

annual report

MARCH 2011 TO FEBRUARY 2012

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.



*Thank you for taking the time to read this report
and for your ongoing support of our work!*
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At a time when NGOs are struggling to survive and the social problems we face as a country seem to be getting deeper and more complex, I have often asked myself difficult questions about how to grow and develop Mamelani in this context. It has become increasingly clear that the only constant at this time is change itself, and to remain relevant and effective, we need to build an organisation that can respond appropriately in this rapidly changing environment. This is necessary at all levels, from our work at a grass roots level, to the organisational culture we practice within our office, to the shifts we have seen in policy and changes within the funding environment.

What has been helpful in the last year is the organisation's commitment to on-going reflection, a practice that allows us to continuously make visible both the successes and challenges in our work, and to consistently be looking at what shifts we need to be making to have a deeper impact. Through this reflective practice, we are given the opportunity to strengthen our development practice – and improve the way we do our work.

We believe that "Development is not something you do to people, it is something we do with people". In all of our programmes, we have grappled with how to build self-reliance and not dependence; how to work with people where they are at, and on the issues that are most meaningful to them. We have chosen to intentionally walk alongside the participants in our programmes, believing that they can take the lead in their development, and

that our role is to provide support and guidance along this journey.

The different programmes facilitated by the organisation have grown both in terms of depth and reach. In the last year Mamelani has taken two bold steps forward. The first was to launch the Health Champion's Programme, a programme that works closely with inspiring and motivated women in improving the health of their communities. The approach employed in this new initiative has enabled the team to work more creatively with improving health in communities.

The second step has been to further develop our approach to preparing and supporting young people as they transition out of state care into young adulthood. We hope that the lessons learned from this process can be useful more broadly for the Child and Youth Care sector, as the area of "transitional support" remains an underdeveloped area.

We continue to strengthen our relationship with key donors, some of whom have supported the growth of our work for the third year in a row now, and it is this ongoing, as well as the newly received support, that has made our work possible in this last year.

None of the incredible work that you will read about in this report would have happened without the dedication and passion of the Mamelani Team – and it is with immense gratitude that I thank our Trustees, our donors, our partners and the wonderful team of people I work with, for not only what they do, but how they do it, day after day.

In the next year, we move into our tenth year of existence. My hope is that we are able to refine what we do, to rise to the challenge of what is to come and to play our part in creating the change we want to see.

Carly Tanur
- Founding Director



We live in trying and sometimes difficult times in our country. The euphoria of achieving a democratic outcome in 1994 has worn off and the harsh reality of what is required to make South Africa a more caring society is beginning to hit home and take its toll. More than 18 years after the first free elections the country still ranks amongst the most unequal in the world. We have some enormously wealthy citizens and many times more who live in extreme poverty and dysfunction.

Whilst the state plays its role, sometimes far less effectively than required, a growing burden rests on civil society organisations to help mitigate the effects of poverty, unemployment and inequality especially amongst the youth of our country. This is something that is recognised by the National Planning Commission and their Vision for 2030 that envisages the elimination of poverty and the reduction of inequality but it does require that all sectors of society play their part in achieving this.

It is most rewarding to be associated with Mamelani, an organisation that so effectively and actively seeks to achieve the vision set out in the National Development Plan. It is organisations like Mamelani, and particularly the people who make it work, that inspire other South Africans, many of whom would otherwise be disillusioned and cynical about our country, to continue striving for a better life for all who live in South Africa.

Mamelani has matured as an organisation and has grown from a small organisation into one that is well organised, managed and structured to achieve the goals it sets for itself. In the process it has gained the respect of others who work across the sector. Whilst this has been good to witness, it has not made the job of raising funds any easier as there is enormous competition for funding among a dwindling number of funders, especially international ones. And all the while the needs of society are growing, as is the pressure on the organisations that seek to meet those needs.

I would like to sincerely thank the management and staff of Mamelani for their commitment and service to the organisation and the projects they manage, often under pressured circumstances. I would also like to thank my fellow board members for the support they provide in the governance of Mamelani and often beyond what is required. We are also thankful to all the funders and supporters of Mamelani who make the continued existence of the organisation possible.

Allan Taylor
- Chairperson

the Mamelani team

BOARD OF TRUSTEES

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(Chairperson)

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Programme Team Leader

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Youth Facilitator

Nomvuyo Mbele
Wellness Facilitator & Health
Champions Team Leader

Thandi Blie
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Gerald Jacobs
Youth Facilitator & Youth
Programme Team Leader

Lerato Kossie
Youth Facilitator

Leroy De Klerk
Youth Facilitator

Susanne Thompson
Child and Family Support
Programme Social Worker

Rosie Situnda
Wellness Facilitator

“

Mamelani believes that developing people is at the centre of development.

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organisational development

BOARD DEVELOPMENT

We would like to acknowledge the Board of Trustees who has continued to provide valuable guidance and unwavering support to the organisation. Mamelani would like to welcome Baheya Najaar onto the Board of Trustees. She brings with her expertise in the field of nutrition and community-based health education. The Wellness team has worked closely with her and her students for the last 2 years through our partnership with UCT's Department of Human Nutrition and have seen first-hand her commitment to improving community health.

STRATEGIC DEVELOPMENT

At the end of 2011, the Mamelani team spent time reflecting on its practice as an organisation and on key strategic issues that we needed to tackle in the year ahead. The team reconnected with our deeper purpose as an organisation and was able to draw out the common practice that guides our work. We explored the shifts that we see in our context, as well as the impact it has had on our ability to enable change. We left the process with renewed energy and excitement for the year ahead. We would like to thank Sue Davidoff and Mike Abrams for their support and input into this process.

STAFF DEVELOPMENT

Mamelani believes that developing people is at the centre of development. Investment in staff development is key to developing our programmes. In the last year, learning took place on many levels.

Carly, Mamelani's Director, participated in a process facilitated by the Proteus Initiative titled: *Social Practice as a Living Practice*. Nomvuyo, one of the Wellness Facilitators began

her 2-year diploma at UCT in Adult Education. Cleopatra, also a Wellness Facilitator began her training in Auxiliary Social Work. Susanne, Mamelani's Social Worker, and Monika, Mamelani's Operations Manager attended a training titled: *A Narrative approach to dealing with community trauma*. Gerald, the Youth Programme Team Leader completed a Project Management Course through Damelin and has gone back to UNISA to complete his Social Work Degree. Leroy de Klerk, a newly appointed Youth Facilitator has also started his Social Work Degree. The Wellness team attended an 8-week Popular Education Training at UWC.

Facilitators attended workshops to deepen their understanding of issues faced within their programmes. Workshops focussed on issues such as *Moving from dependence to self-reliance*; *Understanding the impact of Attachment for young people* and *How to deal with emotional issues in an educational space*. Monthly stress release sessions were provided for the team by the Inspirational Breathwork Foundation.

In July 2011, Carly and Monika started an Executive Leadership Training course, facilitated by Educo Africa. The programme selected senior managers and directors from NGOs to build their leadership capacity through engagements with renowned leadership experts. The process included a series of workshops aimed at acquiring tools for stronger and more authentic leadership. It also created a network of support for all 12 leaders who participated in the process. A retreat to the Groot Winterhoek Mountains was also a component of the training. The experience offered them both the opportunity to reflect on and improve their leadership roles in the organisation. Mamelani would like to thank Investec for making this learning possible.

During this last year Mamelani bid farewell to two long-standing staff members. Clinton Osbourn (who worked in the youth programme) and Rosie Situnda (who had worked in the health programme). For both, the time had come to move on, and we wish them well on their journeys ahead. As we say goodbye to them, we also welcome new members onto our team.



Leroy de Klerk and Lerato Kossie join the youth programme – bringing with them a wealth of experience and passion for working with young people. Maria Anusha and Ditte Brundom, social work students from Denmark were placed with Mamelani for their 6-month practical placement over this period.

Completion of the Foster Care Pilot Programme for the Department of Social Development:

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HIGHLIGHTS FROM 2011/2012:

It has been an exciting year for the Mamelani team. Our programmes have grown in reach and depth. Mamelani was selected once again for the Shoprite Community Network Radio Award and although we did not make it to the final selection, the Health Programme was shortlisted among the top 50 organisations in the Western Cape working on Women's Health issues for the renowned Impumelelo Innovation Awards. Mamelani's Director was selected as one of the Mail and Guardian's Top 200 Young South Africans for her work in the health sector.

Launch of Mamelani Health Champions Programme:

Mamelani launched the Health Champions Programme in July 2011 to deepen the impact of our work in building healthier communities. A selection process identified "community health champions" from the participants who had attended the Wellness Workshops in the last 2 years. These individuals are active in their communities and are beacons of light to the people they work with. Between July and November 2011 we completed the 1st phase of the programme, which was primarily a personal development and capacity building process. During 2012, all of the Health Champions will be mentored by Mamelani staff in strengthening their already existing initiatives.

During 2010 Mamelani was contracted by the Department of Social Development to pilot an 18-month Independent Living Skills Programme to demonstrate the potential components necessary for successfully transitioning youth out of state care (residential care and foster care). Recommendations based on the outcome of the pilot were shared with The Department of Social Development in 2011 at the end of the pilot. This process enabled Mamelani to consolidate and further develop our approach in working with young people at this transitional time. Although "transitional support" is mentioned in the Children's Act, there are no clear guidelines as to what support youth leaving care should be offered. Sadly, one of the young people, Alizwa Mashalaba, who we had been working with as part of the pilot, and whom we had grown to love and respect, passed away from a sudden illness in September 2011. We miss her terribly and continue to be inspired by her bubbly personality and the way she lived her life.

PLANS FOR 2012 - 2013

Youth Leaving Care Research

During 2012, Mamelani will be undertaking a research process to consult young people leaving care, residential child and youth care centres, youth organisations and youth practitioners so as to better understand the needs of young people transitioning out of residential care in the Western Cape. A final report will be written that will be shared more broadly with other child and youth care centres and youth-focused organisations. This research will inform our decisions in how the youth programme develops into the future.



“For Mamelani, the first step to being able to improve one's health is having the knowledge to make informed decisions about one's health and wellbeing.”

COMMUNITY-BASED HEALTH EDUCATION PROGRAMME

CONTEXT

There are some serious health challenges facing our country. There are many reasons why 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 and decent work, 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 one's health and wellbeing. In the last few years through our work, we have seen first-hand the negative impact of unemployment and poor housing on people's health, and while our focus remains in the field of health education, we have begun to look at how to begin to tackle the obstacles that people face in realising their right to health.

THE COMMUNITY-BASED HEALTH EDUCATION PROGRAMME

The purpose of the programme is to share essential health information with women to enable them 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 and stress management. Ultimately, the purpose of the programme is to enable individuals to take responsibility for their own wellbeing.

IMPACT

In this last year, we continued to run Wellness Workshops in communities. Full 8-week workshop trainings were provided for 21 organisations. The groups that were reached included home-based care groups, HIV support groups, community groups and church groups from a variety of areas including Guguletu, Nyanga, Philippi, Barcelona, Dunoon, Langa and Khayelitsha. More than 350 women were reached through these workshops, with almost half being HIV support groups.

Women attending the workshops had access to individual counseling and approximately 50 women accessed this service from the facilitators. Assuming that each direct beneficiary takes the knowledge gained and implements changes that affect the wellbeing of 5 family members, just under 2000 people have indirectly benefited from the programme over this period.

programme reports

DURING 2011/12, WE TRAINED THE FOLLOWING GROUPS:

CYCLE 1	NAME OF GROUP	NO OF PARTICIPANTS	AREA	TOTAL: 135 MEMBERS
	Ithemba Labantu	24 Members	Guguletu (mixed community group)	
	Yabonga (incomplete)	28 Members	Nyanga (HIV support group)	
	Wola Nani	20 Members	Phillipi (HIV support group)	
	Craft Group	12 Members	Cape Town (Women's craft group)	
	Izandla Zethemba	36 Members	Thambo Square (HIV support group)	
	Sizakuyenza	15 Members	Phillipi (Women's community group)	
CYCLE 2	NAME OF GROUP	NO OF PARTICIPANTS	AREA	TOTAL: 101 MEMBERS
	Barcelona Group	10 Members	Barcelona (Community group)	
	Zusakhe, Heavenly Promise	17 Members	Dunoon (Home-based care group)	
	Ikamva Labantu	13 Members	Khayelitsha (Community group)	
	Wola Nani	17 Members	Khanya Park, Khayelitsha (HIV support group)	
	Iliso Lomzi	15 Members	Harare (HIV support group)	
	Sinako	15 Members	Langa (Community group)	
	Izandla Zathemba	16 Members	Guguletu (HIV support group)	
CYCLE 3	NAME OF GROUP	NO OF PARTICIPANTS	AREA	TOTAL: 122 MEMBERS
	Khanyisa	9 Members	Nyanga (Community group)	
	Christian Bible Society	12 Members	Khayelitsha (Church group)	
	Red Cross	25 Members	Nyanga (HIV support group)	
	Red Cross	12 Members	Khayelitsha (HIV support group)	
	Dazerus	12 Members	Harare (Community group)	
	SANTA	20 Members	Khayelitsha (Home-based carers)	
	St. Mary Magdalene	17 Members	Guguletu (Church group)	
	CWD	15 Members	Guguletu (HIV support group)	

HIGHLIGHTS AND ACHIEVEMENTS

In July 2011, Mamelani launched the Health Champions Programme to deepen the impact of our work in building healthier communities. A selection process identified "community health champions" from the participants who attended the Wellness Workshops in the last 2 years. These individuals are active in their communities and are beacons of light to the people they work with. Between July and November 2011 we completed the 1st phase of the programme, which was primarily a personal development and capacity building process.

The process focussed on strengthening the Champions as individuals, as a group, and as leaders in their respective communities. The workshops looked at sharing individual stories, assessing their initiatives, identifying local resources and creating individual action plans in moving forward.

During the process a resource mapping activity was facilitated where participants identified support structures in their communities, as well as gaps in service delivery. At the end of the process we developed a resource guide that lists the names and contact numbers of all the identified service providers and support structures in the different communities. In the future this will assist each individual to refer people who come to them with issues that they cannot address. **At the end of this process, the Champions shared the following:**

- We shared stories with each other and respected each other and it helped me to boost my self-esteem. It taught me to be strong as a person because you face many obstacles and how I must overcome them. I also learnt about what resources there are in my community and where to find help.*
- I have self-confidence now. In my life I have met so many challenges, but it showed me that I must face my challenges. It gave me skills to teach others about life's challenges. The other health champions I met here were so amazing and care about other people.*
- It taught me how to handle the problems in my community, how to solve the case, step by step and how to share your views in the community. I learn to give and receive from people. I learnt a lot – something new in my life.*

In particular, the participants shared that the process helped in the following ways:

- As a home-based carer it helped me a lot to deal with problems of my patients and to understand how I feel about giving to them.*
- It helped to understand our problems and how to get help the community.*
- We can share information with our communities, what we have learned and also to know more about what other communities are doing.*

feedback

Feedback from participants highlights the impact of the workshops on their lives:

"You bring light to our future. Everything you shared with us will help our children and families. You give us knowledge about chronic diseases and those diseases that kill our nation. We will share even with our friends who are in darkness, who do not want to test for HIV. The knowledge that you give us is food for our lives."

"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. Even since the course has started we can see the difference in our diet"

"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 talk 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"



"You made us feel so comfortable and welcome. Your presentations were clear and simple and that's why we understood everything. This training made me aware how important it is to really look after our bodies – we need to live a healthy lifestyle, exercise, rest and go to the clinic when we are not well. It would be helpful if you can come back and help us plan well-balanced meals for our educate. Thank you!"



"I learned a lot about how to live a healthy life and how to take care of my health and my weight. I am talking to the people who are overweight and its dangerous for them. I am talking to them about eating healthy food and exercising. Also about how dangerous it is to not go to the clinic when you are pregnant. It helps me a lot – I couldn't live without this information"

- It is helpful to me; because it change my community. Mamelani teach me how to be a role model in my community. I facilitate a child support group, but today I know how to deal with the challenges in my life.
- I learned how to face problems and how to solve problems where I live.

Fourteen of the sixteen participants completed 1st phase. This culminated in a weekend away in November to mark the end of the 1st phase and introduce the group to the next phase, which began in February 2012. Each of the health champions were matched with a mentor to walk alongside them and offer support in strengthening their already existing initiatives and activities.

MEET ONE OF THE HEALTH CHAMPS...

Man'Nomtu is a role model in her community, organising savings groups and running an after care from her home. She believes that you cannot wait for others to do what is needed, and that she has needed to stand up and take action to improve her community. She is excited about being selected as a health champion and is looking forward to what this year will bring. Since joining the programme she has been able to get her project registered with the Department of Social Development and is now looking for funding to help it grow.

AWARENESS DAYS:

In May we held a "World Move for Health" day in Khayelitsha. The purpose of the day was to raise awareness about the importance of exercise for improving health. The day was a huge success with over 100 participants sharing that they got a good work out and that they got to put all their stress aside for the day. 75% of the women present, had their blood pressure tested. Thanks to the Heart and Stroke Foundation who were present on the day. Mamelani also partnered with Amandla EduFootball and ran a healthy cooking demonstration for Women's Day.

PARTNERSHIP DEVELOPMENT

SOIL FOR LIFE LEARNING EXCHANGE:

Mamelani partners with Soil for Life, who offer training in home gardening through a quarterly learning exchange for facilitators, where we sit together and share experiences and challenges faced in the field.

IKAMVA LABANTU TRAINING DEVELOPMENT:

Mamelani has recently partnered with Ikamva Labantu, who are opening a Community Wellness Centre in Khayelitsha that will offer Primary Health Care services to the community. Mamelani will also be jointly developing primary health care training materials with Ikamva Labantu and other partner organisations.



Mamelani's Move for Health Day



Women's Day cooking demo at Amandla Edu Football



Wellness Training at Ikamva Labantu



Another Health Champ, Ma'm Mickey

UCT DEPARTMENT OF HUMAN NUTRITION:

UCT dietetics students have been working with the wellness facilitators in developing materials to share information on Childhood Illnesses.

The facilitators are now able to incorporate this information into the Wellness Workshops.

Supporting Youth Transitioning Out of Care

CONTEXT

The Children's Act of South Africa calls on Children's Homes to offer transitional support to youth leaving care. Although this support is mentioned in the legislation, there are very few homes that offer this support, and once the youth have left care, they no longer receive state support. Their background and life experience is one that does not make it easy for them to be able to take care of their own needs and reach their goals.

Many of the young people in our programme have grown up in homes where experiences of poverty, neglect and abuse are common. They come from broken families, with absent fathers, and have limited access to resources. They feel disconnected from their family, community and the economy. Youths drop out of school, and influenced by factors such as high levels of youth unemployment and peer pressure, seek affirmation and belonging in negative spaces such as gangs. Issues such as gang violence and substance abuse remain part of their daily life experience. There are physical, economic, social and structural obstacles preventing them from aspiring and achieving. The youth in our programme have been cared for by the Homestead at their Child and Youth Care Centre in Khayelitsha.

The youth in the programme are between the ages of 16 and 25. They are all young men and have all at some stage in their life been identified as children in need of care. Through the support of the Children's Home, they have been able to turn their lives around. They are talented and resilient, and have powerful stories based on what they have overcome in their short lives. At 18 many of them are still in school and have dreams for the future, but do not have the means to support themselves once discharged from care. If, at 18 they have not been reunited with family, it is usually an indication that no family exists or the family situation is untenable. Without adequate support, and very limited options, they may land up living on the street.

Young people who have grown up in state care face particular challenges. Many are not only under pressure to meet their own needs upon leaving care, but in some cases are expected to meet the needs of their extended families. Some have lost parents to HIV, or have been placed in care as a result of substance abuse and/or sexual abuse, factors which have not been resolved when they return to their community of origin. They have poor or no relationships with their families and are forced to become self-reliant faster than other young people. They are forced to become 'instant adults' who must manage major life changes at a far younger age than others. They may not cope with the pressures of everyday life as well as their peers, making transition from a highly structured and supported environment to the challenging outside world all the more difficult.

Young people leaving care therefore require comprehensive support and guidance through this transition to deal with their emotions and prepare for and cope with life beyond care. The challenge we have taken up as an organisation is to design and deliver a programme that supports smooth transitions from care; that significantly impacts on the meaning youth make of their lives, the purpose with which they live their lives and the actions they take to become active citizens in their communities.

child & youth development

PROJECT LUNGISELA:



Supporting youth transitioning out of care.

Mamelani works with these young people. Many of them have not completed school and do not have the means to complete their education. Mamelani provides financial support (fees, uniform, transport and stationery) and practical support (mentoring and tutoring) to ensure that they have access to education. To improve their educational outcomes, youth workers build relationships with their teachers to ensure that they are able to succeed.

Once the youth have completed school, they attend skills training in their area of interest. Through our work readiness and internship programme, they are given the opportunity to prepare and adapt to the world of work. The largest component of our programme is providing necessary support services to young people as they transition out of care. This is done through weekly experiential lifeskills workshops, as well as through one-on-one mentoring.

Each young person in the programme has an individual development plan (IDP) that addresses issues of housing, education, skills training, work placement and personal development. Youth also receive peer support, as they meet each other to share their experiences and challenges in relation to work, studies and adapting to life back home. Without this level of support, the chances of returning to a life on the street are high.



only been possible with increased capacity of the two new youth facilitators who joined the team in September 2011.

HIGHLIGHTS AND ACHIEVEMENTS

80 percent of the youth in the graduate programme have had access to either full-time employment or internship opportunities. We have managed to develop working partnerships with Knead Bakery, The River Club, Live Magazine, Wilderness Experiences and Amandla EduFootball who have created opportunities for the youth within their companies or organisations.

Mamelani continues to play a leading role in the Western Cape Youth Development Forum, where youth-focused organisations meet to collaborate and increase cross-organisational learning within the sector. The forum has been running for almost two years and meets on a monthly basis. Any youth focused organisations, with a willingness to collaborate, are welcome to attend.

PROJECT LUNGISELA SHOWCASED AT LOCAL AND INTERNATIONAL CONFERENCES:

THE NACCW CONFERENCE



Gerald with Dr. Don Matera and Professor Kiaras Gharabaghi

In July 2011 Gerald Jacobs, Youth Programme Manager attended the National Association of Childcare Worker conference (NACCW) conference. He was invited to present the programme for preparing and supporting young people

In the last year we have been able to really deepen our work with the young people. The life skills component of the programme has become more experiential, creating opportunities for learning by incorporating activities such as photography, media, art, drama and recreation. This component of the work has shifted from being lesson-based, to a process where youth are able to try out their newly acquired skills in the real world, and reflect as a group on the growth they are making. This format has shown to be more powerful in building a sense of mastery and confidence in these young people. We have found creative ways of encouraging them to take more ownership and responsibility for their own development by assigning them specific programme tasks. This has included teaching them how to cook their own meals, facilitating group outings and identifying useful resources in their communities.

Some feedback from the young men highlights what they value about the way that we work:

"Things like the awareness walk and outdoor activities is allowing us to struggle and figure things out on our own, we have to think more about what we learn in the workshops - its fun and challenging and its always testing us"

"I've become greedy to learn - I realised that if I don't participate that I'm robbing myself of learning. Going to find work, visiting hospitals, the home affairs office are things we are going to have to face when we leave so I want to learn more - thank you guys for helping us"

"I'm liking these workshops and these letters you guys are writing to us - its like you are speaking right into us, when I'm alone I can go back to these letters and be encouraged"

The team has adopted a more individualised approach in addressing the youth's holistic needs by developing tailored plans for each young person. This has meant that youth are able to focus on life skills training, education and work readiness/maintenance activities on an ongoing basis. This has

leaving care to over 800 child and youth care workers from all over the country. The response was overwhelming and we are hoping to develop stronger relationships with the NACCW to share our knowledge and experience with childcare workers in moving forward.

An article regarding Mamelani's Programme was published in the NACCW quarterly journal.

SOS QUALITY IN ALTERNATIVE CARE CONFERENCE:

In April of 2011, Clinton Osbourn, Mamelani Youth Facilitator, attended the SOS Quality in Alternative Care Conference in Prague. It was a valuable experience in that it connected the organisation with experts and other practitioners in the "youth leaving care" field. It also gave us the opportunity to showcase our work on an International platform. There was a positive response to our programme at the conference, with other organisations requesting that we share our work with them.



Clinton at Prague conference

PROJECT LUNGISELA'S GOT TALENT!

Project Lungisela performs as part of The Inside Out Festival:

Mamelani partnered with Project Phakama with the intention of training participants as facilitators to work with other young people from different Children's Homes in order to develop a drama performance around the theme of "Journeying To". The performance that came out of this process took place as part of

Without this level of support, many youths return to live on the street.

The Inside Out Festival and told the story of the obstacles young people face and the things they need to overcome along their journey.

IWASSHOT PHOTOGRAPHY PROJECT



The iwasshot Foundation worked with a group of young people from Mamelani in developing photographic skills over a 6-month period. On Thursday the 8th of September the exhibition opening was held where work produced by the young people was on display. The opening night was a big night for the participants. The photographs were a testament to the incredible talent that these young men have, even though all photographs were taken with disposable cameras. See this link to hear what news24 had to say about the exhibition: www.news24.com/AudioSlideshow/SouthAfrica/Youths-snap-Cape-Town-20110914

GREATMORE STUDIO'S PROJECT



The young people from the Independent Living Skills Pilot Programme (all of whom were living in foster care) worked with a Greatmore Studio visiting artist, Rachel Granofsky in developing photographic collages around the theme of self-awareness and a sense of belonging. The images were exhibited at Greatmore Studios as part of the student show, and the youth were excited to see their work hanging on the walls for all to see.

PROGRAMME DEVELOPMENT

At the start of 2012 Mamelani embarked on a programme development process, with the support of The World Childhood Foundation, one of our new funders. The purpose of the process will be to re-visit the programme's underlying purpose and to begin to consolidate our approach through reflecting on the experiences and interventions to date. The process will also look at strengthening

the development practice within the programme and design a structure for ongoing growth of the development of the practice.

stories from the ground



Sandile

Lerato Kossie joined the team as a Youth Facilitator in September 2011. He reflected on his experiences mentoring one of the young men in the programme.

Sandile's story...

The first time I worked with Sandile I saw a leader with lots of potential, energy and enthusiasm. I could see what he needed to develop his belief in himself, his drive to do something by himself for himself. I saw that he got easily influenced because of his big heart and he always had a soft spot for those who are struggling. In some situations he doubted himself. Through spending time with him, I began to learn about his love for the wilderness - he wanted to become a wilderness guide.

Through working on his individual plans, he is now volunteering for The Wilderness Foundation, leading groups of young people up Table Mountain and teaching them about different species of indigenous plants and alien vegetation. He attended the Spirit of the Wild Training in Graaf Reinet to get more exposure into this field of work. He was also selected as a participant on I am Somebody's Rites of Passage programme and they even asked him to perform his songs at their event at the Aquarium at the Waterfront. From all of this I can see that Sandile is becoming more well connected with the outside world and other support networks besides Mamelani. He is the bread winner at home. When the end of the year comes, he will be able to work with the circle of support he has created for himself.

Sandile has grown as a person in the last few months through his engagement with the programme. All young people have up's and downs at this time, but for me as his mentor, what I have observed is that he is growing more into understanding the person he is through exploring different ventures in life. He also loves music and loves writing and is a great performer on stage.

When I think of Sandile's journey and all that he has overcome, an Abraham Lincoln quote comes to mind: "I'm not concerned that you have fallen. I am concerned that you arise"

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 in these areas have not accessed education and 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 results in 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.

OBJECTIVE

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.

Over the last year, the programme continued to offer much needed

counseling to over 100 vulnerable children and families in the Lavender Hill area. The social worker has continued 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.

Time was also spent working within the school framework on issues such as bullying. Classroom-based interventions showed a positive impact on the learner's behaviour.



Treasure Hunt at Zerilda Park Primary, School Holiday Programme

child & family

SUPPORT PROGRAMME

Just over 100 children were seen by the Social Worker in the last year. Most of the cases' primary presenting problem was family issues, including divorce and substance abuse issues with other cases dealing with drugs and trauma. Lavender Hill remains an area of great need for family support work, however Mamelani has been questioning how best we can provide this support in the area given our capacity limitations.

A mother who met with the social worker and attended parent support groups shared:

"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."

Stories from the ground



Susanne, the social worker relays one of her cases working with children...

14

At the age of 3, Jolande* lost her father and paternal uncle in a shooting accident. She described her family situation saying that she "is sharing" her mother with a stepfather and his three children. Jolande shared that she loves to visit her paternal grandmother, but due to conflict between her mother and the grandmother, the visits are limited. In her class three domineering girls have caused conflict among different groups of friends leading to continuous arguments and fighting. Jolande's mother and her class teacher described her as an extremely rude child who often disrupted the family and the class. Jolande and a friend arrived at my office to talk about the problems they were facing.

After three months of counseling Jolande said previously "she has known only the rude Jolande making people angry and sad". During the sessions she was surprised to get to know the 'good Jolande' who behaved differently towards her family and people at school. Nobody liked the rude Jolande, but now she has changed. It amazed me that at age 11, Jolande was able to reflect on the change she could see in herself as a result of the sessions I had had with her.

Susanne, the social worker relays one of her cases working with adults...

Ms Jones*, a single mother with a son of 10, struggled with disciplining her son, spoiling him in order to compensate for him growing up without a father. The mother was called to the school regularly because her son had been disrupting the class.

Ms Jones attended some sessions and participated in a Parental Skills Workshop and also attended skills training, qualifying as a home-based carer at the end of 2010. At the start of this year, she visited the social worker saying that during 2011 she had worked on a temporary basis for different Home-Based Care Agencies until November, when a family in Constantia offered her a permanent job to care for their ill father. He was impressed by her kindness and competence and requested that his children employ her permanently.

Before joining the programme, Ms Jones thought that for the rest of her life she would be unable to find a decent job. She also felt embarrassed when the teacher summoned her to the school, called her in and did not know how to deal with her son's discipline issues. She felt that she needed to 'give back' to the programme now that she was on her feet and stood at my door with 2 pairs of new school shoes that she wanted to donate to needy children in the school. She also asked me to tell the children her story.

** names have been changed to protect confidentiality.*

When Mamelani began working at the school, the incidents of fighting amongst the children, before and after school as well as during breaks, was happening daily at an alarming rate. Many children appeared at the teacher responsible for first aid, with wounds and bruises. Over the last three years the social worker has made an effort to attend to all the children who were involved in these fights, whether this involved intervening between the two parties on the playground, in the classroom or the principal's office.

Each child was encouraged to tell their story and challenged to think about different ways of handling the conflict. **Our slogan became: Use your mouth, not your fists.**

Dealing with fighting learners is a time-consuming exercise for teachers, the principal and the social worker, but what we have seen is that currently there is a significant decrease in incidents related to fighting.

highlights & achievements

income generation

The income generation project that was initiated by Mamelani to create an income for women from our programmes has now gone independent.

If you are interested in purchasing funky wallets from recycled packaging materials, please contact Mamelani for their contact details. The wallets are also now stocked in retail outlets countrywide, including Out of Africa, Heartworks and Loud on Long.



Lucky Spaji



partnerships

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

Mamelani works in partnership with many NGOs and CBOs, 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:

NETWORK OF PARTNERS

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

ORGANISATIONAL DEVELOPMENT

HANDS-ON:
Programme development
and support
NACOSA-WC:
Capacity Building and
networking AIDS
Organisation
Proteus Initiative:
Programme development
and support

YOUTH PROGRAMME

Residential Care/Accommodation:
The Homestead, Beth Uriel, Oasis
and Fountain of Hope
Sport, Art & Recreation:
Project Phakama, Educo Africa,
Montrose Equine Programme and
iwasshot Foundation.
Education:
Multi-service centre, B.E.S.T centre,
City Mission and Shiloh.
I am Somebody:
Building support networks
amongst NGOs and providing
mentoring services to young
people.
Social Work Students:
VIA University DK
Internships:
Knead Bakery, The Riverclub,
LiveMAG, Pride of Table Mountain
and Amandla EduFootball.

CHILD & FAMILY SUPPORT PROGRAMME

Statutory Services: CAFDA
Implementing Partners:
Zerilda Park Primary and
Earthchild Project
Skills Training:
St John's Ambulance
(Home-based Care)

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, 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 & material development:
UCT school of Human Nutrition,
UCT Medical School and Ikamva
Labantu
Local community Radio:
Radio Zibonele



financial statement

Balance Sheet at end of February 2012



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 2011/2012

our supporters

	2012	2011
INCOME	1,616,197	1,656,943
Project/Other Income	20,491	26,072
Donations Received	1,595,706	1,630,871
EXPENDITURE		
Administration	221,347	133,229
Accounting Fees	27,201	7,536
Advertising	5,829	8,992
Bank Charges	14,102	8,475
Cleaning & Refreshments	1,710	609
Insurance	6,325	3,492
Organisational Development	41,242	23,608
Phone, Fax & Internet	8,815	6,211
Printing & Stationery	6,845	5,290
Rent Paid	42,000	26,400
Repairs & Maintenance	4,601	12,903
Courier & Postage	789	591
UIF	12,820	7,794
Depreciation - Computer & Motor Vehicle	495	2,080
Profit/Loss on Disposal of Assets		1
Staff Welfare	17,501	6,764
Subscriptions & Membership	5,870	
Audit Fees	8,066	3,785
Staff Transport	5,025	633
Computer Expenses	12,111	7,718
General Expenses		348
Programme Costs	1,281,592	891,520
Staff Salaries	1,281,592	891,520
Child & Family Support Programme	20,460	29,107
Telephone		1,513
Food Parcels	2,200	7,420
Parents Skills Training	5,799	7,870
School Uniforms	829	3,189
Staff Courses	6000	6,500
Stationery	3,022	1,410
Student Transport	2,246	190
Transport	364	1,015

	2012	2011
Project Lungisela	321,650	209,814
Food Parcels	31,519	29,227
Telephone & Staff Transport	17,727	8,352
Mentor Fees	713	
School Fees	46,315	9,640
Youth Transport	54,994	
Staff Development	21,182	7,257
Lifeskills Workshops	35,412	27,627
Internships	58,438	53,434
Youth		
Accommodation	10,600	45,842
Foster Care	33,928	20,581
Camps & Outings	10,822	7,853
Wellness Programme	105,028	100,322
Printing	10,391	5,372
Teaching Materials	11,399	9,729
Transport	21,512	21,857
General Expenses	7,032	129
Project Spaji	20,437	42,611
Telephone	9,654	8,680
Staff Training	11,158	11,946
Health Champions	13,445	
TOTAL	1,950,077	1,363,991

DONORS & SUPPORTERS FOR 2010/2011

TRUSTS & FOUNDATIONS

Breadline Africa Trust	MSAT	The Thursday Club
DG Murray Trust	The National Lotteries	Stephen Lewis Foundation
Community Chest	Distribution Trust Fund	SASIX - Greater Good SA
Inspirational Breathwork Foundation	RB Hagart Trust	The World Childhood Foundation
The Learning Trust	Rolf Stephen Nussbaum Foundation	

CORPORATE CSI

Investec Private Bank	Orms	The River Club
Mediclinic CSI	Onsite Training	The Cape Town Black Pro Club
Maxxor	Onsoft	Shanduka Group
Magna Carta PR	Cape Union Mart	Mixology

INDIVIDUALS

Adam and Lori Hudaly	Gia Janks	Roy and Wendy Cheek
Alan and Di Cooper	Gaili de Jager	Robin Ginsberg
Benjamin Family	Gennaro Pisapia	Ronnie and Denise Tanur
Constanze Frank	Hayley Toooh	Terry, Lindy and Daisy Dickenson
Dani and Ryan Jankelowitz	Benjamin Family	Tyron Friedlander
David and Debbie Castle	Josephine Buys	Thando Mjebeza
David Tugendhaft	Joanne Jowell	Warren Joffe
David and Sharon Hudaly	Nikki Wohlman & Family	
Elan Tanur	Richard Rayne	

SPECIAL THANKS TO...



To **Lisa Brunton** (left) for literally going the extra mile to support our organisation. Lisa, one of Mamelani's long-standing Trustees ran The London Marathon to raise funds for Mamelani. She raised R70 000 through her efforts and we are so grateful to her for this!

Elan Tanur, the director's younger brother, ran a campaign during MOvember and TASCHtober which traditionally raises awareness about prostate cancer. He grew his moustache for the 8 weeks of October and November and over this time managed to raise funds from all over the world. He raised a total of R55 000 through this campaign of mostly individual donations ranging between R100 – R500. Mamelani is so grateful to him for his creativity and dedication to the Mamelani cause.

Mamelani was 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 were 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 and for the over R30 000 that was raised from individual Thursday Clubbers.

Daisy and her team at The Riverclub for their organizing of our Golf Day that raised over R20 000 for Mamelani – and for their on-going support of our work.

Gia Janks for organising The Mom's Night Out – a fundraiser that brought together interested mom's to hear a parenting specialist talk about the importance of play.

Maxxor (www.maxxor.com) for maintaining our new website and for their on-going support.

To **Samantha Walt and her team at Magna Carta** for their continued support.

To **All Office** for the donation of office equipment.

Kent Lingerveldt for the beautiful photographs he took at the AGM.



Roy Cheek (above) and the **Rotary Club of Claremont** for their support and special thanks to Wendy Cheek and her craft club for their endless supply of boxes for the wallets!

Viv and JP from the **Inspirational Breathwork Foundation** for helping our team to de-stress and for their on-going support.

Cape Town Black Pro for support via their annual Golf Day.

Bernard and Sivo from **The iwasshot Foundation** as well as everyone at **The Grand** for all their hard work leading up to the exhibition in September.

Philip and Annemarie from **Linde Collections (www.lindecollection.com)** for their generous donation of items towards our events.

Biz Community for the donation of computers to our youth programme.

Reverend John and his team at Erin Hall for hosting our AGM.

Ditte Brondum and Maria Anusha, the social work students from Denmark, who spent 6 months putting time and energy into the youth programme.

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Annual Report Copy Editing: Bonnie Berkowitz

thank you

We are so grateful to all of you!

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