



# INDLELA MENTAL HEALTH

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ANNUAL REPORT  
April 2021 - March 2022

A pair of gold-handled scissors is shown cutting through a wide, shimmering gold ribbon. The ribbon is draped across the bottom half of the page, and the scissors are positioned on the right side, with the blades cutting through the ribbon.

*Journey to  
Mental Wellbeing*



# OUR VISION AND MISSION

## VISION

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All people are valued, accepted and enjoy mental wellbeing.



## MISSION

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To create a dynamic movement that promotes mental wellbeing and resilience in the Eastern Cape.

We facilitate training, skills development and community-driven support networks that unlock local resources and inspire innovation amongst learning partners.

We further advocate for inclusion and rights protection of people with intellectual and psycho-social disabilities.





# CHAIRPERSON'S REPORT

**Sheri-Ann Pietersen**



As we set off hopeful of a year of some “normalcy”, we had to be aware of the adjustments needed to cope with ongoing uncertainty in our environment. An indicator of a balanced mental health is the ability to take the good, with the bad and to amend and adjust wherever necessary. Transitioning back into office and reviving much needed projects, the organisation kicked into gear and made strides towards the necessary support for learning partners in the community.

Although adjustment was key to ride the wave, celebration was also in order as we launched our new name: *Indlela Mental Health (IMH): Journey to mental well-being*. Reviewing the organisational redesign process, gave the establishment a great sense of reflection and realignment. This was necessary to take the organisation forward into a new era of Asset Based Community-driven Development.

IMH faced many challenges, especially at the Sikhulile Youth Development Centre at Motherwell, in the form of vandalism that brought destruction and devastation. The organisation can however, be proud of our community forums, which stepped up and made sure our services and support could continue in those areas.

We have many to thank for taking us through the year: our dynamic and driven director and her team for their tireless work in moving the organisation forward; for all the team leads and staff for their willing and generous efforts in the implementation of projects in the community; as well as our learning partners for adding life to these efforts.

To the board members I want to thank you for your willingness to spend your time in discerning issues pertaining the organisation and for making those very difficult decisions. Your contributions are highly appreciated.

To our sponsors, funders, donors, and partners I thank you immensely for your generosity and trust in the vision and mission of IMH. Without your support we could not succeed.

Let us continue to be intentional as we forge ahead, creating awareness and support for mental well-being in this new year.

## INVESTING IN OUR HUMAN RESOURCES

IMH values its employees and has therefore taken the decision to employ a part time HR Officer who will assist in maximizing employee performance in order to meet the organisation’s strategic goals and objectives. Setting up the new HR department is about creating policies, procedures and processes to take care of short-term needs and mitigate long-term risks. Solid HR Policies and Procedures make for an improved employee experience and limit the organisation’s risks.

The first step for the HR Officer was to conduct a SWOT Analysis. An analysis of the Strengths, Weaknesses, Opportunities and Threats within the organisation in order to gather crucial information regarding the organisation’s operations and how to manage the workforce. The analysis was performed throughout the organisation, ensuring participation from all staff through engagement in discussions thereby enhancing the employer-employee partnership thus demonstrating HR as an important partner committed to Human Capital.

By sorting the collective outcomes of the SWOT analysis into FIVE planning categories, we now have a practical way to translate issues into manageable and accountable aims, owned by the staff and teams at IMH.

The FIVE planning categories are:



By systematically and holistically addressing the above categories, we provide the stepping stones to pave the way forward to future success. Creating a high-performance organisation requires of us to change our way of working, transforming individual behaviours, encouraging new ways aligned to the ABCD philosophy and creating a purpose-driven organisational culture. Watch this space!!

## TO NEW BEGINNINGS

There is no doubt that the Covid-19 pandemic and its effects continued to dominate in 2021. What became increasingly evident were its shocking mental health consequences and heavy toll on children and young people, who, according to UNICEF ‘are now living a devastating and distorted new normal’. IMH has received an unprecedented number of requests for assistance coming from those based in communities, schools, clinics, faith-based congregations and workplaces. With a small team of four community-based social and social auxiliary workers, our team is at the frontline battling to fill the gap in basic service provision.

For us, 2021 signalled a year of noteworthy changes. Enter Indlela Mental Health: our name change from Port Elizabeth Mental Health brings significant opportunities and gains. IMH is the journey that inevitably marks the passage to mental wellbeing.

It further marks our own transformation. Supported by an organisational redesign review undertaken in 2020 and the appointment of a part-time HR officer, IMH boldly invited staff to envisage our journey for the next 83 years. This has required willingness to ask basic questions: “How do we best align to the purpose of the organisation, with our leadership and staff unwaveringly devoting energy towards such ends?”; “How do we apply self-care and emotional wellbeing concerns to our own staff? Right now we are prioritizing what matters most to our learning partners coupled with the wellbeing of our team.

IMH continues to affirm its commitment to upscaling a mental health service for our learning partners in Gqeberha and the broader Eastern Cape that is person-centred, rights-based, participatory, asset based and inclusive of community. We want to bring awareness, knowledge and insight into mental health wellness and its challenges to the fore in our city.

Our annual report 2021-2022 reflects the consolidation and celebration of IMH’s work as we transition towards ‘a new beginning’. We draw together statistics, achievements, learning reflections and also the challenges we have endured. Some of our celebrations include:

- \* Welcoming visits from new funding partners such as Terre des Hommes, The German Embassy and The Federal Ministry of Economic Cooperation and Development through KNH
- \* The first Mental Wellness Influencers workshop that was held at Grass Roof early in December 2021. This was a component of our Covid-19

Psychosocial School-Based Support Programme (RISE) whose aim is to ease emotional and psychological symptoms brought about by the pandemic. In this way IMH enables learners to function more effectively at school and at home.

- \* Harnessing renewable energy through Ezethu Development Trust and the construction of a boundary wall for Sikhulile Youth Development Centre in Motherwell.
- \* The parents of our learning partners came to the fore in true ABCD style, and organised night guards to oversee the safety of our community based facilities.
- \* The Khatala ‘Dare to Care’ programme making waves by ensuring that the rights of children with intellectual disabilities are upheld through social networking and advocacy.
- \* Participating and winning both the professional and amateur golf day at the SPAR Eastern Cape Charity Golf Day on 17 Feb 2022. Thank you SPAR for choosing IMH as one of the charity beneficiaries. Our total prize winnings were R40 000.00

To the leadership team and staff, our greatest asset, you make all of this possible – it seems always to be a tough journey, with up’s and down’s – but your resilience and passion for the work you do is greatly acknowledged and appreciated. We salute you!!

The Board of IMH is pivotal to the resilience and longevity of the organisation. You volunteer expertise, time and commitment to social change whilst bringing stability and credibility to IMH. During this period, we welcomed our new chairperson, Mrs Sheri-Ann Pietersen. Your bubbly energy and commitment to the mental health movement is inspiring. Young at heart, you keep us focused. We also welcomed new members Mrs Loren Burton (Attorney) and Ms Motshabi Mokolobate (clinical psychologist). We wish you well in your respective roles.

In closing, thank you to our loyal members, consultants, volunteers, students, interns and all other partners. To see the impact that we have in working together for the benefit of our learning partners and the community, is so incredibly rewarding.



~ Limeez Botha ~



# TREASURER'S REPORT

Inge Laubscher - Treasurer  
Loren Burton—Vice Treasurer



It is a great pleasure to present to you the abridged Audited Financial Statements.

IMH ended the financial year ending 31 March 2022 with a surplus of R173023.00 after a budget deficit of R849170.00 was anticipated.

Because IMH has secured long-term funding agreements with donors, most of 2021 - 2022's funding was secured. It contributed to the organisation once again having a surplus, which has enabled to organisation to build up its resources with non-specific fund and self-generated income for the future.

Department of Social Development changed their payment system which helped the Cash flow of the organisation to be more predictable thereby assisting in there being no cash flow shortages throughout the year.

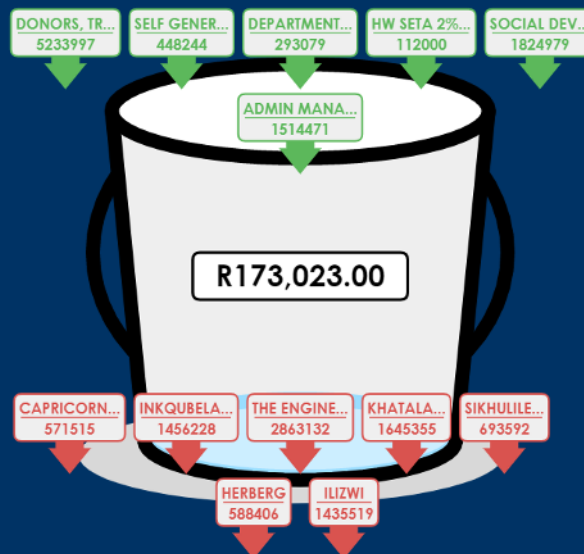
There were still difficult macro- economic environment challenges that influenced the organisation's objectives, but the organisation has learnt to adapt to these challenges and has been able to continue to offer services to the learning partners and communities.

Overcoming these challenges and has landed the organisation in a position of strength and sustainability.

We wish to thank all our partners, because without their contributions and support, IMH's invaluable work in the community would not be possible. My sincere thanks goes to the Director, Board members, staff and our Auditors for their dedication and assistance throughout the year.

INDELELA MENTAL HEALTH'S  
FINANCIAL BUCKET

1 APRIL 2021 - 31 MARCH 2022



# OUR COMMUNITY BASED MENTAL HEALTH PROGRAMS

**ILIZWI (*The Voice*)** is the social work team that aims to improve and enhance the quality of life of vulnerable children and adults living with mental disabilities. The team provides support to them and their families through therapeutic services. We aim to enable persons with mental disabilities to live more satisfactorily in the community – with programs focusing on social integration and ensuring rights are upheld.

**KHATALA (*Dare to Care*)** - Seeks to build social capital within communities, ignites and supports social networks and promotes as well as protects the diverse rights of children with intellectual disabilities. It offers a broad range of actions from social mobilisation of an affected target group to change attitudes and behaviour, to impacting on institutional and government strategies and practices.



**SIYAPHAMBILI (*Going forward*)** comprises of two residential facilities for adult persons with psychosocial and intellectual disabilities offering a rehabilitation program which aims to assist residents to function independently in the community. The residents are taught skills for daily living, arts and crafts and assistance with part time employment. Services also include counselling and therapeutic group sessions.

**MASAKHANE (*Lets Build Together*)** - A vibrant program for youth with mild to moderate intellectual disabilities. It has three township based Youth Skills Development Centres for learning partners to gain personal, social and workplace-related skills with a view to integration into the mainstream economy and community.

# TEAM INSPIRE

## A RISING STAR - AMANDA BALENI

My journey at IMH was a challenging one. A life lesson, learning new things every day and gaining more 'world of work' experience. Here is my story...

I started working at IMH as an HWSETA intern on the 1st of April 2020. It presented a great opportunity for me to start with my practical work experience. My field of study was Management Assistance. I was thrown in the deep end, assisting with PA duties for the Director whilst the PA was on maternity leave. My primary role was reception/administration assistant which became the foundation to utilize my training to make a meaningful contribution to the organisation. I poured my all into it, eager to learn and showing creativity in every opportunity. My months at IMH have taught me to be an independent thinker but yet a team player with passion and commitment to the job. This was motivation for the 18 month internship. As my internship came to an end, I was called in by my team lead and director which I thought was a review and thanks for a job well done. It certainly was until they shared the wonderful news of offering me a permanent position as receptionist at IMH. What a reward it was, the feeling of pride and happiness in me, I was completely overjoyed. My aspiration was to show my ability and dedication towards the organisation. This was really unexpected and more than expected. The highlights working at IMH comes with another big achievement that was obtaining my driver's licence. I was so fearful but allowing me to step outside my comfort zone now sees me a confident driver assisting with errands. Another highlight was being involved with the name change of the organisation and actually submitting the winning name. Every day I have the opportunity to learn about the different types of psychosocial and intellectual disabilities, seeing the change that the organisation is doing for the community is inspiring. I also received a lot of training opportunities and love the team buildings.



I am proud of the role I play and appreciative of the support that I have received from the director and the staff members of IMH and together with guidance of God, starting where I was to where I am today and still pushing very hard to succeed in life reaching my goal. I would also like to thank Mrs Limeez Botha for her rich wisdom, motivation and giving me the platform and the opportunity to share my story. I am grateful and thankful.

## MY JOURNEY AT INDELELA MENTAL HEALTH - XOLISWA XOSHOMBE



My name is Xoliswa Veronica Xoshombe and I am 52 years old. I passed grade 12 in 1992 at Ndzondelelo high school. I'm a married woman and I have two boys. I'm a shy and soft hearted person.

I am a facilitator at Inkqubela 2 in Zwile, a proud member of IMH. I was appointed in September 2011 as a volunteer facilitator. At that time, I was assisting the facilitator, Mrs Nontsikelelo Coto in her daily tasks, training the learning partners in sewing, beadwork and catering.

In 2014, I celebrated my formal appointment as an employee. I was responsible for facilitating a car wash group with 10 learning partners and I am proud to say I have never received any complaints from our customers about our work. In 2018, my manager, Mr Garth Goldman approached me with the suggestion of starting to facilitate a sewing group because he knows that this is a skill I'm good at. I was happy to agree!

In March 2022 I was so proud to have my hard work, my passion and my dedication recognised, with a promotion to acting senior facilitator. Now I'm exposed to supervisory tasks that I'm not familiar with, but excited to learn. I'm grateful for the opportunity given by our Team Lead, Mr Thamsanqa Methula, the Organisation and the Board members as well as the faith placed in me.

I am proud of my knowledge of sewing. I know all the techniques of sewing e.g. parts of machine, how to operate the machine, cutting patterns, using the tape measure, taking of measurements and construction of garments. I am most proud of my ability to understand our learning partners and how best they learn, some gaining so much information and skill that they are able to start up their own businesses. One learning partner has exceeded all our expectations and has been promoted now as a peer facilitator assisting me in transferring the sewing skills.

My passion extends into my spare time I where I am also doing sewing, beadwork and catering at home. My goal is to further my studies and gain more knowledge in fashion design so that in 8 years I will be running my own business or company.



# HWSETA – A PARTNER IN TRAINING AND SKILLS DEVELOPMENT

The Health and Welfare Sector Education and Training Authority (HWSETA) and IMH have shared a collaborative partnership for many years. HWSETA is responsible for the education, training and skills development aligned to the National Skills Development Strategy. IMH, as a stakeholder, accesses funding for various grants to empower unemployed graduates, provide internship opportunities as well as provide additional support for employed learners. Through this programme IMH, as the host employer or training institute offers on the job training or experiential learning.

On 3rd August 2021, IMH provided the following interns practical work experience in their respective fields of study for 18 months. Wendy Kholosa (receptionist at Cotswold), Ntomboxolo Sandy Sokupa (admin assistant at Sikhulile), Pretty Mjova (admin assistant at Inkqubela 1) and Ikhona Genge (admin assistant at Inkqubela 2). Well done to all of you, you are valued team members supporting the vision of IMH. We appreciate you.



## IMH SOURCES OPPORTUNITIES FOR OUR STAFF

We are happy to inform of a grant that was approved by HWSETA for an opportunity for a staff member to pursue study in Social Auxiliary Work. We are so proud of Ntombizandile Xate (Community Development Worker in the Khatala team) for furthering her development as the recipient of this grant. This grant is part of the Occupationally Directed Learnership Programme of the HWSETA for the year 2021-2022, to capacitate employees with skills relevant to their employment. The grant covers the tuition fees and study material. We wish Zandi (as she is known to her colleagues) all the best with her studies and know that she will make a success of it.

The HWSETA has consistently approved grants for a number of years which enabled the organisation to appoint unemployed TVET College learners to administration positions as well as social workers. Thank you HWSETA!!

# ACHIEVEMENTS



## Project Impact

April 2021 - March 2022

### Masakhane

**150** Youth with intellectual disabilities were integrated into programs facilitating improved lifestyle choices.



**123** Youth with intellectual disabilities were integrated into life skills training programs, promoting increased levels of independence and self-sufficiency. 82% Indicated an overall improvement.



**150** Youth with intellectual disabilities were integrated into practical skills training programs enhancing employment opportunities. 75% of the youth showed improvement in practical skills.



**129** Youth with intellectual disabilities benefitted from the Supported Employment Program including placements in jobs and learner-ships.



### Siyaphambili

**22** Residents have been participating in the program in this period. 59% Showed improved coping skills, working towards personal independence and self-sufficiency.



**22** Residents benefitted from social work services.

**8** Residents were engaged on short-term EPWP contracts.

**9** Residents have engaged in work opportunities in the past year.



**8** Rehabilitative arts and crafts programs facilitated on a weekly basis.



**2** New residents assessed, screened and admitted into Herberg and Capricorn.



**11** Lifeskills training sessions were held this year.



**7384** Community members integrated into awareness programs, increasing insight into mental disabilities and rights.



**2** Residents were reintegrated into the community this year.





# Ilizwi

**1069** Persons with mental disabilities have been assisted with specialist counselling and crisis intervention service. 72% showed improved coping and improved management of the disability.

**414** Children with mental disabilities and their families have been assisted through the BRAVE program.

**148** Families have benefitted from food parcels.

**123** Youth with Intellectual Disabilities benefitted from 22 Life skills sessions – 78% showed improved skills.

**799** Adults with mental disability have been assisted in 2020/2021.

**56** Families were assisted in applying for a Care Dependency Grant.

**89** Persons with mental disability have been assisted with Disability Grant applications.



**105 823** People reached in the July awareness campaign celebrating psychosocial disability.

**6,084,000** Our team did 3 radio interviews for the October awareness campaign on “Mental Health in an Unequal World – Together we can make a Difference”.

**58,249** People reached during awareness campaign held in March 2022. Theme: “Ensuring Inclusion for Persons with ID” .



# Khatala

**175** Children with intellectual disability and their families develop new coping mechanisms and increase independence.



**40** Wellness Warriors have capacity to advocate for the rights of children with intellectual disabilities.



# KHATALA

TEAM LEAD: Vuyokazi Gonyela



The project continued to successfully work with 40 Wellness Warriors (WW) who are active community members caring for children with Intellectual Disabilities (ID). As a result of their passion and commitment over 250 children with ID received support through in-house Social Work services. WW are the backbone of the project as they mobilized over 200 members to the Community Support Network. This is a community based structure that leads campaigns aimed at challenging negative attitudes towards children with ID. WW's were also at the forefront of referring cases of children struggling to access education system to SW and have been instrumental in supporting families to ultimately have their children admitted to different special schools even though not all are government facilities.

WW are an active group that assists Social Workers with home visits and are also the most available community resource to families of children with ID. They also received home-based stimulation workshops and use the skills to help families and children with ID.

WW have become a caring family that initiates support mechanisms to navigate life challenges i.e. caring for each other's child with ID when the caregiver goes to the clinic or town; providing moral or spiritual support during death of a family member or child with ID.

Khatala would like to thank every WW that has worked with the project. We appreciate all your efforts.



# INDLELA DEEPENS ITS IMPACT MONITORING

Thanks to support from Climb Any Mountain and Therap Global, IMH has started building capacity to measure the precise impacts our work with children and families affected by intellectual disability (ID).

From day-to-day experience, our staff and learning partners recognise and appreciate the benefits of participating in IMH programs. However, we have not been able to point to the exact number of caregivers who, as a result of our work, now have the skills and confidence to practice basic occupational therapy exercises with their children; or the number of children with ID who can now eat a meal without assistance. The list of program benefits is extremely long and varied, and the time had arrived both to identify and to quantify these impacts. After all, it's not good enough just to know that we are 'doing good', we need also to *demonstrate* to outside world how and the extent to which we are 'doing good'.

Enter Therap Global, a US-based agency dedicated to assisting organisations around the world to document and record their work with people living with intellectual and developmental disabilities. Through a wide range of products and services, Therap provides means of tracking both individual cases and program patterns of delivery.

Our Khatala Program has provided the context for initiating this 'deep' monitoring process. Here, we work with hundreds of households all of which include children with intellectual disabilities. Khatala, funded by the German Government and KNH, includes one component aimed at improving the developmental potential of the children at a young age, and another that brings awareness and skills to caregivers to enable them to support their children.

Khatala, with the input of its Occupational Therapist and field team, worked intensively to identify specific changes that our learning partners may undergo in their individual journeys within the program. The result has been a comprehensive tool that captures all these details. We supplied the tool to Therap, who then integrated these information categories into its existing templates and applications. This enables field staff to capture live information on their smart phones while they are in the field visiting or communicating with the families. The resulting data is processed by the Therap system and will then be available for numerous purposes, including program reporting.

This is the first time that IMH has participated in a sophisticated data collection process. It is not a simple overnight process and requires patience and technical savvy. Training of staff is ongoing and once completed will enable us to fully engage the system on a daily basis throughout all our community-based programs. Soon, our learning partners, our donors / stakeholders and IMH as a whole will reap the benefits.

The logo for Therap Global, featuring the word "Therap" in a large, bold, blue, sans-serif font, with a registered trademark symbol (®) to its upper right. Below "Therap" is the word "Global" in a smaller, blue, sans-serif font.The logo for Climb Any Mountain, featuring the words "climb", "any", and "mountain" stacked vertically in a lowercase, sans-serif font. The word "climb" is in black, "any" is in a light green color, and "mountain" is in a light purple color. Each word has a small colored circle above it: a teal circle above "climb", a light green circle above "any", and a light purple circle above "mountain".

### RESILIENCE THROUGH INITIATIVES OF SUPPORT AND EDUCATION



The Rise (Resilience through initiatives of Support and Education) Project was initiated in 2020 and piloted in 2021 at 6 schools in Gqeberha . The intervention makes use of the school as an institution to change both attitudes and practices arising out of negative mental and emotional conditions, prompted by, but not exclusive to, Covid 19. It promotes mental health wellness. IMH works to improve the capacity of learners to manage emotional crises and stressful situations. To promote long-term change and support for learners, the RISE program also aims to establish learner (teacher supported) structures in each school to enable long-term desired resilience among learners and ensure continued emotional support for learners.



The Rise Facilitators worked tirelessly through school sessions to establish a group of peer influencers in each of the 6 schools. In December 2021 at the end of the learner workshop cycle, the RISE facilitators hosted a one-day Peer Influencer workshop at Grassroof, where all the volunteer Influencers from the participating schools came together to explore their role and to receive training in this regard. This was a huge success as friendships and mentorships were formed. The training and development equipped them to be able to be active, confident peer influencers that would help other learners struggling with wellness issues at their designated schools. IMH is now mentoring these influencers. The feedback has been positive not only from the peer influencers themselves but also from the Teachers and Principals of the different schools.



### OUR RISE SUPPORTERS

In 2021 IMH received welcome support for RISE from a number of generous donors.

Zodwa Dube, our vice chairperson, introduced us to Allan Stapleton and the team of SPAR EASTERN CAPE. Allan, enthusiastically supported RISE toolkits for the learners. It contains fun exercises relating to emotional wellbeing, in addition to information about various emotional conditions, how to identify their presence and how these can be dealt with. This has provided impetus to building and sustaining emotional wellbeing that can be used both in the classroom and at home with families.

The larger RISE programme, has been generously supported by the German Embassy in South Africa and GlobalGiving, based in the US. SPAR EASTERN CAPE extended their contribution to this important face-to-face work with learners by choosing the RISE Programme as a beneficiary of the much anticipated annual charity Golf Day.

Thank you to all these donors for supporting our cause in promoting mental wellness for young people who have been on the receiving end of Covid's most trying consequences.



# PSYCHOSOCIAL REHABILITATION AND PEER SUPPORT FOR PEOPLE WITH SCHIZOPHRENIA IN SOUTH AFRICA (PRIZE): A PILOT CLUSTER-RANDOMISED TRIAL

PRIZE is a research study led by researchers from the South African Medical Research Council and the University of Nottingham, UK. Our collaboration with MRC started in 2019 but was interrupted by the Covid-19 pandemic in 2020.

The study comprises developmental work and a pilot trial of a psychosocial rehabilitation programme developed as part of the Programme for Improving Mental Health in South Africa. It aims to contribute to the lack of policy implementation for community-based psychosocial rehabilitation (PSR) in South Africa by:

- Adapting the previously developed South African PSR programme for low resource urban Eastern Cape settings, including the addition of a peer support component
- Building a platform for intersectoral collaboration between Departments of Health, Social Development, NGOs and other sectors to support future wider implementation of the programme
- Assessing the feasibility and appropriateness of measures for future experimental evaluation of the programme

The support group programme for people with schizophrenia and their caregivers is being delivered by 2 of our auxiliary social workers. They are supporting the social needs of vulnerable groups. They work under supervision of the social work team lead. Training and facilitation materials have been developed. The three-month programme comprises 12 weekly one-hour group sessions for learning partners, which cover topics such as understanding the illness and medication, dealing with anger and conflict, and substance abuse issues to name a few. Sessions for caregivers have also been developed. The Peer support groups which allows for LP's to discuss their experiences and undertake joint problem-solving, are a promising strategy for reducing social isolation and supporting recovery.

Groups are hosted in: Dora Nginza Hospital, KwaZakhele, New Brighton, Walmer, Motherwell, Khayamandi and Laetitia Bam.

We are proud to participate in this global research project and being part of an anticipated best practise model enhancing the quality of life of persons who have Schizophrenia.





# MASAKHANE

TEAM LEAD: Thamsanqa Methula

## SIKHULILE GOES GREEN



The learning partners at Sikhulile have been excitedly participating in a Skills Development Exchange Program at the Motherwell Community Environment Hub. This skills development program exchange is facilitated by Noziqhamo Arts and Crafts, together with our facilitator, Bongani Koza.

30 Of our learning partners visit the HUB every Tuesday and Thursday, where they are taught various skills such as painting and how to identify and sort recyclable materials – those that can be sold and those that they can use for arts and crafts.

They are looking forward to learn how to create various artistic homemade crafts such as handbags, hats and doormats from the recyclable materials – while also doing their bit to care for their environment and their planet.



## BABINI HAS COME FULL CIRCLE - TURNING 'DISABILITY' INTO 'ABILITY'



Babini was registered at Inkqubela 2 in Zwide in 2012. He was very motivated to learn new skills and showed particular interest in the sewing program, where it soon became clear that he had an affinity for sewing and fashion and where he really excelled. Early in his training, he expressed his vision of owning his own design and sewing business and not one to let grass grow under his feet, he pursued his goal vigilantly and is today the proud owner of his own small business. Specializing in making traditional Xhosa attire for weddings and other cultural ceremonies.

We recognised that his skill, passion and dedication in sewing was really inspirational and asked if he would be interested in transferring his sewing skills to his peers. We are very happy today to have Babini on board as a peer support facilitator - where he is teaching his peer learning partners how to sew and showcasing that persons with an intellectual disability should not be underestimated.

## OUR 'KNIGHTS IN SHINING ARMOUR'



Our project centres have suffered ongoing break-ins, burglaries and vandalism throughout the Covid epidemic. This was crippling our programmes. With the completion of the new boundary wall at Sikhulile it was hoped that this would offer security and containment for the property, the staff and our vegetable gardens.

It was with devastation, however, that we found the opposite to be the case - criminals were still gaining access into the property

at night and vandalising the property, stripping off all pipes and electric cabling – leaving the site with no access to water or electricity.

We recognised the great need to rally the support of the local community and began to engage with local ward councillors and community members, particularly the caregivers of our learning partners. They responded to the risk of possible shutdown, recognising the benefit of the programs offered.

With their assistance, a group of 6 unemployed men were identified and willingly volunteered to take care of Sikhulile Centre day and night.

Caregivers continue to donate an extra R130 in addition to the school fees to provide a small stipend to give to these 6 brave men.

Since the day and night watch commenced the level of brake-ins has reduced tremendously - we only had two attempts and on both occasions the burglars were scared off by the caretakers.

We are thankful for a supportive community who were able to help us to identify assets and strengths within the community to find a solution that has helped Sikhulile to continue to thrive. A very special big thank you to our 'Knights in shining armour'.





# SIYAPHAMBILI



**TEAM LEAD:** Sanchia Matthysen

## SIYAPHAMBILI : HELPING OUR LEARNING PARTNERS TO MOVE FORWARD

The Siyaphambili team and their two Psychosocial Rehabilitation Centres, Herberg and Capricorn, continued to provide services to 24 learning partners in the past year – despite the challenges and restrictions posed by Covid 19. Psychosocial Rehabilitation is a treatment approach designed to help improve the lives of people with mental disabilities. The goal is to teach emotional, cognitive and social skills to help the learning partners live and work in their communities as independently as possible.

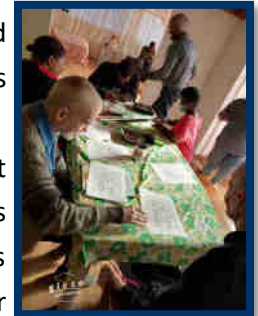
The Siyaphambili team comprises of a social worker, 2 house parents and 2 relief workers. We are so grateful for the assistance of volunteers and benefitted greatly from the services of four 4th-year social work students from the Nelson Mandela University.

During this reporting period there were three successful reintegrations back into the community for our learning partners. It is with pride that a mention must be made of Lucia who was admitted to Capricorn in January 2020 after a long-term admission to Tower Hospital. She really applied herself within the programs – very motivated to be re-unified with her children and family – she showed great progress. She was reintegrated into the community in June 2021 and is currently an active member in her community where she is residing and working as a lay pastor in her church.

All learning partners participate in the programs aimed at enhancing their independence – including skills for daily living, life skills, craft work and gardening. We also encourage that they feel part of their community and eventually – with Covid subsiding and all the residents vaccinated – they were able to again start attending church. The end of the lockdown restrictions imposed on residential care facilities and the ability to move more freely and engage with family and friends – and the end to the sense of isolation – has been a revelation for them. We have even been successful in assisting three learning partners to gain from casual employment.

Siyaphambili is a much needed program in the Nelson Mandela Metropole as it provides a safe place for those experiencing chronic mental disabilities. This was especially highlighted during the pandemic where there is reportedly an increase in people experiencing high levels of anxiety and depression.

There is great excitement and sadness when the team has to say “goodbye” to a learning partner. When they are admitted to the Psychosocial Rehabilitation Centre they are emotionally broken, but when they leave they can say “I am re-writing my story and it has a happy ending.”



# NATIONAL AWARENESS CAMPAIGNS

## “BATTLING STIGMA AND DISCRIMINATION”

Each year, together with the South African Federation for Mental Health and other Mental Health Organisations across all provinces, IMH embarks on a variety of awareness activities to highlight mental health issues in South Africa and the Metro in particular. This year our awareness programmes centred around the use of media to help spread our message to as many persons in our communities as possible:

### JULY 2021 - PSYCHO-SOCIAL DISABILITY MONTH

*“See me – Hear me – Include me”*

Increasingly persons with a psychosocial disability are highlighting how stigma and exclusion create the biggest obstacles to their recovery. This influenced the national theme for our awareness month of July – “See me – Hear me – Include me”. In the spirit of the theme – we included persons with a psychosocial disability – who briefly shared their messages on **4** social media posts – reaching **2259** people and encouraging conversation on positive changes.

The Ilizwi team also with the support of **2** persons with a psychosocial disability, participated in a radio talk on Inkqubela FM – engaging the community on the topic.



### OCTOBER 2021 - MENTAL HEALTH MONTH

*“Mental Health in an unequal world – together we can make a difference”*

Again we engaged some of our partners who have a mental disability and together, tackled the topic on radio reaching audiences from Inkqubela FM, TRU FM and Umhlobo Wenene FM. The community call-ins generated constructive discussions with our communities – highlighting the need for more rightful access, less discrimination against persons with disability and equal opportunities.

**15** Social media posts were also effective in reaching **5675** persons with the message around equality and committing to make a difference.



### MARCH 2022 - INTELLECTUAL DISABILITY MONTH

*“Ensuring inclusion for persons with Intellectual Disability”*

Again we harnessed our secret weapon – which is our learning partners with intellectual disability (ID), to tell their own stories – this is a powerful tool to demonstrate the abilities they have to be effective, fully participating members of their communities.

A talk on Inkqubela FM highlighted a youth with ID who successfully navigated our skills training and supportive employment programs, to enjoy a fulfilling job in the open labour market. She is proud to be able to contribute towards helping her family to meet their basic needs. This despite stigma and stereotypes and a school system that told her she could never amount to anything. She was applauded by her community for being an inspiration to so many other slow learners and persons with ID out there feeling disillusioned and undermined.

Another post of an inspirational success story was posted on social media and raised awareness through **949** views.

Lastly – the Ilizwi team participated in an awareness day at Varsity College – where **30000** students participated in a dialogue on inclusion.



### SPAR GOLF DAY CHALLENGE



Early in 2022 we were excited to receive a call from SPAR EASTERN CAPE extending a further helping hand by choosing IMH in support of RISE as a beneficiary of the much anticipated SPAR EASTERN CAPE annual charity Golf Day. On 17 Feb 2022, our RISE social workers Sisanda and Nikeeta participated in and won the amateur golf day over and above IMH winning the professional golfing. Thank you to the professional players winning it for IMH and for supporting our cause for mental wellness. It was a fun-filled day learning and appreciating the sport of Golf. Our total prize winnings was **R40 000.00**

# RESPONSE TO COVID-19 IN 2021

## THE IMPACT

We recognised that Covid-19 had the potential to increase inequality, exclusion, discrimination and unemployment in the medium and long term. In 2021 we began to see the effects of prolonged exposure to the stress of the pandemic. Our focus shifted from Covid-19, prevention strategies and coping mechanisms to addressing some of the social issues emerging – including:

- Spike in suicide attempts and self-harming behaviours
- Increase in reports of domestic violence
- Increased rate of relapses
- Heightened numbers of substance induced mental illnesses
- Increase in the number of persons with mental disability finding themselves homeless

It is recognised that many of these issues are cross cutting and need to be addressed through advocacy strategies rather than on an individual basis.

## FOCUS ON WELLBEING

After the whirlwind of the initial lockdown and renewed resilience in the face of vaccinations – we were able in 2021 to review the Psychological and Social Impact of Covid-19 and highlight New Perspectives of Well-Being.

Programs and services shifted to focus on partnering to build resilience – with an emphasis on :

- Reducing sources of stress
- Supporting positive, responsive relationships
- Strengthening core skills such as : self-confidence / self-awareness / optimism / flexibility / patience / communication / teamwork and problem solving

## OUR DIGITAL IMPACT

At the height of the pandemic we were more reliant on digital devices and online platforms for counselling and support services as well as mental health promotion – 2021 saw us re-emerging in communities and engaging mask-to-mask.

It was a liberating feeling to be able to get back to some resemblance of normalcy – and the focus shifted to gearing up our service delivery to full throttle once more - playing catch up on the goals of our projects/services.

# CAPITAL INFRASTRUCTURE INVESTMENTS FOR INDLELA MENTAL HEALTH



Ezethu Development Trust awarded an amount of R443 000.00 to IMH for the installation of solar panels. This was to alleviate the increasing cost of electricity and the disruptive loadshedding. Energyworx was contracted to install the solar panels and they further donated security camera's to Capricorn Residential facility to ensure the security of the panels. Presently the organization is saving R5000 per month and will reap additional savings as Smart boxes were installed. These will allow excess electricity to be transferred to the main electricity grid, which in turn will be credited to the organisation's municipal account.

A very big thank you to Ezethu Development Trust for contributing to our energy efficient solution for the benefit of all our learning partners accessing our services.



In 2021 funding was received from the National Lotteries Commission to build a much needed boundary wall for Sikhulile Skills Development Centre in Motherwell and installation of air conditioners for the two residential facilities namely Capricorn and Herberg.

The boundary wall was a big addition to securing the premises and for the learning partners and staff to feel secure and more protected in their daily environment. An automated gate was also installed, limiting access only to authorized visitors to the Centre. We have experienced an enormous amount of vandalism and break-ins at this facility. We are hoping that the wall will be a deterrent for criminal activity.

The residents thoroughly enjoy the new air conditioners in their home. Guess that would explain the influx of visitors during the summer periods. This was much appreciated by the residents.



# The Great Funding Question: Getting the Balance Right

Signing multi-year donor contracts is the aspiration of every NGO. There is nothing like the sense of relief and pride in being trusted to deliver results over a number of years. IMH is enormously appreciative of our long-term donor contracts that have anchored our work over the last years and continue to do into the future:

- BMZ
- DG Murray Trust
- KNH
- Terre Des Holmes
- TK Foundation

These are funders with roots in other parts of the world and the country. They have come from afar to join us in tackling global challenges and, in the process, we hope to add new insights and approaches that can be replicated or tested elsewhere.

It would be easy to rest on our laurels here. But, as other development organisations have discovered to their dismay, this is a mistake: without local support things can fall apart. We need relationships with local partners to join us in addressing these same challenges: for example, corporates whose employees' children continue to feel the emotional after-effects of the pandemic; members of faith-based congregations and community organisations who experience stigma and discrimination as a consequence of mental health conditions; local and provincial government entities determined to manage and expand citizen services; members of the larger Gqeberha community who can see what their fellow residents in more disadvantaged settings are struggling with.

IMH is increasingly aware of the importance of building relationships with these neighbourhood and regional entities. Local support and interest does not only provide financial backing (appreciated at all levels), but critical moral support and enhanced skills, which encourages our staff and learning partners to continue their journeys, even in the face of great obstacles. We seek to balance invaluable multi-year support with local support.

During the last year, IMH established relationships with

- Spar Eastern Cape
- The German Embassy
- Grassridge Winds of Change Community Trust
- Global Giving

Together with our existing local support base:

- Audrey Reneke Church
- Algoa Bay Charitable Trust
- Children's Feeding Trust
- Community Chest Eastern Cape
- The POPS Foundation

- Ikhala Trust
- Ezethu Development Trust
- Department of Social Development
- Department of Health
- EPWP
- HA Taylor Trust

There is of course another critical ingredient to the sustainability mix: IMH is blessed to have donors from other corners of the country who continue to return to us, providing annual assistance:

- ApexHi Charitable Trust
- IFM
- The National Lotteries Commission
- VZW Cradock and CoZuid Afrika

IMH, in its efforts to achieve financial sustainability, seeks to maintain these various relationships with so many different hues of benefactors and allies in our work – all of whom play a vital role in achieving the gold standard: a sustainable balance of support.



# DONATIONS MADE IN KIND

CLOTHING GUILD	SANCHIA MATTHYSEN	GAROE MALLICK
IKHALA TRUST	CLERK	KENNY LLOYD: BURGLAR BARS
CHILDREN FEEDING TRUST	ADDO ELEPHANT PARK	BAZIL FERRIERA: WEEKLY SOUP
POPS FOUNDATION	SAMEKI MASESA	UNION OF JEWISH OF WALLEEN
MES-FOOD CHICKEN/Margarine	HILARY BOLTON	ATKV
COMMUNITY CHEST OF THE EASTERN CAPE	FEZAYONA IMIZAMO NPC	ANGEL NETWORK
ALGOA BAY CHARITABLE TRUST	HELPEDE HAND MARLENE BASSON	SHOPRITE-CLEARY PARK
DEPARTMENT OF SOCIAL DEVELOPMENT	SHOPRITE SOUP KITCHEN: BREAD	DE HEUWEL PRIMARY SCHOOL: SOUP
MRS PETERSON	JEAN RUSCHENBAUM: WOOL/CRAFTS	PETE YOUNG
SPAR GUILD	HOLY SPIRIT CHURCH: FOOD	WEST END CHURCH CLUB: BEADS
HOLY SPIRIT CATHOLIC CHURCH		

# IMH FUNDERS



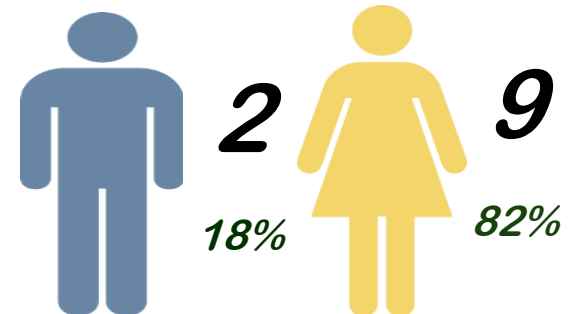
# IMH BOARD MEMBERS

- **Sheri-Ann Pietersen** - Chairperson
- **Zodwa Dube** - Vice Chairperson
- **Inge Laubscher** - Treasurer
- **Loren Burton** - Vice Treasurer
- **Gary Michael Koekemoer** - Secretary
- **Nompumelelo Dinisa** - Representative for Psychiatric Disability
- **Nolusindiso Isaacs** - Representative for Intellectual Disability
- **Motshabi Catherine Mokolobate** - Additional Member
- **Lakhsman Naran** - Additional Member
- **Litsietsi Lebusa** - Additional Member
- **Ntombizandile Xate** - Staff Representative

## Board Members with disabilities

(4 of which 2 are learning partner representatives)

<b>GENDER</b>	
POPULATION DISTRIBUTION	
BLACK	6
COLOURED	2
INDIAN	1
WHITE	2



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We are an **A**sset **B**ased **C**ommunity **D**riven organisation

