

# Impact Assessment Report

## Love to Give, December 2016



**LOVE  
TO GIVE**

*A Caring* COMMUNITY

The Stellenbosch Community Development Programme, trading as Love to Give, is pleased to present you with our **Impact Assessment Report December 2016**.

The aim of this report is to provide you with an **update of our activities and achievements**, and to **THANK YOU** for your valued and continued support.

## At a glance

### Nutrition

Our aim is to fight malnutrition, prevent stunted growth and address obesity. We provide children in need, a nutritious meal that enables them to concentrate and learn better in school. Our beneficiaries are 100% black, all ages and both genders.

We provide over 2000 children (9 community crèches, 3 primary schools, 2 after-care programmes and specifically identified scholars from 2 high schools) with a peanut butter sandwich, a piece of fruit and a cup of milk or a vitadrink every school day and all school holidays apart from one month over the festive season. Those who have been identified as being critically malnourished are also provided with a fortified breakfast cereal which they receive daily.



## Survey Results

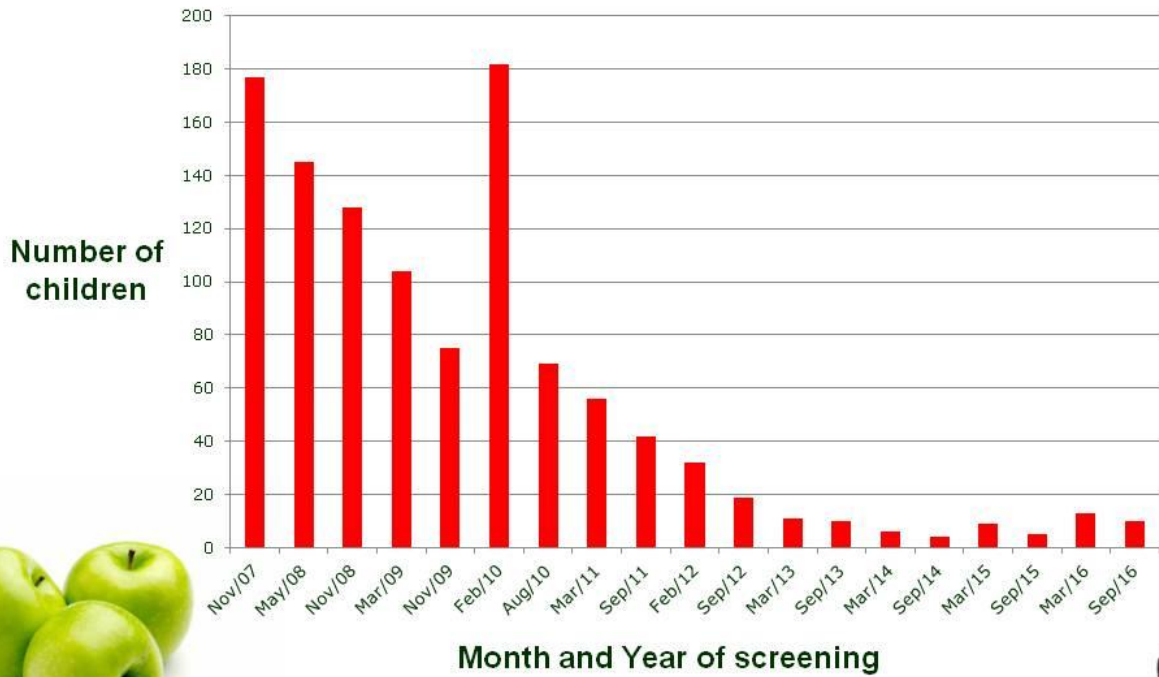


### Combined results for both Primary Schools

In total, 2659 children were weighed and measured in September to monitor their growth, as it provides us with an indicator of their health.

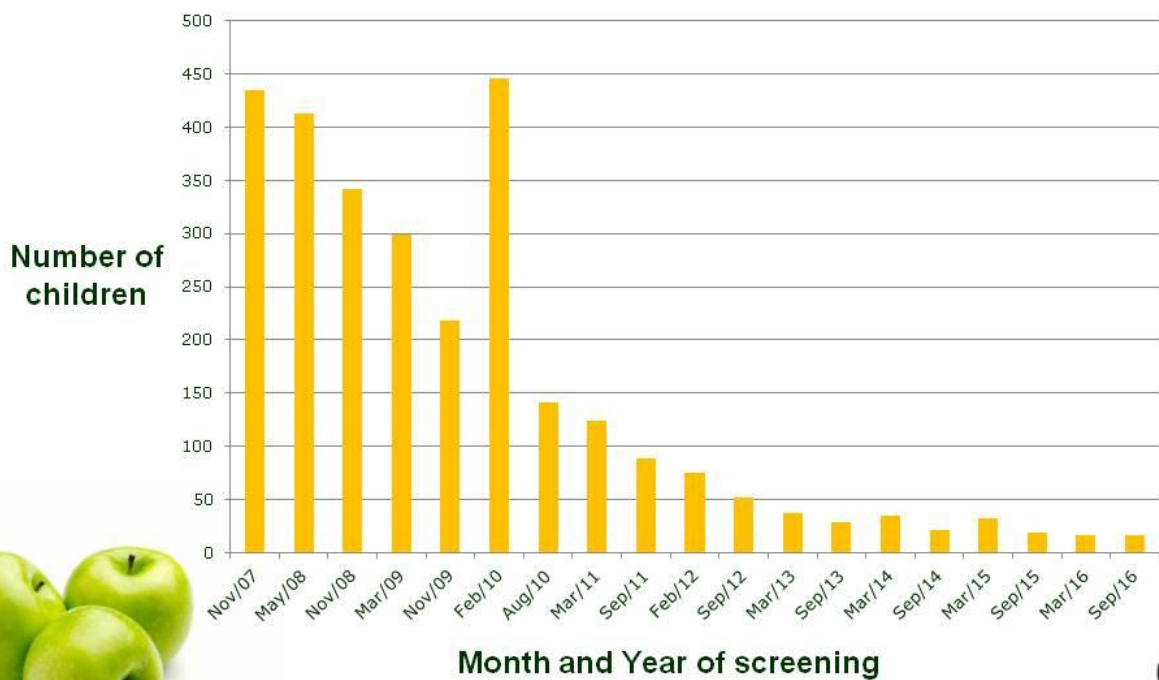
	<b>Ikaya PS</b>	<b>Kayamandi PS</b>	<b>Total</b>	<b>Percentage</b>
Normal weight	1369	1185	2554	96,10%
Moderately malnourished	11	5	16	0,60%
Severely malnourished	7	3	10	0,40%
Overweight	34	13	47	1,70%
Obese	15	17	32	1,20%
<b>Total</b>	<b>1436</b>	<b>1223</b>	<b>2659</b>	100,00%
Normal height	1423	1212	2635	99,10%
Moderately stunted	8	7	15	0,56%
Severely stunted	5	4	9	0,34%
<b>Total</b>	<b>1436</b>	<b>1223</b>	<b>2659</b>	100,00%
Critical	5	3	8	0,30%

## Severely Malnourished



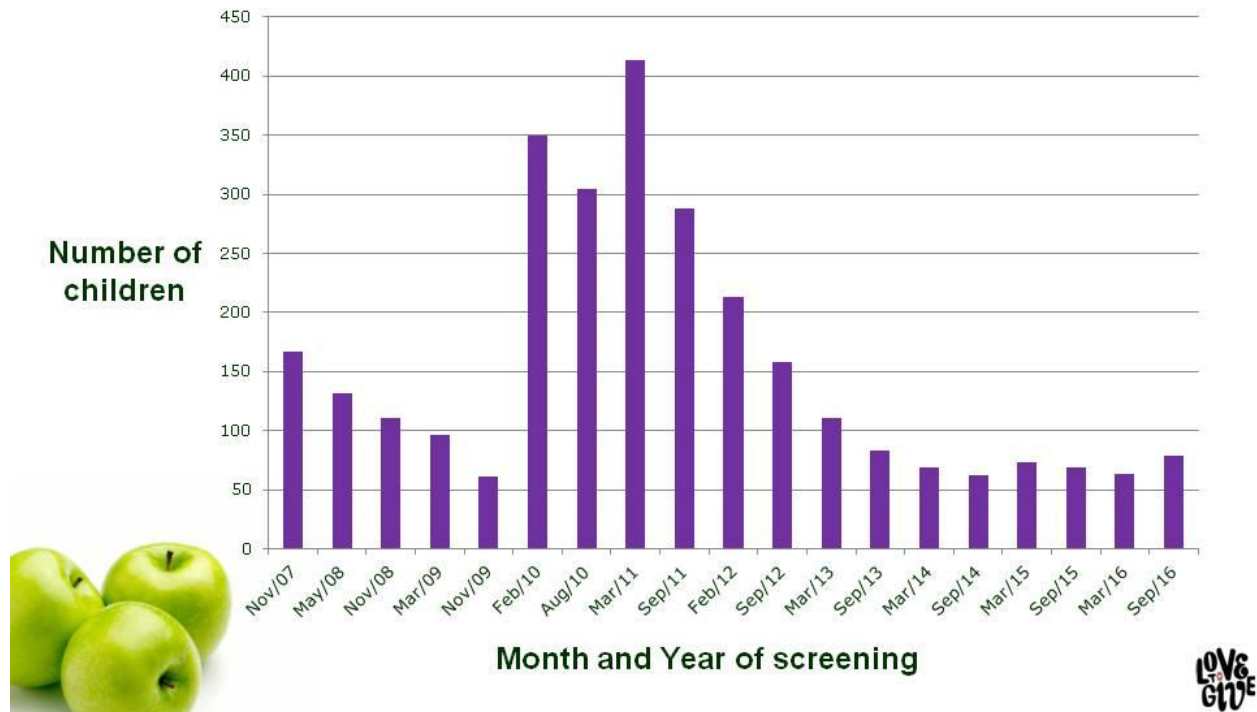
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## Moderately Malnourished



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# Overweight and Obese



Although malnutrition can never be eradicated, Love to Give has made important strides in reducing the levels of under – and overnutrition in the children of Kayamandi.

The number of malnourished children are now the lowest they have ever been, less than 1%.

To put this into context, when we started in 2005, children were consuming chalk to stave off hunger and more than 75% of the Primary School children were malnourished!



## Community and Home Food Gardens



## Healthy homes and family wellness

Our vegetable gardens deliver harvests which provide additional nutrition. The gardens allow the active participation of 100 women in gardening activities. Being at our centre also provides exposure to our wider programme and its learning opportunities.



The health and nutrition of our children in their homes play an important role in our children's ability to cope and achieve. We have detailed case histories of every family on our programme and address each family's problems individually.

In 2016, 240 families participated in our programme. We recorded a 46% success rate in starting to earn a living.



The monthly food parcel each mother receives is not a hand-out. Instead it is used as a tool to keep them on the programme while we move them from dependence to independence, so that they can become financially self-sufficient.



## Actual Case Histories



Name of Mother: Nophiwe Simanga

Age: 31



Home address: E 17 Nkanini

She is a single parent with a highest qualification of Grade 7.

**Own kids:** Asolulwe (9) doing Grade 3 at Ikaya Primary School and Gideon is 3 years old.

Family depends on child support grant of 2 kids which amounts to R700 per month.

Nophiwe is mentally sick and she is using treatment. She also has a problem with hearing since 2005.

### **Love to Give intervention:**

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

### Access to basic services

Amenities	YES	NO
ELECTRICITY		X
WATER	X PUBLIC	
TOILETS	X PUBLIC	

Name of Mother: Nomfundo Goma

Age: 56



Home address: 2889 Snake Valley



She is unemployed. She is a single parent with a highest education of Grade 6.

**Own kids:** Siphokuhle (29) is working at Food Lovers (started last week Saturday), Zimbini (22) is studying at Boland.

**Grandchildren:** (Siphokuhle's kids) Tsoelapilo Mputu (8) doing Grade 2 at Ikaya Primary School, Refiloe Mphithi (3) is at crèche. (Zimbini's child) Ababalwe (3) is at crèche.

**Extended family:** Chwayita Genge (14) doing Grade7 at Kayamandi Primary School - both her parents passed away. Father was shot dead at a tribal fight at the hostel.

Anga Mdodana - niece (her sister's child) nobody knows her whereabouts but she does come sometimes. She does not tell where she stays and never even takes her own child for a visit. The boy is slow academically. He is studying at Dorothea special school.



Alutha Mjuku (12) is doing Grade 5 at Kayamandi Primary School is Nomfundo's niece. Her father is Nomfundo's brother, who also passed away. He was ill. Her mother stays at Eastern Cape and sends support grant money. Anelisa Dase (4) is Nomfundo's sister's grandchild who passed away. She had Diabetes and her mother also passed away. Her stomach and feet were swollen at that time. Anelisa was 4 months old.

**SCDP intervention:**

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

Access to basic services

Amenities	YES	NO
ELECTRICITY	X	
WATER	X	
TOILETS	X	

Name of Mother: Nokwezi Lantsuntsa

Age: 44



Home address: F211 Nkanini



She is married in custom to Bethwangubani (48) who is doing piece jobs in construction. Her Highest qualification is Grade 6.

**Own kids:** Lisa (22) working on the farms, Sinalo (18) dropped out of school in Grade 9 at Makupula High School without reason, Siziphiwe (14) doing Grade 7 at Ikaya.

**Additional family:** Longomso is 1 year and 6 months – Lisa's daughter

Family depends on child support grant of 2 kids (R700) and also father's piece job. No space for garden.

**SCDP intervention:**

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

Access to basic services

Amenities	YES	NO
ELECTRICITY		X
WATER	X PUBLIC	
TOILETS	X PUBLIC	

Name of Mother: Busisiwe Nqweniso

Age: 48



Home address: J55 Bassi Street



She is a widow with a highest qualification of Grade 12.

**Own kids:** Lwando (19) Grade 12 Kayamndi High School, Simanye 11yrs Grade 4 Ikaya Primary.

Busisiwe used to work at Stellenbosch hospital in Hospice from 2012 until 2016 January. The reason why Busisiwe left the job because her manager chose to employ someone who finished level 3 and 4 and Busisiwe didn't qualify because she only did level 1. Busisiwe is using treatment for depression since 2014. Her Husband, Gaba Nqweniso, who used to be a teacher, at Ikaya Primary passed away in 2012 and her son got robbed and stabbed to death on the way coming from Stellenbosch town to buy her a birthday present. Her son was going to be trained as a policeman.

**SCDP intervention:**

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

Amenities	YES	NO
ELECTRICITY	X	
WATER	X	
TOILETS	X	

## SUCCESS STORIES



Dottie Davids (45) had TB when we first entered her into the programme. The monthly food parcel along with the support she received has enabled her to take her medication properly and become TB free. Her child, Lisa (5) doing Grade R at Ikaya Primary School, was also one of our critically malnourished children and through comprehensive nutrition interventions provided by Love to Give, Lisa is now back to normal weight.



Nowanele Sigwayi was in and out of the programme for a few years and just couldn't get a job. She received training from the commercial vegetable garden and got a job as a chef at Kayamandi High School feeding scheme. This is her first full time job that is not seasonal farm work.



Nokuzola Gqabaza is a retired teacher who moved to Kayamandi from Cofimvaba in 2012. She had worked for years and was not in good health when she arrived in Stellenbosch.

She lives with her brother and some of her adult children and helps look after some of her grandchildren. Her pension contributes greatly to the family's income but it is never enough.

Nompumelelo Madinga is the mother of three young children. She lives with her husband who is unemployed and has been suffering from ill health. She has never had a job and is a bright intelligent woman but has limited language skills and a low level of formal education. The family survives on the child support grants that they get for their three children (R1050) and any piece work that her husband can find.

When we got funding for the Book Sharing Project we needed to train two facilitators and both Nokuzola and Nompumelelo appeared to be ideal candidates.

They completed their training and started offering workshops to the mothers and caregivers of young children in the community. The workshops entail six sessions with caregivers and small children each session focuses on a different book and how to present it to the young child. These sessions have been shown to improve the bond between the child and the caregiver, to help the child build a better vocabulary and to increase the level and length of focus that the child can sustain. All of these help ensure the child's later success in the classroom.



Both Nokuzola and Nompumelelo have taken well to the training and are presenting the workshops with confidence and professionalism. They have both additionally started learning basic computer literacy in order to effectively use the computer provided for the

workshop presentations. So far this year they have completed four workshops and trained twenty two women how to share books with their young children.

They have both earned money for each of the workshops that they have completed. Thus supplementing their family incomes and in the case of Nompumelelo building confidence in her ability to provide for her children.

This project has therefore not just benefitted the young children of our beneficiaries but also has directly benefitted two of our beneficiaries who would have struggled to find work due to age in the one case and a lack of formal education in the other case.



## **Sustainable Livelihoods and Enterprise Development**

### **Results at a Glance**

It is vital that all of the beneficiaries on the programme be encouraged to become financially more self-sufficient. The monthly food parcel provides these women with the space to focus on bigger issues than how they are going to feed their families for the next month. With food being provided they have more time to consider how they can begin to generate a bigger income in order to feed their families themselves instead of relying on outside agencies for help.

In 2016 our results in this respect were:

- 22 beneficiaries completed the micro-business management course
- 17 new small businesses were started

- 20 existing small businesses in the community were assisted to the next level with a loan/grant and business mentoring
- 132 beneficiaries received training to improve their marketable skills or make crafts that are sold and generate an income for the beneficiary.
- 62 beneficiaries (or family members of beneficiaries) received jobs over the course of the year. Of these, 24 were full time jobs.

### **Love to Give Training Academy**

Our Commercial Vegetable Garden Training has progressed well in the latter half of the year. Xolisile Majongo, a young graduate of the Sustainability Institute's Agro-ecology course and a resident of Kayamandi, joined our team and revamped the garden that we had at the High School. Five women who expressed an interest in learning to grow vegetables commercially started working with him.



They have been improving the quality of the soil, learning how to propagate vegetables from seed, how to control pests naturally without poisonous chemicals and also how to



save seeds for future planting. The latest development is that they have started harvesting vegetables to sell at a local market in Kayamandi. Vegetables are harvested every Friday and taken up to the market. The income from these sales is then split between the women working in the garden.



***Commercial veggie gardeners with the pea harvest off to market***

A further three numeracy courses for fruit packers were run in the latter half of the year. In these courses the women were taught fractions and percentages and how to identify how much of any fruit was a particular colour and how much was another colour. We also ensured that everyone could identify how many fruit could be packed into the various size trays. The successful candidates will be issued with certificates and will be

assisted to draw up CVs listing their new skills. They all intend applying at all of the local fruit packing companies over the summer season.



***About to cut a circle into halves and quarters***



***Doing an exercise in fractions, percentages and colours***

## Micro-Businesses

Our micro enterprise development project has done very well this year. All 20 beneficiaries have now received and used their loan/grant in order to grow their business. The interest free loans are being repaid with relatively few problems and all participants have benefitted from mentoring from the business coach Paul Khambule as well as life coaching sessions from Baxolile Zwane.

One notable development has been Nonyameko Herwel's introduction (through one of our board members) to Melissas. Nonyameko baked a range of biscuits that were tasted by the owner of the local Melissas Store in Stellenbosch. He liked the idea of stocking the biscuits and made a few suggestions on how the recipes and quality of the cut-out biscuits could be improved. We are hoping to get the improved biscuits into the store in the new year in packaging that identifies them as a local business.



***Nonyameko Herwel and her Biscuits baked for Melissa's Tasting***

Other beneficiaries have also done well and have worked studiously on growing their businesses.

**Nomapha's Hair Salon**



***Tshisa Nyama who now has a Facebook presence!!***





***Mama Esme in her home stay***

### **Other Projects**

Our beneficiaries continue to get training in embroidery and crochet at Uvuyo and through this have the ability to start earning money as soon as their work is of a high enough standard. The beauty of this is that it is open to women who may not be able get a job or are unable to look for work as they are looking after small children or elderly relatives.

Through our collaboration with a local hotel, we have been able to continue to offer hospitality industry training to our beneficiaries. The most popular course has been housekeeping as this is open to women with low levels of education and no previous experience. This course also opens up other possibilities for jobs in hotels, guest houses as well as cleaning companies and private homes or offices. In addition to the housekeeping course, courses have also been offered in front desk (reception and porters), restaurant waitressing and bartending. In the new year we are looking to increase the courses on offer.

We have also been able to continue with our computer literacy courses his year. Beneficiaries and their family members book a time to come and work on the available computers in their own time. We start with touch typing which gets the students used to using the keyboard and mouse as well as opening and closing programmes. Once they feel comfortable with this they then move onto the Office Suite of programmes and learn through projects like writing their own CV etc.

Donations of used clothes and household items have continued to sustain a few small startup businesses in the community. This is an ideal low risk business for a startup and the first bag of clothes is offered to the beneficiary at no cost. Thereafter they pay a nominal amount for each bag of clothes that they take.

In this way it is possible to start a small business with very little startup capital and to have it grow organically. Eventually the business does need to diversify and grow beyond the second hand items that we provide. As soon as this is able to happen then another beneficiary can then start their small business in the same manner.

Please also visit our website [www.lovetogive.org.za](http://www.lovetogive.org.za) for an overview of the work of Love to Give.

Please like our Facebook and Twitter Pages:

[Facebook – Stellenbosch Community Development Programme / Love to Give](#)

[Twitter - LovetoGiveSCDP](#)



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

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

Yours sincerely,

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



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