



Port Elizabeth Mental Health

'Mental well-being throughout the Covid-19 pandemic'



ANNUAL REPORT

For the year ended

31 March 2021

NPO 003-573/ PBO 390002479



PORT ELIZABETH MENTAL HEALTH

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 psycho-social disabilities.

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CHAIRPERSON'S REPORT

Zodwa Dube



This has been a difficult report to table. Our mental well-being has been challenged in 2021. What we thought would be a short Covid-19 pandemic turned to one that seems to have no end in sight. The pandemic has caused so much worry, grief and stress in our communities that the need for PEMH has become more critical for offering support to our schools and community through our programs.

Staff came up with initiatives like RISE (Resilience through Initiatives of Support and Education), developed in response to the Covid-19 crisis. The initiative is set up to equip school children on how to diffuse stress and anxiety and build resilience against the effects of covid-19.

To combat the other challenges Covid-19 brought us, our social workers assisted with remote based counselling, as no 'walk-ins' to our centres were allowed.

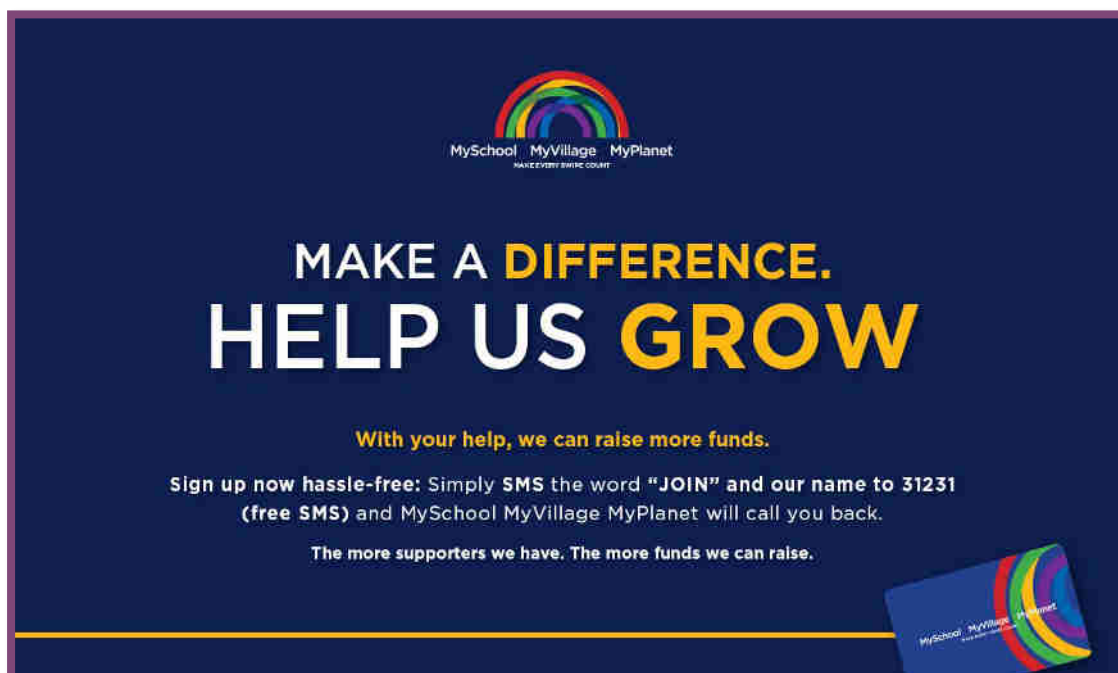
Even through all this we had challenges of our own as an organisation. Our staff, for a period, had to work without knowing if they would get their salaries as funding and payments slowed down during this period. Their dedication and commitment must be commended as they worked tirelessly to ensure they fulfilled their duties.

The board and I would like to thank our forward-looking Director Mrs L Botha and her staff for working hard to ensure the sustainability of PEMH and not giving up hope when the light at the end of the tunnel seemed to be dimming.

Looking forward to next year, organisation changes will be ushered in and we look forward to how we will address these. It also brings in a new name and new image.

I would like to thank the board for always working for the good of PEMH, for support with the very difficult decisions we had to make this year and for giving of their time during this very difficult time.

I would like to acknowledge our generous sponsors/funders/donors/partners (government and private), members of our community volunteers, family and friends. ***Without you we are nothing!***




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DIRECTOR'S REPORT

Limeez Botha

2020 Will be remembered for the outbreak of the Covid-19 pandemic. Globally, the pandemic changed life as we once experienced it. The unintended social consequences exacerbated poverty, social isolation, domestic violence as well as mental health conditions. A recent article published in the Daily Maverick (15 June 2021) highlighted the 'silent pandemic' referring to the mental health crisis especially amongst young people. One year later, we see the statistics, reports and many stories of increased depression, anxiety, fear and even suicide.

PEMH has, for 82 years, been advocating for improved mental health services and support for persons with psychosocial and intellectual disabilities. Although strides have been made in terms of policy formations and improved services, our work is nowhere near complete. Still many people with mental health challenges are subjected to gross human rights violations, discrimination as well as poor quality care and support both in institutions and the communities in which they live and work.

Inspired by the WHO's guidance on Community Based Mental Health Services and Comprehensive Mental Health Action Plan 2020-2030, PEMH affirms its commitment to upscaling a person-centred, rights-based, participatory, asset based and community inclusive mental health service for our learning partners in Gqeberha and the broader Eastern Cape.

Our annual report 2020-2021 reflects the consolidation and celebration of PEMH's work during a difficult year of adapting to a 'new normal'. We draw together statistics, achievements, learning reflections and also the challenges we have endured. Some highlights include:

- Welcoming new funding partners Terre des Hommes, The DG Murray Trust, The German Embassy, Global Giving, The Federal Ministry of Economic Cooperation and Development (BMZ).
- Covid-19 Psychosocial School-Based Support Services were piloted at one school in Nelson Mandela Bay with the aim of easing emotional and psychological symptoms as a result of the pandemic and enabling learners to function more effectively at school and at home.
- Our organisational redesign and transformation process (funded by Kindernothilfe and facilitated by Therese Boule) saw leadership transformed; structures within the organisation changing; programmes transitioning toward a community based and more impactful approach; and a new beginning for its financial affairs.
- Launching the Khatala 'Dare to Care' programme with the aim of ensuring the rights of children with intellectual disabilities through social networks and advocacy.

To the leadership team and staff, our greatest asset, you make all of this possible – it's been 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 PEMH is pivotal and key to the resilience and longevity of the organisation. You volunteer expertise, time and commitment to social change whilst bringing stability and credibility to PEMH. During this period, we welcomed our new chairperson, Mrs Zodwa Dube and treasurer Ms Inge Laubscher, your passion and commitment to the mental health movement reflects throughout our work.

In closing, thank you to our loyal members, consultants, volunteers, students 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.



TREASURER'S REPORT

Inge Laubscher - Treasurer



It is a great pleasure to present to you the abridged Audited Financial Statements. Port Elizabeth Mental Health (PEMH) ended the financial year ending 31 March 2021 with a surplus of R427 074.00 after a budget deficit of R479 814.00 was anticipated.

The resource mobilisation team implemented a successful strategic plan of securing funding on long term agreements with donors for the year 2021-2022. During this process funding was secured for the 2020-2021 financial year as well.

During the financial year, there was a cash flow shortage as the Department of Social Development's funding was paid late in the year and as a result staff were required to go on short time.

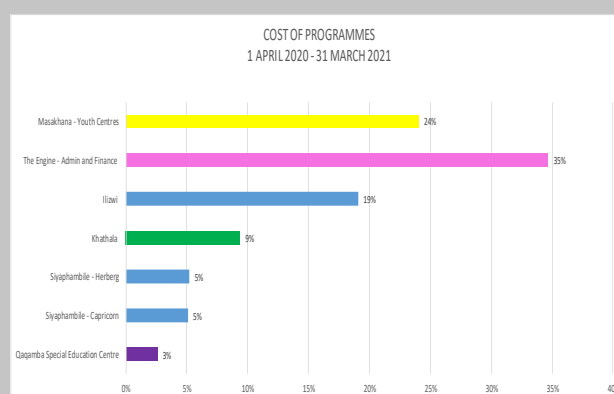
2020 – 2021 Was a roller coaster ride year with many ups and downs, but PEMH not only survived financially but ended in a more sustainable position than the previous year.

This is my first year of being appointed Treasurer for PEMH. It has been a difficult year not only for the organisation but for the whole national economic environment. I would just like to say how warmly welcomed I was in my new role by both the Board and the staff. I appreciated your support.

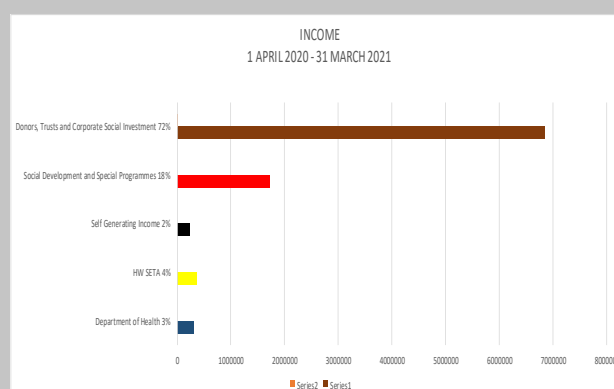
We wish to thank all our partners, because without their contributions and support, PEMH's invaluable work in the community would not be possible. My sincere thanks goes to the Director, Board members, staff and our Auditors for their dedication and assistance throughout the year.



COST OF PROGRAMMES 1 April 2020 - 31 March 2021



INCOME 1 APRIL 2020 - 31 MARCH 2021



NEW PROGRAMS OF PEMH

ILIZWI (The Voice) is the social work team that aims to improve and enhance the quality of life of vulnerable children and adults with mental disabilities by providing 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 focussing on social integration and ensuring rights are upheld.

We achieve this through our comprehensive social work intervention services to adults; and the BRAVE program for children with an intellectual / psychosocial disability - which includes developmental assessments, stimulation programs, support, information sharing, counselling and linking families to other specialized services.

Families are afforded an opportunity to be independent and take a role in building their resilience. An example of this is where we train our learning partners to grow their own vegetables at home. This in turn means they are able to provide their families with food.

Ilizwi creates awareness in the community using various platforms - encouraging individuals to have insight into mental health and mental wellness. Radio talks, Facebook posts as well as engagements in the school community have proven to have a far reach.

During the heat of the Covid-19 pandemic, Ilizwi extended its services to schools, providing them with an opportunity to engage and debrief during this challenging time. We provided a lifeline to many youth that have displayed high levels of anxiety and depression - defusing the anxieties and providing information and coping mechanisms to build their resilience.

Ilizwi means “The Voice” and we strive to ensure that our learning partners do have a voice.



KHATALA (Dare to Care) is a new project within PEMH that seeks to protect the diverse rights of children with intellectual disabilities. The project will achieve this by working with caregivers and 40 Wellness Warriors. Wellness Warriors are comprised of community members who volunteer their time to provide support to families with intellectual disabilities.

The project operates in four areas namely: Joe Slovo, New Brighton, Zwide and Motherwell.

SIYAPHAMBILI (Going forward) comprises of two residential facilities for adult persons with psychosocial and intellectual disabilities from the ages of 35 to 59 years respectively. Each residential facility takes up to ten residents. One residential facility is in Walmer called Capricorn and one is in Hillside called Herberg. We offer a rehabilitation program which aims to assist residents to function independently in the community. The program is two years and it includes residents being taught Skills for daily living, arts and crafts and assistance with part time employment. Services provided also include counselling and therapeutic group sessions.



THE ENGINE - Due to the restructuring of the organization Admin and Finance have separated into two sections.

The finance team is now Sharon Stewart (Team Lead) and Mogie Selvum (Bookkeeper). This team is responsible for all the financial issues, organisational salary administration and funders financial reports

The admin team is Thulisa Komata (Team Lead), Elika Jeftha (PA), Amanda Baleni (HW Seta Intern/Receptionist) and Ethel Banbiso (Cleaner). This team is responsible for the asset management, statistics, Information technology and administration.



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

Activities, most of which continue to be implemented currently, include:

- Life skills sessions are held on a regular basis covering literacy and a wide variety of social skills, including disability awareness rights and empowering young members to cope with community stigma and stereotyping;
- Peer and professional support; and
- Craft and recreational, including sports activities.

The program has focused on facilitating employment of the youth and has combined the general wellbeing activities, as described above, with strong employment preparation and support components, that can be summarized as follows:

- Professional assessments of and career path plans for each young learning partner, with a view to determining their areas of interest, capacities, as well as their often hidden talents and passions;
- Practical workplace (vocational), business, work readiness and life training skills;
- Disability sensitization training and reasonable accommodation support for employers and community-based clients;
- Ongoing job coaching and mentoring in support of successful integration into the job market and adaptation into the workplace once employment has been provided.

The Adolescent Project is a new component of activities that *bridges Masakhane & Ilizwi* by focusing on the Ilizwi target group to *prepare and recruit* young people from the BRAVE households that potentially can join the Masakhane Youth Centres when they reach the right age, replacing those Youth who have secured long term jobs. The project entails vocational workstations; job shadowing; parent support of youth (Breakfast Club); training of trainers (facilitators); Job Coach exchange; development of manuals for each vocational training area.

An Asset Based Community-driven Development (ABCD) Assessment Tool was developed with the assistance of a professional Occupational Therapist through extensive research and wide stakeholder participation. This Tool is utilized by the Youth Skills Development Centres to determine the inherent skills of the youth and with their involvement plot a career pathway by initiating Individual Development Plans for each of them.

The implementation of the assessment tool allowed:

- learning partners to have ownership of their own learnings and progress
- Participatory programs, e.g., peer-peer group sessions and exposure to the workplace environment before placement.



MEET THE NEW LEADERSHIP TEAM

Vivacious, bold, fierce, strong, energetic, strategic, fun yet firm are only some words used to describe PEMH's new dynamic leadership form. Following an intense organisational redesign process in 2020, this forum reflects transformation, equity and youth but most importantly passion and commitment for mental well-being within our communities.

Each and every member shares a common love, loyalty and commitment for community based mental health services. Let's meet these dynamos.

Abonga Landu – Ilizwe Team Lead – Social Work Intervention Services; **Yolokazi Ndlondlo** – Masakhane Team Lead – Youth Skills Development Centres in New Brighton, Zwide and Motherwell; **Noqobo Betela** – Siyaphambili Team Lead – Psychosocial Rehabilitation Care Facilities (Herberg and Capricorn); **Vuyokazi Gonyela** – Khatala Team Lead – Community Advocacy and Social Mobilisation for children with intellectual disabilities.

Together our team leads are mentored and supported by: Director – **Limeez Botha**; Operations Support Lead – **Merle Blunden**; Finance Lead – **Sharon Stewart**; and Administration – **Thulisa Komata**.

This leadership forum represents the various team members across the organisation but also fulfils the role of strategic oversight and monitoring towards an efficient and effective community based mental health resource to the communities of Port Elizabeth.

We wish the leadership forum success ahead and have no doubt that greatness lies within each.



A LEGEND DOWNS HER TOOLS

Taking into account a brief interrupted service, Karen McGrath served our organisation, for over 15 years.

She has worked in various capacities, starting as part of the administrative staff and eventually taking on social work duties. She has always striven to do her utmost best for the organisation and for the learning partners she has worked with. Her mission was to understand and support their journey.

She was an indomitable advocate for those whose rights had been infringed and worked tirelessly to ensure improved lives for our learning partners, living in disadvantaged communities – ensuring they access all available opportunities. Mostly, she was kind and caring, attributes appreciated not only by her learning partners, but also by her colleagues.

Karen – you really were a legend in the mental health sector – we miss you and wish you all the best for a future filled with joy and peace.

K – KIND

A – ADMIRE

R – REPUTABLE

E – EXCEPTIONAL

N – NOBLE



WAVING GOODBYE TO GARTH GOLDMAN



Garth Goldman, Masakhane Programme Manager, waved us a fond goodbye as he headed for early retirement and his family in Cape Town at the end of October 2020. Garth served the organisation for 20 years and played a pivotal role in the transformation of the Protective Workshops which today boasts 3 Youth Skills Development Centres that are developmental, integrated and asset-based in approach.

Mr G or Bra G, as we know him, always reminds us that for him this work is his calling and that he devoted the past 20 years advocating for the rights of youth with psychosocial and intellectual disabilities. His achievements are too many to mention, but he is proudest of serving on the National Task Team established by the SA Federation for Mental Health in developing a best practice model for the then Protective Workshops which birthed the psychosocial support model we are

implementing today, attending the World Mental Health Congress in Cape Town in 2011 and being appointed as the organisation's ABCD ambassador in 2017.

His charm, charisma and can-do attitude is much loved by all of his colleagues, even ex-colleagues still hold him in very high regard. The only male amongst the ladies, we will miss you Mr G. Garth's loyalty and passion for PEMH echoes strongly in his words "I will not allow the organisation to fail under my watch".

Mr G, I hope we are doing you proud, although Garth retired he is still providing support and mentoring on a consultancy basis to the newly appointed Masakhane Team lead, Yolokazi. We are delighted that you are still part of the PEMH family but that you can spend more time with your beautiful wife in Cape Town.



PEMH BABIES IN 2020

Welcome to the world little ones!

Kashmira Botha, Amo Sehume and Joah Janse van Rensburg.

May you always remain your parent's pride and joy.



FARMING GOD'S WAY

A 3-day training was attended by the Ilizwi social workers. The acquired information will be shared with the communities hoping to assist them in growing their own backyard garden to feed their families. They hope to spread this learning to disadvantaged households to make families more self sustaining with food security.



INVESTING IN OUR STAFF – OUR GREATEST ASSET

Tulisa Komata joined the Port Elizabeth Mental Health family as the Stats/ Admin Clerk in April 2018.

As part of the Engine Team, her job included managing the database, asset management and coordinating Casual Day. As the years went by her additional skills were recognised, including her proficiency in IT – and with some coaching from her Manager – she was soon assisting and troubleshooting for staff in this regard.

Tulisa was not only recognised as an asset by the skills that she brought to the team, but also by her excellent work ethic, her friendly and helpful disposition and her willingness to assist wherever she could. This was highlighted when she was recognized as “staff member of the quarter” in 2018 and again in 2020.



Tulisa was appointed as team lead of the admin team in February 2021. It has been wonderful to see her grow into this leadership role – ensuring the smooth running of our head office and coordinating a team that is efficient is providing the much needed support to the rest of the Mental Health Team.

NEW EMPLOYEES AT PEMH



PEMH is very excited to welcome its new additions joining the team during 2020-2021:

Khatala

Vuyokazi Gonyela: Team Lead; **Lonwabo Sinuka:** Advocacy and Communications Coordinator; **Cindy Duncan:** Occupational Therapist; **Noxolo Thomas:** Community Development Worker; and **Feziwe Quma:** Social Worker.

Ilizwi

Sisanda Lungile: Social Worker appointed within the RISE program and **Nikeeta Daniels:** Social Worker.

Masakhane

Sixolile Mangaliso: Assistant Skills Development Facilitator at Inkqubela1 in New Brighton; **Felicity Titise:** Skills Development Facilitator Sikhulile in Motherwell; and **Asanda Ngubelanga:** Assistant Skills Development Facilitator Sikhulile in Motherwell.

Siyaphambili

Gloria Jansen and **Yvette Hempe** are House Parents at Herberg and Capricorn residential facilities.

The Engine

Amanda Baleni: HWSETA intern and currently working as Leadership Assistant and **Samantha Madatt:** Part-time Front Office coordinator.

On behalf of the Board, director and staff we wish you all the success in your new respective positions and hope you will have a long and happy stay at Port Elizabeth Mental Health.

ACHIEVEMENTS



Port Elizabeth
Mental Health

Project Impact

April 2020 - March 2021



Masakhane Youth Development Centres

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



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



150 Youth with intellectual disabilities were integrated into life skills training programs, promoting increased levels of independence and self-sufficiency. 78% Indicated an overall improvement.



113 Youth with intellectual disabilities benefitted from the Supported Employment Program including placements in jobs and learnerships.



Siyaphambili

24 Residents have been participating in the program in this period - 59% Showed improved coping skills towards independence and self-sufficiency.



4 New residents assessed, screened and admitted into Herberg and Capricorn.



3939 Community members integrated into awareness programs, increasing insight into mental disabilities and rights.



24 Residents benefitted from social work services.



4 Residents were assisted with SASSA Grant renewals.



2 Residents assisted at Home Affairs to access an ID Document.



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



11 Lifeskills training sessions were held this year.



3 Residents were reintegrated into the community this year.





Ilizwi

1153 Persons with mental disabilities have been assisted with specialist counselling and crisis intervention services – 82% Showed improved coping and improved management of the disability.



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



138 Families have benefitted from food parcels.



129 Youth with ID benefitted from 7 Lifeskills sessions – 78% showed improved skills.



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



38 Families were assisted in applying for a Care Dependency Grant.

60 Persons with mental disability have been assisted with Disability Grant applications.



105 823

People reached in the July awareness campaign celebrating psychosocial disability.

3610 Learners reached as 4 schools took part in our October awareness campaign on the Importance of mental health and the need for resources.

158 People reached during awareness campaign held in March 2021. Theme: “See me, hear me, include me”.



Khatala

865 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.





COMMUNITIES BECOMING SELF-ADVOCATES

Khatala is an innovative, dynamic and new project of PEMH. It builds social capital within communities, igniting and supporting social networks and promotes and protects the rights of children with intellectual disabilities. It works closely with families to build their capacity and resilience to care for and support their children.

We are thrilled to share some exciting developments since the project came to life in October 2020. Our priority has been to connect with families, concerned community members who recognize the need to protect and care for children with intellectual disabilities (ID) through the now successful Wellness Warriors (WW) program. Thus far, there are 40 active members from across New Brighton, Zwide, Joe Slovo and Motherwell. They are a pillar and a driving force behind recruitment of children with intellectual disabilities. They connect them with PEMH's in house Social Workers who provide interventions per the child's needs after a full assessment is conducted in the comfort of their homes. The Social Workers then champion a process which includes: organising psychological, occupational therapy and child care dependency grant services for children who qualify for such services. Over 160 families were visited or contacted since the start of the project. Social Workers also make time for WW to debrief and reflect on work done and challenges they currently come across that social workers should take up and or refer for assistance.



They have been trained on the scope of ID, introduced to different stimulation programs and bead work they learn to use their head, heart and hands. There are seven children that have been assessed by an independent psychologist in Zwide. We were delighted to have this service done at our Inkqubela 2 centre. Angelo Du Plessis recognises and prioritizes the rights of children with ID regardless of their financial status as they would otherwise have had to travel to his rooms in Arcadia.

WW also works with local schools, police stations and local churches to build alliances that will take up advocacy initiatives aimed at addressing children's rights violations, bullying, stigma and access to basic education. Already there is a

powerful sense of ownership of the project by the WW and there is evidence that the driving factor goes beyond the question of financial reward, which is a very good indication of their levels of commitment to this voluntary work. They are appreciated by communities for the good work they are doing and to be able bring resources closer to community.

Wellness Warriors provide a community driven approach that aims to inspire communities. It encourages them to become part of another broader project wing called Community Support Network (CSN) that is bringing carers together in these respective communities. The CSNs will take up stigma, bullying and access to education advocacy related work. Some caregivers have been informed by word of mouth through community member chats etc. about the CSNs. Others are advised by social workers visiting families to be part of the network in order to benefit from trainings that will be provided to caregivers. Core to this is protecting and promoting the rights of children with intellectual disabilities by ensuring that they too are treated in a dignified manner.

The committed WWs provide support to each other by sharing educational information, sensitizing others on matters critical to understanding children with intellectual disability, e.g. caring for the child while the caregiver collects medication at local clinic. This is very inspiring and an act of kindness as there is a growing community of families who share the same and or similar experiences concerning their children with ID. WW have become supporters to each other in ways that no monetary value can be attached to the support and harmony they share.





SOCIAL WORKERS IN THE HEAT OF COVID-19 PANDEMIC

The start of the Covid-19 pandemic induced a considerable amount of uncertainty, fear and anxiety in everyone. Daily lives were impacted. People could no longer be active in their normal routines, and we saw levels of loneliness, anxiety and depression escalating drastically.

With the gradual return to school of learners, PEMH designed a COVID-19 School-based Support Programme with the aim of easing these emotional and psychological symptoms and enabling learners to function more effectively at school and at home.

Port Elizabeth Mental Health piloted this program at Westering High School – with the aim of defusing the anxieties of being back at school as well as debriefing the learners and educators on the impact this pandemic has had on them.

Learners were provided with a safe space to express how they have been impacted by the pandemic; academically and personally, from parents joining the unemployed group to losing parents due to Covid-19 complications.

Educators similarly expressed fears and anxieties that had been highlighted by learners – this served to strengthen the resolve to ensure good support mechanisms were in place for all to perform their respective roles as best they could under the conditions imposed by the pandemic.

During the evaluation stage of the pilot program, participants expressed deep appreciation for the opportunity to address these critical issues. They voiced a strong need for this kind of open and safe communication platform where they are able to share feelings and come up with practical solutions.

The social workers implemented powerful sessions with phenomenal impact to the extent that the organisation saw a need to expand this initiative to other schools in the metro and has been successful in securing funding to this purpose.

The Covid-19 School Based Psychosocial Support programme has now been renamed **RISE** (Resilience through Initiatives of Support and Education).

#RISE

Resilience through Initiatives of Support and Education





INNOVATING IN THE FACE OF ADVERSITY

What can one say about the year that was 2020 which will not set the impression of negativity, other than to accept that the world was thrown into turmoil by a pandemic which wrought havoc on all and sundry.

The country was placed under a national lockdown at the end of March 2020 which meant that the centres had to be closed with immediate effect. The consequences of this meant that all of the programmes and planned projects came to a grinding halt.

A project which was to be facilitated by an external contractor to develop an Assessment Tool that could be utilized to determine career pathways for the youth stalled because a large part of the development meant holding focus groups which was not possible because of the lockdown regulations.

A newly appointed Job Coach, who joined the team on 1 April 2020, was confronted with the prospect of being orientated into her position virtually, as we have all come to appreciate as the “new normal” during the past year.

The skills development programmes for youth with intellectual disabilities, by its very nature, requires face-to-face contact between a facilitator and learning partner and this was also summarily terminated because of the lockdown restrictions and the concern for spreading the coronavirus infection amongst a more vulnerable group of individuals.

In addition we suffered an onslaught of vandalism and burglaries at all of the centres which resulted in severe losses and damage. Not only did this present concerns for the immediate resources and infrastructure liabilities but it also led to staff and youth demoralization as they were required to literally and figuratively pick up the pieces on a daily basis.

Throwing up our hands in resignation was not negotiable, as we had commitments to funders to deliver on the planned goals and objectives. After the initial culture shock of experiencing isolation and work-from-home requirements, the team settled into mitigating the difficulties.

The facilitators almost immediately made contact with the youth via social media platforms, giving them reassurance and educating them about the situation. Once the restrictions were lifted, the team galvanised and set up the necessary protocols to allow for limited contact between staff, learning partners and their family members. Small focus groups were arranged and all our projects thankfully proceeded to conclusion.

The most important take-away from the past year was the resilience of all concerned to ensure the continuity of the development and ongoing growth of the youth.





OUR SAFE HAVEN

It has been a difficult year for the Residential Facilities, having to adjust to the Covid-19 Regulations and the impact of the Pandemic. We are however proud to say, that through precautions taken and safety measures implemented, coupled with a lot of education on Covid-19 - none of our Residents have tested positive for Covid-19 to date. The phenomenal, hardworking staff of Siyaphambili need to be applauded. Their dedication and commitment to the well-being of the residents as well as their focus on self-care, made it easier for the residents not only to understand the implications of the pandemic but to take the safety precautions more seriously.

We are grateful for DSD and EPWP for the donations of PPE to ensure the safety of our staff and residents. As frustrating as it is not being able to connect with family we are proud to say residents' families did their best to ensure they link up through telephone contacts and at times deliver essentials and luxuries via post and drop offs at the facilities. This made the transition from suddenly not being allowed to go out much easier. Counselling Services and group Therapy sessions from the Social Worker and Student Social Worker also allowed for debriefing and helped to ease the growing sense of isolation.

Challenges

- We were devastated by the loss of 2 residents at Herberg in the course of this last year – both of whom had chronic illnesses. This was a traumatic loss for the other residents and the social worker engaged the residents in grief counselling. They will always be fondly remembered.
- Not only was the TV and gate stolen at Capricorn – but the new gate was stolen shortly after it was installed – fortunately it was recovered by police and an arrest was made. Covid has created desperate times, and being located so close to a disadvantaged area does pose a risk.



EXPANDED PUBLIC WORKS PROGRAMME (EPWP) 2020

Socio Economic Respite for People with Disabilities during Covid19 times

We are grateful to the Department of Public Works for the Expanded Public Works Programme (EPWP) which, during the past year, has benefited 230 learning partners, their families and unemployed community members through the acquisition of skills and financial relief.

As the conduit for the limited duration employment opportunity project, Port Elizabeth Mental Health engaged with the candidates directly and placed them in positions within the organisation which enabled them to develop much needed employment skills whilst earning a monthly stipend. Some of the learning partners were placed in positions of leadership and community members assisted in the facilitation and administration of the programmes. As one of the youth skills development facilitators stated regarding the impact of EPWP with respect to the learning partners: "It has been an honour for our learning partners to be a part of the programme in enhancing their skills in Beadwork, Gardening and Sewing. Now we are confident and ready to even recommend them for employment because EPWP has taught them how to display a positive attitude at work and be able to: A. Meet targets B. Be early at work & report when they are absent. C. Budget – They were taught how to use money wisely.

The stipend made it possible for all the beneficiaries to improve their livelihoods, especially during the really difficult challenges faced during and because of the Covid19 pandemic. This welcome financial windfall made it possible for them to make a positive contribution towards their households.

Special thanks have to be credited to the Independent Development Trust, based in East London, who coordinates the EPWP Non State Sector project in the Eastern Cape. PEMH has enjoyed a mutually beneficial relationship with the company for many years and long may it continue.



EXPANDED PUBLIC WORKS PROGRAMME

NATIONAL AWARENESS CAMPAIGNS

Each year, together with the South African Federation for Mental Health and other Mental Health Organisations across all provinces, Port Elizabeth Mental Health 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 2020- PSYCHO-SOCIAL DISABILITY MONTH

This year saw our communities decimated by an adversary we were not prepared for – Covid-19. This influenced our theme for our national awareness month focussing on psychosocial disability :

“Mental Health for everyone – now and beyond Covid-19”.

In the thick of lockdown and providing most services virtually – our campaign followed suit. We were successful in getting an article published in the PE Express, reached a listenership of **100 000** through a radio talk on KQFM and reached **4353** persons through **13** social media posts.

The one thing this pandemic has accomplished, is to shine the spotlight on the need for greater emphasis to be placed on our mental wellbeing, the need to focus on building resilience and the great need for services to support our communities suffering the effects of psychosocial stress.

OCTOBER 2020 - MENTAL HEALTH MONTH

The theme for the October Mental Health awareness month was :

“Mental Health for All – Greater Access – Greater Investment”

We targeted learners for this campaign, partnering with **4** schools : Westering High/ Elundini Primary / Cowan High and Emafini Primary. These learners were engaged in a competition to make a winning poster about the importance of mental health and the great need for resources. With an incentive of a prize for each school, we were in awe of the creativity that was displayed through the posters. We reached **3610** learners through this initiative and continue to generate awareness through the posters on display at our head office.

Social media posts on the topic and the competition also helped us to spread the word to a further **9319** persons.

MARCH 2021- INTELLECTUAL DISABILITY MONTH

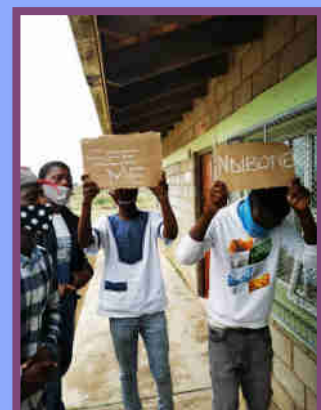
March 2021 saw us raising awareness on

“See me, hear me, include me : The impact of Covid-19 on persons with intellectual disability”

We targeted **2** schools, where there are learners with special needs accommodated in mainstream – Gelvandale High and David Livingstone High – a total of **360** learners were engaged on the topic.

We also participated in a talk on KQFM – reaching a listenership of **150000** and posted **7** Facebook posts reaching **8531** persons.

Persons with intellectual disability are even more vulnerable during the pandemic, by virtue of their disability – so we were happy to have a far reach into our communities on this topic.



Being one of the only organisations specialising in Mental Health and working in disadvantaged areas, we recognised the threats that Covid-19 posed and were quick to restructure our services to ensure psycho-social support for our communities.

In addressing the psychosocial needs of our community, afflicted by the corona virus – we implemented a 3-pronged approach. The psycho-social programs were of great benefit both to persons with mental disabilities, as well as to communities as a whole, as the epidemic eroded the mental health of communities – who were struggling to cope with a myriad of social issues, from inability to cater for basic needs to mental health and related issues.

There was an overwhelming outpouring of panic, shock, and intense feelings of isolation. In addition, many have had their livelihoods impacted generating tremendous stress. Family relations came under severe threat as a result. Our social workers provided necessary support to restore hope and assist in removing the fear through empowerment engagements and helping families to get in touch with their existing skills and assets.

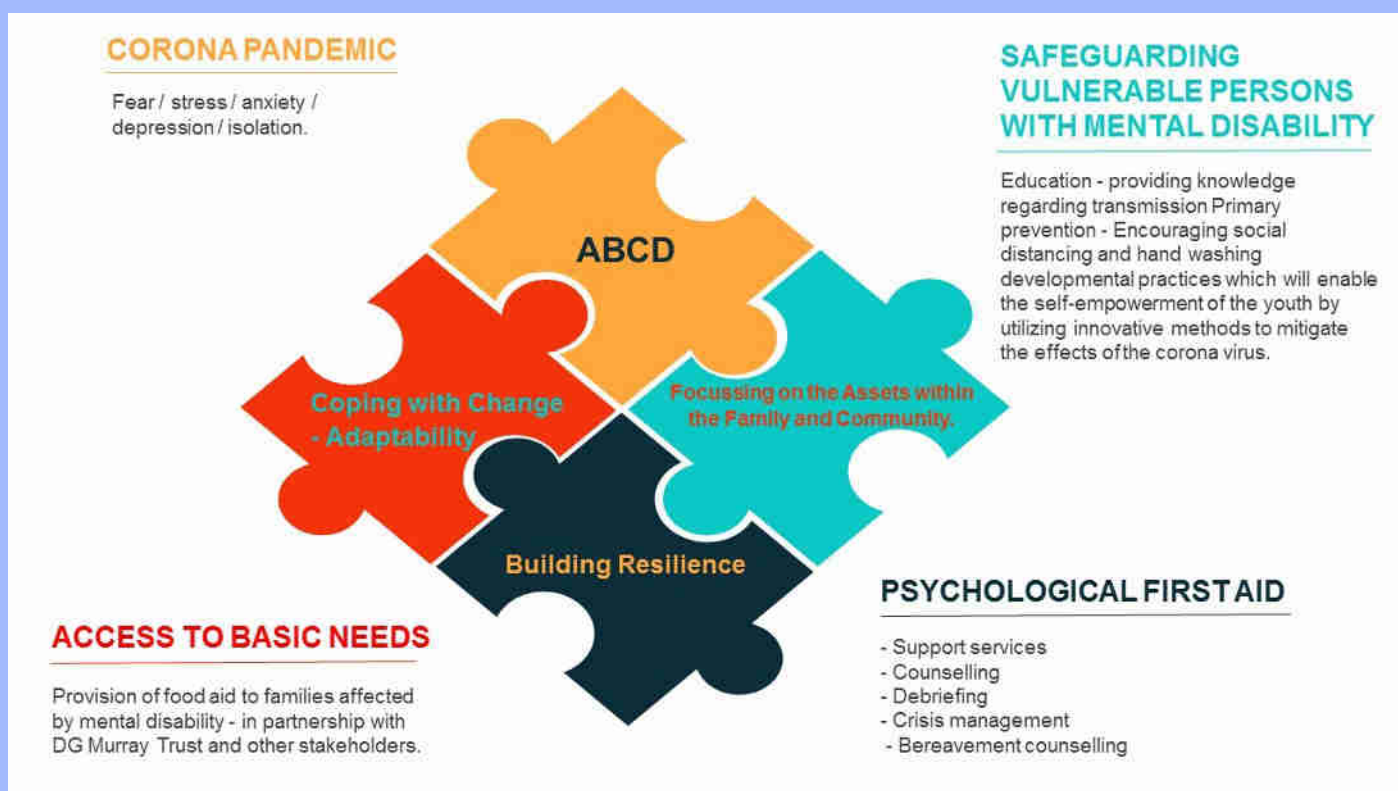
We also found the need to support families, struggling to grieve for loved ones – where the loss was felt even more keenly under the restrictions of lockdown, unable to visit family ill in hospital and having no opportunity to provide any support or to say goodbye.

Another need expressed by the community, was to debrief and educate learners, as they re-entered formal schooling as lockdown restrictions lessened – but the real fear of the virus was still so prevalent. To this end we partnered with Westering High School and delivered programs – whose feedback indicated rendered a good impact – cushioning the return to school and building up the resilience of the learners and educators.

Our ultimate aim through the programs offered, was to help to strengthen human relations and promote change, positively influencing the wellbeing of the members of our community.

We are most grateful for the generous funding received to enable our social workers to do much of the work virtually / from home, particularly in the early days of lockdown – ensuring that our services were not interrupted and that our staff could ensure their safety.

As we have learnt to adapt to this strange new reality we find ourselves in – we continue to serve our communities as best we can through our psychosocial support programs.



FUNDRAISING EVENTS

Unfortunately due to Covid-19, the organisation during the past year, was unable to have the annual fundraising events listed below:

- **Casual Day**
- **Giftwrap**
- **Muck Run**

But would still like to thank the sponsors of the events, Walmer Park Shopping Centre, Casual Day and Z Sports for their support and understanding of the situation for 2020.

These events were successful in previous years and the organisation will continue hosting them in future pending the Covid-19 pandemic.



BOARD MEMBERS

- **Zodwa Dube** — Chairperson
- **Sheri-Ann Pietersen** – Vice Chairperson
- **Inge Laubscher** — Treasurer
- **Gary Michael Koekemoer** - Secretary
- **Nompumelelo Dinisa** — Representative for Psychiatric Disability
- **Nolusindiso Isaacs** — Representative for Intellectual Disability
- **Lindelwa Kenqa** — Additional Member
- **Lakhsman Naran** - Additional Member
- **Mpho Alice Selokoma** - Additional Member
- **Elika Jeftha** - Staff Representative

Board Members with disabilities
(4 of which 2 are learning partner representatives)

GENDER

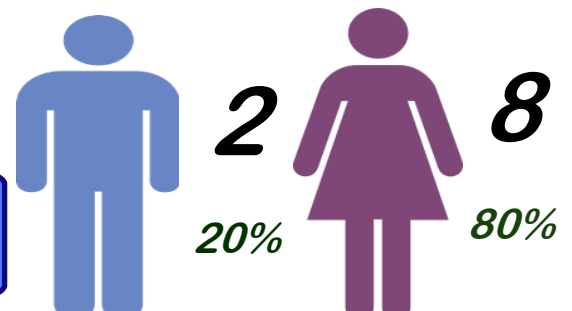
POPULATION DISTRIBUTION

BLACK 5

COLOURED 3

INDIAN 1

WHITE 1



OUR DONORS: TRIBUTE TO A SPECIAL TYPE OF FORESIGHT

Raising funds during a serious global pandemic is not for the faint-hearted! Where once donors were to be found, now the list of possibilities has dwindled along with existing budget availability. Every category of donors from governmental to corporate to faith-based to non-governmental has been affected.

Our donors break this mould and in so-doing they are making an immense contribution, not only to PEMH, but to a wider awareness in society. We are grateful for both of these outcomes.

PEMH strives for a meaningful partnership with our donors, one that is based on honesty and respect. More than this, we see our relationship with donors as a potential learning opportunity from both sides: donors bring valuable questions and information drawn from a much wider pool of exposure; PEMH brings a depth of experience from the field and an accompanying analysis of 'why' particular social realities present themselves. Donors are in a unique position to share amongst broader networks those lessons and insights that we bring to the table and PEMH continues to be a willing and eager partner in this endeavour.

Over the last year, we have welcomed to our efforts a number of ***new and returning donor partners***:

- BMZ (in partnership with KNH)
- Terre Des Holmes
- DG Murray Trust
- The German Embassy in Pretoria
- TK Foundation
- Global Giving
- National Lotteries Commission
- Donaldson Trust

And we continue to appreciate our ***long-time existing partnerships*** with:

- ApexHi Charitable Trust
- Audrey Reneke Church
- Anglo American Chairman Trust
- Algoa Bay Charitable Trust
- Children's Feeding Trust
- Community Chest, Eastern Cape
- Ezethu Development Trust
- Department of Social Development
- Department of Health
- EPWP
- HA Taylor Trust
- Kindernothilfe



DONATIONS MADE IN KIND

Algoa Bay Charitable Trust	Anique and Daniel	Buhle Waste
Children's Feeding Trust	Clothing Guild	Colleen Sa Joe
Community Chest	De Heuwel Primary School	Department of Social Development
Earl Fransch	Harvest Church	Holy Spirit Catholic Church
IDT	Ikhala Trust	Missionvale Care Centre
Momentum	SA Federation for Mental Health	Saint Johns - Newton Park
Shoprite - Cleary Park	South African Council for Social Services Profession	Therese Boulle
Veronica Peterson	Woolworths	



PEMH FUNDERS

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

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

