



YABONGA STRUCTURE

Patron

Maria Ramos

Directors

David Barnes
 Francesca Johnson
 Jeanette Masala
 Ursel Barnes
 Ulpha Robertson

Management

Ana Mdoda
 (HIV & AIDS Programmes)
 Emily Rudolph
 (Children's Programmes)
 Lara Kelly
 (Training Programmes)

Projects

Children's Programmes

Educare (75 Children)

· Thandabantu Preschool

Youth (250 youth)

Orphans & Vulnerable
 Children (550 children)

HIV and AIDS Support

Community Mothers
 (28)

Nutrition

Nutrition (12 000
 meals per month)

Life Skills

Psychosocial Support

Material Support

Educational Support

Computer Training

Enrichment
 (Sport, Music, Culture)

HIV & AIDS Programmes

HIV Support Centres

· Phumlani Clinic
 · Weltevreden Clinic
 · Old Mfuleni Clinic
 · Luvuyo Clinic
 · Bloekombos Clinic

· Ikhwezi Clinic
 · Wallacedene Clinic
 · Crossroads Clinic
 · Mfesane Clinic
 · Matthew Goniwe Clinic

· Vuyani Clinic
 · Kuyasa Clinic
 · Nyanga Clinic
 · Dr Ivan Toms Clinic

HIV Programmes

HIV Education
 (reach 75 000 pm)

Adult Support Groups

Individual & Family
 Counselling

Community Awareness
 Campaigns

Home Visits

Nutrition

Training Programmes

Peer Educators
 (37 new trainees)

Staff Development

Staff Wellness &
 Personal Development

Income Generation

Crafts (200 clients)

Food Gardening
 (60 clients)

Taverns

HIV Education &
 Awareness



MESSAGE FROM THE CHAIRMAN

The annual budget of Yabonga continues to grow. This is a good thing because it means that Yabonga's projects are growing, and reaching more people in need. However, it is also challenging because it places an increasing strain on finding additional funding.

We are very grateful to our regular supporters who provide the foundation for our annual activities. We are also mindful that future projects will require new sources of funding. I hope that in this Annual Report funders will get a good sense of what it is that drives Yabonga and its people.

I would like to address some of the financial aspects. Once again, for the year to February 2011, operational and administration costs have been kept below 10% of total expenses. This is important as funders are entitled to know that their donations are getting through to the projects they are intended for.

NGOs are often more noted for their idealism than their governance and financial discipline. I am pleased to report that Yabonga has strengthened its governance and financial controls over the course of the year. Management accounts are produced monthly, there are solid financial controls in place, and compliance with regulatory requirements is taken very seriously.

I draw attention to governance and financial controls because they are critical ingredients in a growing and dynamic

organization. However, the pulse and heartbeat of Yabonga is more to be found in its people. In particular I must commend Ulpha Robertson, who has led the organization by example for the past twelve years. Her voluntaristic spirit is an inspiration to those around her. It falls mainly on Ulpha's shoulders to balance what is desirable and humane, with what is possible. Ulpha should also be commended for building up the management team from within, and creating the space for the team leaders to grow and develop. This provides continuity, sustainability and a degree of interchangeability in responsibilities.

I would like to thank my fellow directors and our patron for their input and involvement.

I would also like to thank Deloitte for providing their services to Yabonga on a pro bono basis.

Congratulations to all of the Yabonga members for another outstanding year!

Prepared by David Barnes

DIRECTOR'S REPORT



Ulpha Robertson

It is an interesting phenomenon that Yabonga has evolved from an organisation which in 1998 focused on supporting preschool children, to one which today supports whole families.

An important lesson that we have learnt, is that community development programmes must have an underlying objective of supporting and rebuilding the family unit if it is to be effective. Yabonga positions the family at the centre of all our programmes. We have been supported by guardians, carers, teachers and our community mothers in our quest to offer an alternative and extended family to the almost 1000 children in our care.

Each year when I reflect on the year past, I am taken aback by how much we have achieved despite the challenges we are confronted with. This year has been no different. I once again have the pleasure of reporting on remarkable work accomplished by such a remarkable team. The programme reports which follow were very aptly prepared by the respective programme managers. This leaves me to report only on the extra-ordinary highlights of 2010.

The Soccer World Cup provided us with a wonderful opportunity to bring some joy and excitement to the children in our care. The photographs herein reflect the awesome moments we shared, whether it was celebrating the opening match on a giant screen at a local sports club, or taking a group of youth to a match at the Cape Town Stadium, or simply supporting our own under 14 teams compete against each other in their own tournament.

The invitation to present our Youth Programme at the AIDS Conference in Vienna, Austria, allowed us an opportunity to share our experiences on an international platform. The two youth who represented us at the conference did us proud. Their presentations elicited considerable interest and their presence gave further impetus to our fundraising activities Austria.

Our team of 110 women and men who continue to be counsellor, alternate parent, tutor, sports coach, and many more roles to our children, are the backbone of Yabonga. William Elliot pays a heart warming tribute to them further in this report. I thank him for his encouragement, for stretching us to reach our potential, and yet maintaining personal balance.

Yabonga is being run by an incredible team of programme managers. Between them we have a dynamic combination of super efficiency, an inordinate ability to understand and respond to community needs, and a truly inspiring passion and commitment to do the work we need to do. Well done Ana, Emily and Lara. In conclusion I'd like to thank those who make this all possible. Despite the universal financial difficulties, we have remained the beneficiary of many funders who simply believe in the work we do. We thank them (page 33) most sincerely. To our patron and directors, who keep us motivated and supported especially when our inner reserves run low - thank you from all at Yabonga.





ANA'S STORY

*Ana Mdoda, Programme Manager
My name is Ana Mdoda. I am 35 years old. I was born in Cape Town in the multiracial community of Welgemoed near Bellville. We were first moved to Modderdam, then to Crossroads because of the Group Areas Act. I'm the third of a family of eight and grew up in a close-knit family. I'm a proud mom, grandmother, sister, daughter, cousin and friend.*



Testing Positive: In 2000 I lost weight, felt weak and developed a huge lump in my neck. I attended Woodstock Community Clinic where I tested positive for TB and HIV. I was numb with shock. I confided in my partner and to my dismay he rejected me immediately. This was the beginning of my misery. I was heartbroken because I loved and trusted him. My health deteriorated as I suffered various opportunistic infections like extra pulmonary TB, peripheral neuropathy, short breath, Cryptococcus meningitis, and more. My family lost hope, but I had faith and was determined to survive – I wanted to live, I didn't want to die. I started to bargain with God. I made promises of things I would do, if God spared me from this illness. I feel so blessed to be able to say that I have honored many of these promises. I promised to become an 'angel of change' for myself, my family and my community.

Meeting Yabonga: In 2003 I attended a Medecins Sans Frontieres (MSF) clinic where I was receiving antiretroviral medication. This is where I met a Yabonga Social Worker. I learnt that Yabonga offered training to HIV positive women. Although I was still sick, I was curious to learn about this virus. I was not sure whether I was going to die soon or not, but before I died I wanted to make a difference.

Peer Educators' Training: The training was a 4 month course. It was intensive and covered a lot of interesting things. The training included personal development, HIV/AIDS education, the immune system, opportunistic infections, living positively, dealing with stress, HIV management, types of HIV testing, viral load and CD4 count, nutrition, HIV/AIDS treatments and its side effects. Specialists were called in to cover home-based care, First Aid, the law and the rights of people living AIDS (PWA's), gender violence, and with basic counselling skills.

My current position: Today I am a programme manager but I have evolved into a teacher, a leader, an entertainer, healer or soul doctor, a motivational speaker, a mentor, a life coach, an activist, a community developer. I was involved in the birth of all our programmes – the men and taverns, the orphans and vulnerable children, the community mothers and the youth. The strength of Yabonga is in the collaboration of teamwork. We are all involved in all aspects of the work we do. The success of our work is also largely dependent on the well being of our staff. I find great strength in my relationship with God. During my work day, I have several quiet conversations with God as I seek direction and support. I believe in my Ancestors - Oo Hlathi, oo Lisa, oo Jambase, oo Hlangomveliweni, oo Sanzanza ABantu bentaba.



My studies: I am a UNISA student. I have completed a certificate in advanced counselling and am now studying towards a degree in social work. The training that I have received through Yabonga has motivated me to continue to improve myself so that I can be the best I can be when serving my community.

HIV Challenges: Living with HIV is very difficult. Stigma and fear remain our biggest challenges. The NUMBER ONE killer is ignorance. Having offered HIV education to my community for almost 10 years, I do believe that many people choose to live in ignorance. People risk their health by practicing an unsafe lifestyle as a means to qualify for government grants. This is exacerbated by the lack of skills to find employment. Our youth is also not fearful of HIV as they are exposed to examples of healthy active persons who are living with HIV.

Our main focus at Yabonga is to eliminate new infections and to offer support to those living with HIV. HIV is associated with being poor and being African and this is where the stigma and discrimination originate. We need to liberate ourselves from this misconception. We need to restore the dignity of people living with HIV. We still have a very long way to go.



HIV & AIDS PROJECTS

During 2010 we continued our work at the existing HIV Support Centres, and included two new clinics to the list.

Our objectives added:

- offering appropriate health education focusing on prevention
- providing hope to infected community members
- facilitating of support groups
- mobilizing male youth about initiation schools and the health risks
- working with community leaders to fight the epidemic
- organizing mobile VCT Sites
- cultivating vegetable gardens
- to be effective in challenging risk behaviour

These objectives were reached through the following activities:

- education and awareness presented to patients in waiting rooms at community clinics
- condom and literature distribution campaigns in high transmission sites e.g. taverns, high schools and taxi ranks
- facilitating support groups for newly diagnosed, for people on ARV's, PMTCT, open to the public; closed support group, TB, over 40 years, men, for guardians of HIV positive children
- specialist workshops on child development, relationships & communication skills; stigma, discrimination and denial
- nutritional support especially for clients starting the ARV treatment
- home visits to bedridden clients were necessary but these have been on the decline as most clients appear to be healthier
- skills development and income generation through a crafts programme
- counselling – individual, family and to couples
- food gardening





OUR CLIENTS

Often we report on the negativity that we face amongst our clients. Here we'd like to share some positive outcomes:

In Strand, a 32 year old female joined our support group in 2009. She was very ill and had TB. She was rejected by her family. With the encouragement from the Yabonga team, she started her ARV treatment and regained her health. She now has a vegetable stall that generates an income to support herself and her child.

A 20 year old girl was rejected by her family and could not support herself and

her baby. She could not commence her ARV treatment as she had no food. We offered her nutritional support which enabled her to take her medication. Today she is selling chickens and able to take care of herself and her baby.

A family member reported to us that a 37 year old male was critically ill. We did a home visit and found the client alone and suicidal. We offered counsel and support to the wife who in turn became more supportive of her husband. He started medication and today he is back at work.





OUR TEAMS

Each support centre is headed by a team leader who oversees a team of peer educators, a child counsellor, a youth counsellor and a community mother. The areas are monitored by fieldworkers who ensure that our services remain efficient, relevant and appropriate. Our team members are all Yabonga trained persons who once were clients attending our support groups.



ORPHANS & VULNERABLE CHILDREN (OVC)

The OVC Programme supported almost 550 school-going children aged between 5 and 13 years. These children are vulnerable as a result of having lost parents or guardians to AIDS, or are living with parents who are HIV positive. Many of them are living with HIV as well.

Yabonga offers an after-school programme where the following are included:

- psycho-social support in support groups and individual counseling
- material support in school packs including uniforms and stationery
- homework support focusing on literacy and numeracy
- enrichment through holiday camps and outings
- a warm meal is served.

The afterschool programme is hosted in the homes of Community Mothers.

During February 2010 Yabonga trained a group of 15 new Community Mothers to reduce the size of the groups at each woman's home. Smaller groups resulted in improved services and more personal attention for each child.

Challenges of the OVC programme have been:

- the lack of interest shown by guardians of the children
- an increase in rape and cases of abuse involving young children
- a lack of support from relevant authorities
- social workers, police, teachers tend to be understaffed and overworked
- Yabonga Child Counsellors take on additional responsibilities in order to protect and support the children

The computer laboratory in Khayelitsha was fully utilized with several training programmes offered to all the age groups. Many children are now fully conversant with basic computer functions and this will be further enhanced with the introduction to the internet during 2011.











SOCCER 2010

The 2010 programme was positively influenced by the FIFA Soccer World Cup. Naturally we wanted the children, and youth to participate in this historical event. All the school holiday activities focused on the preparation for the big event. Painting banners, crafting hats and flags, learning about the participating nations, and of course a few soccer games between the various centres, definitely did the trick in creating anticipation!

The opening match on June 11 was celebrated by all at Yabonga. A huge screen was organized at a local sports club and everyone joined in blowing vuvuzelas and waving flags. It was a great success and an unforgettable afternoon for all of us. Throughout the World Cup communal watching was organised for all the afternoon games with hot chocolate and popcorn in abundance!







YOUTH

As our children entered high school, we identified the need to separate the older children from the younger. This gave rise to the youth programme which supported almost 300 high school learners during 2010.

The Youth Programme is a holistic one despite the fact that the common thread amongst the youth is their exposure to HIV.

As with the OVC programme the youth programme runs 4 days weekly and offers a range of activities appropriate to the interests and needs of the youth. Being a relatively new programme, lots of trial and error experiences during 2010 have enabled us to present a more structured programme in 2011.

Reproductive Health education focusing on HIV/AIDS, TB, STI's, and other HIV related illnesses, are a critical part of the programme. Opportunities are provided for the youth to get tested for any of these diseases in the clinics linked to the Yabonga support centres. An important objective is to encourage young people to live a positive, healthy life style.

Educational support is offered to assist learners to perform academically, and to encourage them to complete their schooling with a matriculation certificate. English, Mathematics, Life Skills, homework assistance and preparation for examinations are the focus areas.

Art and music workshops incorporate painting, drawing, poetry, story-writing

and telling, singing, dancing, and drumming. We witness the boost in self-esteem and development in creative young minds as our youth participate with great enthusiasm.

Youth Counsellors promote physical activity and organize road running, soccer and netball matches between the eight youth centres.

Further enrichment during 2010 for the youth included:

- adventure days in a nature reserve
- leadership courses in the wilderness
- life skills workshops and career guidance courses
- a Youth day event on June 16
- the soccer World Cup opening
- 50 lucky youth attended the Cape Town Stadium to see Portugal score seven goals!
- two youth represented Yabonga at the International AIDS Conference in Vienna in July 2010.





OUT OF SCHOOL-YOUTH

Many of our matriculants passed their final examinations with exemption passes. We were obviously very proud of them but also very concerned as many had not managed to enrol for tertiary studies. In February 2011 we introduced a support programme for 6 such 'out-of-school' youth. This involves developing an 'exit strategy' for matriculants by preparing them to enter universities, further education and training programmes, or to create business opportunities. During 2011 we will assist in choosing a career path, selecting a tertiary education institution, and ensuring that registration for relevant courses happens timeously. During a bridging year, the youth will attend short courses gaining occupational skills like communication skills, computer expertise, CV writing, and report writing. Our experience thus far has been very encouraging.



TRAINING PROGRAMMES

The focus of the training programmes during 2010 was on recruiting and training new staff, and offering further training to the existing team of fieldworkers, team leaders, youth counsellors, child counsellors and community mothers.





COMMUNITY MOTHER TRAINING

Thirteen new mothers were trained and this boosted the number of community mothers to 33. This training was offered in-house and included:

- basic HIV education
- personal development
- child development
- working with children
- nutrition
- cooking skills

Eugenia Mbilana's teaching expertise was invaluable in running workshops with this group. She covered a variety of topics such as:

- the importance of structure and routine
- appropriate discipline for children
- ground rules in developing discipline
- appropriate punishment
- a structured afternoon programme
- life skills for young children
- positive parenting

A team of potential trainers were identified and trained in preparation for the expansion of our programmes into other provinces. Here the focus was on facilitation skills, leadership skills, presentation, and how to organize and

run a training session. These trainers conducted the Peer Educator training for 22 new peer educators. This training included basic HIV education, personal development, basic counselling skills and running a support group. The peer educators all participated in a 3 day gardening workshop where they were introduced to a vertical gardening concept.

Monthly personal development and leadership sessions were conducted by our resident psychologist, William Elliot. As an outcome of very many debates the Yabonga Family evolved into the Yabonga Team. This was considered to be a more professional approach to how the team saw themselves in the work they do. Tessa Ashbury joined Yabonga as a product design consultant and introduced a new range of craft products to our skills development programme. Six clients with exceptional skill were trained by Tessa, and they now co-ordinate the skills training amongst the clients at the support centres.

Yabonga partners with several organizations who have interests in specific fields. The following outsourced training were offered:

NACOSA	Men's training eg circumcision HIV and TB
EDUCO	Youth leadership Capacity building for the Team Leaders The Power of Play
TAC	ARV medication
Engender Health	Youth – Breaking the cycle of Violence
Karin Webber	Training the Trainer
Traditional healer	The role of traditional medicine
Child Trauma Centre	Understanding and working with Adolescents in Therapy
Think Twice and RAPCAN	Sexual abuse in Children
Khululeka	Loss and Grief
Phillipi Trust	Child care
Desmond Tutu Foundation	Men who have Sex with Men



Ongoing training is offered to the team working with the youth and children. Since many of our children have suffered severe trauma, appropriate and adequate counselling skills are of paramount importance. Topics covered continuously are:

- Children and HIV
- Working with children and understanding their needs
- Stages of child development
- Psychosocial support for children

Most training workshops are quite intense and emotional, and often the participants require personal debriefing as personal traumatic experiences are unearthed. Weekend breakaways are an ideal tool to overcome this and regrettably we are not able to offer it as often as it is needed.



The topics for ongoing training are determined by the issues most frequently raised during support groups. Domestic violence remains top of the list in adult groups, and sexual abuse with the children.

During 2010 we focused on dealing with domestic violence in the communities, team building amongst our staff, and strategic planning of our programmes going forward.

We closed the year with workshops on gender reconciliation, human understanding and tolerance through healing dialogues.





INCOME GENERATION & CRAFTS PROGRAMME

Yabonga crafters not only find solace, but also an expressive voice in their needlework. They merge as a community as they create, sharing laughter and stories amidst all the hardship and strife they may endure in their personal lives. Through their hands they stitch and weave tales of beauty and freedom as they earn to support their families. A global consciousness has emerged as

the western world becomes more aware of fair trade and empowerment projects. The items produced by the Yabonga clients express individuality and are made with love and lots of laughter in an ethical environment. I am honoured to be part of this process.

Tessa Ashbury-Taylor

TRIBUTE TO YABONGA TEAM



Compassion can come at a high emotional price. This is especially true for those who are able to offer it so close to their own personal experience of pain. To counsel those traumatized or afflicted in the ways they themselves where enables deep and authentic understanding, but requires tremendous courage and emotional health.

It has been my privilege to offer de-briefing and counsel to the remarkable staff of Yabonga. Day after day, they put their hearts and souls on the line to reach and support people affected by HIV, poverty and a range of traumatic happenstance. I have been challenged and inspired weekly by the dance of personal and professional stories of survival and triumph over adversity. More often than not lives affected by HIV are also affected by poverty, trauma and abuse, and Yabonga staff are frequently called on to be the first line of response to these extremely distressing events and situations.

Many Yabonga staff are themselves survivors of these crises, and have to re-face their own histories to be able to stand in the fire with their clients and not be burned. Our de-briefing sessions are a safe space where each person has an opportunity to share the load, be

heard and supported. Cases and projects are discussed and responses explored, as well as taking care to deal with the emotional impact and pain so often evoked by working at the coal-face.

In the few years I have been involved with de-briefing I have witnessed the Yabonga team grow in wisdom and maturity with the way they have handled a very challenging workload and an evolving organizational structure. They have become true leaders facing true leadership challenges. They are able to function and support each other as individuals and as a team. The issues they confront, and the depth of their reflection on them, are at the forefront of community development in South Africa. For this they deserve our utmost respect, support and gratitude.

William Elliot



FINANCIAL REPORT

We started the year with a sizable balance of R1 077 355 carried forward from the previous year. This assisted us greatly in getting the 2010 programmes underway. The total income for the year was R5 348 671 (2010: R5 035 399) of which R1 million was raised internationally and R1 million from government. We were very pleased to receive our first funding from the Independent Development Trust who undertook to finance the salaries of 60 peer educators. We also received a first time contribution from the Global Fund, who assisted us in supporting 200 children.

Funding from the National Lottery Distribution Trust Fund has been interrupted. For the past two years this has been an important contribution to our income, and we are hoping that new funding will be forthcoming during 2011. Marked increases in expenditure are evident in the Community Mother programme where we have scaled up the feeding of our children and youth to over 3000 cooked meals per week. We have expanded this programme so that each mother now oversees a maximum of 25 children compared to the previously crowded 40 children. This expansion involved the setting up of 12 new community mother kitchens. Two new HIV Support Centres were opened bringing our total to 14 centres.

Our operational and project administration expenses were restricted to 9.73% of the total expenditure. We strive to ensure that donors' funds have maximum impact, and there is no dilution through wasteful 'head office costs'.

FINANCIAL SUMMARY

*We raised R5 348 671
(2010: R5035 399,
2009: R3 517 413) through
donations and grants.*

*Funds raised were spent
as follows:*

	2011	2010	2009
Children's projects			
Educare Centres	16 412.00	109 454.00	126 808.00
Orphans and Vulnerable Children	712 599.00	707 032.00	885 910.00
Community Mothers	856 714.00	394 871.00	237 837.00
Youth	419 745.00	381 575.00	3 650.00
HIV and AIDS Projects			
HIV and AIDS Support Centres	1 726 792.00	1 444 053.00	1 747 093.00
HIV and AIDS Training Programmes	407 707.00	259 995.00	266 498.00
Income Generation: Crafts Project	141 519.00	-	-
Fundraising	68 962.00	-	-
Administration	480 722.00	601 309.00	743 506.00
TOTAL	R 4 941 197	R 3 955 920	R 4 042 846



STONES FOR LIFE



THE GABRIEL FOUNDATION



Orange Babies.

FUNDERS & SUPPORTERS

*Brimstone Investment Corporation
City of Cape Town*

Department of Social Development

Gabriel Foundation

Independent Development Trust

Man Turbo SA

NACOSA / Global Fund

National Lottery

Distribution Trust Fund

New Clicks

Orange Babies, Holland

Reichl and Partner, Austria

Remgro Limited

Stones for Life, Austria

The Lion of Africa Assurance Company

US Consulate

WAC Projects

Yabonga, Austria

Sea Harvest

WE THANK

City of Cape Town, Property Rentals Division for the use of 2 Main Road, Wynberg. Elite Supermarket, Sea Harvest and Start-a-Fresh Fruit Supplier for their donations towards our nutrition programme.

Deloitte & Touche, Active Accounting, Nasam HR and Payroll Consultants, and Commlife Holdings for the professional services offered on a pro bono basis.

The very many volunteers who graciously offer of their time to lighten our work load.

DONATIONS

Donations are gratefully accepted and may be mailed to us at Yabonga Children's Project or deposited directly into our account.

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