Newsletter

APR - JUN 2026

Family Strengthening Programme



The Power of Sports

A total of 450 young boys participated in the soccer tournament, making it a truly vibrant and memorable event. The under 13-team from Laingville emerged victorious, earning the title of overall tournament winners. Congratulations on this outstanding achivement! We're so proud!

The soccer tournament was a rewarding experience for the organisers, coaches and most importantly the young boys. It provided a safe and structured environment where participants could engage in healthy recreation over two consecutive weekends. Beyond the excitement of the matches, the event also reinforced our strong commitment to child protection and the well-being of every child involved.



UNDER 10 STRIKER IN ACTION



#TeenMentalHealth

FSP organised a psychosocial support group for 21 teenagers at Risiha Safe Park, aimed at fostering their emotional, social and personal development within a safe and supportive environment. During the session, the young participants were encouraged to openly share their experiences at home and school. While some expressed personal challenges and concerns, the session also helped strengthened friendships, as many discovered shared experiences and common ground with one another.



HIV & teenage pregnancy awareness at Masiphatisane Primary School

FSP joined SAPS, DSD and Care and Support in facilitating an HIV and Teenage pregnancy awareness session. FSP used the Dating Pyramid of Unprotected Sex activity to demonstrate how HIV can spread through sexual networks.

Risiha Safe Park







Learning through storytelling: Little Zebra Books





Learning through storytelling is a powerful method that engages both the heart and imagination. It ignites a deeper understanding and connection with the material. We are proud to partner with Little Zebra Books to inspire our children of the Safe Park to discover the joy of reading in their own language. The books teach them about integrity and empathy. Storytelling is not just about sharing knowledge or folklore it is also about belonging and cultivating a lifelong love for learning.







Child protection week

Our children took to the streets to raise awareness about the importance of children's rights during the week of 29 May - 5 June 2026.





Homework & Colouring

We incorporate these two activities into our daily routine to support the educational and creative development of the Safe Ppark children. Homework supervision is designed to provide a supportive environment where children can focus on their schoolwork. Colouring is a fun and relaxing activity that allows children to explore their artistic talents. This simple yet effective exercise enhances fine motor skills, encourages imagination and helps children learn about colors and patterns.



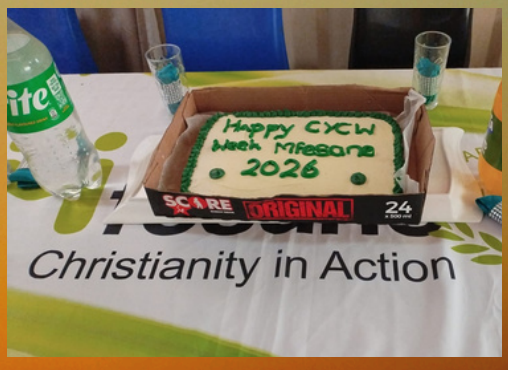




Strong muscles, clean hands, unstoppable kids

It's essential to respect your body, prioritize staying healthy and active. At our Safe Parks we encourage our children to maintain a healthy and active lifestyle. We teach them what healthy and unhealthy eating do to the mind and body. We also have safety talks about how to be safe in the community and what warning signs to look for.





"Caring, Connecting and Advocating in Troubled Times."

In May, we celebrated Child and Youth Care Workers Week. To show our appreciation, we treated them to a light lunch and a delightful sweet treat.

Khayelitsha

Safe Park Activities

Our Holiday Program becomes a safe haven and structured environment for children in Khayelitsha during school breaks. It helps prevent learning loss while ensuring their safety and well-being. Through the Safe Park, children engage in group activities that promote collaboration, interaction, support and personal development.











Reading & writing

Children participate in interactive games that strengthen reading and writing skills. We also collaborate with Childline to enhance group activities and provide additional support and resources.

Dare to Dream

Group sessions for boys address various impactful topics such as Identity and purpose, relationships, abuse awareness, values and community engagement.



Our Food Garden is flourishing

Food Forward has partnered with us to provide training and mentorship for our team. Their expertise supports the development of a thriving garden, offering a valuable hands-on learning experience and delivering essential resources to cultivate a flourishing garden. This initiative presents an extraordinary experiential learning opportunity, filled with valuable insights. We are wholeheartedly embracing this educational journey through meaningful cllaborations.







Career Expo

The career exhibition provides learners with valuable exposure to a wide range of careers, helping them make informed decisions about their future. It enables Grade 9 learners to choose subjects. For Grade 12 learners, it offers guidance and career opportunities, study options, and the skills required for different professions. By interacting with professionals in various fields, inspire learners while building their confidence and motivation.







Sew far, Sew good, Sew amazing!

Proud moments as participants of our Sewing Skills Course showcased the beautiful products they created after just three months of training, from unskilled to skilled in 3 months. Learners expressed their disbelief and joy, praising Mfesane for unlocking their hidden potential. A special thank SOS Children's Home for sponsoring some of our youth. We are grateful for partnerships in empowering communities. Through our Bricklaying and Plastering Skills Training Programme, participants gain skills, they are building confidence, practical job readiness and restoring their dignity.



Restoring compromised dignity.

Dream Day at St. Michael Primary School. This session aimed to help the girls recognize their unique worth while reinforcing the message that God loves them just as they are.



Train-the-trainer

Our facilitators Anele Mboso and Siyabonga Benesh attended Train the Trainer training - we take pride in Capacity Building

Gqeberha: Drop-In centres

Facilitating Healthy Family Conversations





Youth Development organized successful Family Matters events at Well Estate & Booysen's Park.
The Family Matters Program (FMP) was created to help parents engage in open and honest discussions about their experiences as parents, which has shaped their parenting style and how they are able to overcome obstacles together, by sharing their stories. A special focus was on teenage parenting and the unique challenges faced by young parents.

"Creating a safe and supportive environment"





At both our Drop-in centers in Gqeberha, we provide holistic support to children in a safe and caring environment. We assist with homework, we help with laundry when needed, and ensure that every child receives a nutritious meal. Our CYCWs also facilitate engaging activities that nurture creativity and help develop essential life skills - creating a space where children can learn and simply be children.



Business Training

Our Youth Officers, in partnership with Khanyasande Business Development Services, have launched a three-month entrepreneurship training program for 13 participants at Wells Estate and Booysens Park. The program equips participants with essential skills in business planning, marketing strategies, financial management, and more - empowering them to turn their ideas into sustainable ventures. We wish all participants every success on this exciting journey!

DEDISA COMMUNITY HEALTH CARE WORKERS





The Dedisa Community Health Care Workers organized a support group at Wells Estate, along with various community outreach initiatives, including a TB screening and HIV/AIDS testing event. These efforts forms part of our ongoing mission to provide accessible and essential healthcare services to the community. By offering these critical health screenings, we aim to promote early detection and timely intervention.





Offering a helping hand to young parents

Mfesane received another generous donation of baby packs from Jelly Babies 4 Tots, enabling us to provide essential items to new mothers at the Wells Estate clinic and Dora Nginza Maternity.





Traditional Leaders Training

SBC Program hosted a four-day training program for Traditional Leaders and focused on Community Capacity Enhancement. SBC implemented a successful Traditional Leaders Program at Booysens' Park reaching 100 participants.



This initiative was executed through collaboration with a range of local stakeholders.

Social Behaviour Change (SBC) facilitators launched the Community Capacity Enhancement (CCE) Program. The CCE is an approach that empowers local populations to identify and solve their own developmental challenges. By focusing on participatory—or "Community Conversations"—it builds on existing local strengths and leadership to address issues like public health, social stigma, and economic development. Stakeholders attending:

- SAPS - Chatty Police Station
- IPM
- Akanani Good Shepherd Mission
- Booysens Park Primary School SGB Representative
- AFM Church Representative and Pastor
- Community and youth leaders

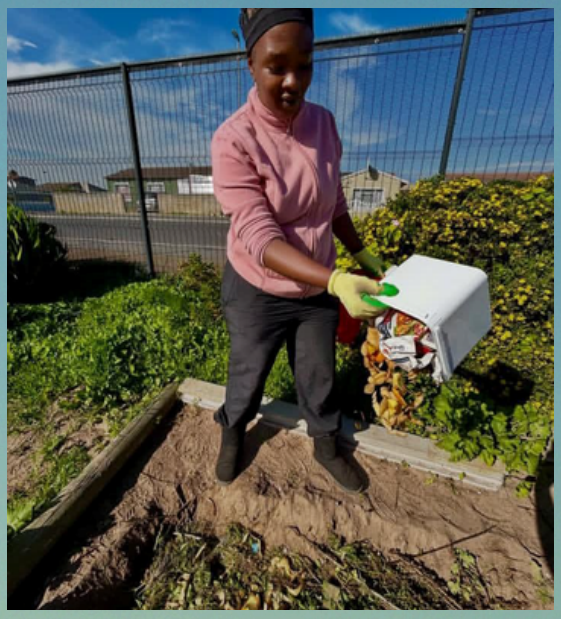
Youth Cafe

Agroecology Training: In collaboration with ISA Enviro.

Darryl from ISA Enviro leads the YOMA Agroecology pathway, a well-structured 12-week blended learning course designed local youth. This program includes:

- Certified e-learning
- In-person classes
- Hands-on practice

Participants engage with the online Atlas platform, while staff members receive training on how to effectively establish and manage an eco-club upon completion. The primary aim is to equip local youth with verifiable skills that prepare them with for opportunities in the green economy.





Business Development Training

The Youth Café has partnered with SEFDA, West Coast College, and the NYDA to support aspiring entrepreneurs. Through this collaboration, participants receive business development support, including training, mentorship and access to essential business information. The training equips participants with the knowledge, skills and resources needed to build sustainable enterprises.



Practical sessions were conducted at the Diazville High School Food Garden. To date, five training sessions and one practical session have been successfully completed.

Leadership CAMP

Velddrif Youth Cafe supported youth development by facilitating a three-day workshop for School Representative Council learners at Langebaan Primary School, organised by Badisa and the Saldanha Bay Municipality. The facilitators delivered interactive sessions focused on leadership, resilience and emotional awareness. This initiative also strengthened collaboration among key community stakeholders.





CAREER & YOUTH EXPO



The Youth Café participated in a career expo at Diazville Primary School, where the Career Club was launched for approximately 100 Grade 8 learners. The event also raised awareness among learners about resources and support available through the Youth Café.



On 16 June, the Velddrif and Saldanha Youth Cafés participated in the Department of Social Development Youth Expo held in Kleinmond. The Youth Cafe's were invited to take part in this event, which contributes to a broader provincial youth development programme. The initiative aims to ensure that no young person is excluded from accessing essential services, opportunities and support.



The Velddrif Youth Café staff supported 2911 Creating Hope Africa by engaging the community to register for the Youth Conference. The team raised awareness about the event's benefits, such as employment opportunities, education, and skills development. The Youth Café also provided hands-on registration assistance, ensuring accurate participant information and guiding individuals through the administrative process.

Future coders



The Diazville Primary School Coding Club began preparing for a coding competition in April. Grade 4 and 5 students focused on an unplugged coding session to enhance their understanding of coding concepts without computers. The school now offers two coding classes; the beginner class for younger students use the ORT mouse set to build basic coding skills, covering directions, vocabulary and recognizing landmarks.



ORT Mouse

Community Based Health Care Services



TB is preventable and curable

During the month of June, our community health care workers conducted 10 door-to-door TB screening campaigns in Vredenburg. Through this proactive initiative, a total of 156 sputum samples were collected as part of active TB screening and contact tracing efforts. Individuals identified as having suspected TB were promptly referred and put on treatment.

Seek medical attention immediately if you suspect you may have TB. Look out for the following symptoms:

- A persistent cough that lasts for two weeks or more.
- Unexplained weight loss or a decrease in appetite.
- Fever, particularly if accompanied by severe night sweats.
- Extreme fatigue or weakness





HAST TRAINING refers to HIV & AIDS, STI and TB testing, screening and counselling. CHWs were trained on how to conduct HIV blood tests correctly, with a strong emphasis on adhering to the guidelines and pamphlet recommendations.



Creche Outreaches

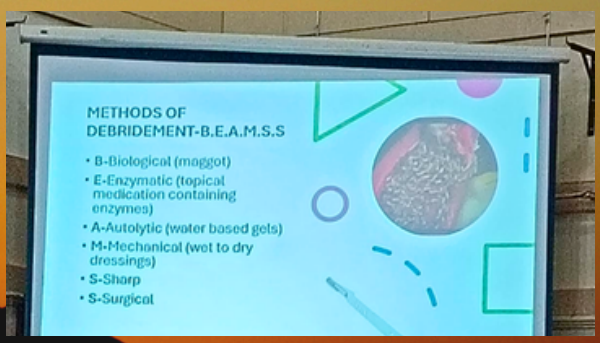
Regular check-ins at ECD centres play a vital role in the early identification of both physical and mental health concerns among children. These visits also include monitoring immunisation, deworming and vitamin A supplementation records, helping to prevent potential outbreaksand ensure children's overall well-being.





Stats training by DOH

The Community Health Workers (CHWs) received guidance on the new data element guidelines introduced by the Department of Health (DOH), with a focus on accurately recording statistics during home visits. They were also encouraged to familiarise themselves with the relevant abbreviations in advance to ensure consistency, accuracy and effective data collection during visits.



Wound training

The training equips healthcare professionals with the knowledge and skills to assess and manage skin injuries effectively. Its primary objective is to promote faster wound healing, while preventing severe infections and reducing pain.

Wellness Centre





SASSA Outreach

The Mobile Clinic was stationed in Saldanha Bay for a SASSA outreach day, bringing healthcare directly to the community. While clients waited outside, we were able to engage and assist them, turning what is usually a long waiting period into meaningful wellness time.



Paternoster Outreach

The Wellness Team participated in a community outreach event organized by DSD in Paternoster, supported by the Saldanha Youth Café. The event included health education on teenage pregnancy and prevention, with Sr. De Vries providing a session on personal hygiene, equipping school girls with knowledge to maintain their health, dignity, and confidence.



The Mobile Wellness Clinic opened its doors to provide essential health services to community members attending the outreach. The Saldanha Bay Youth Café also played a vital role, assisting young people with CV writing and ID applications. It was inspiring to see so many young people actively engaging and making use of the available services. We're excited to continue this partnership and look forward to joining the DSD Holiday Programme in Paternoster on 8 July for another day of making a positive impact in our community.

Did you know?

The Wellness Centre conducted 12 outreach events between April and June, serving a total of 412 individuals. Additionally, there were 1822 walk-ins at the Wellness Centre during this period.

Year Beyond

The Healthy Pathfinders Programme

launched by YearBeyond in March 2026, is a youth development initiative in the Western Cape that places unemployed youth in public health facilities. This program provides work experience while supporting patients and promoting healthy living. Participants undergo training and are organized into teams to assist at various sites.

From March to July 2026, 13 YeBoneers have shown significant personal and professional growth, gaining confidence and workplace skills. They engage in weekly discussions called Future Fit Friday, focusing on personal development and essential life skills. They also participate in community activations. One notable event was the "Fun Day with Soup" on June 16, 2026, where soup and hygiene products were distributed to children, promoting health awareness through games and activities.

As the program nears its end, participants have gained exposure by rotating through different health departments, enhancing their communication skills and workplace experience. Each participant will receive a Certificate and Letter of Competency to acknowledge their contributions. The program has been rewarding, showcasing the growth and potential of the YeBoneers.



Registration Day 30 March 2026





Orientation Day for the 13 Yeboneers (Healthy Pathfinders)



Meeting up their Facilitator & Technical training







Our YeBoneers in action at Vredenburg Hospital







Activation Day on June 16 was filled with fun and learning. Our YeBoneers had a wonderful time connecting with the community.

We give Thanks to our Heavenly Father, Board of directors, management and staff for the hard work. Our staff is our most valuable asset.

News Flash: Vredenburg Office Building Project

After 21 years of renting office space, we are excited to announce that plans are underway for a new office Vredenburg office building. This marks an important milestone in our history and reflects our commitment to serving our communities for many years to come. We look forward to keeping you updated on the progress of the project and thank all our clients, partners, and community members for their continued support over the past 21 years.

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