

PHILANI

Nutrition Centres Trust

ANNUAL REPORT

2007



PHILANI'S VISION

Philani is committed to the promotion of good child care, health and nutrition, the prevention of child neglect, abuse and malnutrition and the rehabilitation of underweight children to normal nutritional status and good health, in a caring, supportive environment. It is also committed to limiting the suffering of families infected and affected by HIV and to preventing the spread of the virus through a comprehensive programme of education, care, support and treatment.

Philani's vision is of a South Africa where every child can grow up well cared-for, healthy and well nourished to fulfil his or her physical and mental potential.

Philani is also committed to the education and training of women in skills to generate income, in order to make previously destitute families economically independent and in that way prevent child malnutrition and contribute to the development of their communities. Philani's development programmes specifically target young women for education and skills training to give them independence and power to make decisions about their own lives. Women without education and economic independence become especially vulnerable to sexual and other abuse and, with that, to the spread of HIV/AIDS.

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Philani Nutrition Centres Trust, operating as Philani Child Health & Nutrition Project,
is a registered Nonprofit Organisation in the Republic of South Africa

Registration number: 042-402-NPO

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BOARD OF DIRECTORS & STAFF

Board of Directors

Prof Annette Seegers – *Chairperson*

Dr Nwabisa Bangeni

Pathekile Gocini

Nokwanele Mbewu

Dr Pumla Mawisa – *Acting Treasurer*

Anna Genu

Dr Ingrid Le Roux

Staff

Nutrition

Dr Ingrid Le Roux, *Medical Doctor*

Vanessa Pienaar, *PA to the Medical Doctor*

Jeanne Morphew, *Dietician*

Nombulelo Matomela, *Nutrition Advisor, Site C*

Nontobeko Mekuto, *Nutrition Advisor, Site B*

Nomzekelisa Pita, *Nutrition Advisor, Brown's Farm*

Outreach

Nokwanele Mbewu, *Outreach Coordinator*

Baselwa Lostile, *Outreach Coordinator*

Ncedisa Paul, *Outreach Coordinator*

Sister Nomvuyo Macaba, *Nursing Sister*

Khanyiswa Peter, *Senior Assistant Outreach Coordinator*

Buyiswa Gqwetha, *Assistant Outreach Coordinator*

Nyameka Gxokonyeka, *Assistant Outreach Coordinator*

Novakuye Sijeku, *Assistant Outreach Coordinator*

Nomonde Zigana, *Assistant Outreach Coordinator*

Skills training

Pathekile Gocini, *Production Manager*

Noluvu Mbokomba, *Employment Administrator*

Veliswa Gxegxe, *Seller, Development Centre shop*

Nozukile Kewuti, *Weaving Teacher, Crossroads*

Ntombikayise Magutywa, *Weaving Teacher, Mayibuye*

Nonzwakazi Manoko, *Weaving Teacher, Brown's Farm*

Nolwandle Mdingi, *Weaving Teacher, Site C*

Fuziswa Nkumbula, *Printing Coordinator*

Educare

Jenny Masterson, *Educare Coordinator*

Siphokazi Rasmeni, *Educare Teacher, Development Centre*

Nomfundo Yaso, *Educare Teacher, Development Centre*

Noluntu Gali, *Educare assistant, Development Centre*

Ntombesine Ketelo, *Educare Teacher, Site C*

Cynthia Likhwili, *Educare Teacher, Crossroads*

Nosintu Majija, *Educare Teacher, Mayibuye*

Nomzamo Ngqakavu, *Educare Teacher, Brown's Farm*

Nyameka Zangashe, *Educare Teacher, Site B*

Eunice Nyezi, *Educare Cook, Development Centre*

Administration

Fiona Burt, *Chief Administrator*

Lucia Ayer, *Financial Manager*

Amelia Sauls, *Outreach Administrator*

Nomfundo Mzilikazi, *Receptionist*

Joseph Nongongo, *Driver*

Nceba Gulani, *Caretaker, Development Centre*

Mrs Dyase, *Cleaner, Development Centre*

Zukiswa Witbooi, *Cleaner, Development Centre*

INTRODUCTION

At Philani we are immensely proud of the work we have done since we launched almost 30 years ago. Our programmes have helped thousands of impoverished and malnourished children and their mothers living in the informal settlements around Cape Town. Every day we see both terrible situations and the evidence that our work makes a difference. We continually ask ourselves, however, how we can make more of a difference?

In response to this, our programmes have evolved and continue to develop, to really try to meet the needs of the communities we serve. In the past year alone our new Mother-to-Be programme has really taken shape and we have begun to plan an exciting new oral health project, unprecedented in the areas where Philani works. Every year the extent of our work grows, but, sadly, the problems we deal with, underpinned by extensive poverty and the scourge of HIV/AIDS, do not diminish.

We are thankful to have such a committed, loyal and skilled team of staff and volunteers. Their dedication to helping mothers and children in desperate need is unstinting. Without the assistance of our loyal supporters, however, none of Philani's work would be possible. We thank you for your continuing faith in our organisation. We are entering the next phase of our work optimistically and look forward to sharing news of its success with you next year.

With best wishes,

Annette Seegers

Chairperson, Philani Board

"The Philani Child Health & Nutrition Project has changed the lives of thousands of women and children in disadvantaged communities on the outskirts of Cape Town. Many of whom are the poorest of the poor - children suffering from malnutrition, mothers who are struggling to find any food at all to feed their families. Philani has provided life and hope with great commitment and loyalty since 1979. I am proud to be Philani's Patron."

God bless you,

Desmond M Tutu, Archbishop Emeritus

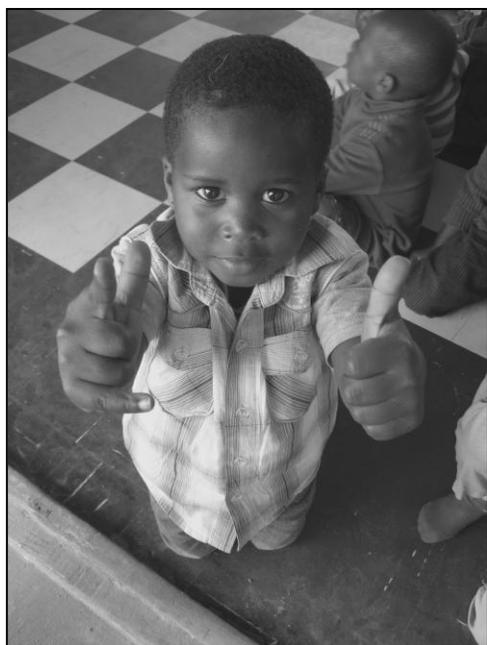
Philani's Patron

OVERVIEW

The Philani Child Health & Nutrition Project is a community-based non-governmental organization, operating in the informal settlements of Khayelitsha, Crossroads, Brown's Farm, Mfuleni, Nyanga and Delft on the outskirts of Cape Town, 20-30 km from the city centre. An estimated 750,000 people live in these areas (the majority of whom originated in the Eastern Cape), in simple core houses or informal dwellings made of corrugated iron, wood, and plastics – many overcrowded and without water and sanitation.

Unemployment, poverty, poor housing and lack of basic services cause malnutrition and poor health in Philani's target communities. The move from rural to densely populated urban communities in such a context leads additionally to the breakdown of networks and traditions. Women and children are most vulnerable. Twenty per cent of the population comprises children younger than six years of age, one in every ten children is underweight for age, and one in every four children is stunted. Half of the adult population is unemployed. The HIV pandemic has hit these communities especially hard, with women bearing the brunt of it. Around 30 per cent of pregnant women here are HIV positive, leaving young children orphaned in high numbers.

Malnutrition, 'the quiet emergency', is the underlying cause of half the 12 million deaths of children younger than five years old in developing countries, a pattern reproduced in South Africa and Cape Town's informal settlements. The effect of HIV/AIDS becomes especially devastating in poor communities, where women's and children's health and nutrition status is precarious. Like HIV/AIDS, malnutrition undermines a child's immune system and increases susceptibility to infections. In contrast to HIV/AIDS, we know the treatment for and can cure malnutrition.



Philani works in close cooperation with the government's health care system and as a support structure to state clinics. Philani's sustainability over the decades has been due largely to our grassroots, people-centred approach, working closely with the communities we serve, as well as our organic approach to growth. It has been made possible, also, by the consistent support of our major funders – including the Church of Sweden Mission, City of Cape Town, Western Cape Department of Health and the World Childhood Foundation – for which we are extremely grateful.

NEW DEVELOPMENTS

2007 has seen some exciting developments in our work, including the growth of our new Mother-to-be programme, established in 2006, and a support fund for mothers, named after our Patron, Archbishop Emeritus Desmond Tutu.

In January we opened our new Brown's Farm Centre in Philippi, after several years of difficult circumstances while based at the local Lutheran Church. The purchase of the building was made possible thanks to the support of HRH Princess Irene of Greece and the generosity of World in Harmony.

Our skills training project was given a boost at the beginning of the year by a linoleum training workshop held by American artist volunteers, leading to international exposure during an exhibition in the USA. *The Mothers* CD, featuring remixes of songs originally recorded by the Philani Choir of weaving mothers and staff, was released in the USA by Rasa Music. Royalties from sales of the CD will benefit both individual mothers in need and Philani's programmes.

With a significant donation of computer equipment from Close the Gap in Belgium, we have been able to upgrade our IT provision and switch to laptops, allowing for more widescale and efficient administrative work.

After considerable planning, in the middle of the year the first phase of a programme of major building work began at our Development Centre in Site C, Khayelitsha, using funds raised and donated by international staff of Daimler Chrysler. Thanks to the speed and professionalism of our architect and Khayelitsha-based builder, by November we were the proud occupants of an expanded school building and playgrounds for the three Educare classes and an expanded Women's Clinic building. The latter includes new Outreach consulting rooms, a dispensary and two dental clinics, heralding the April 2008 launch of Philani's new Oral Health project, supported by Rotary Clubs in Sweden and Cape Town, Rotary International and the Philani Foundation for Oral Health in Sweden.

Work began on the second phase of building work in October, including much-needed additional offices, two new silk-screen printing workshops, an expanded retail space and new garages for Philani's vehicles.

Once again, our Medical Doctor, Ingrid le Roux, was invited to spend the fall semester as visiting faculty at the Center for Health & Wellbeing at Princeton University, USA. She returned to Cape Town just in time for the official opening of the first phase of our building work by our Patron, Archbishop Tutu. The Archbishop's loving support for Philani was evidenced in the words of wisdom he spoke in front of an invited audience of around 200 Philani staff, supporters and beneficiaries, and community representatives, as well as local press and international film crews.

PROGRAMMES

Since the first Philani Nutrition Centre was established in Crossroads in 1979, Philani has grown to respond to the needs and wishes of the communities we serve. We now operate:

- A community child health Outreach programme linked to home-based nutrition rehabilitation, operating in 10 informal settlements outside Cape Town, reaching 3,500 children and families, an estimated 50 per cent of whom are infected or affected by HIV/AIDS.
- A Mother-to-Be programme, focusing on prevention of poor birth outcomes and low birth weight children, as well as prevention of mother-to-child HIV transmission.
- Five Nutrition Rehabilitation Centres in Crossroads, Brown's Farm, and (in Khayelitsha) Site C, Site B and Mayibuye, on the outskirts of Cape Town.
- Six skills (weaving) training centres: one at each Nutrition Rehabilitation Centre and one at the Philani Development Centre. A bead work programme in Site B and Site C.
- A craft centre with income-generating projects based on silk-screen and linoleum printing and weaving at the Philani Development Centre in Khayelitsha.
- Six Educare pre-schools: one at each Nutrition Rehabilitation Centre and one at the Philani Development Centre in Khayelitsha.
- A home-based care programme for bed-ridden, elderly adults in Crossroads and Philippi.
- An HIV/AIDS education, care, and support programme, including the Desmond Tutu Scholarship Fund.

Nutrition programme

Philani runs five Nutrition Centres in Khayelitsha (Site C, Site B and Mayibuye), Brown's Farm and Crossroads. Many underweight children are referred to our Centres from day hospitals and clinics in the surrounding communities, and from hospitals in Cape Town. About a third of the children are brought by their mothers direct from the community. While the children are being rehabilitated their mothers are offered weaving or beadwork training and those children older than 2½ years participate in our Educare programme. This year 289 new children were admitted to the Centres for nutrition rehabilitation.

Since mid-2007 we have been funded by the Western Cape Department of Health to employ a dietician, who works across the Centres to train staff, advise mothers and oversee the menus for meals provided for our Educare children. In November, we organized our first Open Days for each Centre, to raise awareness of the services offered in each community.

Outreach programme

The Philani Outreach programme aims to identify every child at risk of malnutrition, neglect, HIV/AIDS, abuse or exploitation in our target communities and to intervene to protect those children and to offer care and support to mothers to overcome despair. The philosophy behind this programme is one of finding and building on knowledge and experience present in the community, recognizing and developing women's resources and facilitating women's support of each other in protecting the healthy mental and physical development of children.

The success of the Outreach programme rests on the commitment, care and expertise of Philani's Outreach workers (mentor mothers), enhanced by professional, well-planned supervision and training. More than 70 Outreach workers operate within this programme, all volunteers, receiving ongoing training and a monthly stipend for their work. The programme is managed by two Outreach

Coordinators, a Senior Assistant Coordinator and four Assistant Coordinators (volunteers), all of whom are out in the community five days a week, running the programme in 10 areas. Outreach workers and Assistant Coordinators are all women who have successfully brought up their own children to be healthy, despite the prevailing circumstances, and who have earned respect within their communities.



Continuous professional training is an essential aspect of the Outreach workers' involvement

with the programme. They are trained in child health and nutrition, HIV/AIDS, counselling, TB, child neglect and abuse, resource mapping, community home visiting, in-the-field growth monitoring, and many other areas.

Continuous training is as important for the Outreach workers who have been with the programme for some time as for new recruits. To be able to complete the evaluation of the programme all Outreach workers are required to fill in a folder and plot weights on a graph which takes time and patience to learn.

Outreach workers are required to make 7 visits each day, with a minimum of 120 visits a month. Each Outreach worker has a minimum of 30 cases of malnourished children in her load, although many take on up to 60 cases. In addition, Outreach workers are each expected to enrol 30 pregnant women in their caseloads. Coordinators are expected to make 10 visits daily with a different Outreach worker a day.

Since September, the programme has faced the challenge of the majority of Outreach workers starting a largely full-time, four-year training schedule offered by the government, as part of its Expanded Public Works Programme (EPWP), thus needing to be covered by reserves new to Philani. The organisation's EPWP involvement, however, marks Philani's commitment to training and capacity-building among all staff, volunteers and clients.

This year Outreach workers have been tasked with collecting data on child- and grandmother-headed households in their caseloads, providing the foundations for an Orphans & Vulnerable Children programme, to be launched in 2008.

Mother-to-Be programme

In Philani's target communities the prevalence of HIV-positive pregnant women increased from 9 per cent in 1998 to 24 per cent in 2003 and 30 per cent in 2005, a frightening development. Up to 10 per cent of HIV-positive women infect their children, despite an effective mother-to-child transmission prevention programme in the Western Cape. Philani's analysis of data demonstrated that more than 50 per cent of malnourished children enrolled on the Outreach programme were underweight for age from birth. International models have shown that support for mothers during pregnancy and intervention during children's early years, have a positive effect on growth, health, child abuse and other family parameters. Recognising these facts led to the implementation in 2006 of a Mother-to-Be programme, as part of the Philani Outreach programme, but which is now developing as a stand-alone intervention.

Led by an experienced Nursing Sister since later 2006, the programme has embraced over 1,000 expectant mothers this year, of whom many more were single than married, 23.5% HIV positive and over 21% teenagers, a high incidence. The programme's responsibility lies mainly in recognizing and assessing problems of pregnant mothers (including HIV/AIDS, poor nutrition, alcohol abuse, depression), implementing appropriate interventions and encouraging exclusive breastfeeding. Changing the individual's and community's attitude towards government antenatal care clinics and HIV testing is at the core of the programme's success.

At the end of the year we were delighted to finalise a partnership with the University of California at Los Angeles, with funding from the US National Institute of Health, to undertake major research, monitoring and evaluation of Philani's Mother-to-Be programme. This will take place over five years from 2008, with a view to proving the unquestionable value of this approach and influencing public health policy in South Africa, the USA and elsewhere.

Home based care programme

This year, 117 bedridden adults were cared for in Crossroads and Philippi by Philani's 10 home based carers, funded by the European Union through the Western Cape Department of Health. Through this work, we have identified key problems in the area which impact on HIV and are addressed in our HIV/AIDS strategy. These include: lack of support of an HIV client from the family, high incidences of teenage pregnancy, leaving grandparents to care for young children, gender relation problems, such as communication problems between the sexes, widespread abuse of women and elderly people, poor knowledge amongst men about reproductive health and poor support of reproductive health choices by partners.

Desmond Tutu Fund

In recognition of Archbishop Tutu's 75th birthday in 2006, Philani became the beneficiary of funds which enabled us to initiate the Philani Desmond Tutu Scholarship Fund, so called because it responds to positive action, rather than being a relief fund.

The fund benefits mothers on our Outreach programme who, despite their poverty, have shown great dedication in working with us to rehabilitate their malnourished children. Each family receives R 300 a month for six months or one year. This enables mothers to gain some independence and improve the lives of their children and puts them in a position to kickstart a healthy family life, less vulnerable to such problems as HIV/AIDS, with the prospect of long-term sustainability.

Currently 72 families are enrolled, but the more money we are able to raise for this purpose, the more families will benefit. We were particularly grateful this year for donations to the fund from the King Badouin Fund US and the International Diplomatic Spouses Association in Pretoria.

Skills training programme

We started the year with a month-long skills-training workshop given by Joan Needham, a retired artist professor from the USA and supported by Kate Somers, a curator from Princeton University. Our printing mothers were trained in linoleum printing, culminating in a one-night-only selling show in Cape Town in February and an exhibition at the Woodrow Wilson School of Public & International Affairs at Princeton later in the year. Works by two of the printers were chosen by our Patron, Archbishop Tutu, to illustrate his annual Christmas card; the originals were framed and presented to the Archbishop at the opening of Philani's new buildings in December.

Philani's weaving programme continues to gain attention, with major commissions this year including three custom-made hangings for an American radio station. We have begun to receive regular international orders, particularly for silk-screen printed items, from a number of individuals and organizations, notably from Sweden, all of which have resulted in a welcome stream of regular income for our mothers. Our craft shop in Khayelitsha continues to receive visits from many tour groups and independent travelers, the overwhelming majority of whom come from Europe and North America. We are very grateful for the continuing support of local and international tour companies.

Building work has commenced on two new printing workshops, one for the existing printers working at Philani's Development Centre and the other to be a training workshop. Once the latter workshop is complete and fitted out in 2008, short training programmes for new printers – drawing unemployed mothers particularly from the Outreach programme – will be organised.

Educare programme

Our Educare classes at Site C and Mayibuye are now registered with the Department of Social Services and Site C received a subsidy for the year. Mayibuye is still not receiving any subsidy but we continue to pressure Social Services for this. Our other Centres await registration subject to certain requirements – as all of these have now been met, we are confident that this will happen in 2008. We received a Department of Education subsidy for the Grade R class at the Development Centre for the whole year.

After having to cope with three classes in one space right through the winter, the teachers at the Development Centre finished the year happy to be able to set up their excellent new classrooms in the expanded school building. And, after having to operate from one room in the local Lutheran church during 2006, our Brown's Farm Centre finally has its own classroom, supplied by one of our regular supporting organizations, CHOSA.

Teachers have continued to attend regular workshops organised by our Educare Coordinator and the creative activity component of the curriculum is now well understood and followed. At the end of 2006, we agreed a policy that all new teachers should hold at least Level 3 Educare teaching qualifications. To this end we have encouraged our existing teachers to upgrade their qualifications, one achieving Level 4 this year and another aiming to do so in 2008. This will mean that 6 out of our 8 teachers have the Level 4 qualification: in 2004 only one teacher was thus qualified.

The annual Educare Christmas party and nativity play took place at the end of November, with abundant, custom-wrapped boxes of gifts presented to each child, thanks to the generosity of the Cape Town-based organization, Kidz 2 Kidz. The nativity play was repeated at the opening of the Development Centre's new buildings in December, to the delight of our guests.



VOLUNTEERS

We are very grateful to the volunteers who give up their time and arrange resources to enable them to become part of the Philani family for fixed periods. Early this year we were supported by the professional skills of Dr Gillian Hodge, a medical doctor from Canada who has made a commitment to volunteer with us for three months each year, over five years. With Dr Hodge's help, our Outreach team were able to set up regular medical field clinics in the community for mothers and children on the Outreach programme.

OUR SUPPORTERS

As an independent non-governmental organization working with the poorest of the poor, Philani is dependent upon funders, large and small, to be able to continue our essential work with children and mothers in Cape Town's informal settlements. We are fortunate to be blessed with a number of long-term supporters, but our need is always greater. The more support we receive, the more our work can extend to assist ever more impoverished mothers and children.

We send out heartfelt gratitude to all those who supported Philani during 2007, including the following:

Archbishop Emeritus Desmond Tutu	Artists for a New South Africa (ANSA)
Albatros Travel, Denmark	Charities Aid Foundation (UK)
Cape Town Tourism	Christ Church, Constantia
CHOSA	City of Cape Town
Church of Sweden Mission	Combined Fishing Enterprises, Cape Town
Close the Gap	Emmanuel Baptist Church, Brooklyn, USA
Douglas Jooste Trust	JET Lee Will Trust
International Diplomatic Spouses Association, Pretoria	Kidz 2 Kiz, Cape Town
Khayelitsha Cookies	Kromboom Rotary Club, Cape Town
King Badouin Fund US	Orgryte Rotary Club, Sweden
Momentum	Rasa Music, USA
Quaker Service, Cape Town	Rotary International
Ripe Design	Soundtree, UK
Sisonke	St Andrew's Church, Newlands
South African Development Fund	Thabela Travel, Sweden
Starbucks	The Jupiter Drawing Room
The Foundation for Philani Oral Health, Sweden	Wallingford Quaker Meeting, UK
UCT Student Welfare Health & Bible Society	Western Cape Department of Health
Western Cape Department of Education	World Childhood Foundation
Western Cape Department of Social Development	
World in Harmony	

...and the numerous kind individuals, whose donations, large and small, make all the difference.

THANK YOU!



Archbishop Tutu visits Philani, 13 December 2007

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