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**ENABLING HER COMMUNITY: NOMABALI MTSHANGE**

We recently caught up with one of our newest employees working on the recently launched community disability programme. Nomabali Mtshange is a Community Disability Worker with the Rural Ability Programme we are running in partnership with the Christian Blind Mission Southern Africa (CBM).

**JRHF:** Nomabali, please tell us a bit about your background.

**Nomabali:** I have lived my whole life in the Lutubeni area [about 40km from Zithulele]. I grew up there as the third eldest of nine children, went to school there, finishing matric in 2003. I now live there with my four children and husband when he is back from his job working in the mines in Rustenburg. Until this job with Jabulani I was unemployed.

**JRHF:** What made you interested in the Rural Ability Programme?

**Nomabali:** I come from a family where there are a number of people with mental and physical disabilities, so it is something I personally care about. I thought that this job would help me to help others.

**JRHF:** So, you've now been working for four months. Tell us a bit about what you do and what the community response has been like.

**Nomabali:** I visit the houses in my area [Lutubeni]. If the home has a person with a disability, I fill in assessment forms to find out about them, how they can be helped, and then refer them to see Zithulele Hospital Therapists when they visit the nearest clinic. Even if the home does not have a person with a disability, I tell them about the programme and try to give some education on disabilities, that you must



Nomabali Mtshange

treat a person with a disability with respect and care, and things like that. People in the community have been very happy because in the past they had no direction on what to do or how to get help, and I have been able to give them direction.

**JRHF:** And how have you personally found it?

**Nomabali:** It has been brilliant. I learned a huge amount in the training we had at the start. For example, right then I went and spoke to my sister-in-law who wasn't taking treatment for epilepsy, and now she is getting treatment. So my work is helping my family, and it is helping the people I know in my area. And I feel very excited to help people!

Just as Nomabali is excited about helping people, we are equally excited to have her as she is doing an excellent job engaging with the community and advocating for greater inclusion of those with disabilities.

**JUMP START**

In Zithulele, we are generally more affected by infections of the kind you don't want to catch, but more recently we have all been willingly infected by the creativity and excitement generated by the Jump Start programme!

We recently launched the pilot of our Jump Start Programme that aims to give a group of potential-filled young matriculants a diverse range of experiences and basic skills to build in them the confidence, character and abilities needed to give them a "jump start" from school into the rest of life. Running in partnership with fellow Zithulele

based NGO, Axiom Education, the group of young men spend their mornings engaging in a wide variety of activities (ranging from public speaking, cooking skills and learning how to change a tyre to computer skills, basic business training and budgeting) and in the afternoons they volunteer their services throughout Zithulele, be it in the library, HIV or therapy departments, and carpentry workshop, giving them valuable on-the-job work experience as well as assisting where there is need\*.

Many of the different facilitators have already said how

## JUMP START cont...

much the five young men have grown in their knowledge and confidence in just the first three months of the programme, and their involvement in their afternoon activities has been much appreciated. "Lungisa's help on the ARV prepacking programme came at just the right time, when we were struggling with staffing. He has gone above and beyond what is expected, even coming in early one morning to finish a task before heading off to his Jump Start session", says Cath, the ARV programme co-ordinator. Likewise, the assistance in the therapy department has been much appreciated with one of the therapists noting "they have a great attitude to learning and to being helpful in every way we ask them. They will get great references".

Most encouraging of all though is the feedback from the five participants themselves. As Lungisa mentioned, "being in Jump Start has been an amazing experience so far, I have undergone a transformation...I have seen how it is being in the health department, seeing people work hard to make

sure that they provide comprehensive care".

While it is difficult to quantify the success of a programme like this, the general consensus of those in Zithulele, is that this pilot has been a resounding success. We are hoping to do Jump Start on a larger scale next year, both in terms of the number of participants and including both genders, but also to do it over a longer period. We are excited about the potential impact this project can have for individual participants as well as the community. Thank you to the Jacob-Friedrich-Schöllkopf school in Germany and other individual funders who made this pilot possible.

\*on Fridays, the group are involved with an exciting initiative, the Love Zithulele Prezzie Project, which although separate to the Jump Start programme has helped the participants to build entrepreneurial skills and supplement their income. For more information, go to [www.facebook.com/lovezithulele](http://www.facebook.com/lovezithulele).



Jump Start pilot participants

## MUD BRICK MAMA

A young mother with three small children under the age of five was found making mud bricks by one of the Philani Mentor Mothers. The mother and two of her three children were all on treatment for Multi Drug Resistant TB, having already defaulted once. With no other source of income, the mother was making mud bricks in order to make money for either trips to the clinic for treatment or food. She couldn't make enough money to accomplish both on some days and so the family often went a day without eating. Although her children weren't underweight (yet!), the Mentor Mother was so concerned by the situation that Philani decided to take on this family as social clients. They were impressed by the mother's commitment to her small family in trying to support them the only way she knew how; making mud bricks to sell!

This young mother had never had a birth certificate so Philani helped start an extremely lengthy process of late birth registration; she applied for her birth certificate in July 2013 and received it in early 2014. Since then, and through the Relief of Social Distress Fund (RSDF), Philani have supported her with both food parcels and transport money to Home Affairs to apply for her ID which she received in May 2014. The whole family have all now completed their TB treatment without defaulting again and in August, the mother went to Home Affairs to apply for her children's birth certificates. With them, she will finally be able to access Child Support Grants.

Once this process is complete, our social support of this family will be complete too and we can leave them in the knowledge that they are financially secure and able to buy food and access health facilities. Philani will, however, continue to monitor the children's health on a monthly basis.



Example of a typical mud brick rondavel

Without the RSDF, this much-needed social support would not have been possible. As we have said in previous newsletters, the guiding principle of the fund is that it is not a hand-out but rather a short-term bridge of emergency relief to help families or individuals get back on their feet. Whether needing support to access a health facility, providing emergency transport money to make the often multiple trips required to apply for documents needed to access government grants or providing food parcels until such time as alternative income can be accessed, many individuals and families have been supported by the RSDF over the past few years. Rather than condensing their stories into brief updates as we have done in the past, we are going to use the next few newsletters to profile some of their stories in more detail. We hope you are as touched by them as we have been.

## AT A GLANCE

### OUR VILLAGE, YOUR VILLAGE

In the last newsletter, we told you that we were enrolling in the MySchool MyVillage MyPlanet fundraising initiative. Well, that process is now complete and so if you have not already done so, it's time to sign up and get spending. Go to <https://www.myschool.co.za/supporter/apply/> to apply online for a card, making sure that you select "Jabulani Foundation" as the beneficiary as there are a few different Jabulani's registered. This process is simple (literally takes a minute) and you'll get your card number immediately. If you have already signed up, your card should be arriving soon and if you are already a member, you can still support us by adding Jabulani Foundation as a beneficiary as you can have up to three. There are lots of shops that accept this card, so there are plenty of places in which to spend money that will translate into financial support of Jabulani at no extra cost to you!

### RAISING PASSION IN PARENTS

With a long term goal of changing the mind-set and opinions of parents towards the value and role of early childhood development (ECD) and their role as the child's first teacher, it is difficult to quantify the success or impact of the ECD in the Home programme. However, we were really excited and encouraged by our first group ECD workshop held in Zithulele in August, for parents who up until now have been visited on an individual basis in their homes. Of the 40 parents invited, 32 attended and spent an afternoon learning play skills with Lego, receiving puzzles and being shown how easy it is to make them out of household materials, and generally being fired up about ECD! The attendance and success of the afternoon was a real indication of the value that the parents place in this programme, re-motivating us to ensure that this programme continues long term.



Parents at the ECD workshop

### FROM CLUTTER TO SUITABLE STORAGE

The new therapy storeroom is finally complete and so no longer do the therapy department have to try do their work amongst the clutter of piled up wheelchairs and other assistive devices. It has also freed up the Rehab Hut to be used exactly for that purpose, as a rehabilitation environment rather than a storeroom. The storeroom was made possible by CBM, who fund our Rural Ability programme, and Alan Kourie who co-ordinated fundraising through some of the participants of the Wild Run last year.



New therapy storeroom

### JABULANI NEEDS YOU!

Since few of our programmes are income generating, ongoing funding is required in order to be able to run any of our interventions and initiatives. If you would like to contribute financially to any of the programmes featured in this newsletter, or just make a general donation to the work of Jabulani, please contact John Young on [john@jabulanifoundation.org](mailto:john@jabulanifoundation.org). We would once again like to take the opportunity to thank all of you who already support us. Without you, our work is not possible.