

Western Cape Foundation for Community Work



Annual Report 2014/2015

Operational Overview

Local and international research on ECD confirms the importance of ECD and the potential savings governments stand to make if they invest sufficiently in children's early development. In South Africa this is a significant consideration when more than 16 million people receive government grants, and more than 11 million children are beneficiaries of child support grants. Statistics SA also reported that during 2012 there were 5.3 million children under the age of 5 years living in households with a per capita income of R604 per month, and only about 1 million benefiting from existing ECD services. Drastic measures are therefore required to address the ECD needs of our youngest citizens.

The Family in Focus programme as implemented by FCW in various communities is well positioned to expand its outreach to many more communities if the programme is replicated extensively. The FiF model has demonstrated the potential of combining ECD service provision with

employment opportunities in impoverished communities.

The Family in Focus Programme is rooted in an ecological perspective where the family serves as the primary building blocks of communities and serve as the primary source of support for individual family members. Given the challenges of growing poverty faced by children, it is important to understand children in the context of their families. In support of families the FiF Programme has the following benefits:

- It increases the involvement of parents in the development of their children.
- It caters for children who would otherwise not have access to ECD programmes.
- It involves families in improved child safety and protection to make homes and communities safer for children.

The FiF Programme as an ECD intervention strategy is not perfect, and a recent evaluation of the programme by Linda Biersteker offered some recommendations for fine tuning.

2014 Programme Evaluation – Linda Biersteker

The evaluation focused on what was working well and offered proposals to streamline areas that were not working well. The recommendations for improving programme implementation were:

• A Manualised Programme

FCW has undertaken to standardise programme implementation through a manualised curriculum for both home visits and parenting programmes. Inconsistencies in implementation including referrals, duration of visits, and capacity to deliver on the manualised curriculum requires increased field monitoring and support to oversee programme implementation.

• Parenting Programme

The viability of parenting workshops as a central pillar of the programme needs to be reviewed as many caregivers do not attend as regular attendance and frequency is not properly recorded. In this regard adjustments to workshop delivery frequency, content and logistical concerns could result in increased attendance.

• Recording and Administration

Recording and reporting, often considered as unnecessary by Home Visitors, are critical for assessing both quality and quantity in the programme. In this regard FCW should explore the integration of different donor reporting requirements with their own administrative data.

• Developing a Cadre of ECD Community Workers

Progress towards developing a cadre of out of centre ECD workers is constrained by policy and funding provision which do not yet recognise home visiting as mainstream to ECD service provision. Although FCW has shown significant growth of the FiF programme and increasing the numbers of home visitors to about 260 a retention strategy for promising Home Visitors should be considered.

• Scalability through franchising

Working with local project committees as a scale up strategy has been challenging due to the lack of capacity and motivation to adequately oversee project implementation. Developing FiF NPOs have been time consuming and projects are reluctant to operate independently. Offering the FiF programme on a franchise basis to other capacitated NGOs should be explored as a more promising scale up strategy.

Current Project Outreach

For the 2014/2015 year, FCW had 260 Home Visitors in the field across the Western Cape, reaching 8 111 families, and 9 612 children. There were 168 young pregnant mothers newly recruited into the programme, and 192 new born babies.

Regions	No. of Home Visitors	No. of Families	No. of Children
Metro Central: Athlone, Heideveld, Hanover Park	17	509	532
Central Karoo: Beaufort West, Murraysburg, Laingsburg, Nelspoort	45	1684	2251
Metro North: Delft	20	734	985
Overberg: Blompark, Standford, Masikhane.	16	443	435
Metro South: Mitchell's Plain	25	869	1000
Metro North : Atlantis	45	1201	1209
Eden District: Oudtshoorn	35	1119	1456
Cape Winelands: Paarl, Klapmuts, Franschoek	21	647	703
Cape Winelands: Worcester	21	660	768
IAHET: Langa/Valhalla Park	15	245	273
Totals	260	8111	9612

Celebrating Milestones

Klapmuts FiF Programme, NPO No: 084-881

The Family in Focus Programme was introduced to the Klapmuts community on 1 June 2005, on invitation from the Paarl district office of the Department of Social Development. Through a process of consultation with the local stakeholders a group of 14 women were identified to be trained as Home Visitors in the Family in Focus Programme. The training started on 8 August and only 6 people completed the training programme in November 2005. At the beginning of 2006 the programme was supporting an initial 60 families and 72 young children.

On 30 November 2006 the Klapmuts Family in Focus Committee was elected to oversee the operation and functions of the FiF Programme in the community. The first chairperson, Lucinda

Horsband, was replaced by Martin Ferris on 15 February 2007. When Mr. Ferris, a policeman at the local Klapmuts Police Station, was transferred to another area, he was replaced as chairperson by Mr. JC Anthony, the ward councillor at the time. Mr. Anthony is currently also serving as a member of the FCW Board.



By the numbers

Who needs ECD services:

- 1 million pregnant women
- 5.3 million children under 5 yrs

- 21% of 5.3 million live in KZN
- 10% (600 000) live in the Western Cape
- 39% (234 000) in WC have access to ECD

The Klappmuts Family in Focus Programme has successfully shown how families whose children were part of this programme made the transition from the home to formal school without any difficulty. The local principal is full of praise and speaks highly of the programme and encourages the community to participate in the programme. The school only has space for 2 Grade R classes and in partnership with the school 5-6 year-old children who cannot be accommodated at the school are now participating in the FiF learning programmes with their caregivers in preparation for their enrolment at the school.

The Klappmuts Family in Focus Programme has successfully integrated the aspect of ECD and child protection in this community. The presence of the Home Visitors on the streets every day helped to raise awareness of the issues of child abuse and neglect. The Home Visitors were also trained by the Department of Social Development as Safe Home Mothers.

Over 10 years the FiF project has created more than 30 job opportunities for unemployed women who through their initial training in FiF could access jobs as community development workers with the municipality, other charities and welfare organisations or businesses. Over this period more than 3 500 families were supported and every year at least 30 children were prepared to enter school.

Oudtshoorn FiF Project: NPO No: 084-626

On invitation from the Department of Social Development, FCW was invited to present the FiF programme to the stakeholders in Oudtshoorn in December 2005. After an initial cold reception a delegation from Oudtshoorn, Anneline Coetzee and Barbara Nicholas visited Cape Town to have a close-up view of the local FiF projects. Anneline, as the ECD Co-ordinator in Oudtshoorn, agreed to identify a group of people to be trained in the FiF programme and on 19 April 2006 we met with a group of 22 people from the surrounding communities of Middelplaas, Oudermuragie, Volmoed and Welbedacht, Toekomsrus, Neppon, Varkieshoogte, and Bongulethu. It was then agreed that training will start on 16 May 2006.

On 14 December 2006 19 people of an initial 22 graduated with the FiF Certificate Programme. During the first year the programme reached 346 households and 350 children benefited from the initial intervention. Over the years the FiF Programme grew significantly to a team of 35 Home Visitors from Ladismith and Calitzdorp to as far as Uniondale. Many young people were attracted to the programme because of the limited opportunities for employment in the region and some participated in the initial EPWP/ECD project. The FiF training was a stepping stone for many of the Home Visitors who later



got opportunities to join the navy, follow careers in nursing and many who got opportunities to study towards NQF L4 and 5 at the Southern Cape college, and a few who joined ACVV and Badisa as field workers. John Maxim who was part of the initial programme and worked hard to anchor the project

also moved on to become a ward councillor of De Rust.

Between November 2006 and March 2007 a series of governance training sessions were held with local stakeholders to prepare them to take ownership of the FiF project.

On 27 November 2008 an additional 24 Home Visitors graduated from the Ladismith area and the project outreach grew to 1 814 families and 1 917 children.

The 2008 evaluation reflected that the FiF programme was beneficial to the children, their parents and families. According to the parents/caregivers and stakeholders, the programme benefits could be detected at various levels, namely:

- **Parent level** – There seemed to be a greater level of awareness about the needs and caretaking of their children. There was also more awareness amongst parents about the developmental

needs of children and they were taking more interest and responsibility in this regard. Changes were observed on farms where parents have become more involved with their children.

- **Educational level** – There was an increase in the number of children participating in the programme as well as children referred to ECD facilities.
- **Social level** – Increased number of referrals for birth registrations and child support grants applications and an increase in number of child neglect cases reported.

Atlantis FiF Project: NPO No:066-681

Atlantis Family in Focus started in 1995 at Silverstream Crèche. Mrs. Majiet and Magdalene Adams were the Home Visitors, covering areas in Robinvale, Dura, and Heath Field. At the time a few factories closed down in Atlantis and there was a need for childcare because parents could not afford crèche fees.



In 1996 Mrs. Lesch was appointed to work in Saxon Sea, Edinburgh and Sherwood Park and thereafter was promoted to project co-ordinator. Elma Baptiste then took over the home visiting duties. The project later moved to Parkview Primary, where they used one of the classrooms. The principal, Mr. Kastoor, and the teachers were very active and helpful with the project with Mrs. Catherine Capoto as chairperson.

Since 1999 the project operated from Hartebees Kraal centre. Another Home Visitor, Geraldine Hartzenburg was appointed and the project expanded to Witsand.

In 2007/2008 the project went through a recession due to insufficient funding. During this time Mrs. Lesch left and only

Magdalene and Geraldine remained. The project was also discontinued in the Witsand area.



In 2009, with new funding, the project got a new injection of life. They worked in Dura, Robinvale, Heath Field, Avondale and Protea Park. In 2010, Mrs. Copoto left the project and Geraldine Hartzenburg became project co-ordinator. The new committee was Mary, Mrs. Kastoor, Margie, Mr. Kerneels and Mrs. Don.

In March 2010, Mary, Mrs. Kastoor and Mr. Kerneels resigned from the committee and were replaced by Allister Lightburn, David Mentoor, Chantall Allkaster and Deno Mentoor. In 2013 with funding from the DG Murray Trust the project expanded into Mamre/Pella and 10 new Home Visitors were appointed.

“Through the 20 years we have built many good memories and through many trials we are still persevering and making a difference” (Allister Lightburn).

Research Projects

Hope Soap Project: Poverty Action Lab (UCT)

The Poverty Action Lab at UCT in partnership with FCW undertook a pilot research project in the Delft community to assess hygiene practices and handwashing amongst young children with the use of a specially designed bar of soap that had a toy inside. The Delft community has been flagged as a vulnerable area for child diarrhoea. 200 families participating in the FiF project were involved in the study that ran over a period of 9 months with the following significant findings:

By the numbers

- 5.3 million children under 5 yrs (10% of the population):**
- 1.1 million age < 1 year
 - 2.1 million age 1-2 years
 - 2.1 million age 3-4 years

- Providing soap to poor households increased handwashing incidence amongst children and improved health in general.
- Hope Soap increased the likelihood of handwashing amongst children aged 3-9 by between 1-8% compared to children who received regular soap.
- Hope Soap appeared to be particularly effective at getting boys to wash their hands, as well as older children (5-9yrs).
- Children who used Hope Soap had significantly fewer poor health symptoms (runny nose, rash, itchy eyes etc) compared to children who received regular soap. They were also 3-4% less likely to experienced respiratory issues.
- In terms of observed behavioural change, children who received Hope Soap were more likely to wash their hands before eating a snack provided by the researchers compared to children who received regular soap.
- A key barrier to hand washing by children at baseline was that their hands were too small to hold the soap. This disappeared by endline, possibly because of the size of the soap used in the pilot. This suggests value in the idea of “kiddie soap”.

Evaluation of school readiness of the FiF Programme

Hlalani Gumpo, a Ph.D student at UCT is currently conducting a programme evaluation of school readiness of the FiF Programme. The baseline conducted between 1 March and 8 May 2015 involved 26 children from the Mitchell's Plain communities of Heinz Park and Beacon Valley.



The focus was on fine motor co-ordination, gross motor integration, social and emotional development, and language development. At the end of the year, follow-up assessments on the school readiness outcomes will be conducted. A full report can be drawn up with an analysis of the results of the children in relation to the implementation of the programme. A monitoring and evaluation framework for the FiF Programme will be designed using the findings of this research.

Partnership Building

Imam Abdullah Haron Education Trust (IAHET)

Into our 3rd year of our partnership with IAHET, the FiF programme has grown from strength to strength. At the end of 2014, 40 children graduated to “big school”. The team of FiF Home Visitors



partnered with the local ECD Forums to make the graduation day a great success.

The IAHET team of Home Visitors have also forged a partnership with Old Mutual who have been supporting them at their parenting workshops by providing refreshments.

NDA Project – De Doorns Community

Working towards improved ECD services for young children in the De Doorns community required a comprehensive strategy to support the ECD mobile programme. Improved services for children required access to food and improved food security, health, hygiene, and safety for all young children. Direct work with home-based mothers was geared towards an improved understanding of ECD and children’s right versus their own needs. Home-based mothers were therefore encouraged to serve as child-minders to improve their care and support for fewer children given the constraints of their space as well as the lack of formal training in ECD. Despite the initial reluctance and resistance, we are beginning to experience a shift in attitude and acceptance to promote the best interest of children. We understand that increased numbers determine the amount of income that can be generated.

Ten 10 home-based mothers were receiving a monthly stipend that was complemented by a food hamper to ensure that the children in their care had access to food. We started a conversation with the Peninsula School Feeding Association to improve food security for the local children. Through a series of network arrangements we started to partner with Norsa to ensure that more children have access to a daily meal provided by this organisation. The logistics of distribution and access points were being fine-tuned.

Working closely with social workers, health officials and the municipality, we were hoping that an under-utilised community hall may become available for ECD use, and as a temporary measure the project equipped the hall for about 100 children. The hall, adjacent to the newly developed sports field was intended to serve as a sport and recreation centre. The local stakeholders were overjoyed when the municipality identified two ECD sites in the new Sandhills development area where we hope new centres will be developed.

ECD Upgrade Project (DSD)

101 ECD sites benefited from this intervention after local ECD Co-ordinators were requested to identify sites that could be fast tracked in the registration process.

Building work completed involved:

Fixing or adding kiddies’ toilets where required and as highlighted by the environmental health officer. Plumbing work and exterior piping or channeling had to be attended to where vandalism occurred. All work done on leased properties were carried out with the consent of the landlords/owners not to be in breach of the lease agreements. Where people were using wendy houses extensive weatherproofing of roofs were required. In addition ceilings were fitted and fixed. Where there was a need for ventilation or additional lighting extra windows or doors were fitted. In line with the fire inspector’s requests fire doors and escapes were installed. General painting and cleaning of the centres made a huge difference. In addition shelving and dividers were installed to brighten up classrooms. Due to vandalism, fencing and gates had to be replaced or fixed to improve the security for children.

In line with the DSD guidelines FCW also provided the following as standard:

- Fire extinguishers were fitted at all ECD sites
- First aid kits
- Floor covering where required
- ECD toolkits for all sites
- Storage containers to serve as safe storage for food that can be contaminated by rodents or cockroaches.

Breakdown of ECD Sites

Areas	Sites
Goodwood area	18
Bellville area	19
Atlantis area	12
Langa	14
Paarl area	6
Caledon	8
Worcester	24
Total sites upgraded	101



By the numbers

- Food insecurity and malnutrition:
- 25% of children under 3 are stunted
 - 44% of children under 5 have a Vitamin A deficiency

Donald Duck Pre-school Centre, Laingsburg (DSD and Monaco)

Since 2009 the Foundation for Community Work was involved in the greater Beaufort West region with the Family in Focus Programme as an alternative ECD strategy to reach more children who could not access pre-schools. Through the FiF Programme local Home Visitors were trained to take learning opportunities directly into homes and to strengthen the role of caregivers.



As a service provider in the area, FCW was approached to support the Donald Duck Centre in Laingsburg. In January 2010 the first proposal was submitted to the Department of Social Development for consideration of a possible upgrade and when the DSD called early in January 2014

requesting that we resubmit a new application we sensed that things were moving. On 6 June 2014 we contracted with Green Homes Construction to undertake the building and erection of two new classrooms and an ablution block with four toilets for the children. With the additional classrooms the centre can now accommodate 120 children.



Because of the extreme heat we also considered the erection of a shaded area between the existing building and the new classrooms. The outside area was also equipped with a jungle gym, crawling tunnels and balancing beams. A 5 000-litre water tank was also installed to save much-needed water for irrigation and ablution needs during the long dry summer period. We are hoping that the rainfall of the winter season will fill up the tank.

Because of the extreme heat we also considered the erection of a shaded area between the existing building and the new classrooms. The outside area was also equipped with a jungle gym, crawling tunnels and balancing beams. A 5 000-litre water tank was also installed to save much-needed water for irrigation and ablution needs during the long dry summer period. We are hoping that the rainfall of the winter season will fill up the tank.

City of Cape Town

In partnership with the City of Cape Town, FCW provided training in the use of educational materials to 4 groups of 25 participants from Strand, Athlone and Khayelitsha. Toolkits included lifeskills, literacy and numeracy materials.



FCW'S Cycle Tour Group 2015

This year we had 30 cyclists on our FCW team. With a change of events due to the unfortunate fires that raged for days over the Cape, the riders participated in the "Ride in Solidarity" of 47km instead of the usual 109km.



Children's Event, 9 December 2014, Vygieskraal Stadium

Our appreciation to all for the hard work and effort to make this a successful event. From 9 am the children were starting to line up at the gates, and by 10 am more than 500 arrived from the various informal settlements - Vygieskraal, Pooke se Bos and Stattice Heights.



The highlight of the day was obviously handing out the school packs to the children. Each pack consisted of a chair bag, lunchbox and water bottle, facecloth, toothpaste, toothbrush, jumbo wax crayons, colouring book, and stationery kit. Our appreciation to Cllr. Magedien Davids for securing the venue and making the day a reality. The many donors and sponsors who on short notice did not hesitate to help make a difference in the lives of our young children. Our heartfelt appreciation for your big hearts and generous support.

Celebrating Long Service

Gail Griego and Valerie Erasmus have served FCW and the Early Learning Centre for 25 and 35 years respectively. During Valerie's 35 year period she also served as principal for the past 20 years. Gail Griego has proudly served FCW as a housekeeper for the past 25 years – the longest serving FCW employee. Gail formerly retired on 12 December 2014, and we wish her the very best as she and her husband, uncle Raymond continue to paint the town red.



By the numbers

Poverty indicators:

- More than 60% of children under 6 years live in the poorest 40% of households
- Poorest 20% of children only have access to 40% of ECD
- Richest 20% of children have access to 80% of ECD
- Only 1 out of every 6 children gets an ECD subsidy
- 65% of children under 6 are receiving Child Support Grants

FCW

FCW registered as the Western Cape
Foundation for Community Work
SGW geregistreerd as die Wes-Kaaplandse
Stigting vir Gemeenskapswerk



Our Vision for the Future

FCW sees children,
families and marginalized
communities, with
strengthened wings, soaring
towards their chosen destiny,
believing the impossible is ...

I'm Possible

Our Mission

In pursuit of our Vision, FCW is a dynamic development organization enabling transformation in Southern Africa by responding to felt needs of children, families and marginalized communities through innovative, integrated and sustainable interventions, which build on their strengths.

This process is guided by:

- development integrity
- democracy
- self-determination
- contextual relevance
- celebration of diversity
- independence
- community ownership
- collaboration in partnerships



Board of Management

Chairperson:

Advocate Lynette Myburgh

Vice-Chairperson:

Ms Nuraan Marlie

Treasurer:

Mr legshaan Ariefdien

Additional Members:

Ms Zelda Pieters
Mr Mbulelo Nosthulwana
Mr Stafford Isaacs
Mr George Gibbs
Mr John Cornelius Anthony
Mr James Williams
Ms Zukiswa Mfuphi

Acknowledgements

- The Department of Social Development
- Renier van Rooyen
- Jet Lee Trust Fund
- Salty Print
- Furntech
- City of Cape Town
- Community Chest
- The Clothing Guild
- DG Murray Trust
- IAHET
- HR Inspiration



Our Staff

Director:

Mr Riedewhaan Allie

Secretariat:

Ms Amanda Petersen

Financial Unit:

Ms Claire Moyce

Ms Barbara Miller

Programme Staff:

Ms Nafeesa Rahbeeni

Ms Magrieta Lesch

Ms Yolanda Solomons

Ms Angelique Simon

Ms Samané Manuel

Ms Dorothy Jones

Ms Camelita Christians

Ms Gail Griego

Housekeeper:

FCW

Foundation for Community Work

NPO 009-882

PO Box 89, Lansdowne 7779

Tel: 021 637 9144/8

Fax: 021 638 7661

Email: admin@fcw.co.za

