

Mamelani

WELL-BEING. RESILIENCE. COMMUNITY

Annual Report 2022/2023



Our Mission

We believe that access to services that promote well-being, build resilience, and enhance connection are critical to transformation on both an individual and community level. Children, youth, women, and the elderly, are agents of change and hold knowledge and experiences key to the transformation of our country. Everyone should have opportunities to participate in the decisions that affect them and be a part of shaping their communities.





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Message from our Chairperson

We're still standing strong!

I should know by now that it's unwise to end a year by reassuring oneself that the coming year will be better. I do it anyway.

As Mamelani stands at the threshold of its 20th anniversary, I look back with awe and humility at the achievements of our remarkable team. Yet again, over the past year, in the face of adversity, funding constraints, and general global mayhem, our Mamelani stalwarts have not merely delivered on their promises; they have gone above and beyond in serving the communities and causes which Mamelani holds dear. During the course of the year, our director, Gerald Jacobs , resigned, which initially precipitated a ripple of anxiety within our already stretched team. However, our financial director, Monika Edwards, capably assumed the mantle. Due to financial constraints, the appointment of a new director was placed on hold, and we commenced an interregnum. I commend Monika unreservedly for bringing flexibility, stability, wisdom, cohesion and kindness to the party. Together, Monika and the team have made remarkable strides. In particular, I wish to congratulate Charly on her appointment as Programme Manager.

So, lest I repeat my annual reassurance trap, may I close by stating, with confidence, that we're still standing strong!

With immense gratitude to our donors for their continued support,

Lisa Brunton, Chairper

Message from our Management Committee

Like many, we breathed a sigh of relief to see 2021 behind us. The year had marked a particularly difficult season for Mamelani. We said goodbye to key staff members, and collectively grieved the death of Dorette Knoblauch, our Office Manager who passed in a tragic car accident. We anticipated that 2022 would bring change but felt ready to step into a new year.

Facing challenges is an integral part of any organisation's journey, and these hurdles often take on unexpected forms. Ours arose with the resignation and transition of Gerald Jacobs, Director, at the start of the financial year. Losing key staff is daunting, but it can be a time of introspection, where a team must come together to fill a leadership void. This transition led to the discovery of new talents within our existing management team, as well as a fresh perspective and innovative approach. The Covid-19 pandemic had undeniably had an impact on Mamelani's funding resources. The management team, alongside the board made the decision to tighten financial reigns and delay the appointment of a new Director . The management team's familiarity with the mission and values, strong team cohesion and staff support allowed for the management to steer the ship and navigate complex circumstances while ensuring organisational success and programme delivery.





Despite internal challenges and external pressures, in the face of adversity there is often a silver lining waiting to be discovered. We had the opportunity to witness the seeds we planted begin to germinate and grow. The organisation welcomed Phakama Pyoos, Andrea Arendse and Sibongile Lituka, past programme participants into internships and staff employment. Charlene Hill stepped into a senior management role, and Marion Le Fleur was hired as our Office Manager.

Our staff are the backbone of our success and investing in them through training, mentorship, professional development, and recognition not only benefits the individuals but also the organisation. We are grateful to training partners and service providers that supported our capacity building. We reinvigorated staff wellness sessions, which took on the form of much-needed yoga that renewed our bodies and brought the mind to meditative stillness. Staff were trained in Mental Health, Mindfulness and Self-Care, Communication Skills & Emotional Intelligence and Time Management and Teamwork in the workplace.

As an organisation, we have always practiced gratitude and 2022/2023 was our year for appreciating small wins, celebrating a renewed sense of purpose, and building up our reserves of resilience. We are happy to have joined the Woolworths MySchool Card Project and are actively growing our small but dedicated following. We were also honored to be the recipients of the Local Hero award sponsored by Nedbank.

The past year has been filled with numerous achievements, breakthroughs, and memorable moments which we invite you to read in this report. We are grateful for the hard work and dedication of our team members, partners, and supporters who have made these accomplishments possible. Looking ahead, we are thrilled to anticipate the milestone of Mamelani turning 20! This anniversary marks two decades of growth, innovation, and positive impact. We look forward to celebrating this remarkable achievement and to continue our mission with even greater enthusiasm and dedication in the coming year.

Thank you to everyone who has been part of this incredible journey, and here's to a bright and successful future as we embark on our 20th year.

With Gratitude,

Monika Edwards – Interim Director Charlene Hill – Programme Manager Cleopatra Sawuti – Programme Manager



Our Programmes

Mamelani is a registered NPO with section 18A Public Benefit Organisation (PBO) Status. Founded in 2003, Mamelani has grown into an established, high performing organisation offering much needed services to identified marginalised groups. The organisation has spent the last two decades designing and implementing innovative interventions to improve the lives of youth, women and children in the Western Cape. The organisation has three focus areas.



Everything we do is informed by our practice principles. We work in ways that are



Experiential We believe people learn best through engagement and learning by doing



Strengths-Based We believe that people have strengths, talents and assets that make them resourceful in the face of adversity \bigcirc

Responsive We work with individuals on their life path, from their perspective, at their pace and according to their priorities. **Relational** We believe change is made possible where relationships are strong Ĵ

Reflective We believe that awareness is the starting point for change.

Health and Well-being in Communities

Advancing access to health and well-being services

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Community Health Education & Well-being Workshops

Our workshops address the health challenges faced by communities. We work in ways that contribute to improving health and well-being in a holistic and sustainable way, supporting people to be proactive in creating the changes they want to see in their families and communities. The **Community Health Education Workshops** spanning 8 sessions, promote health literacy, which is vital in early prevention and management of chronic conditions. Topics covered include Understanding the body, Practical Tips for a Healthy Lifestyle, Eating for better health, HIV/Aids & TB, Non-Communicable Diseases and a healthy cooking demonstration.

Our *Well-being Workshops* make a significant impact on communities by creating a safe space for participants to share sensitive information and build trust. These workshops empower participants to take charge of their lives, fostering hope and a sense of agency. These 6-week workshops provides a platform for participants to explore the social determinants of health, focusing on personal, family and community issues.



Facilitator Feedback



"For my participants, the health education sessions were useful, because they accumulated facts about illnesses that our communities suffer with. It is so important to gain the full information about the cause and how a person can take care of themselves when diagnosed with a chronic illness. The most important thing is to encourage them to visit the clinic immediately with early symptoms, so that the doctors can tell if someone needs to be on medication. I also emphasized how important is to stick to your medication and not to default it. It was very wonderful for them to show how happy they are and that they do share the information with their families and communities." - Thandi Blie, Community Health Facilitator

Participant Feedback

"The way I was eating has changed for me and my family. I learned that when you are Diabetic, take your treatment every day, so that it does not get worse, the information I learned here helped me a lot, the workshop builds my strength now I am stronger person again. I thought when I was told I am Diabetic that my life is ending, but now I have hope again. It motivated me that when you have an illness, accept it so that you can be able to deal with it because you are not going change it." - **Nomasomi Magibisela, Community Health Education Workshop Participant**

Participant Feedback



"I was grappling with a severe issue involving my son and as a mom wanting to help him, I found advice and support in Mamelani's Well-being workshops. I felt safe to open up about that experience. These sessions revealed knowledge that I did not have and left me wishing for more. I realised that many people in similar situations lack access to support and assistance. Particularly, the 'Myself' session helped me manage my emotions, giving me renewed strength and thanks to Mamelani I can now face life's challenges better than before." - Wendy Ndude, Well-being Workshop Participant

Facilitator Feedback

"Talking about family issues is one of the hardest things to do, as many families are broken. Participants share that it's difficult to talk about family issues, because if you just talk with community members it can get back to that family member. But in this group, participants spoke with no fear, they were open to talk about their families. Relationships have grown so much that now they feel free to share personal stories they even go and look for each other in their homes" - **Phakama Pyoos, Community Health Facilitator**





ARV Adherence and HTC

The ARV adherence club model offers a patient-friendly approach to accessing antiretroviral therapy for clinically stable patients. This model serves to alleviate the burden that stable patients might otherwise place on healthcare facilities. By doing so, it frees up clinic human resources to better accommodate new patients and those at risk of treatment failure. In the club model, approximately 30 patients are assigned to an ART club. These groups convene regularly, either at a healthcare facility or a community venue. Sessions lasts for about an hour and occur every two months. Adherence clubs offer an efficient option for the swift delivery of care. As club facilitator, a brief clinical assessment and referrals to clinicians are made when necessary. This approach not only streamlines care but also provides invaluable peer support for maintaining adherence to lifelong treatment. It's important to be vigilant in referring any patients who report symptoms of ill health or exhibiting concerning signs such as weight loss since their last club visitation.

"My focus remains on providing my clients with the highest quality of care and ensuring that these clubs are working for them. These clubs reduce waiting times at the clinic, especially for those needing to return to work. Managing 10 clubs is challenging, but clients appreciate when we work with their schedules. This year I have built community partnerships to expand the programmes. I have worked closely with my team (Community Health Facilitators) to integrate national health awareness days into our initiatives and collaborate with the City of Cape Town and Kuyasa Clinic to engage with the wider community." - Noncedo Mkhohli, ARV Adherence Counsellor

Participant Feedback



"Receiving the shocking news of my HIV-positive status, plunged me into despair, especially with thoughts of my 8-year-old son and an uncertain future. This was devastating news for a single mom. The endless clinic waits for medication took a toll on me, physically and emotionally. However, joining the Liyema Club at the Kuyasa Clinic became a turning point. Here, I connected with others on the same journey, finding answers to my questions and concerns. I'm deeply grateful to our passionate group mentor who encouraged and helped me learn vital lessons on managing HIV for a healthier life. Since joining, I've regained my confidence, and this club has become an invaluable source of support and knowledge. Thank you for this positive change." – **Club Participant**

"Thank you so much for taking good care of us. When you are on duty, we feel re-assured because there are no delays in getting back to our jobs from our clinic visits." – **Club Participant**

We partnered with lang standing funder, The Stephen Lewis Foundation to shoot a short video for World AIDS day. Please take the time to watch: This World AIDS Day, we are cutting HIV off at its roots https://youtu.be/SCM9Xb2JZUo



Community Champions Our 18-month Community Champions Programme supports grassroots leaders to grow and develop interventions that can have a positive impact on the health and well-being of those around them. The Community Champions are recruited from our Community Health and Well-being workshops. These Participants are already active with community initiatives, which vary from soup kitchens, support groups, crèches and small community businesses. The aim of the programme is to strengthen these initiatives, supporting participants with individual mentoring, capacity building and skills training.

Participant Feedback



"The camp was a highlight! Everything was there, excitement on our way, looking at nature, mountains, trees, lakes breathing fresh air, going to the beach, touring around. I promised myself not to cry but ended up crying on our 1st day, when we revisited a session that made us all cry at the capacity building - River of my Life. But the candlelight and the prayer eased the pain. We wrote on a balloon the things that you want to leave behind and going forward and while going forward in prayer we let the balloon fly. Going the beach to wash away the bad luck, the pains and invite positive spirits, getting massages and the graduation ceremony was WOW. The positive vibe, the photo shoot, the delicious food, the love, so much respect from our facilitators, so caring, down to earth souls, May God bless them and their families." - **Portia Pere, Community Champion.**

We recruited a new group of Community Champions in 2022. These vibrant and active champions completed their first phase of community building and celebrated with a camp to end of the year. They will work on their individual goals with their mentors and complete skills training in 2023.

Participant Feedback



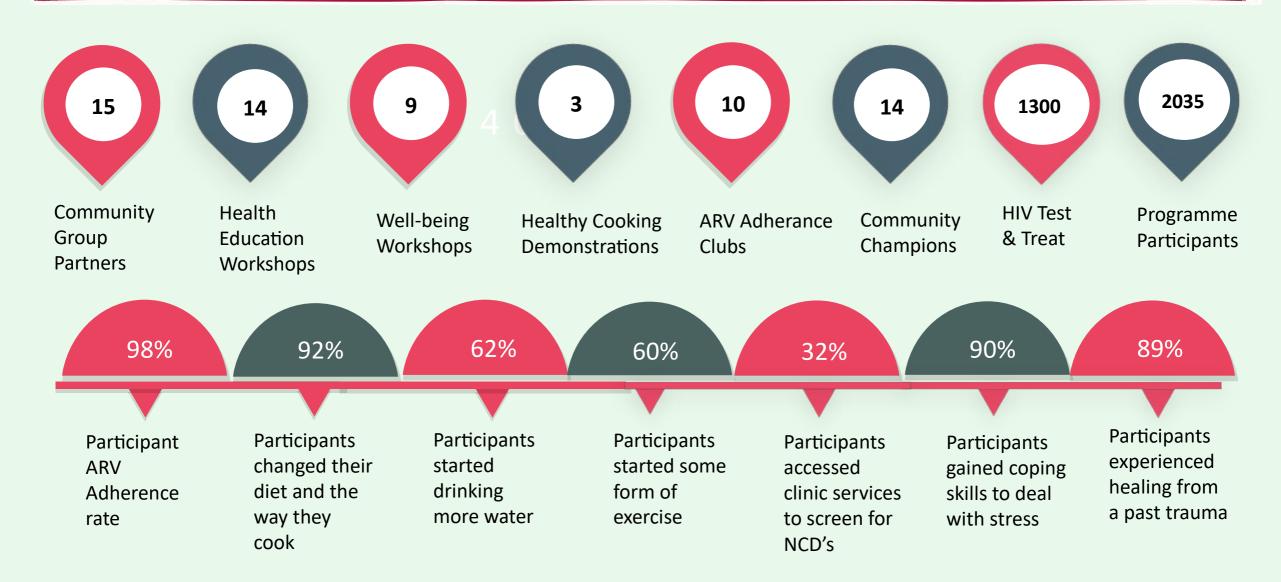
"The Champs program has profoundly impacted my life, and I highly value it. It empowered me to take control of my business and pursue my aspirations. What inspired me to join the Champs program was the incredible strength I gained, along with the feeling of being respected and valued. This program boosted my self-esteem, leading to a transformative experience." - **Lerato Lehlokoanyane, Community Champion**

"Last year, I had the opportunity to facilitate capacity-building sessions in my community, and it was a transformative experience. During these sessions, participants could safely share life experiences and aspirations. A highlight on our calendar was the camp held in November. Our quarterly wellness gatherings continue to provide ongoing support. Our Champs have made significant progress in both personal growth and their ventures. Some are pursuing sewing skills, home-based training, and counselling. Their initiatives ore changing the lives of their families and communities. – **Sibongile Lituka, Community Health Intern**



Achievements

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Youth Development

Services transforming lives, practice and policy



ProSEED Transitional Support

Our programme collaborates with young people in their transition from alternative care. We invite young people to apply in their last year in a CYCC or Cluster Foster Care. We recruit 25 young people yearly from 11 partner organisations. Young people stay in the programme for up to 3 years, and with the support of an individual mentor and group experiential sessions, build independent life skills that will equip them in their journey to adulthood. The programme creates opportunities that build on young people's existing strengths, enhancing their resilience and building networks of support. Once young people leave the centers, we offer a continuum of support assisting with accommodation and reintegration, educational support and bursaries, job readiness and internships/learnerships. The first year after transition is challenging, and young people have access to food and transport support. After graduation, young people remain connected by becoming Alumni. They form form a network of support to younger participants. Several have taken up leadership opportunities in community and within the organisation.

Our older group Amari, graduated in July 2022, while our younger cohort, Legacy Champions moved in to their second phase. This group had their first session as hard lockdowns were initiated due to Covid-19. Their first months of group sessions and individual mentoring were online, and the group took longer to form strong relationships amongst participants, However, they were able to look back on the journey collectively and appreciate the support they are now able to give each other

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Facilitator Feedback



"Yolwanda faced many transitions in succession which she was not prepared for. She was in grade 11 last year and applied to study and thought this would happen in 2023. In September 2022 she was accepted and had to leave school and start her journey as a college student. Fast forward to the end of the year and she also transitioned and moved to Isibindi after initially exploring moving in with her sister. Despite everything moving so quickly for her, her resilience shone through, and she is coping well. She is receiving great marks at college and has settled into the routine at the transitional house. She also received a bursary for her studies and will start work part time during school holidays and weekends as part of her bursary agreement" - **Claire Jacobs , Youth Transitions Facilitator**

Participant Feedback

"Mamelani has prepared me with cooking, engaging with people and to face the challenges out in the real world. What motivated me to attend experiential and individual sessions is because I learn new things every time and I just love doing activities. Mentoring this year for me has been great. It's just been amazing how we could talk about my dreams and goals and how to achieve my goals in life and just chat about things that maybe happened during the week or the day. I also really appreciate all the support I have gotten throughout my journey with my mentor. Mamelani has taught me to be independent. I am grateful for the hard work they put in for us. I have learnt to be strong and face the real life challenges. " - Yolwanda Siyo, Legacy Champion





Participant Feedback

"I just wanted to say thank you for being part of my life and for everything you have done for me. I remember at first it was hard to open up to strangers, but you kept on pushing for me to talk and I'm glad you did. It's been tough, with all the news of transition and grade 12, it felt overwhelming, and you know how ready I was to move out. Then I had to face a new life this year and had my struggles with computer lessons at first but guess what I've passed computer, and I'm getting used to this college life. Mamelani had built a confident girl in me, it showed me that I am able to do anything that I want to do. And I've learned to communicate with different people, sometimes you need to get out of your comfort zone and meet new people. The first time I met the group, I was like nah, but I know a lot of people from Home from Home (HFH) though so I will survive. But yeah, I was wrong, everyone was great, we had fun and the groups (when we were going to play games) helped because we learned the strengths and weaknesses of one another so from me to you, and Mamelani thank you for building a new free person, who isn't scared of anyone or anything even the computer class." - Zizipho Khulakade, Amari Group

We facilitated an Amazing Race, having skipped it in 2020/2021 due to the pandemic. The Amazing Race is a day-long event where young people are challenged to navigate clues and complete tasks in and around Cape Town. This session is a valuable learning experience for young people, and it helps them to develop the skills they need to navigate the challenges of transition.



"In December 2022, one of our young people fell ill, facing a challenge that would ultimately test the strength of his character and the bonds he had formed within the Mamelani family. He reached out to his Mamelani mentor, sharing his fears and concerns about the uncertain path that lay ahead. It was a moment of vulnerability, that he asked for support. In response, Mamelani rallied around him to support practically and emotionally. We reached out to his workplace and his landlord, ensuring that he had the necessary assistance and resources during this difficult time, and to the Launch Pad and Isibindi to walk alongside us to support this young person. Over the months that followed, he battled his illness with resilience and determination. He spent time in and out of the hospital, working towards his dreams and watching more anime. Despite the immense challenge he faced, he continued to draw strength from the support and love that surrounded him. It is with heavy hearts that we reflect on the journey of Siyabonga January, who, just like many others in our Mamelani family, was on the path to success and personal growth. His future was filled with potential. However, life has a way of reminding us of its fragility, and in January 2023, he succumbed to his illness.

His passing was a profound loss, not only for us but for all those who had the privilege of knowing him. While the grief was overwhelming, his funeral became a bittersweet celebration of his life. Although we could not locate any immediate family, the youth from Isibindi and The Launch Pad where he had grown up came together in an inspiring show of solidarity, contributing what they could to ensure a dignified farewell for their dear friend. In the midst of sorrow, we are reminded of the resilience and strength that our young people possess. We remember the courage it took for him to reach out in his time of need, the support he received from his Mamelani family, and the enduring bonds that were forged during his journey with us." – *Charlene Hill – Youth Programme Manager*

Building Bridges

Building Bridges is a space for young people who are part of our community and alumni to come together to explore transitions from a foreign nationals' perspective. We offer experiential sessions that help participants with migrant backgrounds navigate the challenges of documentation, relationships, and understanding their identity in a foreign place. Our sessions are open to everyone (South Africans and non-South Africans alike) who is interested in exploring creative ways to navigate difficult situations.

Pastalani

Pastalani is a space where young people, child and youth care workers, partner organisations, and young people's friends can come together to have a meal and build relationships. When young people transition out of care, they must renegotiate their relationships with the staff at CYCC's. Pastalani provides a safe and supportive space for young people to do this. Pastalani is a valuable opportunity for young people to connect with their support systems, build relationships, and process their experiences. It is also a chance for staff and partner organizations to learn from each other and to support young people's transition into adulthood.

Mamelani was awarded funding through Scalabrini to host a "Be Equal" soccer campaign celebrating youth diversity.



Building Resilience and Community with Organisations

Our community building, training, and consultation services support organisations in developing transitional support and after care services for youth leaving care. We promote the everyday transitions as opportunities to promote well-being, build resilience, and create a sense of community. We invite youth to join us in these consultations and workshops so they can be part of shaping the alternative care environments young people grow up in.

We facilitated A Resilience-Based Approach to Youth and Community Development Workshop (9 training sessions & practice development and coaching) with 18 staff from Lawrence House, St Michaels, The Homestead, Scalabrini, Isibindi and Holy Cross and HOKISA.





Research and Advocacy Mamelani and UCT Children's Institute joined in partnership to run a series of hybrid workshops for young people in Cape Town who have experience of living in alternative care. During these sessions, a group of our Alumni engaged with care leavers from sister organisation VOYPIC in Northern Ireland and researchers from Queen's University Belfast. Voypic (Voices of Young People in Care) provides advocacy, participation and policy change for care leavers. The intention of these workshops was to create a safe space in which young people can share and discuss their experiences of living in alternative care. Although the workshops connected care experienced youth in the global north and south, young people were able to explore their shared and diverse identities and experiences. The project is ongoing with the hope to create collaborative co-produced research.

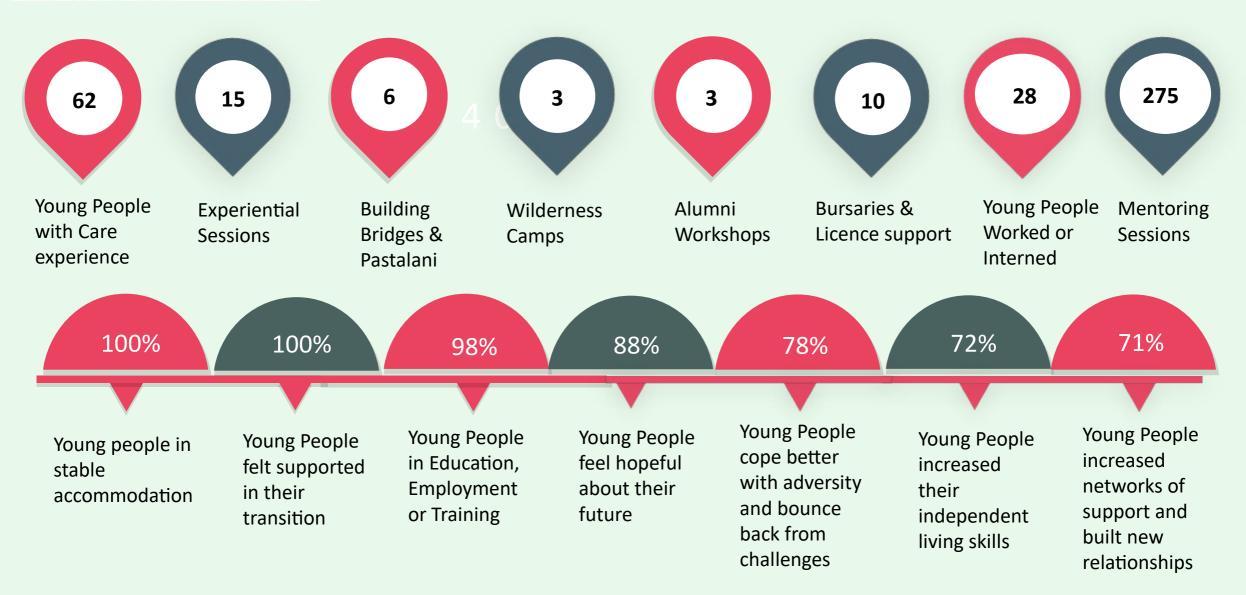
Participant Feedback



"Being in a children's home in South Africa you can't really imagine your experience elsewhere. But when we were able to connect with young people from another country it revealed how different yet the same our systems are when it comes to Child and Youth Care Centres. In Ireland my understanding was there is some kind of support after you exit the system and become an adult which I took a lot of interest in. This felt like such a foreign surprising thing to hear because in South Africa once you turn 18 you are practically out of the system and not the government's care anymore. So, you either return to your family or you must find your own way. I was also surprised to realise that the stigma around people and children in CYCC's was prevalent in Ireland as well. I don't share that I lived in a children's home but when I'm around my peers who have also been in one it makes it more comfortable and easier to share." - **Rachel Lakhanya, Mamelani Alumni**

We attended the EMpower Learning journey hosted in Cape Town. Andrea Arendse, programme Alumni, shared her reflections on joining Mamelani as a Youth Facilitator. It was a rich interchange with partners working with young people, mental health, and resilience.

Achievements



Our Team 2023



Back row from left: Charlene Hill, Claire Jacobs, Monika Edwards, Andrea Arendse, Sibongile Lituka, Marion Le FleurFront row from left: Noncedo Mkhohli , Phakama Pyoos, Rimichu Vitu, Lewis Kalambo, Thandi BliePage 30

Our Board Members 2022/2023



Chairperson Lisa Brunton



Treasurer Zakiya Soeker-Sauls



<mark>Secretary</mark> Professor Thandi Puoane

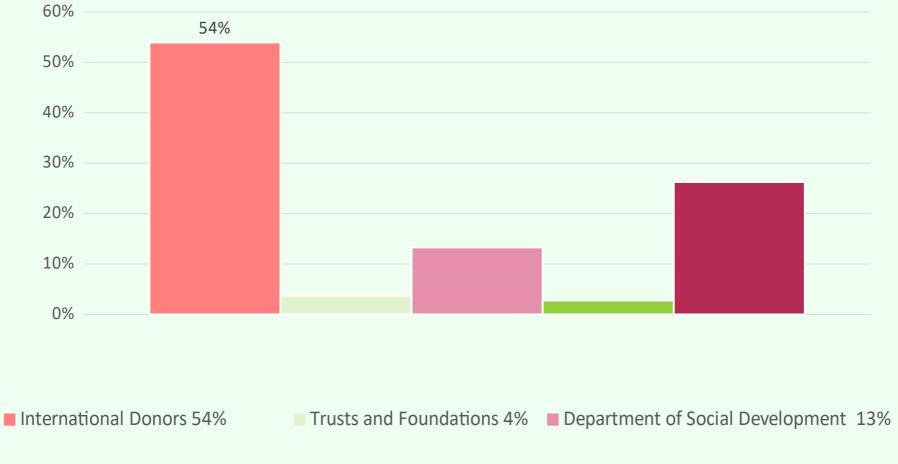


Board Member Baheya Najaar



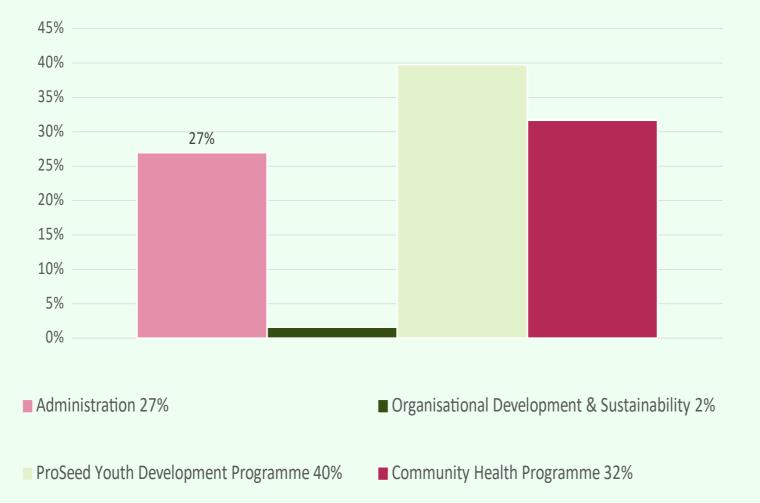
Board Member Nokukhanya Mncwabe

Income 2022/2023 Total income R 3 122 860



Individual Giving and Events 3% Deferred Income 26%

Expenditure 2022/2023 Total Expenditure R 3 179 075



Our Funders



Our Partners & Supporters

Community Development and Research Association (CDRA) LifeBrand People's Health Movement Heart and Stroke Foundation FAMSA Zenzele Training And Development **GIMISA** City of Cape Town Treatment Action Campaign (TAC) Amandla Edu-Football The Homestead Lawrence House Holy Cross Home from Home National Association for Childcare Workers (NACCW) St Michael's Child & Youth Care Centre St George's Home for Girls National Child Protection Forum Collaborative Network of Youth Organisations CNOYO)

SA Kinderhuis Isibindi **L**eliebloem **Beth Uriel** O'Graceland **Baphumelele Fountain of Hope** Scalabrini Centre Children's Institute – UCT **Queens University - Ireland VOYPIC** - Ireland Nobakada's Transport **Observatory Community Hall** Green Home **IES Abroad Breadline Africa** Yiza Ekhaya **TB** Care **Kuyasa** Clinic Educo Africa Farthchild The Cape Wheel Zimele Technologies

VA Corps Techster **MEC Medical Education Centre** Iziko Museum Sue Soal Lungisa Huna Jamie Lee Horton Amanda Horton Francois Horton Miranda Horton Lisa Nemuhuyuni Carly Tanur Lisa Cohen Michael Djan Minkateko Wicht Deborah Diedricks Anathi Pefile



Thank you for taking the time to read this report and for your ongoing support of our work...

BANKING DETAILS

Bank: Absa Bank Account Name: Mamelani Projects Projects Account Number: 4058731334 Branch: Adderley Street Branch code: 632005 International SWIFT code: ABSAZAJJ Reference: Your name

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Shaping Communities Together

