



# ANNUAL REPORT

JANUARY TO DECEMBER 2017



play and be well.

**dlalanathi**

hope and healing for children affected by loss.



Chairperson's Report  
CEO's Report  
Project Report  
Staff Capacity Building  
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# Chairperson's Report



**We celebrate another completed year full of success through hard work! The Chief Executive Officer and her top management have been committed to running the organisation well.**

The Board of Dlalanathi has become even more committed to its role in the organisation. Time beyond formal meetings has been dedicated to understand the running of the organisation and in providing expertise as needed. This has offered additional hands in the managing of specific needs raised in the organisation bringing meaningful support to its leadership.

This has had favorable fruits as the internal team has been cared for and guided well. The Board has added value in supporting the organisation by ensuring the right systems are in place to ensure good governance and accountability. The resources from various donors is being continuously handled in the most responsible manner. Decisions regarding the organisation have been done in consultation with the Board. This, overall shows dlalanathi's commitment to its purpose and cause, and ensures its future existence and in communities it serves.

dlalanathi was initially founded in responding to the bereavement needs of children and families. Over the years, dlalanathi has been committed to how it responds to the real needs of its beneficiaries and with real sustainable solutions. Dlalanathi has been able to adapt itself through research and development of its programmes. The knowledge acquired from the experience of working directly in the community has kept dlalanathi grounded in what is really needed by those they serve and they have respond accordingly. Such a shift has not been easy but necessary for communities to be supported as they find their own solutions to their own challenges.

The future is bright. Possibilities are great. As dlalanathi continues its commitment to itself, its donors and its beneficiaries, communities are changed by the community members themselves. dlalanathi walks alongside them, not in front or behind as they understand that people can stand up and make it happen for themselves.

Sincerely yours

**Lindokuhle Lulu Ncgobo**

Board Chairperson



2017 for dlalanathi has been characterised by two things, **growth** and **partnerships**. We achieved an outstanding increase of 42% in income primarily to fund more in-depth work with youth.

A partnership with the Department of Health (DoH) and the Human Sciences Research Council (HSRC), saw Community Caregivers (CCG's) connected with DOH in Mpumzu testing the acceptability and feasibility of the *Ibhayi Lengane Programme\**, as add-on to their work in homes. The programme provides home visiting for pregnant mothers and children in the 1st 1000 days, and aims to strengthen emotional support for mothers and children.

Strengthening parent led play and learning at home is the purpose of our partnership with Thandanani Children's Foundation (TCF) and Singakwenza, where we have jointly developed and field tested a programme we call "Play-Mat". A further partnership with TCF and Sinamandla aims to explore how self-help saving and loans groups can serve youth, while also responding to key development and health issues for youth.

Capacity building around monitoring and evaluation has resulted in 2 project baselines and 2 evaluations designed and carried out by our team. Our organization continues to be committed to understanding what works effectively and why and how we can continually improve.

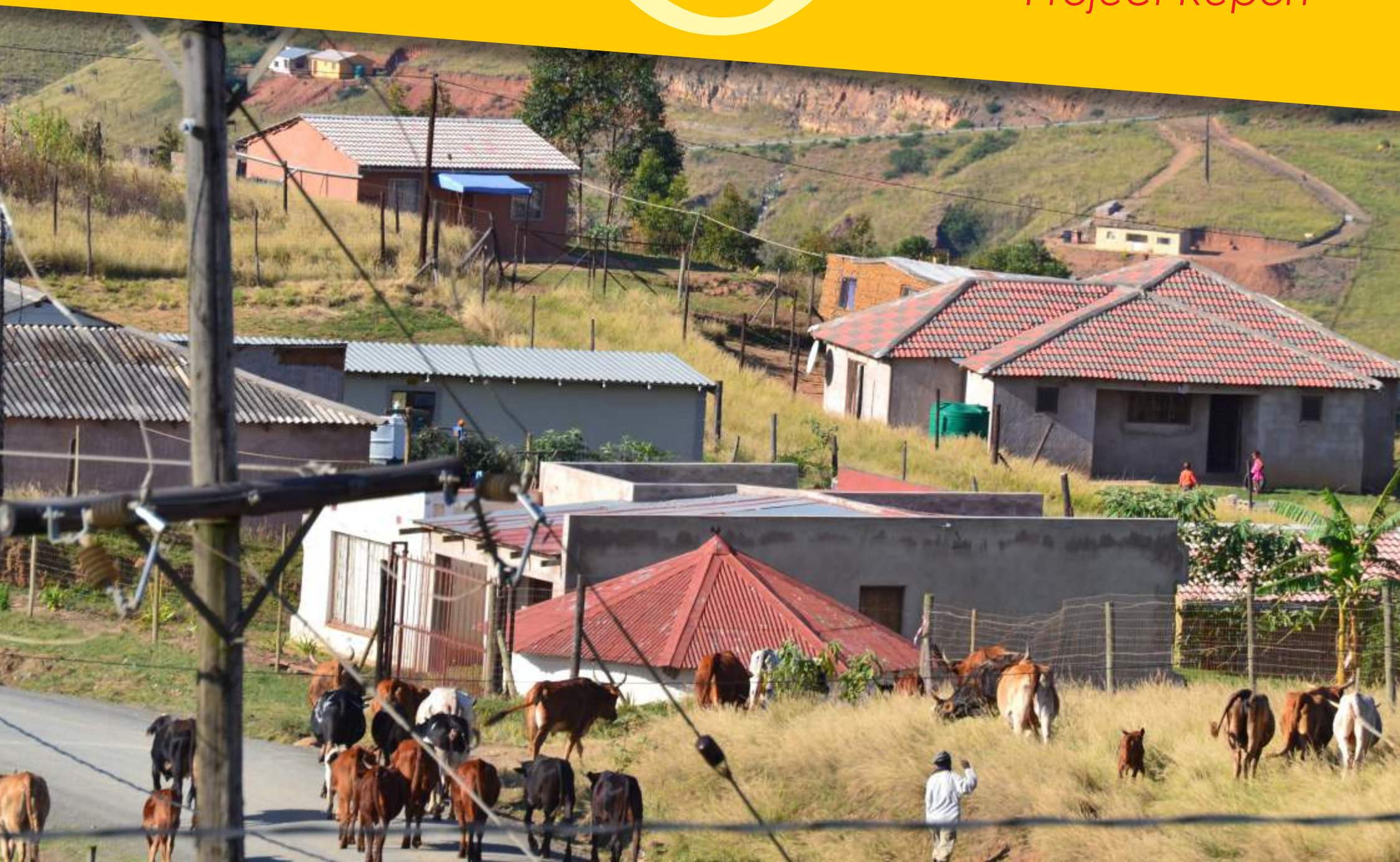
Our core work remains delivering consistent emotional support to children through their families, and in 2017 we added new creative processes as requested by this community. A Child Participation process that created a safe space for children to talk about issues of child protection and an adapted Family Support process that focused on prevention and coping with substance and alcohol abuse.

As always our greatest celebration comes in seeing what families do for themselves, how youth participate in making change and how relationships grow to build responsive networks of care that give hope, love, respect, courage and play. With deep gratitude to the One in whom we live and breathe and have our being,

*\*Ibhayi Lengane means  
the Baby's Blanket*



# Project Report



## Total Reach Mpumuza 2017:

<b>Total Children:</b>	<b>2861</b>
<b>Total Adults:</b>	<b>749</b>
<b>Total Youth:</b>	<b>2202</b>
<b>Total Partner Organisations:</b>	<b>24</b>



## Why do we do what we do?

KwaZulu-Natal has consistently had the highest HIV rates in South Africa, with a prevalence in excess of 35% since 2002. The country has 3.82 million orphans in South Africa (21% of all children in the country), that rate increases to 26% in KZN, meaning 1 in 4 children below the age of 18 have lost one or both parents. 30% of all the orphans in South Africa reside in KwaZulu Natal, and many children are cared for by kin, grandmothers and extended families.

Healthy development for children requires attentive and responsive adults. The impact of unemployment, poverty, HIV and Aids creates a challenging context for families, many children are cared for by their extended family or fostered. The burden of care on the elderly is high and the trauma of loss carried by the family means many live under significant stress both in dealing with past trauma and daily survival.

Effective responses to the challenges faced by families MUST include dealing with emotional trauma, rebuilding and strengthening relationships. When adults and children strengthen their relationships, development outcomes for children improve, co-operation improves, children tend to stay in school longer and healthy interaction helps the adult cope better with parenting.

Our activities provide services to families and children, our goal is also to train and mentor parents, youth, community members to use play to strengthen their relationships with children such that they understand the children's needs and feel able to respond. Success in the project is seen through action taken by those we have trained to better the lives of their children. By serving the child, family and by building capacity of key people within the community to do the same, our work aims to address the wider environment around the child as well.

'Research has shown that the everyday practice within the family has the most significant long term impact for the child.'



Caregivers receive certificates for participating in play for communication a 3 day doll making process that strengthens listening and communication with their children.

## Community Project – Creating circles of support for child development:

The purpose of this project is to involve parents, caregivers and duty bearers in consciously creating circles of support which include people (i.e. relationships), places (physical and emotional spaces) and practices which together facilitate the realisation of children's rights to Play, Parenting and Protection.



*Caring community members run weekly play days for children they have built relationship with offering a safe space to play and be well*





## Community Project – Creating circles of support for child development:



'Safe Spaces for children: 33 bereavement support groups; Regular weekly Kids clubs with play, food, homework and emotional support and Holiday Programs in school holiday periods.'

In Mpumzu in 2017 our work has established the following safe, emotionally supportive spaces for children, which were not available before.

**33 Bereavement Support Groups for 599 children** were run. 15 of the 33 support groups were run independently by fully trained community members. This means that a safe emotional space for many bereaved children is currently being provided by the community.

**37 Family support Groups run reaching 377 caregivers** who connected with 1260 children in their own homes; 18 out of the 37 groups were run by fully trained community members.

**Holiday Programs for all long school holidays:** When children are not in school this is a particularly difficult time. Many children are fed at school so school holidays is a time when children have nothing to do and little to eat. The trained community members ran Holiday Programs in July, October and December as a means to offer 372 children fun, safeguarding, and a small meal.

**Two large Kids Clubs** established in Mpumzu have sustained weekly activities for the full year of 2017. The clubs provide play, homework support and a meal. Another safe, supportive, fun space for 173 vulnerable children.

**Child participation in Child Protection Activities with Children:** Since the start of our work in Child Protection we have wanted to facilitate a Child Participation Process. This year following the drive of 5 passionate community members we co-developed and implemented a Child Participation Process. Children identify the issues they are most concerned about and think through action they would like to take. At a joint event 51 children shared poems, posters and dramatization, expressing their key messages to their caregivers on the need for adults to be protectors with children, for the strength of the community.

**Responsive Community members:** We have 44 community members in Mpumzu, active and reaching out to children with independent activities. We are very excited about the possibilities for more outreach to children in Mpumzu ahead in 2018.

## Stories of change

### What does safe space look like for a child?

“When I was seven my daddy became ill and died after a few months. It devastated my mother but she didn't like to show her emotions so it was never really discussed with my brother and I. We were never asked about our feelings and it was only much later that I came to understand how badly the loss of my dad affected my mum. I have very few memories of my father, as I was so young when he died.” In a Children's Support Group the following story brought the whole groups to tears. On the last day that the group met the boy shared the change for him, “because of the group I have been helped and now I am able to talk to my mum about my father and we can share good memories together without fear of the sadness destroying us”.

### A caregiver's story of change

“I am raising four children. Two children are my own, the other two are my sister's children. My sister passed away two years ago. One of my sister's children does not want do anything in the house. This child will be sitting the whole day only eating and not do any work. I got so frustrated and wished she had not been left with me because she is useless. I am ashamed to say that I would make negative statements to her. I even told her that I did not want to look after her any more.

Through the Family Support Group I learnt a new way to deal with her. Most of the time when I am speaking with her I am comparing her to the other children because I want her to do the things they are doing. Since I started doing the family support homework play activities with my children at home, I have noticed that I have been more accepting of this particular child and I have stopped saying negative things.

There is a very big difference in my child's behaviour. She is now doing things in the home and is participating more. The group helped me to understand that children can be the same age but not behave in the same way and to compare them will just make the child feel unloved. I am now more aware of her feelings and understand her much better than before. There is less fighting among my 4 children at home now. I have made a time table for them to do an equal share of the house chores. Sometimes I will call them and talk, just to find out how they are doing and feeling. The Group gave me a lot of support and I am very happy and excited to share the improvement of this child and the situation at home”.



*Caregivers have conversations with their children about the safe people in their lives.*

## Youth Project – Youth in Action

This year we began a new 3 year grant agreement (2017 -2019) with terre des hommes schweiz, with a 42% increase in funding for youth work. This funding along with support from The Charlize Theron Outreach Project (CTAOP) is for the purpose of integrating Sexual Reproductive Health and Rights (SRHR) into our existing youth development and youth participation work.

The project predicts that 'Empowered Youth with accurate knowledge; access to youth responsive health services; and, an enabling environment of peer support, family communication and support; within responsible (non-stigmatising) communities; will manage their Sexual Reproductive Health and Rights thereby reducing HIV infection and teen pregnancy.'



Providing knowledge and services is not enough to sustain change. Young people need to trust that investing in their own development builds self-efficacy, personal agency and confidence to make their own informed decisions, about many aspects of their lives that influence health, including sexual health. Peer group formation and participation provides a platform for co-operation, and supports joint action to address barriers to access services and to challenge gender inequality.

We aim to create an enabling environment for youth by also engaging parents and stakeholders. By increasing youth participation within key structures in the community we aim to increase access to services for vulnerable youth in this area.

We began the year with a strong baseline assessment which was used to shape a responsive project. We have worked with 3 schools: serving 13-19 year olds in Laduma and Phayiphini High School; and younger teens 11-15 year olds at Mashaka Primary School grades 7-9. The project established relationship with 5 new groups bringing us to a total of 15 groups of 20-26 year olds in Mpumuza.

## Youth Project – Youth in Action

178 youth have actively participated in weekly group meetings for the full year. Each person has set goals, acquired knowledge and new skills, taken action to improve their own lives, and engaged other youth in "youth to youth" outreach, serving a further 2 202 youth in the community.

Change for youth; "this project has helped us to take courage to say that we are leaders and then to act! To lead, to run events, to make changes within our school. This has not been easy to do but we have done it!"

From the perspective of a Principal "I am proud of the change I see in them, the discipline and their active involvement in helping other learners in the school. I can see the difference!"



The year ended on a high note with an evaluation process. With youth participation as our guide, youth have showed us what works and what does not, more importantly what makes a difference in their lives. For more detailed information on what youth think of the youth process, please see the Youth Evaluation Follow-up on [www.dlalanathi.org.za](http://www.dlalanathi.org.za).

*Youth Participating in a 3 day Me Power camp explore their personal strength and power.*

## Partnerships for learning and development

2017 marks the successful completion of our first formal research partnership!!! In 2016 we field tested our newly developed program called **Ibhayi Lengane**, which is isiZulu for the baby's blanket.

Working in partnership with Human Sciences Research Council (HSRC); Provincial and Regional Department of Health to test the acceptability and feasibility of a scalable home visiting program to train home visitors in caring for the emotional health of mom and baby. The goal being to strengthen responsive parenting, reducing stress, deal with conflict and increase family support for mom during pregnancy up to the baby's 2nd birthday (period of time is called the 1st 1000 days). The research report is still being finalised and we look forward to potential scale up and possibly further research thereafter.



*Mom's who have participated in the Ibhayi Lengane Process facilitated by a partner organisation called Ethembeni in Mpophomeni.*

## Program Development and Training

Joint development of our new Play Mat programme, with our partners Thandanani Children's Foundation (TCF) & Singakwenza has continued. This programme aims to integrate relationship based parenting and early stimulation using toys made from household packaging to develop a parent led sustained practice of play and learning at home. Our target group being parents and caregivers who are not able to reach good quality ECD sites).

Our final new partnership is with TCF and Sinamandla and aims to explore feasible alternatives to formal employment for youth. Youth development in TCF's communities Integrating dlalanathi's psycho social support with good SRHR work and a group based saving and loans process which give youth the financial means to support and sustain change. This has just kicked off at the end of 2017.



Caregivers meet to make a range of educational toys out of waste materials before beginning to meet weekly in a play group with 5 other caregivers and their children.

# Staff Capacity Building



We welcomed Thabile Duma, a qualified Social Worker to our team!!! We first met Thabile when she was working for an NGO in Pietermaritzburg and was trained in our Train the Trainer process in bereavement work with Children. Thabile spent her 3rd and 4th years of UNISA Social Work practical placement with us and successfully completed her social work degree. We are delighted to have Thabile formally join our team. Thabile is a mother of 3 boys, she brings a wealth of personal and practical experience in serving children, families and communities and is deeply passionate about the work that she does. Three 4th year Social Work Students spent 9 months of the year with us as part of their practical training through UNISA training, supporting us in our direct reach of children and caregivers through support groups.

Ongoing training and development is important, therefore our team had training in Sexual Reproductive Health and Rights (SRHR) by Sonke Gender Justice. Sonke are an NGO operating nationally who have a strong voice of awareness and advocacy around a range of Gender and Justice issues. The training covered attitudes and beliefs around sexuality, gender, and fatherhood, as well as relationships in general. A significant part of this training was that 3 out of school youth joined us for the duration, and it was good to have their voices present.



Projects and people are all set for an exciting year ahead in 2018, with deep gratitude for all who support us, the dlanathi team.

Row: Rachel Rozethals-Thresher, Siya Mnguni, Nonto Khoza, Cathy Simpson, Dumisa Zondi  
Front Row: Linda Smallbones, Thandeka Zuma, Nicky Houghton, Gugu Mpembe, Robyn Hemmens, Beko Mpungose

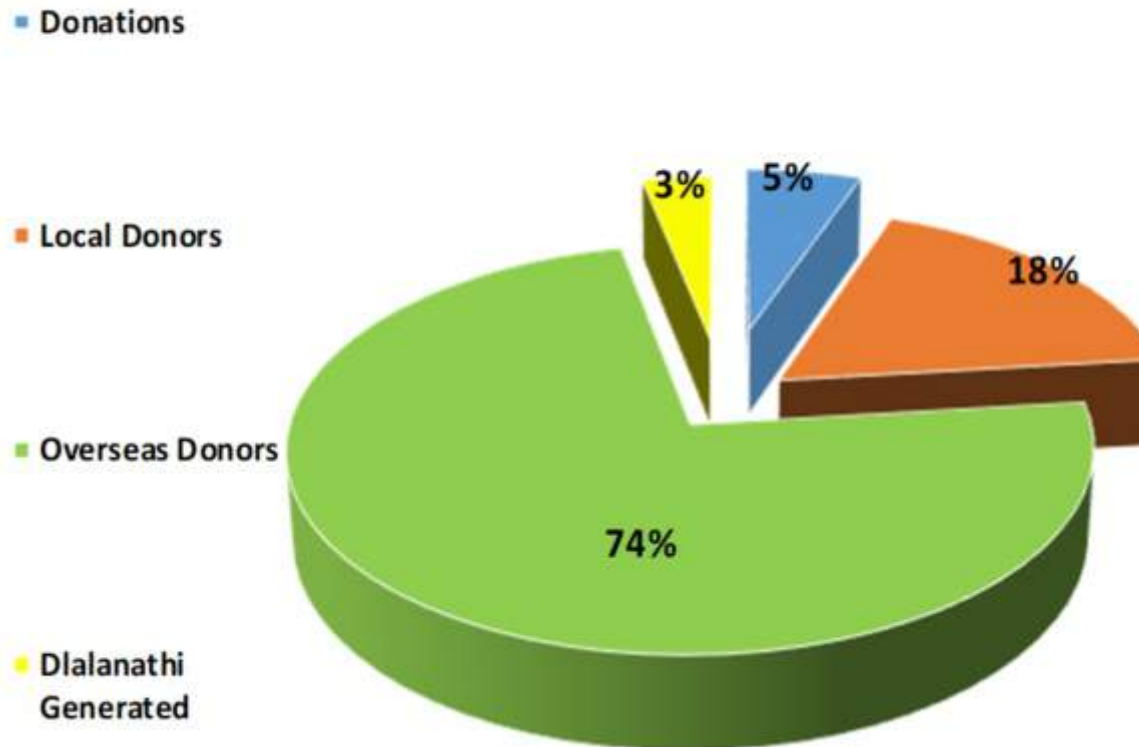


## Income for 2017:

Total Income Received: R4 762 601.00

This is a 42% increase from 2016 mostly due to Tdh significantly increasing their Grant Amount.

### WHERE DOES OUR MONEY COME FROM?

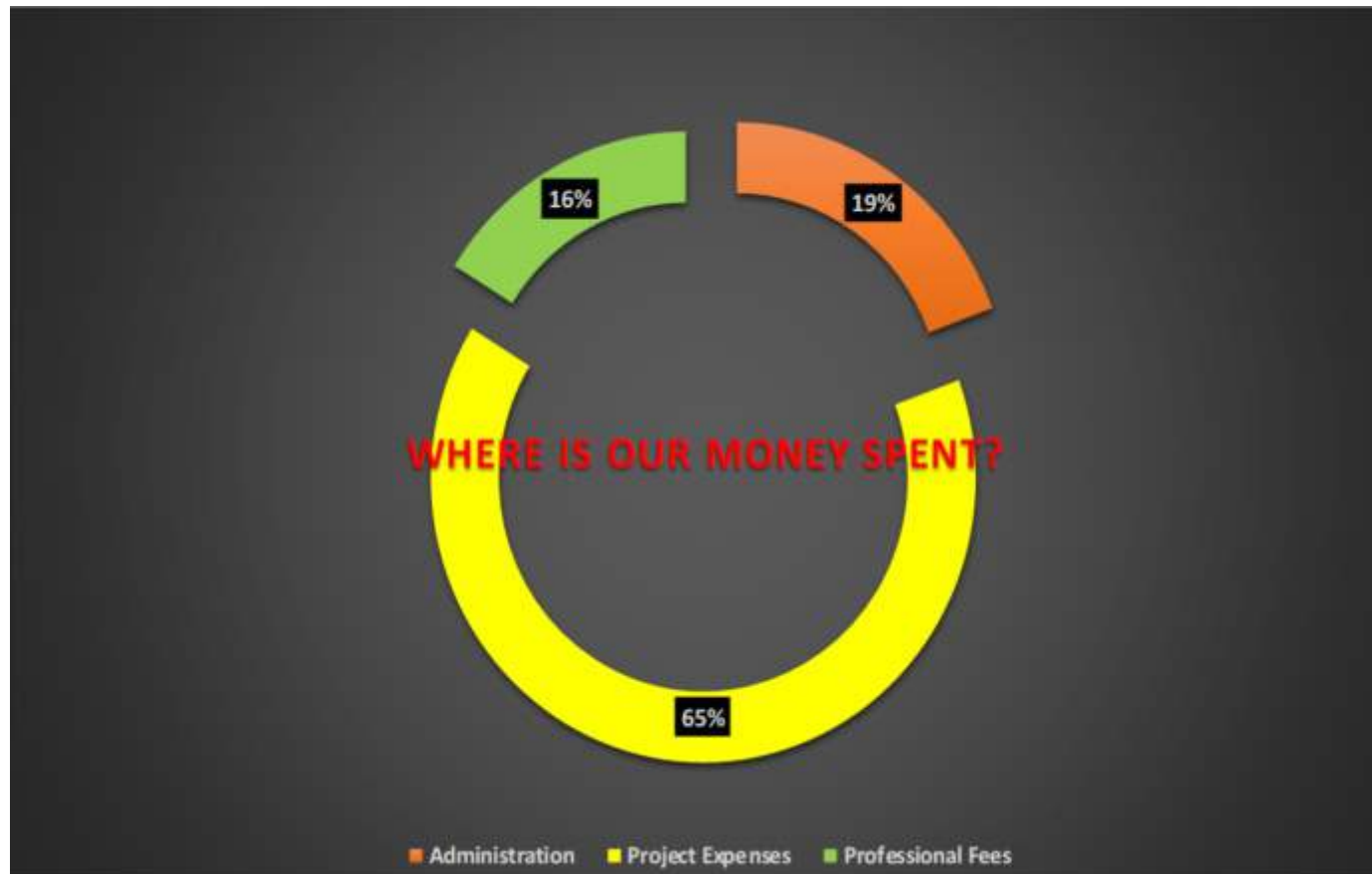




## Expenses for 2017:

Total Expenses Received: R4 160 473.00

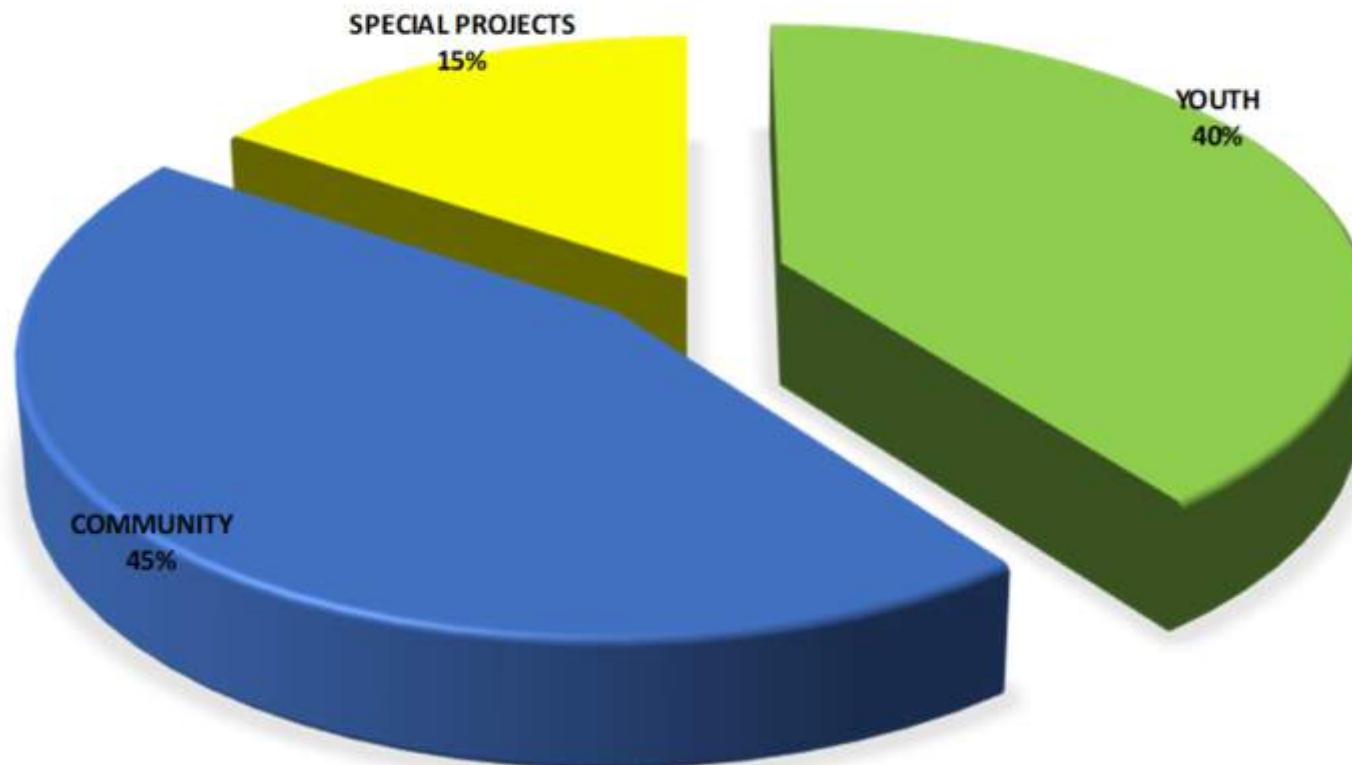
This is an 23% Increase in spending from 2016.





## Project Splits:

HOW IS OUR MONEY SPLIT BETWEEN PROJECTS?



## Thank you to all who supported us

Terre Des Hommes Schweiz (Tdh)	Switzerland
Kindernothilfe (KNH)	Germany
Stephen Lewis Foundation (SLF)	Canada
CTAOP	USA
Uthando Dolls & Julie Stone	Australia
PACF	United Kingdom

## Local Donors

National Lottery  
Hoskin Consolidated Investments  
IQRAA  
Ken Collins Trust  
PMB & District Community Chest  
HSRC  
Hilton Methodist Church  
Mr C E Merrit  
The Wood Family Trust



*With gratitude...*