

thank you

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

Mamelani Projects is a
Non Profit Organisation

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Mamelani Projects

To make a contribution to Mamelani Projects,
you can make a direct donation on our website
via the link below:

www.mamelani.org.za/get-involved/donate/

or you can make a payment directly into
our bank account:

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Branch code:	632005
International SWIFT code:	ABSAZAJJ
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2015

ANNUAL REPORT

Mamelani creates positive transformation in communities. We focus on shifts that enable people to take action to improve their lives by building on already existing knowledge and strengths.

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



MAMELANI PROJECTS

Walking alongside people in their development

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What we value about our organisational culture:

our Youthful Spirit

we are willing to try new things

our Perseverance

we are willing to walk the long journey

our Authenticity

we build strong and honest relationships

our Acceptance

we are able to be ourselves at work

our Diversity

we respect and value our differences

MESSAGE FROM THE DIRECTOR

As I write this, I cannot help but reflect on the fact that the last Annual Report marked the end of the first decade of our work. Ten years of building and growing an organisation with many achievements to celebrate, and also challenges to acknowledge, that resulted in the many important lessons that we have learnt.

Now we move into the next phase of the organisation's journey, building on what we have learnt over these years, knowing that we make the path by walking – we learn by doing. What makes us most effective is when we are able to reflect on and live our purpose as an organisation – when the quality of what we are trying to do out there in the world, can be felt inside the organisation itself, in the way we are with the people we work with, and in the way we are with each other – and that this is what makes our work possible. We continue to strive to make a lasting impact on the lives of the people we work with – to bring hope, to build bridges, to increase confidence and motivation and to help people step into their full potential.

Our programmes continue to grow and change as things shift in the areas in which we work. We have been intentional about making a contribution at a systemic level in both of our programmes, so the impact of our work can reach beyond the groups we work with directly. We have been

honoured to journey with the men, women and young people who form part of the extended Mamelani family. Each one of them has journeyed with such resilience and determination, and it has been so inspiring to see them achieve their goals.

These moments would not be possible without our committed staff members and our Board of Trustees who carry our work forward. I am humbled and truly honoured to work alongside such a dedicated and purposeful group of people and I want to end this note by expressing my deepest gratitude to them all.

We look forward to the exciting year that lies ahead.

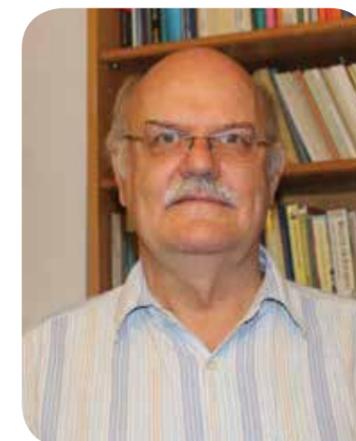
Carly Tanur
Founding Director



MESSAGE FROM THE CHAIRPERSON

The last year has seen the further development and deepening of Mamelani's programmes. This has been superbly achieved by the staff of Mamelani notwithstanding the varied challenges that many of the staff have had to face over the last year. Their commitment and dedication has significantly contributed to the resilience of the organisation which has repeatedly shown that it can handle the most complex of projects in the face of resource challenges and other constraints. This resilience is further demonstrated by the increasing demands being made of the organisation particularly from the governmental sector which sees Mamelani as a very good example of best practice in a number of areas. During the year, the organisation published a guide about assisting youth in transition titled "Transitional Support Programmes for the Child and Youth Care Sector". This was made possible through partnerships with the Department of Social Development as well as a number of funders. This guide is a timely and powerful example of how Mamelani has matured and become an organisation which embodies and continues to make a significant impact on the sector in which it works.

South Africa is in the midst of a difficult few years affected



by stagnant growth and continued levels of high unemployment and poverty. This has placed increasing burdens on the NGO/NPO sector, which often struggles to survive due to limited funding opportunities. We are therefore enormously grateful to our various funders for the support they have shown us over the years and for the faith they have placed in Mamelani by continuing to fund the organisation. A number of individuals have also given generously to Mamelani and we are thankful to all of you for your vital support and assistance. On a more personal note, I have been privileged to serve as the Chairperson of Mamelani for more than five years having originally started as an interim Chairperson! The time has come for me to hand over the reins to someone else although I will remain a member of the Board. I want to thank my fellow Board members for their solid support and friendship and also the Director and staff of Mamelani for making my task as Chairperson a very comfortable and rewarding one.

Allan Taylor
Chairperson

the mamelani team



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Wellness Facilitator

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Team-Leader and Youth Facilitator

Cally Nixon

Youth Facilitator

Leroy De Klerk

Youth Facilitator

THINGS TO CELEBRATE!

Establishment of Sandile Mhi Education Fund – Phelokazi is the first recipient

Sadly, in December 2013, Sandile Mhi, one of the participants in our programme was killed. He had a strong vision of wanting to make a contribution to uplifting other young people and their extended families. One of our supporters who had a longstanding relationship with Sandile contacted us after his death to ask what could be done to honour his life. Together, we chose to establish the Sandile Mhi Education Fund. Not a day goes by without us thinking of Sandile and his powerful spirit. We are very grateful to Eddie and Lisa Villiers for their contribution to the Fund and for enabling Sandile to leave a legacy in this way.

Phelokazi Tshemese was the first recipient of the fund – she is attending social auxiliary work training this year and is looking forward to reaching her dream of being able to support other children in need.



Fundraising Events Mamelani Movers make their mark!

The Mamelani Movers Cape Town Cycle Tour raised R95 000 towards the Community Health Programme. We had 48 adult riders and 23 kiddies riders who pedalled their way on the day and made us all very proud! A week before the race we joined the Velokhaya Team for a cycle around Khayelitsha to visit Mam'Mickey's Soup Kitchen.

Calling all keen Cyclists! We will have 30 spaces for the 2016 Cape Town Cycle Tour – so please be in touch with us if you would like to ride with us this year.

The Three Peaks Challenge sees runners summiting the three highest peaks in Cape Town all in one day. The race has a long history – started by Carl Wilhelm Schneeberger who ascended Devil's Peak, Table Mountain and Lion's Head all in one day in 1957. Thirty years later, Mr Trimble took on the challenge of completing this route. In June 1977, Geoffrey Pitter came across the event recounted in the 1963 Mountain Club of South Africa Journal. He decided that the 50th anniversary should not go unnoticed and on the 25th of September, 1977, 50 years to the day, he commemorated and emulated the feat. The tradition continues - September 1997 Don Hartley organised a 100-year commemoration of Schneeberger's achievement. Intended to be a one-off affair, it revived a tradition that has since entrenched itself amongst the toughest physical and mental challenges of its kind! We love the story and sense of community that has been built around this even and were so excited to be part of this event last year. Five champion runners ran the race waving the Mamelani flag! **They raised an impressive R22 000 towards the Youth Development Programme** – and we are super excited to be joining them for the 2015 event as core partners.

We have a new home!

In February 2015 Mamelani moved to new offices in Observatory. We are excited to be operating out of this new venue – we would love it if you came round to visit! We can now be found at 2 Waverley Road, Observatory.

We have a new website

In November last year we launched our new website – have you seen it? Please take the time to have a look - www.mamelani.org.za



Organisational Reflection Process

In September 2014 we held a strategic thinking process facilitated by Sue Davidoff, one of our trustees. The process enabled us to reflect on our work and engage with what is shifting in our communities. The process helped us to think deeply about what is important to us as an organisation and anticipate how we need to work as we journey forward so are equipped to continue responding appropriately to the changing needs of the people we serve.



Building leadership - The Coordination Team

We have established a coordination team in an effort to build shared leadership within the organisation. This structure is in its third year of existence. The strength of the Mamelani team lies in the fact that it is focused on building the leadership skills of staff members from different programmes in our organisation. Rotating posts ensures members from different programmes have the opportunity to participate in strategic decision making and helping to shape the organisation's trajectory. This structure has become the heart of the organisation – not only in the manner we make important decisions collectively, but where we come together as a team to deal with the joys and the difficulties we face as a team.

Staff Changes

Mamelani bid farewell to Meagan Adriaans as she relocated to the USA. We welcomed Wardi Adams in her place as the new Admin and Communications Officer in July 2014. We also welcomed Cally Nixon who joined the Youth Development Team in September 2014. Cally brings with her a wealth of experience from her social work training as well as her years of experience in the field. We look forward to having her as part of our team.

Investing in People - Staff Development

Mamelani is blessed with a committed and passionate team. We value the contribution that each staff member makes and we see the importance of investing in and maintaining the well-being of our team, and of the organisation as a whole. We have all really enjoyed our staff wellness days spent in Kirstenbosch Gardens, Deer Park and Noordhoek. Being together and connecting as a team is so important to us and we have all felt the restorative power of nature as it has helped us to re-energise and recharge.

Mamelani continues to invest in the capacity building of our team. In 2014/2015, our team members continued to develop their skills and knowledge through attending a range of courses. Carly, Mamelani's Director is completing her Masters in Reflective Social Practice through the London Metropolitan University in partnership with the Proteus Initiative. Monika, our operations manager has been attending training in Family Constellation Therapy. Gerald, our youth facilitator has almost completed his Social Work Honours. Leroy, also a youth facilitator attended the Firelight Facilitator training run by Training for Transformation. Cleo and Nomvuyo, our health facilitators, graduated in Auxiliary Social Work and Postgraduate certificate in Educating Adults, respectively. Cleopatra also attended the International People's Health University (IPHU) course in December on "Organizing for Community Health". Thandi, who is also our health facilitator, attended a course on Healing of Memories. The wellness team attended a facilitation workshop run by Sue Davidoff and Allan Kaplan from the Proteus Initiative.



Plans for 2014/2015

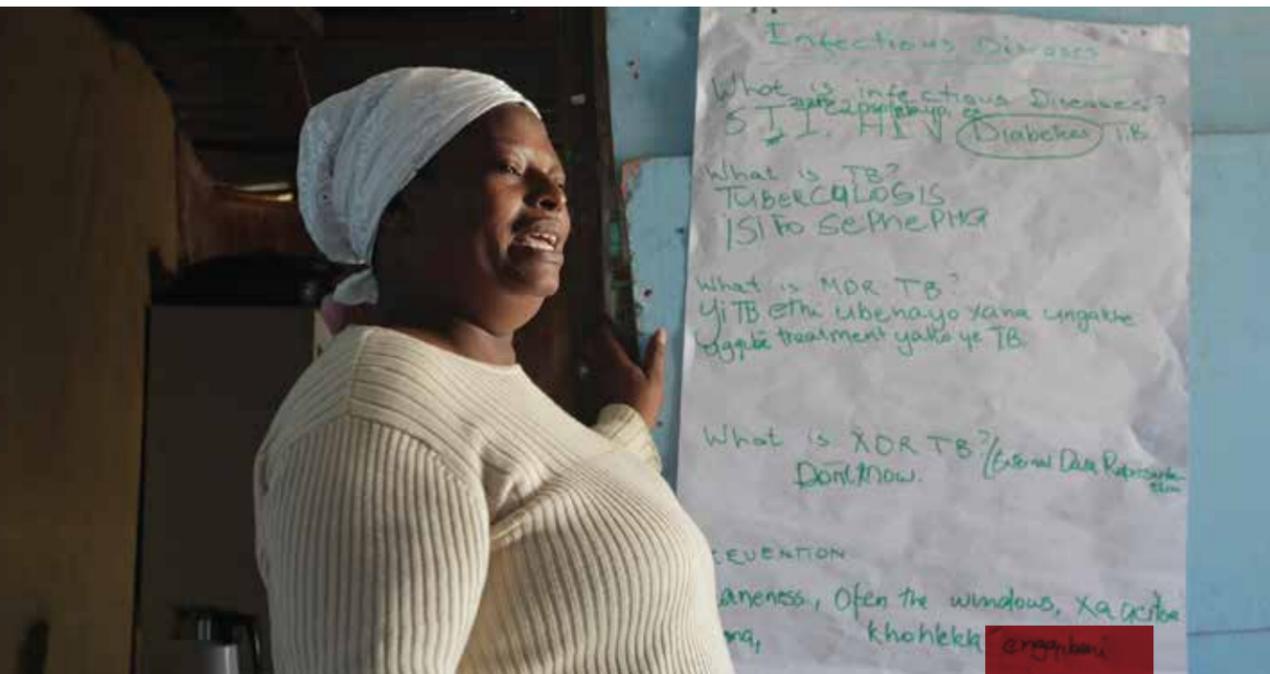
Within the **Community Health Programme**, we are exploring ways of shifting our practice to respond more deeply to the needs of the groups we are working with. We are looking into how to incorporate more work-readiness and job placement as part of the programme. We are planning to continue to run the wellness workshops, the follow up workshops as well as the Community Champions Programme as our way of contributing to community health and well-being. In the coming year we will also be looking into ways to work more closely with the Health System, in particular with local clinics.

Within the **Youth Development Programme**, we plan to continue to engage with the Department of Social Development around extending transitional support services within the Child and Youth Care Centres. We are looking to explore how our approach could be used by cluster foster schemes, as the Department has expressed a need to also prepare young people who have grown up in foster care for the transition to adulthood. The young people in our programme remain at the heart of our work, and we are looking forward to working with around 40 young people in the new year. In the new year we are planning to step more intentionally into the lobbying arena to influence policy around the provision of transitional support services within the sector through proposed amendments to the Children's Act.

Context

Health promotion remains a priority by virtue of the fact that millions of people in our country continue to suffer from preventable illnesses. In global terms, South Africa has the third highest burden of TB and suffers from the world's largest drug-resistant TB epidemic. HIV infection rates are on the rise and surprisingly, knowledge of how HIV is transmitted and prevented has actually declined. Diabetes and Hypertension are also on the rise and information about improving nutrition and preventing these lifestyle illnesses is critically needed. We believe it is essential that people have access to this information and that they are encouraged and informed on how to access health services. Most importantly, they need to be provided with the space to engage with and integrate this information in ways that help them to use this information to better care for themselves and their loved ones.

Mamelani's task does not end here. At Mamelani, when we think about community health, we think about more than just physical health. We think about what contributes to people's sense of wellbeing. The programme therefore also focuses on strengthening people's confidence, sense of self and their sense of agency. We aim to foster a sense of belonging and social-cohesion through building relationships. The intention behind the workshops is to share information, raise awareness, provide support and most importantly, to motivate people in terms of their physical health, their relationships and whatever else is important to them. Our focus goes beyond mere health education – we focus on shifting people's perceptions of themselves and what they see as possible in their lives.



The Community Health Programme

The wellness workshops have continued over the last year providing participants with a basic understanding of the health issues facing their families enabling them to be more informed and active in this area. Workshops take place from venues in the community so that participants need not incur travel costs to attend – in this way we ensure that no one is excluded from the workshops as a result of lack of income. Ninety percent of the people who attend our workshops are women, almost all of them, unemployed. We think it is important to work with women as they are generally the primary caregivers, caring for their families and extended families, even if they are not working. If these women do not have access to correct information regarding health, nutrition and clinic services, they are left to make decisions that result in poor management of health conditions, and often lead to avoidable health issues that create an extra financial and emotional burden on the family. The workshops provide a safe and supportive environment for these women to learn about their bodies, their health and other issues that are important to them. The programme is not only targeted at women, and we have welcomed the men who have participated in the last year! We look forward to increasing the number of men who engage in the workshops.

programme reports

PROGRAMME ACTIVITIES

During 2014/2015 we trained the following groups:

CYCLE 01:

NAME OF GROUP	TYPE OF GROUP	AREA	TYPE OF WORKSHOP	NUMBER
Masivuke Group	Community Group	Site B, Khayelitsha	Wellness Workshop	15
Siyanoqoba Group	Community Group	Kuyasa	Wellness Workshop	12
Yabonga Support Group	Support Group	Kuyasa	Wellness Workshop	18
Siyakhula Group	Community Group (Better Life)	Philippi	Wellness Workshop	17
Youth Group	Youth Group	Site C, Khayelitsha	Wellness Workshop	14
Masakhubuzwe	Community Group	Philippi	Wellness Workshop	12
TOTAL				88

CYCLE 02:

NAME OF GROUP	TYPE OF GROUP	AREA	TYPE OF WORKSHOP	NUMBER
Samora Community Group	Community Group	Samora Machel	Wellness Workshop	11
Masikhule	Community Group	Site B, Khayelitsha	Wellness Workshop	17
Site C Community Group	Community Group	Site C, Khayelitsha	Wellness Workshop	13
TOTAL				41

Follow up Groups

Siyakhula Group	Community Group (Better Life)	Philippi	Follow up	11
Iliso Lomzi	Support Group	Harare, Khayelitsha	Follow up	13
Cobeletu	Community Group	Samora Machel	Follow up	12
TOTAL				36

HEALTH AWARENESS DAY:

NAME OF GROUP	TYPE OF GROUP	AREA	TYPE OF WORKSHOP	NUMBER
Health Awareness Day	Former Participants	Khayelitsha	Health Awareness Day	80
TOTAL				80

Impact

Roughly 250 people were reached directly through the programme, 165 people attended wellness workshops (eight weeks duration) and around 80 people attended the Health Awareness Day. Assuming that each direct beneficiary takes the knowledge gained and implements changes that affect the health and wellbeing of five family members, more than 1200 people will have benefited indirectly from the programme over this time.

The impact of the programme is best expressed in the voices of participants:

"I would like to thank Mamelani Projects for giving us such knowledge about HIV and STIs and also about how to keep our bodies physically fit. We thank you for your effort and for trying to open our eyes and minds – we appreciate it a lot and hope that you can continue to share this important knowledge to others who need it. I will share it with others and encourage them to go for testing to know their health status"

"This workshop has taught me something important – I had always ignored this kind of information, thinking it won't do real harm, but now I know these things can be fatal for my family"

"My aim is to teach my family about eating healthy and making sure we leave all those junk foods we used to eat – and start to practice a healthy life from now on, so that I won't see my family getting unnecessarily sick."



Changes on the ground - calling for a different response

In the last year the reality for the groups we were training shifted. We were very grateful that Sue Davidoff, one of our Trustees who is a skilled community development specialist, could spend some time with us exploring these issues.

Although the workshops have always been participatory and created space for participants to share experiences, there has always been a tension between the space created for discussion, and the content that needs to be covered in each session. The presenting challenges led us to revisit our practice of meeting people where they are at, and using and valuing their existing knowledge and experiences – questioning whether our pressure to deliver particular content, was in fact taking time away from other issues that participants wanted to discuss. As a team, we needed to be more flexible and equipped to deal with what was changing – a new response was needed to respond to the changing reality that the issues faced by the women attending the workshops felt more severe. Although issues relating to crime and unemployment have always been present, the facilitators felt that life for the people we work with has become more difficult - these issues, which always formed part of the conversations held in the workshops, are now being foregrounded. This called on us to shift the way we work, to create space for these issues to be discussed. Given that finding work is a real need for the groups we work with, we have begun to explore how to incorporate more work readiness into the programme. Facilitators spent time visiting local skills training and work readiness organisations to ensure that we have a full picture of the services they offer, as well as the challenges they face, so that we can explore how to incorporate their services into our programme.

Also, instead of covering all eight topics as we did in the past, groups were encouraged to select the top five topics that they felt were pressing or more relevant – to allow more time in the sessions for deeper conversations.

One of the facilitators reflects on this...

"Because of the challenges we were experiencing, the wellness team had several strategic thinking sessions trying to unpack and understand these issues, asking difficult questions that would get us to the root causes instead of just relying on our assumptions of why these challenges were presenting themselves. I found myself asking: Are we thinking enough about how things are changing in our communities, conditions are deteriorating - diseases, crime, unemployment is up and these issues are showing up in the workshops in different ways than before. Looking at what is changing and what is living in our communities, I have been wondering whether what we offer is the meeting people's immediate needs – yes health education is important, but the groups we work with have other needs that feel as if they are more pressing for them. I am wondering how we can adjust our approach of running the workshops so that what is covered better serves the needs of the participants"



An extract from one of the facilitator's reflective reports shows the shift that has been made:

"The extra time that has been created allows us to give more time for group work where participants can discuss, brainstorm and share information amongst each other. I feel we are getting a better sense of what they know and therefore we can see what information we need to prioritise. Most importantly for me is that we are having more time to have deeper conversations about how these issues impact on their lives, and how the information can be used. I have seen the pride the groups have when they research, collect, share and present the information themselves. You can see the positive and healthy competition they have in making sure they do the best presentation and that they don't just agree with each other's presentations but also ask questions and challenge each other. What also stood out for me with this approach is that even though we were still experiencing the winter rains, when usually we expect some cancellations, the group members all made sure they were there - come rain or shine. It also excited me to see the growth in the programme. The fact that we made time to sit down and reflect and ask difficult and important questions about what is it that we missing or what needed to change in the way we do things - now we can see the positive results of such shifts and so I am grateful my team were open to making changes"

Towards the end of the cycle, the team held follow-up sessions with previously trained groups that revealed and explored similar issues to what was coming up in the groups – mostly issues around drug and alcohol abuse among youth and escalating crime. The follow-up workshops provided a space for people to share their experiences and get advice from each other. We also created a list of resources for participants to access needed services such as rehabilitation programmes. On young person who had joined one of the groups admitted to the group that she had been using drugs – the group supported her to seek help and months later when we visited this group, she told her story, of how having a supportive group of women around her helped her to make a huge change.

Motivation, inspiration and spreading the message beyond the workshops.



For many of the participants, this was their first time attending a workshop. In this last year, we also noticed that there was an increase in the number of young matriculants attending the workshops. They shared how they appreciated that Mamelani had travelled to see them. Many of them expressed feeling that they were losing hope, with nothing to do. Since the workshops, they had found the confidence to attend other workshops, and had felt encouraged and motivated to take other steps towards improving their own well-being. Their eagerness to attend other workshops was inspiring for us!

One of the groups that were trained was from the Masivuke Project. They were getting a stipend from the Department of Social Department to visit seniors in their homes to give them their medication. There were six men in the group who were active and curious to know more. Working with this group was really powerful as they were really committed to using the information and sharing it with the seniors who they visited.

People who have family in the Eastern Cape spoke of how they were excited to have the knowledge that they had gained and spoke of how they were looking forward to going home in December and being able to share it with family members there.

In one area we had to cancel the training because a big portion of the group got employed and there were too few of them left to continue with the workshops. The group members who were left were disappointed, as they really wanted to complete the training, but there were only four of them. Thandi, the facilitator was not sure what to do. She told the remaining participants that they should find others who can join them and that she would return in the new year to run another series of workshops. She had a larger group in another area, about a 30 minute walk from where this group was situated. The participants were so eager to attend that they asked if they could join the group in Samora Machel and each week walked from one area to another to attend the workshop. This was a testament to their commitment and the value they placed on the workshop!



The Mentoring Process



The mentoring process supported the Champions to develop individual development plans and to identify skills training options to help them reach their goals.

Mamela, one of the Champs, was hesitant at the start of the mentoring process. She had always been a shy person. But since the process started, her confidence has grown – so much so that she had the courage to go and volunteer at a crèche, where she is now working! Vuyiseka, another Champion has now started doing voluntary work at the local library every second week – motivated through the mentoring process. Vuyokazi has started doing her practicals at a hospital as part of her home-based care training. Patricia who has been running her crèche, has been restructuring the space to be able to accommodate more children. The volunteers from the crèche are also accessing Early Childhood Development (ECD) training on Saturdays – so her initiative is growing. Ether started volunteering at Sizakuyenza, where she has now been taken on as a part-time staff member working with young children providing bereavement support. In February 2015, we held a gathering for the Community Champions at Green Point Park to reflect on the past year, and to assess how far each of them had come on their individual journeys.

THE COMMUNITY CHAMPIONS PROGRAMME

This programme continues to work with women who are offering support services to the most vulnerable in their communities. Some of these women run soup kitchens and support groups, and by equipping them with resources and skills, they are more able to provide this essential support.

The champs had completed a series of workshops aimed at preparing them for the year ahead. The workshops helped the Champions to reflect on the role they play in supporting those around them, and to identify what they wanted to strengthen in order to reach their goals. At the camp that followed the workshop series, the group shared a delicious dinner - cooked all together and the Champs received their certificates, marking the end of the first phase of the process. People gave speeches about what they had gained in the form of songs and poems. The camp was a chance to reflect and enjoy being in a new environment, away from the stresses of home. While on the camp, we finalised the process with participants for the mentoring and skills training aspect of the programme that followed.

Meet Vuyokazi, one of the Community Champions...

Vuyokazi attended the Wellness Workshops and was then selected as a Community Champion. She had always wanted to work with people in the community. Through the Champions Project she was trained as a home-based carer. This is what she had to say about what she valued about the programme...

“Mamelani Projects is such a great organisation for all people from communities in the Western Cape. Basically, human empowerment is the main purpose of their existence and I am a true example of that! Since the first day I got involved with their programme, my life changed to be better. They first shared the wellness programme through workshops that were very powerful. The topics are very important for everyone’s health. Their focus was on chronic illnesses in connection with nutrition and how to assist people living with different illnesses. They encouraged us to know more about the food we are eating, what it does in our bodies and how to cook food in a healthy way.

Through their help I have become an informed and helpful person in my community. They inspired me and reminded me of my childhood dream to become a nurse. I feel very lucky to have attended the programme because it helped me to fulfill my dream by assisting me to do a Home Based Care course. I thank Mamelani and their lovely and humble facilitators for all their support”.



Other Activities

The wellness team also participated in an array of other activities over this period.

- **Mandela Day:** Mandela day was a real highlight! The facilitators chose to spend their 67 minutes treating seniors from a local old aged home to some TLC! The facilitators offered hand and feet massages to thirty of the seniors. They shared that it was the first time that people had come to do massages for them! It was a fun day and the elders were singing to show their appreciation for the time we spent with them.
- **Women’s Day Event:** On the 29th of August the Wellness team was invited to Maitland clinic to participate in their Women’s Day event. The day was filled with information sharing about the different issues affecting women.
- **Awareness Day:** On the 10th of October the Wellness team hosted our annual Mamelani Awareness day event. Mam’Nomtu, a former Community Champion, came to participate in the Awareness Day activities with representatives of her organisation, Masimanyane OVC. Masimanyane OVC had printed its own T-shirts and we were honoured to see their acknowledgement of our partnership – the word Mamelani, as well as Sizakuyenza (both partner organisations) are printed on the back of their shirts.
- **Jin Shin Jitsu Session for the Champions:** Michel Friedman facilitated a workshop for 12 of the community champs. Michel is a Jin Shin Jitsu practitioner. She came to share the practice with the Champs as a way of lowering stress levels. The Champs shared that they really enjoyed it. Some shared that they were struggling to sleep because of stress - they wanted to use the technique to help them with their anxiety and stress.



SUPPORTING YOUTH TRANSITIONS

Context

It is important to acknowledge that the stage of “youth” is a transitional time when a young person moves from being a child to becoming an adult. We have all been through transitions in our own lives, for example becoming parents, becoming qualified for work, or moving to a new town. These experiences sometimes involve a shift in identity and changes to our daily reality. Transitions may be exciting, but they also bring up fears and anxieties. The Children’s Act of South Africa calls on Child and Youth Care Centres (CYCCs) to offer transitional support to youth leaving care. Although this support is mentioned in the legislation, the number of CYCCs that offer this support has been limited and the outcomes for this particular group, historically, have been poor. International research, where this work is well developed, has shown that young people who have grown up in alternative care require comprehensive support and guidance as they transition from care back to community, to deal with their emotions and be well-prepared for what lies ahead – to have the skills and resources that enable them to thrive as young adults, emotionally, physically and professionally. We work in ways that enable the young person to become more confident, to have a more positive sense of self, healthier relationships and ultimately strengthen their resilience.

We have partnered with selected CYCCs as well as the young people preparing to leave care from these CYCCs, to test our approach beyond the group that we had always worked with, namely, young men who had previously lived on the street. Over the last year we have extended our programme to work with young men and young women from these Centres. We are working hand-in-hand with the Department of Social Development in an effort to contribute to developing policy and standards for service provision.

Programme Activities

These young people are at different stages of their transitions from the Child and Youth Care Centres (CYCCs). In the last year we supported twenty four participants – some of whom were preparing to leave care, and others who have already moved on from the Centres. In January 2015 we began the recruitment process for a new group of twenty young people who will enter the programme in preparation for their transition from care. This support takes the form of experiential group sessions, rites of passage processes and one-on-one support. The length of time we take to work with young people allows for a deep and meaningful relationship to be built. These authentic relationships are often what help young people overcome their difficulties. The fact that young people can share a space with other young people who have been through similar experiences, has meant a lot to the young people. It gives them a sense of belonging as there is somewhere where they feel accepted.

Experiential Group work

Throughout the year, group sessions are facilitated to build leadership and skills. One session was spent in District Six exploring issues of accommodation; another, doing an Amazing Race in town where young people learned to navigate for resources and information in the city. Towards the end of the year, the young people asked if they could facilitate the group sessions. Most days after school they came in to the office to plan and brain storm how the session would work – they were really excited to be taking the lead. The facilitators didn’t want to give answers but rather guide and help the youth to make their own decisions. In the end, the session was held at the Homestead in Woodstock where they created the space for the group to connect, share stories, motivate and interact with the younger boys at the Homestead.

Education and Career Development

Almost all of the young people in the programme are attending school, with a smaller group registered for skills training programmes. All of the school-going youth were supported in developing academic plans for 2015 especially youth who had to leave the CYCCs at the end of 2014. They were supported in finding bursaries to continue with their studies. Of the ten young people in this group, six are still in school, three are in further education and one young person is employed – it is very encouraging to see that since moving on from care, all the young people in this group are positively engaged!

The young people who were attending skills training courses shared that the skills gained assisted them in moving forward in their careers – as photographers, auxiliary social workers, carpenters and electricians. These skills are essential for their future, but are also important for their sense of mastery and confidence. Phelokazi who is studying auxiliary social work, while doing her internship at Beautiful Gate, passed her subjects. Her internship gave her invaluable experience of the work place and is giving her the opportunity to prepare for working as an auxiliary social worker.



Rites of Passage Camps

One year into the programme, the young people were taken on a camp to connect with each other, to reflect on their strengths as a group and as individuals. It was amazing to see how they had grown emotionally and together as a group! This group had been together for about 12 months and we could see the fruits of the time invested in building relationships amongst the group. On this camp, the youth were able to interact with each other more openly and freely – stepping out of their shells.

At the end of the year, a final camp was held in Bainskloof to mark the end of the 18-month process with this group. The purpose of the camp was to create a space for the young people to reflect on the journey and how far they have come, as well as on the impact of the programme on their lives. It’s been inspiring to listen to the stories of the young people and the amount of the resilience they hold. What stood out

was that the young people were in a good space in terms of their transition. They felt prepared and felt that the programme had given them experiences that they really valued in moving forward.

“My expectations have been met. When I joined the programme I asked myself what will I achieve, where will I be at the end of the 18 months – and I am where I wanted to be now. I am prepared for an interview – to talk to anyone, my communication skills are stronger and I gained a lot of confidence over these last few months. I appreciated the support I got from you guys – I like the fact that you challenge us sometimes, put us in critical situations where we have to choose a way to go forward or choose to run away from the challenge – these are the things we are going to face out there. I have learned that if you run away, the challenge doesn’t go away – you have to face it. Each time we come here for the camp, my highlight is jumping off that rock – it’s like letting go of something, making a new start – and each time I go higher” – youth feedback

At the start of 2015 we met with this group to reconnect with them and decide how the programme should be facilitated for the coming year. We wanted to look at the young people’s needs and availability, and then to design something that would work for them. The young people decided that we should meet once every two months and rather make more time available for individual support. Many of them have already made the transition from the CYCC and they felt that more individual support would be needed. The group climbed Signal Hill, as a way of starting the new year. When they got to the top of the hill, the group was invited to set their vision, collectively, for the year ahead. Young people were also given time to sit alone and reflect on their goals and dreams and to share this with others. What stood out for us that the young people were focused on their studies and on completing Matric.

Impact

Building a positive identity

One of the main objectives of our programme is to create opportunities that allow young people to reflect on the way they see themselves. We noticed that the trust amongst participants and within the group as a whole had improved and allowed young people to express themselves more freely in both individual and group sessions. Creating a safe space in the group allowed participants to reflect on aspects of themselves which were difficult to process before. Feedback from the young people pointed to how they were more accepting of themselves and were more able to develop the confidence needed to embrace the many uncertainties that come with transitioning from care and becoming young adults.

“This programme has given me a chance to express myself, a chance to be a leader. Mamelani stands behind me, helping me to see that I can make decisions for myself, and I can be a success – that has been the most powerful for me. I enjoy this process more because I am involved with what happens in my life” – youth feedback

Strengthened resilience

Youth started to realise how they can be a support to each other and how important this was to their own transitions. When youth initially started the process there seemed to be an urgent need for quick fixes and short term solutions to their transition. Many of the participants felt that finding a job, or getting a place to stay would be enough to help them create a comfortable and independent life away from the CYCC. However we have seen that young people have become more eager to work on longer term solutions which include working on relationships with biological family members and focusing their energies on investing in activities that will help them explore and move towards the kind of career they wanted to develop.

At the beginning of the process youth felt fearful that they would have nowhere to go and possibly land up on the streets. We noticed that even though participants felt uncertain about leaving the CYCC they generally felt less threatened by their imminent change in circumstances. As mentioned before, there was a greater sense of confidence and willingness to engage and embrace the unknown. This shift was observed by both child and youth care workers as well as social workers who reported youth displaying a greater sense of confidence to step into unfamiliar spaces.

“What was important for me to learn was to be more open about myself and my feelings and my story. This has helped me to become more aware of myself and my responsibility in my journey. I have a responsibility to show up with respect and have a good attitude. I think this is how I've changed or how things are different now for me. I've realised how those simple things can open doors and influence your journey. So I think I'm just a lot more aware of myself than before and this has helped me to survive and keep going” – youth feedback

Strengthening relationships

Youth acknowledged improved relationships with child and youth care workers and other significant members in their network of support. Generally it seems as though youth have started to reflect more deeply on the role they play in their relationships, and they have begun to take more responsibility in building and nurturing these relationships. One of the participants said that she is really trying hard to let more people into her life and realised the effect that being “closed off” had had on developing healthy relationships with people who really wanted to support her. Again this shows how young people are beginning to see their role as “actors” in their own growth and future development. It seems that as the young people had become more trusting and accepting of themselves, that they became more trusting and accepting of others. This was evident within the group as participants became less defensive in both individual and group sessions. This subsequently allowed participants to become more open to learning from each other. The culture of openness and sharing has contributed toward participants feeling more comfortable to sharing their experiences without fear of judgement.

“I really enjoyed meeting the other guys in the group and building relationships with them. I saw strengths in me that I didn't even recognise, like public speaking – I thought it was a weakness but now I see it is a strength. Sitting in the group sessions has given me the confidence to speak up” – youth feedback

“Being on an internship was the first time to know how to deal with a manager – I am now confident to sit with someone like that. I feel like I have something to say. That was a big challenge to overcome for me – to go on my own and speak to these kinds of people” – youth feedback



Meet David...

David is 20 years old and joined the ProSeed programme in June 2013 when he was about to leave the Child and Youth Care Centre. Since then the programme has supported him through several transitions including his initiation process to becoming a man, adjusting to life away from the Child and Youth Care Centre and entering the world of work for the first time. He is currently living at Beth Uriel, one of our partner organisations that supports young people in their transition into adulthood. This is what he had to say about what he valued about the programme...

“I think what helped me is that you guys gave me experiences that helped me grow. Taking us to the camps, hiking, internships and giving us challenges like going to banks, markets and clinics really opened my eyes. It was my first time to do a lot of those things and it challenged me to know myself better you see. I don't really get that from where I'm from, people who challenge me and support me like you guys do. You guys give the guys spirit and power to believe in themselves. So when I was in the internship it was so tough and I didn't want to give up for myself and for you guys. You are a huge support to me and it makes me feel good to know that there are people who have got my back even though I may fail. During the internship I was scared because you guys always talk about communication but other people don't think like that and it's tough because I felt small when people were ordering me around. But I just learnt to be patient with myself and with people – to look, listen and learn. All those things that happened to me were things that we spoke about before so when I was faced with challenges it didn't come as a surprise even though it was hard to deal with. There were also times when you guys made me angry and I only realised afterward what you were talking about and I realised how you were pushing me because you cared. These things make us believe in ourselves and give us hope. I'm surprised by all the things that I have achieved because when I started the programme I thought I was going to get a trial at Ajax but I've realised that it is much more than what I thought. I think I have become stronger and I know where I am headed, it's very clear to me now. I want to become a policeman and be in a position one day to be able to give back to all the people that are a part of my story, like Mamelani, Beth Uriel and The Homestead. I want to make myself and all of you proud. I'm so thankful to Mamelani and all the people that has been a part of my story”

Since the initial Independent Living Skills Assessments, the youth have been able to make progress in the following areas:

Practical Documents

- Young people have been able to acquire the essential documents needed for their transition - IDs Permits, CVs, Bank Accounts, Email Accounts

Accommodation

- Youth have been exposed to post 18 accommodation options eg. Beth Uriel
- Young people who have already made the transition, have been supported in accessing safe accommodation options
- Young people have been supported in exploring their different options, for those who are still planning their transitions and youth feel more supported and less anxious about their transition and their accommodation options

Career Guidance and Education

- 88% of the youth are still in school
- All the youth have been to career fairs
- All youth are engaged in career planning and further study options
- All of the school-going youth feel they have supports in place to help them continue their studies in 2015

Community Resources

- Youth feel more confident using public transport
- Youth have access and awareness of a larger network of support services
- Youth feel more equipped to find information and resources on the internet
- Youth have a wider network of support

Social Skills

- All the youth demonstrated an increase in confidence since joining the programme and are more confident to try new things and take risks
- Youth feel that their interpersonal skills have improved

Money Management

- Youth were exposed to more opportunities to manage small budgets
- Youth who earned money during the internships were able to manage their income. Youth acknowledged that being on internships had helped them budget and prioritize important things like transport to and from work
- Youth feel that they have become more aware of managing their money

Work Readiness

- Youth feel more prepared for work since joining the programme
- 80% of youth been through internships
- This has had a positive impact on their confidence
- Many of our youth are engaging with companies to host them on internships. They have shown an eagerness to arrange things for themselves.

Capacity Building Process With Child And Youth Care Centres

We have been facilitating a capacity building process with five different Child and youth Care Centres in the Western Cape. Each Centre has established a work team to develop the Transitional Support interventions. The work teams have been meeting at least every six weeks to design and implement their interventions. Three Learning Forums were facilitated for child and youth care workers and social workers looking at youth development practice and the components of transitional support. Given that some of the Centres were looking at creating independent / transitional living units, an extra session was developed to look at working with young people in residential programmes, when the youth are over 18. The final learning forum of the year took place in November and reflected on the extent to which the Centres had been able to integrate their learnings and implement transitional support into the life of the CYCC.



The value of the work team structure ensured that the process was tailored to suit each Centre. The implementation in each Centre was slightly different – one Centre chose to set up an “Independent Living Unit” while another looked at how to re-design the programme within their already existing senior cottage. Some of the Centres looked at the pathway planning for young people from when they enter the CYCC and how every activity or process can contribute to preparing them for their life beyond care. Centres have begun to take far more responsibility for the continuum of care – and no longer feel that from 18 the young person is no longer their responsibility. Engagement with the Directors has proven to be an important part of the process. There has been a real shift amongst the Directors of the Centres who attended a quarterly Director’s Forum regarding what goes into providing adequate Transitional Support.

Over and above all of this work with the work teams and directors, we have also spent time developing Transitional Support Guidelines. We are really excited to have finally completed our guidelines that outline the process of establishing a transitional support programme in a child and youth care centre. This has been a long process that has come out of our partnership with the Department of Social Development and is a key tool for sharing our work and offering our learning’s to others and they develop their own Transitional Support Programmes. The guidelines will be ready in March of 2015.

Child and Youth Care workers and social worker shared that the learning forums were valuable. Most people spoke about how the process challenged their own practices and made them think more deeply about the role they play in the lives of the youth. They also said that it was a great network of support and felt that they needed to be more intentional about growing the support between each other. They enjoyed that the approach was participatory, fun and challenging. The collective learning process was valuable as it gave the staff a chance to share experiences and learn from each other.

Feedback from the child and youth care workers and social workers demonstrated the impact the process had on their work:

“Mamelani lives their practice – they walk alongside the youth and are now walking alongside us. What stands out for me is that Mamelani does not have unrealistic expectations, it’s not stats driven, but rather real work with real people”

“I have become more inspired about my work with the youth. I thought in the beginning that it was just extra work – but I’m excited to see how much fun it can be. I also learnt how much we can do with the youth when we do things with INTENTION – Mamelani’s word.”

Given that it was the first time we had done something like the capacity building work, we have realised that we underestimated how much would need to go into the different aspects of the work. Each organisation required a different strategy and approach, which also required time for thinking through what process was required to work at the pace and in relation to the needs at each Centre.



Other Activities

Mamelani continues to focus on how we can have a stronger impact on the sector, and contribute more meaningfully to the strengthening of services for young people leaving state care.

- **The UCT Colloquium:**

We presented the ProSEED Youth Programme at a Colloquium at UCT titled: Youth in South Africa: Uncertain Transitions in a Context of Deprivation. We presented alongside mostly academics and some other youth-focussed NGOs.

- **Acknowledgement**

Mamelani has made it to the semi-final round for adjudications for the Ministerial Awards for Excellence in Youth Development (a partnership between Imphumelelo and the Western Cape Government).

- **Further research**

We have been invited to write a chapter for a book on youth Practice by CYC-Net for a book titled Residential Child and Youth Care in a Developing World. We are also working with two researchers, one from the University of Johannesburg and another based in Cape Town on further researching services for young careleavers.

The final evaluation interviews with directors pointed to the areas of growth and the aspects of the process that they found to be of value:

“What worked was how we have now cemented the process of seeing transitional support as a key part of the services provided by the CYCC – now staff see that they need to be preparing for when the youth are 18, and providing support beyond that. Historically, when youth reach 18, the perception was that the youth were no longer the CYCCs problem – now the staff see the need for transitional support, and see it as part of their responsibility. The whole staff body sees that the journey doesn’t end at 18 – they recognise that young people need to be prepared for the future and that the Center has a key role to play – the staff are working in a more purposeful way towards assisting youth to move towards a brighter future.”

“Mamelani helped us to be more conscious on the work we do with our youth. Through very creative activities and deep conversations, Mamelani pushed us to reflect on ourselves and on the way we deal everyday with the youth and to see the young man/woman in a different way. Youth development and youth practice has become a topic and a practice very important in our centre. Mamelani made our minds shift to a different way of see and work with youth.” - Feedback from one of the child care workers.



partnerships

Mamelani works in partnership with many NGOs and CBOs (non-governmental and community-based organisations), each offering different and specialised services.

This enables us to cover the broad range of needs of those we serve, without the duplication of services, and also provides us with a network of support services for the participants in our programmes. Mamelani works in partnership with the following organisations:

Organisational Development

HANDS-ON: Programme development and support • **Proteus Initiative:** Programme development and support and The Community Development Resource Association (CDRA): Community development training • **The Children's Institute:** Issues pertaining to Children's Rights.

Networking Forums

The NACCW: Child and Youth Care programmes • **PHM-SA (People's Health Movement):** Global & Local Right to Health Campaigns • **Local MSAT's:** (Multi Sectoral Action Teams) • **Western Cape Street Children's Forum & Youth Development Forum:** Including Network Empowering the Unemployed (NEU) • Western Cape Street Children's Forum • The Western Cape Network for Peace and Community Development.

Community Health Programme

Health-related Community Organisations: Wola Nani, Yabonga, TAC, Section 27, Ikamva Labantu, Zusakhe, LACAP, Iliso Lomzi, Phaphama Projects, Masincedane, Ithemba Labahlali, Phaphamani Community Project, Helping Hands, TB/HIV Care, MSF, Mzame Zabantu Clinic, Maitland Clinic, Kuyasa Clinic, Diabetes Buddies, Sizakuyenza, CHOSA, Grassroots Soccer and Amandla EduFootball.

Emotional Support: Empilweni, FAMSA, Lifeline/Childline, Mosaic, Nonceba Family Counselling, Rape Crisis, Simelela and Department of Social Development.

Nutrition Support: UCT Department of Human Nutrition, Philani Nutrition Centre, Soil for Life (food gardening).

Legal Advice: Black Sash and UCT Legal Resource Centre.

Work Readiness and Skills Training: Ubuntu Touch Project, Life Choices, Learn to Earn, Network, Dreamworker and Robin Trust.

Local Community Radio: Radio Zibonele

Youth Development Programme

Implementing Partners for CYCC Capacity Building Programme: Heatherdale, The Homestead, Lawrence House, SA Children's Home and St Georges Home for Girls. This project is done in partnership with the Department of Social Development.

Residential Care/Accommodation: The Homestead, Beth Uriel, and Echo House.

Youth-focussed organisations: Educo Africa and Studio Bernard Viljoen Foundation.

Education: B.E.S.T Centre, School of Hope and City Mission.

Internships and Employment: Knead Bakery, GALBI Restaurant, LiveMAG, Ciro Coffee Academy, Kilowatt Sight and Sound Studio and Stardust Restaurant, Bahati Motor Repairs, Athlone Legal Aid, Protea Hotel Garden Court, Monte Rosa Old Age Home and Salty Print.

Research Partners: University of Johannesburg and Girls and Boys Town.

Mamelani Projects Income and Expenditure as at 28 February 2015

INCOME	2015	2014
	R	R
Project Income	2 242 967	2 172 296
Donations Received	2 239 912	2 169 339
Other Income	3 055	2 957
EXPENDITURE		
Administration	270 480	292 981
Accounting Fees	22 965	21 274
Advertising	14 765	10 687
Audit Fees	18 385	564
Bank Charges	17 945	12 214
Cleaning & Refreshments	10 868	5 447
Computer Expenses	5 368	3 728
Donations		7 800
Fundraising Costs		36 060
Insurance	8 724	10 049
Interest/fines and Penalties	5 523	45
Organisational Development	23 621	34 301
Phone, Fax & Internet	15 768	18 495
Printing & Stationery	10 478	12 706
Rent Paid & Security	41 155	51 400
Repairs & Maintenance	6 655	4 112
Courier & Postage	1 971	1 435
UIF	11 642	11 402
Depreciation	24 628	15 233
Fines/Profit/Loss on disposal of assets		324
Staff Welfare	9 590	8 712
Subscription and Membership	598	2 000
Staff Development & Training	8 417	1 000
Staff Transport & Travel	14	11 092
Website Development	11 400	12 901

EXPENDITURE	2015	2014
	R	R
PROGRAMME COSTS		
	1 630 373	1 428 706
Programme Salaries	1 630 373	1 428 706
PROSEED YOUTH DEVELOPMENT PROGRAMME		
	277 140	279 411
Food Support	5 271	10 293
Telephone & Staff Transport	20 449	20 651
Graduate Meetings & Experiential Sessions	6 538	14 033
Educational Support & Bursaries	33 973	29 959
Youth Transport	18 732	9 381
Staff Development	7 500	12 556
Lifeskills Workshop	8 626	11 628
Internships	49 400	32 175
Youth Accommodation	3 200	1 600
Camps & Outings	25 847	13 307
Programme Development & Research	97 604	123 828
COMMUNITY HEALTH PROGRAMME		
	104 661	132 698
Printing & Stationery	1 794	3 433
Workshop Materials	3 095	8 775
Transport	25 643	25 763
General Expenses	5 123	5 586
Lucky Spaji (Income Generating Project)	1 800	
Telephone	8 938	12 885
Staff Development	9 950	9 826
Community Champions Project	48 318	66 430
TOTAL	2 282 654	2 133 796

financial statement

BALANCE SHEET

Mamelani Projects • Statement of Financial Position at 28 February 2014

ASSETS	2015	2014
	R	R
NON-CURRENT ASSETS		
Property, plant and equipment	22 936	34 170
CURRENT ASSETS		
Trade and Other Receivables	12 827	14 317
Cash and Cash Equivalents	436 818	191 852
	449 645	206 169
TOTAL ASSETS	472 581	240 339

RESERVES & LIABILITIES	2015	2014
	R	R
RESERVES AND LIABILITIES		
Member's Interest and Reserves		
Earmarked Funds	206 555	
Accumulated Surplus	249 980	211 480
	456 535	211 480
CURRENT LIABILITIES		
Trade and other payables	16 046	28 859
TOTAL RESERVES AND LIABILITIES	472 581	240 339



Mamelani receives support through donations as well as support in kind. We would like to thank everyone on this list for supporting our work in 2014/2015.

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Mamelani Movers

Cycle Tour - Adult Riders

Alfred Benjamin	Leroy De Klerk
Ashley Muller	Lindy Sachs
Barry Christianson	Lisa Harraway
Carly Tanur	Martin Hugo
Christo Breedt	Michael Quinn
Clinton Baird	Miralde Groenewald
Craig Vorster	Nadine Baird
Dale Smiedt	Nilesh Luckhoo
Dylan Casey	Noel Meyer
Eugene Verloop	Nolan Daniels
Faiek Davids	Raymund Harraway
Gerhard Campher	Roy Kruger
Gillian Benjamin	Safedeen Jackson
Greg Mcdonald	Sameer Vally
Hendrik Groenewald	Scott Davies
Jacqueline Misroll	Shaun Ter Bruggen
Jandré Hendrik Groenewald	Simphiwe Gcabo
John Mark Van Niekerk	Stacy Siggers
Jolandi Malan	Steven Maritz
Keith Davies	Susanna Rasmussen
Lance Meiring	Wilhelmus Dessing
Lauren Kieser	Yolandi Coetzee
Leanne Brady	Zahied Nolan

Cycle Tour - Kiddies Riders

Aaron and Ella Levy	Lior Shamansky
Ben Noah and Ray Samuel Kann	Luca and Liam Ruiters
Benjamin Marks	Matt Jackson
Dawood Kariem	Noah Muller
Ella and Samuel Levi	Ruby and Joseph Singer
Habeeb Kariem	Uthmaan Orrie
Jamie and Erin Janks	Vidi Sola
Lihle Makibi	

Three Peaks Runners

Alistair Kannemeyer	Penny Haywood
Fried Lehman	Tania Katzschner
Neil Hermann	

THESE TWO EVENTS COLLECTED DONATIONS FROM AROUND 300 INDIVIDUAL DONORS!

We cannot list every name in this report – but thank you to each of you who have supported these Mamelani movers!

Special thanks to

Allan Taylor

for dedicating his 60th birthday to Mamelani and raising over R20 000 for our work.

Laurissa van der Walt

for her ongoing support and the incredible design skills that she shares with us each year when she designs our annual reports!

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who has been walking alongside Mamelani and the Proseed team in particular and for his essential role in the Capacity Building Process.

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– our Top 4 Kiddies riders who collectively raised just over R8000!

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for sponsoring prizes for our top fundraisers!

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for going the extra mile for Mamelani

Michel Friedman

for sharing her skills and support with Mamelani.

Join our community!

We are always looking for people to become involved in our programmes. If you have skills that you would want to share or a particular opportunity you would be able to offer the people we work with, please email contact@mamelani.org.za letting us know how you want to be involved. If you are a chef or a lawyer or a film maker and you are willing to share these skills, it would be great to know you are out there. We are hoping to build up a 'treasure chest' of offerings, that when we are in need of something specific, we can peak inside and see what shining stars have offered to share their gems with us!

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Annual Report Copy Editing: Ross Edwards
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Mamelani is grateful for the special people out there who have walked alongside us in the development of our work. We are so grateful to all of you!

thank you