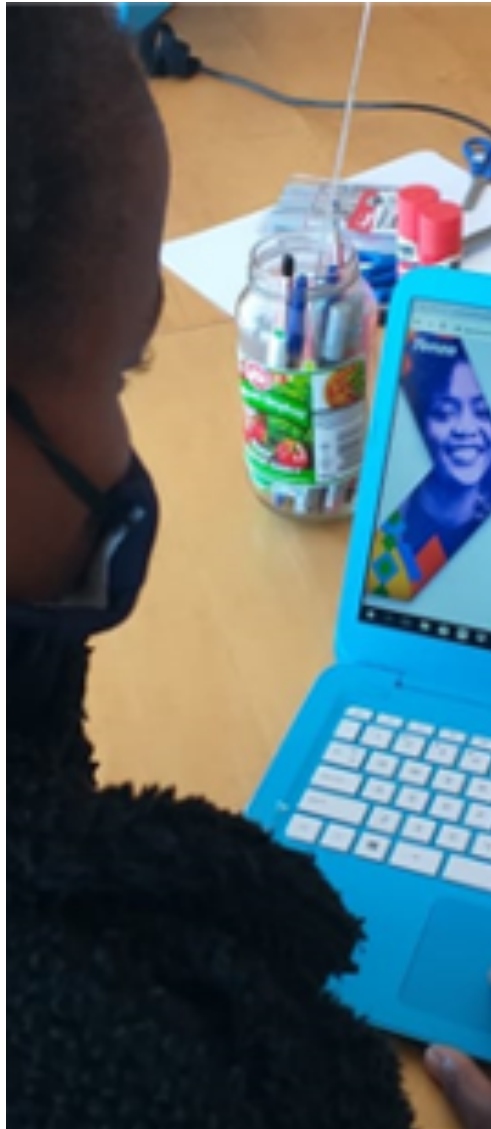




ANNUAL **20** REPORT **21**



Empowered Communities, Sustainable Families



IN THIS REPORT

Letter from the Chairman 4

Message from the Chief Executive Officer 5

Strategic Overview 6

Health Care Support Services 7
(including health education & prevention)



Equipping, supporting & caring for
children, youth & families 12



Training and Development 21



Financial Report & Thanks 25



“Hope is a powerful
motivator - the difference
between life and death.”
- Viktor Frankl

Letter from the Chairman



Friends, associates, sponsors and donors,

I cannot believe that we are already at that time of the year where we take stock of 2021 whilst preparing for 2022.

Affirmation in positive context is an absolutely splendid thing. It is more than encouragement, for it tells you that you are doing well, that you are okay, and that you are on the right track. Hence it is imperative for us to start by affirming our sponsors, donors and those who enable Mfesane to realize our objectives and goals.

We all know that “business as usual” is something of the past, all over the world. COVID-19 has changed the behaviour of our peoples, affecting every continent and every country. Our management and staff members, just like the rest of us, have been ravaged and dismayed by the results of COVID-19. Friends and family have died suddenly, and we even did not get a chance to say goodbye. Parents were prevented from burying their children due to co-morbidities, brothers and sisters wept without closure. We wish to thank our management and every staff member of this mighty organisation for giving their best despite personal challenges. Without you good people it would be impossible to serve our communities.

We thank our Directors for their time and expertise in Mfesane. We do not take for granted your sacrifices - thank you again and again.

Mfesane was spearheaded with the kingdom values of making a better life for others. This organization was founded by the sons of Afrikaners who did not agree with the Apartheid regime and decided to invest in the lives of the black people, especially black people living with disabilities. It is now nearly 46 years ago that that early dream became a reality. The founder members were driven by the Spirit of God. Their vision stands strong and endures.

An Austrian Jewish psychiatrist and philosopher by the name of Viktor Frankl was imprisoned by the German Nazis in the notorious Auschwitz Concentration Camp in World War II. He was not sent to the gas chambers but to special work camps. After a while he noticed that some of his fellow prisoners were wilting and dying. He asked himself the question, “Why are not the others?” He asked the prisoners who were not giving up why they were not dying, and there was a curious similarity in their answers. One was planning to start a business “when all this is over,” another was dreaming of designing a flower garden, another was going to take up painting. All were looking ahead - in hope.

“Hope,” said Frankl, “is a powerful motivator - the difference between life and death”. He decided to found a school of psychology called ‘logotherapy’, which describes a search for life meaning as the central human motivational force. Simplified, logotherapy is about healing through hope.

Friends, our country was in news headlines recently because of our high rates of gender-based violence. We lead that notorious list, to my dismay. Women are raped every second in South Africa and sometimes perpetrators are still at large. South Africa is facing giants at every turn: poverty, COVID-19, rolling blackouts, job losses and more.

Mfesane’s mission is to promote health in struggling communities, to empower individuals with skills like brick laying, welding and sewing, and to care for and support children, youth and families through our various programmes. We’re tackling some big giants and I am very grateful for those who stand with us in this fight.

I am reminded today that together with these important services, we offer an even more powerful gift. The gift of hope. As I look to 2022, I look ahead in hope.

Message from The Chief Executive Officer

I look at my calendar and count the months. After 18 months of the COVID-19 pandemic the value of Mfesane's strength-based approach towards empowering communities has been confirmed.

The literature talks about how *"Taking an asset-based approach involves mobilising the skills and knowledge of individuals and the connections and resources within communities and organisations, rather than focusing on problems and deficits."* (Sigerson D, Gruer L. Asset-based approaches to health improvement. Evidence for Action, NHS Health Scotland, Glasgow: 2011)

Which is exactly what Mfesane did.

At the same time, we have become aware of the vulnerability, commitment and resilience of our staff. Our health workers and professional nurses worked hand-in-hand with the Department of Health officials to create awareness, refer people for COVID-19 screening and testing and to refer for further medical support. Their dedicated response and commitment to save lives is commendable.

Amidst all the uncertainty, management and staff gathered to learn about the virus and quickly developed policies to ensure our staff knew how to protect themselves, our service users and their families. We know one thing - people's lives are precious. We have a responsibility to help save lives and to work together with other stakeholders to prevent the spreading of the virus. We adhered to the COVID-19 regulations and as a result had to close our Safe Parks and Youth Cafes, also stopping our home visits to patients. There were no group trainings, workshops, or community outreaches for several months.

The pandemic forced Mfesane to understand and use digital platforms more effectively for communication, support, guidance, training and meeting. This will stand us in good stead in the years to come. The pandemic also strengthened our relationship with key stakeholders, existing and new. Institutions and businesses donated food parcels, hand sanitisers and masks to distribute to our service users and broader community members. We worked pragmatically and jointly found solutions as the challenges unfolded.

The strength of the organization's character was tested repeatedly in our responses to this crisis. I am proud to say that Mfesane passed the test with flying colours. Our challenges are not over, but we are encouraged by the testimonies of hope, resilience and ubuntu from the Mfesane family.

In reflection, more successes than failures have been recorded. Mfesane can gratefully look back on an exceptional response to the crisis.

I am reminded of the story of Samuel in the Bible which can found in 1 Samuel 7:12:

"Then Samuel took a stone and set it up between Mizpah and Shen. He named it Ebenezer, saying, "thus far the Lord has helped us."

Truly, Mfesane can echo Samuel's words this year. To God be the glory.



STRATEGIC OVERVIEW

Vision

Empowered Communities, Sustainable Families

Mission

Mfesane NPC is a leading Christian Development Agency offering Community Based Health Care and Support Services to families as well as Skills Training and Education, empowering communities through sustainable partnerships.

Strategic objectives

- Continue to forge strategic partnerships with government and other agencies and institutions
- Professionalization of staff
- National accreditation as a service provider
- Strengthen organisational sustainability
- Implement an Asset Based Approach to community development
- Strengthen our programme offering to our service users

Areas of operation

Nelson Mandela Bay is a major seaport and automotive manufacturing centre located on the south-eastern coast of Africa. It is the economic powerhouse of the Eastern Cape Province and home to more than 1,2 million people. The most common home language spoken is isiXhosa and over 40% of homes are headed by women. Approximately 60% of employable adults do not have jobs and 2020 statistics for Nelson Mandela Bay record that 49.6% of the total population live in poverty. Mfesane's office is in the coastal city of Gqeberha (formerly Port Elizabeth).

Saldanha Bay Municipality is a local municipality located on the West Coast of South Africa, approximately 140 kilometres north of Cape Town. It covers an area of 2,015 km²; 93.5% of the land is rural land. The population is estimated to be approximately 130,000 with over 45% living in poverty. The most prevalent language spoken is Afrikaans, followed by isiXhosa and English. 25% of households live in informal dwellings and 33% of households are female-headed. 25% of the population are children under 15 years of age. Mfesane's office is centrally located in Vredenburg. Mfesane works within both the Saldanha Bay and the adjacent Bergrivier Municipalities.

The City of Cape Town Metropolitan Municipality is situated in the southern peninsula of the Western Cape province. It has a coastline of 294km and covers an area of 2,446km², stretching from Gordon's Bay to Atlantis, including the suburbs of Mitchell's Plain and Khayelitsha. Cape Town is South Africa's second largest economic centre and second most populous city after Johannesburg.

Mfesane's head office is in Khayelitsha, which is the fastest growing township in South Africa and one of the most economically-challenged areas of Cape Town. Approximately 75% of Khayelitsha's estimated 2.4 million inhabitants live in informal dwellings; many families are migrants from the Eastern Cape and southern parts of Africa. 76% of Khayelitsha's population is under the age of 29, 1 in 3 people has to walk 200m or more to access water and 89% of households are moderately or severely food-insecure. It is estimated that more than 70% of young people in Khayelitsha are unemployed.

Organisational values

As a Christian development agency, we subscribe to the following values and qualities which are embedded in our performance management system:

- Transparency
- Trustworthiness
- Excellence
- Inclusivity
- Sibanye (working together for one common goal)
- Compassion
- Stewardship
- People-centred
- Community-driven

Qualities

- Initiative
- Creativity
- Communication
- Accountability
- Action planning



HEALTHCARE SUPPORT SERVICES

Improving health through community awareness and prevention programmes in partnership with government and other service providers.

NELSON MANDELA BAY, EASTERN CAPE

Mfesane offers health care services in Gqeberha. The programme aims to provide support to people living with TB, HIV/AIDS and chronic illnesses through home based care services; improve access of communities to primary health care services; promote treatment adherence and prevent new HIV and TB infections; and transfer health care skills to the community by providing health training.

349

Drug resistant TB patients treated

808

DS TB patients treated

87

Patients traced who were defaulting on treatment

166

Patients received psychosocial support

26,399

Individuals reached through door-to-door campaigns

COVID-19

This financial year has been largely shaped by COVID-19 and our response to dealing with a pandemic. Initial hard lockdown prevented our health care workers from reaching their patients but Mfesane received Emergency Worker status early in the pandemic. While we continued with our primary goals, we also informed, educated and equipped our communities about COVID-19 to keep them as healthy as possible, referring suspected COVID-19 cases to clinics and hospitals. Mfesane trained 33 community health workers in household infection control.

URC TB programme

This year Mfesane worked with the University Research Council (URC) to reduce the burden and the incidence of tuberculosis (TB) in the Nelson Mandela Bay Metro with specific emphasis on supporting 10 health facilities in Sub Districts A and C which have a high TB burden. The integrated approach considered the relationship between TB, HIV/AIDS and diabetes. The project aimed to:

- Capacitate staff on basic TB management
- Intensify DS and DR TB management in the community
- Conduct activities to find missing patients in collaboration with Ward Based Outreach Teams (WBOTs) and other Community Based Organizations (CBOs)
- Intensify contact management for both DS and drug resistant TB
- Increase TB/HIV collaboration in supported facilities
- Render psychosocial support to TB patients and their families in a multidisciplinary team

The project was very successful in identifying TB patients, treatment and tracing, and fostered a good relationship with the health facilities. A particular highlight was moving our staff onto digital monitoring and capture systems.





Integrated Home Based Care

The Community Health Care Workers have a large client base who require home based care and follow up. Care includes bathing, wound care, education of family members, administering medication, physical assistance and referral to clinics and social services where indicated.

Home visits
made to our
2,467 patients



Prevention of diabetes and renal disease

Diabetes has been increasing in South Africa. Mfesane's Community Health Workers ran several screening events to catch early incidents of both diabetes and renal disease. 713 individuals were screened with 42 testing positive. Clients were referred to local clinics for follow up testing and treatment.

Individuals
tested for HIV
(6 positive)



Boosting food security

Food parcel distribution: Mfesane, in collaboration with Foodbank SA, delivered much needed food parcels to the community of Madiba Village in Lorraine, Gqeberha (pictured below). We also distributed two rounds of food parcels and food vouchers to identified families thanks to generous donations from Stichting Pharus, Verre Naasten and Zuid-Afrika Mission, coordinated through our partner, SALT Alliance.

HIV treatment
defaulters
traced, of which
332 went back to
clinics



Food garden initiatives: Mfesane provided the Home Based Care clients with seedlings in order to ensure that they were eating healthy fresh vegetables. Growing their own vegetables also encouraged patients to spend time outdoors in the sun and exercise. Some were very hesitant as they had never done this before but a wonderful spin-off was seeing patients exchange veggies and trading. We plan to have a food garden competition next year to improve the standards of the gardens.

Male condoms
distributed, (also
3,308 female
condoms)



Individuals
screened for HPT,
of which 399
tested positive



Individuals
screened for TB,
of which 167
tested positive



SALDANHA BAY & WEST COAST, WESTERN CAPE

Mfesane's home-based care services on the West Coast include four key areas:

1. **Home and Community Based Care (HCBC)**
2. **Child and adolescent health**
3. **Sexual and reproductive health**
4. **Healthy adults and aging**

27,402

Adult health
screening tests
during home
visits

15,388

Home visits
made by Mfesane
community health
workers

11,974

Clients reached
through 5 CDU
groups who meet
monthly

4,078

Health screenings
for children and
teens

543

Individuals
reached through
11 awareness
campaigns

2,399

Postnatal mothers
reached and
supported

78,000

Male and female
condoms
distributed

Home and Community Based Care (HCBC)

The Community Based Service teams started this year facing the international COVID-19 pandemic which had a major impact on planned service delivery. The Community Health Workers (CHWs) couldn't visit their households from April 2020 during the lockdowns, but quickly obtained emergency worker certification to enable them to start COVID-19 screenings in the communities and the various clinics. They also assisted primary health care centres with regulating clients who visited daily.

The CHWs raised awareness on community safety and hygiene during the COVID-19 lockdowns at the various clinics and in the community. Eight CHWs did door-to-door screening with the Department of Health on the Wellness Bus in George, Karridge, Ongegund and Witteklip during May and June 2020. CHWs did door-to-door COVID-19 screening in the morning, screening a total of 7,331 individuals. In the afternoons they made door-to-door visits and visited 3,721 households.

In June 2020, 18 CMORE smart phones were handed over to the CHWs for implementation with daily door-to-door COVID-19 screening. As the country moved from hard lockdown level 5 to levels 4, 3, 2 and 1 we were able to do more home visits and facilitate home screenings, also educating families to prevent the spread of the virus.

Child and adolescent health

Due to lockdown regulations the CBS teams couldn't facilitate any outreaches and only managed to visit one crèche in Louwville (Vredenburg) where they met postnatal mothers and their newborn babies. The CHWs and the coordinator of Hopefield assisted Lalie Cleophas Clinic with recalls which and updates to Road to Health booklets. Special provision was made to see crèche children at the health facility on certain days. Mfesane registered 963 clients who received postnatal care.

The CHWs assisted the School Health Sister with outreaches at Vredenburg and Eden Primary schools, reaching 142 children. Girls between the ages of 10 and 12 received their HPV (Human Papilloma Virus) vaccination which prevents cervical cancer, in accordance with Department of Health vaccination guidelines.

Sexual and reproductive health

We promote care-seeking behaviour and appropriate wellness care. CHWs presented information sessions on safe sex, contraception, unwanted pregnancies, consequences of unprotected sex and safe abortion services. They also actively promoted and offered support for HIV testing as well as counselling and prevention.

Healthy adults and aging

The Nursing Coordinator and the CHWs assisted the Lalie Cleophas and Langebaan clinics by giving flu injections to 158 elderly and sick people in April 2020. Although COVID-19 restricted the project, the teams still managed to distribute prepacked CDU packages on a door-to-door basis and through "fast lanes" where all safety protocols were adhered to.



Mfesane Wellness Centre

The Wellness Centre opened at the beginning of September in Suikerboslaan, Vredenburg with the aim of providing a comprehensive health service to the community that is accessible to all. The staff includes an Administration clerk, three trained HIV counsellors and a Professional Nurse.

The Centre offers preventative health services in high transmission areas, focusing on HIV testing and counselling, TB screening/treatment/referral, women's health including cervical smears, reproductive health and condom distribution. In addition, the Wellness Centre works with local stakeholders including the Department of Health, Department of Social Development, South African Police, SASSA and Department of Labour to create awareness and share health information with the community. Health promotion and awareness sessions are provided to schools, colleges and local fish factories. The Centre also works closely with local Health facilities.

In the first five months since opening, 2121 individuals were tested and screened for HIV, 968 family planning injections were given, 93 oral contraceptive pills were prescribed, 38 papsmears took place and 15 Implanon injections administered. In addition World Aids Day celebrations took place on 1 December celebrating progress in HIV treatment.

**Individuals
screened for HIV
at the Wellness
Centre**

2,121

**Family planning
injections
administered by
Wellness Centre**

968

Highlights of the year

Mfesane assisted the Department of Health with Mfesane integrated with CANSA, Diaconia, SAPS, Saldanha Bay Municipality and Department of Social Development in a fundraising event on the 27th of November 2020 in Hopefield. An amount of R 4,480.00 was raised for CANSA, with 150 community members attending the awareness event.

On the 26th and 30th of November 2020 we started with the annual 16 Days of Activism Campaign in Hopefield and Paternoster in collaboration with Department of Social Development, SAPS, Saldanha Bay Municipality, Siyabonga, the Department of Correctional Services and other Mfesane programmes such as Saldanha Youth Cafe, Isibindi, Care and Support to Families. Stakeholders presented motivational talks and their services were available to those who attended. The theme was PATHWAY TO HEALING.

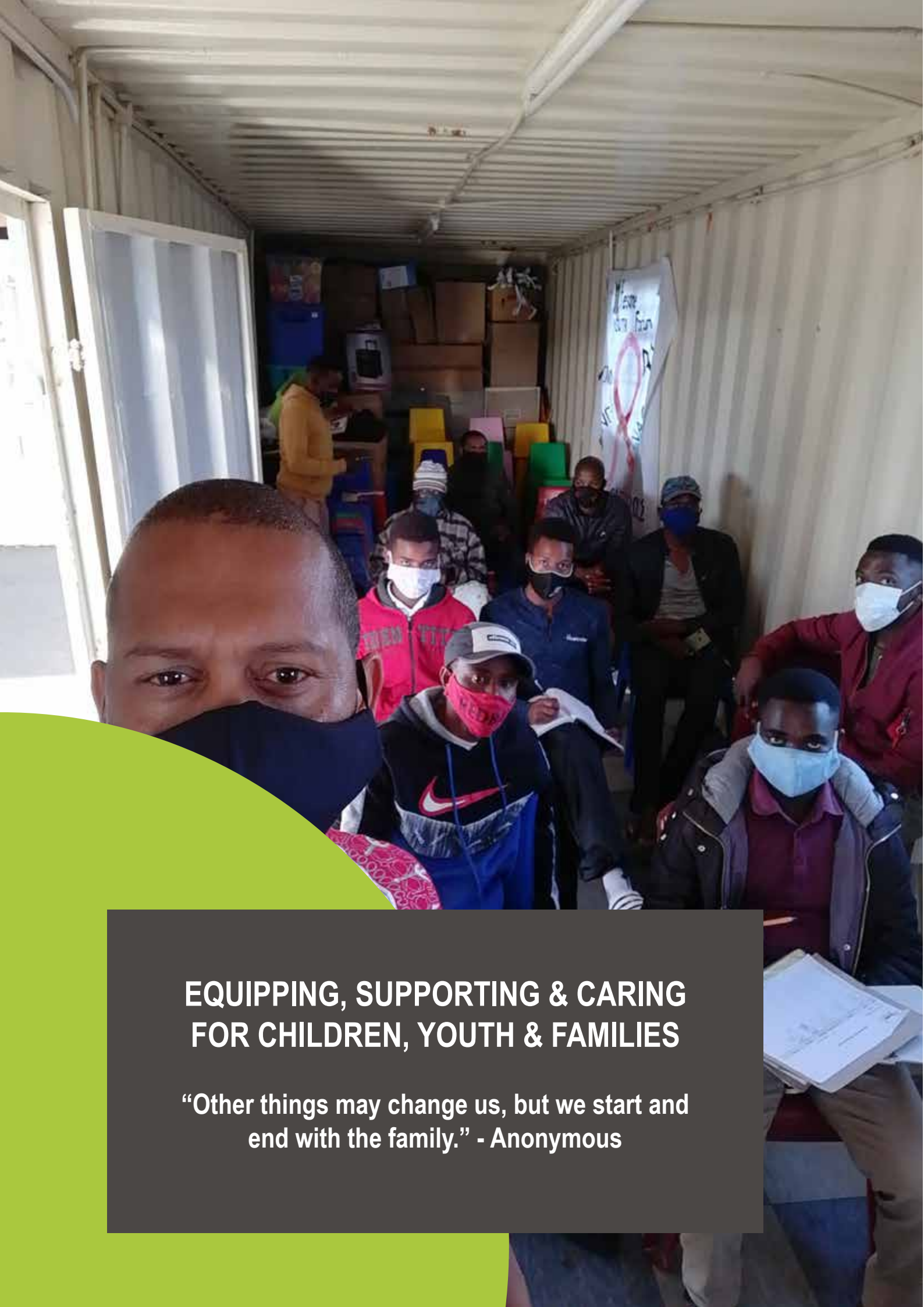
On the 1st and 4th of December 2020 we celebrated World AIDS Day in Hopefield, Langebaan and Louwville in collaboration with the Wellness Centre, Lalie Cleophas Clinic and All Saints Church. The events were enlightened with candlelight memorial services, HIV counselling and testing as well as awareness presentations on HIV/AIDS.



Nutritional support for vulnerable families

COVID-19 lockdowns prevented many families from being able to work, while primary income earners lost jobs. As food insecurity increased, Mfesane's teams identified clients at-risk and distributed food parcels. Thanks to Umoya, Stichtung Pharos, Zuid-Afrika Mission, Verre Naasten and SALT Alliance for your generosity and care for our families - a total of 119 food parcels were distributed through this programme.





EQUIPPING, SUPPORTING & CARING FOR CHILDREN, YOUTH & FAMILIES

**“Other things may change us, but we start and
end with the family.” - Anonymous**

NELSON MANDELA BAY, EASTERN CAPE

The Nelson Mandela Bay youth development teams work with children, youth and young adults offering educational, social and practical support from primary school to starting careers and adult life.

Drop In Centre

Mfesane's Drop In Centre plays an integral role in communities by providing school children with a safe place after school. It also provides a number of services including one nutritious meal a day, homework and literacy support, life skills and recreation, laundry services, personal hygiene education and provision of toiletries, computer literacy and child protection awareness programmes for both children and caregivers. The children attending Mfesane's Drop in Centre primarily come from Alfonso Arries Primary School, Booyesen Park Primary, Sapphire Primary and Cedarberg Primary School.

The literacy support programme supported children with their schoolwork in various forms. We are proud of our book clubs which encourage reading from a young age. The libraries have books in English and isiXhosa, broadening children's vocabulary and assisting them in language development. This year we included children that are in Grade R, because we realised that some children started their first year of school (Grade 1) unable to read or write, and are then left behind throughout the school year.

The following objectives were achieved: reading well with understanding, speaking and listening, writing, rhymes and songs, simple dictionary use and spelling. Parents reported an improvement in their children's school marks and children grew in their love of learning. Special mention must be made of the facilitator who taught three Grade 1 children how to write so they could confidently write their own names in their school attendance register, as well as Inande, Milani, Siyamthanda and Emihle who excelled in spelling competitions thanks to participating in the literacy programme.

Give Yourself a Job

The Youth Development team ran "Give Yourself a Job" training for 22 youth to assist youth to find their skills and explore ways of using those skills for income generation.

Mfesane met with Mr Joka of Global Leadership after the programme concluded to discuss how graduates could be trained in entrepreneurship. Eleven of the participants were invited to train in entrepreneurship through Global Leadership Consultants in a programme which started on 11 January 2021. The programme runs over approximately six weeks and successful graduates will receive help to create business plans, obtain BBBEE certification, register their businesses, set up bank accounts and more.

Training for child and youth care workers

The child and youth care team received Level 5 accredited training for Child and Youth Care Work. This ensures that they continue to deliver a quality service to children and further promotes that the children are looked after and catered for holistically.

Children reached
through the Drop
In Centre

80

Youth who
participated in
the entrepreneur
programme

22



112

Food parcels distributed to families

22

Teenage parents reached

COVID-19 response

Hand washing campaigns: UNICEF reached out to Mfesane and provided us with two water tanks as part of their campaign to promote handwashing during the COVID-19 pandemic. The water tanks have soap dispensers and running water to rinse.

Food parcels for vulnerable families: Thanks to our partner SALT Alliance for coordinating food relief funding for food parcels from overseas donors Stichting Pharus, Verre Naasten and Zuid-Afrika Mission. A total of 112 food parcels were distributed.

Life skills programmes

Mfesane's child and youth care workers engage children in Life Skills discussions around challenges they face and how to handle those challenges in a positive manner. We used a number of child-centred programmes which give information in a child-friendly manner using age-appropriate language and tools. The discussions promote self-confidence, inspire the children to think positively of themselves and make positive choices for their future.

YOLO (You Only Live Once) programme: YOLO is tailored to address and reduce HIV infections, teenage and unplanned pregnancies and promotes personal growth and behaviour change. This programme also emphasises the importance of support from parents and communities to enable young people to make informed decisions. It reminds youth that they have choices and rights - as well as responsibilities - for their actions. We ran this programme for children between the ages of 15 and 24 years.

Backpackers programme: Backpackers is a programme developed by the Social Responsibility arm of General Motors South Africa. This foundation also endeavours to influence the State in the formulation of practical policies regarding research findings. The programme focuses on life skills for adolescents as well as personal development, body changes and social challenges like peer pressure. Parental consent is always recommended before the programme starts so that parents are aware of the programme happening and also the content. The parents then become a meaningful help in reinforcing the life skills that were learnt in workshops and assisting adolescents through their life journey.



Teenage parents programme

We introduced this programme last year for teenage mothers but discovered there was a need to reach out to both teenage mothers and fathers from the northern parts of Nelson Mandela Bay, especially those in communities which experience gender based violence.

We started the programme with a group of 10 young teens, nine of whom struggled with drug abuse. As the programme proceeded, more teens joined us. A highlight of the programme was linking participants to psychosocial support from one of Mfesane's Social Workers and/or a local psychologist to help them cope with emotional challenges. We spoke about the importance of caring for their own health and dreams as well as their babies' health. We also equipped the teens with information and resources for raising healthy children, provided mothers with dignity packs (washable sanitary towels, face cloth, a book on personal hygiene as well as a body soap) as the pandemic left many young parents struggling to provide for their own needs as well as their babies' needs.

By the time the programme ended we were able to assist four teenage mothers to return to school to get their school-leaving qualifications, and helped another who was thinking of quitting Grade 12 to pass her Matric before seeking a job to provide for her baby.



SALDANHA BAY, WESTERN CAPE

Saldanha Bay Youth, Children and Family Services has a two-fold mission:

1. **Facilitate the holistic development of children, including emotional, physical, social spiritual and cognitive development.**
2. **Offer Family Preservation Services and interventions with the aim of preserving and strengthening families.**

Isibindi Programme

Even though we experienced very high COVID-19 infection rates amongst our service users, we are thankful to report only one death. The Isibindi Programme and Safe Parks proved to be a place of refuge for many children and families as schools closed. We educated on COVID-19 protocols. Child and youth care workers assisted families to make their own masks using unused material and cut-up clothes.

Safe Parks: With schools closed for a large part of the year, the Safe Parks were busy. There was an increase in gender based violence in the communities. Our child and youth care workers provided practical and psychosocial support for children, youth and families.

COVID-19 food parcels: An additional 322 families received food parcels thanks to funding provided by generous Dutch donors Stichting Pharus, Zuid-Afrika Mission and Verre Naasten. Thanks to SALT Alliance for coordinating this funding.

Dignity for Girls: Thirty-four girls between ages of 13 and 18 participated in a Dignity Day and a 12-week discipleship journey. They all received reusable sanitary towels, donated by SALT Alliance. In addition, seven child and youth care workers were trained as Dignity Facilitators to respond to the need to educate young girls about puberty and the challenges young girls face. We thank UNICEF (through NACCW) for their donation of 450 sanitary towels to young girls within the Isibindi, as part of The Dignity Campaign. These were distributed with messages of good hygiene practices.

DARE for boys: Two of our male child and youth care workers were trained as DARE Facilitators by The Dignity Campaign to run the DARE for young boys. This programme explores the topics of identity, belonging, purpose, manhood, relationships, sex and pornography and dares boys to be different to the negative influencers in their communities.

Mandela Day donations: Mfesane received 200 parcels containing blankets, soup mixes and boxes of fish from Military Academy as part of their Mandela Day celebrations. These parcels were distributed to families in the Isibindi programme in Laingville.

Book-sharing: A total of 15 parents and their children between ages 2 and 5 attended and completed eight sessions in book-sharing, a programme that helps children to explore, learn and improve communication between mother and child.

Matric study groups: We had eight children in our matriculant study groups this year. One is now doing Law studies at Wits University; the second is doing BCom accounting at University of Johannesburg and another student is currently re-writing some modules to improve their marks. The rest are working and/or seeking employment.

Ongoing staff training: 15 child and youth care workers are currently enrolled in NQF Level 5 Child and Youth Care training.

Children reached
through Isibindi
Programme

1,411

Food parcels
distributed
to vulnerable
families

322

Girls participated
in Dignity Days

34

Facilitators
trained to run
DARE Days for
boys

2



36

Total number of youth that participated in Ikasi programme

86

Total number of youth that participated in YENZA programmes

10

Staff participated in the YENZA programmes

Youth Cafés

The Youth Cafés provide safe, creative and vibrant spaces for young people to connect and learn. Mfesane has two Youth Cafes: the first in Velddrif and the second in Saldanha.

The programme goals are to:

1. Equip, train, mentor and support youth.
2. Provide a safe space to socialise with peers, transfer knowledge and be accepted for themselves.
3. Reinforce the five pillars: Family Foundations, Education & Training, Economic Opportunity, Identity & Belonging, Reconnection Opportunities.

NEET Youth and Game Changer Programme: The majority of youth attending training sessions at the Youth Café are youth that are Not in Education, Not in Employment and Not in Training (NEET).

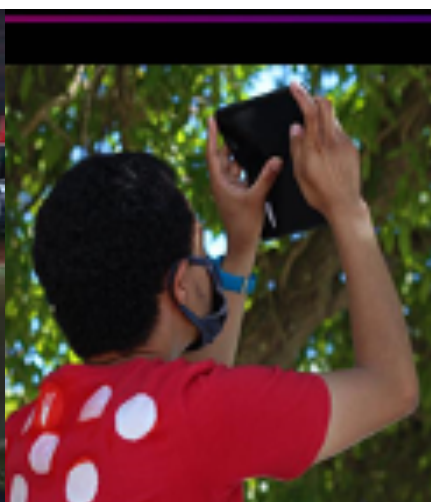
Young people who are still in school have the opportunity to engage with each other through different programmes, including games and physical activities. When young people leave school early, they often lack the opportunity to continue growing and learning in stimulating spaces. At Youth Café we focus on creative programmes and events to inspire youth to improve their academics while enjoying recreational activities with their peers. We focus on a Strength Based Approach for youth to reach their full potential, offering a one-stop service for the youth in the community. Support is given and referrals are made wherever necessary.

Ikasi Skills Development: Mfesane uses the Ikasi programme which is designed to empower youth to think entrepreneurial and to impart practical skills in personal development. The programme runs over four months and is an immersive experience for participants. The programme includes:

- Orientation (5 days): the recruitment of youth NEETS
- Skills (3 months): MICT SETA accredited training in film, TV and digital media
- Work placement and incubation: mentorship and work experience in industry

YENZA: this programme goes well beyond career guidance to provide youth with access to quality career services that increase their chance of success. The goals of the programme are accomplished by undertaking the following activities:

- Enable service users with an opportunity to obtain self-awareness and personalized career guidance.
- Provide service users with a modern and professional CV.
- Empower users to engage with services during these difficult COVID-19 times.



Family Counselling Services

The COVID-19 pandemic had a big impact on our Family Counselling Services. Amidst lockdown regulations, fear, uncertainty and unpredictable disruptions, Family Counselling Services was prevented from reaching the vulnerable families in our service areas. It was only in the third quarter of the financial year that counselling services were able to visit communities. Instead, Family Counselling focused on supporting Mfesane staff affected by the pandemic. More than 60 counselling cases were recorded.

Cases recorded
by Family
Counselling
Services

66

Positive parenting

Parenting workshops, on hold in communities due to COVID-19, were conducted within the organisation for the various programme staff when it was discovered that the staff and their families were experiencing trauma, stress and anxiety. Support services were rendered to them in this regard. In the third quarter of the financial year we were able to return to and reach out to smaller groups within the communities to conduct positive parenting programmes. 47 parents were reached during this reporting period.

Parents who
participated
in positive
parenting
programmes

47



Anisha's story

Anisha Wilson is currently studying nursing at Western Cape Nursing College. She started her career by studying Law at the University of the Western Cape (UWC) but quit after a month and went back home.

Anisha entered the Youth Cafe in 2019 as a shy individual who was unsure of her future plans.

As an intern, she quickly discovered her hidden skills. Her creativity was contagious and transferred to her colleagues. She had a hunger for academic projects and her shyness quickly disappeared as she provided support to scholars.

Anisha was promoted to Game Changer Facilitator and assisted the Youth Cafe manager. As one of our Facilitators, Anisha presented excellent work and was a team player who listened and gave guidance with a humble spirit. She worked as a Facilitator for two years.

In January 2021 Anisha was accepted at Western Cape College of Nursing to pursue a career in health. We are excited to see her growth and look forward to walking with Anisha as she starts her new adventure.



5

Dignity Days run through Youth Cafés



Dignity for girls

Mfesane runs this programme, developed by The Dignity Campaign, in a number of spaces across the organisation. The goal of the programme is to make an impact in the lives of young people that will last a lifetime. Mfesane has trained up several Dignity Facilitators on the West Coast. We ran several Dignity Days, which comprise a 6-hour programme for girls ages 10-18, divided into six interactive sessions. In a safe space, girls learnt about important topics in a small group setting, including identity, belonging, purpose, puberty, the menstrual cycle and menstrual management.

At the end of each Dignity Day, the girls received a set of washable pads to empower them to care for their bodies and finish their education. Our Dignity Facilitators have commented on the impact that the programme had for many of the girls and their families, as well as in the Facilitators' own lives and for their own children.

"30% of girls in South Africa do not attend school when they are menstruating because they do not have menstrual products."

-Stellenbosch University Law Clinic

41

Boys and young men equipped through DARE Days

Focus on boys, young men & fathers

There is a great need on the West Coast to equip, encourage and support boys and men. Mfesane ran two programmes this year.

DARE for boys: The DARE programme is a preventative approach where we reach out to boys and help them on their journey from boyhood to to manhood to fatherhood. Male Mfesane facilitators have been trained in this programme by The Dignity Campaign and engage with teenagers through a DARE Day where topics relevant to young men are discussed.

Fatherhood Programme: Fatherhood workshops were conducted with our male staff within the Youth Café program. Most sessions were done online with one face-to-face session. Through our SALT partnership, we conducted online DARE facilitator training with The Dignity Campaign which equipped men to be mentors to young boys between 12 and 17 years old. One of the highlights was a DARE Day held at Grand West in the Hanover Street venue. What an experience it was for some of our newly trained facilitators to apply their knowledge and skills!

41 young men and fathers were empowered to be more effective and efficient in their manhood and fatherhood this year.



KHAYELITSHA, CAPE TOWN

Mfesane's child and youth work in Khayelitsha works closely with local schools. The After School programme offers psychosocial support, psychosocial support, homework supervision, home visits for children who are enrolled in the programme, nutrition, and the opportunity to learn life skills.

After School Programme

Mfesane's Khayelitsha After School Programme has been very successful this year.

In South Africa, all schools were closed from March 2020 until June. Learners were slowly reintegrated back into schools with strict COVID-19 protocols, with the lower grades returning only in August on a part-time basis.

The knock-on effect of lost schooling has not yet been quantified. While schools tried to move online, teach via WhatsApp and handed out worksheets, for those in struggling communities, education stopped for days and weeks. At the same time, especially in places like Khayelitsha, communities struggled with isolation, conflict, depression and social issues like gender based violence which were exacerbated by victims being forced to stay in homes with their abusers. As children slowly returned to school, COVID-19 protocols also impacted learning. Masks were uncomfortable for young children, communication was difficult, sports were banned and social distancing in already crowded classrooms was impossible.

Mfesane works closely with Yomelela Primary School and offers an After School programme to their learners. Observable identifiers indicated that the repeated lockdowns had derailed learners from their academic commitments and that there was an urgent need to strengthen each learner's growth. Our care workers focused on assisting learners with academics and social wellbeing. The process consumed much of the carers' time.

When the November 2020 end of year exam period approached, Mfesane met with Yomelela Primary educators to assess the kind of assistance learners and teachers needed. It was most encouraging to hear Mfesane's hard work commended by the teachers responsible for our group of learners. A large percentage of the learners were reported to have improved academically since the beginning of the year, despite COVID-19. Teachers expressed a general feeling that the group of learners to which Mfesane services were focused were very fortunate as the majority of the school population also needed learning support. While one or two of our learners did fail the year, most passed their exams and progressed to higher grades.

This is now our second year of running an After School programme and we have learnt much during a challenging - yet rewarding - year.

Children supported through the After School programme

88



23

Girls who participated in a Dignity Day



Dignity for girls & DARE for boys

Khayelitsha is a very diverse community in terms of culture, values, backgrounds and residents. With high levels of unemployment and resultant poverty, there are many social ills like crime, teenage pregnancy, substance use and more. Many children and youth are left unsupervised and get involved in 'mini gangs' which engage in reckless behavior such as fighting and crime.

In order to reach out to Khayelitsha's young people, Mfesane piloted the Dignity programme for 23 girls between the ages of 12 and 18. After running our first Dignity Day very successfully, we realised that the boys in the community also desperately needed input and an opportunity to discover that they have purpose and can play a positive role in their peer groups and families.

Through the 'DARE to be Different' campaign, we plan to reach out to young boys between the ages of 13 to 20 years to raise awareness of what a man should be and help boys unlearn undesirable behaviors. The programme helps initiate fruitful discussions around the topics of identity, belonging and purpose, with the aim of helping boys break out of societal stereotypes and become men who dare to be different, respecting their own bodies as well as those around them.

Mfesane plans to send more of our Khayelitsha child and youth care staff to Dignity and DARE Facilitator Training in the next year because of the huge need for these programmes and the very positive feedback we have received from participants and families.

23

Children who participated in the Mfesane holiday programme

Holiday programme

Mfesane usually runs holiday programmes during each school holiday, but with the lockdowns due to COVID-19, we were only able to run one smaller holiday programme at the end of 2020 for primary school children. The programme included life skills, fun games, dance and drama, as well as snacks.

20

Parents who took part in the Child Safety workshop

Child Safety workshop

The purpose of the workshop was to educate parents about how to keep children safe within their home environments, as well as on the topic of road safety.

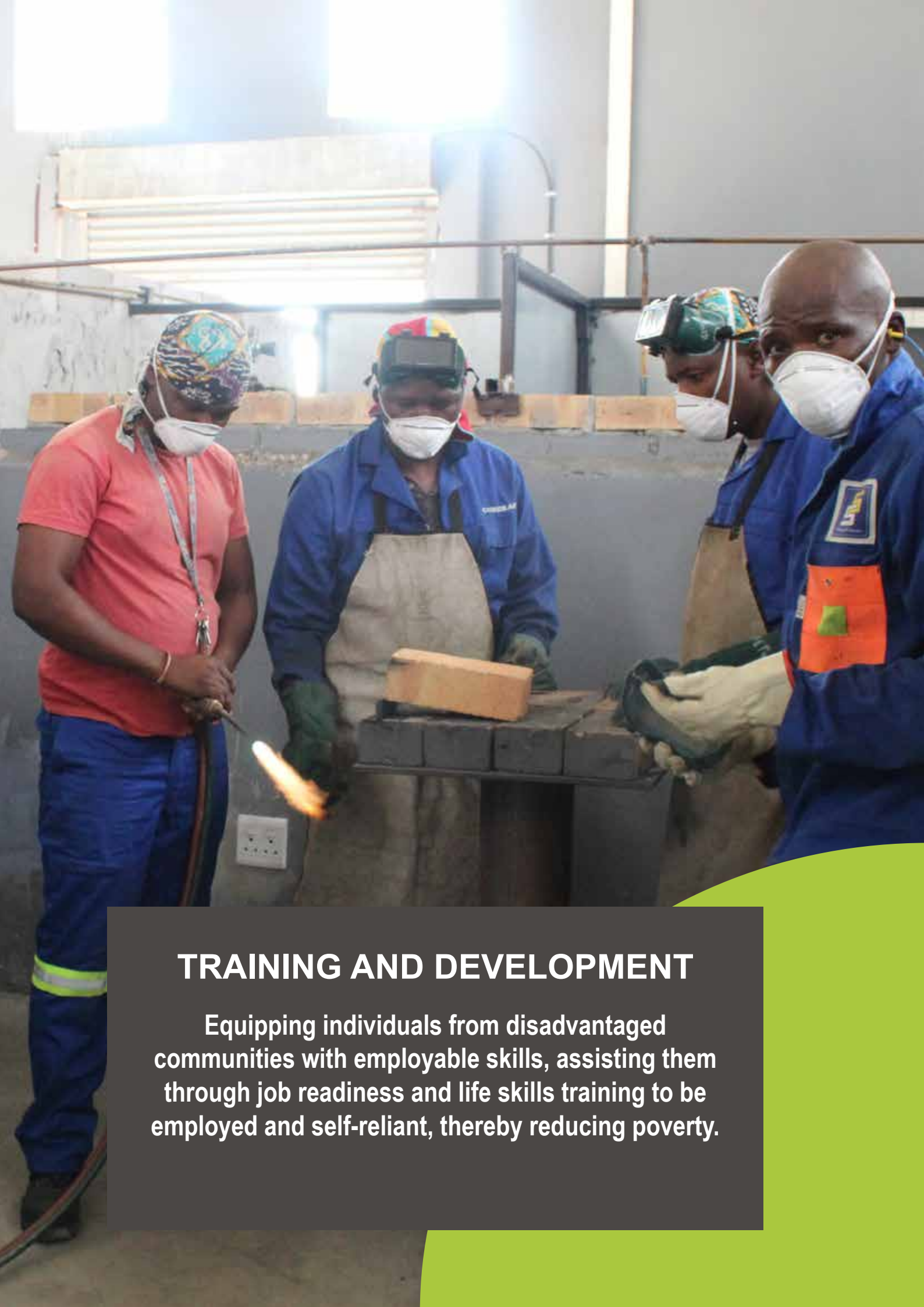
Home environment safety education entailed equipping parents with skills to manage and prevent hazardous circumstances that could threaten children. Parents and facilitators discussed the responsible use of flammable objects like paraffin heaters as well as the use of candles. Participants also discussed the appropriate age to leave children unsupervised at home and other important aspects that impact keeping the "home" and children safe. Parents shared their experiences as well as some important indigenous methods in addition to those presented by the facilitator.

Road safety focused on appropriate conduct of children whether walking on pavements or using transport. Parental supervision on the road was discussed in great detail and parents identified their own supervision styles in keeping their children safe.

The most important aspect of road safety discussed was scholar transport management and supervision. Parents were orientated on how best to liaison with drivers to keep their children safe.

An excellent organization was brought to the attention of parents. The organization monitors drivers who transport children by providing incentives for safe driving and good management of children.





TRAINING AND DEVELOPMENT

Equipping individuals from disadvantaged communities with employable skills, assisting them through job readiness and life skills training to be employed and self-reliant, thereby reducing poverty.

KHAYELITSHA, CAPE TOWN

Mfesane's Skills Centre is centrally located in Khayelitsha, Cape Town. A number of programmes are run from this facility, ranging from soft skills to construction, sewing, gardening and Seta-accredited qualifications.

227

Individuals participated in Mfesane's skills training programmes

Bricklaying, plastering & welding

Mfesane runs practical bricklaying, plastering and welding courses through the year. This year we had 31 graduates from the bricklaying programme, 10 graduates from the plastering training and 12 graduates from the welding programmes (which cover different kinds of welding including MIG, TIG and arc welding).



Child and Youth Care training

Mfesane is making history as the first organization to offer Level 5 Child and Youth Care Training as a formal qualification.

Mfesane offers Child and Youth Care training which is accredited. The training is offered in partnership with the National Association for Child and Youth Care Workers. Training commenced in January 2021. Eleven students signed up for the Health Promotion Officer NQF Level 3 course, sixteen students have signed up for Child and Youth Care Worker 1 NQF Level 5 and we have 20 students enrolled for the Child and Youth Care Worker 2 NQF Level 5 qualification.

23

Food garden participants

Food garden project

From its humble beginnings, it is with great pleasure to share that the food garden has had good crops which have been used for the After School and holiday programmes.

Carrots, potatoes, spinach and spring onion were harvested and used in providing some nutritious meals for the children. A few of the vegetables harvested were sold to the staff and the generated income was used to buy seeds and manure for the garden.



Counselling

Counselling services were introduced to the Khayelitsha Skills Center in January 2021. The uptake was initially slow so Mfesane distributed flyers in the surrounding community to create awareness of the new service.

As we enter the next financial year, a planning team will coordinate events and other awareness campaigns to inform about the benefits of counselling. The aim of the counselling services is to strengthen families and help to support homes that function well to nurture children to reach their potential.

COUNSELLING SUCCESS STORY

One of our first clients was a lady who was struggling with substance use and neglect of her children. She saw herself as a bad mother to her children. Working gently through several issues, in the third session the counsellor and client did an exercise to help the client stop drinking alcohol and begin to work on her self-awareness and self-confidence. When she came for the next session she shared that the exercise had helped tremendously and in fact, she had stayed at home the whole week without going to friends and drinking alcohol. We are encouraged that the client's family is supporting her in this journey, and that the client has chosen to return to school to improve her subjects so that she can find a job and support her children herself.



Sewing

In this financial year, 57 people were trained in basic sewing of which six were male trainees. Another 21 individuals participated in the advanced sewing skills classes.

Being with the groups has been both fun and informative. It has been especially enjoyable to watch trainees get into their daily routines and assist each other. There has been great observable growth and development in sewing.

During their training, the trainees sewed beanies and scarves which were sold to school kids in the community. The trainees kept the income to supplement their earnings. The trainees also sewed masks for the After School programme, holiday programme and for Mfesane staff, using the income to buy more material to make masks.

Individuals
trained in basic
sewing skills

57

Individuals
trained in
advanced sewing
skills

21

SEWING TESTIMONY

A wonderful testimony in this department is that of Nosiselo Kula, a trainee who opened a sewing business upon completion of her basic training.

Nosiselo made use of Mfesane's 'Give Yourself a Job' programme to look into the prospects of running her own business. The programme empowers trainees on how they can start and run their own businesses. Topics include drafting a business plan, clarifying uncertainties, strategy and more. Nosiselo took her sewing skills, implemented what she learnt through the 'Give Yourself a Job' training and is now a proudly South African business owner.

Nosiselo runs her business in her home space where she sews traditional attire to sell to her community. Nosiselo's dedication has helped her build a strong network with the Skills Center and she often calls for assistance during busy times in her business and also requests business advice.



63

'Give Yourself a Job' participants

55

Individuals participated in the Digital Literacy training

'Give Yourself a Job' & 'Digital Literacy'

'Give Yourself a Job' is a fairly new programme that was launched, with positive feedback from the 63 participants who attended workshops. It is encouraging to learn of such success at an early stage.

Further assessment of the programme will be conducted to assess its overall impact and the prospects of continuing.

Mfesane also ran Digital Literacy courses to equip participants with basic digital skills. The courses were very popular and the participants really enjoyed learning about how to search on the internet, set up an email account, social media and more, all crucial first steps towards being able to apply for jobs.



KHANYISA LAMATI – STUDENT CHILD AND YOUTH CARE LEARNERSHIP

I started my journey with Mfesane in November 2020 as an Extended Public Works Programme employee. I was unemployed at the time and needed help from my family for the basics. I could not contribute to my household which was challenging and frustrating. A stipend helped me to care for my family. In February 2021 Mfesane offered me the opportunity to become a qualified Child and Youth Care Worker by enrolling me in a learnership. I am enjoying the programme which has been a large learning curve and a great eye-opening experience. I am learning lots of things that are improving my skills as a carer and at home my relationship with my nephew has improved a lot as I am his primary guardian. My colleagues are very nurturing.

Thank you Mfesane for changing my future!

THOZAMA KAMPI – STUDENT, CHILD AND YOUTH CARE LEARNERSHIP

When I came to Mfesane I was unemployed, unskilled and ready to take anything that would enable me to support my family. Mfesane offered me more than that. They restored my hope and dignity. I started with the plant production training. This was challenging because I had to learn basics, like learning how to use a computer. The eight months of plant production training was very successful - I can now sustain myself and my family and am competent in preparing soil and monitoring plants to harvest. I previously saw agriculture as something not worthwhile but now I understand that farming has the potential to feed my family and create income. I am currently considering starting a food garden with a group of women in my community where we can feed our families through the initiative and possibly sell surplus produce to financially support our households.

In February 2021 I was privileged to apply for and be accepted for the Child and Youth Care Worker training. I feel this is a career which will give me opportunities to achieve a lot and stretch my abilities. Child and Youth Care training has already helped me to deal with my own childhood painful experiences and my goal is to educate children, help them with their challenges and contribute towards families' social wellbeing.

Through all these initiatives, Mfesane has assisted me to regain self-confidence. I am very positive about the future, many lives will definitely change. Thank you Mfesane for giving me a chance to heal the little girl I was not even aware is still crying inside me. I am so proud and brave to face the future. This learnership is the highlight of my life journey!

A woman wearing a white cap and a blue face mask is focused on a craft project, holding a pink piece of material. In the foreground, the back of a person's head with dark hair is visible, looking down at the same project. The background is dark with some blurred lights.

FINANCIAL REPORT & THANKS

What would qualify a servant to manage his master's house? He would be a wise servant who is both faithful and dependable. The master would commission him to oversee others, for he would lead them well and give them food at the right time. What joy and blessing will come to that faithful servant when the master comes home to find him serving with excellence! (Matt 24:45-46)

FINANCIAL REPORT



Building the Mfesane team

In February 2021 Mfesane's board of directors and staff members welcomed Stewart Jordaan as the newly appointed Accountant of Mfesane NPC.

We thank Rowan Abels, our interim Accountant, who has a long history with Mfesane. Rowan started at Mfesane in 1991 and, after 25 years, retired in December 2015. He came back to assist Mfesane on a temporary basis in 2016 and then returned in 2019 to serve Mfesane again for another 3 years before handing over to Stewart in February 2021. Rowan's attention to detail and tireless service has been a blessing to the organisation.

Income and expenditure

The external auditors HG Chartered Accountants are responsible for independently reviewing and reporting on the company's financial statements.

INCOME STATEMENT FOR THE YEAR ENDING 31 MARCH 2021

INCOME	R/m	ASSETS	R/m
1. Donations	11,09	Non-current assets	14.66
2. Investment income	4.49	Current assets	3.74
3. Other income	0.32		18.40
	15.90		
EXPENDITURE	R/m	EQUITY & LIABILITIES	R/m
1. Other expenditure	5.44	Non-distributable reserves	16.25
2. Staff expenditure	9.83	Trust Funds	1.27
		Current liabilities	0.88
	15.27		18.40

Audited annual financial statements are available on request.

THANKS AND ACKNOWLEDGEMENTS

Our partners, funders & donors

Avon and Dedisa Peaking Power PTY Ltd
Bergvriër Municipality
BLG Logistics of South Africa (Pty) Ltd
CANSAs
City of Cape Town Municipality
DCAS
DEDAT
Department of Health, Health Facilities
Department of Social Development, Social Development Regional
Dutch Reformed Church, Vredenburg
ELRU, Vredenburg
Food Forward SA
Freddie Kirsten Trust
Global Leadership Consultants
Health and Welfare SETA
Ikasi Media
Initiative for Community Advancement
Kerk in Actie Alliance
Kropz – Elandsfontein Mine
Local Council offices for Wells Estate and Booysens Park
NACCW
National Development Agency
Nelson Mandela Bay Municipality
Nelson Mandela University
Noordhoek E-Centre
Noordhoek Library
Saldanha Bay Municipality
SALT Alliance
Sea Harvest
South African Police Services
Stichting Pharos
The Dignity Campaign
Thusong centres, Hopefield and Langebaan
Transnet, Genesis Hub
Umoya Energy Farm, Hopefield
United Reformed Church
USAID - TB South Africa Project
Verre Naasten
West Coast College
Zuid-Afrika Mission

Special thanks

Our Heavenly Father
Mfesane's Board of Directors
Staff members and their families
Loyal individual donors
Our friends



BE PART OF THE MFESANE STORY

We can beat poverty in our nation if we work together.

Donations can be made to:

Mfesane NPC

Bank: ABSA | Account: 340143280

Branch: Santyger 630510 | Swift code: ABSAZA

Contact Mfesane

Head office: Mfesane Central Office & Skills Centre, Govan Mbeki Road, Greenpoint, Khayelitsha

Postal: Private Bag X2, CT International Airport 7525, South Africa

Tel: (021) 945 3992/5 | **Fax:** 086 292 4841

Email: central@mfesane.org.za

Website: www.mfesane.org.za | **Facebook:** @mfesaneza

Instagram: mfesaneza | **LinkedIn:** www.linkedin.com/company/mfesane

EASTERN CAPE

Mfesane Eastern Cape
Unit 6, Moffet Business Park 3
102 Restitution Avenue
Fairview, 6065

P.O. Box 1051, Gquberha, 6000

Tel: (041) 582 2929

KHAYELITSHA

Mfesane Central Office & Skills Centre
Noluthando School for the Deaf
Govan Mbeki Rd
Greenpoint, Khayelitsha
7784

Tel: (021) 945 3992 / 5

WEST COAST

Mfesane Vredenburg
Unit 4
5 Hill Street
Vredenburg
7380

Tel: (022) 713 2793

Mfesane is an independent, ecumenical development organization.

*Mfesane is registered as a Non-Profit Company (NPC) with a tax exempt Section 18A status.
Company Reg: 1975/000041/08 | PBO: 130002098 | NPO: NO003-685 | Vat Reg: 443 010 5603*