



The Seven Passes Initiative

RURAL YOUTH DEVELOPMENT PROJECT



ANNUAL REPORT
2018 – 2019

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Seven Passes Staff - 2019

Colouring Book Analogy

Imagine for a moment that your life is like a child's colouring book. Every day someone hands you a new picture of the experiences you will have. The colours of your crayons are determined by the decisions you take, your choices and your reactions to everything that happens to you. How does your picture look at the end of the day?

Living and/or working in the community of Touwsranten poses severe challenges. The events that unfold in the lives of the people of our community often result in a sombre picture. Without help, these pictures might turn out mostly grey and black. As a collaborator, a donor, a volunteer, an employee or a supporter who liked and shared our social media posts, you helped us to add brilliant colour to the pic-

tures of the community of Touwsranten...

With your green crayon, we were able to expand our programmes and services... Your orange crayon stimulated enthusiasm and creativity...

You gave us a bright red crayon so that we could energize and equip our staff... We organized fun activities with the yellow crayon. It brought a sparkle to the eye and a smile to the face of young and old...

We used the pink crayon and created a soft place to fall for those who need it... The blue crayon brought peace and serenity to previously violent scenes...

And then, we even had the privilege to experience the humble kindness of purple royalty...

We invite you to scroll down and read about our colourful community.



Executive Summary

Seven passes initiative executive summary 2018/2019 year

The Seven Passes Initiative is a non-governmental organisation, based in the community of Touwsranten, 30km east of George in South Africa's Western Cape Province, with NPO Registration number 065 133 NPO. This annual report provides an overview of our activities in the 2018/2019 year.

The Seven Passes Initiative was established with the primary aim to reduce the levels of violence in the communities in and around Touwsranten.

In working to achieve this goal, our strategies initially included:

- academic support to all school-going children in the community
- work and further learning opportunities for young people

As we have come to understand the unique needs of the children, young people and parents in this community, we have expanded our services to include the following:

- Safe, nurturing and stimulating after-school care and holiday programmes for children

- Balanced meals for children attending the after-school centre
- A life-skills programme for all children aged 5 – 18
- A special programme for all school-aged children on Fridays to stimulate play and creativity
- Support for parents through four positive parenting programmes

At the beginning of January 2019, staff and board members mapped out a clear 5-year strategic plan to achieve our goal of building safe, healthy communities.

During the 2018/2019 financial year, we had numerous opportunities to attend workshops in various locations in South Africa. Essential training was provided and partnerships developed that will add value to our organisation.

We established and expanded our relationships with the South African Police Service, Pastors, Church Governing Bodies, Child and Family Welfare and The South African National Council on Alcoholism and Drug Dependence. These relationships enable us to offer a broad range of services to children and parents of the communities of Touwsrante and Wilderness Heights.

School holidays bring a much-needed break for learners and educators, but it is also a period of increased risk for children, who can become involved in negative or dangerous behaviour.

To minimize this risk, we offered three successful holiday programmes. Activities included all-time favourites such as traditional games (boeresport) and art projects with volunteers from the Wilderness Art Association. New activities included a treasure hunt and excursions to the Big Tree and the Wildlife Park.

We are grateful for the continued support of our local and international donors, as well as the Departments of Social Development and Community Safety. We maintain ties with other non-governmental organisations in our area, as well as local, regional and national government departments and businesses. In the current challenging economic climate, it is only through collaboration with all these role-players and the hard work and dedication of our team, that we are able to continue to provide our essential services to Touwsrante and beyond.

Uitvoerende Opsomming

Seven Passes Initiative uitvoerende opsomming 2018/2019 jaar

Die Seven Passes Initiative is 'n nie-regeringsorganisasie, gevestig in die gemeenskap van Touwsranten, 30km oos van George in Suid Afrika se Wes-Kaap Provinsie, met NPO Registrasienuommer 065 133 NPO. Hierdie jaarverslag bied 'n oorsig van ons aktiwiteite gedurende die 2018/2019 jaar.

Die Seven Passes Initiative is gestig met die primêre doel om die vlakke van geweld in die gemeenskappe in en om Touwsranten te verminder. Om hierdie doel te bereik, het ons aanvanklik op die volgende strategieë gefokus:

- Akademiese bystand aan alle skoolgaande kinders in die gemeenskap
- Werks- en onderriggeleenthede vir jongmense

Ons dienste het uitgebrei namate ons die unieke behoeftes van die kinders, jongmense en ouers in die gemeenskap beter verstaan het, en sluit nou ook die volgende in:

- Veilige, koesterende en stimulerende naskoolsorg en vakansieprogramme vir kinders
- Gebalanseerde maaltye vir kinders wat die naskoolsentrum bywoon
- 'n Lewensvaardigheidsprogram vir alle kinders tussen die ouderdomme van 5 en 18
- 'n Spesiale program vir alle skoolgaande kinders op Vrydae om spel en kreatiwiteit te stimuleer
- Bystand aan ouers deur middel van vier positiewe ouerskapsprogramme

Aan die begin van Januarie 2019, het personeel en raadslede 'n strategiese 5-jaarplan uitgewerk sodat ons ons doelwitte kan bereik om veilige, gesonde gemeenskappe te ontwikkel.

Gedurende die 2018/2019 finansiële jaar het ons verskeie geleenthede gehad om werksinkels by te woon, regoor Suid-Afrika. Nie net het hierdie werksinkels noodsaaklike opleiding verskaf nie, maar vennootskappe is ook ontwikkel wat waarde tot ons organisasie toevoeg.

Ons het verhoudings gevestig en versterk met die Suid-Afrikaanse Polisie, Pastore, Kerk Beheerliggame, Kinder- en Gesinsorg en die Suid-Afrikaanse Nasionale Raad vir Alkoholisme en Dwelmafhanglikheid.

Hierdie verhoudings stel ons in staat om 'n verskeidenheid van dienste aan kinders en ouers in die gemeenskappe van Touwsrante en Wildernishoogte te bied.

Skoolvakansies bied 'n broodnodige blaaskans vir onderwysers en kinders. Dit is ongelukkig ook 'n tyd van verhoogde risiko wanneer kinders en jongmense wat sonder toesig is by gevaarlike bedrywighede betrokke kan raak. Om hierdie risiko te verlaag, het ons drie suksesvolle vakansieprogramme aangebied.

Aktiwiteite het ou-bekende gunsteling soos boeresport ingesluit en ons was bevoorreg om ook kunsprojekte in samewerking met vrywilligers van die Wilderness Art Association te kon aanbied. Nuwe avonture het 'n skattejag en 'n uitstappie na die Big Tree en die Wildlife Park ingesluit.

Ons is dankbaar vir die volgehoue ondersteuning van ons plaaslike en internasionale donateurs, asook die Departement van Maatskaplike Ontwikkeling en Departement van Gemeenskapsveiligheid. Ons bly verbind to samewerking met

ander nie-regeringsorganisasies in ons omgewing, asook plaaslike, streeks-, en nasionale regeringsdepartemente en besighede. In die huidige uitdagende ekonomiese klimaat, is dit slegs

die samewerking tussen al hierdie rolspelers, en die harde werk en toewyding van ons span, wat ons instaat stel om voort te gaan om noodsaaklike dienste aan die gemeenskap van Touwsrante en omliggende areas te bied.



Chairperson's message

On the 3rd of November 2018, the Seven Passes Initiative celebrated their 10th anniversary in the company of beloved actor, Mimi Mahlasela. Mimi is better known as the character, Aggie Ngwenya, in the popular soap, 7de Laan. During the celebration, the families enjoyed a variety of activities and they are still talking about how much fun they had.

When the Seven Passes Initiative started out, one of the founding goals was to draw the young people of Touwsrante and surrounding communities away from violence. As part of their initial efforts to bring about this objective, the Seven Passes Initiative decided to offer extra tuition. The classes assisted learners to achieve the academic results they needed to obtain admission to Universities and other higher learning institutions.

Over the past ten years, the services offered by the Seven

Passes Initiative have expanded on a big scale. Today, we are able to offer support to address the needs of the whole family – young children, young adults and parents.

It is humbling to witness the success stories of the young people and parents who have benefitted from the programmes run by the Seven Passes Initiative and the community at large.

I believe that this trend will continue and that we will see the fruits of our efforts in the lives of many more members of the community of Touwsrante and surrounding areas.



Naizel Buys, Chairperson

Director's message

Every year, when we look back and report on the work that we have done, I am amazed to see the changes that have taken place and witness the growth we continue to experience. This past year was no exception.

A real queen visited Touwsrante

Could there be a more glorious way to start my report than in saying we were visited by Queen Silvia, the queen of Sweden? (Like one of the parents from the community said – a real queen.) Not only is Queen Silvia a real queen, she is also a real person who displayed a deep understanding of our work and compassion with all the parents, learners and staff members.

High school learners are joining the after-school group

We are pleased to report that the number of high school learners who attend our after-school group have increased compared to last year. In January, seventy-two high school learners attended the programme. This tells us that high school learners need and like what we are able to offer them, and benefit from our after-school group.



Monitoring and Evaluating Programmes

One of our focus areas this year was the monitoring and evaluation of our programmes. Staff members, education facilitators and high school learners are monitored and evaluated through processes of pre- and post-testing. We assess learners' experiences of bullying, exposure to drugs and conflict at school using the National School Safety Framework's questionnaires. The aim of this evaluation process is to determine, amongst other things, learners' perceptions of violence, gender roles, inclusion, emotional awareness and goal setting.

Computer technology in Touwsranten

Thanks to Rotary George, we can now offer computer training for Grade R's up to Grade 12.

Their generous support has made us the proud recipients of a computer centre and E-learning courses so that all the children from Touwsranten can learn in a fun way.

We also have a number of adults enrolled to finish matric. Hopefully, we will be able to start with adult computer classes in the coming year.

Upgrading after-school, education and life skills programmes

Another focus area over the past year was to improve the quality of our after-school, education and life skills programmes. Education facilitators and education mentor facilitators worked hard to produce exciting, creative and fun-filled programmes every week.

Parenting programmes are taking off

The parenting programmes are continuing to grow in popularity.

- Many parents have experienced the benefits of attending one of the four parenting programmes.
- We extended the parenting programmes to Lancewood, Tura Kina and Wilderness Heights. In January 2020, we plan to launch the programmes in Karatara and Smutsville.
- At the end of April, we completed our last parenting survey. Prof Cathy Ward shares valuable insights about the programmes in this annual report.

I want to use this opportunity to thank every parent and child in the Touwsranten community for sharing their stories of struggles and successes. It takes courage to openly and honestly share your lives by completing the questionnaires during the last four years. Your input helps us

to measure the success of the programmes and provides insight on improving their effectiveness.

Collaboration is critical

Collaboration with organizations who share our vision and values are critical for sustainable growth.

- Since 2018, we have been collaborating with a number of like-minded organisations in George and the Eden/Karoo district.
- We have also formed partnerships with NGO's in the Western Cape, Eastern Cape and Gauteng.



- We are aware of the importance of collaboration with national government. It is our goal to expand the reach of our programmes, so to that end, we are currently in negotiations with different government departments.
- In 2018, we had the opportunity to present our research at two conferences.



- Eden Sky Productions assisted us to produce videos of the success stories of our four parenting programmes. Chris Daly also produced a comprehensive video about the Seven Passes Initiative.
- Our annual golf day continues to attract more players, resulting in an increase in the income derived from this event. We are grateful for our golfing supporters and donors who stay involved every year, despite the challenging economic climate.

Staff members on the move

- Our staff composition has also changed. We are very excited to have Natalie Mentoor as our high school facilitator. She has already found her place in the hearts of staff and learners alike.
- Staff members and facilitators took part in a number of training opportunities during 2018. These varied from two-hour to 5-day workshops.
- Roslynn Damons helped and supported parents of the Worcester district with regular

talks on Valley FM about parenting and the principles of the parenting programmes that we offer.

Without the financial, emotional, and physical support of our staff, donors, volunteers, board members and many others who are involved in different ways, the success stories you will read in this annual report, would not have been possible.

“Every great and deep difficulty bears in itself its own solution. It forces us to change our thinking in order to find it.” ~ Niels Bohr



Thank you for being part of our solution.

Wilmi Dippenaar, Director

After-school, Life Skills and Education Programme

Every year, when we look back and report on the work that we have done, I am amazed to see the changes that have taken place and witness the growth we continue to experience. This past year was no exception.

The Seven Passes Initiative's after-school programme is freely available to the children of Touwsrante and runs every day from Monday to Friday.

We provide the children with a balanced meal, homework support, a life skills programme and, on Fridays, an afternoon of sport, play and creativity. Our Friday programme currently includes dancing, gardening, soccer, netball, fencing, drumming, arts and crafts and singing.

Recent developments

The literacy and numeracy programmes that were introduced to help primary school learners who struggle with reading and basic mathematics, are delivering excellent results, as is evident from the many success stories in this report.

Thanks to the dedication of the Hoekwil aunts and uncles, our reading programme continues to benefit many learners.

Our life skills programmes are based on the principles taught in our parenting programmes. By reinforcing the work that parents and their children do, children get the opportunity to practice talking about their emotions and build self-confidence during the after-school sessions.

Our high school learners have benefited from the donation of 12 new computers from the George club of Rotary International.

Thanks to this donation, these learners now have access to the technology they need to complete their research, homework and assignments easily

and efficiently. We also offered two highly successful three-week holiday programmes during the June/July 2018 and December/January 2018/9 holidays. In December 2018, the children all enjoyed our annual Christmas party. Our thanks go to Jenny Foster from Made-to-Measure, who sourced sponsors for gifts for the children.



Shuntel Oelf, Chantal Damons & Natalie Mentoor

Primary School Education Success Stories

The children under our care face a multitude of challenges. It is inspiring to see them enthusiastically grab the opportunities that are provided to them.

Together we are striving to create a safe haven where they can live, learn, and play. We witness personal growth and character development, perseverance and determination.

These traits will be the cornerstones that help them build a brighter future. We salute our learners who refuse to give up, no matter how hard their battle is.



Shahied Veldman, a Gr-5 learner often has to fend for himself after his mother died. Notwithstanding the fact that he has to deal with a multitude of challenges, he always has a smile on his face. Shahied is eager to lend a helping hand in school and at the after-school centre, which he attends every day. His class teacher says that his concentration has improved markedly, and he is spontaneously and actively involved in the classroom situation.



Sevirho Beukes

Despite severe socio-economic and other challenges, **Sevirho Beukes** is a soft-natured boy with a sunny personality. He always remembers to say “please” and “thank you” and is just grateful for everything he receives, however big or small. Sevirho enjoys the after-school activities and always manages to inspire his classmates. His positive nature is an asset in the after-school centre.

Murcerene Hartzenburg,

This Grade 4 learner, was shy and avoided interaction with adults and her peers. She had severe reading challenges, and of course, this affected all her schoolwork. She has been attending the after-school reading group for the last six months. Her confidence has skyrocketed and her reading has improved. She now enjoys taking part in classroom and after-school activities. She isn't so shy anymore and her beautiful smile is enough to light up anyone's day.



Inathi Hashibi

She was shy, quiet, and withdrawn when she first joined the after-school classes. The education mentor facilitator, Carmen, intentionally reached out to Inathi.

She gradually gained her trust and was able to build their relationship. In the past, Inathi did not show much interest in doing her homework or taking part in the after-school activities. One day, Carmen and the other children were busy planning the coming week's activities. All of a sudden, Inathi started contributing ideas for games they would like to play during the after-school programmes.

The positive influence the programme had on the development of Inathi's confidence and overall demeanour is remarkable. We are so proud of her progress and we are looking forward to seeing her grow and develop even more.



Raydon Buys is a friendly Grade 3 learner. Like many other boys, he is passionate about rugby and dreams about the day he'll play for the Springbok rugby team. Raydon struggles with reading, and asked Chantal Damons, the after-school and food manager, for help. After he started reading with Chantal, he now enjoys picking out his own books. Chantal is working with Raydon's school teacher to target his specific reading challenge. They are making good progress and we are confident that his enthusiasm and hard work will soon yield more positive results.

High school Education Success stories

Vuyo Mckay, a Gr.9 learner, is a very talented graphic designer and drawing artist. He enjoys helping his friends and fellow students with graphics and drawings for school and other projects. Vuyo has always been creative and he uses his gift to make pocket money by selling his designs and drawings to family and members of the community. As the high school program develops, he will get the opportunity to teach others. Vuyo is a pleasant young man and always makes a positive contribution to the after-school program. We are looking forward to seeing him grow and flourish as he develops his gift even more.



Mathematics can be a daunting subject, but our learners are very fortunate to have a volunteer, Tannie Dalene, who makes maths less stressful. She diligently teaches extra maths on Tuesdays, and even though learners were reluctant to attend the classes in the beginning, the motivation of the facilitator soon changed their minds. For Beyonsen Jansen and Ethan Van Rooyen the classes made a huge difference. They say they now have much more confidence during the exams.

Participating in the extra classes will surely improve their academic and developmental achievements.

Britney is not sitting on the fence anymore

From being teased, to being admired – that is the success story of our own little rising star, Britney Adonis.

Three years ago, Britney, at the tender age of 10, became interested in the sport of fencing. She started training under Seven Passes volunteer, Susan Agrella, and her progress and achievements to date, is remarkable.



Britney’s success is a symbol of hope for all grandmothers who take in and raise their grandchildren. Her success is an inspiration for those who show up for training with no frame of reference or prospect of possible success. Her achievements also represent success for those who began the outreach.”

Britney has experienced immeasurable personal growth over the years. Previously she was teased about being two years behind, but now she has a group of admirers walking home with her every afternoon. The whole community knows about her successes and talks about “our child rising above the others”.

When Coach Susan starts talking about her young mentee, her eyes light up. Susan says that Britney’s success is much more than the competition results she has achieved.

Susan proudly reported on Britney's participation in the Free State Open Fencing Competition:

- Britney, now 13, participated in the under-17 category
- She won three out of five of her pool rounds
- She beat a girl who won a bronze medal three weeks prior at the Junior African Championships
- She lost in the elimination rounds, but showed a lot of determination and a fighting spirit up to the end by using all possible techniques and tactics to try and earn points

- Britney has moved up in the national rankings from 19th to 12th place!

Susan wishes to express her gratitude towards everyone who supported Britney and contributed towards her cause. She added, "I am convinced that there are more children like Britney, who have the talent, fighting spirit and iron will to come out on top. I believe that Britney's example will unlock this in others. Seven Passes Initiative's infallible efforts, input, love and support, is a powerful example of what can be done when people take hands!"



Mentors show growth



Carmen Appels – Growing stronger by the day

In 2017, Carmen Appels joined the Seven Passes Initiative as a facilitator. In May 2018, she was promoted to the position of education mentor facilitator. Carmen says this was a big step for her, because she now became a mentor to two other facilitators. In the morning, Carmen is an assistant teacher in the grade 3 class and during the afternoon, she is involved at the after-school centre. Carmen is grabbing every opportunity to learn more and grow stronger.

In Sinovuyo training, she learned about the different behavioural patterns that children display. She found the 5-minute cool down strategy especially helpful and learned how to set rules with consequences.

The MenCare course equipped her to teach fathers about the important role they can play in taking care of their children and partners. Other courses included Lifeline, First Aid, Self-awareness, Mindfulness and Be Wise.

Carmen’s message of inspiration:

“The children really know how to put a smile on my face. The teacher in the class is a real mentor to me and we get on like a house on fire. She motivates me to do my best in the workplace every day. The best part of my job is the creative class, because it gives me the opportunity to harness my creative side and to have fun with the kids. I am growing stronger and stronger everyday and looking forward to what I will be able to accomplish in the future.”



Denzel de Swardt – On a purposeful journey

In December 2017, shortly after writing his final matric exam, Denzel de Swardt joined the Seven Passes Initiative as a facilitator.

Denzel admits that he was still very young and immature when he started out on this journey. However, when he saw how many of the young people on the EPWP project left after a short while, he made a commitment. He would not give up.

Denzel remembers those early days. “I told myself that I would not leave because I believed I was here for a purpose. Although I have also experienced many challenges in my work, I have encouraged myself to continue because I know I am making a difference in the lives of many children.”

In 2018, Seven Passes advertised for new mentors. Denzel noticed that one of the advertising criteria was for a person aged 35 years and older. By now, he felt so confident in his growth and the skills he had accumulated, that he applied for the position even though he was still only 19 years old!

In May 2018, he was appointed as one of four new mentors. Of course, he was the youngest! Denzel says that his new position involved a great deal of work on a computer. Then, he adds with a smile, “When I started as a mentor, my computer knowledge was probably two out of ten. I decided to play around and teach myself. Today, I will rate my computer skills as seven out of ten, and I’m learning more every day.”

Denzel’s message of inspiration:

“I am extremely proud of the knowledge and skills that I have gained during my time with the Seven Passes Initiative. I can honestly say that I am much more sensible and have very good leadership qualities. I look forward to the future here and have so many plans for the organization. The Seven Passes is a platform to learn and I am confident that my journey of living out my purpose is going to be an exciting one.”



**Shila Ntenetyana –
From Mentor to Parenting
Facilitator**

Shila Ntenetyana started working at the Seven Passes Initiative in May 2018 and says that she has enjoyed every minute of it!

Shila admits that some days are better than others. “But,” she continues, “Every day opens a door to new challenges. Those challenges provide learning opportunities that make every tear I share with someone, worthwhile.”

The training that Shila received since she started working as a mentor is helping her grow in many ways. She believes she is better equipped to understand different aspects of children’s behaviour. The training has also awakened awareness in her about the responsibility she has to act as a positive role model for the children and parents.

Shila’s Message of Inspiration:

“I have started as a mentor, and now I am one of the parenting facilitators. I was very honoured to be chosen for this position, and I see it as a new journey with a lot of excellent possibilities.”

Youth Development Programme

The development of our youth remains a strong focus area at the Seven Passes Initiative. From helping Grade 9 learners make the right subject choices, to supporting those interested in tertiary studies with their university and funding applications, we strive to assist our youth in reaching their full potential.

Our youth development programme also includes the employment of local youths – mostly young women – as the programme’s educational facilitators. This provides them with valuable work experience that broadens their long-term employment prospects. The Department of Community Safety’s Expanded Public Works Programme provides stipends for our facilitators.

This year, we again appointed young people as education facilitators. During their time with us, they received training to equip them for the outside world. They also get in-house training from the parenting facilitators so that they gain additional skills on how to work with children.

Training opportunities offered this year include:

Accredited computer training, Mindfulness, MenCare, Persona Dolls, Lifeline’s Personal

Development, Basic counselling skills, Trauma counselling, First aid and Health and Safety. In addition, facilitators have regular meetings with the Seven Passes management to establish their key performance indicators and assess their progress. We also help facilitators find work, or assist them to further their studies at the end of the twelve-month period. One of our facilitators is currently enrolled to do matric next year and another is doing ECD training through the South Cape College.



Kaylee-ann Buys – Paying it forward

Kaylee-ann Buys started her involvement with the Seven Passes Initiative during her matric year. She talks fondly about the afternoons she spent at Jenny Foster's house for extra English tuition. She remembers, with gratitude, the help she received from Abigail Janse Van Rensburg, the high school facilitator at the time.

At the age of 18 years, Kaylee-ann was appointed as an education facilitator at the Seven Passes

Initiative. She was overjoyed and explains, "This work gives me the opportunity to be a giver, more than a receiver."

And so, Kaylee-ann's pay-it-forward journey began.

Colleagues describe Kaylee-ann as a hard worker whose programmes and reports are always on time. On the 3rd of April 2019, Kaylee-ann was promoted to the position of mentor facilitator in our education department. For a young woman of 19, this was a big achievement.

Kaylee-ann's message of inspiration: "When I started working here, I was struggling, as this was my first time working with children. But, even though I found it challenging, I stood strong and I could feel my confidence grow as the days, weeks and months went by. The training courses, such as Personal Development and Mindfulness, played a big role in my personal development. I am committed to succeed and motivated to work even harder. Most importantly, I learned to ask if I don't know something."



Shannen Buys – From education facilitator to high school teacher

In January 2015, fresh out of University, Shannen Buys joined the Seven Passes Initiative as a facilitator for high school learners. She was excited about the opportunity to work in a multi-cultural environment with learners from a diverse background, race, gender and intellectual abilities. Shannon says that her new career ignited a passion in her to support and develop the learners.

After working in the educational section of Seven Passes, she heard about the research they were doing on the development of parenting

programmes in the Touwsrante community. Later, when the programmes were fully developed, Seven Passes advertised for facilitators who would present the programmes in the community. Shannen immediately applied and was one of three successful candidates who started working in the parenting division in January 2016.

Shannen proudly says, “The director and other members of the management team had faith in my potential, and also used my skills and qualifications in the Human Resource team. The two years that I spent working in the parenting division, strengthened my passion to work with children even more.”

During 2017, Shannen decided it was time to take the next step on her developmental journey. She applied to the Northwest University to obtain a post-graduate education qualification. In 2018, she tackled the course and by the end of that year, she was a fully qualified secondary school teacher.

Shannon’s message of

Inspiration: “Working at the Seven Passes Initiative, guided me to my career as a high school teacher. I get so much personal satisfaction from my work, but

I will remain grateful for the opportunities I had as a member of the Seven Passes team. I regard the Seven Passes Initiative as a place where young people will get the chance to grow so that they can reach their full potential and achieve whatever goals and dreams they have.”



Soezie Maartin – Finding a beacon of light

Soezie Maartin walked into the building where she would start her new job as a facilitator for the Seven Passes Initiative. She admits that she was feeling like a newborn foal, giving its first wobbly, tentative steps in a new world. She wondered whether she would be strong enough to handle the challenges of her new career.

“Before I started working at the Seven Passes initiative, it felt as if I had reached a dead-end. There was nothing to look forward to in my life. I didn’t know who I was or what I might be capable of achieving. I had no hope of becoming someone influential who would be able to help others.”

Soezie says that a few months ago she was at a point in her life where she did not expect to find a beacon of light on the dark road of her life’s path. “I was just not able to see beyond the darkness. But then something happened, and I realized, if I lift my head and look beyond the darkness, there is always hope.”

Soezie took part in the Sinovuyo kids training programme. That helped her to gain a better understanding of her two-year-old daughter. Soezie admits that some days are more challenging than others are, but she now regards each struggle as a learning opportunity.

According to Soezie, her biggest challenge was to forgive herself for past mistakes so that she could learn to gain confidence in her own abilities.

Look at Soezie's impressive journey of personal and professional growth:

- "I don't get agitated so easily." (Emotional control)
- "I have discovered many abilities and hidden talents." (Confidence)
- "I am more connected to myself and the people around me." (Self-awareness)
- "I understand the importance of working together towards a mutual goal." (Collaboration)
- "My goals are getting clearer and more realistic." (Results-oriented mindset)

Soezie's Message of Inspiration:

"I know there will always be struggles and difficulties, but I am ready for whatever comes my way."

I want to shine a light on those I interact with, especially the children. I am excited about my future and eager to achieve all my ideals and dreams. My time at Seven Passes has made it possible to grow personally and has given me inner peace. I am privileged to be granted the opportunity to be part of this diverse community organisation that is doing incredible work in making a difference in the lives of our future leaders."



Parenting programmes – Our Parenting Programmes are delivering positive outcomes

The four parenting programmes used by the Seven Passes Initiative are equipping our parents to form loving bonds and enjoy their time with their children rather than focussing on harsh discipline and punishment. Our aim is to alleviate the stress that parents are experiencing when having to deal with challenging situations and to give all our children a better chance at realising their goals and dreams.

The Seven Passes Initiative is the only organisation in the world that is implementing all four programmes in the Parenting for Lifelong Health suite simultaneously. The programmes are supported by the World Health Organisation and UNICEF, and were developed and tested by universities in South Africa and the United Kingdom.

The programmes are delivered free of charge to participants and are available to all parents and caregivers in and around Touwsrante, Hoekwil and Wilderness Heights.

Here's how caregivers and children in our community are benefitting from our four parenting programmes:



Parenting facilitators: Front Left to Right: Sheridan Kennedy & Natasha Abrahams Back Left to Right: Roslynn Wehr-Damons, Linda Mondile, Shila Ntenetyana

**Book Sharing Programme
(Prente Pret) – Caregivers and
children aged 2 – 5**

Parents learn how to share a book with their child. This strengthens the bond between them, increases children’s vocabulary and contributes to their school readiness so that they may benefit optimally from their early learning experiences.

**Thula Sana Programme
(Mamma Baba) – Pregnant
Women and New Mothers**

Our parenting facilitators visit pregnant women and new mothers and show them that their newborn babies are social beings who can do a lot more than they thought.

We teach skills that give the

parents confidence to interact with and stimulate their babies. This, in turn, strengthens the mother-infant bond.

**Sinovuyo Kids
(Gelukkige Familie Omgee
Program) – for caregivers and
children aged 2 – 9**

Parents and caregivers learn about positive alternatives to responding with anger and aggression to their toddlers and young children when they are demanding or difficult. Instead, cool-down strategies are encouraged, and the value of designated quality time is emphasised. Participants report positive outcomes and it is heart warming to see how parents support one another with encouragement and tips on dealing with difficult situations.



Sinovuyo Teens – Gelukkige Familie Omgee Program vir Tieners

Parenting adolescent children under the best of circumstances can be challenging. Teenagers who grow up in violent and non-supportive homes are more likely to suffer from anxiety and depression, abuse alcohol and other substances, engage in risky sexual behaviour or become involved in crime and violence.

The aim of our teens programme is to assist parents in the community to engage, connect and communicate with their adolescent children so that they can eliminate or, at least, reduce these risk areas.

During the year, our parenting programmes once again made a positive impact on the lives of many families in the Touwsrante community. Here are a few of our success stories.

SUCCESS STORIES

Book Sharing Programme (Prente Pret) – Caregivers and children aged 2 – 5



Michelle Bewee, mother of 3-year-old **Danelle**, says that her toddler didn't show much interest in books at first. She always came home after crèche and only talked about her paintings and colouring books. Ever since she started the book-sharing programme, Danelle is almost overprotective of her storybooks. She enjoys taking the lead and her vocabulary has improved. She is also more curious about words and will point to words and ask Michelle what it is so that she can repeat the word.



Rosemarie & Johandr  van Wyngaardt

Johandre's teacher shared that he is eager to read on his own. He is naming more objects in the books. He asks many questions about what he sees and is more interested in books.

Thula Sana Programme (Mamma Baba) – Pregnant Women and New Mothers

Maricius Mashaba and her 7-month-old baby boy, **Carter**, are both healthy and happy. She shared that her experience with her baby has been very different this time around. She enjoys observing his social abilities. Maricius says that she never realised how important it is to

build a relationship with your baby. She was afraid at first when she discovered that he did not respond to the interactive assessment. She also thought that something was terribly wrong with him because he cried so much. She is very grateful for the programme and support. Maricius says it is easier for her to take care of her baby since she now understands his needs and have built a strong bond with him.



Romelye-ann & Mickayla Botha: At first, Romeley-ann was very emotional about the fact that the father of her baby is not involved in their lives. She says that she decided not to let that upset her, because she has no control over

his choices. Romeley-Ann has good advice for other mothers. “I have learned to care less about other people’s opinions. I choose to focus on what is important, and that is to have a strong bond with my baby. I know I have support and people I can talk to. It is a joy to see my baby grow and do different things.”

Sinovuyo Kids

(Gelukkige Familie Omgee Program) – for caregivers and children aged 2 – 9



Mary-ann Maartin said that the programme has improved her relationship with her six-year-old daughter. Mary-Ann was smiling broadly when she shared that her daughter is now more willing to

help her with chores like washing up, hanging out the laundry etc. As they are doing this together, it’s also part of their special time. She praises her daughter every time and rewards her with sweets or even just a hug and a kiss.



Jason Booysen and his 8-year-old stepdaughter, **Brondevicha Kennedy**, were very grateful for the programme. According to Jason, their relationship used to be unpleasant and made him unhappy. He was struggling to gain Brondevicha’s trust and she was disobedient towards him. Since they learned new skills in the parenting programme, they have started spending special time together. Her attitude towards him has changed positively. She follows instructions and he always praises and rewards her when she behaves well. He is very happy about the house rules and whenever she refuses to obey it, he gives her a consequence.

Jason says Brondevicha doesn't need the 5-minute cool down much, but when they do have to use it, it works.

Sinovuyo Teens – Gelukkige Familie Omgee Program vir Tieners



Liana & Jaylin van der Vindt has made quite a few changes in their household, especially regarding house rules and that the rules are there for everyone. She feels that she can run her household much better now, because she is open about her emotions, but expresses it in a calm way. Liana is very proud of Jaylin's progress. She says he is following instructions and respecting the house rules. Whenever he leaves the house, he tells her, or another adult who is home, where he is going. This was her goal. Jaylin was very shy and emotional when he had to share something. As time passed

by, he became more confident. He started saving and is now able to share his emotions with his mother and his little sister. Liana is also using some of the concepts in her interactions with her younger daughter, who is now following more instructions when it is given to her.

Renee and Andy Appels

Renee loves the tree that is the central symbol in the parenting programme. She understands that a tree needs water to grow. The programme helped her to see that she was already instinctively a positive parent, and it equipped her to give her teenage daughter better emotional support when she recently had a baby, without judging her. She is more positive and feels that her tree is strong. **Andy** uses praise more often. He says that he didn't talk much when he started attending the sessions. Now he is comfortable talking and sharing emotions. His parents struggled to apply the house rules, and did not always give him a consequence when he did not stick to the rules. Nowadays, he is home on time and was rewarded with soccer boots. He shared that this wonderful gift is keeping him motivated.

The Touwsranten Parenting Survey

Over the past three years, Touwsranten parents have patiently answered questions about their experience of being parents, and about their children's wellbeing. Thank you, Touwsranten! This has been an important part of understanding how the parenting programmes and social activation group are helping parents.

What have we learned so far?
There have been a number of changes since January 2016:

- Parents in Touwsranten are connecting with each other more and more around parenting. This is a very big change from when the programmes started. And, it's a positive change: parenting can be very difficult at times, and then parents need help and support from other parents. Of course, there are also joyful times – and then it's great to share the good news
- Parents are less stressed about their parenting – perhaps because they're connecting more to each other.
- Parents are using corporal punishment less (less spanking and beating). This is good because...
 - corporal punishment might stop a bad behaviour quickly, but it doesn't teach the child what the good behaviour is – so it's not effective in the long run
 - it makes children angry and upset
 - it does teach children not to get caught
 - angry parents can injure their children this way, even if they didn't intend to
- Parents are using more positive, non-violent techniques to discipline their children. They are...

- telling their children where the limits are
- praising the behaviour they want to see
- making sure they know where their children are and who they're with
- Children's mental health has improved:
- Touwsrante's children are less depressed, anxious and aggressive
- Children are benefitting from better parenting – well done to Touwsrante's parents!



The good relationships that parents have with their children, and the limits that make children feel safe, make parenting easier and easier over time

The research part of this is over, but the Seven Passes Initiative will continue to run parenting programmes and support parents in Touwsrante. As the research team, we thank Seven Passes for working with us on this study. Please encourage all parents to participate in a parenting programme!



**Cathy Ward, Chandre Gould,
Lisa Kleyn and Diketso
Mufamadi**

**University of Cape Town and the
Institute for Security Studies**

The parenting survey – a learning tool for all

The final wave of the Parenting Programmes Research Project took place between January and April 2019. This was a pivotal stage in the process. Not only did it finalise the three-year long project, but it also enabled data collection that would be useful for comparisons between wave one (which took place in 2015) and wave three. Here, we will be able to see whether a difference was made in the community.

Enumerators, who were tasked with collecting data, were enlisted from within the community. This final wave of data collection marked the last interaction we would have with the community on this topic for the foreseeable future. Here is what the enumerators had to say about their experience of interviewing parents.

Clamerica and Linda...

Why do you believe this survey is important?

Clamerica: The parenting survey helps us understand how (and if) the relationship between parents and their children has changed. We get answers to questions such as, “Do they know what’s going on in their children’s lives?” and, “Are they better equipped to deal with behavioural challenges?”

Linda: The survey helps us to understand the relationships between parents and children as well as the parent-parent relationships. This knowledge enables us to assist those who need more help.

What did you learn about your community?

Clamerica: In the community, many parents don’t really know what is happening with their children or understand the importance of parent-child relationships. Some don’t see the need to support their children in these areas. The parenting programmes helped to change this.

Linda: Our community needs a lot of help – especially the youth and parents. Males need even more help because, in our community, the male caregivers are not really involved in their

children's lives. They see the provision of food and clothes as their main responsibility as fathers. We need to teach them to bond with their children and to show interest in their children's school and other activities.

What did you learn about yourself?

Clamerica: I am still young and don't have children of my own yet. However, the survey helped me to understand the importance of the relationship between a child and their parent. I'm glad that the community has grown a lot in realising these things as well.

I did the survey interview with my mother and I see many changes within the family.

The relationship between my mom and sister has improved and the questions made my mom think clearly about how to handle my sister, especially when they fight. I will definitely implement these concepts when the time comes for me to raise my own children.

Linda: Before I worked as an enumerator, I felt quite isolated. I was either at home, or at school for my child, and that was it. The work I did as an enumerator helped me to discover that I was able to form friendships and that people could actually trust me with their problems. My work as an enumerator also gave me the opportunity to get permanent work.



2019 enumerators -

From Left to Right: Clamerica Juries, Mario Windwaai, Shuriska Stuurman , Linda Mondile & Diketso Mufamadi

The value of partnerships – Building partnerships for sustained practice

Any intervention, aimed at addressing the many challenges that confront vulnerable communities, require collective action. Partnerships between stakeholders are vital. For the past eleven years, the Seven Passes Initiative has worked in partnership with the Institute for Security Studies. This partnership has enabled a depth of understanding about the needs of the Touwsrante community. The evidence that has been generated, constantly informs the practice of The Seven Passes Initiative.

In striving to improve the work of the after-school programme that the Seven Passes Initiative provides in the community, the ISS examined the Western Cape's After-School Game Changer. This provincial programme is a complex co-ordination model that involves strategic learning interventions and facilitation of platforms that enable collaboration and nurtures partnerships for those in the after-school sector. While the reach of the programme is such that there are many in the sector who are not yet actively engaged, this coordination model yields lots of lessons that can be incorporated into existing after-school initiatives.

After many hours of research and interviews, the ISS report on the Western Cape's After-School Game Changer was officially launched in Touwsrante, in partnership with the Seven Passes Initiative.

A cross-section of stakeholders from the George and Eden Karoo municipalities participated at the launch. The discussions revealed opportunities for those in the after-school sector to explore purposeful ways of building the skills of facilitators through collaboration with a learning institution such as a university or accredited training organisation.

Additionally, the launch, funded by the Hanns Seidel Foundation, exposed an opportunity for the Seven Passes Initiative to be the champion for the strengthening of closer partnerships among those in the sector within the George and Eden Karoo municipalities. There is growing awareness among government and civil society organisations of the value that after-school programmes provide to young children in vulnerable communities – keeping them safe while at the same time building academic and social skills as

well as nurturing their natural sporting and creative abilities. Sustaining the provision of after-school programmes is recognised as essential.

However, there are multiple challenges that create obstacles in the provision of quality programmes. Innovation is going to be all-important, not only with respect to funding, but also in maintaining partnerships within the sector.



**Penny Parenzee –
Institute for Security Studies**

Queen Silvia of Sweden delights the community of Touwsranten



January 2019 started on a high note with a royal visit. Sweden's Queen Silvia delighted the residents of Touwsranten and the staff of the Seven Passes Initiative when she visited with members of the board of her World Childhood Foundation.

The World Childhood Foundation supports a national dialogue process that is convened by the ISS to bring government departments together with NGOs and academics.

The dialogue seeks to ensure that violence prevention programmes will one day be available throughout the country, in all communities where they are needed.

The Foundation is a funder and supporter of the Seven Passes Initiative, which made this royal visit even more special.

Seven Passes staff members accompanied Queen Silvia and members of the board on a community tour. The queen also visited the Touwsranten Primary School and spoke to principal, Robert Draai. Queen Silvia was not afraid to show her down-to-earth side. She played with the children and engaged with parents who have participated in the Seven Passes parenting programmes.

An informal lunch was served to the royal party in nearby Hoekwil at the home of Seven Passes board member, Dr Chandre Gould, a senior research fellow at the Institute for Security Studies (ISS), and her partner, Helet Theron, who runs the popular LetsPlant Nursery.

Queen Silvia has been involved in humanitarian causes most of her working life and cares deeply about children. The community of Touwsranteen feels honoured to have met someone of Queen Silvia's stature and influence. Her humility will not be forgotten.



Volunteers

Anette Barendse (Reading)

“I enjoy contributing to the lives of the children in Touwsrante. To see their faces light up every week when I read a story and help them with their reading is the best feeling. And to top it all – they have such good manners.”

Elsa Theron (Reading)

“It is very nice to be part of The Seven Passes team. It warms my heart to know that I am contributing to the lives of the children that come for help.”



Melanie Groves (Drumming)

“I love getting to know the children and sharing the fun and challenge of teaching the djembe drumming rhythms. I love the fact that I am helping them to achieve something they can do well and be justifiably proud of. Audiences genuinely enjoy and are impressed with their performances. Research shows that

drumming helps with educational and emotional development and I would love to think that these weekly lessons and workshops are helping them develop into healthy and happy adults. Watching them progress, is very rewarding.”



Michael Tacke

“I grew up in the aftermath of the Second World War, and knew what it felt like to go without food, but there was always someone who helped us to survive. That made such an impression on me, that I have always felt compelled to help others in need. Children need a home full of love, food and care, but they also need wings and someone who can teach them how to fly. That is what I see the facilitators at the Seven Passes doing every day.”

Financial Statements

Seven Passes Initiative

Summary of financial statements on 31 December 2018

	2018 R	2017 R
Income		
Grant: World Childhood Foundation	1 211 396	1 506 830
Grant: Department of Social Development (DSD)	292 512	323 136
Grant: Jet	1 836 803	-
Grant: Pathcare	127 696	-
Grant: Lotto	-	114 496
Donations: Farmers and general public	346 001	227 617
Golf Day Income	201 226	184 816
Interest received	75 366	55 930
Insurance claims received	-	-
	4 091 000	2 412 825
Expenses		
Grants pass through	2 844 233	1 934 946
Administration and development	368 294	557 969
	3 212 527	2 492 915
Surplus / (deficit) for the year	878 473	(80 090)
Accumulated Reserves (net assets) beginning of the year	1 540 320	1 620 410
Accumulated Reserves (net assets) end of the year	2 418 793	1 540 320

Complete audited Financial Statement is available upon request.

Contact Us

SEVEN PASSES INITIATIVE

NPO Registration Number: 065 133 NPO

Address: 6 Bester Street
Touwsranten
Hoekwil
Telephone: 044 850 1267
Cell: 072 673 4346
E-Mail: admin@sevenpasses.org
Web: www.sevenpasses.org.za
Facebook: Seven Passes Initiative



Photos - Gavin Falck & Jonathon Rees from
Proof Communication Africa - jonathon@proofafrica.co.za
Edited by Elsa Fourie - Kairos Writing & Editing Services - efourie@mweb.co.za
Design - Abri Le Roux - Green Earth - alrtvprod@gmail.com

