normally includes an element of risk, fun and challenge, giving them the opportunity to go beyond their comfort zones and into spaces where internal growth can take place.

One participant shared the value of the team building excursions:

"As I am growing up, one day I will be a father. Then when my kids need a birth certificate or an ID, I will know where to go and what to do because of our visit to home affairs. Mamelani helped me to understand life better than I used to. In life there is nothing that comes for 'Mahala' (for free). One day I will have to go for a job interview to find a job. I know I will be able to do that because of the Awareness Day that we did when we went to town to do research. That experience taught me not to be scared, to be able to market myself – it really motivated me."

PROGRAMME ACTIVITIES

Halfway through the year, the youth were invited to reflect on the last six months. They shared what had stood out for them over this time. As part of the session, the facilitators had written letters of appreciation, highlighting the growth and positive qualities that were visible to them regarding each young person. One of the young men said that when he is feeling lonely or sad, the letter would be a motivation and reminder of what he had achieved in the last few months. Previous graduates were invited to come and speak with the group. Riaan and Nelson motivated the youth by sharing their experiences of leaving care.

Sessions were also held looking at relationships, and in particular intimate relationships. The group was asked "Who has the power in a sexual relationship?" as well as looking at common assumptions regarding relationships. This led to deep and difficult conversations that looked at the challenges and experiences that they have had with regard to their partners. The fact that youth were so engaged and honest in talking about their relationships with each other is a testament to the trust that has been built within the group over these years.

The youth shared these insights:

"It's important to know yourself – then you can know what to do and when to do it."

"What I liked about this session is that I can see that I can choose to change the way I feel – no one has got the power to change how I feel."

rites of Passage Processes

A two-day learning process was held with facilitators to deepen their ability to hold wilderness therapy spaces and looked at planning therapeutic processes that work with the stages young people are at in their journey. This was a valuable process that allowed facilitators to gain the knowledge and competence to incorporate natural phenomena such as wind, fire, earth and water in helping young people reflect on their identity and behaviour in society.

In December, youth were then taken on a five-day wilderness camp to mark the end of the year. This "Rites of Passage" process supported their transition into the next phase of their life. The process included various ceremonies and rituals to help youth reflect on their journey throughout the year and to mark their achievement as they prepare for life away from the institution. Before leaving for the camp, the youth had to wash their faces and hands as a symbol of cleansing and preparation for a new stage in their lives. Youth were welcomed into the wilderness space by being marked with face paint and were handed a journal to help them reflect over the five day. In December, youth were then taken on a five-day wilderness camp to mark the end of the year.

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The youth shared these insights:

"Thank you for challenging me and helping me to understand the things I need to work on. I feel lekker after spending time on my own and thinking about who I really am. The township is so noisy and we forget who we are, the mountain and the silence helped to make things clear for me. Thank you guys at Mamelani, I enjoyed that you can play so many different roles and make this time fun and challenging for me."

"Stepping out of our comfort zone made us to realise that we are bigger than what we think of ourselves. Being in the mountains allows one to be able to listen to their inner voice. While we were up there, we were asked to go and spend time alone. At first I was scared, but once I found my spot and sat down, I started to hear myself talking to myself and reflecting on what I've been going through during the year. A week before the camp I was told that this is my last year staying at the Homestead. I was scared and didn't know what to do. When I went to the mountains I realised that there is a lot that I can do when I step out of this place."

INDIVIDUAL ONE-ON-ONE MENTORING

In the last year, more than 150 one-on-one sessions were held. These sessions ensure that the youth are receiving adequate support. The one-on-one space is where the relationship between the facilitator and young person is strengthened. The youth facilitators meet monthly with the childcare workers to monitor the youth's progress. The facilitators have been working on an IDP (Individual Development Plan) in collaboration with each of the young people transitioning out of care. For example, through the mentoring process, we managed to support one of the youth into a place at a post-care facility (Beth Uriel).

A key learning over the last year has been that "development is not something that you do to people but rather something we do with people". This principle has allowed youth to step into their own power and have a greater sense of agency in their development. In previous years we would have to do a lot of the work in helping youth plan for their transition but this year the youth have displayed more initiative and confidence by making appointments with post-18 hostels, family members as well as sourcing their own opportunities. There seems to be a greater sense of confidence in the youth who have to leave at the end of the year. This is a great achievement and a testament to how the youth are moving towards achieving self-reliance, supported by healthy relationships with people who add value to their lives.

INTERNSHIPS

In an attempt to develop the necessary employability skills and ethic needed in the world of work, Mamelani offer youth the opportunity to participate in a 3-month internship process. The young people are encouraged to identify and approach a business of their choice where they can potentially do an internship. After the initial contact, the facilitator accompanies the youth in negotiating a contract that forms a basis of a work plan and the relationship between the different parties. The host company gives the youth the opportunity to develop the necessary workplace skills while Mamelani supports the youth by paying them a monthly stipend, which they need to manage and take responsibility for. Taking these steps usually creates anxiety for the youth but with the necessary coaching from the facilitators, the youth are able to overcome the initial challenges in starting their working career. This process encourages the young people to take responsibility and develop the necessary skills for finding longer-term employment. Over the last year more than half of the youth who were placed in internships were able to continue beyond the 3 months, as the companies were happy with their performance. The opportunity to coach youth over the 3-month period has been invaluable in working on their discipline and confidence in the work place. We have found that the youth learn valuable lessons about budgeting when they have to manage their monthly stipends and have to be responsible for having enough transport money for the month. We have been able to develop strong relationships with businesses and create more opportunities for other youth in the programme.

The internship mentoring process has given the youth a platform to grow, learn and make mistakes. Supporting the youth during this process has been key in helping the youth strengthen their resilience, learn new skills and discover new ways of dealing with difficult situations. The programme has also created a wealth of knowledge and experience amongst the youth, which they can share and build on.

One young person shared this insight:

"This internship has helped me a lot you know. I mean it helps me keep my mind focused but also makes me see that there is a lot of things that I need to still learn, but I can also see what you guys at Mamelani have been telling us in the workshops."

HIGHLIGHTS

- In June 2012, Mamelani launched our new approach, ProSEED Youth Development. We invited donors, partners and young people to a ceremony where we marked our own transition.
- In December 2012, 30 young people who had come through the programme over the last few years graduated from the programme. This milestone was celebrated at a gathering in Muizenberg where we all came together to mark this moment. Youth who have exited the programme continue to support each other outside of Mamelani.
- The young people in the programme organised a talent contest called "I am TALENT" to showcase their skills. It was an inspiring day, seeing the talent on stage, and also the initiative taken as the participants really stepped up to make the event happen.
- Sandile completed a week-long Wilderness Guide Training in Graaff-Reinet with Spirit of the Wild.
- Lungile Ludidi, better known as "Broken Xhosa" was invited to perform his poetry at TEDxYouth. He performed a piece around the theme "Africa in Me".
- Discovering and implementing tools in building Identity, Resilience and Relationships
- Designing an effective wilderness therapy process.

MEET ONE OF THE participants

Simphiwe is 19 years old. He lived at the Homestead Children's home where he spent 4 years of his life before needing to leave when he turned 18. Through the support of the centre, as well as support from Mamelani, Simphiwe could be reunified with his family. Once he moved back with his family, Mamelani provided on-going support that allowed him to continue with his education, participate in a photography project and attend ongoing lifeskills sessions as he made this transition from residential care back to the community.

He has since moved on and is currently working at The Galbi South Korean Restaurant on a part time basis where he is gaining practical experience in the hospitality industry. He is in the process of trying to get his learners driving license with the help of his peers and Mamelani.



PARTNERSHIP DEVELOPMENT

Over the past year we strengthened our partnerships with The Homestead, Beth Uriel and Fountain of Hope. Each of these partner organisations are places where the youth are supported and accommodated. We continue to work hand in hand with City Mission, Shiloh, I am Somebody, as well as Knead Bakery and Galbi Restaurant. Much of the changes that have taken place over the last year would not have been possible without the dedication, commitment and support of Mike Abrams, who has been walking alongside our team in our development.

YOUTH DEVELOPMENT FORUM

Mamelani continues to play a role in the Youth Development Forum, bringing together various organisations working with young people. Mamelani has contributed to creating a reflective and vibrant space where practitioners can share experiences and build a shared understanding of youth development practices. Meetings take place on a monthly basis discussing lessons we have learned and ongoing gaps in youth services. We look at effective interventions when working with young people and share resources with each other. The forum has proved to be an important space for all involved as we reflect on the best way to equip youth with the tools needed for self-awareness and growth.



Throughout 2012 the programme continued to provide essential services to children from Zerilda Park Primary. The social worker was able to carry over children and families from 2011/2012, each case requiring different levels of monitoring and on-going support. The social worker saw more than 60 new cases, and worked with groups of learners facing a variety of emerging issues including bullying, sexual harassment and gang-like behaviour. It was encouraging to note some progress amidst these challenges at Zerilda Park. For example, the incidence of fighting decreased during break time as a result of teaching pupils to use non-violent communication. Sadly, amidst these challenges, the programme's long-term sustainability came into question. Faced by a combination of systemic issues in the school, the inability to raise funds for the social worker's post and the social worker's severe health issues, the organisation found itself in a difficult position regarding the best way forward.

CLOSING THE CHILD AND FAMILY SUPPORT PROGRAMME

The organisation embarked on an intensive exploratory process to seek a feasible way forward. Many different avenues were explored, including strategic partnerships in the area, but we could not find a way forward. Many discussions regarding our options in Lavender Hill were held. We eventually realised that even though there was a huge need for this type of initiative, Mamelani did not have the capacity to move the programme forward. The programme was therefore closed in December 2012.

Through the process, we have gained a deeper understanding of what is required to successfully implement a programme of this nature. More importantly, we learned that it is not resources alone that make it possible, but that it requires expertise in specific fields, capacity building and support for staff in order to be able to implement a similar intervention, as well as build the practice that best serves that programme.

We owe our deepest gratitude to **Susanne Thompson** who took on the mammoth task of facilitating this programme and providing essential support to these children and their families. She has gone on to work for one of our partner organisations, where she continues to work with learners in schools.

Mamelani believes that resilience is relational, in that it is not only an internal quality, but also a result of external resources and networks of support. In order to be resilient as an organisation, we have invested time into building networks of support around us.

Mamelani works in partnership with many NGOs and CBOs (non-governmental and community-based organisations), each offering different and specialised services. This enables us to cover the broad range of needs of those we serve, without the duplication of services, and also provides us with a network of support services for the participants in our programmes. Mamelani works in partnership with the following organisations:

PARTNERSHIPS

NETWORKING FORUMS

PHM-SA
(People's Health Movement):
Global & Local Right to Health Campaigns
Local MSAT's:
(Multi Sectoral Action Teams)
Western Cape Street Children's Forum & Youth Development Forum:
Including Network Empowering the Unemployed (NEU)
Western Cape Street Children's Forum

ORGANISATIONAL DEVELOPMENT

HANDS-ON:
Programme development and support
NACOSA-WC:
Capacity Building and networking AIDS Organisation
Proteus Initiative:
Programme development and support
The Department of Social Development:
Programme development and guidance
The NACCW:
Programme development and support

YOUTH PROGRAMME

Residential Care/Accommodation:
The Homestead, Beth Uriel, and Fountain of Hope
Sport, Art & Recreation:
Project Phakama, Amandla EduFootball, Educo Africa, Montrose Equine Programme and Studio Bernard Viljoen Foundation
Education:
Multi-service centre, B.E.S.T centre, City Mission, Shiloh, Luhaza and St. Francis.
I am Somebody:
Building support networks amongst NGOs and providing mentoring services to young people.
Social Work Students:
VIA University DK
Internships:
Knead Bakery, Galibi Restaurant, The Riverclub, LiveMAG, Pride of Table Mountain and Amandla EduFootball.
CHILD & FAMILY SUPPORT PROGRAMME
Statutory Services: CAFDA
Implementing Partners:
Zerilda Park Primary and Earth-child Project

HEALTH PROGRAMME

HIV/AIDS & Community Organisations:
Wola Nani, Yabonga, TAC, Section 27, Ikamva Labantu, Zusakhe, Izandla Zethemba, Heavenly Promise, LACAP, Dazerus, Iliso Lomzi, Sinako, Phaphama Projects, Masincedane, Ithemba Labahlali, Phaphamani Community Project, Helping Hands, Hannan Crusade, Red Cross, Khululeka, TB/HIV Care, Diabetes Buddies and Sizakuyenza
Emotional Support:
Empilweni, FAMSA, Lifeline/Childline, Mosaic, Nonceba Family Counselling, Rape Crisis, Simelela and Department of Social Development
Nutrition Support:
UCT Department of Human Nutrition, Philani Nutrition Centre, Soil for Life (food gardening)
Legal Advice:
Black Sash and UCT Legal Resource Centre
Training
UCT school of Human Nutrition, UCT Medical School and Ikamva Labantu, Ubuntu Touch Project
Local community Radio:
Radio Zibonele





FINANCIAL statement

	2013	2012		2013	2012
INCOME	2 015 197	1 616 197			
Project Income		350	Staff Courses	6 000	
Donations Received	2 004 768	1 595 706	Stationery	3 022	
Other Income	10 429	20 141	Student Transport	1 725	
			Transport		364
EXPENDITURE					
Administration	194 083	221 347	Project Lungisela	342 789	321 650
Accounting Fees	27 676	27 201	Food Parcels	17 220	31 519
Advertising	3 788	5 829	Telephone & Staff Transport	18 069	17 727
Bank Charges	16 222	14 102	Mentor Fees		713
Cleaning & Refreshments	4 151	1 710	School Fees	44 237	46 315
Insurance	9 781	6 325	Youth Transport	33 802	54 994
Organisational Development	9 209	41 242	Staff Development	19 241	21 182
Phone, Fax & Internet	14 020	8 815	Lifeskills Workshops	17 322	35 412
Printing & Stationery	9 582	6 845	Internships	38 018	58 438
Rent Paid	42 000	42 000	Youth		
Repairs & Maintenance	4 530	4 601	Accommodation	14 355	10 600
Courier & Postage	1 256	789	Foster Care		33 928
UIF	12 259	12 820	Camps & Outings	14 803	10 822
Depreciation - Computer & Motor Vehicle	9 022	495	Programme Development & Research		
Profit/Loss on Disposal of Assets				125 722	
Staff Welfare	8 643	17 501			
Subscriptions & Membership	1 579	5 870	Wellness Programme	87 714	105 028
Audit Fees		8 066	Printing	3 141	10 391
Staff Development & Training	11 197	5 025	Teaching Materials	13 987	11 399
Staff Transport	1 805	12 111	Transport	30 382	21 512
Computer Expenses	6 597		General Expenses	4 095	7 032
Programme Costs	1 429 536	1 281 592	Lucky Spaji	2 100	20 437
Programme Salaries	1 429 536	1 281 592	Telephone	8 895	9 654
			Staff Development	8 309	11 158
Child & Family Support Programme	6 658	20 460	Health Champions	16 805	13 445
Food Parcels					
Parents Skills Training	1 480	2 200	TOTAL	2 060 780	1 950 077
School Uniforms	3 453	5 799			
		829			

Income and Expenditure
as at 28 February 2013

BALANCE SHEET end of February 2013

	2013	2012
ASSETS		
Non-current Assets		
Property, Plant and Equipment	34 170	5 626
Current Assets		
Trade and other Receivables	14 317	9 109
Bank Balances	191 852	266 314
TOTAL ASSETS	240 339	281 049
RESERVES AND LIABILITIES		
Member's Interest and Reserves		
Accumulated surplus	211 474	257 172
Current Liabilities		
Trade and other Payables	28 865	23 877
TOTAL RESERVES AND LIABILITIES	240 339	281 049

Statement of Financial Position
as at 28 February 2013





our SUPPORTERS

Mamelani receives support through donations as well as support in kind. We would like to thank everyone on this list for supporting our work in 2012/2013.

DONORS AND SUPPORTERS FOR 2012/2013:

CORPORATE CSI AND FOUNDATIONS

Breadline Africa Trust
Cape Union Mart
Cape Town Medi-Spa and
Ubuntu Touch
Community Chest
Empower
Global Telematics
GRT Charitable Trust
Ilearn
Maxxor

Mixology
MSAT City of Cape Town
Onsoft
OPSEU
ORMS
RB Hagart Trust
Rolf Stephan Nussbaum
Foundation
The DG Murray Trust
The Learning Trust

The Lowenstein Trust
The National Lottery Distribution
Trust Fund
The Stephen Lewis Foundation
The Thursday Club
Tiger's Eye
World Childhood Foundation

INDIVIDUALS

Adam and Lori Hudaly
Alex Cruickshanks
Aviva Tugendhaft
Bernie Sher
Constanze Frank
Dani and Ryan Janks

David and Sharon Hudaly
Eric and Gail de Jager
Eva and Valentin Held
Hilton and Jeannete Flax
Jenna Levy
Josephine Buys

Luisa Quarta
Natalie Miller
Nikki Wohlman and Family
Roy and Wendy Cheek
The Tanur Family



THANK YOU

Mamelani is grateful for the special people out there who have put time and energy into organising events and campaigns to raise funds and increase awareness about our work. We are so grateful to all of you!

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