



"When we say "compassion" in
Xhosa, we say 'mfesane'".



ANNUAL REPORT 2017

FROM THE CEO'S DESK

LOOKING BACK TO LOOK FORWARD



"I am proud to share Mfesane's focus areas for the next five years, namely: Health Education and Care services; Care, Support and Education of youth, children and families; and Training, Development and Job links."

Nomvuyo Baba
CEO: Mfesane

The period under review has no doubt been 'the year of change'. Mfesane collaboratively reviewed its core business with its stakeholders including many discussions with a Strategic Action Team made up of board members and staff.

Our services are built on reflection, internal and external knowledge and evidence. Social ills and poverty have many parts and therefore we aim to integrate Mfesane's responses.

Today I am very proud to be sharing our three focus areas paving the way for the next five years; namely

- Health education and care services, which include all our health screening, health awareness and promotion, health rights as well as other health-related services
- Care, support and education of youth, children and families. Family strengthening, youth programmes, orphans and vulnerable activities are an example of existing programmes.
- Training, development and job links. Both our hard and soft skills training falls under this category e.g. welding and construction, community health training, child and youth care training, job readiness etc.

This annual report once again reflects the amazing work we do for our service users. We salute and thank the entire Mfesane team for the job well done.

I also take this opportunity to express our gratitude to all who have supported the work of Mfesane through your finances, donations in kind as well as your prayers. Thank you to all our loyal members, volunteers and partners.

Nomvuyo Baba

MFESANE'S CORE VALUES

Initiative, Creativity, Teamwork, Accountability, Action planning, Active participation within our communities, Communication.

QUALITIES THAT WE STRIVE FOR

Integrity in everything we do, sibanye, constant compassion for our communities, always learning to keep moving forward, respect for all people, ensuring the sustainability of all our projects.

AN INVESTMENT IN HEALTH, EDUCATION AND STRENGTHENING COMMUNITIES

Donations can be made to:

Mfesane NPC

ABSA Bank

Account: 340143280

Swift code: ABSAZAJJ

COMMUNITY SERVICES WITH COMPASSION

ABOUT MFESANE

Mfesane is a Christian development non-profit organisation working to eradicate poverty. Our vision is positive, healthy and strong communities.

We reach out to communities in the Western Cape, Eastern Cape and Cape West Coast.

We work closely with partner organisations, local churches, government and the communities themselves, providing support, skills and services that are sustainable and empowering.

Our vision is to be a leading Christian Development Agency in empowering communities

By serving local communities we aim to build the capacity of communities to respond to their own needs sustainably.

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ANNUAL FINANCIAL REPORT

Our focus is on using internal and external knowledge and resources, and facilitating networks and partnerships with the community and other development organisations.

GREAT TEAMS MAKE ALL THE DIFFERENCE!



LEFT: Cape Town team **RIGHT:** Port Elizabeth team **BELOW:** West Coast team



HEALTH EDUCATION AND CARE SERVICES

SALDANHA BAY

Mfesane's Community Health Care Services in the Saldanha Bay area this year were guided by the following objectives:

Maternal & new-born health services

Making pregnancy safer and improving the health of and care for mothers and their babies by using a holistic multidisciplinary approach which includes conducting pre- and post-natal support groups and awareness activities.

Mfesane's home based carers made 1122 home visits to mothers and babies

Child and adolescent health & development

Reducing morbidity and mortality due to preventable causes, for example violence, suicide, HIV and pregnancy-related causes.

Mfesane's teams held three awareness campaigns in different areas, reaching 500 children

and also facilitated outreaches to four creches in Louwville, Hopfield and Langebaan, reaching 68 children

Sexual and reproductive health

Ensuring individuals have relevant information and understand their right to decide whether and when to have children.

Mfesane ran 12 outreaches (three each quarter) educating communities about sexual reproductive health, reaching 873 individuals

Healthy adults and ageing

Using integrated models of care for the chronically ill and better coordination of care to combine interventions that support healthy lifestyles, to enable people to maintain their independence where possible and to support them when necessary.

Mfesane's Community Health Workers had contact with 11,046 individuals and made 3662 household visits

439 patients participated in Chronic Disease Unit (CDU) groups

HIGHLIGHTS

Intersectoral community outreaches

These outreaches helped staff to identify children who had defaulted on taking their medication and ensured that they received their immunizations and were referred on to clinics.

A new strategy in the Community Based Service (CBS) Programme

Changes in the programme meant changes in how Mfesane reaches out. The Community Health Workers reported back on the efficacy of the programme:

- Positives included more people reached with equal services for all people (for example babies are identified earlier and immunisations are more up-to-date).
- Working relationships between health facilities, Community Health Workers and non profit organisations were strengthened.
- There were more referrals from the clinics.
- Not all community members were open for the service and the new strategy. This made it more dangerous for Community Health Workers to visit homes without pre-knowledge of family circumstances.
- An increase in administrative work was a challenge for some of the Workers, although they tried very hard.



NELSON MANDELA BAY

Home- and community-based care programmes

In the 2016/17 financial year Mfesane offered home- and community-based care services in Greenfields and Kuyga in Nelson Mandela Bay.

Ten Community Care Workers serviced the four sites in Kuyga - Fairview, Seaview, Shambrock and Greenbushes - and another ten Community Health Care Workers worked within Greenfield and its surrounding areas, including Polar Park, Marikana and Qunu.

The Community Health Care Workers traced treatment interrupters of HIV and tuberculosis treatment and then conducted regular home visits to make sure that patients adhered to their treatment. During the home visits they also offered lay counselling and health talks, educating patients about living a healthy life-style. Bedridden patients were offered bed baths and the Workers also dressed wounds for those who were injured.

Both the Kuyga and Greenfields Mfesane teams offered support group services for their HIV-positive patients where patients could share their experiences and knowledge in group sessions, and at the same time enjoy a meal together.

Another strategy the teams employed to prevent the spread of HIV within the communities was a condom distribution service.

Promotion of vegetable gardens contributed to promoting healthy eating and various community groups started up their own individual and community gardens.

**90 food gardens
were started and supported**

HIV testing services

HIV testing services are one of the key HIV/AIDS preventative and early intervention services that Mfesane renders in Nelson Mandela Bay Municipality. Mfesane's teams literally take HIV testing into communities and also support health facilities which offer HIV testing.

The focus this year was on community outreach, including home-to-home HIV counselling and testing.

Mfesane was also part of the yearly Higher Education AIDS Programme; the Mfesane team participated in the health and wellness days planned for all the Nelson Mandela University campuses as well as all of the Port Elizabeth Colleges.

1061 people received HIV counselling and testing



CARE, SUPPORT AND EDUCATION OF YOUTH, CHILDREN AND FAMILIES

WEST COAST

FAMILY PRESERVATION & SUPPORT SERVICES

Mfesane's family preservation and support services is a programme that has been in operation for the past five years in St Helena Bay and Hopefield on South Africa's West Coast. The programme is funded by the Department of Social Development.

It encompasses all programmes and interventions that aim to preserve and strengthen families, including family counselling, family group conference, parental responsibilities and rights agreement.

It also includes parenting plans, parenting skills programmes, support services, interventions aimed at family reunification and early intervention services. Family counselling services were conducted regularly while parenting and fatherhood workshops were conducted quarterly.

The number of families participating in family preservation and support services differed from month to month; a total of 155 families benefited from this service this year.

51 families received family counselling

17 families attended a family strengthening workshop

87 families participated in positive parenting workshops

50 men participated in fatherhood workshops



REACHING OUT TO YOUTH

Through the funding given by *Kerk in Aktie*, our Dutch partner in the Netherlands, it has been possible for us to address the challenges experienced by our youth in the Western and Eastern Cape who are unemployed, not educated nor trained.

This year we interacted more with families and strengthened relationships with other stakeholders, consolidating our youth outreach to incorporate family strengthening.

ISIBINDI (CIRCLE OF CARE)

Mfesane, in partnership with the Department of Social Development and NACCW, established a third Isibindi Safe Park in Hopefield in December 2016. The Safe Park provides a safe space where children can play, do homework, be educated by and under the supervision of trained child and youth care workers. The children are guaranteed a daily cooked meal, sponsored by Peninsula Feeding Scheme. What a privilege to invest into their lives.

YOUNG MOTHERS participated in government-funded entrepreneurial training and workshops in their local communities and gained skills and knowledge in basic computer use, simple finances, facilitation, administration and child and youth care work. Network opportunities were arranged for young women to broaden their knowledge/ experience to apply for study and employment opportunities.

No pregnancy or school dropouts occurred in 2016 with the groups Mfesane's teams interacted with



LIFE SKILLS TRAINING

Through life skills sessions young individuals made positive changes in their lives and unexpectedly positively influenced their peers. Their tone of voice changed, they achieved better academic results and fresh positive attitudes were visible. They expressed their feelings better and parents reported that the youth were starting to use words like “please”, “sorry” and “thank you”.



The majority of our primary school learners have learning disabilities but with the help of our Occupational Therapist they did maths and word building with puzzles. Drawings and paintings calmed them.

Life skills sessions were held for youth in-school; teams focused on two core elements: *Personal Development* and *Rights and Responsibilities*.

Mfesane’s facilitators met four days a week with the groups to gain insights about their understanding of different topics and encourage them about the importance of education, using fun and educational activities to encourage engagement and participation.



**47 children participated
in life skills groups at their schools**

SALDANHA BAY YOUTH CAMP

Our weekend camp was held at Rosslea Youth Camp Centre near Moorreesburg.

The objective of the camp was to take youth out of their comfort zones and help them to appreciate what they have at home. The facilitators had an opportunity to observe the students’ interactions with their peers, and facilitate one-on-one and group sessions. Topics addressed included leadership, respect and teamwork.

In the various sessions youth shared their feelings of hurt, fear and loss. Healthy coping strategies were discussed and the values of appreciation and gratitude were discovered to be keys to progressing in life. The camp helped youth to take responsibility for their own choices and to “throw away the blame card”.



ENTREPRENEURIAL TRAINING

This training consists of three modules: *Leadership*, *Entrepreneurial - Give Yourself a Job* and *Job Readiness*. The courses are developed for young individuals between the ages of 14 and 35 who struggle to get permanent employment.

Youth were trained to be financially independent and provide for themselves and their children.



Individuals were referred to National Youth Development Agency (NYDA), a government agency which provides training, scholarships and funding for youth to start their own business.

Not all applicants qualify for inclusion in the NYDA courses, which is why Mfesane believes in an Asset Based Approach where individuals use what they have to generate an income and become financially self-sustaining and independent.

NELSON MANDELA BAY PROGRAMMES

NELSON MANDELA BAY METRO YOUTH CAMP: 15-17 MARCH

The camp was held at Sumkay camp site in collaboration with Scripture Union. The aim of the camp was to empower youth who had been trained by the team earlier in the year to put into practice what they had learnt during the training sessions.

The camp also provided a retreat for emotional and spiritual revival and a safe place removed from daily challenges.

Another goal of the camp was to provide the youth with a space which promoted mindfulness, where they could fully commit their time to themselves.



Topics discussed included self-esteem, living a purpose-driven life, values, decision making, character building and gender-based violence.

The youth found it hard to talk about themselves and participate in introspection activities in the beginning, but by the end of the camp the individual growth of participants was marked and was verbalised during the final camp evaluations.

15 young people attended camp

LIFE SKILLS SESSIONS were conducted with various age groups with the use of different programme materials.

The Backpackers programme, a product of the GM Foundation, equips young teens for the journey of life. It was presented to pupils in Grades 8-10.

Grades 10 and 11 participated in the YOLO (*You Only Live Once*) campaign which deals specifically with the life challenges and developmental crises of these ages.

Both programmes were presented once a week though the pupils expressed their wish to have sessions more than once a week, stating that these were about real life and not theory. They were also keen to practise learnt skills on each other and their teachers.



CHESS was introduced to a group of girls only; this was an activity that made pupils focus and think and also encouraged problem solving and a good memory.

**Total youth reached:
78 pupils in two high schools**

SUPPORTING TEENAGE MOMS

Teenage mothers are included in Mfesane's entrepreneurial training, creative workshops and motivational events.

An event was held at Protea Hotel with a theme of *"Women! treasure your values with uniqueness"*. Our guest speaker, a General Practitioner who practices at our local hospital and a Supervisor of the ARV Clinics, motivated thirty young women to love and care for themselves.

"Salvation and joy" bracelets were given to the young women who had dressed so elegantly for the day, symbolising God's love for them no matter the battles which may have to be fought. It was a special time for all.



GIRLS' CAMP 29-31 MARCH

The girls' camp was a follow up of the *Keep a Girl in School* programme and the theme for the camp was "*The Princess in you*". The camp held four sessions: *Who am I*, *Get real*, *Values* and *Peer pressure*.

The main aims for this camp were to remind the young girls about the value that they have as young women, to motivate them to complete school and take care of their bodies and their wellbeing and to support them to develop confidence in themselves and walk proud as young women, carrying that title with pride and honour. 28 girls from two different high schools participated. Both groups had been part of the



school life skills sessions that had been held a few months earlier.

It was good to see these lovely girls learning from each other, caring for and supporting one another. Positive life changes were evident.



ENTREPRENEUR TRAINING NMB METRO

Training was presented to youth who are between 18 and 35 years old. It consisted of various modules; *Leadership*, *Micro Enterprise*, *Give Yourself a Job* and one week's training on *Basic Bookkeeping* for those that had started their own businesses or already had business ideas when they became involved with Mfesane.

Two of the trainees were able to strengthen their business ventures and were referred to the National Youth Development Agency for further support.

Placements: Following the training, participants were encouraged to either volunteer their services or start their own initiatives. Eight young people who volunteered in different organisations were offered employment after 2-3 months of volunteering.



TEENAGE FATHERS

Teenage fathers participated in entrepreneurial training, learner driver licence workshop, arts and craft workshops, special events, community outreach programmes and youth camp activities.

10 teenage fathers were reached

DROP IN CENTRE

The Mfesane Drop In Centre is registered with the Department of Social Services and situated in Marikana township in Nelson Mandela Bay Municipality. It caters for 35 children with a staff component of two Child and Youth Care Workers and one Social Worker. The following basic services were offered:

- Psychosocial support
- School attendance support
- School holiday programme
- Assistance with personal hygiene
- Provision of food
- Visit to the library
- Book Club

FAMILY CONFERENCES

Mfesane teams visited the homes of all our in-school programme participants. Most families don't have the basic means to survive. All the families were positive in their feedback about the interactions that are taking place at school and how life has changed since their children started participating in the Mfesane-led programmes. Parents are thankful for our support.

CHALLENGES YOUTH CARE WORKERS FACE

NELSON MANDELA BAY

- Parental involvement is minimal; there is evident lack of parental academic support from some parents.
- Community campaigns were few.
- It is challenging to engage with teenage fathers due to the context of the community.
- Some youth did not commit fully to programmes that were planned due to relationship commitments and prioritising other people in their lives over themselves because of the economic support derived.

SALDANHA BAY

- Children with learning disabilities in Saldanha Bay Municipality do not qualify to attend college because they have not passed Grade 9. The area needs a technical trade school that can equip youth with skills that will be suitable for the employment world, thereby breaking the unemployment cycle.
- Youth get lost in the education system and form part



SAFE PARKS - where children can be children

SALT ALLIANCE EXCHANGE VISIT

Two youth development facilitators were invited to attend the Youth Imbizo hosted by eThembeni and South African Learning and Transformation Alliance (SALT Alliance) in Ladysmith. The objective of the gathering was to bring youth change agents together.

Participants from SALT Alliance member organisations discussed the challenges and highlights of their different programmes, exchanged content and materials and found encouragement from meeting change agents working in different provinces of South Africa. A junior SALT Youth Change Agents support group will be formed to support our youth workers.

of school drop-out statistics.

- Schools are not fully supported by the Department of Education: many have too few teachers and no books for the pupils. Mfesane is currently supporting a high school to ensure that the pupils are supported academically and complete their education, especially Grade 12 learners.
- Negative peer pressure and early involvement with alcohol and drugs means that some school children leave school at a very young age.

LESSONS LEARNT THIS YEAR

- It is important to identify young individuals in the community to recruit their peers.
- A multi-disciplinary team is a necessity when approaching different communities; we were able to adapt learning materials to make them relevant to their target audience.

TRAINING, DEVELOPMENT & PLACEMENTS

A total of 558 participants registered for training in different programmes including health, child and youth care, new venture creation, early childhood development, basic bookkeeping, welding, bricklaying and plastering. 553 participants completed their courses successfully and 294 participants were either placed in relevant jobs or upskilled in their respective fields. 78 participants went on to further their education and three graduates started their own businesses. Mfesane's *Job and Business Services* continues to link graduates with employment opportunities.



PROJECT: COMMUNITY MAPPING IN PE

Mfesane teamed up with MindView Facilitation and Consulting to work on an innovative approach to community empowerment and active citizenry.



Working with community members from Jacksonville, Timothyvalley and kwaNoxolo, the pilot focused on participative action research within a community setting and was funded by the Foundation for Human Rights.

The approach involved building the capacity of community members to conduct research and to analyse the results in a collaborative manner whilst also building on community knowledge. All were seen as "learners" and "experts" with the ability to learn new things as well as the ability to teach others.

The project promoted ownership and cohesion in order to use the research to respond to root causes, increase understanding of rights and responsibilities and promote community development. The research also made use of multimedia like film which had an enormous impact.

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INCOME STATEMENT FOR THE YEAR 2016/2017

INCOME	R/m
1. Donations	8.20
2. Other income	4.03
Total	12.23
EXPENDITURE	
1. Other expenditure	4.78
2. Staff expenditure	5.98
3. HIV Aids programmes	2.55
4. Transfers to projects	2.40
Total	15.71

BALANCE SHEET AS AT 31 MARCH 2017

ASSETS	R/m
1. Non-current assets	14.53
2. Current assets	4.20
Total	18.73
EQUITY AND LIABILITIES	
1. Non-distributable reserves	13.41
2. Trust funds	4.02
3. Current liabilities	1.30
Total	18.73

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MFESANE IS ONLINE. FIND US ON THE FOLLOWING PLATFORMS:

www.mfesane.org.za | Facebook: [@mfesaneza](#) | Instagram: [mfesaneza](#) | LinkedIn: [Mfesane](#)

Mfesane is an independent, ecumenical development organization.

Mfesane is registered as a Non-Profit Company (NPC) with a tax exempt Section 18A status.

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