



**MAMELANI  
PROJECTS**

*Walking alongside people in their development*

**Mamelani contributes towards positive transformation in communities. Our interventions enable people to take actions that improve their lives, by building on their existing knowledge and strengths.**

***We do this by walking alongside people in a way that they feel valued, respected and listened to.***

2016

# ANNUAL REPORT



**MAMELANI  
PROJECTS**

*Walking alongside people in their development*

# CONTENTS

1

## MESSAGE FROM THE DIRECTOR

2

## MESSAGE FROM THE OUTGOING CHAIRPERSON

3

## MEET THE TEAM

4

## ORGANISATIONAL DEVELOPMENT

4.1 Improving our M and E

4.2 Investing in people - Staff Development

4.3 Things to celebrate

5

## PROGRAMME REPORTS

5.1 Promoting Community Health and Wellbeing

5.2 Supporting Youth Transitions

6

## FINANCIAL STATEMENT

7

## MAMELANI SUPPORTERS

8

## THANK YOU

9

## BANKING AND CONTACT DETAILS



# MESSAGE FROM THE DIRECTOR



As I sat down to write this year's Annual Report, I have to be honest and admit that I asked myself why I was writing this report and whether anyone would actually read it. I realise that most news is shared these days in bite size tweets, status updates, measured by shares and likes and as a result, our attention span for engaging with what we are reading is slowly diminishing. On top of this, so much of what we read and engage with paints a pretty gloomy picture of the state of our nation. So this brings me to why I still want to write this report and why I hope you will find the time to read it.

This report paints a different picture, tells a different story – instead of anonymous statistics and fearmongering about all that is going wrong in South Africa, it tells stories of resilience and of strength, stories of hope, celebration and of people rising strong, despite the very real challenges of our time. Our hope is that through our work

we touch people's lives in ways that make their strengths more visible to them; make them more open to re-connecting to themselves and others and to experiencing a renewed sense of hope about the things that they value and are working towards. Our experience as the team doing this work, is that through this work, we ourselves are also changed – challenged to continue ourselves to see our own strengths, to continually find hope, to celebrate successes and stand in the fire with others as they walk this road, having the courage to face whatever their journeys bring.

We have been challenged by the interconnectedness of the issues we are trying to tackle, the deep wounding and violence that exists in the areas where we work, and this year more than in other years, we were also affected by personal losses and illness in our own team, leaving our team stretched thin in its efforts to reach far and deep. The nature of the challenges faced means that it often feels right to take on more and more, and yet the more we take on, the less we are able to really be present to what we are trying to do. There is a fine line between 'not doing enough' and 'doing too much'. As the leader, I have been cautious to ensure that we do not do too much - stretch ourselves too thin – as this undermines the quality of what we do and the way we engage with the world around us. This consciousness of the dangers of stretching too thin has led to courageous conversations about what we are really trying to do, about where our limits lie and has forced us to continuously refine our focus so that we are able to continue to do what we do, **well**.

I am so proud of what we have been able to achieve as a small, but robust organisation with a strong focus on lasting and quality work. The participants in our programmes have some powerful stories to tell. We have been honoured to walk alongside them, in their joy and their sadness. I am ever grateful for the strong relationships I have with my team and our board of trustees and thank them for collectively walking this road with me towards realising Mamelani's vision.

A stylized signature of Carly Tanur in black ink.

**Carly Tanur**  
DIRECTOR

# MESSAGE FROM THE OUTGOING CHAIRPERSON



Over the last few years Mamelani's work has grown and transformed, particularly as new challenges were faced and new ideas and innovations emerged – this growth and responsiveness is what makes Mamelani a learning organisation. The ability to learn and adapt requires considerable reflection, introspection and evaluation.

The organisation's commitment to building a shared practice both inside the organisation and in the sectors in which it is working has required responsiveness to the changing context that we find ourselves in. Adapting to the changing demands requires a great deal

of flexibility and agility. It also requires a combination of creativity and circumspection, because as the organisation extends its reach and effectiveness, it also has to take care that it does not attempt to do so in ways that extend beyond its own capacity. For this reason capacity building is an ongoing process that is critical to the success of any learning organisation.

Mamelani has developed considerable expertise and accumulated a wealth of experience – this has not gone unnoticed. The organisation has been called on by Government to share its experiences, processes and ideas at both a provincial and national level. By sharing its interventions in relation to services for youth in alternative care and issues around food security and nutrition, Mamelani has made a contribution beyond its directly implemented work.

Over the period that I was Chairperson of the organisation, I was impressed at the organisation's resilience and ability to deal with the challenges it came up against as well as the increasing demands on the organisation itself. In the context of limited resources and numerous challenges, an enormous amount has been achieved! I would like to express my gratitude for the organisation's committed donors who continue to support this important work.

Hopefully there will be sufficient resources to increase the human resource capacity of Mamelani - the organisation's human resources are its greatest asset. I am most grateful to Carly and her team for all the effort and hard work they have put into making Mamelani the success that it is. I am also grateful to the board for their unwavering support for the organisation. In particular, I want to thank Lisa Brunton for taking over the reins as Chairperson of the Board and also to Richard Rayne who played an invaluable role over many years as Treasurer. We welcome Rama Shagaya as a new board member and who also takes over as Treasurer in 2016/7.

A handwritten signature in black ink, reading "Allan Taylor". The signature is stylized and fluid, with a horizontal line underneath the name.

**Allan Taylor**  
CHAIRPERSON





## MEET THE TEAM

### STAFF

**Carly Tanur**  
FOUNDING DIRECTOR

**Monika Edwards**  
OPERATIONS MANAGER

**Wardi Adams**  
ADMIN & COMMUNICATIONS  
OFFICER

**Cleopatra Sawuti**  
WELLNESS FACILITATOR

**Nomvuyo Mbele**  
WELLNESS FACILITATOR

**Thandi Blie**  
WELLNESS FACILITATOR

**Gerald Jacobs**  
TEAM-LEADER & YOUTH FACILITATOR

**Cally Nixon**  
YOUTH FACILITATOR

**Leroy De Klerk**  
YOUTH FACILITATOR

**Charlene Hill**  
YOUTH FACILITATOR

### BOARD OF TRUSTEES

- **Allan Taylor**  
INDEPENDENT CONSULTANT,  
OUTGOING CHAIRPERSON
- **Baheya Najaar**  
DEPARTMENT OF HUMAN NUTRITION,  
UNIVERSITY OF CAPE TOWN (UCT)
- **Lisa Brunton**  
CLIFFE DEKKER HOFMEYR  
NEWLY APPOINTED CHAIRPERSON
- **Melanie Alperstein**  
CURRICULUM DEVELOPMENT FACULTY  
OF HEALTH SCIENCES, UNIVERSITY OF  
CAPE TOWN (UCT)
- **Richard Rayne**  
ILEARN, TREASURER
- **Sue Davidoff**  
PROTEUS INITIATIVE
- **Thandi Puoane**  
SCHOOL OF PUBLIC HEALTH,  
UNIVERSITY OF THE WESTERN CAPE (UWC)

\* Allan Taylor stepped down as Chairperson in September 2015, and Lisa Brunton was elected to replace him.

# ORGANISATIONAL DEVELOPMENT



## IMPROVING OUR MONITORING AND EVALUATION

There is an increased demand in the NGO world to have rigorous **Monitoring and Evaluation (M and E) Systems** to track the impact of development work. We had come to a point in our organisational journey where we also saw the need for strengthening this aspect of our work. We wanted to develop our M and E in a way that helped us to evaluate and learn from our work, and not only to track impact for the sake of meeting external funding requirements. We were grateful that our longstanding funders saw the value of such an endeavour and provided support to develop our new M and E framework.

This process helped us to consolidate and clarify what lies at the heart of our work and how we can best know whether we are in fact contributing to the change we seek to see in the world! What we loved about the process is that it helped us to distil some essential kernels of Mamelani's approach. For example, we are now able to articulate our 5 core practice principles that we strive to incorporate in all that we do - namely that we work in ways that are responsive, relational, strengths-based, experiential and reflective. We also came to a stronger understanding of the connection between **the shifts that happen inside individuals** in our programmes, and how these internal shifts are necessary for the **external changes we seek to see** in the world.

*We would like to thank Empower, Stephen Lewis Foundation and The World Childhood Foundation for their contribution to strengthening our capacity in terms of our M and E.*

### MAMELANI'S GUIDING PRACTICE PRINCIPLES:

**STRENGTHS-BASED** - working with the individual on their life path, from their perspective, at their pace, according to their priorities, building on existing strengths and connecting them with skills, resources and opportunities.

**RESPONSIVE** - to the person's needs and priorities, to what will best serve that person in their growth and development, to the needs of the situation.

**RELATIONAL** - working together with others, as community, as peers, as fellow-practitioners, learning interdependence and developing mutual trust.

**EXPERIENTIAL** - working in ways where people learn by doing and learn collaboratively with others.

**REFLECTIVE** - increasing awareness of self, others, and the world; increasing awareness of change over time.

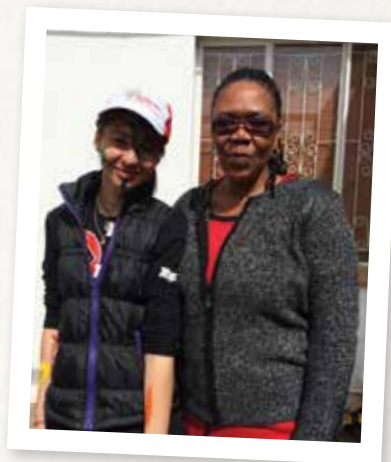
## INVESTING IN PEOPLE – STAF DEVELOPMENT

Mamelani continues to invest in the learning and growth of its team. In the last year, Carly graduated with her Masters in Reflective Social Practice; Cleo, Thandi and Nomvuyo completed a training in Community Development with the CDRA. Gerald graduated with an Honours degree in Social Work and Community Development from UNISA and Leroy has started a diploma course in Community Development through Training for Transformation. The skills and lessons learnt through these courses continue to enrich our practice and our work.



During the last year, we came together as a team to reflect on our work at the end of each quarter. These **organisational reflection processes** are really important to us - especially when things get busy! Each time we came together, we experienced the value of being able step back and get perspective, to mark milestones, to identify gaps and to plan how to work differently in the months ahead. We also ensured that once every three months we took a morning to be together as a team - whether we went for a walk in the forest or went tenpin bowling – we made a point of coming together to catch up and have fun as a team outside of our work routine.

In this last year we said goodbye to Wardi Adams and Cally Nixon. We want to thank them both for the contribution that they made to the organisation. In this last year, we also welcomed Charlene Hill, a new youth facilitator, onto the team. She brings with her counselling skills and experience in working with young people, particularly with regard to their educational pathways. We are excited to have her energy on the team!



## THINGS TO CELEBRATE

### PARTNERING WITH WESTERN CAPE GOVERNMENT TO DEVELOP A LOW-COST COOK BOOK

Mamelani has partnered with the Department of Health's 'Western Cape on Wellness (WOW)' initiative to develop a cook book with healthy recipes. We are excited to start researching recipes that soup kitchens are using, as well as recipes that are used by participants in the groups – so that the cook book is based on people's daily diets, taking into account cultural and traditional cooking practices.

### PILOT PROJECT WITH MSF

Mamelani was approached by Medecins Sans Frontieres (MSF) to pilot Community-based ARV adherence clubs with them. MSF is working with a few local organisations to pilot the model in Khayelitsha. Given Mamelani's strong relationships with groups in Khayelitsha, we were well suited as partners for piloting the model. Mamelani facilitators were trained by MSF in how to recruit eligible patients and in how to facilitate the treatment distribution sessions outside of the clinic. We are really excited about the potential of this model in that it allows us, in a very tangible way, to support HIV positive patients with regards to treatment adherence, and also to lower the burden on the health system – both outcomes that are central to the purpose of our programme.

### MAM'MICKEY'S HEMP HOUSE IS BUILT IN KHAYELITSHA

One of our previous Champions, Mam'Mickey has extended her soup kitchen by building Khayelitsha's first ever Hemp House. This is thanks to GreenHome and the generous support of the Adele Drechmeier Trust. Mam'Mickey is so excited about this process as it will enable her to have the space to support more people and have a secure venue where she can expand the services she provides from her soup kitchen, Yiza Ekaya. Facilitators, along with young people from the youth programme, spent the day helping Mickey with the building. It has been exciting to watch the space come together and to learn about this alternative building method.







## **MAMELANI MAKES AN ORAL SUBMISSION IN PARLIAMENT**

In September, we made an oral submission to Parliament as part of the Children's Act amendments process. Stepping into this space was a big moment for us! We were encouraged that one of the recommendations that we put forward has been provisionally accepted and another subsection that we suggested be included has been put through for consideration in the third amendments to the Children's Act.

## **FIRST GRADUATE OF THE SANDILE MHI EDUCATIONAL FUND – PHELOKAZI TSEMSE QUALIFIES AS AN AUXILLIARY SOCIAL WORKER**

Phelokazi was awarded the Sandile Mhi Educational Bursary to study Auxiliary Social Work. This fund was set up in Sandile's memory, after he passed away in 2012. Phelo recently graduated and we are so proud of her hard work and dedication. This is what she had to say about her journey...

“ THIS COURSE HAS GIVEN ME A MEANING OF MYSELF. MY PAST GAVE ME THE EAGERNESS TO DO THIS COURSE AND MY PRACTICAL TRAINING DURING THE COURSE HAS BROUGHT ME PEACE WITHIN MYSELF AND MY PAST BECAUSE BY HELPING THOSE CLIENTS TO OVERCOME THEIR PROBLEMS IT'S ALSO HEALING FOR MYSELF. I'VE DISCOVERED THAT I'VE GOT PASSION, PERSEVERANCE, TEAM SPIRIT, THAT I AM GOAL ORIENTATED AND AM VERY DETERMINED. MY INTERNSHIP AT BEAUTIFUL GATE WAS GREAT. I GAINED A LOT OF EXPERIENCE AND I LEARNED A LOT ABOUT THE ORGANISATION AND HOW I SHOULD BE IN THE WORKPLACE. I FEEL POSITIVE AND READY ABOUT MOVING FORWARD WITH MY CAREER BECAUSE I'VE GAINED A LOT OF EXPERIENCE THAT IS USEFUL FOR MY CAREER ”

## **TSOTANG AND DAVID STARTED THEIR STUDIES**

Tsotang and David both secured bursaries to study at Northlink College to attend a course in law enforcement. They have both shown resilience in finding a way to further their studies. David said that Mamelani's support has helped him stay focused and motivated. He shared:

“ WHEN THINGS WERE TOUGH IT'S LIKE I HEARD YOUR VOICES, AND THEN I COULDN'T RUN AWAY BECAUSE I REMEMBER YOU GUYS TOLD US THAT THINGS WOULD BE TOUGH AND THAT IT WOULD HELP BUILD US...AND NOW I CAN SAY I KNOW WHAT YOU GUYS WERE TALKING ABOUT. I'M SO EXCITED TO BE DOING THIS LAW ENFORCEMENT COURSE – AS YOU KNOW IT'S WHAT I ALWAYS WANTED TO DO BUT IT'S NOW I'M READY FOR THE CHALLENGE ”



# PROMOTING COMMUNITY HEALTH AND WELLBEING

## WELLNESS WORKSHOPS

In the last year, the team facilitated 12 wellness workshops and 10 follow up workshops reaching 360 people. We also reached 171 people through a range of once-off interventions. Assuming that each direct beneficiary takes the knowledge gained and implements changes that affect the health and wellbeing of 5 family members, around 2500 people will have benefited indirectly from the wellness programme over this time.

Preventable health conditions continue to impact on families in low-income communities, and the workshops contribute to ensuring that people are able to make informed decisions and to take preventative steps to improving their health.

NON COMMUNICABLE DISEASES (NCDS) IMPOSE A LARGE AND CONTINUOUSLY GROWING BURDEN ON THE HEALTH, ECONOMY AND DEVELOPMENT OF SOUTH AFRICA, AND CURRENTLY ACCOUNTS FOR A STAGGERING 43% OF RECORDED DEATHS. RATES OF OVERWEIGHT AND OBESITY (TOGETHER THE SECOND-LEADING METABOLIC RISK FACTOR IN NCD-ATTRIBUTABLE DEATH IN SOUTH AFRICA), HAVE RISEN SHARPLY OVER RECENT YEARS, IN CONJUNCTION WITH ONGOING HIGH LEVELS OF UNDERWEIGHT AND NUTRITIONAL DEFICIENCIES. WHILE NCDS HAVE HISTORICALLY AFFECTED THE MORE AFFLUENT AND MAINLY WHITE POPULATION, THESE CONDITIONS ARE NOW AFFECTING OTHER POPULATION GROUPS AS WELL. IT IS BELIEVED THAT IN THE COMING DECADES, NCDS WILL FURTHER EXACERBATE WIDE INEQUALITIES IN LONGEVITY AND QUALITY OF LIFE IN SOUTH AFRICA<sup>6</sup>. ADDITIONALLY, THE CHRONIC NATURE OF NCDS DEMANDS LONG-TERM CARE AND IMPOSES A SIGNIFICANT BURDEN ON AN OVERSTRETCHED HEALTH SYSTEM ALREADY HAVING TO COPE WITH THE HIV AND AIDS EPIDEMIC, A HIGH BURDEN OF TUBERCULOSIS (TB), MATERNAL AND CHILD MORTALITY, AND HIGH LEVELS OF VIOLENCE AND INJURIES (SOURCED FROM SOUTH AFRICAN HEALTH REVIEW 2016).





The 2016 South African Health Review highlights continued health education is needed to avert these epidemics. Mamelani's focus in the workshops is to share information on both infectious and chronic diseases of lifestyle, with a particular focus on the nutrition and other practical steps one can take to improve health. Testimonials from the participants demonstrate how attending the workshops has impacted on their lives.

The intention behind the wellness workshops is to bring women together to learn about their bodies and their health. Given that women are so often the caregivers in families, increasing their health awareness, confidence and knowledge is key to their being able to take care of the health and wellbeing of their families. Although health education lies at the heart of the programme, the focus of the workshops goes beyond simply the sharing of essential information. The space that is created is one where relationships are built, where stories are shared and where women can feel more confident to ask questions and receive and offer advice to others. In order to create the space for different kinds of conversations, facilitators have needed to be more intentional about the facilitation process, working in a way where participation is prioritised. Facilitators are conscious to ensure that new and updated information is shared, but instead of playing the role of educators or teachers, they first hear from the group members what knowledge base already exists and then move from there. The approach we are using is helping participants engage more deeply with the content and make it their own.

**“ EVER SINCE I ATTENDED THE WELLNESS WORKSHOP, I AM FEELING EXCITED ABOUT MY LIFESTYLE. I LEARN HOW TO TAKE CARE OF MY BODY LIKE EXERCISE. I KNOW WHY YOU HAVE TO EXERCISE. I LEARN ALSO TO EAT HEALTHY FOOD TO PROTECT ME FROM SOME DISEASES IN THE BODY. THE WELLNESS WORKSHOP HELPED ME A LOT AND I WILL SHARE THIS INFORMATION TO MY FAMILY AND OTHER PEOPLE WHO NEED IT. ”**

**“ I LEARNT ABOUT SO MANY THINGS LIKE TB AND HOW TO TREAT IT. ALSO ABOUT HIV – HOW TO TREAT IT AND WHAT TO EAT TO STAY HEALTHY. I LEARNED ALSO ABOUT THE FEMALE CONDOM – IT’S THE FIRST TIME I SAW IT, BEFORE I JUST KNEW ABOUT THE MEN’S CONDOM ”**

**“ I HAVE DIABETES AND SO NOW I KNOW WHAT I MUST EAT. I ALSO LEARNED ABOUT THE DANGER OF EATING TOO MUCH FATS AND WHY CHOLESTEROL IS DANGEROUS FOR MY BODY. THANDI WAS VERY NICE TO US AND WE WERE LAUGHING A LOT IN THE SESSIONS. ”**

**“ I LEARN MANY TIPS THAT WILL HELP ME IN FUTURE. I DID NOT LIKE TO EAT VEGETABLES BUT AFTER THIS WORKSHOP I PROMISE MYSELF TO START WITH SMALL PORTIONS. I LIKE TO EAT MEAT EVERY DAY BUT NOW I HEARD ABOUT THE RISK I AM PUTTING MYSELF UNDER. I AM GRATEFUL TO ATTEND THIS WORKSHOP WHICH SHOWED ME THAT I NEED TO CHANGE MY OWN LIFESTYLE. ”**

**“ I GAINED CONFIDENCE IN THESE WORKSHOPS BECAUSE I AM A PERSON WITH A LOW SELF-ESTEEM. NOW I CAN TALK TO OTHERS. ”**

**“ PRESENTING IN FRONT OF THE BIG GROUP THAT HELPED ME TO BUILD MY SELF-ESTEEM, ANSWERING QUESTIONS COMING FROM FELLOW PARTICIPANTS WAS NOT EASY BUT THAT TAUGHT ME WHEN PRESENTING I MUST EXPLAIN SO THAT PEOPLE CAN UNDERSTAND WHAT I AM PRESENTING. ”**



## FOLLOW UP WORKSHOPS

Shortly after completing the wellness workshops, facilitators return to groups to offer the 'follow up sessions'. The intention of these sessions is for participants to lead the process in terms of the issues that are most urgent for them. We adopted a guiding structure from Training for Transformation methodology (an adult education school of thought based on Paulo Freire's work). The sessions explore issues under the themes of 'self', 'family' and 'community'. There is also a focus in the sessions on what resources are available in the area to address the issues that are being raised. We invite people to talk about what worries them, what they really care about, and what changes they hope they can be part of affecting.

We have noticed that issues in the areas where we work are shifting and in some cases, some difficulties are becoming entrenched. The conversations give us insight into the challenges faced by the people we work with. The kinds of issues raised relate to fear of crime, the challenges of consistent unemployment, family difficulties, increasing drug abuse and the lack of child safety.

What stands out from these conversations is that the different issues that people raise are all connected and in some ways are feeding each other, leaving people feeling overwhelmed and unsure of how to move forward. People have spoken about the impact these difficulties have had on their life journey – many spoke of things they regret and how much they wish that things could have been different for them. They spoke about how people sometimes make decisions that destroy the lives of others – just to survive. At times, group members sounded helpless in the face of all this – particularly when it came to talking around crime and unemployment. They said it is painful to talk about these things because they didn't know what they could do to change them.

At times the facilitators also felt helpless in the face of what people were experiencing:

“ **I HAVE NOTICED A GROWING CONCERN AND PANIC ACTUALLY WITHIN THE GROUPS AROUND THE ISSUE OF CRIME. THE TOPIC OF CRIME AND VIOLENCE SEEMS TO BE COMING UP MORE AND MORE. WHEN I HEAR ABOUT THESE THINGS, ABOUT WHAT HAS BEEN HAPPENING IN THE COMMUNITY, AND HOW VULNERABLE IT LEAVES PEOPLE FEELING – EVEN IN THEIR OWN HOMES – THERE IS A FEELING OF HELPLESSNESS BECAUSE IT SEEMS LIKE THERE IS NOTHING WE CAN DO. I WORRY ABOUT THESE CONVERSATIONS AND THE EMOTIONS THAT IT STIRS UP, FEELING GUILTY BECAUSE I DON'T KNOW WHAT I CAN OFFER THAT WILL REALLY HELP. IT IS SO SAD BECAUSE SOMETIMES THEY KNOW EXACTLY WHO IT IS WHO IS COMMITTING THE CRIME, BUT THEY CAN'T REPORT IT FOR FEAR OF THEIR OWN LIVES AND THEIR FAMILIES LIVES.** ”

– EXTRACT FROM FACILITATOR REPORT

People shared that the follow up sessions were often the first time that they were given the space to reflect on these issues in this way, receiving advice and support from the larger group. Participants shared how important it was to feel like they could talk about these issues without fear of being judged – a testament to the trust that had been built through the previous sessions. Although the stories were extremely difficult, people shared that talking about them helped them to see how far they had come, despite the difficulties.

The questions that were posed about the things that inspire them and give them hope generated stories of resilience and pride – participants could see how they had overcome barriers to care for their families, and that they were proud of the practices that they could draw strength from. People spoke of how they cannot sit and watch others suffer and how they stepped in when help was needed. They told numerous stories of helping families to cope, each person contributing something small to ensure a family who had lost everything could re-establish themselves. They spoke of the collective sense of responsibility, and how this extends to taking care of each other's children. They spoke of how no one goes hungry where they stay and how you can always help or get help – when you work with what you have and share with others.



The energy in the groups always shifts through the telling of these stories. Although there are clearly many difficulties that need to be addressed, the sessions honour people's strengths and the way people respond, despite these challenges. By the end of the series of workshops, we notice that people's motivation is higher, relationships are stronger, and in some small way, we have come together to build hope. Many people shared stories about taking steps and starting to look for work again, especially after being encouraged by others to not give up.

“

**I AM THE MOTHER OF TWO CHILDREN AND I AM NOT WORKING. I AM DOING PEOPLE'S CHORES TO EARN SOME MONEY. IT IS DIFFICULT FOR ME TO BUY MYSELF CLOTHES FOR MY CHILDREN. I ATTENDED THE WORKSHOP AT LOWER CROSS ROADS, WHERE I MET WITH CLEO. THE SESSIONS WITH HER GAVE STRENGTH AND NOW I AM A VOLUNTEER AT THE CLINIC – MAMELANI'S CERTIFICATE HELPED ME A LOT.**

”

“

**I AM VERY THANKFUL TO HAVE THANDI NEXT TO ME WHEN I WAS EXPERIENCING CHALLENGES IN LIFE. THE SUPPORT SHE GAVE ME, MOTIVATING ME, ALL HER WORDS KEEP ME STRONG. SPENDING TIME WITH ME, SHE SHOWED ME OTHER SIDE OF THE WORLD THAT I DID NOT SEE. I WAS SHARING THINGS THAT I NEVER SHARED BEFORE. THANK YOU VERY MUCH MAMELANI FOR SENDING HER TO THE GROUP.**

”



# IN 2015/6 WE REACHED THE FOLLOWING GROUPS THROUGH THE WORKSHOPS & OTHER ACTIVITIES:

CYCLE 1: (FEB – APRIL 2015)				
NAME OF GROUP	ACTIVITY	AREA	TYPE OF GROUP	NUMBER
Senzokuhle Youth Group	Wellness Workshop	Lower Cross Roads	Community Youth group	12
Khayelitsha Faith Mission	Wellness Workshop	Khayelitsha	Church Group	16
South African Educators	Wellness Workshop	Philipi	Home based Care group	14
Samora	Follow up Workshop	Samora Machel	Community Group	12
Masivuke	Follow up Workshop	Khayelitsha	Home-based Care Group	8
Kosovo	Follow up Workshop	Samora Machel	Community Group	12
<b>TOTAL</b>				74 participants

CYCLE 2: (MAY – JULY 2015)				
NAME OF GROUP	ACTIVITY	AREA	TYPE OF GROUP	NUMBER
Phaphamani Sizwe	Wellness workshop	Langa	HIV support Group	27
SAHEP + Lathitha	Wellness workshop	Philipi	Home Based Carers	18
LACAP	Wellness workshop	Langa	HIV support Group	18
Masincedisane	Follow up	Philippi	Community group	12
Senzokuhle	Follow up	Lower Cross Roads	Community Group	22
SAHEP	Follow up	Philipi	Home Based Carers	12
<b>TOTAL</b>				109 participants



**CYCLE 3: (AUG – NOV 2015)**

NAME OF GROUP	ACTIVITY	AREA	TYPE OF GROUP	NUMBER
Phaphamani Sizwe	Workshop	Langa	HIV support group	12
Togetherness HIV support group	Workshop	Kuyasa	HIV support group	16
Masinedani	Follow up	Philipi	Community Group	14
Betterlife	Follow up	Better Life	Community Group	12
Kuyasa Community Group	Workshop	Kuyasa	Community Group	8
Kosovo	Community Group	Samora Machel	Follow up Workshop	12
<b>TOTAL</b>				85 participants

**CYCLE 4: (JAN – MAR 2016)**

NAME OF GROUP	ACTIVITY	AREA	TYPE OF GROUP	NUMBER
Sophola community group	Workshop	Samora Michel	Community group	16
Phaphamani support group	Follow up	Langa	Support group	19
Betterlife community group	Follow up	Betterlife, Kuyasa	Community group	12
Sophumelela community group	Workshop	Kosovo	Community group	12
Bambanani mixed group	Workshop	Kuyasa	Mixed group	18
Soul City	Workshop	Makhaza	Community group	15
<b>TOTAL</b>				92 participants

**OTHER ACTIVITIES**

NAME OF GROUP	ACTIVITY	AREA	TYPE OF GROUP	NUMBER
Community Groups	Cooking Demo's	Site B (France and QQ section)	External Cooking Demo	55
Ikamva Senior Centre	Madiba Day event	Lower Cross Roads	Senior Club	30
Qhama	MSF Adherence Club Meetings	Kuyasa	Adherence Club	15
Wellness Participants	Mamelani Awareness Day	Khayelitsha	Awareness Day	90
<b>TOTAL</b>				190 participants

## COMMUNITY CHAMPIONS

The last round of Community Champions process has come to an end. We had a final reflection with the group to discuss what they had found most valuable from the process, and also to understand what we might need to do differently next time to strengthen the intervention. The participants fed back that the programme had had a lasting positive impact on their lives. Many of them spoke of how the group had become a support network for them. They spoke about the relationships that had been built and the connections that had been made and also the personal growth that they have experienced.

**“ MAMELANI HELPED ME VERY MUCH. WHEN I CAME ON THE FIRST DAY TO JOIN THE PROGRAMME I WAS VERY SHY, I COULD NOT EVEN LAUGH, BUT NOW I HAVE GROWN AND I SEE WHAT KIND OF PERSON I AM, BECAUSE OF MAMELANI. ”**

**“ I AM NOT A SHY PERSON BUT IT WAS VERY DIFFICULT FOR ME SHARE MY PROBLEMS. BUT NOW I HAVE LEARNT HOW TO TRUST A PERSON. ”**

At the end of the process 4 people had completed skills training courses and more than half of the Champions are now working (all were unemployed at the start of the process). Furthermore, Patricia and Vuyiseka are involved in community projects. Patricia is running a crèche and Vuyiseka has started her own business using the EcoBox providing low cost solar generated electricity to community members.

**“ I WAS INTRODUCED TO A TRAINING THAT TAUGHT US HOW TO USE THE ECO BOX. THE BOX CAME WITH THE PACKAGE OF 2 BULBS FOR LIGHT, A CLIPPER FOR HAIRCUTTING, 2 PLATES THAT I USE TO CHARGE THE BOX FROM THE SUN AND 10 CORDS TO CHARGE 10 CELL PHONES. I DON'T HAVE A PROBLEM IF THERE IS LOW SHEDDING IN MY AREA I KNOW I HAVE PLAN B. I CHARGE MY NEIGHBOUR'S CELL PHONES FOR A OF COST R5 PER HOUR AS WE HAVEN'T GOT ELECTRICITY AT MALAWI CAMP, SO AT LEAST FROM THAT I CAN GAIN AN INCOME. MY BROTHER IS HELPING ME IN MY BARBER SHOP WHERE COMMUNITY PEOPLE CAME TO CUT HAIR FOR R15 PER CUT. IT SAVES ME ON ELECTRICITY AND IS SAFE AND FRIENDLY FOR CHILDREN. THE ECO BOX CHANGED MY LIFE A LOT ”**

Although the group of women who came through the programme valued the support that they received, as a team we were left with some questions about the impact of the process. We think the intervention achieved its objectives in terms of building the social capital of the group – building self-awareness, confidence and connections; however, in terms of the skills training and pathway planning towards the development of community projects, we felt that the intervention could be strengthened. To help us unpack this question, the team have been working with Lungisa Huna to assess and re-imagine the Community Champions programme. Time has been spent revisiting the purpose and framework of the intervention, and the team are now in a better position to deliver a stronger intervention in 2016.





## ARV COMMUNITY-BASED ADHERANCE CLUBS

Mamelani was approached by Medecins Sans Frontieres (MSF) to pilot Community-based ARV adherence clubs with them. MSF is working with a few local organisations to pilot the model in Khayelitsha. Mamelani facilitators were trained by MSF in how to recruit eligible patients and in how to facilitate the treatment distribution sessions. The recruitment process is a complicated one, as only stable patients can join the clubs; that is, patients who have been on treatment for 6 months, but who are not on treatment for other health conditions. It is difficult when patients want to join the club, but are declined because they have other conditions.

Working with the clinic so closely has taken the team out of their comfort zone. Not only do the facilitators have different responsibilities (like dispensing treatment and weighing patients) but they are also expected to play a different role inside the clinic. The facilitators have had to become part of the system. While the facilitators felt daunted initially about playing this new role, with time, they became more comfortable, having built relationships with key staff members and having understood better how all the systems work.

We now have an established group who have been receiving treatment and support over the last year. Club members, many of whom who have been taking ARV treatment for many years, spoke highly of the group sessions. They appreciated how warm and friendly the facilitators are, how comfortable they felt to speak to them about the issues they were facing and how helpful it was when they arrived for group sessions everything was ready. They appreciated that they could come for a 45 minute session to collect their treatment, compared to needing to sit and wait all day in the clinic, as they had to do in the past. To date, all members are still adhering to treatment. lasting positive impact on their lives. Many of them spoke of how the group had become a support network for them. They spoke about the relationships that had been built and the connections that had been made and also the personal growth that they have experienced.





# MEMORABLE MOMENTS

## ENGAGEMENT WITH PROVINCIAL GOVERNMENT AROUND FOOD SECURITY:

Mamelani was invited to the premier's office to participate in a discussion that would inform the Western Cape's Household Food Security strategy. Cleo and Nomvuyo were very excited to engage at this high level and share our ideas and experiences with the people that were there.



### MAMELANI HEALTH AWARENESS DAY!

The team held an Awareness Day in Khayelitsha on the 21 November 2015. 90 Participants attended. The theme of the day was "Knowledge is power". It was an opportunity to share information on CDL's with participants. Ten of our partner organisations attended and assisted in the screening of TB, HIV, Diabetes and High Blood Pressure.

## OTHER AWARENESS DAYS

Mamelani facilitators attended a range of Awareness Days including the LACAP HIV screening day, the Ekhaya Ekasi Wellness Day, the Maitland Clinic Women's Day event, the MSAT World TB Day, the MSF Men's Awareness day – where facilitators were asked to be guest speakers and motivate others to get tested and take better care of their health.



## MADIBA DAY

The Mamelani facilitators felt that it would be important to honour elders on Madiba day and so we spent the day with seniors (grandmothers and grandfathers) from an old aged home in Nyanga. The seniors enjoyed a nutritious lunch, hand and foot massages and a moving story sharing session.

## COOKING DEMO'S

We have increased the number of external cooking demonstrations that we facilitate for community groups. This has come out of an increase in request for nutrition training, particularly for groups working with young children.



# SUPPORTING YOUTH TRANSITIONS

## PROSEED YOUTH PROGRAMME

Mamelani's Youth Programme works specifically with young people who have been placed in Child and Youth Care Centres, particularly those who are still in care at the age of 18 and now need to prepare for their adult lives. Many young people return to families headed by single parents, many of whom are unemployed. They also return to communities where violence is rife and live in homes that are far less able to meet their needs in the way that the CYCCs had been able to. Mamelani approaches preparing young people for life beyond the CYCC in ways that acknowledge what it might require of the young person to navigate this reality in ways that support them to reach their goals, despite these contextual barriers.

While we acknowledge that young people need independent living skills to meet the demands of adulthood, we have often seen how the focus of "Independent Living skills" and "Independent Living Programmes" assumes that young people are going to live on their own and be 'independent' once they leave the Child and Youth Care Centre. The reality is that very few young people live completely on their own in the South African context, and most youth continue to rely on others once they leave care. We have therefore tried, instead, to promote the idea of interdependence, which focuses on young people developing a network of support around them, as they strengthen the relational skills that they need to meet the demands of adulthood. When services are aimed at developing interdependence, young people are able to gain both the practical and social skills needed to support them through transitions.

In the last year, we have provided transitional support to 36 young people, 20 of whom are new to our programme. The young people are at different stages on their journey – one third of this group are still living in Child and Youth Care Centres (CYCCs). The rest have moved on from the CYCCs, some living in transitional housing projects, some with family or on their own. Once they leave the CYCC, the young people require individualised support as they each move into very different life situations. The work, particularly with young people who have already left care is highly individualised – young people require support with their living arrangements, with their education, with further study, with work readiness and job placement and even with issues like cultural rites of passage processes. 9 young people have required support with new living arrangements and 2 have needed support to go through cultural rites of passage processes. Young people need support to enter the working world and 5 young people have completed internships and 7 young people have been supported in finding part-time/full-time employment. 9 young people have been supported in furthering and continuing their studies (through courses in Public Management, Law Enforcement, Software development, IT, Business Studies, Early Childhood Development). 5 of the 6 matriculants passed Matric. This year we have the highest number of matriculants in the programme – and we are hoping that all 9 will be able to pass. 21 out of the 23 young people who are in school passed to their next grade – from these descriptions one can begin to understand the complexity and varying levels of support that are required once young people leave care!

The group and individual sessions have provided a space to motivate, support and encourage each other, to mark growth and to learn new skills and to honour and walk alongside the young people as they journey towards adulthood.

**“ IT WASN'T EASY FOR ME TO FIND WORK BECAUSE I NEEDED TO SPEAK TO PEOPLE THAT I DON'T KNOW AND I FELT STUPID WHEN OTHER PEOPLE JUST REJECTED ME AND DIDN'T HAVE TIME TO LISTEN TO ME. BUT HAVING THE MAMELANI GUYS WALK ALONGSIDE ME I WAS ABLE TO LEARN FROM THESE EXPERIENCES AND GAIN THE SKILLS TO DEAL WITH THE CHALLENGES I WAS FACING. THE INTERNSHIP WAS A WAKE-UP CALL FOR ME. IT WAS HARD BUT I LEARNT A LOT OF THINGS ABOUT MYSELF AND I BELIEVE IT MADE ME STRONGER. ”**



The young people who have already moved on from care have all continued to engage with the programme. All - except for two - are still in school, in an internship or working. This is a huge achievement as post-care engagement is one of the biggest challenges for careleaving programmes. The two young people who are not engaged in school or work, are still connected to the programme and engaging in the activities and meeting with the facilitators. One is a young mother - and she has been supported in adjusting to this new role and finding a safe space to live. The other young person is still in the process of finding work.

The impact of this support is best expressed by the young people themselves:

“

**I THINK MAMELANI HAS DONE WHAT IT CAN AND NOW IT IS TIME FOR US TO TAKE THAT NEXT STEP NOW – YOU GUYS HAVE DONE YOUR BEST AND HAVE GIVEN US A LOT OF SKILLS AND AN UNDERSTANDING OF HOW TO FACE CHALLENGES.... WE ARE STRONGER NOW AND YOU KNOW WHEN WE FACED WITH THOSE CHALLENGES WE WILL REMEMBER WHAT YOU GUYS ALWAYS SAY WHICH IS – YOU CAN DO IT!**

”

“

**I THINK IT HELPED ME BECAUSE YOU GUYS TREATED ME LIKE AN ADULT SO I STARTED TO BELIEVE IN MYSELF MORE...IT'S LIKE YOU GAVE ME THE CONFIDENCE TO DO THINGS ON MY OWN.**

”

“

**MAMELANI TO ME IS LIKE A HOME, A PLACE THAT I CAN TURN TO FOR GUIDANCE AND SUPPORT. THEY HAVE WALKED ALONGSIDE ME WHEN I'VE HAD TO MAKE BIG CHANGES IN MY LIFE LIKE CHANGING SCHOOLS, FINDING A NEW PLACE TO LIVE AND WORKING FOR THE FIRST TIME. I DON'T THINK THAT I WOULD BE WHO I AM TODAY IF MAMELANI DIDN'T EXIST.**

”

“

**THE MOST IMPORTANT THING THAT I HAVE LEARNED FROM THIS JOURNEY WITH MAMELANI IS KNOWING MYSELF – MY STRENGTHS AND MY WEAKNESSES AND HOW TO DEAL WITH HARD SITUATIONS. HAVING PEOPLE WHO ARE WALKING ALONGSIDE ME IN MY LIFE HAS REALLY HELPED ME BECAUSE IF I DIDN'T HAVE THIS SUPPORT BEHIND ME I WOULDN'T BE WHERE I AM TODAY.”**

”

At both the Homestead (Hillary House) and Lawrence House, youth who have left the CYCCs have established alumni programmes. This group of young people are playing a supportive role to the current group who are preparing to leave the CYCC. They are doing a range of things including mentoring and providing advice, tutoring and sharing information. . It has been amazing to see the skills and resources that they have acquired being shared with those who come after them!





## THE NEW GROUP

In June 2015, we started working with a new intake of 20 young people who were preparing to transition from our partner CYCCs. The new group have been through their orientation, introducing them to how we work and what the process would ask of them as individuals. Initial assessments were conducted, identifying strengths and resources in the young people's lives, and laying the ground for the building of trusting relationships with facilitators. Many of the young people expressed that they really valued having the opportunity to be listened to. One participant shared that this was the first time he shared his story about how he came to South Africa, without feeling like it was just a formality. He said "I feel respected and listened to". What stood out for the facilitators was how resilient some of the young people are, as they have overcome extreme odds on their journeys already.

The camp marked the beginning of the process of preparing to transition out of the CYCC. A range of activities were facilitated to build trust and step into uncertainty. Time was also spent doing solo activities where they could reflect on their goals for the 18-month process. Creating a safe space in the group is important as it helps the young people to feel safe enough to express themselves and to start to share their stories with each other. The camp ended with a fantastic talent show! The young people left the camp excited for the months ahead, and facilitators had a stronger idea of what kind of group they are working with and how the programme might need to be moulded to meet their needs and nurture their strengths.

Over the last year a range of experiential group sessions have taken place, alongside individual one-on-one work. The sessions are aimed at strengthening relationships within the group and building practical skills that the young people will need to cope with life once they have left the CYCC. The activities involve real-life encounters where young people practice skills and build confidence by engaging in new spaces.

**“ IT HAD A BIG IMPACT ON ME THESE MONTHS – IT ALLOWED ME TO EXPRESS MYSELF AND MY IDEAS, EVEN IF THERE IS SOMETHING THAT I DON'T WANT TO SAY BECAUSE IT'S HARD, I END UP SAYING IT. THE GROUP INTERACTION HELPED ME TO LOOK DEEPER INTO MYSELF. ”**

**“ IT'S NICE TO BE IN A PLACE WHERE ITS OK TO FAIL, WHEN I WAS AT THE CHILDREN'S HOME WE WERE TAUGHT TO NOT MESS UP. HERE I KNOW THAT IF I MESS UP I WILL STILL BE SUPPORTED AND ACCEPTED. HOW CAN I LEARN, IF I CAN'T MAKE MISTAKES? ”**

One such group activity was the Amazing Race that took the young people on a real adventure downtown. The purpose of the day was for young people to work as teams, to get to know the inner city, to navigate public transport and to become more comfortable talking to members of the public to access information – all skills they will need when they leave care. Young people needed to get information from petrol stations, hotels and home affairs; they needed to chop vegetables at a local shelter; to make decisions throughout the day around budgeting; to convince the public to help them complete their clue's and most importantly, they needed to keep each other motivated! The day ended with sponsored rides up the cable car to the top of Table Mountain.

**“ IT WAS GREAT TO WORK IN A TEAM AND GET TO KNOW SOME OF THE GUYS BETTER, I REALLY HAD TO GET OUT OF MY COMFORT ZONE – IT WAS SOMETIMES SCARY BUT A LOT OF FUN. THIS WAS AN AMAZING EXPERIENCE ALSO BECAUSE I KIND OF KNOW OUR CITY A LITTLE BIT BETTER. ”**





Another experiential session took the participants to assist with building at one of the Community Projects that is connected to Mamelani's Health Programme. For many of the young people, it was the first time visiting Khayelitsha. Some of the youth who are foreign nationals were scared because they thought they would be treated badly, but they were pleasantly surprised by how friendly people were towards them. Apart from the service aspect of the exercise, the day allowed the young people reflect on their fears of stepping into unknown spaces and identify the things that sometimes hold them back.

It has been amazing to witness how the young people are rising to the challenges set for them and to experience their eagerness to engage with things that they have not been exposed to before. We have noticed how much confidence they are gaining through these opportunities. In many cases, this confidence has extended into other areas of their lives. One of the Child and Youth Care Workers gave feedback about one of the young people and spoke about how his increased confidence has positively influenced his attitude toward his school work, his ability to take more responsibility for finding work and his eagerness to reconnect with his family.





## CYCC CAPACITY BUILDING

We have come to the end of the second phase of the Capacity Building process, working closely with staff from our 5 partner Child and Youth Care Centres to support them to strengthen their transitional support programmes. This learning process is supported by the Department of Social Development as part of their strategy to develop and strengthen transitional support services for CYCCs.

During the process, we noticed how some of the CYCCs, given their daily pressures, struggled to prioritise the implementation of the programme so we identified Champions at each centre to drive the process forward. With Mamelani's support, the Champions were supported to further develop and root the interventions into the day to day life of the centres. Having champions at each Centre has made a big difference! The teams increasingly have shifted their approach, and in seeing things differently, are more able to create new possibilities and opportunities for working differently with the young people in their care. Over this time, we have also continued to provide ongoing learning spaces to deepen the practices and learn from each other. For example, we wanted to explore with the child and youth care workers and social workers how stereotypes and cultural beliefs can affect the approach to working with young people. A session was held with staff from the Centres to explore their own cultural heritage and how this impacts on their identity. We were able to explore how working with culture from a strengths-based perspective can enhance young people's sense of who they are and help them to make meaningful connections. Feedback from Centre staff:

**“ I'M ALWAYS TRYING TO THINK HOW WHAT I AM DOING IS FOCUSING ON THE STRENGTHS OF THE YOUNG PEOPLE AND THE MEMBERS IN MY TEAM. ”**

**“ I AM IN A TOTAL DIFFERENT PLACE TO WHERE I WAS TWO YEARS AGO, THE PROCESS HAS ALLOWED ME TO SHIFT MY WAY OF THINKING ABOUT YOUNG PEOPLE AND MYSELF. I HAVE STARTED TO WORK MORE INTENTIONALLY WITH YOUNG PEOPLE AND ENGAGE THEM IN MORE PURPOSEFUL ACTIVITIES. ”**

The group has come to see the importance of creating environments that allow young people to explore their cultural identity. The participants agreed that in order for this to happen that they needed to understand themselves, their own cultures and the cultural beliefs of their colleagues in order to create an environment that was open to diversity.

**“ UNDERSTANDING THEIR BACKGROUND IS SO IMPORTANT FOR TRANSITIONING BECAUSE WHEN THEY LEAVE THE CENTRE THEY COME BACK TO THESE QUESTIONS – SO I THINK YOU ARE RIGHT WE NEED TO BE MORE INTENTIONAL ABOUT EXPLORING THESE THINGS WITH THE YOUNG PEOPLE. ”**

**“ I THINK FOR ME THE PROCESS HAS BEEN A MIND SHIFT IN HOW I ENGAGE YOUNG PEOPLE. I'VE BECOME CURIOUS ABOUT MY HERITAGE AND CULTURE AND IT HAS MADE ME ASK MYSELF QUESTIONS I NEVER DID BEFORE. THE WORD THAT STANDS OUT FOR ME IN THIS PROCESS IS 'INTENTION' – HOW TO DO WHAT I DO WITH INTENTION. ”**

**“ OUR PRACTICE AND APPROACH TO YOUNG PEOPLE HAS SHIFTED BECAUSE WE WERE PART OF A SHARED JOURNEY, WHICH WASN'T JUST A TRAINING COURSE ABOUT YOUTH DEVELOPMENT BUT ALSO A PERSONAL JOURNEY OF DISCOVERY INTO OURSELVES. ”**

Another session with child and youth care workers and social workers reflected on some of the key elements of the transitional support process. The session was also aimed at building the relationships and connections amongst child and youth care workers from different centres.

“ I CAN SEE THAT THIS PROCESS WAS FACILITATED WITH THE SAME PRINCIPLES THAT ARE NEEDED TO WORKING WITH YOUNG PEOPLE – YOU HAVE ALLOWED US TO EXPERIENCE THINGS FOR OURSELVES AND THEN REFLECT ON IT; YOU HAVE TAKEN US ON A PERSONAL JOURNEY INTO OUR PAST THAT HAS ALLOWED US TO UNDERSTAND OUR HISTORY AND OURSELVES BETTER. ”

“ THE GROUP HAS WORKED BECAUSE I SEE US BEING A SUPPORT TO EACH OTHER WHILE MOVING TOWARD THE SAME GOAL AND PURPOSE. ”





Learning sessions were also offered to the Directors to deepen the understanding of a Youth Development approach, as well as to unpack what goes into a transitional programme. The process with the Directors has also taken them to reflecting on themselves and their roles in leading change in their organisations. Although we had intended to end the process with the Centres in December 2015, we have chosen to continue to provide some support, particularly to the child and youth care works and social workers in the form of a space to gather and continue to build their practice and to learn from one another.

The Capacity Building process has been a strong learning process for Mamelani and for the participants. We can see the impact of the process not only in the shifts in practice, but also in the tangible ways that CYCCs are working differently in support of youth transitions.

From the start of this year we will be recruiting a new group of CYCCs. We will be working with 4 new centres, as well as working with one cluster foster scheme (Home from Home) which is very exciting!



## MEMORABLE MOMENTS

### PROVINCIAL CHILD PROTECTION FORUM MEETING

Mamelani was invited to present the outcomes of the first year of the Capacity Building Process at the PCPF meeting. Based on the outcomes, the Department have asked us to look at how what we have developed, particularly the Resource Booklet, can be used by young people who have grown up in foster care.



### NACCW CONFERENCE

The National Association of Child Care Worker (NACCW) conference took place in July. The conference was really exciting – with Mamelani presenting its work to a wider audience. The sessions at the conference gave us new insights into some of the shifts that are happening in the sector – this helps us to ensure that our work remains aligned with things as they shift and change. We connected with practitioners from around the world, specifically from New Zealand.

## IMPHUMELELO ADJUDICATIONS FOR THE WESTERN CAPE YOUTH EXCELLENCE AWARDS

Mamelani's Youth Programme was shortlisted for the Western Cape Youth Excellence Awards. The selection process included a lengthy application, a rigorous site visit with interviews and a grilling final adjudication panel. We co-presented our programme at the final adjudication with participants from the programme. Sharing this platform with the young people was important for us!





## MAMELANI PROJECTS

### INCOME AND EXPENDITURE AS AT 29 FEBRUARY 2016

**2016**

**2015**

<b>INCOME</b>	<b>3 581 696</b>	<b>2 242 967</b>
Project Income		
Donations received	<b>3 551 343</b>	<b>2 239 912</b>
Other Income	<b>30 353</b>	<b>3 055</b>
<b>EXPENDITURE</b>		
<b>Administration</b>	<b>372 003</b>	<b>241 073</b>
Accounting fees	<b>34 932</b>	<b>22 965</b>
Administration	<b>4 500</b>	
Advertising	<b>3 039</b>	<b>14 765</b>
Audit Fees	<b>18 361</b>	<b>18 385</b>
Bank Charges	<b>23 099</b>	<b>17 945</b>
Cleaning & Refreshments	<b>20 409</b>	<b>10 868</b>
Computer Expenses	<b>11 609</b>	<b>5 368</b>
Courier & Postage	<b>2 182</b>	<b>1 971</b>
Depreciation	<b>17 633</b>	<b>24 628</b>
Insurance	<b>12 532</b>	<b>8 724</b>
Interest/fines and penalties	<b>3 901</b>	<b>5 523</b>
Phone, Fax and Internet	<b>25 313</b>	<b>15 768</b>
Printing & Stationery	<b>10 725</b>	<b>10 478</b>
Rent Paid & Security	<b>150 463</b>	<b>41 155</b>
Repairs & Maintenance	<b>11 202</b>	<b>6 655</b>
UIF	<b>13 777</b>	<b>11 642</b>
Staff loan written off	<b>1 100</b>	
Subscriptions and membership	<b>700</b>	<b>598</b>
Staff Transport & Travel	<b>3 526</b>	<b>14</b>
Theft	<b>3 000</b>	
<b>Organisational Development &amp; Sustainability</b>	<b>293 707</b>	<b>261 992</b>
Fundraising & Sustainability	<b>237 787</b>	<b>208 964</b>
Organisational Development	<b>32 973</b>	<b>23 621</b>
Staff Development and Training	<b>10 050</b>	<b>8 417</b>
Staff Welfare	<b>12 897</b>	<b>9 590</b>
Website Development		<b>11 400</b>



<b>Programme Costs</b>	<b>1 787 746</b>	<b>1 630 373</b>
Programme Salaries	1 787 746	1 630 373
<b>ProSeed Youth Development Programme</b>	<b>380 961</b>	<b>277 140</b>
CYCC Capacity Building Process	93 636	
Camps	23 015	25 847
Conferences	7 108	
Educational Support & Bursaries	24 985	33 973
Food Support	23 570	5 271
Group Sessions	18 275	6 538
Internship Support	93 800	49 400
Lifeskills Workshops	5 632	8 626
Programme Development	36 695	97 604
Staff Development	5 550	7 500
Staff Telephone & Transport	25 552	20 449
Youth Accommodation	2 750	3 200
Youth Transport	15 393	18 732
Youth loan written off	5 000	
<b>Community Health Programme</b>	<b>133 317</b>	<b>104 661</b>
Community Champions	37 544	48 318
General Expenses	6 234	5 123
Lucky Spaji (Income Generating Project)	2 000	1 800
Printing & Stationery	5 273	1 794
Programme Development	28 300	
Staff Development	12 090	9 950
Workshop Materials	7 974	3 095
Transport	25 530	25 643
Telephone	8 372	8 938
	<b>2 967 734</b>	<b>2 515 239</b>








## MAMELANI PROJECTS

# STATEMENT OF FINANCIAL POSITION AT 29 FEBRUARY 2016

**2016****2015**

<b>ASSETS</b>		
<b>Non-current assets</b>		
Equipment	27 684	9 572
<b>Current assets</b>		
Trade and Other Receivables	33 653	43 603
Cash and cash equivalents	1 192 224	977 784
	1 225 877	1 021 387
<b>Total Assets</b>	<b>1 253 561</b>	<b>1 030 959</b>
<b>RESERVES AND LIABILITIES</b>		
<b>Reserves</b>		
Earmarked funds	395 000	802 790
Accumulated surplus	833 866	210 293
	1 228 866	1 013 083
<b>Current Liabilities</b>		
Trade and other payables	24 695	17 876
<b>Total Reserves and Liabilities</b>	<b>1 253 561</b>	<b>1 030 959</b>



# SUPPORTERS

## CORPORATE DONORS TRUSTS AND FOUNDATIONS

- » Cape Union Mart
- » Empower
- » Ilearn
- » Investec Trust
- » Mixology
- » Protea Hotels
- » Personal Cleaners
- » Rolf-Stephan Nussbaum Foundation
- » Shanduka Group
- » Simacel
- » Stella and Paul Loewenstein Charitable and Educational Trust
- » The Claude Leon Foundation
- » The GRT Charitable Trust
- » The Joan St Leger Lindbergh Charitable Trust
- » The Learning Trust
- » The National Lottery Distribution Trust Fund
- » The R.B. Hagart Trust
- » The Stephen Lewis Foundation
- » The Wartenweiler Trust
- » Western Cape Department of Social Development
- » World Childhood Foundation

## INDIVIDUAL DONORS

- » Benray Kann
- » Dani and Ryan Janks
- » David and Sharon Hudaly
- » Eddie and Lisa Villiers
- » Iddo Rieger
- » Janna Kretzmar
- » Johnathan Zieger
- » Lauren Kieser
- » Lior Shimansky
- » Mameet Kaur Bindra
- » Matthew Rosen-Marsh
- » Maurice and Jennifer Katz
- » Michel Friedman
- » Mike and Nicky Wohlman
- » Nicole Bergh
- » Philip Rubin
- » Robert Schmid
- » Ronnie and Denise Tanur
- » Ruth Odigie
- » Tony and Cara Herbert







## MAMELANI MOVERS

A BIG SHOUT OUT the riders and runners from the Three Peaks Challenge (Nov 2015) and the Cape Town Cycle Tour (March 2016) for going the extra mile! We would also like to extend our thanks to the nearly 300 individuals who backed them on their rides!

### THREE PEAKS RUNNERS

- » Bernard Cruse
- » Bridget Malherbe
- » Gregory Albertus
- » Jono McGill
- » Melany Porter
- » Richard Price
- » Roelf Daling
- » Stephen Davis

### CAPE TOWN CYCLE TOUR RIDERS

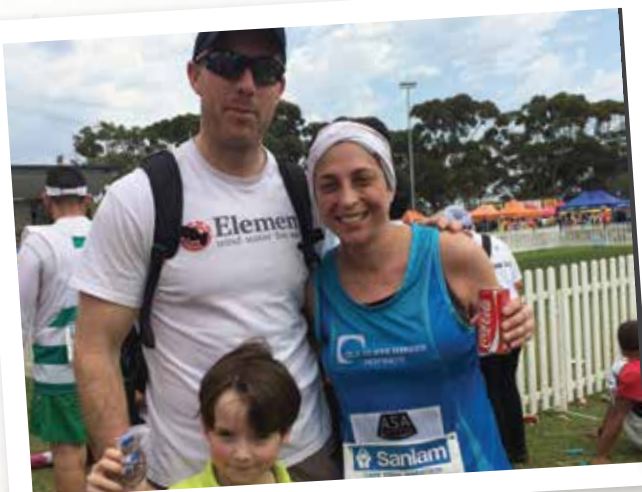
- » Arafat Gatabazi
- » Barry Christianson
- » Calvin Leen
- » Christiaan Hattingh
- » Damion Berger
- » Darren Berlein
- » Gerna Wessels
- » Grant Rock
- » Jason Nel
- » Javier Relancio
- » Jean Teplitsky
- » Kol Wessels
- » Michael Hemsley
- » Miriam Hartmann
- » Mohamed Vally
- » Nick Du Plooy
- » Sameer Vally
- » Sarel Johannes Van Heyningen
- » Shaun Ter Bruggen
- » Steven Raucher
- » Susan Botha
- » Tavish Mackenzie
- » Thomas Moss
- » Wian Theron



# THANKS



- » **Dorette Knoblauch** who volunteered with Mamelani in our hour of need! We are so grateful for the time, energy and dedication that she showed!
- » **Jess Appleby** for helping out in the youth programme!
- » **Lance "Preacher" Dick** for helping us with our annual report.
- » **Lungisa Huna** and **Mike Abrams**, who have both supported the Mamelani teams, sharing their ideas and much appreciated guidance and input to strengthen and grow our programmes!
- » **Amanda Kirk, Amanda Zar, Paul Michaels** and **Sue Soal** for their input and guidance in the last year.
- » **Catherine Morris and her team** at GreenHome and **The Trustees of the Adele Drechmeier Trust** who generously have supported **Mam'Mickey** in the building of her **Hemp House**.
- » **Grant Gibor** and his team at Personal Cleaners, for their on-going support.
- » **Ian McFarlane** and his team at the **Cape Town Medispa**, for their on-going support.
- » **Protea Hotels**, for sponsoring prizes for our committed Mamelani Movers.
- » Special thanks to our **top 3 riders Damion Berger, Steven Raucher** and **Susan Botha** who collectively raised R81 100 and our Top 3 runners **Bernard Cruse, Stephen Davis** and **Roelf Daling** who collectively raised R23 200 through their back-a-buddy campaigns!
- » Special thanks to our newly appointed Chairperson, **Lisa Brunton** who dedicated her 2015 Cape Town Marathon race to Mamelani and raised over R80 000 for Mamelani!







WE WOULD ALSO LIKE TO EXTEND OUR THANKS TO OUR PARTNER ORGANISATIONS AND SUPPORT COMPANIES – WE VALUE THE RELATIONSHIPS THAT WE HAVE BUILT WITH YOU AND THE JOURNEY WE HAVE WALKED TOGETHER!

## ORGANISATIONAL PARTNERS

- » Our Organisational Development Partners – **Hands On, The Proteus Initiative and The Children's Institute.**
- » Our training partners – **The Community Development Resource Association (CDRA), UCT Department of Human Nutrition and Training for Transformation.**

## HEALTH PROGRAMME PARTNERS

- » Our implementing partners - **Medecins Sans Frontieres (MSF-SA), Treatment Action Campaign (TAC), Ubuntu Touch, Kuyasa Clinic, Yiza Ekhaya and Dreamworker.**
- » Our community partners – **Langa Action Community Aids Programme (LACAP), Phaphamani Sizwe, Sizakuyenza, SAHEP, Lathitha, Grassroots Soccer and Ithemba Labahlali.**
- » Our networking partners – **MSAT and The People's Health Movement South Africa (PHM-SA).**

## YOUTH PROGRAMME PARTNERS

- » Our implementing partners in the Capacity Building Process – **The Department of Social Development and the young people, Child and Youth Care Workers, Social Workers and Directors from Heatherdale Children's Home, The Homestead, Lawrence House, SA Children's Home and St George's Home for Girls.**
- » Our accommodation partners - **Beth Uriel and Echo House.**
- » Our Education partners - **School of Hope, City Mission Educational Services, U-Turn, CPUT, Northlink College and Cornerstone College.**
- » Our experiential learning and work readiness partners - **Galbi, RLabs, Protea Hotel Garden Court, Kilowatt Sight and Sound, The Haven Night Shelter Green Point, Caltex Service Station – Waterfront, Table Mountain Cableway, Virgin Active, Cape Wheel, San Circus, Scripture Union.**
- » Our networking partners – **The National Association of Child and Youth Care Workers (NACCW), CYC-Net and the Western Cape Youth Development Forum (WCYDF).**

# THANK YOU!

*for taking the time to read this report and for your ongoing support of our work!*

**TO MAKE A CONTRIBUTION TO MAMELANI PROJECTS, YOU CAN MAKE A DIRECT DONATION VIA SNAPSCAN**



**OR VIA OUR WEBSITE  
PLEASE USE THE LINK BELOW:**

[www.mamelani.org.za/get-involved/donate/](http://www.mamelani.org.za/get-involved/donate/)

**OR MAKE A PAYMENT DIRECTLY TO OUR BANK ACCOUNT.**

## **BANKING DETAILS**

<b>BANK:</b>	Absa Bank
<b>ACCOUNT NAME:</b>	Mamelani Projects
<b>ACCOUNT NUMBER:</b>	4058731334
<b>BRANCH:</b>	Adderley Street
<b>BRANCH CODE:</b>	632005
<b>INTERNATIONAL SWIFT CODE:</b>	ABSAZAJJ
<b>REFERENCE:</b>	Your name

## **CONTACT DETAILS**

+27(0) 21 448 2725  
[contact@mamelani.org.za](mailto:contact@mamelani.org.za)  
[www.mamelani.org.za](http://www.mamelani.org.za)  
2 Waverley Road,  
Observatory, 7925



@mamelani



Mamelani Projects

Mamelani Projects is a  
Non Profit Organisation

028 695 NPO  
SARS PBO number:  
930 012 708