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028 695 NPO | SARS PBO Number: 930 012 708

Mamelani Projects empowers and strengthens  
marginalized communities by listening to the  
particular needs of women, youth and  
children.

Visit [www.mamelani.org.za](http://www.mamelani.org.za) to learn more.

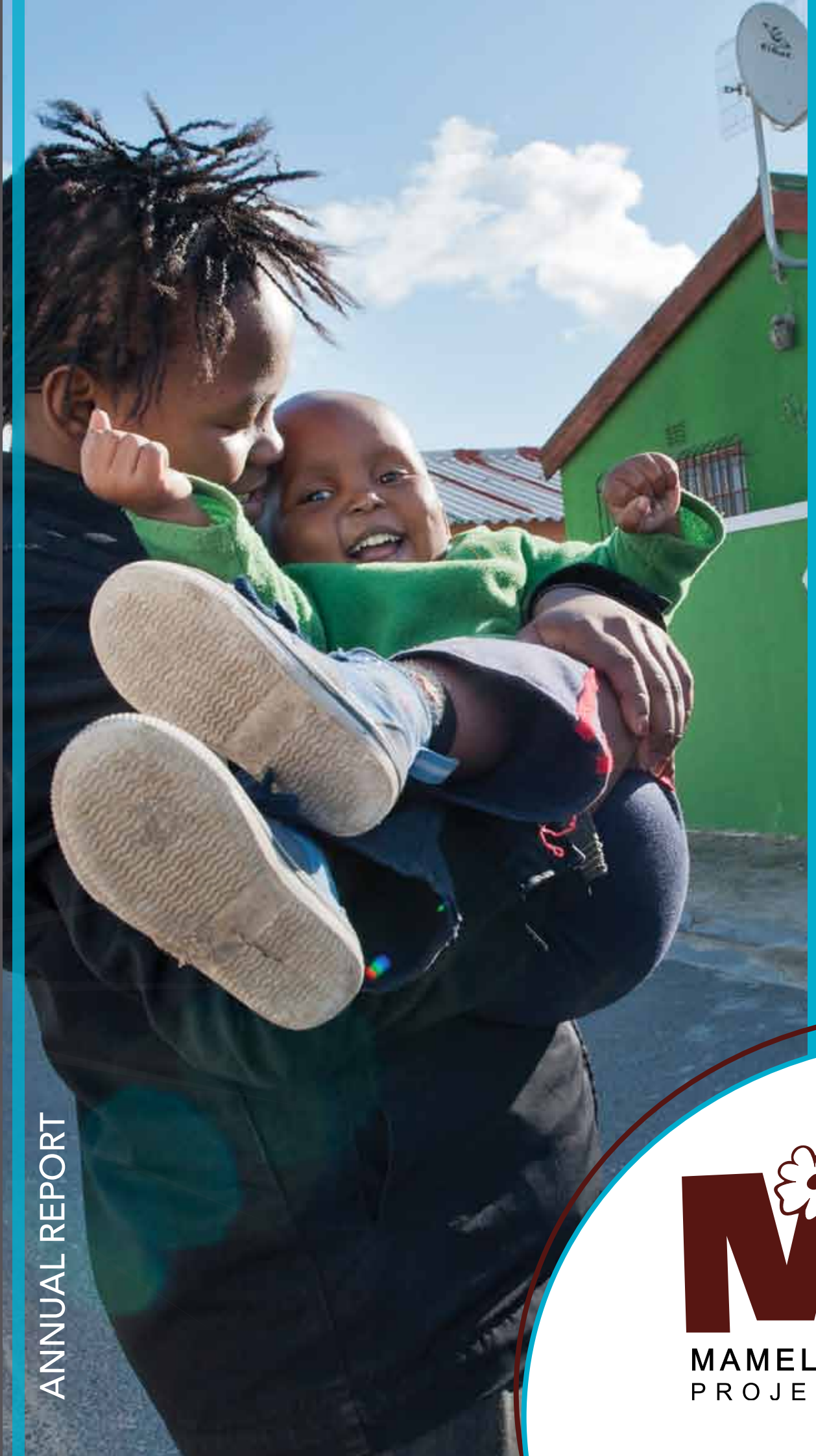
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ANNUAL REPORT



We facilitate programmes that build healthy communities by developing people.



positive transformation

# Contents

ANNUAL REPORT  
March 2010 to February 2011



*Mamelani creates positive transformation in communities where there is a lack of support services, support systems and information.*

We focus on shifts that enable people to take more responsibility for their lives by building on already existing knowledge and strengths. We do this by encouraging participation and allowing for self-determination so that people and communities can transform and by walking alongside people in a way that they feel valued, respected and listened to.

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## Message from the Director



It really feels as if the organisation has stepped into a new phase. Having moved through the first seven years of the organisation's development journey, it feels as if the steps we now take are wiser and more informed. It is as if we are better and seasoned hikers, preparing for the next serious mountain challenge. We have seen some beautiful scenery on this journey, but we have also faced harsh challenges and have had to push our way up steep hills and walk with determination and courage to the point we are at today. Although we have not reached our final destination, there have been encouraging signs on the journey indicating we are on the right track and have covered solid ground.

In this last year, we touched the lives of roughly 800 people directly through our programmes, but for Mamelani it has never been about the numbers alone. Each life touched by one of our programmes is what keeps us going, hearing women speak of how they have been able to take action regarding their health, hearing youth who have been able to take responsibility for their lives, becoming role models for others, and seeing families heal old wounds and unite together these milestones are what make it all worthwhile.

As an organisation, we have often veered off the beaten track, trying to find new and innovative ways of meeting the challenges we face. As a team, we have spent time reflecting on what we need to be doing in each of our programmes, to ensure we continue to offer a meaningful and effective service to those who seek our care.

We have also had to peer into the future and begin to anticipate how things may change and how we need to adapt our programmes to meet these changing needs.

The extension of our Board of Trustees has aided us greatly in this process and I would like to thank them for their continued guidance and support. I would also like to take this opportunity to thank the incredible team of people I work with - each one of them brings their unique talents and skills to the organisation, and they have made Mamelani what it is today. Lastly I would like to thank our donors, big and small and all the organisations we partner with. We could not do what we do, or be who we are, without you.

As we take these next steps together, I am looking forward to discovering what the future holds. We make the path by walking it, so I invite you all to join us on our journey.

Carly Tanur

Founding Director

## Letter from the Chairperson



The last few years have been difficult for many non-governmental organisations due to the effects of global economic conditions and the resultant impact on funding opportunities. Yet at the same time the pressure for assistance from NGOs working in poor and marginalised communities is even greater when the economy is struggling. More people are out of work, hungry and despondent.

Therefore it is with a great sense of appreciation that the Board wishes to acknowledge the progress made by Mamelani over the last year. This is due primarily to the commitment of the management and the staff of the organisation who through their ongoing efforts have been able to raise the necessary funds in order to continue providing excellent services to the communities they serve through their various projects.

Mamelani has gained a lot of experience in the field of "youth leaving care" when they reach the age of 18 years and yet the organisation has the capacity to work with only a limited number of youth in this category. In this respect Mamelani has developed important skills and knowledge that can and should be shared with fellow organisations operating in the youth sector and replicated in other communities.

At the same time Mamelani's other community-based health and family support programmes also continue to grow and develop. Improving the health and wellbeing of women and children is critical to the overall wellbeing and development of our society and Mamelani can be commended for the role it has played in this arena.

The Board would like to thank core donors including the National Lottery Distribution Trust Fund, the Stephen Lewis Foundation, the DG Murray Trust, Breadline Africa and The Community Chest, as well as all the other funders including many individual donors for their support and for continuing to believe in the work that is done by Mamelani.

Long may it continue!

Allan Taylor

Chairperson

# Organisational Management

*"In my work I am inspired by the transformation in the lives of the youth and women that Mamelani works with. I am also inspired by the commitment and intent, which the staff in the programme brings to their work. The strength and impact of the programmes is visible to me, and this inspires me."*

Monika Edwards, Operations Manager



## BOARD DEVELOPMENT

During 2010, Mamelani embarked on a process of expanding and strengthening its Board of Trustees. Eight committed board members from a variety of sectors are now actively involved in developing and moving the organisation forward. Lisa Brunton (Investec Private Bank), a long-standing trustee, has chosen to continue to serve on the board, for which we are truly grateful.

New Trustees include: Allan Taylor (Independent Consultant, Education and Development); Cindy Jansen (Butterfly Consulting, Youth and Organisational Development); Melanie Alperstein (Curriculum Development, UCT); Sue Davidoff (Proteus Initiative, Organisational Development); Professor Thandi Puoane (School of Public Health, UWC) and Richard Rayne (Onsite Training, Finance and Business development).

The new board has served its first year and the impact of their commitment in developing the organisation over this time is clear. Assistance has been offered with streamlining of processes, standardising of salary structures, implementation of policies, as well as strategic planning all key to the sustainability of the organisation in the long run. We are excited to have such an experienced team of people who share our vision and are passionate about developing communities.

In November 2010, Mamelani embarked on a powerful strategic planning process, facilitated by our committed trustees Sue Davidoff and Cindy Jansen. It was a hugely valuable process, which helped us to see ourselves, and our programmes, through new eyes.

## SOME OUTCOMES OF OUR STRATEGIC PLANNING PROCESS

The process affirmed the need for Mamelani to continue to develop as a learning organisation with an organisational culture that places value on reflective spaces and on-going learning. Our end of year reflection process allowed the team time and space to process what they had experienced in the field during 2010 and plan for a stronger way forward.

What emerged from the process are definite organisational insights.

## ALTHOUGH MAMELANI'S PROGRAMMES HAVE DIFFERENT FOCUS AREAS, ALL OF OUR PROGRAMMES DO THE FOLLOWING:

- Address gaps in the sectors in which they work.
- Share a similar methodology for working with marginalised communities, such as building on people's knowledge, strengths and local resources.
- Provide ears that listen when people feel they are not being heard.

## COMMON THREADS HAVE BECAME EVIDENT IN HOW WE WORK:

- We always attempt to work through existing structures and not duplicate services.
- We have a fundamental belief in people's internal and local resources, we don't step in to solve their problems, but rather walk alongside them and build on their existing strengths.
- We have faith that when people have access to information and experience, this creates the possibility of making informed choices to improve their lives. We believe that self-determination is key to transformation.
- Building trust is key to all our programmes.
- Strong relationships are our most valued assets.





# Highlights from 2010/2011

## PROJECT LUNGISELA GOES INTERNATIONAL

In December 2010, Project Lungisela was presented at a life skills conference in India at the Rajiv Gandhi National Institute for Youth Development. Project Lungisela was also presented to Social Work and Pedagogy Students at the VIA University College and Peter Sabroe College in Denmark. Partnerships have been set up with both institutes and fourth-year social work students from VIA University will be placed with Mamelani for their practical placements to assist with programme work from the start of 2011.



## 2010 FIFA WORLD CUP FEVER

Children and youth from Mamelani's programmes were lucky enough to watch the 2010 World Cup games live, thanks to the Sony Ticket Fund and Grassroots Soccer. It was a moment to remember! Walking into the stadium, one of the youth shouted: "Feel it, we are in it!"

Four young men who have been through Mamelani's Youth Programme were selected to represent South Africa in the Homeless World Cup in Brazil in July 2010. They played their hearts out and the SA team came home ranked number 11 in the world.

## NEW WEBSITE LAUNCHED:

Mamelani was selected by Maxxor ([www.maxxor.com](http://www.maxxor.com)) as a CSI partner and, with their help, we have launched our new website, streamlined our newsletter mail-out system and created branding material for the organisation. To visit our new home online, please visit [www.mamelani.org.za](http://www.mamelani.org.za)

## STAFF DEVELOPMENT:

Mamelani continues to support growth within our team, to ensure the growth and development of our work. During 2010/2011, Clinton Osbourn, the youth project coordinator completed his Honours in Social Development at UCT. Gerald Jacobs, the youth project manager completed a Project Management course at Damelin. The health facilitators attended a variety of courses including the CABS HIV training, Siyaqoba ARV training and gender-based violence training through the Network of Violence against Women. Susanne Thompson, the Child and Family Programme social worker attended an introduction to Narrative Therapy and a short course on working with children and sexual abuse, through the Trauma Centre. Carly Tanur, the director attended a two-week leadership process with the Proteus Initiative.

# Plans for 2010 - 2011

In this next year, we will be developing the "Health Champions Programme" as a way of building capacity for committed community members who have attended the health workshops. In this way we hope to develop deeper and more meaningful relationships with the communities in which we work and assist those already working to improve the health of their communities, and to strengthen their interventions. We will also be working with students from UCT's Department of Human Nutrition in developing the Child Health component of the programme.

In August 2011 we will complete the pilot programme we have been conducting for the Department of Social Development, looking at what support services are required for youth living in foster care and residential care in order for them to move towards independence.

We look forward to developing a stronger relationship with the Department of Social Development and future partnerships in meeting the needs of young people. Within Project Lungisela, we are looking at consolidating the programme methodology in order to be able to share the model with other Child and Youth Care Centres in the future.

In the Child and Family Support Programme the focus will be on engaging learners regarding issues such as bullying and gender-based violence. Priority will be placed on working with classes as a whole, instead of only working individually, in order to reach more learners. Focus will be put on looking at increasing input from partner organisations, particularly around after school and school holiday programmes. Volunteers will be sourced to assist teachers with learners who have learning difficulties. The parent support group will continue.





# Programme Reports

## Community-based Health Education Programme



*"I am inspired by the thought of giving back to my community, and of making a difference in someone else's life"*

Nomvuyo Mbele

### CONTEXT

There are some serious health challenges facing our country. There are many reasons that these health conditions remain: an under-resourced health system, a lack of access to basic services such as clean and safe water, healthy food and lack of access to health care, to name a few. For Mamelani, the first step to being able to improve one's health is having the knowledge to make informed decisions about what steps to take. From our experience, most of the people we work with do not have the information they need to make informed decisions regarding their health, and this is why we are passionate about building health knowledge in marginalised communities.

The purpose of the programme is to share essential health information with women to ensure they are able to make positive health choices for themselves and their families. This happens through workshops and individual consultations. The workshops cover a range of health topics including infectious diseases (HIV/Aids, TB and diarrhoea) as well as Chronic Diseases of Lifestyle (obesity, hypertension and diabetes). During the workshops, information is shared to improve health literacy regarding how to prevent, treat and manage different illnesses, including accessing health care on time, adhering to medication and maintaining optimal health through healthy eating. A particular focus has been placed on sharing information and support for HIV-positive mothers regarding feeding choice, in order to prevent transmission of HIV from mother to child (PMTCT).

### IMPACT

Between March 2010 and February 2011 Mamelani held 24 Wellness Workshops, reaching a total of 428 women. The workshops targeted unemployed women, health workers, home-based carers, sufferers of chronic illnesses and family members. Healthy cooking demonstrations were done at the end of the workshops and Mamelani was invited to run cooking demonstrations for Earthchild Project, Mothers2Mothers and Philani Nutrition Centre.

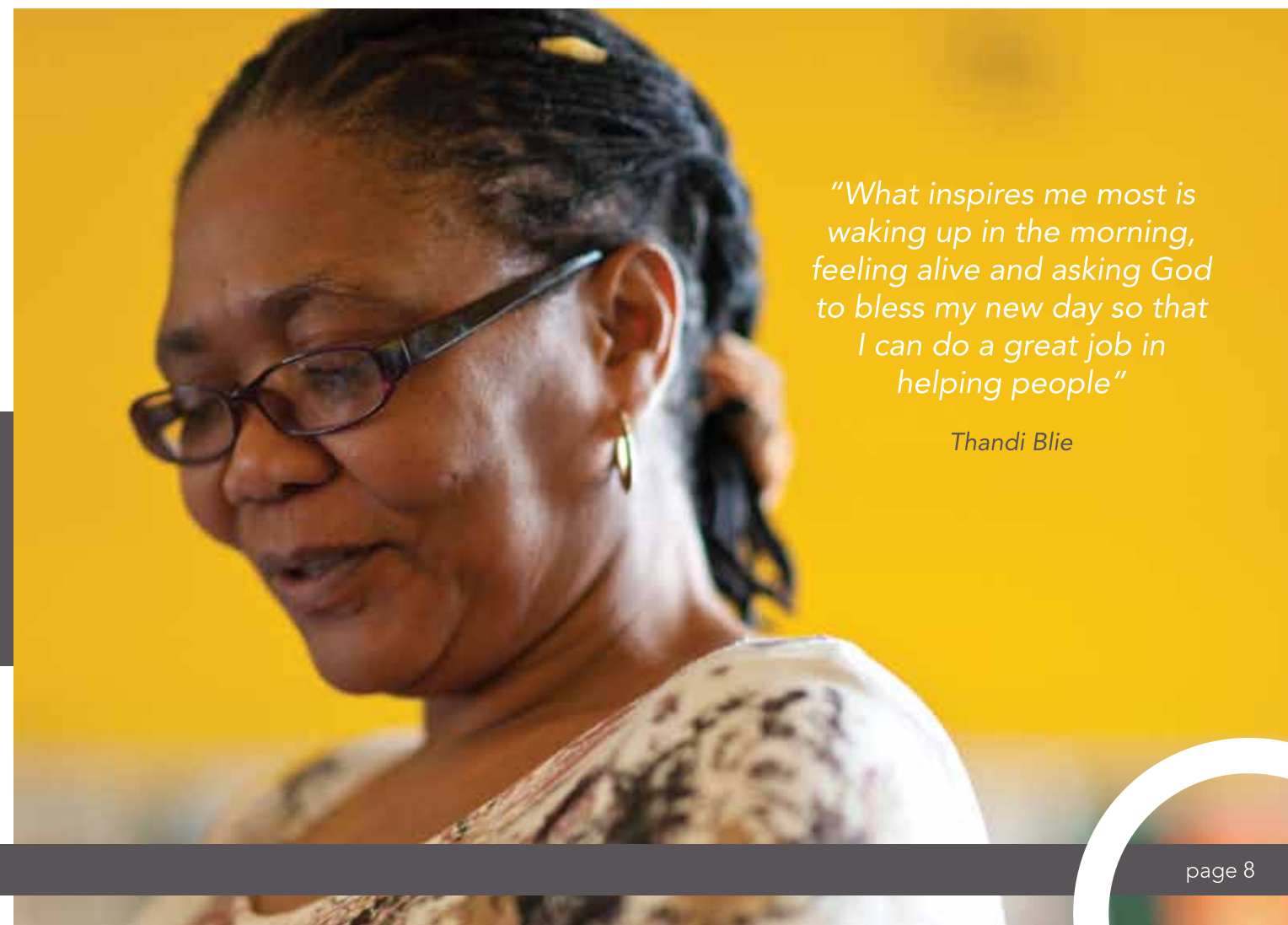
Approximately 70 individual clients received one-on-one support and access to referral services. Assuming that each direct beneficiary takes the knowledge gained and implements changes that affect the wellbeing of six family members, almost 3000 people will have indirectly benefited from the programme over this period.

### HIGHLIGHTS & ACHIEVEMENTS PARTNERSHIP WITH UCT:

A successful partnership has been set up with UCT Department of Human Nutrition, which has been assisting us in developing the programme. New content has been incorporated, particularly regarding food-based dietary guidelines for chronic diseases of lifestyle.

### HEALTH PROGRAMME RATED AS A GOOD SOCIAL INVESTMENT:

The Wellness Programme was funded through The South African Social Investment Exchange (SASIX), South Africa's first social investment 'stock exchange' where carefully selected projects are listed and offered to the public as a good social investment, assessed to deliver a strong social return.



*"What inspires me most is waking up in the morning, feeling alive and asking God to bless my new day so that I can do a great job in helping people"*

Thandi Blie



*"What inspires me most is when I am helping a client, guiding and supporting them to attend their clinic visits and take their treatment as prescribed, and when they do, I am motivated to see them getting stronger"*

*Cleopatra Sawuti*



## NEW COMPONENTS FOR HEALTHY COOKING WORKSHOPS HOW TO MAKE A HOTBOX

Mamelani facilitators were taught by Soil for Life ([www.soilforlife.co.za](http://www.soilforlife.co.za)) how to make a "hotbox" in order to reduce the electricity needed for cooking. The hotbox component was piloted over the last year and has proved to be hugely successful. Group members have reported enjoying learning how to make a hotbox and reported good results using the hotbox in their homes.

## NEW PARTNERSHIPS

A successful partnership has been set up with the Heart Foundation and Sinako Health Centre (in Langa) to do high blood pressure testing for group members.

## COMMUNITY AWARENESS DAY

In August, as part of Nutrition Week, Mamelani hosted nutrition awareness days. The most well attended was in Dunoon (Milnerton) with individuals who have attended Mamelani's health workshops, as well as members of the wider community. Essential information was shared regarding diarrhoea in young children, as this is the time of year when the number of cases of childhood diarrhoea rises. Facilitators shared information on how to prevent diarrhoea, as well as warning those present about the dangers of untreated diarrhoea and dehydration. The event was the first of Mamelani's Community Awareness days.

## STORIES FROM THE GROUND ...

Our most powerful achievements are seen in the lives we have been able to touch directly in our programme.

An older woman attended the workshops and reported that her daughter was HIV positive, but was refusing to open up and get support. The facilitator offered to see the daughter. After some time, the daughter did open up to the facilitator. She was in denial about her HIV status and was not accessing vital treatment. Since then, she has gone onto ARVs and is doing much better.

Another facilitator was supporting an HIV positive client while she was pregnant. Through the process, the facilitator discovered that the women had suffered long-term abuse. The facilitator was able to assist her in accessing specialised counselling and helped her to create a support network for herself. She also helped her to maintain her feeding choice once the baby was born. Six months after birth, the baby has tested HIV negative.

## Participant feedback from the Wellness Workshops

*"Thanks for this course, it is so amazing to us. We really need this information and support. What you have given us has opened our eyes and will help us with supporting our families. Ever since the course has started, we can see the difference in our diet."*

*"I see all these conditions in my community, but I don't know what to do about them. Now I understand what I can do. Lack of Knowledge destroys people's lives. The more you know, the more you can take action."*

*"My life changed after the workshops. I felt strong because of the awareness. I can say a lot to people to explain to them about HIV, to change the bad thoughts they have."*

*"The workshops are like a revival reminding us of the things we know, but have forgotten. At school, you study to get knowledge to pass. Now we need to study and gain knowledge to LIVE."*



*The training was very interesting to us. We learnt about things that we didn't know about. I am a carer in my community, and now I know better what to do with my clients and even for people who are sick in my family. Thank you Mamelani for the training."*

*"Since attending the workshop, I am able to help my grandmother and grandfather. My grandfather has TB but he was not taking his treatment right. I talked to him about why it is important to take your treatment and now he is doing better. My grandmother is also not taking her treatment right, but I go with her to the clinic and now she knows why it is so important to take her treatment right."*



CYCLE 1

## DURING THE 2011/11, WE TRAINED THE FOLLOWING GROUPS:

NAME OF GROUP	NUMBER OF PARTICIPANTS	AREA
Nokuthembeka Support Group	11 Members	Nyanga
Masithandane Support Group	15 Members	Delft
Ubuntu Africa Child Health Care - Support Group	19 Members	Khayelitsha
Siyazama Support Group	15 Members	Langa
<b>TOTAL</b>	<b>60 PARTICIPANTS</b>	

CYCLE 2

NAME OF GROUP	NUMBER OF PARTICIPANTS	AREA
Zusakhe Home Based Care Group	23 Members	Dunoon
Yabonga Youth Group	33 Members	Crossroads
Khumbulani Support Group	16 Members	Khayelitsha
Luthando Community Group	17 Members	Langa
Yabonga Support Group	12 Members	Makaza
Hands of Hope HIV Support Group	22 Members	Langa
LACAP Mother's Support Group	16 Members	Langa
Yabonga Mothers Support Group	15 Members	Nyanga Clinic
<b>TOTAL</b>	<b>154 PARTICIPANTS</b>	

CYCLE 3

NAME OF GROUP	NUMBER OF PARTICIPANTS	AREA
Siyaphumelela Community Group	15 Members	Dunoon
Sizakuyenza Community Group	15 Members	Philipi
Sinako Home-based Carers	12 Members	Langa
Zanecebo Community Group	25 Members	Gugulethu
Mfuleni Support Group	20 Members	Mfuleni
Masbebanye Community Group	10 Members	Tafelsig
<b>TOTAL</b>	<b>97 PARTICIPANTS</b>	

## FOLLOW-UP PROGRAMME:

During November and December 2010, Mamelani visited groups who had been trained during the year to reflect on the impact of the programme. The follow-up process allowed the facilitators to assess the real felt needs of the groups, in order to better plan workshops in the coming year and to ensure workshops meet the needs of groups moving forward. We offered the follow-up process to different types of groups (support groups and home-based care groups) to ensure the needs of all groups are represented. The follow-up process is key to deepening and expanding the impact of the programme. It requires engaging differently with groups in order to respond to their changing needs and adjusting programmes accordingly.

## FOLLOW-UP WORKSHOPS (NOVEMBER/DECEMBER 2010)

NAME OF GROUP	AREA	NUMBER OF PARTICIPANTS	AREA
Philani	Khayelitsha	33 Members	Home-based Carers
Phaphama	Gugulethu	12 Members	Home-based Carers & Support Group
Nokuthembeka	Nyanga	15 Members	Home-based Carers
Umzamomhle	Philipi	25 Members	Support Group
Helping Hands	Gugulethu	12 Members	Support Group
Izandla Zethemba	Nyanga	15 Members	Home-based Carers



## Programme Reports

## Child &amp; Youth Development

*"I am inspired by the melody and the song of life that allows me to rise up each morning with renewed hope."*

*Gerald Jacobs, Programme Manager*

## Project Lungisela: Supporting youth transitioning out of care

## CONTEXT

Due to poverty and abuse at home, all too many children in South Africa leave home and find themselves living on the street. Some are fortunate to find refuge in Children's Homes where they are cared for until they turn 18 when unfortunately the state withdraws their funding, effectively forcing these individuals to vacate the Children's Home and return to their communities. Young people face overwhelming challenges when they transition out of care including a lack of access to accommodation, lack of access to work opportunities and a lack of the many life skills necessary to cope with their difficult situations.

Youth coming out of Children's Homes in particular, who do not have family or caregivers to advise and support them through this process, struggle to cope with the challenges they face. Many do not have support structures and struggle to access information relating to work opportunities, let alone have any income to cover the cost of the job-seeking process. Project Lungisela has developed innovative responses to support young people during this time so they are able to move into adulthood with the support, skills and resources they require to succeed in life.

This happens through personal development processes, life skills workshops, one-on-one mentoring, wilderness therapy camps, skills training, work readiness support, internships, job placement and accommodation support. The programme works with these young people for one year before they turn 18 and need to leave the Children's Home, and offers them on-going support once they have returned to the community. Without this level of support, many would return to lives on the street.

## IMPACT

Fifty young people have come through the programme this year, receiving life skills, one-on-one mentoring, camps, education and accommodation support, as well as job opportunities.

*Lungisela is the Xhosa word for "prepare" as this programme prepares young people, who have grown up in children's homes for the transition out of state care.*



Project Lungisela has grown over the last year. We have learnt important lessons about what the youth require in order to ensure a smooth transition from the Children's Home back to their communities.

We realise that just providing work or educational opportunities is futile if not supported by a process that allows them to address and strengthen their emotional well-being and coping skills. During the last year, we used real life situations and experiences as a platform to teach the essential life skills needed by participants in order to cope as young adults. The youth have expressed that these sessions are the most meaningful and valuable component of Project Lungisela.

*Participant feedback: "What I value most about the programme is that it offers me the skills to deal with my feelings. It gives me the opportunity to express and share my emotions with guys who have the same struggles. I enjoy coming to these sessions and being heard and supported by the group."*

### HIGHLIGHTS AND ACHIEVEMENTS

#### Pilot programme for the department of social development.

Over this period, a stronger relationship has been developed with the Department of Social Development, which has contracted Mamelani to pilot the model of care we have developed in the programme for youth in foster care in Khayelitsha. It has been a learning experience for us to work with youth in foster care, and we look forward to a continued positive partnership with the Department.

Participants in the pilot programme have been attending life skills workshops as well as receiving individual and family support. The focus has been on further education and skills training and time has been spent visiting career fairs, applying for courses and arranging tutors. All the youth now have ID documents and bank accounts. Much time has been spent doing one-on-one mentoring, and the youth have expressed that this time has been of great value to them.

One of the foster parents shared with us that:

*"The programme has helped Sibongile's life and her future. Special thanks to Gerald and Trine for helping her to see the world she couldn't see and realise what she wants to do in the future. With all the support you have given her she is now strong and has the information she needs to succeed in life. Thanks Mamelani for doing a great job"*



#### EQUINE ASSISTED THERAPY PROCESS COMPLETED.

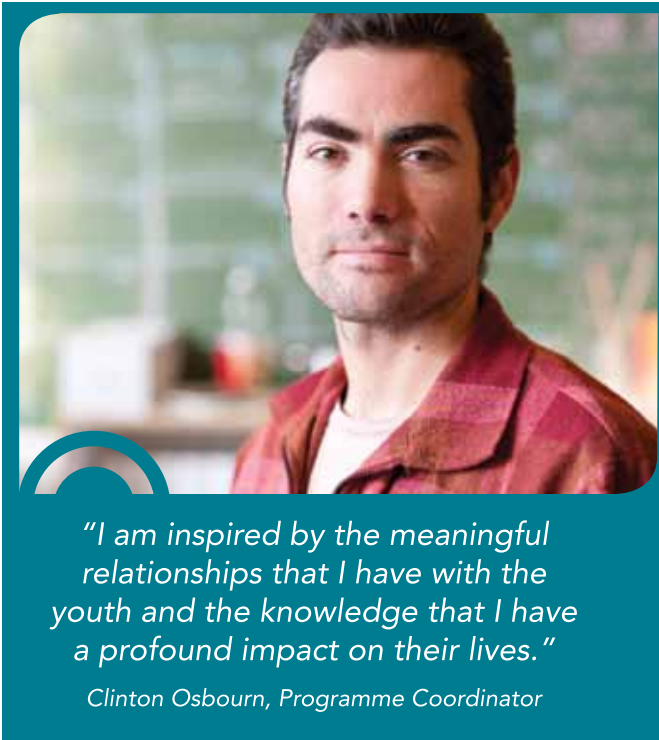
To strengthen the life skills process, a strong partnership has been developed with the Montrose Foundation, which offers Equine Assisted Therapy to youth at risk. During 2010, 15 of our young men had the opportunity to attend a six-month life skills process, working therapeutically with horses. This offered these young men creative and new ways of dealing with their personal issues. We have realised the value of experiential learning, and choose to work in this way as much as possible.

#### SKILLS TRAINING, INTERNSHIPS & EDUCATIONAL SUPPORT

The internship programme has grown and we continue to build positive relationships with the hospitality and tourism sectors. Lessons have been learned about the level of support required for youth to maintain their work placements, as well as further knowledge of the specific needs of each sector. Despite the many challenges and disruptions through last year, such as the 2010 FIFA World Cup and the Public Service strikes, 90% of the youth attending school successfully passed their grade.

#### ACCOMMODATION SUPPORT

Given that access to decent housing remains a huge challenge to the wider population in South Africa, it has been difficult, as an organisation to provide secure accommodation to all the youth who transition out of care. We make every effort to support the youth in accessing a safe and secure living environment. We have built shacks, rented rooms and worked with hostels who accommodate over 18 youth to meet their different needs and situations.



*"I am inspired by the meaningful relationships that I have with the youth and the knowledge that I have a profound impact on their lives."*

Clinton Osbourn, Programme Coordinator

### WILDERNESS CAMPS

Wilderness therapy camps and outings form part of the programme. The camps provide the opportunity for personal growth and self-reflection. Outings also expose the youth to situations that they may not have otherwise had access to. Youth from the Homestead, graduates of the programme and youth in foster care have all been on camps and outings during this last year. Camps were held in Grabouw, Noordhoek and Simonstown.

#### PROGRAMME DEVELOPMENT

Much time has been spent over the last year developing the programme structure, as well as clear monitoring and evaluation tools for the programme. We are looking at sharing this with other Children's Homes and potentially even developing training materials, in partnership with the NACCW to ensure other Children's Homes facing similar challenges are able to better prepare and support youth leaving their care.

Mamelani, along with others, established the Western Cape Youth Development Forum, a sub committee of the Western Cape Street Children's Forum (WCSCF) in an effort to create more collaboration within the youth sector.

For more information please read:  
<http://sites.google.com/site/wcscfsa/projects-1/wc-youth-forum>

#### STORIES FROM THE GROUND

Luvuyo is currently working at Knead Bakery. He attends the weekly life skills sessions. The sessions offer the youth a space to share their experiences and give advice to each other about how to tackle their individual challenges. This is what he had to say about the sessions:

*"This is the only space where my voice is heard and my experiences have value. Being able to support and mentor somebody else makes me feel good and gives me dignity."*

Alizwa had dropped out of school when she joined the Foster Care Pilot Programme. Since joining the programme, she has been attending school at the B.E.S.T centre and is feeling proud of herself. This is what she had to say about the programme:

*"Mamelani has given me a new life by getting me back into school again and helping me focus and teaching me the skills I need to look after myself. I am hoping to go to college to study Tourism and I hope Mamelani can help me get there."*





# Programme Reports

## Child & Family Support Programme

### CONTEXT

Many of the poorest inhabitants of the Western Cape live in informal settlements on the outskirts of Cape Town. For decades, many people living within these settlements have not accessed education and many remain unskilled, resulting in widespread unemployment and poverty, which manifests as apathy and substance abuse in the community. Alcohol and drug abuse leads to conflict within families and resulting high levels of trauma and stress for adults and children living in these overcrowded homes.

*Children living under these conditions experience the harsh realities of poverty and the associated problems of crime, HIV/Aids, substance abuse and neglect on a daily basis. Living in situations where there is little or no income, adult supervision or access to basic education or support services, many young people suffer from low self-esteem and have great difficulty developing a sense of self-worth and purpose. These circumstances place them at risk of being abused and exploited and extremely vulnerable to the lure of gangsterism and crime. Many young people who find themselves in these situations drop out of school.*

### THE CHILD AND FAMILY SUPPORT PROGRAMME

The objective of the programme is to provide emotional and material support to vulnerable school-going children who are struggling either socially, emotionally and/or academically. Learners who are seen to be struggling are called in to see the social worker. In many cases, the children's issues are symptoms of problems at home. Family members are then called in to receive counselling. In the last year, the social worker has managed to develop positive working relationships with the children, creating a safe space and a strong trusting relationship. She has also developed stronger relationships with teachers and partner organisations to ensure we are able to work together and ensure the children are supported as effectively as possible. She has also been facilitating awareness sessions on issues such as bullying with the younger grades as well as trying to develop support structures for learners with special needs.

### IMPACT

Approximately 200 children and families have received counselling and support as a result of this programme. A parent support group was run over this period, with six mothers completing home-based care training, all leading to successful full time employment. Ongoing efforts continue to build stronger links with community-based organisations in the Lavender Hill and Seawinds community, as well as with the Department of Social Development.

The particular challenges of working in Lavender Hill can be seen in the casework that a social worker might see in just one day. Here is a report of a typical day at the primary school:

- 08h00 The principal reports a 12-year old child absent from school for two weeks, and asks the social worker to do a home visit.
- 08h30 A 13 year old learner, whose mother was killed by his father the year before, is now living with his maternal grandfather. Teacher reported that the grandfather passed away the previous day. Counselling the learner.
- 09h30 Teacher reported a group of six girls (eight-year olds) playing sex-games in the toilet. Social worker to speak to the girls.
- 10h30 Counselling a learner (aged 10) who is living with his mother who is abusing Tik.
- 11h30 Mother of a learner (aged 7) has received a jail sentence of 10 years. The grandmother, who was recently divorced and still overwhelmed by her situation, moved from Mannenberg to care for the three children, but refuses to tell them the truth about the mother.
- 12h30 Counselling a learner (aged 9) whose father was killed during gang activities earlier in the year.
- 13h30 Counselling a learner (aged 13) who is refusing to accept the divorce of his parents.
- 14h30 Teacher refers learner (aged 12) who is in grade 1 and is demonstrating self-mutilating behaviour and teaching this "new game" to his friends.

### STORIES FROM THE GROUND

With such overwhelming challenges, Susanne still has hope as she has seen significant shifts in the cases she is handling. Some of these shifts have included improved communication within families, children coping with traumatic experiences and improvements in family relationships.

- Three young children were placed privately instead of referring cases for statutory intervention, thus avoiding the court proceedings which can be lengthy and traumatic.
- Mary, aged 10, lives with her parents who drink a lot and her older brothers who are both using Tik. One of her brothers suffers from Epilepsy and regularly has fits as he refuses to take his medication. Mary was referred to the social worker after being absent from school for too many days. She reported feeling overwhelmed by what she faced at home and tried to stay in bed with a blanket over her head. After having sessions with Susanne, for the last two terms Mary has not been absent from school for even one day. One of the steps taken to support her, is that the social worker arranged that she can visit a neighbour if she is unable to deal with the situation at home.
- Monica, aged 11, was absent for 58 days last year. Her parents are deaf and drink a lot. Her older brother abuses Tik. Last year her 15 year old sister and soul mate left school as a result of Tik abuse.

At the start of the first term this year, Monica said "I will keep my eyes on the future as I deserve a better life. " At the end of the second term she got an average of 75% for her grade six subjects, and was absent for only five days.

\* names have been changed to protect confidentiality.

At the end of 2010, Susanne observed:

*"Looking back on the year, it seems as if the groundwork has been done for creating a change in 2011. It certainly takes time to familiarise oneself with all the different systems and policies as well as the people involved. It is clear to me that although our focus is on children and parents, understanding what needs to change in their environment is equally important."*

### HIGHLIGHTS AND ACHIEVEMENTS

#### Parent skills training:

All the parents who attended skills training over this period have gained full time employment. This has a huge impact on their families. The parents have been trained as home-based carers are excited to be working:

"I always thought that domestic work is the only job I can do but now my children think I will be a doctor." - Parent Feedback.

"For the first time in 17 years, I met other ladies being part of a group. It was the best experience of my life as they actually shared about their own problems. But even better was the course as it will enable me to become independent. I am so excited, I never even dreamt of such a change in my life." - Parent Feedback.

#### HOLIDAY PROGRAMME

A holiday programme was organised for Grades 5 and 6 learners during the June holidays. Between 20 and 30 learners attended. Activities included games, drama and sport. The sports teacher and numerous volunteers were involved to assist with the programme activities.

#### RAPCAN WORKSHOP FOR PARENTS

RAPCAN (Resources Aimed at the Prevention of Child Abuse and Neglect) presented a workshop for parents during the second term on positive parenting. Nine parents attended the weekly sessions over a period of eight weeks. The space created through the workshops has built a support network for the parents, and they expressed having gained a lot from the workshop. Most parents shared that the only parental skills they had, had been learnt from their own parents. They never questioned these skills before, but during the workshop, some parents started crying when they became aware for the first time of abuse by their own parents. This is a first step in their journey to become more conscious parents.



*"I was inspired by a letter I found under my door that read... 'Maybe you think you're giving me little, a little bit of time, listening, talking, but for me it makes such a huge difference, larger than a mountain' - from a girl in Grade 5."*

Susanne Thompson, Social Worker,  
Child and Family Programme



# Income Generation

Mamelani has embarked on an income-generating project to create an income for women from our programmes. These women are making funky wallets from recycled packaging materials. The wallets are now stocked in six retail outlets countrywide. This initiative has started to provide a basic income for the women involved. During 2011, they plan to go independent, and run the initiative themselves. They are currently acquiring the skills they require to sustain the project, including sewing skills, computer skills and small business development training. Please contact us if you are interested in purchasing wallets.

Mamelani would like to thank Dannali Wilson for the time and energy she has put into developing this initiative.

## PARTNERSHIPS

Mamelani works in partnership with other NGOs and CBOs, 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.

Mamelani works in partnership with the following organisations:

### NETWORK OF PARTNERS

#### HEALTH PROGRAMME

**HIV/AIDS Support:**  
Wola Nani, Yabonga, TAC, Section 27, Siqoba, MSF & the Health System.

**Community Organisations:**  
Ikamva Labantu, Suzakhe, Izandla Zethemba & Heavenly Promise, Sinako and LACAP.

**Emotional Support:**  
Empilweni, FAMSA, Lifeline/Childline, Mosaic, Nonceba Family Counselling, Rape Crisis, Simelela & Dpt of Social Development.

**Nutrition Support:**  
UCT Dpt of Human Nutrition, Philani Nutrition Centre, Soil for Life (food gardening).

**Legal Advice:**  
Black Sash & UCT Legal Resource Centre.

**Training & material development:**  
UCT School of Human Nutrition & UCT Medical School.

**Local community Radio:**  
Radio Zibonele.

#### YOUTH PROGRAMME

**Residential Care/Accommodation:**  
The Homestead, Beth Uriel & Oasis.

**Sport, Art & Recreation:**  
Project Phakama, South African Homeless Street Soccer, Amandla EduFootball, Educo Africa, Montrose Equine Programme, Studio Bernard Viljoen Foundation.

**Education:**  
Multi-service centre, B.E.S.T Centre, City Mission & Ikamva Youth.

**Social Work Services:**  
Dpt of Social Development & VIA University DK.

**Skills Training:**  
Noluthando, Zenzele & Learn to Earn Skills Training Centres, Jobstart (CWD)

#### CHILD & FAMILY

**Statutory Services:**  
CAFDA.

**Child Counselling:**  
RAPCAN.

**Sex Education:**  
Lovelif.

**Partners:**  
Zerilda Park Primary & Earthchild Project & UCT Occupational Therapy Students.

**Skills Training:**  
St John's Ambulance (Home-based Care)

#### ORGANISATIONAL DEVELOPMENT

**Development Works:**  
Specialists in the Development Sector.

**NACOSA-WC:**  
Capacity Building & Networking AIDS Organisation.

**I am Somebody:**  
Building Support Networks amongst NGO's.

#### NETWORKING FORUMS

**PHM-SA (People's Health Movement):**  
Global & Local Right to Health Campaigns.

**Western Cape Street Children's Forum & Youth Development Forum:**  
(sub-committee)

**Local MSAT's:**  
(Multi Sectoral Action Teams)

**Sisonke Partnership:**  
Educo led HIV/AIDS & Youth Development Network.

During 2010, Mamelani, along with other organisations, formed the Youth Development Forum. The Forum falls under the Western Cape Street Children's Forum, and it hopes to create increased collaboration and learning between organisations working with young people.

# Financial Statement

Income and Expenditure as at 28 February 2011

	2011	2010		2011	2010
<b>INCOME</b>	<b>1,656,943</b>	<b>1,161,482</b>	<b>Child &amp; Family Support Programme</b>	<b>29,107</b>	<b>77,732</b>
Project Income	3,859	18,067	Telephone	1,513	1,733
Donations Received	1,630,871	1,143,305	Food Parcels	7,420	25,793
Other Income	22,213	110	Parents Skills Training	7,870	18,393
<b>EXPENDITURE</b>			School Uniforms	3,189	4,459
<b>Administration</b>	<b>133,229</b>	<b>193,658</b>	Staff Courses	6,500	1,755
Accounting Fees	7,536	8,310	Stationary	1,410	5,672
Advertising	8,992	3,219	Student Transport	190	7,977
Bank Charges	8,475	5,821	Transport	1,015	11,950
Cleaning & Refreshments	609	940	<b>Project Lungisela</b>	<b>209,814</b>	<b>115,096</b>
Insurance	3,492	3,379	Food Parcels	29,227	6,001
Organisational Development	23,608	8,467	Telephone	8,352	1,674
Phone, Fax & Internet	6,211	4,591	Mentor Fees		1,680
Printing & Stationary	5,290	5,473	School Fees	9,640	
Rent Paid	26,400	26,400	Transport	7,257	
Repairs & Maintenance	12,903	9,022	Lifeskills Workshops	27,627	7,281
Security		1,642	Internships	53,434	54,892
Courier & Postage	591	1,282	Youth Accommodation	45,842	32,893
UIF	7,794	5,839	Foster Care	20,581	
Depreciation - Computer & Motor Vehicle	2,080	5,596	Camps & Outings	7,853	10,675
Loss on Foreign Currency		5,846	<b>Wellness Programme</b>	<b>100,322</b>	<b>46,402</b>
Profit/Loss on Disposal of Assets	1		Printing	5,372	4,557
Training & Staff Welfare	6,764	2,016	Teaching Materials	9,729	9,101
Audit Fees	3,785	2,440	Transport	21,857	16,477
Eastern Cape Programme		29,290	General Expenses	129	30
Staff Transport & Accommodation	633	350	Project Spaji	42,611	2,432
Computer Expenses	7,718	3,183	Telephone	8,680	10,112
Fund Development & Fundraising Costs		51,358	Staff Training	11,946	3,693
General Expenses	348	689			
Fines & Penalties		8,505			
<b>Programme Costs</b>	<b>891,520</b>	<b>682,796</b>			
Programme Salaries	891,520	682,796	<b>TOTAL</b>	<b>1,363,991</b>	<b>1,115,684</b>

Mamelani has some special angels out there who have put time and energy into organising events to raise funds and increase awareness about our work. We are so grateful to all of them!

In August 2010, an incredible Women's Day Breakfast was organised and Mamelani was lucky to have been selected as one of the beneficiaries of the day. Huge thanks to Tania Garvin and the team at Genesys Conferencing for organising such an amazing event.

During Women's Month, Mamelani hosted its own Women's Day Fundraising Breakfast. We were honoured to have Dr Eve as our guest speaker, sharing insightful and essential information with all who were there. We would like to extend our sincere thanks to Samantha Goldberg who single-handedly organised the event.

Mamelani has been selected by The Thursday-Club, Cape Town as their charity for 2011. The Club hosts events on the first Thursday of each month, and proceeds from the events are donated to Mamelani.

We would like to thank Gennaro Pisapia and Josephine Buys for all the time and energy they put into organising these events!

# 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 2010/2011.

## DONORS AND SUPPORTERS FOR 2010/2011

Corporates	Trusts and Foundations	Individuals
All Office	Brad Foundation	Andrea Baptista
ABSA CSI	Breadline Africa	Cara Saven
Cape Union Mart	Claremont Rotary Club	David & Debbie Castle
Commercial Linens	Community Chest	David & Sharon Hudaly
Fratelli Greenside	Department of Social Development	Edward Rice
Genesys Conferencing	DG Murray Trust	Elienne Horwitz
Global Telematics	GCG Werdmuller Trust	Emily Buchanan
Investec Community Fund	Greater Good South Africa-SASIX	Eric Goldblum
Magna Carta PR	GRT Charitable Trust	Gillian Rynkiewicz
Maxxor	Inspirational Breathwork Foundation	Joanne Goldstein
Mediclinic	Quaker Service Cape	Johnathan Tugendhaft
MSC Sports	Ruth and Anita Wise Educational Trust	Jankelowitz Family
Onsoft	Stephen Lewis Foundation	Karen Kallman
Orms		L. Kriedemann
Shanduka Group		Liat Beinhart
Tigers Eye		Mjebeza Family
		Nicole Hackner
		Nikki Wohlman
		S Varkel
		Sam Hackner
		Taco van Leperen
		Tanur Family
		Tania Garvin
		Warren Joffe

"You give but little when you give of your possessions.  
It is when you give of yourself that you truly give."

Kahlil Gibran



# The Mamelani Team

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Susanne Thompson	Child & Family Support Programme Social Worker
Gerald Jacobs	Youth Programme Coordinator

## THANK YOU!

To Maxxor ([www.maxxor.com](http://www.maxxor.com)) for creating our new website online at [www.mamelani.org.za](http://www.mamelani.org.za). To Samantha Walt and Heike Raatz of Magna Carta for their continued support. To All Office for the donation of office equipment. Joost, Viv and JP from the Inspirational Breathwork Foundation for their support and for facilitating stress releasing breathing sessions with our team. Samantha Goldberg for the energy and passion she put into organising the Women's Fundraising event as part of her internship.

A big thank you to Trine Vestergaard from Denmark and Katie Shalk and Nick Welle from the USA for being such dedicated interns. We are grateful for the time and energy you all put into Mamelani. We are also grateful to Kimberley Lombard and Colleen Aber from Regis University who visited the organisation as part of an NPO management exchange organised by EDUCO. Upon their return home, they produced useful documents that helped Mamelani in its thinking moving forward.

### Reflections on the experiences of an intern at Mamelani

"I was a volunteer at Mamelani during 2010/2011 and it was eight fantastic months. Since 2007, when I did my practical placement at The Homestead, I have been back in Cape Town to see these guys every year! Many of these guys have now left. The Homestead and it has been inspiring to see how Mamelani is working with them in Project Lungisela. The staff is doing an amazing job helping the group to deal with their situation and to find jobs. I have been very impressed to see how the guys are supporting and helping each other - the way they encourage each other and give advice to each other is amazing.

"I was also helping out in the Foster Care Project, helping the participants to get IDs, open bank accounts and do research on different colleges to plan for their future. Besides meeting with them individually and in groups, I also went with Gerald and Clinton to do home visits and workshops, mostly in Khayelitsha. It was always interesting to meet family members and it helped me get to know the participants better. I found the workshops very useful and I learned a lot from the creative way the staff facilitated the workshops.

"I am looking forward to coming back next year to see everybody. I want to thank Mamelani for this time."

- Trine Holm Vestergaard -

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