

1. Note from the Chairperson

The hope of all participants at Empilweni is that we can grow this small organisation which provides such an excellent service and bears so much responsibility, into a thriving institution.

To this end all of Empilweni's board members packed around Mhongwe our new director, giving her specialist support and guidance, I thank all members for this. Mhongwe showed committed leadership as she strove to build the organisation and as we once again struggled with funding stability in a climate of uncertain futures. Warren Daly, our treasurer, deserves special mention for taking charge of our finances and charting our past and future.

For the year 2009/2010 we give thanks to our donors for their vital assistance to Empilweni, we celebrate the completion of our website and our increased popularity and we take note of the increasing demand on our services by our young clients. Viva Empilweni viva

2. Highlights of the past year by the Director

At a glance, most people will agree with me that 2009 and 2010 has been a time of transition for Empilweni. In fact it is one of our donors who opened my eyes to this period of transition in recent correspondence when he (Scott Pietka - Firelight Foundation) wrote and I quote "We had informed Empilweni that this grant would be our final grant to Empilweni. However, recognizing that this is a time of transition for Empilweni, we are now planning to give our final grant to Empilweni in 2011." It is sentiments like this one that keeps me and Empilweni staff going.

Empilweni unveiled her new logo in the last AGM and still continued to display the old logo, due financial constraints until May 2010 when the new logo became a reality and was displayed for all to see. We had plans to upgrade our website and dreams to develop a promotional DVD and I am happy and relieved to have to say that the plans and dreams were eventually a reality and if you do not believe me visit www.empilweni.org and tell me what you think of our transition. All of these tasks were not easy, but the ownership and commitment displayed by the team; Empilweni staff; volunteers and the board, throughout made it seem easy.

Empilweni aims to significantly improve the quality of life and emotional health of children, adolescents and their families through assessment, therapeutic interventions and appropriate referral. We have done a lot in this period to assess; strategies and realize our service. In the past year we found the organisation mostly working with the older child i.e. preadolescent to adolescent. The question we asked was how do we then provide prevention and promote mental health earlier. We embarked on strengthening our outreach programme to Primary Schools and Early Childhood Development Centers, commonly known as crèches. More and more children ages 4 and older are now coming through for our service and cases of behavioural problems; scholastic difficulties; ADHD; psychiatric problems and other traumatic experiences are identified in time and intervention taken instead of intervening when the child is older and more emotional damage suffered. We also realized that our services depends on a comprehensive outreach programme and strengthened ties with partner organisations, Local Community Radio and door to door campaigns in partnership with others and as an organisation. In August alone 24 new cases were screened and these are the impacts of our outreach programme. There is improved participation from fathers, who not only respond to our calls during intervention but make the initial contact with Empilweni in seeking our assistance.

Empilweni team requires a round of applause for a job well done in 2009/2010. Empilweni staff adjusted well, to the continued demands that came with the ongoing assessment and

strategizing. Gill Douglas, our external supervisor and Clinical Psychologist played a big role throughout this transition; from assessment of staff development needs to providing training and support. Maboyz, our Service Manager has adjusted very well in his new position as Service Manager after Noncedo Nomahle resigned in December 09. He provides ongoing support and supervision to staff and adds a flavor of mentorship in the process. Empilweni has adopted an open door policy for development, a new team member is supported by all members to adjust and become a competent team player. **The highlight for me this year, was a 3 day training workshop attended by all staff on Rights of a Child, this training confirmed that Empilweni services are relevant, not only in South Africa but in all countries that participated and signed the UNCRC(United Nations Convention on the Rights of the Child). Our programmes are designed to serve the 'Best Interest of the Child'.** This realization contributed tremendously in boosting staff moral and confidence. The board has been very supportive in this period of transition. Some have gone to the lengths of giving human sacrifices. Oh no! Not that kind of sacrifice, just a gesture of a father-in-law receiving for greater good from his son-in-law. Empilweni now has a DVD, no thanks to Brian Robertson and son-in-law Paul Lensen and all the people and resources Paul recruited to make the dream a reality. This is but one of many sacrifices the board makes to preserve Empilweni.

Before I thank everyone for taking time to read this letter, I need to extend my humble gratitude to all those who continue to support Empilweni in cash and in kind. Our service providers who did not turn their backs on us when requests were made to request make payment arrangements. To all our donors, Empilweni could not have achieved all the good that is highlighted above and with continued support I can honestly say we can do more and reach more communities, but we will need you to dig in deeper into your pockets for us to achieve that.

3. Programme activities

We offer individual counselling and group therapy to children aged 4 to 18, although we deal extensively with young adults as well. The project is specialised in dealing with psychosocial problems and issues of mental health such as depression, anxiety and posttraumatic stress disorder. Currently, it is the only mental health care project in Khayelitsha that specifically provides therapeutic and counselling services to children and adolescents. We administer an electronic database and below are but a sample of results we get from information captured in our database.

Report on Activities

Presenting Problems of Clients: 01 April 2009 – 31 March 2010 Clients may have multiple presenting problems	Total Percentage of Cases
Count of Child or family affected by HIV/AIDS	37%
Count of Domestic Violence	31%
Count of Neglect of the child	48%
Count of Sexual abuse or rape of the child	18%
Count of Physical abuse of the child	23%
Count of clients experiencing other home problems incl. substance abuse, extreme poverty etc	41%
Count of clients having no negative situations within the family	10%
Diagnostic Impressions Of cases: 01 April 2009 – 31 March 2010 Clients may have multiple diagnosis	Total Percentage of cases
Count of Substance Abuse	8%
Count of Psychosis	1%
Count of behavioural problems	42%
Count of Relational problems	28%
Count of Depression	14%
Count of Conduct disorder	1%
Count of Anxiety Disorder	8%
Count of Loss/Bereavement complications	25%
Count of elimination disorders	0%
Count of scholastic Difficulties	18%
Count of other including PTSD	8%

Age Breakdown	2010	2009
4 - 6 years	5%	5%
7- 9 years	14%	9%
10 - 12 years	21%	24%
13 - 15 years	35%	35%
16 and upwards	26%	27%

As a result of the database we are also able to give reasons of closing each case as follows:

- Successful Outcomes 28%
- Non-engagement with therapy 10%
- Client moved from Khayelitsha/Mfuleni 6%
- Terminated by Client 6%
- Referral to Other Organisation 13%
- Other 1%

4. Audited financial statement

Empilweni Project

INCOME AND EXPENDITURE STATEMENT FOR THE YEAR ENDED 31 MARCH 2010

	2010	2009
		R
Income		
Grants & donations	1,499,282	1,322,067
Interest income	6,081	23,278
Sundry Income	30,000	-
Total Income	1,535,363	1,345,345
Expenditure	1,361,668	1,436,358
Personnel Costs		
Salaries	915,989	927,229
Organisational Contributions	12,129	18,748
Staff Development	5,956	9,915
Recruitment	4,787	10,239
Clinical Supervision	66,500	93,619
Staff Welfare	4,705	9,612
Operating Costs		
Advertising & Publicity	28,838	11,890
Accounting fees	43,370	33,724
Admin Travel	10,294	8,412
Annual report and brochures		
Audit fees	6,840	11,970
Bank Charges	5,720	4,686
Catering and Cleaning	12,422	11,276
Computer Expenses	7,402	7,292
Evaluation	105	
Insurance	9,877	9,348
Interest & penalties paid	3	
Organisational Development	7,002	21,286
Printing and Stationery	29,867	23,657
Rent and Security	118,260	110,488
Repairs and Maintenance	789	5,062
Subscriptions	875	1,450
Telecommunications and Postage	49,624	58,927
Vehicle Running Costs	6,069	19,446
Specific Programme Costs		
Individual and group therapy support costs	7,053	9,470
Training	1,901	9,261
Etafeni - other	-	899
Community Development	5,291	8,452
Operating surplus/(deficit) for the year	173,695	(91,012)

5. Summary of Empilweni structure

Empilweni Mission Statement

To improve the quality of life of children, adolescents and their families in our communities by providing culturally appropriate, child-centred, community-based mental health and counselling.

Our aim is to encourage families to help themselves, and so lay the foundation for a strong, empowered community. We believe in developing the capacity of the key stakeholders through treatment, training and capacity building.

Services offered through Empilweni

- Individual and Family Counselling
- Group therapy
- Youth development
- Community outreach and capacity building
- Advocacy and lobbying around mental health issues
- Training & Capacity building
- Collaboration with other NGO'S, CBO's and service providers

Empilweni Board Members

Mrs S Prosalendis (Chairperson)

Mrs N Sithole (Vice Chairperson)

Mr Warren Daly (Treasure)

Professor Brian Robertson

Professor Andy Dawes

Mr W Ntoyanto

Empilweni Staff

Mhongwe Mtshotshisa (Director), Donald (Maboyz) Mfuniselwa (Service Manager)

Dambisa Mqumbisa, Bukeka Mqumbisa, Andiswa Mananga, Nwabisa Ntsapho, Thozama Tapleni, Luvuyo Zisiwe

Clinical Support Staff

Gill Douglas

Willem de Jager

Accountants: Cathy Masters Business Solutions (CMDS)

Auditors: BDV Platinum

Legal Status

Non Profit Organisation

022-252 NPO

Section 18A

Bank Details

First National Bank

Branch Code: 200-309

Account number: 6203 5479 535

Account Name: Empilweni

6. Donors and Sponsors

We would like to thank the following donors and individuals for their generous support of Empilweni over the past year.

- Atlantic Philanthropies
- Breadline Africa
- Community Chest
- Department of Social Development- Khayelitsha
- Department of Social Development- Eesteriver
- DG Murray Trust
- Firelight Foundation
- HomeChoice Development Trust
- National Lottery Board
- UNODC

For gifts in kind, many thanks to the following individuals and companies.

- Somerset Virgin Active
- True Colors
- Spier
- Renegade Pictures
- Andrew Brittan
- It Outlook
- Mrs Michelle Davidson
- EPC

7. Contact details

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