

Impact Assessment Report

SOS Kayamandi

Love to Give, June 2015



**LOVE
TO
GIVE**

sos
Kayamandi

**LOVE
TO
GIVE**

The Stellenbosch Community Development Programme, trading as Love to Give, is pleased to present you with our Interim Report June 2015.

The aim of this report is to provide you with an overview of our activities and achievements in the last six months, and to **THANK YOU** for your valued and continued support.

Love to Give's primary development boundary is Nutrition. Our aim is to fight malnutrition, prevent stunted growth and address obesity. We give children in need, a nutritious meal that enables them to concentrate and learn better in school. Our beneficiaries are 100% black, all ages and both genders.

Our first development boundary concerns the Effective Nutrition of children. We have increased the number of children that we feed by 252 and are now providing over 2000 children (30 crèches, 3 primary schools, after-care and daily walk-ins from 2 high schools) with a peanut butter sandwich, a piece of fruit and a cup of milk every school day and all school holidays apart from one month over the festive season. Those who have been identified as being critically malnourished are also provided with a fortified and enriched porridge (Morvite) which they receive daily.



Our second development boundary is Community and Home Food Gardens: Our vegetable gardens deliver harvests which provide additional nutrition. The gardens allow the active participation of 100 women in gardening activities. Being at our centre also provides exposure to our wider programme and its learning opportunities.

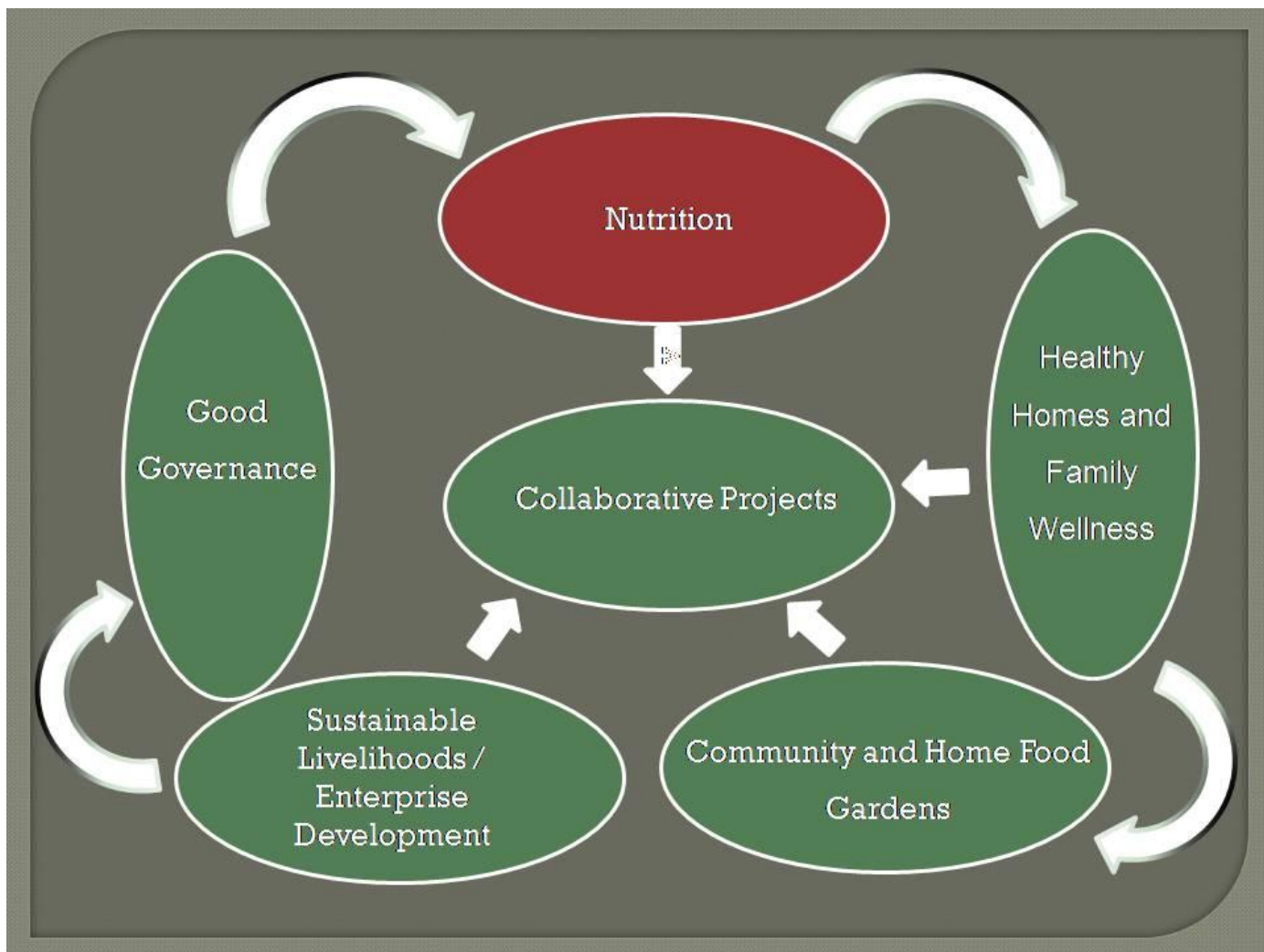
Our third development boundary is Healthy Homes and Family Wellness. The health and nutrition of our children in their homes play an important role in our children's ability to cope and achieve. We have detailed case histories of every family on our programme and address each family's problems individually.



Our fourth development boundary is Enterprise Development/Sustainable Livelihoods. Our food parcel programme is a supportive intervention for 100 unemployed parents for six months, during which time they are nurtured, trained and enabled to develop lives that are more independent and financially sustainable. This ensures that dependency relationships are not established and families are able to provide for themselves.

Our fifth development boundary is Good Governance. It concerns the strategic and operational planning and execution of our work, our responsibility to donors and to the beneficiaries of our programme.

We work together with other NGOs in Kayamandi on after-school care programmes, providing food which ensures good attendance and productivity on the programmes.



We are operating from the two primary schools in Kayamandi and have a third community garden at Kayamandi High School in the community.





Our donors assist in making this all possible



Assistance to crèches: The total number of pre-school children assisted by the SCDP is now more than ±853. Screening results of Grade R learners has again shown the effectiveness of this intervention.



THE SUCCESS OF THE PROJECT

1. Growth monitoring of the children:

SOS KAYAMANDI SUPPORT HAS ENABLED US TO KEEP THE MALNUTRITION LEVELS LOW

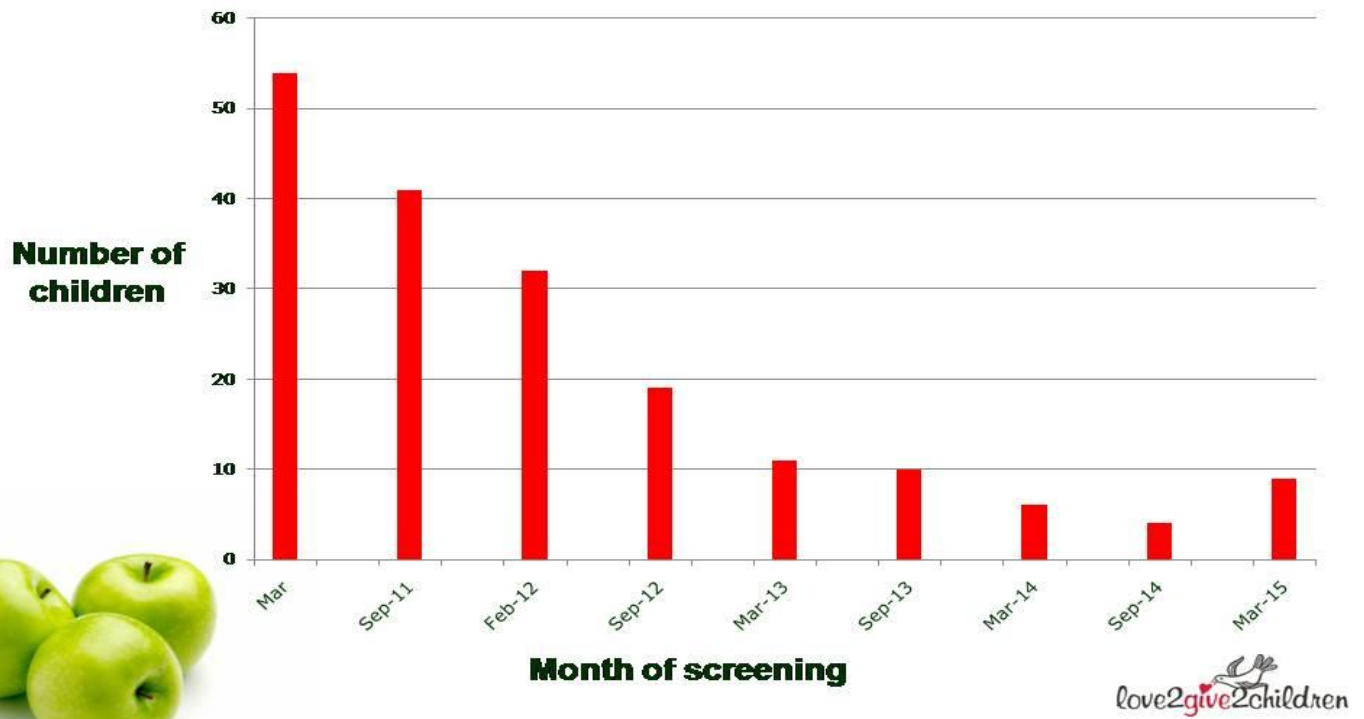
Nutritional results for children at both Kayamandi Primary Schools – March 2015

The first screening done by Love to Give in 2007 showed 909 malnourished children at Ikaya Primary School (at that stage the only primary school in Kayamandi).

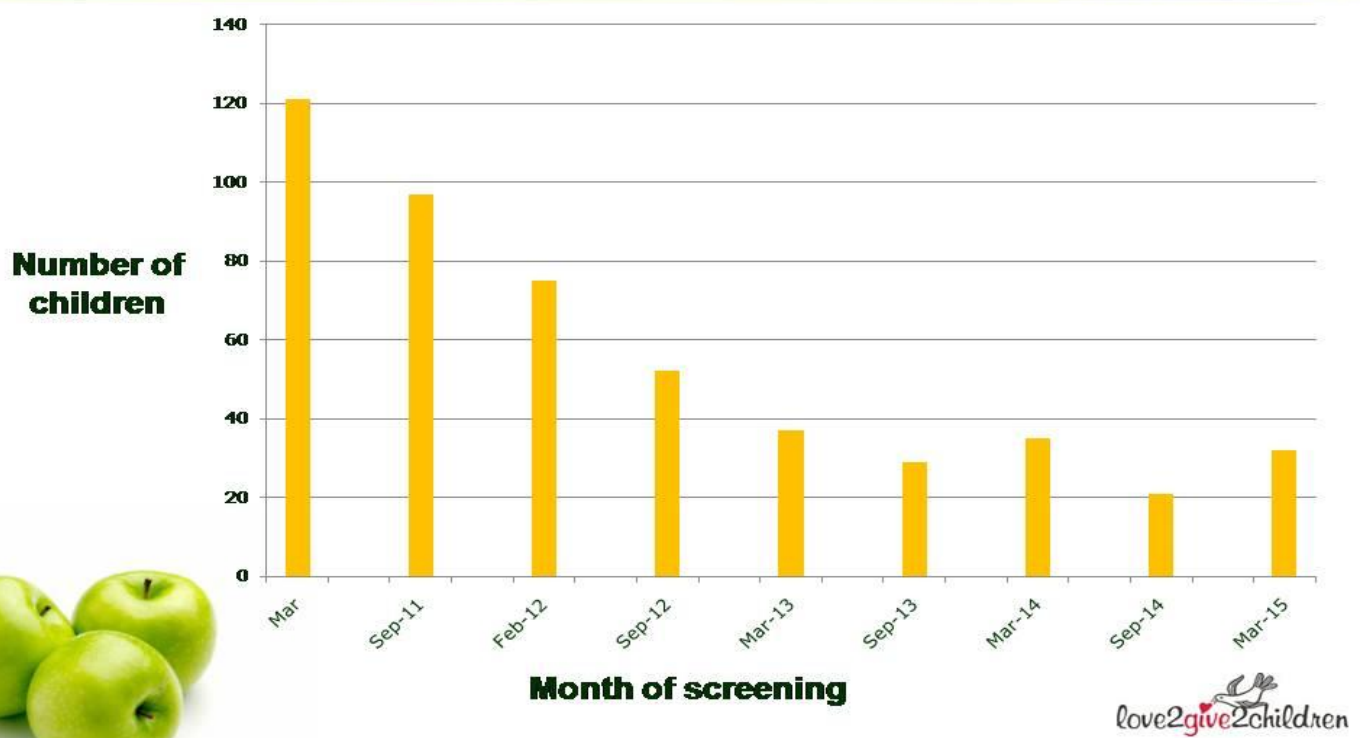
In total 2698 children were screened at both primary schools. Please refer to table and graphs below for detailed results.

	Ikaya PS	Kayamandi PS	Total	Percentage
Normal weight	1396	1188	2584	95.77%
Moderately malnourished	19	13	32	1.20%
Severely malnourished	5	4	9	0.33%
Overweight	35	12	47	1.74%
Obese	15	11	26	0.96%
Total	1470	1228	2698	100.00%
Normal height	1442	1205	2647	98.11%
Moderately stunted	21	19	40	1.49%
Severely stunted	7	4	11	0.40%
Total	1470	1228	2698	100.00%
Critical	5	4	9	0.33%

Severely Malnourished



Moderately Malnourished



Overweight and Obese



2. Sustainable Livelihoods Project: Please see below some examples of the Case Histories of our 100 mothers currently on our Programme (six-month food parcel intervention)

SCDP Home Visit Summaries



Name of Mother: Nomvula Puleng Sondo

Age: 59

Home address: Nkanini



She is a single mother. She is unemployed. Her highest qualification is sub B.

Own kids: Molekeng (28)

Grandchildren: Mbali (6) doing Grade R at Ikaya Primary

Family depends on child support grant and also Molelekeng is working as a nanny 3 days a week.

Puleng has space for a garden. Family health is good

SCDP intervention:

- Enter into programme
- Nutrition Education
- Health promoters
- Support groups
- Sustainable Livelihoods
- Contraception Workshops
- Gym

Access to basic services

Amenities	YES	NO
ELECTRICITY		X
WATER		X
TOILETS		X

SCDP Home Visit Summaries



Name of Mother: Noxolo Zola

Age: 59

Home address: Nkanini



She is a single parent with a highest education of Grade 8. She is unemployed

Own kids: Andiswa (26) doing part time job as a cleaner in Paarl.

Grandchildren: Andiswa's children – Sinothando (7) doing grade 1 at Kayamandi Primary and Ayabonga is 2 years old

Family depends on Andiswa's piece jobs and the child support grants of 2 children. Noxolo was in the programme in 2013 and got a job on the farms for 6 months and after finishing she went to the Eastern Cape. Noxolo has asthma since 2011 and she is using a pump. She has a small piece of land for gardening.

SCDP intervention:

- Enter into programme
- Disease Specific Nutrition Education
- Health promoters
- Support groups
- Sustainable Livelihoods
- Contraception Workshops
- Garden at home
- Gym

Access to basic services

Amenities	YES	NO
ELECTRICITY		X
WATER		X
TOILETS		X



SCDP Home Visit Summaries

Name of Mother: Nokuphumla Ndyalivani

Age: 45

Home address: Nkanini



She is a single parent. She is unemployed. Highest education is Grade 9.

Own kids: Mandilakhe (8) doing grade 2 at Kayamandi Primary.

Grace (28) is the sister of Nokuphumla.

Family depends on Grace's (28 – sister of Nokumphumla) piece jobs, she is working in Protea Hotel 3 days a week as a char but does not stay with Nokuphumla, she is supporting them. Family also depends on child support grant of 1 child.

Nokuphumla has a small piece of land for garden.

SCDP intervention:

- Enter into programme
- Nutrition Education
- Health promoters
- Support groups
- Sustainable Livelihoods
- Contraception Workshops
- Gym

Access to basic services

Amenities	YES	NO
ELECTRICITY		X
WATER		X
TOILETS		X

SCDP Home Visit Summaries

Name of Mother: Thembeke Spani Age: 38

Home address: Nkanini



She is married in custom to Alton Mpemyama (46) who is working as a casual on the farm. She is unemployed. Highest education is Grade 8.

Own kids: Alizwa (12) doing grade 6 at Kayamandi Primary, Zintando is 1 year old and Lwando (19) is unemployed, dropped out of school at Grade 11

Family depends on child support grant of 2 children and father's piece jobs.. Family health is good. She has a space for a garden

SCDP intervention:

- Enter into programme
- Nutrition Education
- Health promoters
- Support groups
- Sustainable Livelihoods
- Contraception Workshops
- Garden at school
- Gym

Access to basic services

Amenities	YES	NO
ELECTRICITY		X
WATER		X
TOILETS		X



SCDP Home Visit Summaries

Name of Mother: Nomathamsanqa Komanisi Age: 50

Home address: Nkanini



She is a single parent. She is unemployed. Highest education is Grade 2.

Own kids: Zola (25) is doing piece jobs in gardening 2 days per week and Asindisiwe (13 – used to be one of our critical kids) doing grade 5 at Ikaya Primary

Family depends on child support grant of 1 child and Zola's piece jobs.

Nomathamsanqa is hypertensive and is receiving treatment. Has space for a garden at home.

SCDP intervention:

- Enter into programme
- Disease Specific Nutrition Education
- Health promoters
- Support groups
- Sustainable Livelihoods
- Contraception Workshops
- Gym

Access to basic services

Amenities	YES	NO
ELECTRICITY		X
WATER		X
TOILETS		X

Success stories



Princess Dingile used to be on our programme and she now has a job as a security with G4S at the University of Stellenbosch.



Nobelungu Ntsonkotha got a job at EPWP



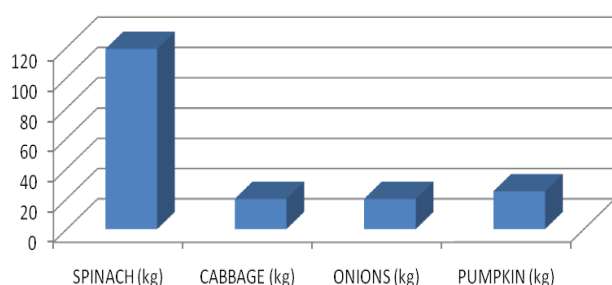
Andiswa Rhubushe got a permanent job at Royal Cleaning Company at Stellenbosch Eikastad Mall

Vegetable Gardens:

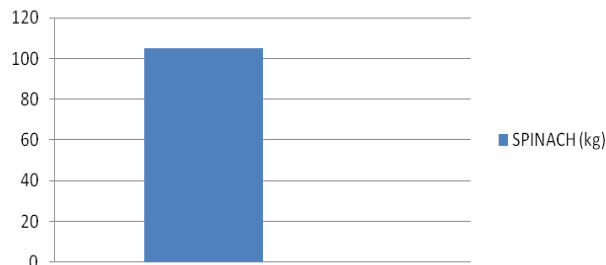
The Ikaya Garden revamp is complete and looking really good and the Kayamandi Garden continues to produce good harvests of spinach, beetroot, broccoli, onions.



Number of vegetables harvested on 5/3/15 - Emily Ikaya Garden



Number of vegetables harvested on 9/4/2015 - Cecelia Kayamandi Garden



The SCDP already offers training in gardening in the two vegetable gardens at the primary schools where the feeding scheme is instituted: The market size plots at the High School have improved the quality of the soil immensely over the past year and are growing strong healthy vegetables. Sufficient vegetables are being grown to supplement the food of five families and any excess spinach that is grown is sold in the community by the five dedicated gardeners. Thirty four home gardens have been established this year and encouragement to the home gardeners was offered in the form of a Gorgeous Gardens competition. These gardens will help supplement family meals with healthy, nutritious vegetables.

Sustainable Livelihoods and Enterprise Development

A core aspect of the programme is the Sustainable Livelihoods and Enterprise Development programmes. These projects were started in order to assist the families of malnourished children on the SCDP feeding scheme, to become financially self-sufficient. In this way we are reducing the likelihood of dependency relationships developing. Over the six-month period that they qualify to receive the food parcels, they are actively encouraged to explore ways of becoming financially self-sufficient and thus be able to look after the nutritional (and other) needs of their families, without the help of external agencies. Support, training, and mentorship is provided throughout the process.

All beneficiaries entering the programme are interviewed for educational levels, languages spoken, previous job experience, and additional skills gained post school. Their interests, as well as their ideas of how to start making an income, are recorded.

Recommendations can then be made on how to get out of the poverty cycle.

Enterprise Development

Three micro-business management courses are run per year. In these courses, participants are taught the basics of running a business and produce a simple three page business plan along with budgets.

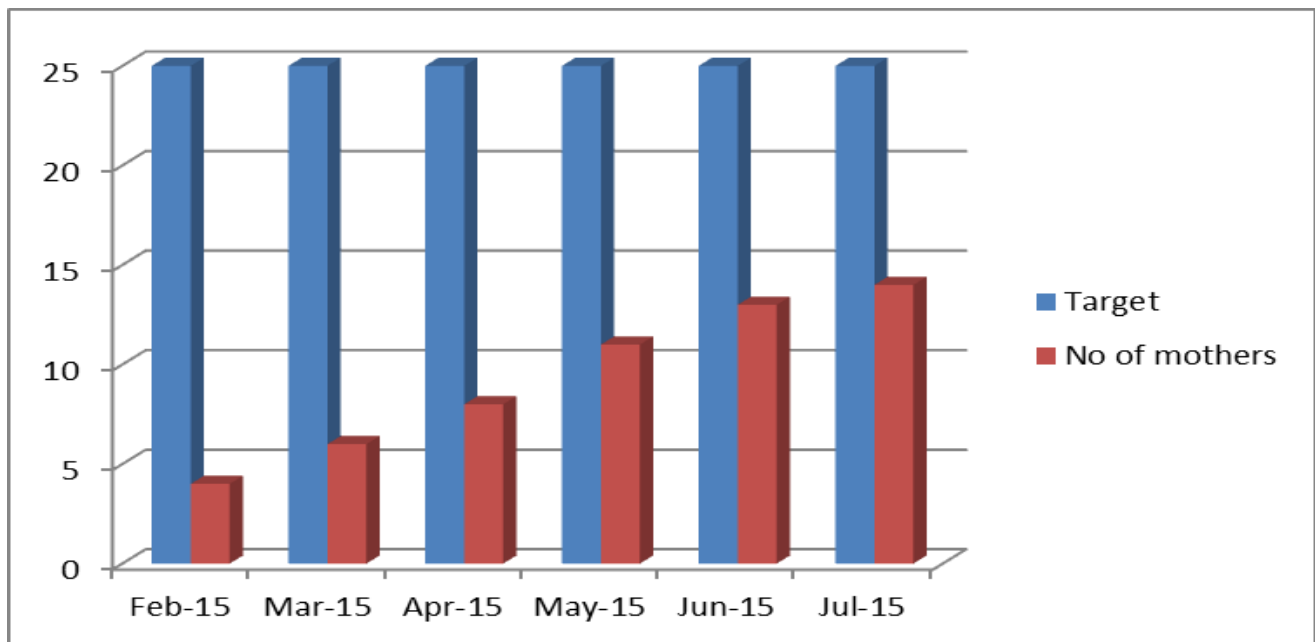
Micro-finance is offered to any woman who completes a viable business plan.

In 2015 we have focused on finding new business opportunities in the community. Shack mats are attractive and inexpensive carpets made out of recycled plastic. Three women have started selling these

mats in their communities and we are investigating ways to start selling them to a wider market where they can be used for picnics or camping.

Thus far in 2015, ten women completed the first business course and a further sixteen women have started the second course. In total, fourteen small businesses have been started which range from selling second-hand and new clothes to running a crèche.

We are currently investigating the viability of having a market day at the centre once a week, where all of our beneficiaries can come together to buy and sell. This would open up possible new markets in the community and potentially could bring in buyers, once it is established, from the greater Stellenbosch community.



No of beneficiaries running their own micro-businesses



Busy writing Business Plans



Shack Mats

Job Search

Stellenbosch is a community where many of the entry level jobs are seasonal (farming industry and tourism). Again this year we have seen an increase in the number of our beneficiaries who have found permanent work, thus ensuring a long-term income for the families.

We continue to write CVs for any of our beneficiaries and can act as a reference for them as they are with us for up to six months and have committed to coming to the centre twice a week to work in the gardens and participate in all activities.

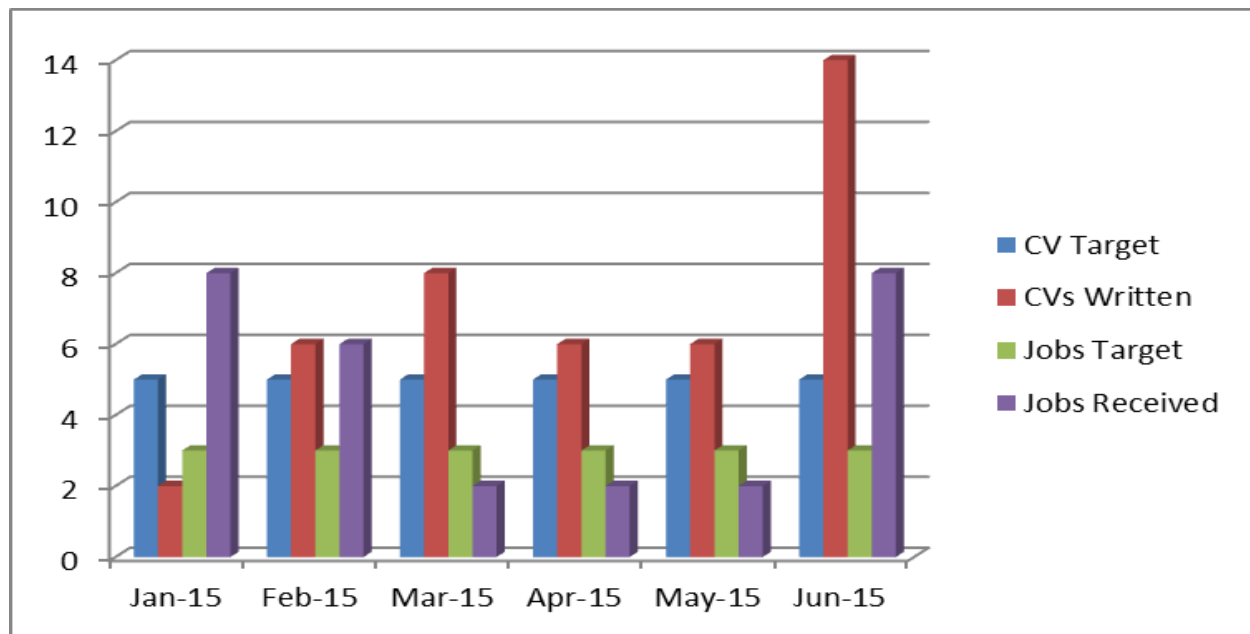
In the first six months of 2015, twenty eight women have successfully applied for jobs with our assistance. Of these, 50% are full time jobs and the others are either seasonal or eight to nine month contract positions.



Ntombizonke Mana in her nurse's uniform



Nikiwe Gankxela who got a permanent job at a local restaurant



No of CVs written for Beneficiaries and No of Jobs Received

Further Skills Training

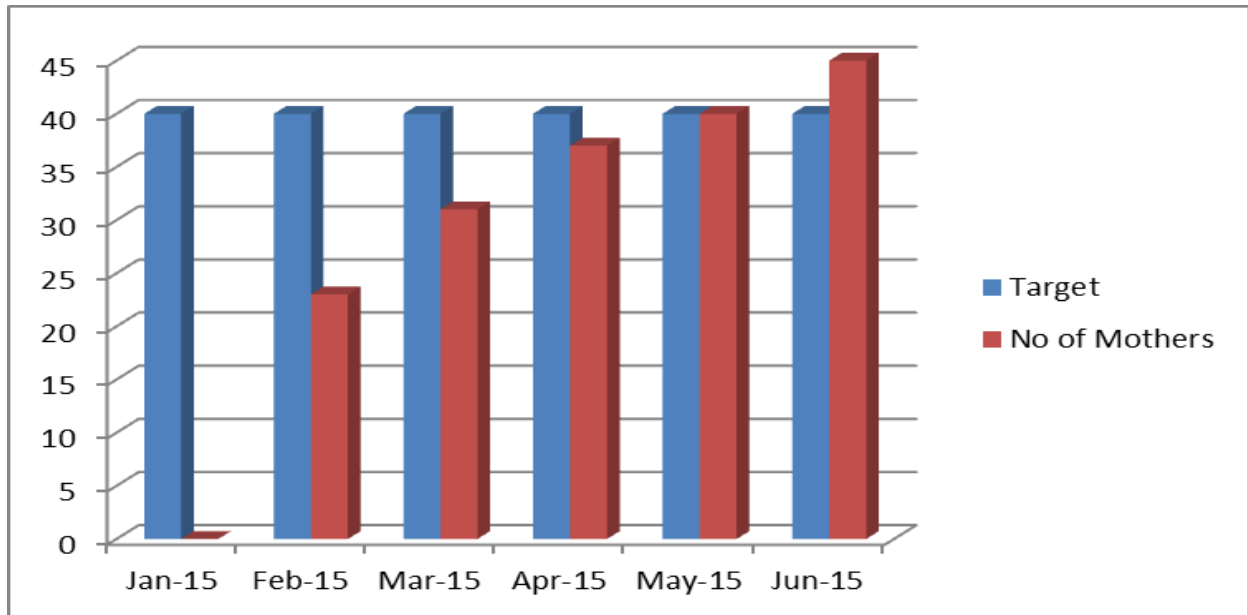
The younger women continue to do the computer literacy course that we offer at the centre, with twelve women having already learned touch typing and four of them having started on Microsoft Office programmes. Additionally there is great interest in the sewing course that is run in the community. Twenty two of our beneficiaries attended the six month Uvuyo sewing course, which gives them the skills to produce embroidered items that the project then markets at craft expos and through shops in the area.

A second sewing group, Stitch-a-Life, operates from the Love to Give premises. This project works with women who have sewing machines at home and covers pattern cutting and dress making. Once the women are competent seamstresses, they will be able to provide unique clothing articles to a retail shop in Stellenbosch as well as being able to sew items for sale in the Kayamandi community. Eleven women attend the course regularly.

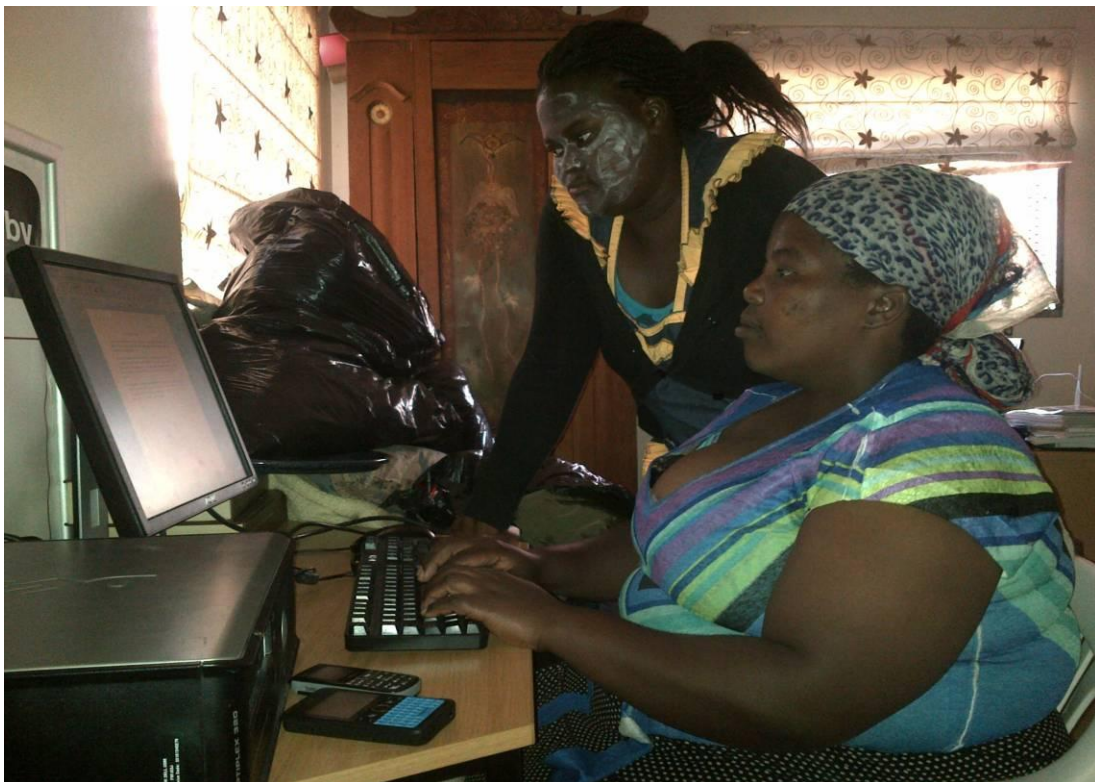
stitch-a-life



None of the women this year have registered for further study at other institutions, due predominantly to the scaling down of entry level skills courses offered at another NGO in Stellenbosch. We are currently investigating the viability of running regular courses at our centre covering specialized skills for wine farm workers and for the service industry. Should funding be forthcoming for this project, we will start it in the last quarter of 2015.



No of Beneficiaries Receiving Additional Skills Training (Sewing, Computer literacy, etc)



Figuring Out How to Use Microsoft Word

Unemployed Youth

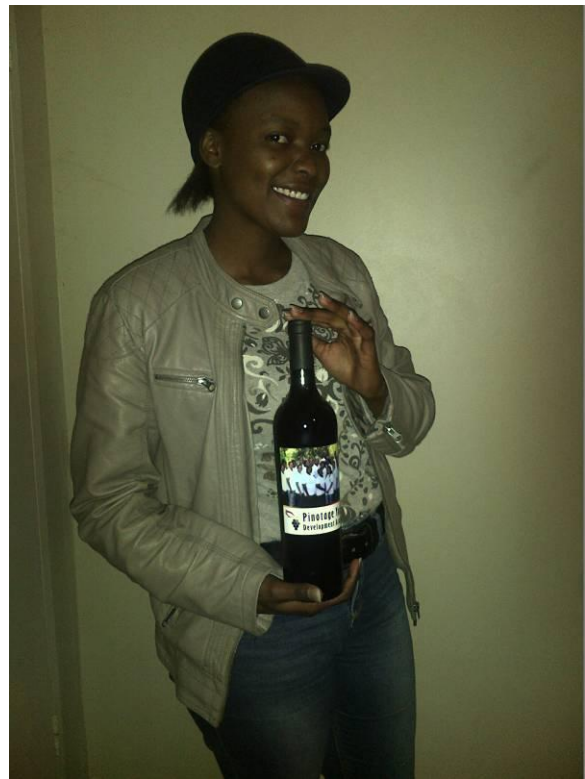
For the second year, we have dedicated a day a week to working with the unemployed youth of the families that we support. Five of them have gotten permanent jobs and a further seven have got part-time work. One beneficiary has been accepted to study further at an FET College and another fifteen are waiting to hear whether their applications at various tertiary institutions have been successful. One of our beneficiaries from 2014 recently graduated from the Pinotage Youth Academy and has come back to us for help in applying for jobs.

The basic computer courses that we offer to the youth, continues to be popular and ensures that we see the young people regularly. Eighteen youth have attended basic computer literacy courses and have a competency in Windows 7 and 8, touch typing and Microsoft Word.

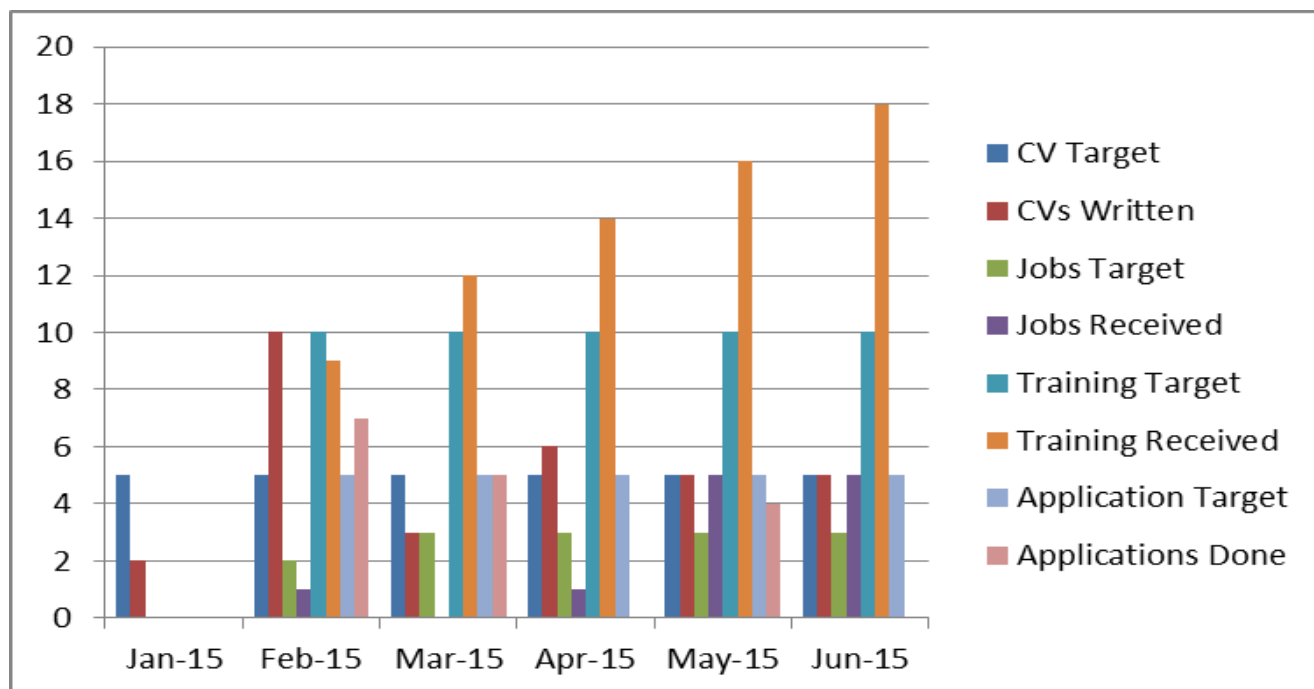
In the first six months of 2015, we have worked with 32 young people in total.



Mfundo Mcilongo celebrating his acceptance at Boland College



Vuyina Taitai recently graduated from the Pinotage Youth Academy



Youth Programme Participation

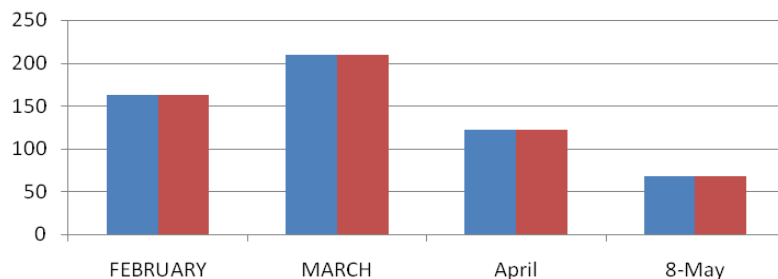
Other SCDP initiatives



- The **Health and Nutrition Education Programme** is continuing to uplift and educate our mothers and youth through closer ties with the Health Promoters (formerly known as Medical Knowledge Institute) in Kayamandi. Topics include dietary management of Chronic Diseases of Lifestyle (Diabetes, Hypertension, and Cholesterol), Breast Cancer, Exercise, Child nutrition, TB, HIV and AIDS and the importance of getting tested regardless of age. The mothers on the programme have further benefitted from our close links with the **Kayamandi local clinic**. The Nursing Sisters have enabled us to arrange hassle free contraception appointments to all of our mothers as well.

- Safe Sex Teenage Contraception Workshops** are offered to all the learners at primary and high school level. Due to this partnership with the clinic, **Love to Give is also the sole NPO/NGO distributor of condoms to all schools in Kayamandi.** Recent research has indicated an alarming increase in both teenage and pre-teen pregnancies in South Africa and we believe it is essential to try and combat this trend in any way that we can through education and easy access to non-judgmental information and contraception advice. This year 562 learners (and counting) have benefitted from the workshops, which are ongoing. Love to Give have also formed a partnership with @Heart who specialises in sexual health and education.

NUMBER OF LEARNERS ATTENDING CONTRACEPTION WORKSHOPS AND RECEIVING CONDOMS 2015



- Subz Panties** – Research has shown that 80% of 9 million girls aged between 13 and 19 years old, miss a week of school every month, due to a lack of sanitary pads. Many girls are forced to use unhygienic alternatives, such as newspaper, leaves and even sand, which put them at risk of infection. Subz Panties are 100% cotton knit washable sanitary pads that are eco-friendly and last for up to 5 years. These Subz panties have given hope to young girls and women of Kayamandi. It has given them the opportunity to be free, to participate in daily activities, not to feel ashamed or embarrassed.
- The Exercise Programme** which is now being conducted by our Health Care Workers is still running very successfully. We continue to see great results. Mothers continue to lose weight, and have a decrease in blood pressure, in bad cholesterol levels and have improved blood glucose levels. The mothers also start to feel better about themselves and have improved fitness levels.



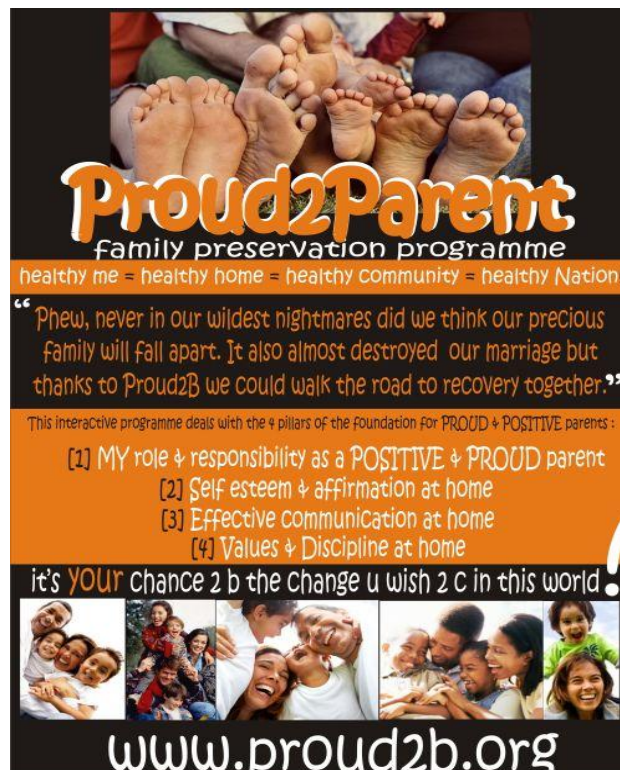
- ✚ The 9 **critical children** identified in our survey are provided with an enriched and fortified porridge each morning with milk. The critical children continue to gain weight. As we have seen with the further reduction in the number of critical children, the Morvite, together with the peanut butter sandwich and fruit is improving the nutritional status of these children. Addressing and correcting malnourishment at as young an age as possible not only benefits the child physically and intellectually but also reduces the risk of obesity in later life. Obesity in older children and adults is strongly tied to malnourishment in the early development years due to stunting of growth.
- ✚ **Lokxion Sport Academy:** In order to increase the number of learners becoming more physically active and to decrease the number of overweight children, Love to Give supports the Lokxion Sport Academy which also encourages the children's overall development as young sports stars. Love to Give provides bread and milk to sustain their energy levels. The Lokxion Sport Academy has won the Kayamandi Soccer League which is a fantastic achievement.
- ✚ **Occupational Therapy (OT) Students:** These students from the University of Stellenbosch assist our Grade 1s and 2s with Early Childhood Development from Monday to Thursday, especially those with learning disabilities. There are currently 41 children being aided and Love to Give has been providing them with sandwiches, milk and fruit daily in the afternoon.



- ✚ **Selective feeding:** Love to Give does not turn away any hungry child (whether they have a normal weight for age or are overweight) and due to our improved screening results, we will continue to provide all hungry children with a sandwich, milk and fruit after school.
- ✚ **Financial Literacy:** Consumer Educators from the Office of the Consumer Protector, frequently visit the centre to train our mothers on Financial Literacy.



- ✚ **Proud2B Parent:** Love to Give, in partnership with Proud2B, run monthly Proud2b Parent workshops for our unemployed mothers. These workshops are aimed at creating positive and proud parents.



✚ **Recycling:** Love to Give's recycling project, where all our mothers recycle all their monthly tin food parcel items, is going strong. This assists in keeping the environment clean and preventing further waste ending up on our already overburdened landfill site. It also serves as some form of income for a number of mothers who have started recycling in their communities as a result of seeing what can be earned. Our recycling efforts have therefore spread into the community resulting in a cleaner and safer environment.



Please also visit our new and revamped website www.lovetogive.org.za for an overview of the work of Love to Give.

Please like our Facebook Pages:

<https://www.facebook.com/pages/Stellenbosch-Community-Development-Programme-SCDPLovetoGive/130492893704456>



In conclusion, on behalf of the beneficiaries of Love to Give, we would like to thank **SOS Kayamandi** most sincerely for your continued support of our programme.

We hope that this report adequately highlights the **valuable contribution** which your company is making to the alleviation of poverty in hundreds of families, and thousands of children annually in Kayamandi, and especially the growth of a healthy generation of children and young leaders.

Yours sincerely,

Annabel Rosholt, Project Director
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Jacques Treadway, Manager and Dietician
0742077165

Nomajama Jikela & Gloria Feleza
Senior Health Care Workers
0603402487

Karen Ross, Manager: Sustainable Livelihoods
0834603783

Thank you for **Not being Afraid To Love** 😊

