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*Go to the people  
Live among them  
Learn from them  
Plan with them  
Work with them  
Start with what they know  
Build on what they have  
Teach by showing  
Learn by doing  
Not a showcase  
But a pattern  
Not odds and ends but a system  
Not to conform but to transform  
Not relief but release.*

A poem by Jimmy Yen  
that illuminates our practice.

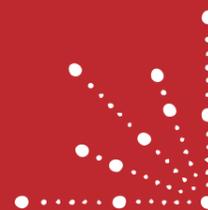


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# MAMELANI PROJECTS

*Walking alongside people in their development*





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THANK YOU

## MESSAGE FROM THE DIRECTOR



This last year we celebrated a decade of Mamelani's work - an important milestone in the life of any organisation. We have come a long way - many challenges have been faced, achievements have been celebrated and lessons have been learned. Our programmes have grown in depth and in reach.

The Community Health programme continues to share health information with hundreds of women each year and we have now extended this, working more intensively with a core group of local role models striving to make change in their communities. In the Youth Development Programme, we are rolling out the approach we have developed with selected Child and Youth Care Centres (CYCCs) in an effort to support the Centers to strengthen their capacity to provide transitional support services. We have also extended our services to the young people from their Centres.

There has been a strong commitment over this time to developing a learning organisation, one that is able to reflect rigorously on its work, and consistently adapt its interventions to the changing needs of the communities that we serve. This has required an on-going investment into staff and programme development, to ensure that we are equipped and enabled to deliver a high quality and responsive service. We continue to build a collaborative practice where we walk alongside people in their development, honouring and affirming strengths and building strong relationships. The practice that has grown over the years has needed to change in response to the changes in our context. As we grow and expand, it has been essential to ensure that we do not stretch ourselves beyond our capacity in ways that undermine the principles that we strive to uphold in our work. Striking this balance has been at the heart of growing the organisation.

I look back to the opening ceremony we held at Mamelani's offices in 2003. We were honoured to have the honourable Archbishop Desmond Tutu, Mary Robinson and

Kadar Asmal at the opening. We were just starting out, with none of the experience that we have now. Ten years later, I feel honoured to see what we have been able to achieve. Through this work I have come to understand that the journey we need to walk as a nation is a long one. We need to pay close attention to every move we make, to ensure that with each step, we are consciously working towards transformation - working in ways that create long term change, that build resilience and increased agency, and enable us all to create the country we dream of.

In the same way that we have walked alongside participants, our Board of Trustees, our partners and loyal funders have walked alongside us in our work. I want to express my deep felt gratitude to the extended Mamelani family, who have made this journey possible. The relationships we have built over the years are a source of hope for me of the power of collective action.

A journalist once interviewed the Archbishop, asking him: 'Archbishop Tutu, why are you such an optimist?' He looked at her, shook his head, and said, 'No dear, I am not an optimist, I am a prisoner of hope.'

In much the same way, I am looking forward to what lies ahead of us - hopeful that we will continue to grow and be a contributing force in building a brighter tomorrow.

With hope,

**Carly Tanur**  
Founding Director

## MESSAGE FROM A MAMELANI TRUSTEE



I have been on the Mamelani board for just over a year now. I have worked with many NPOs, but I have not come across a team who are so dedicated to their work before. Mamelani actively strives to make a difference in the lives of the people who form part of their various projects. They have a desire to see change come about within their respective niche areas.

communities" as opposed to "for communities" that is the part of the reason why I continue to stay on the board. My participation allows me to give back to society and affords me the opportunity to be part of positive change in South Africa. Mamelani gives me hope for a better South African society and I am honoured and feel privileged to be a board member.

**Baheya Najaar**  
Mamelani Trustee

It is this drive and dedication to what they do "with

*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.*





Masi Mamelani - We must listen

A praise poem by Ross Edwards, read at Mamelani's 10 year Anniversary gathering.

Remember what it was like to be 10 years old? Go on, indulge me. Listen up and close your eyes and try to remember what it was like. To go back through the years. To the days of the happy sun and birthday parties. Where some poor kid always ate too much cake. And threw up.

The grown-ups always promised Cream soda, it never tasted really good; it wasn't fizzy, it was made from powder mix. Or was too weak and tasted like plastic. That's how I remember it. But everything seemed simpler then. I think we all had friends. And homework was easier. Even B-grade movies seemed exciting.

Today's another 10-year-old's birthday. So we must listen up. Ten years ago, a tiny seed was planted by a big dreamer called Carly. Who was just a little older than 10 herself. Okay, okay, she was actually 23, but on happy smiley days she bounces around with a 10-year-old's grin and a chipmunk's chuckles of bubbling joy.

As the story goes, this dreamer took a tiny seed of hope and named it Mamelani and carefully planted it in the best soil she could find. She found a team of gardeners and began the slow steady task of watching the precious little plant grow. When the sun burned too hot, she found it shelter and shade and always made time to water it with love.

As the seedling grew, it sprouted its first flowers and tiny fruit. Some of these first fruits looked just like children who hadn't felt any hope before. And in the vegetable garden that came next (did I tell you how fast the seed grew?) these children found good food to eat and began to learn how to grow their own before going out into the world again. So yes, Masimamelane, we must listen.

I'm not just telling you a fairy tale. This is a true story – believe it or not. For others, the growing fruit meant a way to provide healthy food for themselves and their families. In the garden, beneath this tree, was a way to find light and love instead of the dry hopelessness they'd known before. And over 10 years that small single seed has grown and reproduced many times over.

Today it stands as a tall tree providing shade in the middle of a vegetable garden. The gardeners are still busy, many plants are still growing and people without hope still come to find shade beneath the tree's branches and to find healthy life-changing food

So listen up - today's a happy day, nobody will get sick, the food is good. Indulge me, take a moment, stop and ponder. Ten years ago, there was nothing here but hard, dry ground and one small seed.

Today there's a tall tree, which is still growing and a garden of health to eat and share. It's a great day for a 10-year-old's birthday and listen up - everybody is invited.

Partnership with the Department of Social Development

We began the 18-month roll out, sharing our approach with 6 (six) partner Child and Youth Care Centres in partnership with the Department of Social Development. In February 2014 we facilitated the Foundation Course with just over 30 child and youth care workers and social workers – lighting their inner fires, deepening their understanding of themselves and their work and laying the foundation for the year ahead.

New group of Community Champions

A group of 15 **Community Champions** were selected and entered the programme in July 2013. We were excited to begin this 18-month journey with them! The level of engagement and commitment has been inspiring already!

Fundraising Events – Mamelani Movers make their mark!

The **Family Forest Walk** saw 150 people walking from Constantia Nek to Kirstenbosch. The walk raised R47 000 thanks to everyone who came, and especially to the special few very committed young walkers who dedicated their walk to raise funds for Mamelani!

The incredibly successful Mamelani Movers event was our first time riding the **Cape Town Argus Race**, which raised over R100 000 towards the Youth Development Programme. Twenty adult riders and 23 kiddies riders pedalled their way on the day, and made us all very proud! The funds raised by the riders was overwhelming! Randolph Jorberg took the lead in terms of the adult riders, raising almost R40 000 and Tyler Scott, the leading Kiddies rider, who raised just over R6 000. Mamelani's Director, who cycled her first ever race, raised R18 000. Watch this space for details of the ongoing adventures of the 2015 Mamelani Movers Team!



Kado and Leroy at the Colour Run

A team of Mamelani Movers participated in The Colour Run raising R36 000 between them! Fun was had by all, as we ran to brighten the lives of the youth in our programme.

Staff Development

Mamelani continues to invest in the capacity building of our team. In 2013/2014 team members continued to build their capacity through attending training, conferences and a range of courses:

- Nomvuyo (health facilitator) attended the SA Aids conference in Durban.
- The Proseed team attended the National Association of Child Care Workers conference in Gauteng. The team presented the youth programme as well as the Discussion Paper that came out of our research at the conference.
- Cleo (health facilitator) continued her Auxiliary Social Work training.
- Nomvuyo (health facilitator) is currently doing a post graduate diploma in Adult Education at UWC.
- Thandi (health facilitator) graduated with a diploma in Community Development (Training for Transformation).
- Lerato (youth facilitator) began the Community Development Certificate course through Training for Transformation.
- Gerald (youth facilitator) continued with his Social Work degree through UNISA.
- Monika (operations manager) was invited by the Learning Trust to attend a Neuro-Linguistic Programming (NLP) course.
- Carly (director) is in the final year of her Masters in Reflective Social Practice (London Metropolitan University).
- Cleo and Thandi attended a digital story-telling workshop. They learned how to make their own digital videos using their cellphones, as well as new information about the latest female condom coming to South Africa next year (PATH and WISH Associates).

Building Leadership - The Coordination Team

The Coordination Team is a relatively new structure within Mamelani. The purpose of the team is to build leadership and collectively maintain the organisation's health and wellbeing – in terms of financial health, programme effectiveness and internal relationships – all key elements for our long-term sustainability. The team meets monthly to reflect on how we are doing in all these areas. Nomvuyo, who has been representing the Wellness Programme, had this to say about her experience of being on the coordination team:

*“Being part of the coordination team has been a very rich and rewarding experience. The process has brought enormous growth for me – knowing that it is a safe platform where I can be the voice of my team and partipate in decisions that affect the whole organisation. I can see how it is adding value to the organisation's wellbeing”*

Each team has an external person who assists with building the development practice within the programme. Within the Youth Development Programme, Mike Abrams from Hands On, works closely with the team to adapt and develop the programme and to provide coaching to individual staff members. Sue Davidoff, Mamelani's Trustee and founder of the Proteus Initiative, plays this role in the health programme. We would like to thank them both for the on-going support and guidance.

Staff Wellness

Quarterly staff “wellness days” have been facilitated as a space where the team can connect with each other and rejuvenate themselves. During 2013/2014 the staff enjoyed a day at Clay Café where they came together and explored their creativity. The August Wellness Day saw the team being pampered and treated to massages at the Ubuntu Wellness Spa. The women who gave us the massages were previous wellness participants who have been trained through a partnership with the Medispa, through a project called Ubuntu Touch. We were so happy to support these women who are now trained therapists. For our final Wellness Day of the year, the team went hiking in Newlands Forest. These days helped to prevent burn out and ensure that we have time together as a team, outside of our work routines.

Staff Changes

In 2013/2014 we said goodbye to two staff members: Anelisa Tobi and Lerato Kossie, and welcomed a new staff member, Meagan Adriaans onto the Mamelani team. Meagan joined us as the admin and communications officer in October 2013.



Cleopatra, at the Clay Cafe.

Within the **Community Health Programme**, we plan to roll out a second round of the Community Champions Programme. We will be working with a new group of local leaders in strengthening the interventions and actions they have taken to support those around them. We will continue to run Wellness Workshops and provide individual counselling to the women and men who participate in the programme. We will be looking at creative ways to address the issues faced as a result of unemployment – exploring ways to connect the people who attend the workshops to opportunities to generate an income to support their families. We will also be looking into ways that we can respond to the other aspects of wellbeing, beyond physical health, working more strongly in the areas of emotional and spiritual wellbeing.

Within the **Youth Development Programme**, we will be working closely with the Department of Social Development to test the applicability of our approach for working with youth from other Child and Youth Care Centres. We will be adapting the programme to working with young women and with children from different backgrounds – seeing in what ways the approach needs to be adapted to meet their needs. We will also be working with staff from the Child and Youth Care Centres, exploring how the approach can become integrated into their institutions. At the end of the year, we will be writing up materials to reflect the lessons learned, with the hope that this can be a resource for the sector in strengthening services for this group.

## PROGRAMME REPORTS

### Context

In South Africa, thousands of people continue to suffer from conditions such as TB, HIV/Aids, Diabetes and Hypertension. The majority of public health resources are heavily overburdened, leaving inadequate time and resources available to address the on-going need for essential health education and support. This lack of resources is most prevalent in marginalised communities. The Health Systems Trust (HST) confirms that there is a gap in health promotion in South Africa today, stating that there is limited capacity in the health service to provide health promotion services. The HST District Health Barometer 2013 found that there were approximately 370 000 new HIV infections in South Africa in 2012 and that South Africa has the third highest burden of TB, the highest incidence rate (1003 per 100 000) and one of the largest drug resistant TB epidemics globally. The need for more preventative work is critical.

Women, who are the primary caregivers in South Africa, are carrying the burden of caring for their families and extended families, even if they are not working. If these women do not have access to correct information regarding health, nutrition and clinic services, they are left to make decisions that result in poor management of health conditions, and often lead to avoidable health issues that create an extra financial and emotional burden on the family.

### The Community Health Programme

Mamelani's Community Health Programme addresses this gap in services by ensuring that people, and in particular, women, are more informed about their health and available health services, and motivated to take an active role in managing their own wellbeing. The information and support provided in the workshops is aimed at assisting participants in being able to make informed choices and best care for themselves and their loved ones.

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.

*"My little brother has TB and he didn't finish his treatment, now that I know about the dangers of not completing treatment, I am going to take him back to the clinic to get him back onto treatment. I will explain to him, now that I understand. So many times we do things that have a negative effect on our health because of our lack of knowledge. Now I feel I can sit with him and explain the consequences, and encourage him to deal with it properly. I had TB four years back and so I am worried I will get affected too if his TB is untreated"* .

~ Workshop participant

## IMPACT

Roughly 350 people were reached directly through the workshops: 261 participants through the Wellness Workshops including follow-up workshops and 88 people attended the annual Health Awareness Day. We are currently working with 15 women in the Community Champions Project.

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

*"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"*

*"We will use this information to our families, to our community and also for ourselves"*

*"Now I have started to change my lifestyle since I have this knowledge. I am changing my way of cooking and how to live in life, doing exercises and resting."*

*"I was not drinking enough water, but now I am trying to drink water and eat healthy food. Before I had no energy, now I feel my body is right, because early in the morning I wake up and do some exercise. Now I feel fresh".*



## WELLNESS WORKSHOPS



During 2013/2014 we trained the following groups:

**CYCLE 01:**

NAME OF GROUP	TYPE OF GROUP	AREA	NUMBER
Masivuke Group	Support Group	Mfuleni	11
Nolungile Group	Senior Club	Khayelitsha	15
Fundisanani Group	Community Group	Khayelitsha	11
Luncedo Group	Community Group	Malawu Camp	9
Masikhanye Group	Community Group	Lusaka	8
Baphumelele	Community Group	Khayelitsha	6
Sosebenza	Community Group	Phillipi	15
<b>TOTAL</b>			<b>76 PARTICIPANTS</b>

**CYCLE 02:**

NAME OF GROUP	TYPE OF GROUP	AREA	NUMBER
Sosebenza Group	Community Group	Kosovo	6
Imizamo Group	Community Group	Phillipi	15
Realistic Group	Youth Group	Gugulethu	11
Achievers Group	Youth Group	Makhazu	15
Zusakhe Group	Support Group	Dunoon	7
Luncedo	Community Group	Malawu Camp	6
Siyazama Community Group	Community Group	Kuyasa, Khayelitsha	18
<b>TOTAL</b>			<b>78 PARTICIPANTS</b>

**CYCLE 03:**

NAME OF GROUP	TYPE OF GROUP	AREA	NUMBER
Cebolethu Community Group	Community Group	Samora Machel	14
Siyanoqoba	Youth Group	Kuyasa (Zwezwe)	12
Masakhe	Youth Group	Makhaza	9
Lotus Group	Community Group	Lotus Gugulethu	25
Sosebenza Group	Community Group	Kosovo	12
Masikhule Community Group	Community Group	Kuyasa	16
Masakhane Community Group	Community Group	BM Section Site B	18
<b>TOTAL</b>			<b>106 PARTICIPANTS</b>

The Programme shares essential health information with women from marginalised communities. The team provided valuable training through workshops, cooking demonstrations and one-on-one counselling with participants. The power of the workshops is really felt at the graduation ceremonies where organisations and groups prepare beautifully for this special day. The ceremony is always filled with song and powerful testimonies of what people have gained from the workshops.

*"I was very proud to see most of the group members getting their certificates - it was a very proud and happy moment. This is a group of elderly people and they could have had many excuses not to pull through and complete the workshops, but they did! To see this kind of commitment was remarkable. It was also very moving to hear their testimonies about the workshop and about how they felt that you are never too old to learn new things."*

*~ Feedback from Nomvuyo regarding a group she trained in Mfuleni.*

For many of the participants, this was their first time attending a workshop. We also noticed that there was an increase in the number of young matriculants attending the workshops. They shared how they appreciated that Mamelani had travelled to see them. Many of them expressed feeling that they were losing hope, with nothing to do. Since the workshops, they have had the confidence to attend other workshops, and have felt encouraged and motivated to take other steps towards improving their own wellbeing. One group attended a workshop with Planned Parenthood and another group has begun another workshop series focused on Family Matters. These groups shared with facilitators that they were struggling with issues within their families, and so their eagerness to attend other workshops was inspiring for us. These groups shared with us the daily difficulties they faced, as many were not working. Some groups requested food parcels and work support.

**Programme Development**

Mamelani has never been an organisation that believes in simply giving handouts such as food parcels, but rather, we strive to develop people's capacities to meet their own needs in a sustainable way - one that builds agency, and not dependency, and ultimately enables people to change the situation they find themselves in. Given the multitude of barriers faced by these groups, we have been challenged to really reflect on our practice. To really enable people to change the situations they are in is a big ask - of the participants themselves, and of the facilitators holding the process.

We have been exploring in the last year how we understand how long-term change happens, to ensure that our intervention meets the real felt needs of the groups we work with – to repeat the words of Jimmy Yen, **"Not odds and ends but a system, not to conform but to transform, not relief but release"**. Securing employment can be one of the most meaningful ways to break the cycle of poverty and improve people's lives. There are many steps that need to be taken to prepare for and secure meaningful work and we are exploring ways to partner with other organisations and service providers so that we can begin to respond to this need that has been highlighted.

**Follow-Up Workshops**

Towards the end of the cycle, the team held follow-up sessions with previously trained groups that revealed two common issues faced by the groups: drug and alcohol abuse among youth in the communities and escalating crime. The follow-up workshops provided a space for people to share their experiences and get advice from each other. We also created a list of resources for participants to access needed services such as rehabilitation programmes.



Sosebenza Community Group

**Individual Counselling and Support**

Some of the cases involved:

- A client who was HIV positive and on ARVs but had not disclosed to her partner. She met with the facilitator to speak about the advantages and disadvantages of disclosure. The client felt that she needed more time to think about how to disclose. After some time she disclosed to her partner, even though it was difficult. The facilitator was there for her along the way.
- A client who was being neglected by and isolated from her family. After some sessions, she brought her sister to see the facilitator. What came out of it was that the family did not have basic information about how HIV spreads, and after the sister had access to the information, she was more able to support her sister.
- A client who was suffering from post-traumatic stress after a serious car accident. She had not gotten support since the accident, and was struggling to cope with her day-to-day challenges. She was referred for counselling and is now doing much better.
- A mother came to see the facilitator for advice regarding feeding options, as the mom was HIV positive. The facilitator assisted her and supported her with the choice that she made.
- A young woman, who had lost her mother a few years prior was needing support with dealing with her grief. She accessed counselling support and is doing better now.
- A participant came to see the facilitator as her elderly mom had lost a lot of weight. The mother was referred to the clinic, and has since been diagnosed as Diabetic.
- Another client was provided with emotional support as her daughter was hospitalised for emergency surgery.

Dionne from the Stephen Lewis Foundation visited Mamelani Projects during this time. She was warmly welcomed by one of the groups we had been working with from Kosovo. Their passion and the relationship built with Mamelani was evident in the warm welcome we received and also through what the group shared with Dionne about the impact of the programme. In particular, the group shared how they are using the information in their own lives as well as how they are using it in the community.

*“It is always so energising to be in the field and see the facilitators at work. I was happy to meet the wonderful people that they are working with – eager to learn and so committed – even though they are living under difficult conditions, their willingness and enthusiasm really stands out! What also stands out is the versatility of the programme – the facilitators work in different settings and are very able to adapt”*

~ Feedback from the Director after a site visit.

## THE COMMUNITY CHAMPIONS PROGRAMME

After the successful pilot of the Community Champions Programme, we have begun to work with a second group of group of inspiring women! The process began in July and by November we had completed the personal development phase – it was a powerful process and the participants were really committed. They expressed how excited they were to be the lucky ones who got selected. All the participants who were selected have been coming to the sessions – and the eagerness to participate, as well as the trust to go deeper and share difficult stories has been visible. The process has created the space for the Champions to get to know each other, to explore their individual strengths, to unpack the issues they face in their communities and to begin identifying local resources that can assist them in their work.

Examples of their involvement in the community include:

- Being part of a gardening project
- Working as a home based carer
- Being a community leader – which means that when a person has a problem with electricity, she is the one who sends a message to Eskom, when someone is giving birth or is injured, she is the one to call the ambulance.
- Helping with grade R in the crèche as she is a qualified child minder
- Being involved in her church and helping people in need
- Volunteering at the soup kitchen.

Hearing more about what motivates them to take action, as well as some of the challenges they have faced gave us a sense of what drives these women. What was interesting was how easily the participants gave advice to each other, a testament to the trusting relationships that had been built. During these sessions, facilitators were required to hold an emotional space and ensure that everyone felt safe.

We plan to facilitate a camp to mark the end of the first phase of the process. This will be followed by the 12-month mentoring process, to build on the goals they have set for themselves and for their communities.

Feedback from the Champs showed what they took from the process:

*“This workshop helped me to share and become open. It also helped when we were doing research to see that there is a lot that is happening in my community which I did not know, with the help of this training my eyes were opened”*

*“I am so relieved with the research which gave me knowledge of understanding what resources we do have in my community”.*

*“What I learned here I will use it in my community, sharing the skills and knowledge I gained. I thank Mamelani for creating this opportunity - it was a learning process for me”*



## Meet one of the Community Champions

Patricia, one of the Champs has been working hard to make her dream a reality! She is now running her own crèche for children from her area. In her words, you can see the impact the programme had on her life:

*“When I came to the wellness workshops, at the time, my life was miserable. I just stayed at home for the whole day doing nothing after my daughter had left for school and I started getting bored and frustrated.*

*When I joined the group I felt a change in my way of thinking and surprisingly, no more stress. When I finished the wellness programme, I was chosen as one of the Community Champions. This is when I got to spend more time with different people from different communities. During this process is when I planted the seed for the passion I have for children and how I can put this passion into my community. The workshop inspired me and motivated me to be curious to know more about the resources that we had in my community: Clinics, Libraries and Soup Kitchens. For me this was a BIG learning process. It also made me believe in me - gaining more confidence and focusing on what I really want to do in my community - to set up my goals for the future. I enjoyed every minute with the group and our facilitators. I gained more knowledge and had more ideas about how to be a community developer.”*

## Highlights

Mamelani was selected by the Stephen Lewis Foundation to send a candidate to the **Arts and Activism course in Toronto**. Nomvuyo was chosen and was sent to represent South Africa. When she got back, she inspired the team with her stories from her life changing experiences in Canada, where people from around the world got to see how amazing she is and she got to learn more about herself and her work, about the power of orality, the world of International funders and so much more!

Her enthusiasm and sense of purpose was such a gift to us all! Nomvuyo has learned about a new methodology for self-development and activism that she experienced as part of a process in Canada.

Towards the end of last year, the Team held the **Annual Wellness Day**, where the year’s theme was **“Bring Health to Life”**. We invited partners to share information about their services, and over 80 participants joined us on the day. Youth from one of the Community Champions Projects came to showcase their dancing skills for the event – they were great!



Khayelitsha Stars

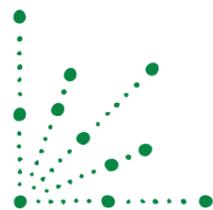


Mamelani has made a connection with an inspiring organisation in the UK working on health issues in a similar way. Mamelani's director, on her visit to the UK met with staff from Social Action for Health (SAfH). She joined the SAfH for a strategic planning meeting. Roughly 30 people were there, many from different cultural backgrounds. They gathered together to reflect on the way the organisation invests in people's learning – to assess to what extent they are a learning organisation. Most of their team had come through the programmes themselves, and then went on to become staff members - a testament to how empowering the programme is. There was tangibly a strong commitment to the practice and the vision of the organisation, which echoes Mamelani's mission. Their vision states that "SAfH is a community development charity, which works alongside marginalised local people and their communities towards justice, equality, better health and wellbeing." Their programmes work in similar ways, through group process and participatory action. There was much that we could learn from SAfH and their practice. What was also inspiring was the shared language around what enables growth and development, as well as the warmth of the SAfH team.

The wellness team also built partnerships through an array of other activities over this period.

#### Together the team...

- Facilitated a cooking demonstration for crèche teachers from different crèches in Dunoon and for home gardeners from SEED.
- Facilitated a cooking demo for crèche teachers from different areas organized by CHOSA.
- Facilitated a cooking demonstration for Baphomele's Children's Home – to assist child care workers to plan healthy meals for the children in their care.
- On 8 August, the Wellness team participated in an event hosted by HIV/TB Care, held at Crossroads. Small group talks were held about healthy eating and nutrition and the services that Mamelani offers. The event was a huge success and the TB/HIV care team was grateful to Mamelani for availing themselves and being part of this important event.
- On the 12 and 13 of August, the Wellness team attended a Gender workshop along with five other organisations. The team expressed how this workshop changed the way they understood gender inequality and also got them to reflect on gender dynamics within Mamelani.
- On 13 September, the wellness team was again invited to an event hosted by the TB/HIV Care at the Muizenberg Civic Centre: The Cape Metro Wellness Day. Mamelani had a stand and every service provider invited was expected to go on stage and talk to the audience about what their organisation does. The day was filled with information sharing from all the different service providers.
- Attended People's Health Movement meetings focused on the social determinants of health – including housing issues and worker's rights issues.



## Context

The Children's Act of South Africa calls on Child and Youth Care Centres (CYCCs) to offer transitional support to youth leaving care. Although this support is mentioned in the legislation, the number of CYCCs that offer this support has been limited and the outcomes for this particular group, historically, have been poor. International research, where this work is well developed, has shown that young people who have grown up in alternative care require comprehensive support and guidance as they transition from care back to community, to deal with their emotions and prepare well for what lies ahead – to have the skills and resources that enable them to thrive as young adults, emotionally, physically and professionally.

## Programme Development

Mamelani is addressing the issue of improving services for young care leavers by working at different levels: working hand in hand with the Department of Social Development in an effort to contribute to developing policy and standards for service provision; working with the Child and Youth Care sector in an effort to strengthen practices for preparing young people for their transitions; and working with young care leavers directly, and with the environments that they return to, in an effort to ensure that they can thrive once they have left care.

In order to ensure that our approach meets the systemic and sectoral challenges, we engaged the Child and Youth Care sector more broadly, gathering information on the nature and extent of the need for transitional support services for care leavers in the Western Cape. The outcome of the research process affirmed the high levels of concern for this group, and the need to close this gap in services. On this basis, we have begun to design and deliver a programme that supports young people to make smoother transitions from residential care and ultimately have better long-term outcomes in their future.

In order to do this, we have partnered with the Department of Social Development to roll out our approach with six selected CYCCs. We have started working with young people preparing to leave care from different child and youth care centres, to test our approach with young people beyond the group that we had always worked with, namely, young men who had previously lived on the street. We are now working with young men and young women from a range of backgrounds. The group we are working with speak six languages and come from South Africa and four other African countries. We see this process as a real opportunity for us to further develop our intervention and assess how well this approach can be adapted to working with young people from different backgrounds. Alongside this process with the young people, we have also embarked on a learning journey with the six CYCCs where the young people are being cared for. These are some of the developments that have happened within the Proseed Programme in 2013/2014 – it has been a year of extensive learning and growing.



## PROSEED YOUTH DEVELOPMENT - Supporting Youth Transitioning Out of Care

Proseed continues to provide essential support services for youth making the transition from institutional care. The programme runs over a three-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:

- Individual one-on-one mentoring
- Education and Career Development
- Experiential group work
- Work readiness and Internships.
- Building Networks of Support
- Rites of passage processes.



## Programme Activities

The year started by orientating the young people who were interested in joining the programme, as well as the CYCCs where they had been placed. After the application process, 15 young people were accepted into the programme. Shortly after this, they completed assessments to identify what areas of development needed to be addressed in the programme. Each young person was assessed in terms of their identity, resilience and relationships – as well as their independent living skills. Much time was spent building relationships with the young people and with each of the CYCCs. It was a big change for us as an organisation to be working with new Centres.

The experiential sessions started and we were encouraged to see how well the young people responded to the approach - there was high engagement from the group and within a few months, the CYCCs reported that youth were showing more initiative, and taking more responsibility for their own development.

## Individual one-on-one mentoring

It is important that enough time and care is taken to develop and negotiate an authentic relationship, so that it is one where the young person feels comfortable, and where they are able to share different experiences, without fear of judgement.

*The relationship between the facilitator and the youth is the connecting thread that runs through the whole programme, as the adult accompanies the young person as he/she transitions.*

Feedback from participants shows what they have learned about themselves:

*"What was important for me to learn was to be more open about myself and my feelings and my story. This has helped me to become more aware of myself and my responsibility in my journey. I have a responsibility to show up with respect and have a good attitude. I think this is how I've changed or how things are different now for me. I've realised how those simple things can open doors and influence your journey. So I think I'm just a lot more aware of myself than before and this has helped me to survive and keep going"*

*"I'm not as shy as I used to be when I joined the programme"*

*"Thank you Mamelani for letting us feel safe"*

*"I felt very vulnerable but I'm glad that I was challenged to face some of my fears"*

## Experiential Group Sessions

The purpose of the experiential group sessions is two-fold: It creates space where the facilitators can assess where the young people are in terms of their development, and out of this, plan activities and interventions to increase competency in identified areas, as well as, the space to build relationships with the youth. The experiential group sessions are a fun and creative space where young people engage with their own learning and growing their awareness of themselves and their environment. Our intention is to increase the amount of responsibility that the young people take in the process. These activities have required intensive planning to ensure that they are aligned with the young people's practical and psychosocial needs.

The sessions have created a lot of energy within the group and indicated an eagerness within the young people to deal with the difficulties they are facing in their lives. We have seen first-hand that young people remember most when they discover something for themselves – the team has focused on walking alongside the young people in a way that allows them to explore themselves and their environments.

One of the experiential activities involved an "Amazing Race" competition where young people were put in groups and set on a series of tasks to collect information from different key points in the city centre. The idea for this activity came out of the Independent Living Skills Assessment that stated that some youth had not used public transport and also that many did not have their essential documents – we therefore included Home Affairs as one of the stop off points where they had to collect information about these basic documents. This process gave the young people the opportunity to engage with important aspects of their independence in a fun and challenging way. The youth had to read maps, use public transport, communicate with strangers and work as a team, as well as make critical decisions to ensure that they finish the race as a team. This process helped the youth to use and acknowledge each other's strengths, while creating an awareness of their environment and developing skills in negotiating and accessing resources and information. Examples of other activities include physical health assessments at Virgin Active Gym and a Community Service Day at Noah Home for the Aged.



Phelokazi



Nelson

We believe that young people (and adults) learn more effectively when they are actively engaged and interested in the learning process.

## Building Networks and Support

In many of our processes, youth in the programme are given the opportunity to share their challenges regarding their transition, with others and to discuss coping strategies for dealing with life beyond care. This in itself has strengthened the relationships amongst the youth, as they begin to value each other and other young people who have had similar experiences.

The facilitators are very intentional about using individual and group sessions to help the young people strengthen relationships and build networks of support. The sessions have enabled young people to engage more actively in developing new relationships with members of their community. The youth visited a local Home for Senior Citizens and spent the day cleaning the facility and visiting the residents. During this process, youth were encouraged to build connections. The purpose of this activity was for the young people to reflect on their relationships and the role that elders can play in their development. One of the youth reflected on the experience:

*"I didn't realise that I would feel this way. This was a really good experience that I will never forget. I would like to come back here and do some more stuff for the people. I will always remember this for the rest of my life... it makes me want to do more of this kind of stuff in my own community"*

- Youth feedback from the community service day

In November, Mamelani created the opportunity for four of the young men in the programme to address 40 young people in the care of The Homestead Child and Youth Care Centre on ways of dealing with the transition from care. This was an amazing experience for the child and youth care workers and Mamelani staff who previously supported these young men, as well as for the children who listened to their presentation. Many of the children were captivated and took time afterwards to come and shake the hands of their 'big brothers'.

We believe that young people (and adults) learn more effectively when they are actively engaged and interested in the learning process.

## Education and Career Development

The youth attended a career fair and participated in job readiness training that involved CV writing, job searching skills and preparation for interviews. There has also been a focus on helping youth complete career assessments and deepen their understanding of the competencies needed for finding and maintaining employment. The group visited Cornerstone College as a way of exploring different career and study options. The youth were able to raise their concerns and ask pressing questions to help them in their decision making. During this academic year, all of the youth remaining in school were promoted to the next grade.

The importance of marking transitions – the team is becoming stronger at marking the growth of the participants. We can see the power of working in this way with the young people. An example of this is when the graduates went on an early morning hike to mark the beginning of Tsofeng's last year of school as he entered Grade 12. The facilitator bought Tsofeng a blazer which they presented to him at the top of Lion's Head at 6:45 in the morning – a physical way of marking this new phase. Tsofeng reflected on his growth:

*"The most important thing that I have learned from this journey with Mamelani is knowing myself – my strengths and my weaknesses and how to deal with hard situations. Having people who are walking alongside me in my life has really helped me because if I didn't have this support behind me I wouldn't be where I am today. I personally feel that I am very lucky to have all the people who played a positive role in my life – The Homestead, Mamelani and Beth Uriel. I can say I am where I am because of all of them."*

Rites, rituals and ceremonies in many societies are acknowledged as markers for human growth and development. The transition into adulthood can be seen as a rites of passage process that supports young people develop the skills and competencies needed for adulthood

Working in this way is helping to build stronger relationships with the youth – walks on the mountain are a good time to reflect more deeply on their situations or share a story they haven't shared before.



## Work Readiness and Internships

*When we consider the many transitions that youth have to go through it becomes evident that a range of different skills are needed to prepare them for adulthood. In our experience we have seen that youth experience a sense of growth and success when they complete activities and build skills that are necessary for the transition they are making.*

Eight young people have accessed internships. Six were holiday period internships, and two were full time internships. For all the young people, it was their first experience of the world of work. All the holiday internships were completed successfully and the full time internships are on-going. They all now have a better understanding of what is expected of them in the workplace as well as the reality of their career choices. A lot of mentoring was required to process the learnings and cope with this experience. The internship stipends also gave them a real life experience of managing their own money for the first time.

### Rites of Passage Processes

At the end of June, the youth went on a camp which gave them an opportunity to bond and build relationship with the Mamelani Team. The young people set the rules and decided on a name for their group. They were responsible for cooking, and in between the activities, there was time to just have fun! At the end of the weekend young people wrote letters to facilitators and evaluated the camp positively, saying that what they enjoyed most about the camp was that they were treated like adults.

We closed the year with a group hike at Silvermine Dam. What stood out for us was the relationships that have been built in this short time. In the closing circle, youth were given the space to ask questions that were sitting with them, as well as share something that has stood out for them over the last few months. The young people spoke about how much they appreciated Mamelani's support, how differently they were feeling about their transitions - while many were still anxious and acknowledged that the road ahead was not going to be easy, they felt comforted to know that they will be supported by the facilitators and by the group. One of the young women spoke of how excited she was to have started her internship, feeling like this was a huge achievement in her life and her first time working in a field that she was curious about. Youth have been able to express their feelings and emotions and have shown a commitment to addressing the challenges that they face. One of the social workers at a CYCC was curious to find out what exactly we had done in the process that helped one of the 'hard to reach' youth in their care, who has a history of not engaging, to suddenly come to the social worker to request counselling, This breakthrough had finally occurred after numerous previous failed efforts to get him to access this kind of support. It is precisely this increased awareness and growing sense of agency that is the focus of the programme.

## A FOCUS ON YOUTH DEVELOPMENT PRACTICE

*I sat in on Patrick's farewell ceremony and was moved by the strong intention of how the process was held. It wasn't the old school "circle of appreciation" where everyone gets to say something and then we are done, but rather, it gave Patrick the chance to express himself in a safe space, and then for his peers and the staff to ritually and intentionally bless him on his journey with our advice and our words of motivation. I could see that the day was special for him, that he really felt held and supported – he had a community of people around him who believed in him. I can see more and more the value of how we work and how it really enables the young people to move forward –*  
*Feedback from the Director after attending a farewell ceremony for one of the participants.*



Gerald and Nelson

## Meet one of the Participants

Nelson is 24 years old. He has just completed training as a coffee barista and has recently found full time work. Mamelani has walked a long journey with him. There were many opportunities to give up, but he says that continued support and encouragement from Mamelani has helped him to dig deep and find the internal resources to keep going. He has shown dedication, commitment, patience and perseverance, and is proud that he is reaching his goal of having a stable income, which will help him to build a home and a family of his own.

Reflecting on his journey, he shared:

*"I would say with the continued mentoring and support, Mamelani gave me an opportunity to find my power and to find more self-belief. I've realised the importance of my relationships with other people. I needed to strengthen my communication with people around me and make an effort to grow my relationships. I also believe that I needed to change my attitude, to take responsibility and become self-motivated. I couldn't depend on Mamelani to help with things I needed to do for myself. I think Mamelani also allowed me to make mistakes and supported me in learning from them. I didn't feel judged even if I knew I messed up at times. I can say you inspired me and this kept me strong. I'm independent because I feel I can take responsibility and make things work out for me and not consider doing bad things as an option because they lead to death or prison."*

## Highlights

- We presented the Discussion Document to the sector through a Knowledge Share session. We chose key issues highlighted in the report for group discussions, and the conversations that followed were dynamic - people did not want to leave!
- The Proseed team presented the programme at the regional meeting for The Department of Social Development (children and families). We were excited that the Department was positive about the progress we had made.
- We presented the Proseed programme at the NACCW conference in July and engaged with key stakeholders from other provinces.
- The Directors Forum has been established to guide the Capacity Building Process, with almost 100% attendance at Forum meetings.
- We launched the capacity building process and successfully designed and facilitated the Foundational Workshops with Child and Youth Care Centers, with high engagement from everyone involved.



During December, Mamelani was reflecting not only on the life of Madiba, and what it meant for our country, but also dealing with the loss of the life of an inspiring young man who had been part of our programme since 2006. On the morning of 7th December, Sandile Mhi was killed near his home in Samora Machel. This deeply shocked and saddened the Mamelani family, as well as the many others who walked alongside Sandile on his journey. It also once again brings into perspective the harsh reality that the youth of South Africa continue to face, and the obstacles they need to overcome to make their dreams a reality.

Sandile was a true embodiment of what Madiba stood for. His was not always an easy journey, but his resilience and passion was an example to us all. Sandile on his bicycle with his big smile was a common feature of our days at the Mamelani office. At the time of his passing, he was about to launch his community project - a drama group for young people in Samora Machel. This was going to be his way of giving back to his community. He had attended a community development training course, and put much time and energy into developing his vision, particularly with the support of one of Mamelani's partners, I am Somebody. His vision is a testament to the inspiring young man he had become: His vision:

*"I see a community where parents are happy and proud of their children. In this community, the children have amazing gifts and are motivated and inspired to move forward and develop their gifts."*

We gathered on Thursday 12th December to honour and remember him. Over 60 people sat in a circle and for over two hours, family, friends and people whose projects he had participated in, shared story after story after story of who he was and what he meant to them. We will continue to be inspired by this vision, in our work and in our own lives. We were blessed to have known this remarkable young man and we will miss him terribly. An educational Bursary Fund has been set up with the support of one of our donors in his memory.



## Partnership Development

Youth Forum meetings have continued, focusing on collaboration within the youth sector. A transitional Support Work Group was established to look specifically at support for young people in transition from CYCCs, bringing together academics as well as other organisations working in this area.

In September, Carly (Mamelani's Director) was lucky enough to visit the UK as part of her Masters work. She visited some key organisations working with care leavers. She met with an organisation called Catch 22 and National Care Advisory Service and engaged with researchers and practitioners who have been working in the area of transitional support for many decades. The conversation shed light on the journey they have travelled in the UK in terms of developing services for care leavers. Specific support for care leavers is outlined clearly within targeted legislation (The Care Leaving Act of 2000) which talks about duties and responsibilities of each municipality for youth who have come out of care. This includes planning for transition, support for education and training and accommodation. Each young person is allocated a personal advisor. They also spoke about how the local authorities created a network of organisations and people working with care leavers to create a space for peer learning, where standards and practice was developed – much like is being done in the Youth Forum.

Carly also met with a team of researchers from the University of London who are connected to Mike Stein, a leading thinker in the world of support for care leavers. She engaged with them around youth practice. They shared how the UK had become very risk averse in terms of child and youth care, and that this is what is holding back their youth development work. They spoke about the 'personal advisors' and they highlighted that so much depends on the quality of that relationship. They said each advisor can have up to 20 cases – which can be spread over preparatory work and post care work. Many common experiences and challenges were shared in the meeting, and it is the beginning of building relationships with others outside of South Africa regarding our work.

In January, also as part of her Masters programme, Carly met with the Department of Children and Families, who have a special unit working on such issues. She was really inspired by the youth development practice that has been developed in New Zealand.

## CAPACITY BUILDING PROCESS WITH CHILD & YOUTH CARE CENTRES

In partnership with the Department of Social Development (Children and Families), we have begun a capacity building process to support Child and Youth Care Centres to strengthen their transitional support services and create a more enabling environment for youth development practices. We plan to write up what comes out of the process as tools that child care workers can use in future in facilitating activities aimed at supporting transitional work. We anticipated that this process would stretch us as an organisation, but we were excited to be working towards the development of transitional services for youth leaving care more beyond the group we had worked with to date.

We held an orientation day to introduce organisations to the programme and to our way of working. Interested CYCCs then applied to join the pilot. Between September and December 2013, Mamelani explored to what extent the partner CYCCs needed support, in order to develop an appropriate intervention and design the process for the capacity building process. CYCCs attended focus groups and completed questionnaires aimed at building a richer picture of each Centre's unique context. The gathering of information formed part of the process for developing a tailor-made intervention for each institution. This ensured that the design was based on the actual situation in each centre and was relevant to the needs of that institution. The involvement of staff from each CYCC in the design process would hopefully encourage ownership and ensure that the programme can continue beyond Mamelani's involvement. This collaborative approach is key for the long term success of the intervention. A Directors Forum consisting of the directors of each of the participating CYCCs as well as Mamelani's director was set up to guide the process.



In December, Mamelani presented the overview of the Capacity Building Process, which was approved by the Directors. The design consisted of a one-year learning process, made up of one 3-day workshop and three 1-day Learning Forums. It suggested that each Centre establish a work team, to design and implement the programme. A Mamelani facilitator sat on each work team, to provide support and guidance. The design suggested that each Centre address the following key areas in order to strengthen their capacity to provide Transitional Support:

- **Youth Involvement Systems:** how are young people involved in the day-to-day activities of the CYCC in ways that prepare them for the transition?
- **Healthy Communication:** What systems are in place to ensure that the entire institution understands the need for a youth-focused intervention?
- **Core Components of Transitional Support interventions:** How are the youth practically and emotionally prepared for the transition?
- **Homecoming Practices:** What level of aftercare support is provided? In what ways are youth who have already left care, invited to return to the Center, so that contact can be maintained and youth's progress can be monitored?



Each Centre was encouraged to develop specific tailored interventions, incorporating these different aspects to meet the needs of the young people.

The first step in the capacity building process was the three-day workshop, laying the Foundation for the year ahead. In order to accommodate the staff of all the centres, it was best to hold the workshop twice, to ensure that everyone could attend. As facilitators, we also felt that the learning process would be stronger with two smaller groups, as opposed to one large group with all six Centres at once.

The aim of the workshop was to equip participants with a common language and understanding surrounding their Youth Practice and the basic components of Transitional Support Programmes. Participants were mostly child and youth care workers and some social workers, and even administrative and ground staff.

The workshop comprised 5 KEY components:

1. Understanding Transitions
2. Understanding Adolescent Development
3. Personal Mastery
4. Youth development and Youth Practice
5. Independent Living Skills and Experiential Learning

Each component dealt with the different aspects of youth transitioning out of care. The exercises also helped the participants to reflect on their own practice, and how this translates in the way they work on a day-to-day basis in the Centres. This highlighted what is actually helping young people prepare for the change, and what about how they work is actually leading to increased dependence. The participants started exploring what steps needed to be taken to shift their practice to one that is more youth-development focused. The activities were designed to promote introspection, but were also fun and experiential in nature. This ensured that participants remained engaged throughout.

The workshops allowed for relationship building between Mamelani and the social workers and childcare workers. They seemed to appreciate the effort made to make the process exciting, and we were encouraged by the energy that the process generated.

Participant Feedback showed the impact it had on individual participants:

*"It helped me to see things from the youth's perspective"*

*"The process helped us to find solutions"*

*"It was a healing and honouring experience. I feel energised and excited"*

*"We need to stop pointing fingers and start holding hands. We need to work as a team and come up with creative and different ways to deal with the youth"*

*"I enjoyed this workshop because it wasn't just about the children but also our own journey".*

After the Foundation Course, the Work Teams were established and have begun meeting with Mamelani facilitators to develop designs for their Centres. We acknowledge that while there was high engagement during the workshops, the real work happens when the teams are back in their realities in the Centres.

Developing environments that are supportive for the young people's development has not been a straightforward activity. Facilitators have realised that time needs to be spent ensuring that there are feedback loops between them and the other caregivers in the young person's life. This has been challenging with different communication channels and systems at the different Centres. We will continue to work on this in the next year as the quality of relationships and building of supportive networks remains a priority.

Although there is a need to develop an established programme in each Centre, we know that with Youth Development work, there is not a one size fits all approach. It was important for us that our theory of change and our practice was present in the capacity building process also, and not just living in the sessions we held with the young people. For example, if we believe that people do not change simply by receiving information about what needs to change, but that change happens through experience, through learning by doing, and building on people's experiences – in the words of Jimmy Yen, **"Start with what they know, build on what they have, teach by showing, learn by doing"**. We therefore needed to design the process to allow for experiential learning. In the Foundation course, child and youth care workers reflected on their own experiences, and drew lessons from that, and not from power point presentations about what they need to change.

## PARTNERSHIPS

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:

### 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 • The Western Cape Network for Peace and Community Development

### 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

**Implementing Partners for CYCC Programme:** Heatherdale, The Homestead, Leliebloem House, Lawrence House and SA Children's Home and St Georges Home for Girls.

**Residential Care/Accommodation:** The Homestead, Beth Uriel, and Fountain of Hope • **Sport, Art and Recreation:** Amandla EduFootball, Educo Africa, Montrose Equine Programme and Studio Bernard Viljoen Foundation  
**Education:** Multi-service Centre, B.E.S.T Centre, City Mission, Shiloh • **I am Somebody:** Building support networks amongst NGOs and providing mentoring services to young people • **Internships and Employment:** Knead Bakery, Galibi Restaurant, The Riverclub, LiveMAG, Pride of Table Mountain, Ciro Coffee Academy, Kilowatt Sight and Sound Studio and Stardust Restaurant • **Research Partners:** University of Johannesburg and Girls and Boys Town

### 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, Life Choices • **Local community Radio:** Radio Zibonele

INCOME	2014	2013
	R	R
Project Income		
Donations Received	2 169 339	2 004 768
Other Income	2 957	10 429
<b>EXPENDITURE</b>		
<b>Administration</b>	<b>21 274</b>	<b>194 083</b>
Accounting Fees	21 274	27 676
Advertising	10 687	3 788
Audit Fees	564	
Bank Charges	12 214	16 222
Cleaning & Refreshments	5 447	4 151
Computer Expenses	3 728	6 597
Donations	7 800	
Fundraising Costs	36 060	
Insurance	10 049	9 781
Interest/finances and Penalties	45	
Organisational Development	34 301	9 209
Phone, Fax & Internet	18 495	14 020
Printing & Stationery	12 706	9 582
Rent Paid	51 400	42 000
Repairs & Maintenance	4 112	4 530
Courier & Postage	1 435	1 256
UIF	11 402	12 259
Depreciation	15 233	9 022
Fines/Profit/Loss on disposal of assets	324	766
Staff Welfare	8 712	8 643
Subscription and Membership	2 000	1 579
Staff Development & Training	1 000	11 197
Staff Transport & Travel	11 092	1 805
Website Development	1 000	11 197

**PROGRAMME COSTS**

Programme Salaries	1 428 706	1 429 536
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**CHILD & FAMILY SUPPORT**

		<b>6 658</b>
Food Parcels		1 480
Parents Skills Training		
School Uniforms		3 453
Staff Courses		
Stationery		
Student Transport		1 725
Transport		

INCOME	2014	2013
	R	R
<b>PROSEED YOUTH DEVELOPMENT PROGRAMME</b>	<b>279 411</b>	<b>342 789</b>
Food Support	10 293	17 220
Telephone & Staff Transport	20 651	18 069
Graduate Meetings & Experiential Sessions	14 033	
Educational Support	29 959	44 237
Youth Transport	9 381	33 802
Staff Development	12 556	19 241
Lifeskills Workshop	11 628	17 322
Internships	32 175	38 018
Youth Accommodation	1 600	14 355
Camps & Outings	13 307	14 803
Programme Development & Research	123 828	125 722
<b>COMMUNITY HEALTH PROGRAMME</b>	<b>132 698</b>	<b>87 714</b>
Printing & Stationery	3 433	3 141
Workshop Materials	8 775	13 987
Transport	25 763	30 382
General Expenses	5 586	4 095
Lucky Spaji (Income Generating Project)		2 100
Telephone	12 885	8 895
Staff Development	9 826	8 309
Community Champions Project	66 430	16 805
<b>TOTAL</b>	<b>2 133 796</b>	<b>2 060 780</b>

Income and Expenditure as at 28 February 2014

**BALANCE SHEET**

ASSETS	2014	2013
	R	R
<b>NON-CURRENT ASSETS</b>		
Property, plant and equipment	22 936	34 170
<b>CURRENT ASSETS</b>		
Trade and other Receivables	12 827	14 317
Cash and Cash Equivalents	436 818	191 852
	449 645	206 169
<b>TOTAL ASSETS</b>	<b>472 581</b>	<b>240 339</b>
<b>RESERVES AND LIABILITIES</b>		
Member's Interest and Reserves		
Earmarked Funds	206 555	
Accumulated Surplus	249 980	211 480
	456 535	211 480
<b>CURRENT LIABILITIES</b>		
Trade and other payables	16 046	28 859
<b>TOTAL RESERVES AND LIABILITIES</b>	<b>472 581</b>	<b>240 339</b>

Statement of Financial Position at 28 February 2014



