



REPORTS OF OUR PROJECTS

FROM JULY TO SEPTEMBER 2019



Including

Our education programs

Our health projects and our patient transport

Our Children in Need project

Our Mdumbi Trail Run

Dear readers and especially dear donors,

2019 has been flying for all of us at TransCape NPO. Maybe because it has been such an eventful three months? It seems just like yesterday that we sent our 6 months reports to you.

This 3-months update reports serve as short and crisp informs of all programs.

We hope you enjoy the reading and please don't hesitate to contact me if you have any questions.

Yours Astrid Gifford
Managing Director and Treasurer



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Mdumbi Pre-School Report

Written by Nolutho Mdloyia

The third term began on the 9th of July. Before the school closed the teachers and the parents agreed to invest into school uniforms for the preschool children. The main reason for the new clothing was the idea to take the children on regular school outings from now on. On the 23rd of August the whole pre school went to Mthatha to visit the museum, the community radio station, the airport, the nature reserve and the mall. The trip was extremely educational and also exciting for the children. Two of our children spoke on the radio and greeted their parents as home.



The kids were fascinated by the stuffed antelopes and buffalo at the natural history museum.



All the children clung to the fence at the airport with great excitement to observe the plane landing and taking off again. For the first time the children had a chance to lay eyes on alive African animals like zebra and springboks at the Luchaba Nature reserve. Finally, in the mall they got see the bright lights of the

game arcade. What a day! They had sooo much fun and didn't want to go home.

We are happy to report the installation of a brand-new playground at the Education Center. Designed and build by Daniel Skerrett a volunteer from Australia who came to join us for 1 month. We have swings, climbing walls, balancing beams, monkey bars, see-saws and robe gardens to improve upper body strength, coordination, balance and body awareness.



Our dear volunteers Tina and Julia had to say good bye after one year in the preschool. Their year was up and we welcomed our new volunteers from Germany, Franzi and Julian. The teachers are very happy with the new volunteers as they easily integrated in the team and their English is well developed.

In the beginning of September, the teachers started with assessments. The children were asked to show off their knowledge about the sounds of the alphabet and also count numbers to 100. It went very well.

We closed for Spring holiday on the 20th of September for 10 days.

We hope that you will enjoy the report.

Yours Nolutho Mdloyia

After-School Enrichment Program Report

Written by Andisiwe Masiphule

The After-School program started in 2008 and takes place every day in the afternoon at 4pm for one and a half hours. The program aims to improve the student's English and Maths skills. Andisiwe assists with homework as well. Through the additional attention we see great progress in those difficult subjects.



This term, Andisiwe attended another Thanda workshop. Thanda is a partner NPO of Transcape. They provide workshops and seminars for teachers to further improve their teaching skills. Andisiwe

learned a lot and was brilliant in implementing her new knowledge. Thanda field workers come out to visit and observe her in the classroom setting. They were very happy with her classes. Most astounding was that the shy children came out of their shell and engaged into meaningful activities through new applied teaching techniques. Reading more stories, playing language and math games and arts and crafts had a lovely positive effect of the learners.



Our new German volunteers, Franzi and Julian continue with our new English activity. The students have Pen Pals in German high schools, who they can email while at After school class. The aim is to practice written language in English and exchange cultural backgrounds and stories. Being exposed to computers and the internet is important part of our learning program.



The number of children attending the After-school enrichment classes is increasing because they love the stimulation and their teachers.

In the school holiday we ran a holiday program for the kids. We organized a fun beach day, which included games, swimming and a beach clean-up to save the oceans. We educate our children about the dangers of pollution and how we can help nature. We also organized a soccer and netball fun day with a tournament on the end of the day. On the third day we set up a projector to show a movie. The kids enjoyed watching the new Jungle Book, munching lots of popcorn.



Tshani Athletic Club

On the 7th of September the children went to Mthatha to run in the Walter

Sisulu University 10km challenge. It was a fast race producing some quick times and the children all finished top 10 and received medals.



Mr Bhabala who is the Vice Principle of Sikoma Junior School chaperoned the children and he is very passionate about running and is also involved and works closely with the Department of Sports and recreation. It is great to keep making more contacts and this helps growing the interest among the youth.

There was also a holiday program set up for the kids. The itinerary alternated between running and soccer and netball and it

ended on Saturday with a fun 5km race. The children were fed throughout the program as these young athletes expend a lot of energy.



Netball teams

The TransCape noticed that the netball equipment in the Mankosi community needs an upgrade. We have got many girls all ages interstied in playing netball as it is a lot of fun.



We bought new netball hoops and 8 new netball balls to give the youth a chance to pursue their passion.



Senior village girls like Phateka Siya and Khanyisa Hlohla have taken on the

coaching of the teams and formulated even a League. Every weekend the girls play tournaments against each other.

All in all, the term was very eventful. The program is doing well and we will continue helping the children in their development.

Yours severely Andisiwe Masiphule

Scholarship Project Report

At the moment we have got 4 students who receive scholarship support for their education.



Abonga Mapinyosi and Matsidiso (Twiggy) Jampo are schooling and boarding at Dalinyebo High School in Mthatha. They have performed well this last term and past their grades. We expect them to pass their grade 11 on the year end without any problems.

Musa Jampo is in Maclear High School and we are

very proud to report that he past Afrikaans language for the first time this term. Having no choice but to do Afrikaans as second language which he has never had before, was very daunting and we didn't expect him to pass Afrikaans so quickly in a grade 10 level. Another amazing factor is that he became the best and unreplaceable flank in the schools Rugby team.



He has been chosen to join the Eastern Cape Rugby Academy. This gave him a huge boost in his confidence and became a responsible hard-working adolescent.



Sibusisiwe Siya was finally accepted into a university after failing to enrol in the first semester. Through perseverance and sending in applications she

managed to enrol in the course of Public relation studies. She is based in East London and boards privately. She enjoys her studies and she said that she is happy.



Health Projects Report

Written by Zintathu Luvalo

During the past 3 months Zintathu the HIV and AIDS counsellor has been busy implementing the following project. Clinic visits, Home visits, giving Sanitary Towels, School visits, Cataract project, workshop with the Home-based Cares and HIV Support Groups as well as HIV/ Aids Community awareness.

It has been an absolutely amazing adventure with its ups and downs and most importantly it's been real learning curve. All the projects provide a good challenge for me all in their unique way. I have to say, that it is always my happiest moment when I can work with people and bring positive change to their lives. Often my intervention bring transformation to what

seemed an unbreakable chain of Health problems.

All the projects have become part of my life as they are in my heart.

Clinic visits

I have visited 2 clinics giving education about HIV and AIDS through talking in the waiting area of the clinic and also giving out educational pamphlets.



The clinics provide me with a private room to conduct HIV testing and counselling on a one-to-

one basis. I see patient who are already on HIV treatment, update them on facts how the treatment works and encourage them to stay on the medication the doctors have described.

No. of people received one on one counselling	113
No. of people received education	1800

Home visits

I have been visiting the homes of different villages once a week. Door to door education and counselling about HIV/AIDS plays a big role in reaching remote and often impoverished families. I have realized that the education level and infection rates differ a lot from village to village. The once who are remote and still have deep cultural believes are often more difficult to educate or even

talk about prevention of HIV/AIDS. My challenge was to introduce facts about HIV and Aids and its transmission, without criticizing the cultural believe as it would result in instant antagonism. I successfully by-passed this barrier by giving factual examples and proof of what is really happening to people in the neighbourhoods, who are not taking their medication or even refuse to get tested.



No of home visited	120
No of people received one on one counselling	220

School visits

I have been working with 4 different schools in the last 3 months. It has been an amazing journey, seeing how the teenagers come out of their shell and start talking about their thoughts and fears of HIV/AIDS. The level of hope is high as they believe, that their generation will be able to turn the tide on new infections and stop the spreading of HIV. I also addressed the importance of breaking stigma for those who are already affected by the virus and how they can still live a healthy lifestyle without shaming one another. The participation of the scholars was great! They wrote their own mini plays about how they experience living with HIV and the great challenges which come with it. They also addressed how they could change

stigmatisation of people living with the virus. Drama is a very powerful tool to get the kids thinking and talking about such sensitive issues!



The students mentioned to me that it is very nice that professionals of other organizations, like TransCape, come to the school and provide information about health issues. It changes how they understand the disease and makes a huge difference to their behaviour. I made a point to talk to them a lot about what happens inside the body when the virus enters. For them to understand how the virus acts makes it more real for

them and they also understand why it is important to look after once health. Now they know how important it is, to know their status and how to take care of their bodies.

No. of schools visited	4
No. of leaners receiving education	319

Cataract project

In the past 3 month we had 8 people to undergo Cataract surgery. They are joined by their care givers as they can not see well. A total number of 13 were transported by us, to Zithulele hospital to receive the intervention. Unfortunately, 4 patients had uncontrolled high blood pressure and were not suitable to receive antistatic. Another patient was referred to Mthatha General Hospital because of her very poor health

condition. Only 3 patients were operated successfully. They were very grateful for the good care and opportunity to have eye surgery free of charge. The gift of sight is unreplaceable! The other patients will have another chance of receiving surgery as soon as they are stable and maintain their blood pressure and diabetes.

No. of people for operation (cataract)	8
People successfully operated	3

Support group and Home-Based Care workshop

We had 3 good workshop days with the support and home bases carers. We discussed our experiences of working in the communities and were learning from each other. A

few points were noted where our communities need more attention and where the greatest needs lie.

Our support group members are very motivated to do more and attend courses in counselling and also testing for HIV like me. Some also want to go to nursing school to better the quality of care in the homes of our community.

Furthermore, we continued planning of the HIV/Aids educational magazine, we would like to publish in future. The purpose for the magazine is to involve more young people to join the fight against HIV/AIDS and aim for a HIV free generation through education.



No. of members	36
No. of participants last 3 months	22

Community awareness

We have had 3 small community awareness days.

Through those people who I have educated in clinics and home visits the community awareness days are chosen. Here we discuss the very complex issue of how the defaulters (people who stop their treatment) effect the whole village and how the community can fight this!

A lot of people do not want their partner and family to know that they are HIV positive and on treatment. People default because of that and bring great danger to the community. The fear of stigma is still at large and people do not want to be seen picking up their

medication and default because of that.

In each village we questioned the community about their thoughts, who's life will be put into danger when people hide their status and needs. The outcome of that was astonishing, as I could see how the community members started thinking of the importance of a save lifestyle and a lot of people wanting to come for testing to know their status.

No of awareness days	3
No of people educated	169

Sanitary towel project

No progress has been achieved yet to source the right materials to sew sanitary towels. We are aware of the urgency and have made contact to more suppliers and we hope for results sooner than later.

Thank you for all your support.

Kind regards

Zintathu Luvalo

Patient Transport Report

Transportation of sick people to the hospital remains a big challenge. Emergency transportation should be a service delivered by the Government hospitals, but in rural areas like ours, it has not yet been implemented. Sibongile Masisio, our faithful driver since 2004 has transported 16 patients during the last three months. The emergency cases comprised of strokes, broken bones and women giving birth. We are very grateful that we can still keep this project alive

through our faithful sponsors.



Children In Need Project Report

Written by Andisiwe Masiphule

The Children in Need program moved from Canzibe to the Mankoi area in 2017. Andisiwe is our project manager and is in charge of identifying children in need. That includes children who live in extreme poverty, are sick or live in vulnerable environments. Andisiwe visits the families and children 3 times a week.

We support three orphans on a monthly basis with food parcels as they are waiting for their ID's to be finalized and issued at Home Affairs Department. One of the orphans received his ID lately.

One of our past pre school kids, Cinga was adopted into our program as permanent child in need as her family is very poor and does not have any income. We provide her with school uniforms and material. Last

month we sponsored her school tour outing to East London for further stimulation. Cinga is an amazingly smart kid and brings home A grade school reports every term! Andisiwe keeps a close eye on her development.



Andisiwe took a group of 10 children to Home Affairs to apply for their birth certificate and IDs, unfortunately on that day

the system was down again. This happens often as the governments systems are old and unreliable.

Andisiwe encountered 3 elderly people in desperate need the last 3 months. A 61-year-old lady was living without ID document nor pension. Andisiwe helped her to apply for her ID which she received now. She will be able to apply for her pension now. This way she will be able to support herself and her family. Further 2 elderly ladies are on her list to apply for IDs and pension grants.



The program works well and Andisiwe is interested to explore the option of also helping the elderly and lonely people of Mankosi community. She has spoken to community women who are interested to help on a voluntarily bases to visit the elderly have a conversation and cook and clean for them. She found a lot of positive response and we think it is great to help all in need.



Mdumbi Trail Run Report

On the 10 August 2019 Transcape NPO hosted the Mdumbi Trail Run 2019. This was the eighth (8) running of this event since its inception in 2012. The annual



migration to Mdumbi backpackers, of this crazy eclectic trail species, serves as a fundraiser for Transcape NPO. 100% of the proceeds raised goes towards the multitude of projects that Transcape NPO facilitates, ranging from Health to Education to Socio-Economic and everything in between.

This year we decided to include a longer distance

to the event, so for the clinically insane we added a 34km route to the already existing 8km and 17km distances. It was a welcome addition and definitely boosted interest, we had 21 athletes who competed in the 34km race. The 17km challenge also saw a 70% growth in numbers from 2018. The trail routes are all extremely beautiful with a perfect balance of rural Transkei, inland indigenous forest and coastal splendour all while having the amazing support of the local people to offer moral cheer. The difficulty or technical rating of this run is an 8/10.

Runners Attendance

Tshani Junior A/C	67
8km Mankosi local	33

8km Tourist	15
17km Mankosi local	12
17km Tourist	24
34km Mankosi local	7
34km Tourist	14
TOTAL	172

In closing it is a healthy fun enjoyable way to spend time with friends, family and like-minded people and we challenge everyone young and old to come and experience the Mdumbi Trail run organized by Transcape NPO.

Skills Development Center Report

Written by the SDC team

It is time for an update! Once again, we want to thank you all who donated to the Little byLittle campaign by Global Giving. With this campaign we raised R14.800 and we cannot wait to give this amount a good purpose. We also would like to take a moment to give a huge thank you to our local SDC team, Khanisya Hlohla, Daniel Mvumbi, Thulani Gxala, Astrid Gifford and Mirthe Vos. This team was formed exactly one year ago, and we are still going strong in the fight against youth unemployment.

What is new?

We made contact with the South African department of Adult Education and Training (AET). The AET coordinator has visited us in Mankosi and we talked about how to combine

forces and help the community moving forward. The AET program provides adult education from NQF level 1 learning how to read and write all the way to NQF level 4 which focuses already on valuable skills like tourism, hospitality, retail, SMME, Entrepreneurship, ECD and axillary Health care. It is looking positive and next week we will have a meeting with AET and the whole Mankosi community to register and sign up for the program.

Sewing training

We are very proud of our first employees of the Skills Development Center: Nomandla and Nosphelele. These women are in professional sewing training to be teachers for the community in the future. Our first products

are these colourful trousers who are now for sale to provide income to the SDC.



These trousers are sold at our local Mdumbi Backpackers and you can also order them online. Send us a message if you are interested, or take a look at the website.

<https://skillsmankosi.wixsite.com/skillsdevelopment>

Note! The fabrics we use, are bought at a local market. That means, when we finish the fabric, this pattern will no longer be available. The fabrics are of very high quality and these patterns are available at the moment:



Kind regards,
The SDC team



We would like to thank all of our sponsors for their tireless support. Without you this would not be possible.

Yours TransCape team



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