

**ikamva labantu**



**Annual Report 2018**

# Founder's letter

As I step back and look at the history, achievements and progress of Ikamva Labantu, I have immense pride for where we are today. I believe that we have reached a stage of stability and strength, with committed people at the helm.

I have immense appreciation for our dedicated staff and the communities that are so supportive and welcoming of us. I am grateful for the contributions of all involved and for their understanding of the need for change and honest participation in a social development movement.

South Africa still has a great need to empower people within their communities. We remain committed to our mission of working with active community members, following their direction and acknowledging their ownership. Uppermost in our minds and hearts is to celebrate the successes of our participants.

To those who have supported us, I humbly thank you. After 55 years of input from thousands of community members as well as the support from generous and caring donors, I feel an encouragement and hope as I look to the future. I know that Ikamva Labantu is in good hands and that my dream to one day leave behind a sustainable organisation is within reach.

Please continue to support us in working with communities, providing access to resources and opportunities, and coming together to build communities that thrive.



**Helen Lieberman**  
*Founder and Honorary President*

**"I have immense  
appreciation for our  
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# Acting Director's letter

This past year has seen many changes in our beloved organisation. In true testament to our strong foundations, Ikamva Labantu has managed to rise to challenges and remain steady throughout trying times.

Through respectful community engagement, we continue to focus on our Early Childhood Development (ECD) and Senior programmes, which are supported by Primary Healthcare and Family Services.

The way we work encompasses our values of mutual respect, acting with compassion, justice and fairness, encouragement of change and diversity, and taking responsibility for the commitments that we make.

In an ever-changing environment, Ikamva has kept its seat at the table in a firm but gracious manner, always looking to learn, grow and better the lives of others. This year has also seen the invaluable results of our continued investment in a strong monitoring and evaluation division, which enables us to measure our impact more effectively, and better inform our implementation plans going forward.

I would like to thank our devoted Board of Trustees and Protectors, our loyal donors and, most of all, our staff, who dedicate themselves to the life-changing work we do here each day.

**“Ikamva Labantu has managed to rise to challenges and remain steady throughout trying times.”**



**Evansa Roos**  
Acting Director



# Chairperson's letter

Since 1963, Ikamva Labantu has been actively building up communities and investing in the future of our people. The organisation's leadership, field workers and participants are committed and dedicated to promoting growth and change in Cape Town's townships through sustainable development and community engagement.

I am thrilled to be a part of this vibrant organisation and was honoured to take up the position of Chairman of the Board of Trustees in November 2017. Since then, I have already seen many successes and opportunities for progress within Ikamva Labantu. I am committed to serving and assisting the organisation and its many projects that enable thousands of South Africans to pursue growth, prosperity and wellbeing within their communities.

I wish to thank those who support Ikamva Labantu. You enable us to bring hope and happiness to individuals and families across Cape Town and contribute to the socio-economic development of the city's most vulnerable communities.

We proudly present our Annual Report for 2017/18 and look forward to building on all our achievements to date.



**Neetesh Ramjee**  
*Chairperson*

**“I am thrilled to be a part of this vibrant organisation and was honoured to take up the position of Chairman of the Board of Trustees.”**



# Note from the Head of Programmes

## CHANGE AND RELEVANCE

As with all things in life, change is inevitable; a constant movement between old and new, whether it be material items, thoughts or relationships. Through partnering with communities to enhance quality of life, our programme delivery remains relevant and is informed by community needs.

Staying relevant has been catalytic to Ikamva Labantu being a thought leader in the arenas of senior citizens and young children. In pursuit of relevance, we constantly step into uncharted territory. We are our own biggest critics in analysing lessons learnt, with a constant drive to offer the community the best life-changing programmes.

Our robust monitoring and evaluation system allows us to quantify our work and ensures that we are working in effective and efficient ways.

As a result, we have learnt that successful interventions for senior citizens and young children require the support and participation of their family members. To this end, we have launched our new Family Services programme which takes a holistic approach in supporting the family unit to which the

senior or child belongs. Our Family Services include Psychosocial and Primary Healthcare Services, and Life Skills and Recreation. As new lessons are learnt through ongoing reflection, the programmes will be refined to ensure relevance and results.

I remain in admiration of the communities we serve; despite all the social ills impacting society, many individuals remain unperturbed to forge ahead. Their desire to create positive futures for themselves and those whose lives they touch, has led them to eagerly engage with our various programmes.

To the programme team, thank you! I am humbled by your commitment: amidst the safety and climate challenges, you have delivered your services with dedication and kindness to our partners.

May the lessons learnt this year create a stronger foundation for our year ahead.



**Barbara Stemmert**  
Head of Programmes





Our work  
has reached  
**19,477**  
people



Over 75%  
of our staff  
members  
live in the  
communities  
we serve

“Through partnering with  
communities to enhance quality of  
life, our programme delivery  
remains relevant and is informed  
by community needs.”



# Early Childhood development (ECD) programme

The ECD programme had a fruitful year, ensuring that the wellbeing of children is upheld through the training of principals and practitioners, stimulation of the children and helping ECD centres to meet the Department of Social Development (DSD) norms and standards.

The Practitioners' Training Programme saw 63 practitioners graduate, impacting infants, toddlers and preschoolers through an age-appropriate and stimulating learning programme. For many of the practitioners, this was their first exposure to knowledge and skills development in the ECD sector. Our training is underpinned by the fundamental value of nurturing children - a value which is further explored through psychosocial training for participants.

Our Kwakhanya Educare forms part of our Practitioners' Training Programme and provides daily stimulation, development and nutritious meals to 74 vulnerable children. Practitioners are able to gain practical experience through experiential learning at Kwakhanya Educare, which they can then implement in their own classrooms. Although literacy remains a challenge for the older trainees, it does not prevent them from delivering their best at their preschools under challenging conditions.

**"I didn't even know what my practitioners were teaching – we were just looking after the children. I didn't understand the stages of childhood development. Now, I can identify a child with special needs or developmental challenges using the knowledge from the Principals' Learning Programme."**



**Lindiwe Mthembu**  
Principal of Barney Educare,  
Khayelitsha





62 principals graduated from the **Principals' Training Programme** after a two-year course which included a five-day workshop on the learning programme, enabling them to support, guide and manage their practitioners' performance. This was the first two-year programme that provided participants with a more in-depth understanding of management and leadership, while providing young children with an environment that encourages them to thrive.

It has been a busy year for the **Registration Helpdesk** as 19 preschools were upgraded to meet Norms and Standards by the DSD. 27 preschools achieved registration status, of which 21 are fully registered for the next five years and six conditionally registered.

Our building plans' project provided a much-needed costly resource to preschools to enable the achievement of registration. This impacted 205 children who could benefit from government subsidisation.

The child is our core business and we will continue giving our trainees, children and preschools the best services we possibly can.



**266**  
**preschools**  
assisted through the  
registration helpdesk,  
impacting  
**13,307**  
**children**



**4,023**  
**children**  
reached through  
principal and  
practitioner  
training





## Nomathemba's Story

"I did not grow up easily. I was the oldest sister and at the age of nine, I was responsible for cooking and fetching water for the whole family. My sisters received a good education, but I was not able to finish school because of my household duties. I knew that when I was older, I wanted to get a good education and work with children. I knew how to look after children because I had always cared for and loved the children in my family.

In 2010, after twenty years working as a carer for the elderly, I decided to open a preschool in my own home. I was 49 years old and had always dreamt of working for myself.

It took me five years to get my preschool registered for twelve children. Those first years were very hard as there were many parents who did not pay the school fees. I would open the doors at 5:00am every morning to welcome in the children, prepare breakfast and keep on top of my paperwork. Once I had paid my staff and covered the cost of breakfast and lunch for the children, I was often unable to draw a salary for myself. In 2014, I met a community-based worker from Ikamva Labantu and she encouraged me to join the organisation. I was close to giving up on my preschool because of my struggles, but she helped open my eyes. Ikamva Labantu helped me to grow my preschool and become registered for 30 children – they walked me through the registration process and helped me to fix the toilets and paint the walls so that I could meet the requirements.

This year, I have started the Principals' training and one of my staff members is doing the Practitioners' training – I can already see a difference in her work. Everything that we are taught is centred around the child, which is very important. Ikamva Labantu is a home for me and the other preschool principals. We have support groups where we share our problems and I have realised that I am not alone in my struggles.

Today, I have four teachers and I have extended my school because of the help I have received. I am happy running my preschool because I enjoy being my own boss. Even if I don't have enough money, I am proud that I am doing something for the community. I also have more time for my family now and, as a result, my daughter passed grade 12, went to college and has a job.

I have learnt that if you are a principal, you are a leader. I have big plans for my preschool – I want to build a double-storey school to accommodate more children and, after this training, I will apply for a diploma. I still want to further my education because I want to be a role model for my teachers. We must have a good education so that we can teach the children.

I am proud of myself because I know that I am a real principal now. Ikamva Labantu found me at the right time and they helped me to grow and to look forward. I want to keep going until I am old! My parents named me Nomathemba, which means hope. Now, I have hope that people will still talk about me even when I'm no longer around, because of my contribution to the community."

“Ikamva Labantu is a home for me and the other preschool principals. We have support groups where we share our problems and I have realised that I am not alone in my struggles.”



Nomathemba Mangwewe, 56  
Principal of Iliso Educare,  
Khayelitsha





Phumla Ndaba and Tutu Gcememe, co-founders of the Senior Programme, embrace at Seniors' Cultural Day.



Children at Yonayethu ECD Centre in Ndlovini receive a donation of toys.



A Senior Club member has her blood pressure checked as part of a monthly health screening. © Sydelle Willow Smith



Members of Noluthando 2 Senior Club play a game of dominoes.



A young boy at Kwakhanya Educare joins in with a prayer before he eats his lunch. © Sydelle Willow Smith



Guests take part in a silent auction at a fundraising event for the Seniors' Programme.





Children enjoy storytime with Nokulunga Sambela, practitioner for the 4-5 year class at Kwakhanya Educare.



A member of Masincediswe Senior Club beads a necklace as part of an income-generation project. © Sydelle Willow Smith



The Health team administers deworming medication to children at Nokhanyo Preschool in Makhaza.



Ikamva Labantu hosts an imbizo (forum) for ECD professionals from community preschools.



A principal holds her certificate after graduating from the Principals' Training Programme.



Volunteers help to revamp the Rainbow Centre on Mandela Day.



# Seniors' programme

The goal of the Seniors' Programme is to enable older persons to actively live out their later years with dignity, improved health and a sense of belonging in their community. The club-based model is the vehicle for us to action this goal through our 19 senior clubs. Our Umelwane project, now in its third year, has become the extension of this model and allows us to meet the needs of frail and homebound seniors. Through these avenues, we can ensure that seniors have access to nutritious meals, medication, assistive devices and other interventions that improve their quality of life.

Our social workers counsel seniors on the challenges of abuse, trauma, isolation and neglect that are sadly commonplace among older generations in Cape Town's townships. These social workers build up trust with the seniors and often find themselves working through unresolved childhood traumas that have had lasting consequences.

These interventions also serve to educate the elderly about their rights; we can see the results of this work when seniors request to go to old age homes or ask for assistance with grant applications. The impact of this extends to the grandchildren, as they become the beneficiaries of child support or foster care grants.

## Jackson's story

"I did not know what was wrong with my eyes, I just knew that I could not see properly and that it was getting worse – I wasn't sure what to do. Ikamva Labantu took me for an eye screening at the clinic and that is when I learnt that I had cataracts. I was told that I could have an operation to fix the weaker eye – and for free! I was so excited. When I look back now, it was difficult for me to even move from one place to another and I definitely needed help to cross a road safely. I could not read or write. Now I can see at a distance, as well as read. My other eye does not have to work nearly as hard. I can even sign my name and I am especially grateful to be able to read my Bible again. I can walk alone at last. I feel blessed that I can now help and support other club members too."

**Jackson Qamngwana, 68**  
Ncedisizwe Senior Club,  
Nyanga

The social pension for older persons is R1,600 per month. In order to enhance this, we have an ongoing partnership with The Relate Trust that provides income-generation opportunities for our seniors. Through beading work, seniors collectively earned R364,550 over the past year. Aside from the financial gain, participation in income-generation projects has improved familial relationships for the seniors, as they are seen as active, contributing members of the family.

In September, we collaborated with the Department of Cultural Affairs and this resulted in a successful, interactive and vibrant storytelling event. The stories of some of our seniors have been transcribed and published. Storytelling is deeply entrenched in the African culture but is at risk of erosion due to changes in the family structure and society. This initiative aims to keep the heritage and tradition of storytelling alive.

## Nomsitho's story

"One day at church I saw an elderly woman with a backpack – she looked like she was coming from school! I asked her where she has been, and she told me that there is a school for the seniors where they do craftwork – I have always loved craftwork and so I decided that I should come and see for myself. That is how I found out about the Ikamva Labantu senior clubs. Today, I have been a member of the Nonqubela Senior Club for 11 years and I come here every day. I am safe here at the club. Before I joined, I was working as a domestic worker but now that I can no longer work, I relax during the days and stay with the other seniors.

In 2017, I had a hearing screening at the club and they decided that I qualified for a hearing aid. The hearing aid has improved my daily life so much. I no longer worry when the people around me are talking because I now understand what is going on and I can contribute to the discussion.

It has also helped to restore my dignity in the community. Sometimes, when you experience a physical issue like hearing loss, the grandchildren treat you badly. So now I feel more respected at home and in my community, because they don't have to repeat themselves when talking to me. Even at the Senior Club I can participate in more activities now because I can hear more clearly. It was difficult for me to even enjoy the music and exercises because I did not understand the instructions. It has been very helpful in my life".



**Nomsitho Magugu, 63**  
Nonqubela Senior Club,  
Lower Crossroads



Over  
**330,000**  
nutritious  
meals provided  
at clubs



**761 seniors**  
attending  
clubs daily



**354 new**  
frail  
seniors  
identified and  
supported

# Support services

## PRIMARY HEALTHCARE SERVICES

The health team is constantly challenged as we are confronted daily with the disturbing reality of life in communities affected by poverty and violence, with no access to basic resources. We remain focused on being relevant to community needs, conscious of deliverables and responsible to the donors who make our outreach possible.

We continue to offer screening, training and interventions across all programmes. Our seniors benefited from oral hygiene screenings, mobility input and physiotherapy visits. We carried out another deworming drive across preschools in Khayelitsha and provided health and hygiene training to principals, practitioners and cooks.

A highlight of the year has been a new partnership with a private audiology centre, which facilitated the hearing testing of over 400 senior citizens.

## Sexual and Reproductive Health Training

In 2017, we noticed that many of our young participants did not have adequate information regarding Sexual and Reproductive Health. We provided training to our staff to assist with this education in an age-appropriate and sensitive manner. The training covered topics such as body mapping, domestic violence, peer pressure, cultural issues, abortion and pregnancy.

Thuleleni George, a member of our Health team, said: "This training has been very good and has given us the tools to engage with our peers using language that we all feel comfortable with. This makes it easier to operate as a team and provide relevant and important information to the children and youth that we work with."







## FAMILY SERVICES

The Family Services team provides interventions including individual therapy, family therapy, play therapy, support groups for seniors and a variety of workshops. The most prevalent issues for our participants are families dealing with substance abuse, family conflicts and disability issues. On average, we provide these services to over 84 people a month.

This year, we have successfully integrated play therapy into Kwakhanya Educare. Through practical training, this project has helped staff to identify the emotional needs of each child and it has provided them with a gentle and effective therapeutic intervention.

In response to the realities of our world of work, staff in the department now receive debriefing from the Wellness Foundation once a month, as well as individual counselling sessions. Being on the front line, our staff are often the first to witness the harsh realities within our communities; this can be emotionally draining and psychologically traumatic. We believe offering psychological support will go a long way in ensuring their own wellbeing and enabling them to further support our communities.



**1,765**  
**children**  
received  
deworming  
treatment



**429** seniors  
received  
hearing  
assessments



**24** field  
workers  
attended  
sexual &  
reproductive  
training

## Great-grandmother publishes a children's book

Through an early literacy workshop and a book writing competition, we have worked to encourage reading and storytelling at home for both parent and child. The competition, in partnership with HumanWrites, saw eight winners have their children's storybook published in isiXhosa.

Since then, we have distributed over 5,000 packs of these books to the local communities. The project also highlighted the importance of isiXhosa books for children, so that they can learn to read and write in their mother tongue.

Nomvuyo Mashalaba was over the moon to have her book *Ikati Yasekhaya*, ('Our Cat') selected for publishing. The 82-year-old great-grandmother was born and raised in Gugulethu and is one of eight community members whose books were selected for print.

Nomvuyo's book encourages children to value and respect animals; "I think people will love the story and understand the importance of animals, a cat in this case, as children are often scared of them," she says. "I'm glad I did something that will make a difference. After this small attempt, I'd definitely try to write again!"

**"I'm glad I did something that will make a difference."**



**Nomvuyo Mashalaba, 82**  
Author of *Ikati Yasekhaya*

## COMMUNITY RELATIONS

The Community Relations team allows Ikamva Labantu to keep our finger on the pulse of the communities we serve. Our open-door policy means we hear of issues timeously and can act swiftly to mitigate and address these issues as they arise. This has helped to keep the flag of Ikamva Labantu flying high as we have worked alongside community leadership towards solutions.

This year, we have been focusing our efforts in Khayelitsha in order to expand our network within the community and engage with new partners. By building relationships with key stakeholders, we are able to better understand community dynamics and ultimately serve our participants more effectively through guidance, advocacy and referrals.

We have also been building new relationships with the Philippi Development Forum, Inyathi Youth and Philippi Hub. We have many participants who live in the Philippi area and we are striving to create meaningful partnerships within the local community that will enable us to expand our offerings there.

In addition to creating new partnerships, we have continued to maintain strong connections with existing partners and community stakeholders throughout the areas in which we operate. The seniors' forum, Ilizwi Labadala, continues to hold monthly meetings and we have provided ongoing support to the advocacy work of the ECD programme, which is seeking reforms to national policy on preschool registration. Additionally, we have initiated negotiations with City of Cape Town officials to secure properties and land for our senior clubs; we will continue to pursue this in the coming year.



**330 preschool children**  
received  
paediatric  
screenings



**30 preschool children**  
screened for  
developmental  
needs



# Acknowledgements

None of the extensive community development work, supported by Ikamva Labantu's efforts this past year, would have been possible without the vital social investments made by our donor family. Over 55 years, we have built a far-reaching network of friends and supporters from across the globe and continually work to establish new donor partnerships to grow our supporter base.

Every donation invested in our work, no matter how big or small, enables us to sustain and grow community development programmes and initiatives in Cape Town's townships. I would like to take this opportunity to thank every single individual, organisation, company and government institution for entrusting us with your support and believing in the work that we do. We hope to be able to rely on your continued support in the future.



**Jovana Djeri**  
*Head of Sustainable Development*





“Thank you for entrusting us with  
your support and for believing in  
the work that we do.”



# Financials

Ikamva Labantu Charitable Trust (Registration number 082-581)  
Annual Financial Statements for the year ended 28 February 2018

## STATEMENT OF FINANCIAL POSITION

as at 28 February 2018

	2018	2017
	R	R
<b>Assets</b>		
<b>Current assets</b>		
Inventories	-	14 610
Trade and other receivables	2 921 791	278 770
Cash and cash equivalents	10 562 753	17 993 083
	<b>13 484 544</b>	<b>18 286 463</b>
<b>Non-current assets</b>		
Property, plant and equipment	7 190 592	7 242 194
<b>Total assets</b>	<b>20 675 136</b>	<b>25 528 657</b>
<b>Trust funds and liabilities</b>		
<b>Liabilities</b>		
<b>Current liabilities</b>		
Trade and other payables	907 964	2 466 640
Bank overdraft	-	25 714
	<b>907 964</b>	<b>2 492 354</b>
<b>Trust funds</b>		
Designated funds	8 147 188	12 156 600
General funds	11 619 984	10 879 703
	<b>19 767 172</b>	<b>23 036 303</b>
<b>Total trust funds and liabilities</b>	<b>20 675 136</b>	<b>25 528 657</b>

## STATEMENT OF COMPREHENSIVE INCOME

for the year ended 28 February 2018

2018

2017

	R	R
Revenue	25 423 536	27 285 835
Other income	983 125	830 680
Operating expenses	(30 818 944)	(26 607 457)
<b>Operating (deficit)/surplus</b>	<b>(4 412 283)</b>	<b>1 509 058</b>
Investment income	1 143 475	923 142
Finance costs	(323)	(642 573)
<b>(Deficit)/surplus for the year</b>	<b>(3 269 131)</b>	<b>1 789 627</b>
Other comprehensive income	-	-
<b>Total comprehensive (deficit)/surplus for the year</b>	<b>(3 269 131)</b>	<b>1 789 627</b>
<b>Total comprehensive surplus attributable to:</b>		
Designated funds	(4 009 412)	(1 846 894)
General funds	740 281	3 636 521
	<b>(3 269 131)</b>	<b>1 789 627</b>



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