

**WE CAN SEE THE
FUTURE
AND THERE IS
HOPE**

**ikamya
labantu**



In 1963, in apartheid
South Africa, one
young woman
went where she
wasn't supposed to.

She drove her car into a township called Langa, on the outskirts of Cape Town. And the things she saw there – the squalor, the fear, the poverty, the injustice, but also the hope, the generosity, the warmth – changed her life.

And then she went on to change the lives of hundreds of thousands of others... first through, and with, the women she met in the townships, and 20 years later, through the birth of Ikamva Labantu.

Helen Lieberman is the visionary founder of Ikamva Labantu – and today it's one of South Africa's largest and most respected community driven organisations.



MEET THE MAMAS

From the start, Ikamva Labantu has not been about charity. It's been about empowerment. About helping people to help themselves, their children, their community. In the very beginning, Helen, entering the townships to do what she could to help, met women, in groups or singly, who were doing what they could too: sharing what little they had with others, teaching, taking in children. It's these women who are the 'mamas' – a term of utmost respect in African culture. They are the backbone and builders of their communities: with little or no resources, largely uneducated, almost all desperately poor, these mamas (and also 'tatas', their male counterparts) embody the African spirit of Ubuntu, the heart of, and the driving force behind, Ikamva Labantu.

Ikamva Labantu has always worked with the mamas and tatas – remarkable individuals who are doing what they can within their communities to make a difference for themselves and those in their care. And today that philosophy of community-led caring continues to guide us.

MEET IKAMVA LABANTU TODAY

Ikamva Labantu is a non-profit, non-governmental organisation, operating as a Trust. Today we employ over 100 people formally, and care for around 25 000 children and adults every day, through our network of thousands of community carers.

We work with community leaders, teachers, parents, caregivers and families. We listen to what they have to say, we talk about their needs. And then we empower them to find and implement solutions, with our resources and guidance where necessary: enabling them to achieve independent and fulfilled lives, for themselves, and for those they help and care for.



Only by handing individuals control of their own lives can we set them free to support themselves in a meaningful and sustainable way.

Our programmes help orphaned and vulnerable children (through foster homes), pre-school children (through Early Childhood Development centres), youth at risk (through after-school and life skills programmes), adults (through education and training) and struggling senior citizens (through elderly care programmes).

WE HELP:

- Over 1 000 orphans and vulnerable children, as well as young people, in 300 care homes
- Over 12 000 pre-school children in over 200 day care centres
- Over 540 senior citizens in 17 seniors clubs
- Through these direct beneficiaries, we also positively impact the lives of thousands of others: their families, neighbours and friends, all of whom join the number of community members who have benefitted from Ikamva Labantu's support over the past 48 years.

WE FOCUS OUR WORK ON THREE KEY AREAS:

COMMUNITY HEALTH

We aim to enable communities to practise preventative health – to protect them from the diseases that could afflict them and add to their problems. To this end, we provide healthy food through food gardens – and our programmes focus on health conscious behaviour and disease prevention, physical wellbeing, food choices and preparation, nutritional health, mental health and the management of HIV and AIDS.

- Discussion groups guide parents and caregivers on general health issues, family health and nutrition, as well as managing children’s health needs and caring for special needs children
- ECD teachers are trained to identify childhood illnesses or developmental delays
- Youth are taught about peer pressure, teenage pregnancies and HIV and AIDS
- Senior citizens receive monthly health checks and medical referrals
- Pre-school children receive daily meals and health monitoring
- Food gardens generate a steady stream of nutritional produce for Ikamva Labantu’s feeding projects

Malnutrition is common in townships and overcrowded living leads to unhygienic conditions that compromise health. In South Africa, some 10.5% of the total population is living with HIV.

COMMUNITY LEARNING AND DEVELOPMENT

Poor levels of education, illiteracy and a lack of skills are common in townships. We aim to provide knowledge and life skills, where possible to those who act as the primary agents of change in communities: the caregivers. Ikamva Labantu's programmes focus on caring, training, building awareness, sharing information and monitoring progress:

- Early Childhood Development teachers receive regular training
- Teachers and foster parents gain skills in psycho-social support for the children in their care
- Foster parents and parents learn how to manage risky behaviour in teens and how to raise them in crime-ridden neighbourhoods and they also learn how to help children struggling at school
- Families learn to care for their frail and ailing elderly
- Senior citizens are made aware of their rights under the Older Persons Act
- Young people gain life skills to help them get ahead and find job opportunities
- Children learn and understand their rights under the Child Protection Act
- Families are trained to manage hygiene and hazards in the home
- Community forums learn sound governing practices and offer information and leadership for their members





COMMUNITY RESOURCES

Millions of South Africans living in townships are profoundly poor and face extremely harsh living conditions – unemployment, lack of basic services such as water and sanitation as well as violent crime and abuse. Ikamva Labantu supports the most vulnerable members of society through material donations and financial assistance. We also offer guidance, mentorship and legal and regulatory support – aiming to provide the fundamental building blocks of effective social development, through a process that takes the people we help to a point of independence and self-sufficiency.

- Foster parents receive pre-school fees, donations of clothing, food, books and materials to send their children to school
- ECD teachers receive skills, teaching equipment and educational toys
- Child-headed households receive money or food parcels to support their siblings
- Grandparents living on meager retirement grants receive the means to feed the families in their care, and help with raising the grandchildren they now support
- Senior citizens have access to places of safety where they can socialise, access health information, enjoy daily activities, read books, exercise and receive daily meals

HOW WE DO WHAT WE DO:

Our staff includes social workers, educators, occupational therapists, speech therapists, psychologists, community fieldworkers, nurses, managers – and of course, volunteers. These dedicated and experienced individuals manage our services and implement our programmes with our community participants.

Our community participants include community caregivers and community forums – a network of dedicated and selfless mobilised mamas and tatas who champion social development within the communities we serve. These include foster parents, neighbours, ECD teachers, grandparents, guardians – and they're collectively represented through community forums: peer support groups which oversee the services rendered within our communities and which play a critical role in our organisation. Small area forums gather regularly, and then convene monthly at larger Ikamva Labantu Community Forums. Here members voice the challenges their communities face, share insights and solutions and bring specific community needs to our attention. Many of the founding mamas of Ikamva Labantu still serve on community forums today – and while they are formal, independent organisations, they are supported by Ikamva Labantu. We provide governance and leadership training, workshops, premises and facilities for meetings, and we actively participate, help problem-solve and consult as needed around programme development.

Our community development centres, which we have established over the years, act as hubs out of which our programmes are co-ordinated and the people we help can access our services. They're also places where people can go – environments of safety, comfort and learning, where adults, children and seniors can gather.

WE ARE COMMITTED TO GOOD GOVERNANCE

Ikamva Labantu has a solid track record of exceptional management. Our Patrons and Trustees are individuals committed to our mission, bringing expertise from various fields to bear on the management, governance and strategic direction of the organisation. There is a particular focus on financial matters, and constant auditing of all funding is a major priority.

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SOME OF THE PEOPLE WE HELP TO HELP THEMSELVES AND OTHERS...

TWO SISTERS, MAMAS TO MANY

Vivian and Thoko, two sisters, who live as neighbours in Gugulethu, together look after 17 children. The children's stories are heartbreaking, but what is truly inspiring is the warmth, kindness and eagerness of these two sisters to provide the children with a safe and loving family environment in which they are able to grow and develop into responsible adults. We provide Thoko and Vivian with much-needed financial assistance to buy toiletries, clothes and electricity – we also provide school-related materials such as uniforms, books and stationery and deliver monthly food parcels to assist with the health and nutrition of children in the sisters' care. An Ikamva Labantu community worker visits the sisters regularly and records all the relevant information on the children and their caregivers – she also offers much-needed social and emotional support and helps the sisters access welfare grants, health care and more.



TUTU – ONE OF THE FIRST MAMAS

Tutu first approached Helen Lieberman in the late 60s. Her concern was that the old people in communities were being overlooked, neglected, sometimes abused – and she took Helen to see evidence of this... Senior citizens living in squalor and poverty, not receiving pensions, with little or no medical assistance, enduring isolation and hardship. Tutu gathered these seniors in central places and established groups that allowed the more able-bodied to care for others less capable. She created havens of hope and happiness that were to form the foundation of the Seniors Clubs that Ikamva Labantu runs today. Tutu has actively served on our Community Forums, and is still today a big presence within the community, keeping an eye on the goings on and being a champion to the aged.

NOMSA: PRACTISING KINDNESS ALL HER LIFE

Nomsa was one of the founding members of Ikamva Labantu. She was already running a creche when she first met Helen Lieberman, caring for the children, helping the aged, the sick and the handicapped in her community. Together they began Ikamva, with the thought that while people might not support an individual, they would donate to an organisation. Nomsa took a leadership role right from the start, serving as a chairperson, representing on committees, working with the project for vulnerable children, monitoring creches, and collecting the life stories of other women who helped build Ikamva. Despite living a hard life, losing two children – one to AIDS and one to crime – and raising her grandchildren alone, Nomsa was one of the most positive people. She lived the meaning of her name, 'kindness', every day. She often said, "It means willing to talk, willing to see people, and that is my character. I love everybody."

HOW YOU CAN HELP:

Social accountability is a global issue that affects us all. Ikamva Labantu is willing – but we cannot achieve our goals alone. We need your help. You can donate directly using the following details – or visit our website at www.ikamva.org.za. Alternatively, if you'd like to discuss how best you can help, please feel free to get in touch.

ACCOUNT DETAILS FOR DONATION:

Account Name:

Ikamva Labantu Charitable Trust

Bank: RMB Private Bank, a division
of First Rand Bank Ltd

Online Banking: Select First National Bank

Branch Code: 20-27-09

Account No: 62054752467

Swift Code: FIRNZAJJ



SA & WORLDWIDE DONORS:

Email: info@ikamva.org.za

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Fax: + 27 21 461 6823

Address: Ikamva Labantu

PO Box 165

Cape Town 8000

Republic of South Africa

Donations exceeding R100 per annum are tax deductible in South Africa, under Section 18A of the Income Tax Act. We issue tax certificates for any donation of more than R100 as requested.

USA DONORS:

Please contact Shannon Norwitz for more information or to discuss your contribution.

Email: ikamva@aol.com

Tel: +1 914 637 2689

Fax: +1 914 637 9155

Address: Friends of Ikamva Labantu

215 Overlook Road

New Rochelle

NY 10804

USA

Friends of Ikamva Labantu is a 501(c)(3) not for profit organisation. All donations made in the USA are tax deductible.

UK DONORS:

Please contact Shayne Baillie for more information or to discuss your contribution.

Email: info@ikamva.freemove.co.uk

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28 Meadows Road

Cheam, Surrey

SM27PF

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Donors must pay enough UK income tax and/or capital gains tax themselves to cover the amount of tax the charity will reclaim on their donations in the tax year (currently 20p for each £1 donated). E.g. for a £100 donation the government will give Ikamva Labantu an extra £20.00.

RECOGNITION

Ikamva Labantu has been recognised worldwide for its achievements in social development:

- Awards to both Helen Lieberman and Ikamva Labantu for Nation Building by the South African and Spanish governments, Rotary International, Lions International, the University of Notre Dame and other institutions
- Partnerships with prestigious international organisations, universities, the World Bank, World Economic Forum, United Nations and the Clinton Global Initiative

Some 1.7 million South African children still live in informal housing such as shacks in backyards or squatter settlements and nearly 1.5 million of those in homes with no toilet.



"I was overwhelmed by what I saw (in South Africa's townships) and enormously impressed by Ikamva Labantu's contribution to the various communities."

Richard Lambert, former Editor of the Financial Times, London

"Community-based and directed, Ikamva Labantu has had impressive impact on thousands of lives, bringing hope and more importantly perhaps, teaching a variety of practical skills..."

Mitchel Levitas, former Op-Ed Editor: The New York Times

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