



PHILANI

Maternal, Child Health and Nutrition Trust
Healthy mothers raising healthy children

ANNUAL REPORT

- 2022 -





Philani is committed to providing a caring and supportive community-based service where families' and mothers' health are protected and they are empowered to raise healthy, well-nourished children. Our approach to the many issues affecting maternal and child health is holistic and includes creating a stimulating environment for children to learn and play as well as providing skills development for income generation so that mothers may become economically independent.



Chairpersons Report

Nelson Mandela described children as the greatest treasure of any society and that the true character of a society is reflected in how it looks after its children. Philani's continuous commitment to South Africa's children and their families is again reflected in its work during 2022.

Although there has been a great improvement in maternal and child under five survival in South Africa over the past few years, there is a considerable way to go for South Africa's maternal mortality ratio – currently 88 deaths per 100 000 live births - to reach the 2030 Sustainable Development Goal (SDG) of less than 70. The neonatal mortality rate of 24 per 1 000 live births¹ is disturbingly high. The infant mortality rates (IMR) of 21 and U5MR of 28 are well above the 2030 SDG targets of 12 and 25 respectively. A significant percentage of these deaths remain preventable.

In strategies to reduce maternal, neonatal, and child deaths, the role of mentor mothers and community health workers (CHWs) has been highlighted. Mentor mothers and CHWs help bridge the gap between the health facility and home; which is especially important in rural areas with long distances to health facilities and expensive transport.

Philani staff has continued to strive with great determination towards improving the health, nutrition, and educational outcomes of children and supporting their families in that mission. Without their determination and the unwavering support of our funders, we would be unable to provide the services we do or sustain and expand the positive impact we have. Continuing this work brings us a step closer to achieving our ultimate vision - a South Africa where pregnancy is safe, vulnerable families are supported, and children can fulfill their full potential.

Annette Seegers



The Director

THE YEAR AT A GLANCE

During 2022, Philani again brought basic health care, nutrition, education, and hope to marginalised peri-urban and isolated rural communities through its mentor mother, nutrition, preschool and training programmes. Well-trained and committed mentor mothers provided practical home-based intervention to pregnant women, children and families as well as home-based care to chronically ill patients. The nutrition programme rehabilitated malnourished children that were identified by mentor mothers through community growth monitoring. Philani's preschool programme continued to stimulate and develop young minds. The training programme challenged mentors to continue learning and be the best they can be in the service of others. The skills training programme gave mothers a chance to earn a living and the Chosa fund supported young people who wanted to further their studies. In 2022 Philani's many programmes provided a holistic intervention protecting the future of South Africa's most precious resource- its children and their families who protect and nurture them.



2022 Highlights

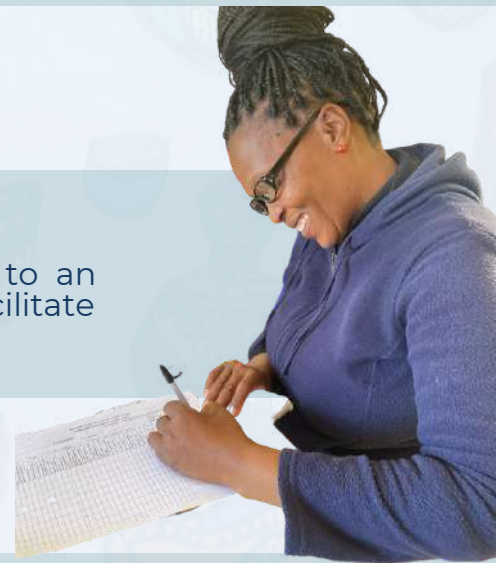


MENTOR MOTHER PROGRAM

270 mentor mothers and 24 team leaders in Eastern and Western Cape cared for 8550 pregnant women, 621 malnourished children, and 793 TB and chronically ill patients. They were together responsible for more than 65 000 households and together did over 1500 home visits a day.

ARV ADHERANCE CLUBS

200 ARV clubs with 19 facilitators provided ARV medication to an average of 2950 patients per month outside of clinics to facilitate access to treatment.

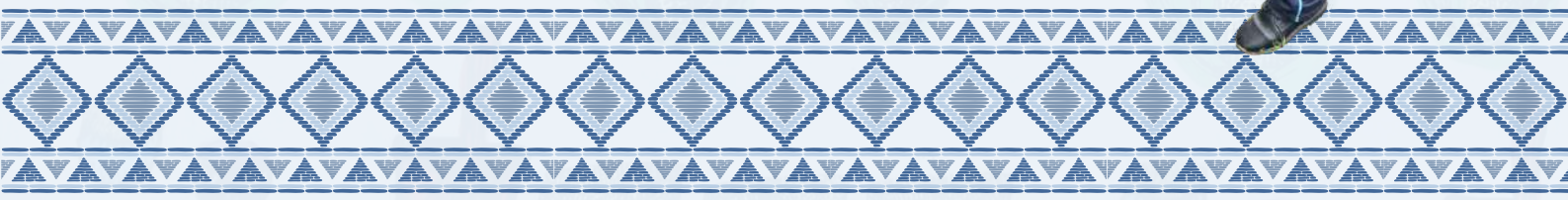


NUTRITION

324 malnourished children participated in a nutrition rehabilitation program at 6 nutrition clinics. 355 participated in a home-based rehabilitation program. 452 LBW children got special care and most were rehabilitated to normal weight for age within a year.

EDUCARE

Philani Educare program in Eastern and Western Cape consists of 27 Educare classes with 807 Children and a staff complement of 40.





TRAINING UNIT

604 trainees participated in the training unit programs during 2022 which amounted to a total of 2496 training days.

SKILLS TRAINING PROGRAM

The mothers in the skills training programme have built new partnerships with artists and fashion designers and visitors are slowly returning to the shop.



CHOSA FAMILY FUND

Chosa family fund built 6 houses, provided 46 learners with uniforms, supported 18 Dep of Home Affairs applications, and provided 10 emergency grants during the year.

DESMOND TUTU SCHOLARSHIP

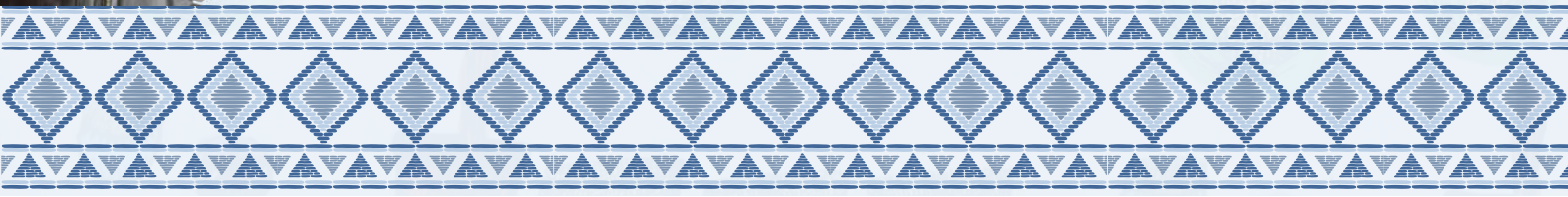
Desmond Tutu scholarship fund supported 11 women with a monthly achievement award in 2022.



RESEARCH PROGRAM

The research program showed an improvement in child health and survival where active supervision of mentor mothers in the field was provided. 2 articles were published in peer-reviewed medical journals.

Ingrid Le Roux



The Mentor Mother Program

During 2022, 270 mentor mothers worked in the Eastern and Western Cape, each responsible for maternal, child, and family health in their home communities of between 250-500 households. They were supported in the field by 24 outreach team leaders, mostly professional nurses. Together they provide a practical home-based intervention to pregnant women children and their families as well as chronically ill patients. Philani's 6 nutrition rehabilitation clinics and the 200 ARV clubs are part of the support structures for the Mentor Mother Programme.



Mentor Mothers In Eastern and Western Cape

In 2022, our Mentor Mothers identified and looked after:

8550	Pregnant Women
621	Malnourished Children
793	Home-Based Care & TB Clients

Of the pregnant and newly delivered mothers:

- 98% attended antenatal clinic
- 98% tested for HIV
- 32% tested positive for HIV
- 87% delivered their baby at a health facility
- 72% are receiving a child support grant
- 89% of children were born with a normal birthweight

773

Low Birth Weight Children were cared for

malnourished children are fully rehabilitated after 6 months

72%

78%

of the low birth weight malnourished children are fully rehabilitated within 1 year



RESEARCH

Through research in partnership with Stellenbosch and UCLA universities, it has been proven that the Mentor Mother Model has a significant impact on health outcomes and Philani has expanded the model within South Africa and in Africa through training, equipping, and supporting an increasing number of our own mentor mothers, Department of Health and other organizations CHWs as well as through social franchising and national and international partnerships.

Since 2008, an ongoing longitudinal randomised control trial has shown that Philani mentor mothers have a statistically significant impact in 5 crucial areas:

- 1) HIV-positive pregnant women adhere better to PMTCT tasks and are more likely to be free of birth complications,
- 2) new mothers are more likely to exclusively breastfeed for 3 and 6 months,
- 3) new mothers have less depression and children to those who were depressed grow better,
- 4) there were fewer low birth weight and stunted children, and
- 5) there was a significant decrease in problematic drinking in mothers visited by a mentor mother.

A recent study assessing the impact of support and supervision of community health workers in the field (in accordance with the Philani model) shows that this has a significant impact on health outcomes including child survival. Two articles in peer-reviewed journals were published from this study during the year.



ANTI RETRO VIRAL ADHERANCE CLUBS

Two nursing sisters and 19 mentor mothers working as ARV club facilitators ran 200 ARV clubs in the Site B and Site C Khayelitsha communities.

This made it possible for close to 5000 HIV-positive clients to receive their ARVs at a safe and welcoming venue in the community, avoiding long queues at clinics and hospitals.

Nutrition Program

Mentor mothers carry scales and do home and community-based growth monitoring identifying mild, moderate and severely malnourished children in the community on their home visiting rounds. The mild and moderately malnourished children enter a home-based nutrition rehabilitation program and are regularly growth monitored to assess progress. Severely malnourished children are referred to one of Philani's 6 nutrition rehabilitation clinics and are supported with special nutrition products. 324 children attended Philani's nutrition rehabilitation clinics in 2022, and 355 children were part of the home-based rehabilitation programme. 452 low birthweight children received special care from mentor mothers after birth and close to 80% of them had reached normal weight for age by one year.

3 breastfeeding peer counsellors based at the day hospitals in Khayelitsha educate and advocate for breastfeeding. During 2022, 1735 group sessions were held with more than 31553 pregnant women attending, 4284 mothers received individual counselling sessions and 1064 new mothers were offered postnatal assistance.



The Educare Program

Philani expanded its preschool program during 2022 to 16 classes in the Western Cape and 11 fully equipped schools in the OR Tambo district, Eastern Cape, providing more than 807 children with quality preschool education.

Nine of the Educare teachers in the Eastern Cape received their preschool teacher national qualification at a graduation ceremony in Zithulele in October 2022.



The Training Unit

The Philani Training Unit oversaw the training of 604 attendees, which amounted to 2496 total training days during 2022. The training was aimed at developing and equipping our own and our partner's staff to deliver a quality service to our clients.

A total of 233 Philani mentor mothers received refresher training during the year. 9 outreach team leaders in the Western Cape were trained as trainers of the basic mentor-mother training.

190 participants were trained in the Alcohol Harm Reduction programme in the Western and Eastern Cape. This programme provides Mentor Mothers with a useful tool for assisting clients who abuse alcohol. 10 experienced mentor mothers and team leaders in the Eastern Cape were trained as trainers of this programme.

9 preschool teachers from the Eastern Cape programme were trained over a period of 12 months and achieved their formal qualification as preschool teachers at a graduation ceremony in Zithulele in October 2022.

In Feb 2022 a Philani training team travelled to Eswatini and did refresher training with Siphilile mentor mothers, supervisors and managers.

Philani is at present a Training Institution accredited by the ETDP-SETA for one skills training programme Community Early Childhood Development. 9 other skills training programmes have been submitted and awaiting accreditation.

Trainings Conducted

- Risk Assessment training
- ECD Teacher accredited training
- Alcohol Harm Reduction short intervention training
- Alcohol Harm Reduction Training of Trainers
- Home-Based Care Training of Trainers
- Community Health Worker Refresher training
- TB Preventative Treatment
- Outreach Team Leader orientation course
- Basic Fire Fighting
- Evacuation Officer training
- Introduction to Palliative Care Course for Medical Professionals
- First Aid Level 1
- Health and Safety training
- Mental Health for Outreach Team Leaders
- Child Abuse Reporting
- ECD- Nutrition Training



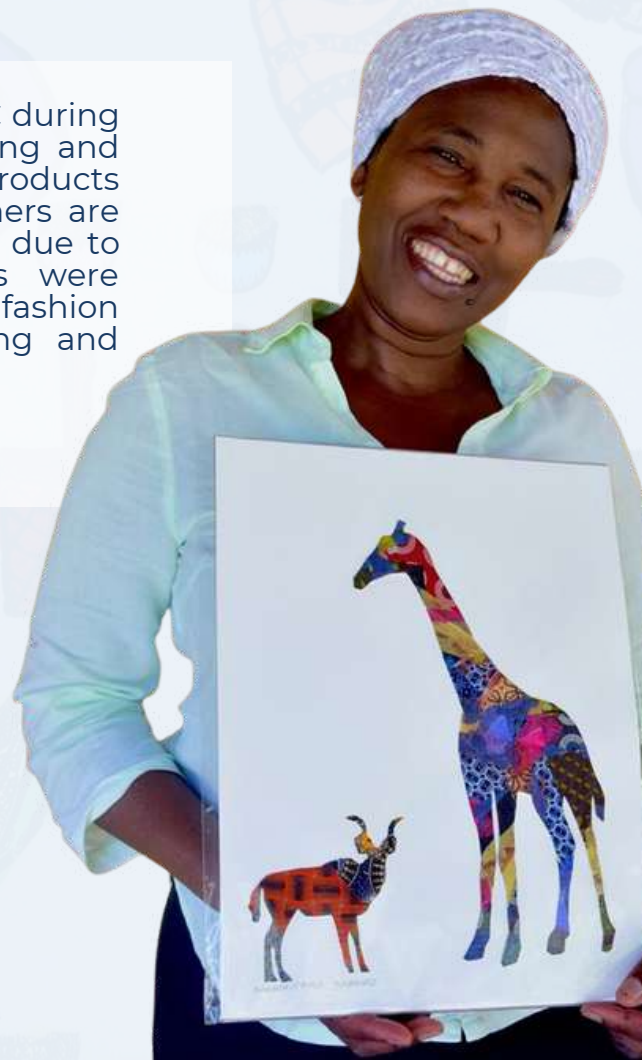
Socio-economic support program



Chosa Family Fund and Desmond Tutu's Scholarship Fund made it possible for Philani to support young adults with college and university education, build homes for the homeless and support destitute families with school books, fees, and uniforms to enable children to attend school. The Desmond Tutu Scholarship Fund acknowledges the extraordinary resilience and effort of many of our clients in putting food on the table and holding their families together.

Visitors slowly returned to our headquarters in Site C during the year and supported the skills training – weaving and silkscreen programs by purchasing the beautiful products mother- artists are making. Some tourists and others are however still cautious about coming to Khayelitsha due to the crime situation. In 2022 new partnerships were developed between mothers in the program and fashion designers who incorporated the mother's weaving and printing products into fashion products. This added important income to many families.

Income generation program



Impact Story

After receiving a referral from the Hospital, Bulelwa Msitho, one of Philani's Mentor Mothers, visited a 16-year-old girl who had just given birth. She was scared and not ready to be a mother.

She was living with her grandmother who was supporting the family with her pension grant. Bulelwa assessed the household and quickly realized that the family needed support. She opened a folder for the child and continued visiting them weekly. Due to the young mother having to go back to school, she was unable to breastfeed exclusively. There was also a lack of income in the household, so they were unable to purchase enough formula milk for the baby. As Bulelwa was regularly weighing the baby, she quickly noticed when the weight began to drop on the growth curve and immediately referred to one of Philani's Nutrition Clinics. Here, the grandmother received formula milk for her grandson to ensure that he continued to grow well.

Bulelwa continued visiting the grandmother and her grandson over the past two years and has helped them in many ways.

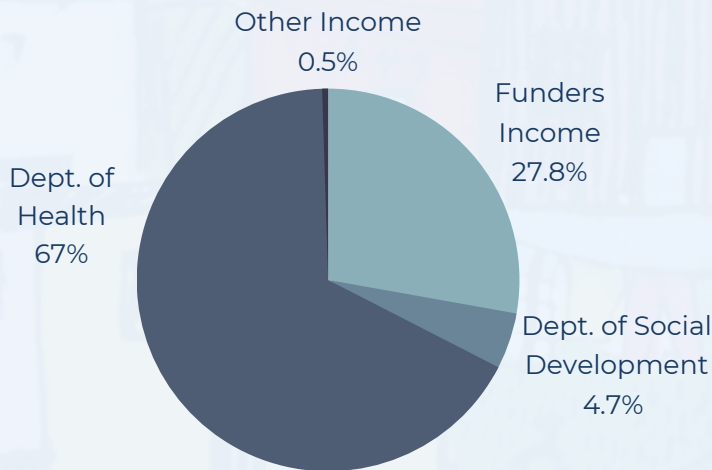
The story of Bulelwa Msitho and the grandmother she helped highlights the importance of community support in times of need. Through her assessment of the household, Bulelwa identified several areas where the family needed assistance, including access to proper nutrition for the newborn baby. By establishing a regular schedule of visits, Bulelwa was able to closely monitor the baby's growth and ensure that he received the necessary support to thrive.

This type of personalized support is at the heart of Philani's approach to mentorship and community development. By working closely with families and individuals, our Mentor Mothers are able to identify and address the unique needs of each person they serve. Whether it's providing access to healthcare, education, social services, or other resources, we are committed to empowering communities and improving the lives of those we serve.

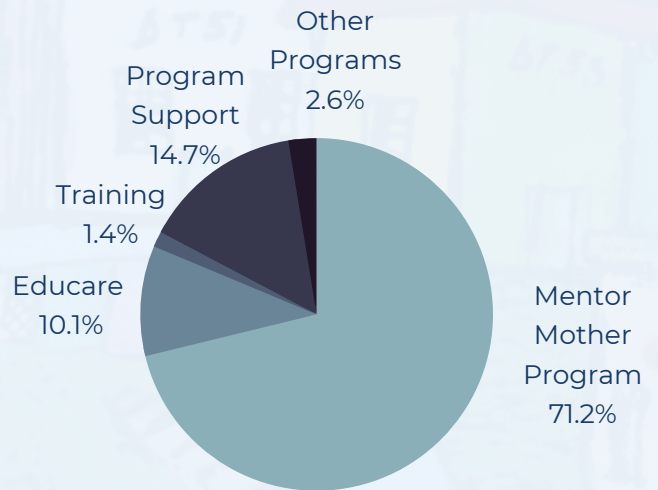


Financial Report

Income



Expenses



Partnerships

Philani has during the year continued to work in partnership with the Provincial Departments of Health, Education and Social Development. We have several service-level agreements with the Western Cape Department of Health and they and the Departments of Education and Social Development provide financial support to the Mentor Mother, ARV, Nutrition Rehabilitation and Educare programmes. Philani has a Memorandum of Understanding with the Eastern Cape Department of Health but receives no financial support from that Province.

We worked in partnership with DG Murray Trust during the year with the mentor mother and Educare programme in the Eastern Cape as well as the Alcohol Harm Reduction programme, training health workers in both Western and Eastern Cape, mentoring them to do the short intervention in homes where clients want to reduce or stop alcohol consumption.

The partnership with One to One Children's Fund continued during 2022 with training and support visits.

Philani has for many years had a research partnership with UCLA, Stellenbosch University and Zithulele Hospital with ongoing data analyses and writing of papers during the year.

During 2022 Philani worked with Stanford University and the Digital MEDIC South Africa programme in the process of digitalising Philani's and other organisations' training curriculums.

We continued our partnership with the Church of Sweden and the Siphilile mentor mother programme in Eswatini by among other things providing refresher training to Siphilile mentor mothers, administrators and management staff early in 2022. In October Philani's director visited the newly initiated mentor mothers programmes in Göteborg and Malmö, Sweden.



We thank you for your ongoing support and partnerships

OUR FUNDERS

- Department of Health Western Cape
- Department of Social Development
- Department of Education
- DG Murray Trust
- Church of Sweden
- Sigrid Rausing Trust
- Pictet Group Foundation
- Discovery Fund

PARTNERS

- One to One Children's Fund
- Digital MEDIC
- Stellenbosch University
- University of California, Los Angeles
- Stanford University
- Department of Health Eastern Cape
- WISE Philanthropy Advisors
- Zithulele Hospital



”

“Philani has helped me in so many ways. My Mentor Mother was there for me when I didn't want to accept my pregnancy because of my depression. I am now a proud mother of 4 children who I love very much. Thank you Philani”

Thenjiwe Samela
Philani Client



Board of Trustees

Prof. Annette Seegers | Chairperson

Mr. Colin Moses | Treasurer

Mr. Jonathan Mort | Legal

Dr. Pumla Mawisa | Nutrition & Health

Dr. Ingrid le Roux | Director

Sr. Nomvuyo Macaba | Internal Member

Ms. Lindiwe Bomvana | Internal Member





PHILANI
Maternal, Child Health and Nutrition Trust
Healthy mothers raising healthy children

+27 21 387 5124/5 | info@philani.org.za | www.philani.org.za