



# Newsletter

JAN - MAR 2026

## THE WELLNESS CENTRE



**‘Helping students make informed decisions about their health’**

THE WELLNESS CENTRE

Through monthly on-campus visits the Wellness team actively supports and enhances student health at West Coast College. This initiative delivers critical health services, such as HIV testing and counselling and family planning.

By making these services more accessible to students, the Wellness team seeks to encourage early detection, prevention, and overall well-being. This initiative not only supports students in maintaining their health, but also enhances their ability to concentrate on their studies and reduces absenteeism.

### TARGETED UNIVERSAL TESTING (TUTT) FOR TB

TB TUTT is a service that collects sputum samples from individuals to test for Tuberculosis (TB). If there is a positive TB case at a school, factory or large institution, the Wellness team will go directly to the location to conduct testing. All results will be shared confidentially with each individual via their cell phone the next day. The goal is to help detect cases early and stop the spread of TB.



# RISIHA SAFEPARKS

Fostering **Resilience** in Our Children: A Journey from Vulnerability to Strength.



## EDUCATIONAL SUPPORT

Our CYCW help children use playdough to craft sense organs. This not allow them to learn about the functions of each part but also stimulates finger strength.



## COGNITIVE SKILLS

Hand-eye coordination is an essential skill that significantly contributes to a young child's development. It encompasses everything from basic tasks, such as fastening a button on a shirt, to more intricate activities like participating in sports. Ultimately, mastering this skill aids in promoting a child's growth and independence.



## DISTRESS

During the summer, we make an effort to take the children to the beach for some fun in the sun and for some much needed time to relax. Our football team also took advantage of this chance to refine their skills.

## Imagine THE POSSIBILITIES



Children engaged in blind drawing, an imaginative activity that encourages them to let go of perfectionism and embrace the spontaneity of art. The image on the right show the use of wordless books, which can ignite children's imaginations and inspire their creativity.



A child and youth care worker from Laingville clarifies the distinction between essential needs and wants to the children.



We would also like to take this opportunity to express our gratitude to SA Cargo for their ongoing monthly contributions to our Risiha Safe Parks. Thanks to their generous donations, we have been able to provide nutritional support 5 days a week and carry out necessary repair and maintenance work whenever vandalism occurs.

SA CARGO

# DROP-IN CENTRE

A **Drop in Centre** is a community facility offering essential services (meals, psychosocial support and care) for vulnerable children and youth.

## Compassion in ACTION



Mfesane Drop-in Centers are still actively running their after-school programs. We offer assistance with homework, provide nutritious meals, and support with laundry needs. Recently, we successfully distributed toiletries to 80 children from our Drop-in Centre.



Youth Development recently visited Alfonso Arries Primary School to talk about teenage pregnancy.

Youth Development also launched a Teenage Pregnancy initiative in the Kleinskool, Gqeberha area. The program assist teen parents with skills and abilities to take care of their babies. It also offers psychosocial support.

## BRIDGING CARE TO COMMUNITIES



DEDISA Community Health Care Workers held door-to-door screening events in February and March. These events also served as an opportunity to distribute condoms and share essential health care information.

# FAMILIES MATTER PROGRAM

## UNITE AND CONQUER

Rishiha Mentors from the Western Cape convened on the West Coast for a debriefing and wellbeing session led by the social worker of the Family Strengthening Program. This gathering provided a nurturing environment for mentors to reflect on their efforts in supporting vulnerable individuals and families. Through structured discussions and reflective activities, participants examined the emotional effects of their roles.



## Safe space, REAL GROWTH

The ELRU support group was established to provide a safe, confidential space for individuals to discuss personal or family challenges. It allows members to share experiences, gain emotional support and reflect on coping strategies for managing stress and difficult situations.



## Psychosocial Support

OFFERS EMOTIONAL  
CARE THROUGH  
PSYCHOLOGICAL FIRST  
AID AND COUNSELING.



Community health care workers from Hopefield and Langebaan participated in a parenting support group to enhance positive parenting and family relationships. The sessions offered a safe space to learn, share experiences, and reflect on caregiving roles, covering topics like positive discipline, child communication, child development and healthy family environments.

# COMMUNITY BASED SERVICES

This initiative provides integrated health, social and support services directly to beneficiaries in their homes, local communities, clinics and institutional environments.

The **TB Outreach initiatives** aims to identify and diagnose tuberculosis cases early, link patients to appropriate care and treatment, and reduce transmission within communities. The organisation provides these essential services directly to individuals who require them most.



Targeted outreaches in high-burden, rural and under-resourced areas strengthens early diagnosis and improves treatment success.



**Pregnancy week 3-7 February 2026**

The Pregnancy Awareness Programme aims to promote healthy pregnancies and ensure safe motherhood through the encouragement of early and regular antenatal care. The programme emphasises key areas including maternal nutrition, HIV testing, early identification of danger signs, and birth preparedness to improve health outcomes for both mother and child.



In February, a quarterly outreach visit was conducted at Rainbow Creche in Langebaan. These routine assessments include verifying that immunisations are current and reviewing children's growth charts to monitor their development.



Through condom distribution and education, the programme works to prevent unintended pregnancies and STIs, including HIV. By building knowledge, promoting correct and consistent condom use, reducing stigma and strengthening relationships negotiation skills, it plays a key role in reducing teenage pregnancies.

# YOUTH CAFE

The Youth Café acts as a bridge for young individuals who may not have access to education or training

## 3 Week TRAINING

This program focused on three key areas: Personal Development, Entrepreneurship, New Venture Creation, Digital Literacy and Employability Skills.



Igniting potential through confidence, digital skills and entrepreneurship!!!

## CAREER GUIDANCE OUTREACH



Saldanha Youth Café engages learners from multiple schools in the West Coast participation in the Youth Summit in Vredenburg. The programme focused on educational and personal development and support systems available for youth to grow and succeed.

A **Train-the-Trainer** Capacity-Building program was launched in Wittewater to empower local youth to transfer skills and sustain learning in their communities. The program utilised a phased exit model to promote long-term community ownership, while ensuring effective capacity and practical capability transfer.

It employed the Asset-Based Community Development Approach (ABCD) to help participants identify and leverage community strengths and resources. Participants from surrounding areas, including Goedverwacht and Koringberg, showed commitment to attended sessions despite financial and logistical challenges.

## EDUCATE ONE, EMPOWER MANY

A Human Trafficking and Abuse Awareness Outreach Programme at Velddrif Youth Cafe was implemented in partnership with Call to Serve at the local clinic. It focused on raising awareness of human trafficking and related forms of abuse with emphasis on the vulnerability of young women.



# KHAYELITSHA



## A Safe HOLIDAY

Our holiday programme created a safe and supportive environment for the children at the Safe Park, enabling them to make the most of their school break. Recognising the challenges many young children face within the communities, the programme incorporated awareness sessions on crime and bullying, highlighting their serious consequences. In addition, children participated in fun and engaging activities such as dancing and group games, promoting social interaction, well-being, and positive development.



## STRENGTHENING COMMUNITIES THROUGH COLLABORATION

Mfesane has united various partners, including Little Zebra, Beautiful Gates, Basiphumelele, Kamva Labantu Uphakamiso, Army Foundation, and other NGOs, for a Community of Practice (COP) meeting aimed at enhancing afterschool and Safe Park programs. We are also thrilled to welcome new staff members who will participate in the Dignity and Mentorship Facilitation Training.



Our Fatherhood Programme provides a supportive environment for men across generations to reflect on their roles, share experiences, and engage in enjoyable, hands-on activities.

The programme promotes positive masculinity and encourages active involvement in parenting, including foster care and caregiving.

The graduation ceremony for Trauma-Informed and Gender-Based Violence and Femicide (GBVF) training, held by the Connect Network, celebrated representatives from various organizations, including Mfesane, who gained skills to better support vulnerable individuals.



## EMPOWERING CHANGE THROUGH LEARNING WITH THE CONNECT NETWORK

Our male staff recently took part in a GBVF workshop as part of the Family Strengthening Programme, aimed at fostering positive masculinity and promotes safe, supportive family environments.



March marks National Social Worker Month, a time to celebrate and honour the dedication, compassion and unwavering commitment of our social workers and auxiliary workers in strengthening individuals, families and communities.



It's truly inspiring to witness creativity come to life through sewing and design, making a meaningful difference in the lives of our participants. We are especially encouraged by the growing involvement of young men in clothing design, as they challenge traditional stereotypes, break barriers and confidently embrace their talents.

## SKILLS TODAY, SUCCESS TOMORROW



Bricklaying and plastering training is offered on both weekdays and weekends, under the guidance of a dedicated instructor. The programme continues to yield positive outcomes, including inspiring success stories - such as a former trainee who now builds houses independently. This highlights how practical skills development can transform lives, promote self-reliance and create sustainable livelihood opportunities.

We give Thanks to our Heavenly Father, for without Him,  
none of this would be possible.

We extend our sincere gratitude to our  
supportive Board of Directors, management  
and loyal and hard-working staff as well as our  
valued networking partners, donors and the  
families who walk this journey with us.  
May God richly bless you all!

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NB. If you would like to give to a particular project,  
please add the name of the project as a reference.

ALL DONATIONS TO MFESANE ARE TAX-DEDUCTIBLE.  
PLEASE REQUEST A TAX CERTIFICATE WHEN YOU SEND A CONFIRMATION  
OF PAYMENT SO THAT WE CAN ISSUE YOUR CERTIFICATE.

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