



INDLELA MENTAL HEALTH

ANNUAL REPORT

April 2022 - March 2023



*Our Community,
Our Mental Health*

NPO 003-573 / PBO 390002479

Our Vision

All people are valued, accepted and enjoy mental wellbeing.



Our Mission

- ♦ 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 psychosocial disabilities.

Table of Contents

	PAGE
• CHAIRPERSON'S REPORT	3
• IMH BOARD MEMBERS	4
• DIRECTOR'S REPORT	5
• PARTNERSHIP WITH SCHAEFFLER SA STRENGTHENS OUR LEADERSHIP	6
• SUMMARY ACHIEVEMENTS: PROJECT IMPACT	7
• TEAM INSPIRE	9
• KHATALA 'Dare to Care' - Advocacy: Promoting Rights of Children with Intellectual Disabilities (ID)	11
• ILIZWI 'The Voice' - Community Based Social Work Support Services	15
• SIYAPHAMBILI 'Moving Forward' - Psychosocial Rehabilitation Centres	17
• MASAKHANE 'Lets Build Together' - Adolescent / Youth Skills Development & Supportive Employment.	19
• NATIONAL AWARENESS CAMPAIGNS	21
• HOSPITAL ADMISSION PROCEDURE FOR PERSONS PRESENTING PSYCHOSIS	22
• TREASURER'S REPORT	23
• ACKNOWLEDGING IMH MAJOR FUNDERS / DONORS	23
• SUMMARY OF FINANCIAL STATEMENTS	24
• STAKEHOLDER TESTIMONIALS	25
• DONATIONS IN KIND	27
• IMH GOES DIGITAL	28

Chairperson's Report



For Indlela Mental Health (IMH), this year has indeed been a journey, with its many twists and turns which of course makes it all the more worthwhile. Reflecting on the organisation, its members, and its activities; I am always left feeling proud to be affiliated.

Like many times before, Indlela has navigated safety issues, vandalism and societal ills which plagued our centres. However, once again, the organisation has risen to the challenge to serve, advocate, and protect our learning partners.

Our generous donors, sponsors and funders have allowed this organisation and its willing, active, and capable staff to continue the great work they do with our learning partners and their families, in the various communities in Gqeberha.

Each project's effort has shone a light into what may have been a dark picture of mental ill health. Through the dedication and hard work of reporting the organisation's efforts and mobilizing resources, our director and the team fondly referred to as the ENGINE, have managed to sustain IMH into a stable, fortunate financial situation. On behalf of the Board, to all of you, our utmost and greatest thanks.

To the Board of Indlela Mental Health, thank you for offering up your time in support of the Vision and Mission of this organisation. Your inputs have been highly regarded and appreciated.

May the year ahead bring prosperity, as Indlela Mental Health strives to reach further and higher in all its endeavours.

~ Sheri-Ann Pietersen ~



IMH Board Members

- **Sheri-Ann Pietersen** - Chairperson
- **Zodwa Dube** - Vice Chairperson
- **Loren Burton** - Treasurer
- **Gary Michael Koekemoer** - Secretary
- **Nompumelelo Dinisa** - Community Representative for Psychosocial Disability
- **Sesethu Bobo** - Learning Partner Representative for Intellectual Disability
- **Motshabi Catherine Mokolobate** - Additional Member
- **Lakhsman Naran** - Additional Member
- **Litsietsi Lebusa** - Additional Member
- **Sixolile Mangaliso** - Staff Representative
- **Limeez Botha** - Ex-officio Member (Director)

GENDER

POPULATION DISTRIBUTION

BLACK 6

COLOURED 2

INDIAN 1

WHITE 2

Board Members with disabilities

(4 of which 2 are learning partner representatives)



3

27%



8

73%



No individual should face mental health challenges in isolation. The number of vulnerable people in disadvantaged communities has increased massively since the onset of Covid, especially since we are dealing with the fallout of food price inflation, energy crisis and increased unemployment. These circumstances could trigger psychological conditions such as depression, anxiety and suicidal behaviour, that need to be addressed to prevent deterioration. These conditions have a devastating effect on families and communities, including increased violence and substance abuse to name a couple. Most worrying is the fact that young people in schools and job queues are most affected.

The very first SA Mental Health Conference was held in Johannesburg from 25-26 April 2023 (IMH prepared a poster presentation on its community based interventions). The take away message was – ‘building community-based networks of interconnected services that move away from custodial care in psychiatric hospitals; and cover a spectrum of care and support through a combination of mental health services that are integrated in general health care; community mental health services; and services beyond the health sector’. The long-term solution to this problem probably lies in a) a change of culture, which encourages affected individuals and families to step forward and become partners in community-based mental health services; and b) community-based, peer-to-peer initiatives that offer realistic avenues of support, relief and referral.

IMH in 2022-2023, through its various community based, advocacy, rights protection and development services reached 1984 persons with psychosocial and intellectual disabilities which is an incredible achievement. I feel privileged to represent the team and so many partners as we continue to journey towards mental well-being for all. Our mission is to secure the best outcomes for persons with psychosocial and intellectual disabilities by promoting good mental health services, training and capacity building of our professional / community based teams, setting standards and building a network of partnerships including government, business and civil society. We continued to bring multidisciplinary professions together to share best practice and provide opportunities for those with ‘lived experience’ to ensure we always deliver our best.

Our annual report 2022-2023 reflects the consolidation and celebration of IMH’s work as we continue to evolve and remain relevant to community situations. We draw together statistics, achievements, learning reflections and also the challenges we have endured. I further draw your attention to pg 18 as

we introduce the Sinelizwi Programme which provides a structured context amongst others for:

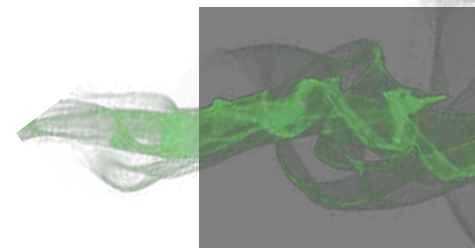
- Dedicated outreach to youth through both the school-based RISE programme and the Teen Buzz online support group;
- Peer-to-peer school-based Wellness Champion/Influencer groups that work in schools;
- Peer-to-peer, area-based support groups led by community-based Wellness Ambassadors through the Green-door initiative which supports people living with specific mental health conditions. It provides information, mutual support and lay counselling.

To the leadership team and staff, our greatest asset, you make all of this possible – it seems to always 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 and key to the resilience and longevity of the organisation. You volunteer your expertise, time and commitment to drive social change whilst bringing stability and credibility to IMH. During this period, we thank our chairperson, Mrs Sheri-Ann Pietersen, for her leadership, passion and commitment to the mental health movement. You are inspiring, young at heart and you keep us focused. We further thank our new members Mrs Loren Burton (treasurer) and Ms Motshabi Mokolobate (clinical psychologist), who have stepped up boldly.

In closing, thank you to our loyal members, consultants, volunteers, students, interns and all our donor 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



Partnership with Schaeffler SA Strengthens our Leadership

In 2022, Benita Fourie (HR Officer) facilitated a rewarding partnership between IMH and Schaeffler. One of the advantages included leadership training for our team leads and business mentorship for the director by the CEO Marshal Myburgh. The team leads attended three training sessions in July and August of 2022. The training was facilitated by Zelna Pietersen and her HR team. The training focused on the following keys areas:

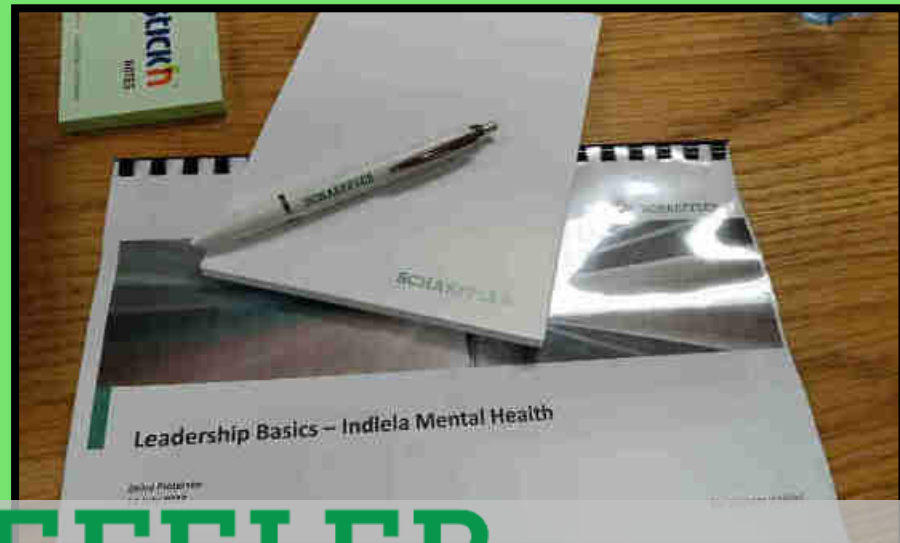
- The four functions of management
- Leadership best practice
- Team leader responsibilities.

It created an opportunity for team leads to recognize their management styles and how they can not only positively contribute in the management team, but also influence the rest of the organizational team to meet their full potential.

The leads appreciated the positive culture within the organization - promoting opportunities for growth and professional development.

“The growth and development of people are the highest calling of leadership” Harvey S. Firestone

IMH wishes to extend our sincere gratitude to the CEO, HR Manager (Zelna Pietersen) and team of Schaeffler SA for taking us under their soaring wings. We are proud, as an NPO, to be affiliated with Schaeffler SA. Thank you for the many donations of much needed furniture, produce for gardens, training and development as well as mentorship. We look forward to a continued partnership. Schaeffler SA is true testament that any entity is only as strong as its partnerships and community support.



SCHAEFFLER

SUMMARY ACHIEVEMENTS

Project Impact

April 2022 - March 2023

Masakhane (Adolescent & Youth Skills Development)

142

Youth with ID participated in the practical skills training programs – 72% showed improved skills.

37

Peer group sessions were held, facilitating improved lifestyle choices

The youth with ID enjoyed **192** Connectivity activities – including physical exercises, aerobics, tag rugby, soccer, netball, traditional dancing and 4 friendly matches against mainstream clubs in the community.



27

Youth with ID benefitted from the supported employment program – with job placements at SPAR, Mikes Kitchen, a local barbershop, Food Lovers, Exclusive Car Care and Valet and local grass cutting businesses.



130

Youth with ID enjoyed educational and recreational outings to the Aviation school and SAAF Museum at our local airport as well as an adventure to explore Sundays River.



105

Youth with ID participated in 38 basic literacy and numeracy sessions – making use of creative board games and role plays.



75

Adolescents participated in the Imbewu program – preparing the under 18's with necessary lifeskills for easy transition into the Masakhane skills training programs.

Siyaphambili (Residential Care Facilities)

22

Residents have been participating in the program in this period. 89% Showed improved coping skills, working towards personal independence and self-sufficiency.

2

Residents were successfully re-integrated into their communities in this year.



64 Family preservation meetings were held with family members. There was a total of 59 visits with family.

7

The residents benefitted from **38** health talks



7

Residents had exposure to work opportunities.

Residents were treated to **2** wellness days, where the clinic sisters visited the 2 homes and did prostate screenings, weigh-ins as well as sugar and BP checks.

20

Lifeskills sessions were facilitated on : communication, budgeting, anger management and conflict resolution – 68% were able to show improved skills



Legal counselling was sourced for **3** residents



The houseparent assisted residents with 38 clinic visits to get their treatment reviewed, **28** visits to the clinic for general health checks and **9** visits to the hospital for specialist check-ups.



Ilizwi (Community Based Social Work Support Services)

976 Persons with mental disabilities have been assisted with specialist counselling and crisis intervention services. 57% showed improved coping and improved management of the disability.



470 Children with mental disabilities and their families have been assisted through the BRAVE program. 68% indicated they were better positioned to reach their potential.



110 Children benefitted from meals provided by hubs in the communities of Joe Slovo, New Brighton and Despatch in this year.



132 Youth with Intellectual Disabilities benefitted from 19 life skills sessions – 79% showed improved skills.



84 Persons were assisted in applying for a Disability / Care Dependency Grant.



4 Schools from disadvantaged communities, participated in our RISE programme – where 20 learners were capacitated to become wellness influencers within their respective schools, encouraging wellness as well as assisting peers experiencing mental health challenges and putting them in touch with relevant resources to get help.



In collaboration with MRC, we participated in rolling out a research study linked to a new CBR model for PRIZE groups. These are peer-led support groups for persons who have schizophrenia. Our social auxiliary workers assisted in co-facilitating and supporting the independent facilitation of 6 groups, reaching **63** persons with schizophrenia.

Creative awareness programs included:

- self advocacy / story telling by learning partners
- workshops and talks were held with SAPS, caregivers, staff at Lorraine Frail Care, NMU students, Imzi stakeholders, Varsity College students and staff at Masiza High school – on topics ranging from: “In my own words – the power of self advocacy” / “Make mental health and well-being a global priority”/ and “Destigmatising Intellectual disability through shifting attitudes”.
- A further 17 641 persons were reached through awareness posts on social media
- An awareness talk on DSTV – News Africa – reached a viewership of 471 000



Khatala (Advocacy: Promoting rights of Children with ID)

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



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



The wellness warriors were successful in recruiting **302** community support network members – creating a formidable advocacy body to influence positive change for children with ID – 91% were actively engaged.

Local advocacy initiatives included :

- Autism Matters March – reaching 500 people
- Talk on radio Umhlobo Wenene during Child Protection week – listenership of 4 million
- 16 Days of Activism campaign – getting 5520 pledges to support the right to education
- Local advocacy initiatives at Inkqubela FM, clinics, schools and talks in the community
- The Round Table meeting , attracting stakeholders locally as well as Inclusive Education, Western Cape, to highlight the gaps in policy and changes that need to be made to ensure equal access to education for all, including children with ID.

Team Inspire

HR OFFICER / BRANDING AND AWARENESS AMBASSADOR

IMH values creative solutions, as well as fully embracing Asset Based Community Development – which teaches us to be mindful of all the skills and strengths of our employees.

We identified some gaps that we needed to plug (a) focus on branding following our name change as well as (b) building local partnerships (c) streamlining our HR processes and procedures since our previous HR Officer bid farewell to IMH in December 2022.

In March 2022, Sanchia Matthysen was appointed as the Team Lead for the Siyaphambili Program. The word Siyaphambili means to move /journey forward and this is exactly what she has done, her skills and competencies, coupled with her attention to detail and her loyalty and dedication led to her successfully taking up this new and challenging opportunity. We wish her well in her new role, confident that her contributions will assist in taking IMH forward.



PRESERVERANCE PAYS – BY SHARON STEWART FINANCE LEAD AT IMH

“Many years ago, as part of my grieving process I started studying for my degree in accounting. Through all life’s ups and down and whilst full time employed, I finally completed my Bachelor degree of Commerce in Business Informatics in 2023.

This degree has helped me immensely in understanding Business procedures and business ITC systems.

My majors were Accounting, Internal Auditing, Management and IT systems.

But the reason why I chose this degree is to help the organisation restructure their IT systems, assisting towards developing an efficient and effective communication system. Unfortunately, this has been a slow process because of financial restrictions but last year the finance department has been moving in this direction and saving money.

It is through perseverance that I have obtained my goal, which today I am glad to say I have gained more than a degree. I have gained satisfaction in the fact that I reached a goal and I have gained knowledge in my career path”.

Well done, Sharon, IMH is very proud of your achievements and thank you for sharing your skills for the betterment of IMH.

A LEGEND RETIRES

On 31 March 2023, we bid farewell to Thembela Mbambaza, as she retires after 10 years of dedicated service. As Sis Thembela worked in the communities of Zwide, KwaZakhele, Missionvale and Booyens Park. She had a reputation for being results-oriented and empathetic, making Zwide intake-point one of the busiest in the organisation.

She operated from one of our Youth Skills Development Centres, Chumani, where she was popular with both the community and the learning partners. In her last year at IMH, Thembela participated in a research based program called PRIZE (Peer Led Recovery Groups for people with severe mental illnesses in South Africa). She was instrumental in putting the best practise model into effect, changing lives through the facilitation of support groups with persons diagnosed with schizophrenia and their caregivers.

Sis Thembela will be missed for the genuine motherly love she shared with our learning partners. She was an ardent advocate for the rights of people with mental health challenges, ensuring access to services and that their rights are upheld at all times.

Her radio talk shows, promoting and marketing IMH services on Inkqubela FM and Umhlobo Wenene were legendary.

We wish her all the best in her future endeavours and we know she will make a difference wherever she goes.

Thank you Thembela for the difference you have made.



NEW STAFF MEMBERS IN 2022

Welcome Aboard!!

It's incredible to welcome new, fresh and talented members to the IMH team, the new Members are:

- Sibusiso Xabangela -Team lead (Khatala team)
- Phakama Plaaies -Advocacy (Khatala Team)
- Khuluwa Mzongwana -Social Worker (Khatala Team)
- Leshey Brooks- Receptionist (Administration Team)
- Devi Naidoo- Procurement Officer (Finance Team)
- Thembisa Gagani Ximbani- Project Co-ordinator (Masakhane Team)
- Lumka Singatha-Job coach (Masakhane Team)
- Buhle Yali - Imbewu facilitator (Masakhane Team)
- Nomakhaya Vasi- Facilitator (Masakhane Team)
- Lineo Sekete - Imbewu facilitator (Masakhane Team)
- Msimelelo Menze – Assistant facilitator (Masakhane Team)
- Alvandre Voster – Finance clerk (Finance Team)



On behalf of the Board, Director and IMH Employees, we wish you all the success in your new respective positions and hope you will have a long and happy Journey at IMH as we say (Journey to Mental Wellbeing).

STAFF MEMBER OF THE YEAR 2022



Nombulelo Homba is a social worker by profession. She joined the IMH team in 2018 initially as a house-parent at Herberg Residential Facility. She was determined to gain work experience despite IMH not having a SW position. She was focused on her career goals whilst doing a great job as house-parent and immediately when a position as social worker became available naturally she was appointed. In 2022, the Khatala project was briefly left without a team lead and she held the project together.

She did not only focus on her scope but made sure that communication with Wellness Warriors project volunteers was not compromised. She adapts easily. We regard her as a genuine support, and admire her initiative as she innovates and inspires within the Khatala project, which we see as organic and ground-breaking.

She juggles roles from programme management to administration. She prepared requisition forms and ensured that all required attaching documents were made available during and after each activity. This is a pledge that Nombulelo will commit to. She will never compromise the project's financial responsibilities. It is a cornerstone of the principles underpinning IMH.

She coordinated logistics and organised refreshments during activities. She even provided driving services when support staff were not available.

Buli (as known at IMH) is not scared to ask. She wants to have clarity about the project and the anticipated outcomes. Consultation happens on an ad hoc basis with her because she doesn't want to make mistakes. Constructive criticism does not discourage her.

She availed herself to welcome and be at the forefront of the orientation of three new project employees and has been able to give constructive feedback on the exercise.

Buli is an exemplary employee displaying passion, dedication and loyalty to the project, her team, the community volunteers and IMH. Thank you, Buli. IMH acknowledges and values you as a staff member. May your journey at IMH be a long and fulfilling one. Congratulations on your award!

you
INSPIRE
me

Khatala 'Dare to Care' - Advocacy: Promoting Rights of Children with Intellectual Disabilities

Occupational Therapy (OT) & Social Work Support

BRAVE is an acronym :

- B** – Bringing families together and encouraging mutual support (this would be the networks)
- R** – Advocating for Rights (Social work – accessing resources)
- A** – Achieving optimal independence (home program)
- V** – Valuing the assets in the family (social work intervention)
- E** – Ensuring knowledge and insight through educational programmes (Parenting skills training session)



The OT and social workers focused on the implementation of following objectives for Khatala- Brave (social work, occupational therapy and counseling support given to households in which children with disabilities live):

- Facilitation of educational and therapeutic workshops for caregivers and Wellness Warriors;
- Development and Implementation of home-based stimulation programme for learning partners with mild to moderate intellectual disability range;
- Development and Implementation of home-based stimulation programme for learning partners within severe to profound intellectual disability;
- Procurement of stimulation materials and equipment to accompany the home-based stimulation programmes;
- Enrollment of learning partners, assessment of learning partner on the Therap Assessment Tool and analysis of data;
- Home visits with the social workers within the four focus areas.

HIGHLIGHTS

Workshops & home-based programme

In September 2022, a workshop was attended by 31 caregivers and 20 Wellness Warriors. The workshop focused on a play-based home stimulation programme for children with intellectual disabilities in the communities. It addressed daily routines, dressing and grooming skills for all levels of disabilities, drooling exercises and motor skills activities that can be incorporated in the daily routine of the learning partner. For both workshops positive feedback was received. Follow-up household visits were conducted after the workshop to consolidate the techniques learnt. The caregivers had a clear understanding of what was expected and how such activities aid the overall development of the learning partners and in addition, alleviate the behavioural problems in the household.

As a follow up to the workshop in September 2022, we introduced the newly developed home-based stimulation programme. It was held in April 2023 at the community hall in Zwide, and was attended by 14 Wellness Warriors and 31 caregivers. During this practical workshop, each Wellness Warrior received 6 home-based stimulation programme kits to distribute amongst the households. Each caregiver received one complete home programme kit to implement at home with the learning partner. The practical nature of this workshop and the excellent participation of the Wellness Warriors, who facilitated the activities, made this workshop a success.



OCCUPATIONAL THERAPY SUPPORT WITHIN THE HOME

Even though some challenges occurred that made home visits a challenging task for the Brave team and the OT, the impact of the work done was evident with each of the follow-up visits.

We followed up on households where improvement was noted regarding; living conditions, learning partners returned to school and care centres, as well as the implementation of a structured routine and the home-based programme stimulation activities. It was also noted that caregivers became more supportive of the needs of the learning partners. For example, attending to medical conditions and external therapy services where they previously defaulted.

Additionally, we are at the stage with visits to new households by the OT and SW for assessments, that the team can simultaneously be introduced and provide the caregiver and learning partner with home-based stimulation programme activities. Caregivers are more eager now to implement the home programme activities with the stimulation materials and equipment provided to them. This positively impacts on the turnaround time for intervention with each learning partner.

ASSISTIVE DEVICES

The OT assisted the social workers to select learning partners with physical disabilities to be assessed for a donation of wheelchairs. A wheelchair/seating clinic was held by a donor to measure and assess the physical needs of each learning partner.

Additionally, through the involvement of the Brave team and psycho-social education we provide at each home visit, we realised that more primary caregivers are taking it upon themselves to advocate for appropriate assistive devices for the severe to profound learning partners with severe physical limitations at the local clinics and hospitals. Within the past few months, a number of learning partners received their new wheelchairs from DoH.

Khatala Brave OT intervention has reached approximately 226 households through home-based stimulation programmes and home visits. The impact of the abovementioned objectives, and the services provided by Khatala Brave team members with the support of the Wellness Warriors, positively impacted the majority of the households in the project.



In the pursuit of social justice and equal opportunities for all, the Khatala Project embarked on an intensive advocacy campaign last year to address the needs of children living with intellectual disabilities in Gqeberha. With a comprehensive approach encompassing strategic partnerships, awareness programs, and policy influence, the project worked tirelessly to empower and uplift this marginalized community. This article explores the remarkable efforts of the Khatala Project in establishing crucial relations, conducting awareness programs, and championing inclusive education for the benefit of children with intellectual disabilities.

Building Crucial Relations

Recognizing the significance of collaboration, Khatala prioritized establishing relationships with key stakeholders. Schools governing bodies, clinics, and ward committees were engaged in meaningful partnerships to create a network of support. By working hand in hand with these entities, the project aimed to foster a more inclusive environment for children with intellectual disabilities. Through open dialogue and cooperation, Khatala laid the groundwork for a collective effort towards positive change.



Stakeholders Round Table

In December 2022, Khatala organised a stakeholders round table marking a pivotal moment in its advocacy journey. The event brought together various stakeholders, including government officials, academics, and school principals. This gathering served as a crucial regional platform for the development of strategies to influence government decision-making processes. The collective wisdom and expertise shared during the round table discussions paved the way for potential policy reforms and systemic changes to benefit children with intellectual disabilities.



Multiple Awareness Programs

To raise public consciousness and challenge misconceptions surrounding intellectual disabilities, Khatala conducted multiple awareness programs at project sites. These initiatives focused on dispelling stereotypes and promoting acceptance and inclusion. By educating communities, families, and educators, the project aimed to eliminate stigma associated with intellectual disabilities, fostering a more inclusive society that celebrates the unique abilities of every child.



Embracing Inclusive Education

Looking towards the future, Khatala has adopted inclusive education as a crucial campaign. By promoting inclusive education, the project aims to create educational environments that cater to the diverse needs of children with intellectual disabilities. This approach recognizes the importance of providing appropriate support, accommodations, and resources to ensure that every child has equal access to quality education. By embracing inclusive education, we seek to break barriers and transform the educational landscape for children living with intellectual disabilities.

Khatala's advocacy campaigns for children with intellectual disabilities has made significant strides in creating a more inclusive and equitable society. Through the establishment of crucial relationships, multiple awareness programs, and a stakeholder round table, the project has laid a strong foundation for systemic change. By prioritizing inclusive education as a crucial campaign moving forward, the Khatala Project continues to champion the rights and well-being of children with intellectual disabilities. It is through these dedicated efforts that we can foster a society where every child, regardless of their abilities, can thrive and fulfil their potential.

Nonkwenkwezi Skefile - Mdibaniso (*a mother and Wellness Warrior (WW) raising a child living with intellectual disability*).



I am Nonkwenkwezi Skefile – Mdibaniso, married with 3 children then last born was diagnosed with intellectual disability from birth; we are residing in Chris Hani location, New Brighton; Gqeberha Eastern Cape.

As a mother I have learnt that: Children with intellectual disabilities must be cared for by their parents as we serve as their most constant and life-long caregivers, we play a critical role in shaping the development and life experiences of our children with intellectual disabilities. Intellectual disability in children can be very disturbing, requiring proper attention, love, help and support from us as parents. As caregivers of children with intellectual disabilities we have additional responsibilities and roles in caring for them.

Intervention of Khatala Project:

I met the project in 2020, recruited to be a volunteer and what drew my interest is the fact that the project deals with children specifically those with ID.

I have learnt many things from the project for my personal development in raising a special child in the household, because you need to induct the family in understanding and knowing that we are fully responsible in: ***taking care, loving, supporting, accepting and understanding the child as he is special and unique in his own way. I have the support of my husband, siblings to my baby and they love him and accepted that he is special.***

“A toy is the sweet fragrance in the earth and it is the life of every child”.

Support & Assistance:

I have attended care giver’s workshops and I learnt that -

The best way for children to learn, no matter their abilities, is through play. Play is all about discovery — and having fun; here are the things that I took home for my child:

1. Place a variety of toys on a tray or flat surface to stimulate your child.
2. Record my child playing and show to him.
3. Take time to do painting and teach him how to hold a brush.
4. How to hold a spoon.
5. To teach them to brush his teeth.
6. Play with dough, either clay or homemade.
7. I spend some quiet time playing with him simple puzzles or making shape, colour, word or number cards. Using a flat, smooth surface such as a table or tray will make the activity easier for him.
8. I sing, dance and make noise with my child.



A session – WW in New Brighton I was there participating .

(Nonkwenkwezi Skefile from New Brighton – WW in Khatala Project Team activities actively participating in the awareness campaign - journey of raising a child with ID)

Nonkwenkwezi loves her child and she makes a significant role in the Khatala Project, by educating other care givers and share her personal story; on how to raise a child with intellectual disability.

Ilizwi 'The Voice' Community Based Social Work Support Services

RISE – BUILDING RESILIENCE - 2022

Our RISE Programme (Resilience through Initiatives of Support and Education) took off again in 2022, with 14 Wellness Peer influencers from Loyiso High School, Chubekile High school and Sakhisizwe High school, holding high, the banner for wellness and resilience amongst young people.



These Peer Influencers received training from IMH in 2021, ready to engage with fellow learners in 2022. They received support from the social workers, through monthly 'Snack Chat' sessions, where they shared their monthly activities, were able to debrief and were assisted with planning. With the full support of the school management and teachers, many peers sought them out to share if they felt they were not coping, often as a result of depression and anxiety. They were able to actively listen, empathise and provide support, as well as assist with effective referrals, helping many peers through the course of the year.

Loyiso and Chubekile High Schools also hosted Wellness days organised by the Wellness Influencers, which were successful, with over 200 learners attending in each school, and including creative drama inserts to highlight the theme: "you are not alone".

In April 2023, a workshop was facilitated to evaluate the programme, with each school highlighting their achievements with a creative poster designed on the day.

It is truly a privilege to see young people so motivated to help others. Our goal is to see more Wellness Peer Influencers at schools across Gqeberha, our leaders of tomorrow.



LIGHTS, CAMERA, ACTION!

Ilizwi Team Lead, Noqobo Betela, in commendation of the Mental Health Awareness Month, was interviewed by News Room Africa Channel presenter Ms Siphisethu Boozi on Indlela Mental Health Services and her message inspiring hope for persons with Mental Health challenges.

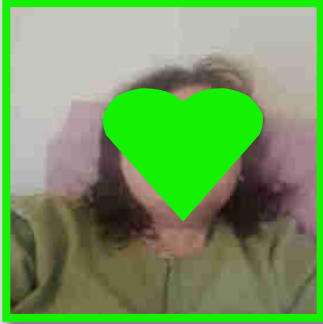


PRIZE

IMH partnership with PRIZE (Peer Led Recovery Groups for people with severe mental illnesses in South Africa) came to an end in March 2023. The 5 peer led support groups for persons specifically diagnosed with schizophrenia will now continue independently with the support of IMH. IMH will ensure monthly meetings to evaluate progress and provide support where needed to the participants.



The Story of R



R* was introduced to our social work team on 20th July 2022 by her concerned house-mate. R had defaulted from her treatment and had begun to exhibit behaviours that seemed strange to her friends.

R was in fact experiencing auditory hallucinations, with voices telling her she had evolved to a higher consciousness, and that she was actually the saviour of the world. The voices encouraged bizarre behaviour, such as walking around naked with her faeces wiped all over her body. She also put herself at risk, believing that she could fly. She had been refusing all food and drinks for a number of days, and when her friends tried to get her to take in some nourishment, she would push it up her nose.

They had tried to get R to Livingstone Hospital for admission, but were struggling to get co-operation from the South African Police Services to assist with transporting her. Two of our social workers prioritised a home visit. They found R locked in her room, naked and covered in her faeces. She appeared calm but unresponsive. They coaxed her, with the help of her friend, into the IMH vehicle, and transported her to Livingstone Hospital, where they supported R and her friend through the admission process, providing sufficient information and background to successfully motivate for an admission into their overflow ward. Our social workers remained with them until they were assured R would not be discharged due to insufficient resources.

R was transferred to the psychiatric ward at Provincial Hospital, where she stayed for about a month. On discharge and on psychiatric treatment, she engaged with social workers at IMH, where she continues to receive support through monthly counselling and psycho-social education sessions. She has more insight into her condition now, is more adherent to her treatment and has finally moved out into her own home, where she continues to set herself goals.

Despite the odds, she has learnt to cope and live with a mental disorder, and is a wonderful example of recovery and reintegration into the community. This is a key goal for sustainable community-based mental health services.

**R used to protect her identity.*

Global Africa Mental Health Summit



About 20 Learning partners and 5 staff member attended the Global Africa Network Summit in December the 10th. This was attended by Religious leaders from the council of churches and other stakeholders. One of our learning partners spoke about her journey towards mental health and inspired many who attended.



Siyaphambili 'Moving Forward' Psychosocial Rehabilitation Centres



INSPIRED HEROES

2022/2023 was a year that was filled with both highs and lows for the Siyaphambili Residential Care Programme.

We felt inspired and encouraged by all those who supported us, through partnering with funding as well as volunteering their skills. Special mention to our main donors, the Department of Social Development, Department of Health and the HA Taylor Trust.

We were not left untouched post-Covid, and experienced some traumatic burglaries and vandalism on our site in Walmer. A BIG thank you to the Community Chest for their unwavering support which included the security upgrades, heightening the walls, a new reinforced gate and razor wire. It has left our learning partners feeling secure with no further incidents to report.

Further inspiration can be sourced through all the efforts of staff and learning partners, with their creative programs, their welcoming, clean home and the pride in their hard work and recovery.

The open days provided additional inspiration, raising awareness of the activities that are held at Capricorn and Herberg, encouraging community members, who donated financially, and with food, craft materials, gifts and much more.

The true unsung HEROES remain the family, without whose support the road to recovery can be full of obstacles and road closures.

"Hero: is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles."



Strategic Transformation Births our CBR (Community Based Rehabilitation) Sinelizwi Programmes

Our social work programmes have been the last to be put under the transformation microscope.



We paid homage to this process through the key principles of ABCD and community-based rehabilitation, underpinned by the strategic mission of The World Federation for Mental Health, we are very proud of the creative product that blended our Siyaphambili and Ilizwi programs, into our new programme: SINELIZWI, “We have a voice”.

It is envisioned, that through the transformed programmes, there will be a greater focus on empowering the learning partners and their families to:

Understand their mental disability, so they can cope better in the community (through the CBR programmes and psychosocial rehabilitation programs), encouraging social integration and self-sufficiency through improved management of their disability.

Support independence and harnessing of assets - through vocational and work readiness skills training programs.

Act as a resource within their communities - supporting one another to maintain optimal mental health (peer-led support groups and green flag project).

Reduce stigma in communities through peer-led community dialogues – defusing stereotypes.

Some of our creative programs include:

- Our residential care facilities become more inclusive as community resources with a meeting place for support groups, the offering of vocational trainings to persons with psychosocial disability and the dissemination of educational materials.
- Introduction of our “Green Door” programme. Identifying persons in the community with the heart to volunteer, upskilling these wellness ambassadors to be a valuable and accessible resource and support for persons living with disabilities in the community.
- Harnessing technology to reach our teens and children – creating safe space for sharing and mutual support.
- Our RISE program in schools in disadvantaged areas – investing in building these young people up to become Wellness Influencers in their schools , encouraging wellness, boosting resilience and putting those needing care into touch with appropriate resources.
- People with mental disabilities do have a voice and we will facilitate to ensure it is heard.



Masakhane 'Lets Build Together'

Adolescent / Youth Skills Development & Supportive Employment



SUPPORTIVE EMPLOYMENT YIELDS GREAT RESULTS FOR OUR YOUTH

Masakhane is proud of the partnerships we have forged between the learning partners and local businesses who value the contribution of a diverse workforce.

In January 2023, the Masakhane job coach approached a local grass cutting business owner (Lloyd) in an effort to advocate that at least one learning partner in the grass cutting skills development programme be employed at Lloyd's company.

The business owner was initially anxious by the idea of employing a learning partner with intellectual disability in a business where they would be required to work with high-risk equipment, such as weed eaters, garden scissors, garden forks & spades.

The job coach assured the business owner that our LPs have completed rigorous training and that they are dedicated to their work and safety is a priority. The business owner agreed to give one LP a chance on condition that he would observe his performance for one day which he would be remunerated but did not commit to any contract.

A day later, the job coach made contact with the selected LP to find out how the day went. The Learning Partner reported that his observation period has been extended to one week. At the end of this week the LP reported that he got paid his full wages plus taxi fare. He was so happy.

The business owner called the job coach and requested another two LPs be sent for induction but that he wanted the same quality employees as the one he already had. A week later, he requested another six additional LPs but we could only send three.

The excitement for the employed LPs is priceless as they clearly appreciate and understand that their character, conduct and commitment in the work place is what inspired the referrals for other LPs to be considered for employment.

This particular success story illustrates how employment empowers the lives of people with disabilities while contributing to building the character of our communities.



IMBEWU (The Seed) - Adolescent Programme 14 - 17 years

What is most inspiring about the IMBEWU programme? (This question was asked of the IMBEWU learning partners, the following are some of their responses)

Thabo (not his real name): When I was a kid, I loved playing football with my little brother. When I joined IMBEWU I got so excited as my mother told me that there are so many sporting opportunities at the new school (Imbewu). The only problem was that we can only go once a week, but when this changed this year I was excited as we now attend every day and we get to play sports and chess.

What I enjoy most about the sport is the team spirit. You win together, you lose together. It always motivated me to go to practice and sometimes to bear up against pain — no matter the weather.

Luxolo (not his real name): I'm 17 years old, and have loved sports since I was a baby, I've been passionately involved in athletics, and when I came to Indlela Mental Health and being part of the IMBEWU program I was very happy as they teach us how to take care of our lives and made the best choices for ourselves and other people around us. Being in IMBEWU Sikhulile in Motherwell, there many challenges as we do not have a place to practice nicely our sport. I wish we can have a place for IMBEWU and we can all be able to develop through sports so that we can have sport events where we get a record that we can be proud of, and win various medals.



INKQBELA YOUTH DEVELOPMENT CENTRE GETS A FACELIFT



Post Covid, 2022, saw our communities in a desperate situation, with loss of livelihoods impacting households and soaring unemployment levels leaving families unable to meet basic needs. This also left our Centers vulnerable to vandalism and we suffered great losses. Inkqubela in New Brighton was stripped to its bare bones – with all copper pipes, electrical and alarm cables, infrastructure, assets and training materials either damaged or stolen.

As we try to maintain the culture of self-sustainment which is underpinned by an Asset Based Community Driven / ABCD Approach, we looked to our communities and stakeholders for support to re-group and upgrade so our services can continue. We approached a number of private sector businesses and organizations to adopt us as part of their Community Social Responsibility (CSR) outreach - to see our centers transformed and “back to business”.

In April 2022, Sister Ivy from Ford responded to our call for help and set up a visit to our sites with her team. In support of the programs offered, she encouraged us to apply for their CSR funding via Global Giving and we were notified in September that we were granted \$5000.00. This was received with so much jubilation and renewed hope for our New Brighton site.

This support has seen the project receive a very bright and colourful face lift in New Brighton with all walls (inside and out) were painted to match the vibrant intention of the project. A new stove, microwave, urn and deep freezer were bought. The ablution facilities, security gates, alarm system and the kitchen units are also being fixed and renovated.

The “new look” for Inkqubela is mirrored by the renewed energy and creativity evident in the contributions of both the learning partners and the facilitators. The project vehicles are also now back onsite, safely parked and easily accessed by staff for project operations.

Now a beacon in the community, we see renewed interest from community members, who have been instrumental in supporting through donations-in-kind, volunteering of skills and free caretaking services. The community is taking a vested interest in the Project and is helping to safeguard it, leaving our site more secure and staff and learning partners feeling much more safe.



ZWIDE SITE RE-BRANDED

It was recognised that we needed to distinguish between our 2 Youth Development Centres in New Brighton and Zwide, which were both named Inkqubela.



We embarked on an ABCD approach to find the perfect name. Participating was key, so we asked the Learning Partners and their families together with other stakeholders for creative ideas. The winning entry was “CHUMANI” – meaning, “to produce a good result / to prosper”. This was felt to be an excellent representation of what we aim to achieve through our skills training programs for the youth with intellectual disabilities. A new name, a new identity and a renewed commitment to excellence.

“DONATE A BRICK” CAMPAIGN



Towards the end of 2022, Inkqubela rolled out a “donate a brick” campaign - in an effort to fix the damaged boundary fencing at Inkqubela in New Brighton. The fencing was knocked over by a municipal waste collection vehicle some years ago; the damaged space has since been used as a dumping site by the nearby community and Spaza shops. This has ruined the image of the center and posed health and safety concerns.

The “donate a brick” campaign has been a great success and we are so grateful for all the supporters who donated. We are now busy constructing the much needed corner wall, which will be a beautiful land mark, including the center’s name and a beautiful garden.



NATIONAL AWARENESS CAMPAIGNS

“PUTTING PERSONS WITH MENTAL DISABILITY FIRST”

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 2022 - PSYCHO-SOCIAL DISABILITY MONTH

“In My Own Words”

Focusing on the power of self-advocacy and storytelling, we amplified the voices of our learning partners:

One learning partner shared her journey to recovery in a video that was posted on our Facebook page, she highlighted the need for inclusion and acceptance.

A number of learning partners shared their views on stigma and other challenges impacting their recovery, using thought provoking and challenging posters that were also posted to our Facebook page.

Stigma remains the greatest challenge to recovery and wellness, leading to negative social experiences such as isolation, rejection, marginalization and discrimination. This remains one of the most important conversations we need to be having with our communities.

OCTOBER 2022 - MENTAL HEALTH MONTH

“Making mental health for all a global priority “

The team took this topic to the masses, with an interview on the topic on News Africa (on DSTV channel 405), as well as a radio talk on Bay FM and participating in an NMU webinar.

Mental health remains one of the most neglected aspects of health care, making this a priority advocacy issue. The need to address stigma and discrimination was also highlighted as necessary to break down the barriers preventing people from seeking the care and support they need.

MARCH 2023 - INTELLECTUAL DISABILITY MONTH

“Changing Attitudes”

- Storytelling - where a caregiver shared her experience of raising a child with ID through a short video clip.
- A talk with the residents at IMZI.
- A talk with the students at Varsity College.
- A talk with the learners at John Masiza school in Walmer.
- A march through the community of New Brighton by learning partners from Masakhane, demonstrating ability and positive attitudes through banners and festive songs.

Some key insights on attitude included :

- The biggest disability in life is a BAD attitude.
- There can be no positive result through a negative attitude.
- When you think positively, you live positive.
- Attitude is a little thing that makes a BIG difference.



A very big thank you to Board Member (Treasurer) Loren Burton, together with her colleagues, presented Team Ilizwi with R2067 which they collected towards our October 2022 Campaign ‘Unmask the Stigma’. Thank you Loren and team at JGS Attorneys.

Hospital Admission Procedure for Persons Presenting Psychosis



Our social workers receive numerous requests via social media, telephone and email requesting 'assisted admission' to hospital for people experiencing psychosis. This is usually in cases where the person's mental health status impairs their ability to make informed decisions. The Mental Health Care Act (MHCA)17 of 2004 clearly stipulates the steps involved in this process and the different role-players. However, the lack of resources in state facilities often hampers this process.

The Ilizwi social workers embarked on an exercise to approach hospitals and specifically Dora Nginza's Psychiatric Unit (Mbulawa) in Gqeberha to engage on the admission process. The Nursing Sister explained the process and made us understand that they do attend to persons with Mental Illness and that often it's the family members who do not have the patience to wait for their member to be attended. Also that SAPS only facilitates the process of ensuring the member is attended to by the health official and from there the family member has to wait for the hospital procedure to be done effectively to ensure the member is attended to. The team developed an infographic to assist family members should one of their members have a psychotic episode. This we circulated on social media and is now in the process of being available at clinic reception areas. SAPS was also informed in an information sharing session on what the MHCA stipulates as their role when it comes to admission of persons with a mental illness. The infographic has assisted many family members. Mostly,

they are not admitted due to lack of available beds but they are attended to in the overflow and later discharged. The key is to remember, it's not your loved one that is acting out, it's the illness.



 An infographic with a green and blue background providing a step-by-step procedure for assisting a family member who is acutely ill and needs hospitalisation. The steps include:

- When the office is closed or it is a holiday and you need assistance - here is a step-by-step procedure to follow.
- If the learning partner is having a psychotic episode, the family member should attempt to get the person to the nearest hospital and request assistance in reaching the nearest police station to the nearest hospital (Dora Nginza / Gqeberha) - you can also call the Mental Health Care Act helpline line for the state at 10111. Please be noted that the family member should be present during this whole process.
- If you are unable to go to the police station, call **10111** and state the origins of the caller. Please ask for the reference number to follow up purposes.
- Once accepted to the nearest hospital the family member should stay with the learning partner whilst undergoing the admission process. Please ensure you as the family member give the user your contact details. This will help the police on the learning partner's condition and if he/she is being discharged.
- One of the sections of Central needs to attend to their condition to rule out any physical cause for their symptoms - after this they will determine the need to admit to a TB Unit / Crisis and its status.
- The process can be time consuming - pack something to eat and drink and try to be calm, rational and patient.
- Our services are available during office hours from Monday to Thursday from 08am to 12:00pm and Friday from 08am to 12:00. You are welcome to call during office hours 044 3000023 and ask to speak to the social worker.

 At the bottom, it says: "ALWAYS KEEP IN MIND THAT DURING A PSYCHOTIC EPISODE IT'S NOT YOUR LOVED ONE THAT IS ACTING OUT RATHER IT'S THE ILLNESS!" and provides contact information for INKCELA MENTAL HEALTH: info@inkcela.org.za and +27 (0) 44 305 0502.



Treasurer's Report

Loren Burton—Treasurer

It is with great pleasure to present to you the abridged Audited Financial Statements. Indlela Mental Health (formerly known as Port Elizabeth Mental Health) ended the financial year ending 31 March 2023 with a surplus of R559 129.00 after a budget surplus of R188 597.00 was anticipated.

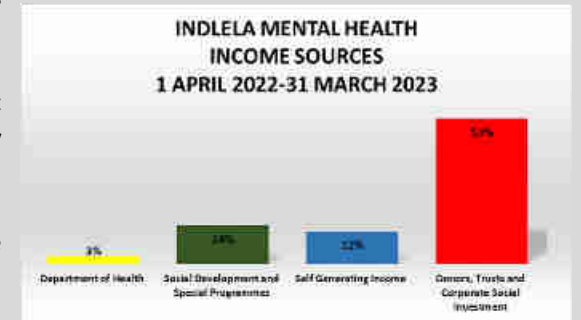
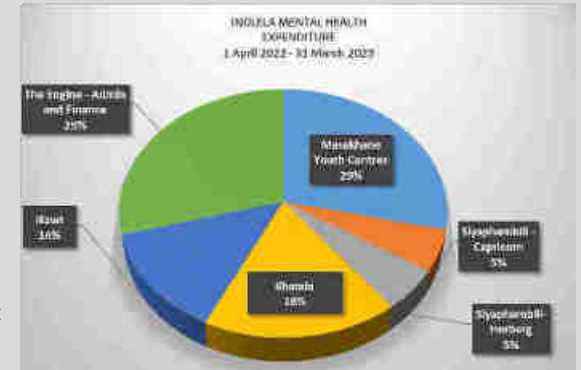
Continued funding contracts and long term relationship with other donors have led to the continued sustainability of the organisation.

Indlela Mental Health prides itself in maintaining its mission to improve the lives of people with mental disabilities, ensuring that investors are confident that the integrity of the organisation is paramount.

Establishing continued funding sources for the organisation is one of the key objectives for Resource Mobilisation and with this comes the building of the reserves for the organisation, something the team is very focussed on.

There are still programmes within the organisation that require additional funding and the Resource Mobilisation team will look at integrating these programmes into funded programmes, to ensure continued success for the organisation as a whole. This is the key driver of our 84-year-old organisation.

We wish to thank all our donor partners big and small, 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.



IMH Major Funders / Donors

Audrey Renecke Church		Algoa Bay Charitable Trust		HA Taylor Will Trust		Terre Des Holmes	

INDLELA MENTAL HEALTH

(Registration number 003-573 NPO)

Financial Statements for the year ended 31 March 2023

**CONSOLIDATED STATEMENT OF COMPREHENSIVE INCOME FOR THE YEAR ENDED 31 MARCH 2023**

	R	R		R	R
INCOME	2023	2022	EXPENDITURE	2023	2022
Self-Generated Income	3,455,834	1,962,661	Personnel Costs	5,443,260	5,210,245
Algoa Bay Charitable Trust	9,000	18,000	Advocacy and Community Based Projects	439,315	105,320
Apex Hi Charitable Trust	250,000	250,000	Audit Fees	103,287	61,173
The Children's Feeding Trust	48,000	60,000	Bank Charges/Interest	96,478	103,975
IFM Electronics	207,000	155,000	Depreciation	112,147	189,100
Donations	172,563	86,504	Food and Food Parcels	178,149	197,859
DG Murray Trust	400,000		Governance and Resource Development	11,881	9,186
EPWP - Non state Sector		156,593	Maintenance Building and Equipment	656,892	633,544
Ezethu Development Trust		298,349	Management/Admin Fee	2,162,010	1,514,417
Grassridge Winds of Change Community Trust	324,989		Monitoring and Evaluation	32,455	116,887
George Morgan Trust	114,000		Municipal Charges	273,326	151,394
HA Taylor Will Trust	186,957	200,000	Printing and Stationery	64,751	67,233
HW Seta Internships	140,000	112,000	Professional Fees and Consultants	505,872	339,365
Kinder not Hilfe	438,522	534,650	Sundry costs	31,986	9,730
Government Subsidies	1,951,361	2,118,058	Teaching Consumables and Equipment	160,031	108,424
VZW Cradock & Co Zuid Afrika		50,000	Telephone and Postage	226,524	201,950
KNH/BMZ Grant Income	1,719,319	2,164,901	Transport and Subsistence	199,281	92,890
National Lotteries Commission (NLC)		32,954	LESS: EXPENSES	10,697,645	9,112,692
TDH (Terre Des Holmes)	1,708,606	770,467	NET SURPLUS(DEFICIT) FOR THE YEAR BEFORE TRANSFERS	909,450	357,445
The TK Foundation	480,944	500,000	TRANSFERS TO FROM (TO) FUND ACCOUNTS	(350,321.00)	892,289
GROSS INCOME	11,607,095	9,470,137	NET SURPLUS FOR THE YEAR	559,129	1,249,734

Stakeholder Testimonials

Khatala Project has done sterling work within our communities in general and with youth in schools in particular. You were able to do early identification of barriers to learning and provided an early intervention through the Psycho-Social support. As the Department of Education, we are saying your meaningful and valuable contribution to our schools and for learners with intellectual disabilities will not go unnoticed. We are looking forward to a long and lasting relationship with Indlela Mental Health. Regards

Mr AS Nogaga A/CES ESSS NELSON MANDELA BAY DISTRICT



REGGIE HUFKIE (Well known local South African actor): "I was overwhelmed by the welcome I received from Siyaphambili-Capricorn and Herberg on my arrival at the Rehab Centre. I was able to share my life journey through singing and hoping to inspire the residents. But I was left inspired and filled with joy. It remains a highlight for me.

Hullo Limeez and your Team –

You sure pick your day and great weather to come out !!!!

Just a big, big, THANK YOU. It is so much easier, more friendly, affable and approachable, when one meets together and you see the faces, hear the story, and experience the valued input.

I know that the Indlela reach-out is tremendous, and far reaching and although times are hard, you work and pull together as a team, and touch many hearts. There are just so many out there, so in need, not always for a stomach to be filled, but for guidance, assurance, some love, support and direction and just knowing that someone cares.

That's who you are, and that's what you give.

THANKSENKOSIBAIE DANKIE.

May Sharon soon be well and keep dry, keep warm and keep safe.

Sincerely + Maureen (The Children's Feeding Trust Chairperson)



A valued partner with expert knowledge in the field of mental health is synonymous with Indlela Mental Health.

Their constant & steadfast quest to enhance mental well-being across communities, with special reference to a group so often frowned upon, are admirable and applauded....

Wishing IMH all the best with their future endeavors

Regards

Renee Symons

(Social Work Manager:
Restorative Services & NPO
Management)





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Indlela Mental Health
 21 Willem Street
 Cotsworld
 Dubevlei
 6045

25 June 2023

Dear Sir/Madam

Our South Africa have been proud to support Indlela Mental Health and have assisted with funding since 2017. Indlela Mental Health as an organisation meets the requirements needed for its South Africa to meet our SED obligations. Also, we have always been confident that Indlela Mental Health works in the community, trying to make a difference in the lives of people with mental disabilities. Indlela have been operating since 1936 thus confirming the need for organisations like this. Over all the years that we have been donating to Indlela I would also like it to be noted that dealing with Sharon Stewart the organizations Financial Manager has always given us the peace of mind.

Kind Regards

Alwyn Skeizer
 Managing Director



Expressing gratitude: Lester's Journey with mental health challenges

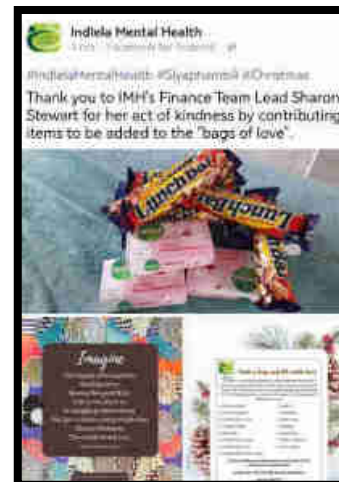


My name is Eugene Plaatjies, mother of Lester Plaatjies who is currently residing at Capricorn Residential Facility under the auspices of Indlela Mental Health. My journey to getting him the love and care he needed, was a long and difficult one. After having a psychotic breakdown and being admitted to Elizabeth Donkin Hospital, my relationship with PE Mental health (now Indlela Mental Health) began. Every time he relapsed and we had to make use of Livingstone Hospital, he was kept for a few days and then released. No other assistance was provided. Lester suffered from ADHD that was never treated. Hence his backsliding to substances continued. When I was at the end of my tether, with him in hospital again, I had a standoff with the psychologist . I requested that he be seen by a psychiatrist . My request was denied. I asked for assistance from the social worker. She tried her utmost best, but we were denied any assistance. I then with the help of family members tried a different pathway. He went to Gauteng, and got the necessary medical support. I now had to ensure that upon returning to PE, he would get the support he needed. With the help of Mrs Daniels (social worker at Indlela) , he had a short stay at Maranatha until space became available for him at Capricorn. From 2022 until now he has improved tremendously. Mentally, physically and psychologically . He is coming into his own Thank you to all the role players of Indlela. You not only improved his life. You reunited us as a family unit. We will always remain grateful to you.

Mrs Eugene Plaatjies.

Donations-in-Kind

THE CLOTHING GUILD	SANCHIA MATTHYSEN	KHALAD EL-JABI-ENERGYWORXSA-MONETARY
SCHAEFFLER SA	ZODWA DUBE	MICHELLE JAMES
THE CHILDREN'S FEEDING TRUST	ADDO ELEPHANT PARK	ROSE WATSON
THE POPS FOUNDATION	SAMEKI MASESA	MR YOUNG
JEAN RUSCHENBAUM CRAFT MATERIAL	HILARY BOLTON	SINDISWA FLATELA
COMMUNITY CHEST EASTERN CAPE	FEZAYONA IMIZAMO NPC	JACQUI WIGHTMAN
BREATHE – CRAFT MATERIAL	HELPEDE HAND MARLENE BASSON	LEE ANN AH SHEEN - MAGNUM SECURITY
JOUBERT GALPIN SEARLE - LOREN BURTON	MR B.FERREIRA	MRS.A. HOLLINS (THE RENTAL COMPANY CHRISTMAS HAMPERS)
MRS PETERSON	IKHALA TRUST	DEPARTMENT OF SOCIAL DEVELOPMENT
SPAR GUILD	WENDY KNOTT-CRAIG	HEATER OFFICE AUTOMATION
SHELLEY WALTERS - MONETARY	HILDA DUBE-MONTARY	NADINE HOOLE-WILSON
R.WATSON	HOLY SPIRIT CATHOLIC CHURCH	MPC RECRUITMENT
ANGEL NETWORK	SHOPRITE-CLEARY PARK	DE HEUWEL PRIMARY SCHOOL
MR NICK TAYLOR	ATKV SEEDLINGS / FOOD/ CROCKERY & CULTRY	OLD MUTUAL - MR MANDILAKHE WOTA
TRINK CONSUMABLES, KEY RINGS AND CELL PHONE CABLES FOR TEAM BUILDING	MIDEA FAN OFFICE AUTOMATION	PICK N PAY: HEUGH ROAD
MRS L. COATES		



IMH Goes Digital

With great thanks to our long-standing donor, KNH (Kindernothilfe), our transformation is in progress. We are very excited to be introduced to digital tools and innovative new software, that will help us to streamline operations, increase our overall efficiency and ensure data accuracy.

THE TRANSFORMATION INCLUDES THE FOLLOWING:

- New database system for the entire organisation.
- Antivirus for all laptops.
- Backup systems for all.
- Training of learning partners on how to use computers.

THE BENEFITS OF THE TRANSFORMATION ARE THAT:

- The system will be cloud based.
- Streamlined processes and increased productivity.
- Data security.
- Improved data access and management.



We are determined to showcase our impact through guaranteed statistics analysis. Watch this space!!



Indlela Mental Health is pleased to facilitate comprehensive community-based mental health services for those with intellectual and psychosocial disabilities as well as their families.

Contact us today to learn how we can support you.

- Address: 21 William Street, Cotswold, Gqeberha
- Telephone Number: 041 365 0502
- Email: info@indlela.org.za



www.facebook.com/IndlelaMentalHealth



[@IndlelaMentalHealth](https://www.instagram.com/IndlelaMentalHealth)

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

