

IKAMVA LABANTU NEWSLETTER

NOVEMBER 2010

Masakhane Seniors Club scores gold at 2010 Olympiatrics

The Olympiatrics, which is an intended pun on the words Olympics and Geriatrics, is a much-loved event among our seniors and has taken place every year since 1984. It draws competing senior clubs throughout the Western Cape, with the ages of participants ranging between 60 and 100 years.

One of Ikamva Labantu's senior clubs, Masakhane, was the winning team at the 2010 Olympiatrics while one of our seniors, the 64-year old grandmother of eight, Noprivate Cubungu of Ncedisizwe Seniors Club, won the Sportswoman of the Year Award.



One of Ikamva Labantu's grannies at the 2010 Olympiatrics



Ikamva Labantu's seniors taking part at the 2010 Olympiatrics

More than 30 senior groups from around the greater Cape Town Metropole area participated this year. Of those, 17 group entries were from Ikamva Labantu clubs. Our seniors look forward to this annual event with much excitement, and Ikamva Labantu staff who assist with training sessions always report back on the dedication and passion of the participating teams.

None of these participating township elders have had the opportunity or exposure to formal organized sport, and the Olympiatrics is an ideal opportunity to get them outside of the walls of their old age homes or seniors clubs and celebrate life. The different events are loads of fun! Team races are designed with the fit, frail and the aged in mind and, as the organizers put it, "take the mickey out of old age".

The purpose of the Olympiatrics is to promote recreational physical activity for the aged in communities. In a world where our aged are so often marginalized, this wonderful day

helps to break down the negative perceptions and stereotypes related to ageing.

Donate Yourself to Ikamva Labantu

Ikamva Labantu has been selected as one of 10 charitable organisations to benefit from Vodacom's Change the World Programme. The initiative gives 10 people the opportunity to volunteer at one of 10 South African-based charities for six months and get paid for it. The volunteers have an opportunity to do something close to their hearts whilst at the same time imparting their skills and expertise to the organisations.



Representatives of the 10 NGOs attending the media launch of the Change the World Programme

Ikamva Labantu is specifically looking for a general medical practitioner with a strong background and/or understanding of public healthcare to assist us in improving the health status of our beneficiaries. Should you know of anyone in the medical fraternity who would be interested in joining us for six months from April next year, please encourage them to apply online by 8 December 2010: <http://changetheworld.vodacom.co.za>

Each of the 10 host organisations will receive an amount from Vodacom to cover a monthly living allowance for the volunteer, with the balance being used for costs related to the volunteer placement programme. The successful volunteers will receive a laptop, cellphone and pre-paid credit to be used towards sharing their experiences with friends and family and thereby inspire others to make a difference.

Did you know? The Charities Aid Foundation (CAF) recently released the first ever 'World Giving Index' which looks at the different types of charitable behaviour. Currently, South Africa is ranked 76th in the World Giving Index and the report reveals that only 19% of our population is willing to volunteer their time to help others.

Project Update: Monwabisi Pilot School



Teaching and learning at the Monwabisi training site

In our last issue we reported on the opening of our first pilot training site for teachers and model pre-school at our Monwabisi multi-purpose centre in Nyanga. Since then there have been some exciting developments which all form part of our groundwork to establish an Early Childhood Development (ECD) Training & Resource Centre.

- Josephine McLellan, our resident internationally trained speech therapist, and her team

have developed a speech and language assessment checklist which will be used by community workers to assist with the early identification and early referral of children with speech and language difficulties.

- To monitor the pilot programme at the Monwabisi model pre-school, every participating child has been profiled on the checklist and their progress will be continuously monitored and evaluated every six months.
- Community-based workers have been trained to use the checklist, and the team is now working on developing a similar model for babies and toddlers.
- The team is also working on developing a speech and language syllabus which will complement the ECD syllabus and in turn assist pre-school teachers in fulfilling their roles more effectively.

Can you help? Our speech and language development team is preparing for a series of parent interaction workshops next year which will be piloted at the Monwabisi Centre, and then rolled out to pre-schools in the area. To facilitate the interactive workshops, the team requires a video recorder/ camcorder and DVD player to show feedback and progress during the workshops. If you can help please contact us: fundraising@ikamva.co.za or call Jovana Risovic on +2721 4618338

Ikamva Labantu kids excel at chess

In October a number of children from our Youth Chess Programme participated in the Western Province Chess Tournament. Following their success at provincial level, nine of them are now hard at work preparing for the Chess Nationals, which will take place at Johannesburg University during December.



Three of our chess players

We're extremely proud of our chess stars - Zintle Qotywa, Nhlanhla Mamputa, Nontle Qotywa, Ngqaneka Ndimphiwe, Bongwiwe Mbulawa, Bongwiwe Mabelawa, Happy Sinda, Kuhle Mbiko and Siphamandla Mdeleleni - and wish them all the very best. Their passion for the game is exemplary and they are a true inspiration to more privileged young players and coaches.

Should you be interested in sponsoring one of these children to help them participate in the national tournament, please contact us on fundraising@ikamva.co.za or call Jovana Risovic on 021 4618338

Making a true difference: Groote Schuur's physiotherapy department helps special needs kids



Some of the mamas and children who received support through the partnership with the Groote Schuur Hospital

Many of our children have special needs and these children and their caregivers have a taxing time getting the proper referrals, treatment and support they need to live dignified lives. Day hospitals are not always equipped to identify special needs, and as a result many special needs kids are unseen and not properly cared for.

Carolyn Davis and her team at Groote Schuur's Physiotherapy department have been doing some amazing work with our Seniors sector (see the article on our Falls Clinic). More recently, they also became involved with Ikamva Labantu's Orphaned and Vulnerable Children (OVC) department to specifically look at the plight of children with special needs.



One of our caregivers with her special needs child.

As part of this partnership, Ikamva Labantu staff received training to help them identify special needs, understand how to deal with children with special needs, and how to monitor and assist parents and caregivers.

Carolyn and her team are assisting us with assessments and they can refer the children directly to relevant departments within the health system as well as other governmental departments. Through this process they have helped us to build a direct relationship with Red Cross Children's Hospital who can assist with appropriate internal referrals. In addition, caregivers now attend a support group at Red Cross where they receive the necessary support and education on how to deal with their children

with special needs, and this is ongoing.

So far this new partnership has made a very real difference in the lives of six children and their caregivers:

- One boy received a crucial operation and will receive a wheel chair once he leaves the rehabilitation centre and the caregiver will be assisted with securing a disability grant. Another child also received a much-needed wheel chair/bakkie.
- Three children were referred to special schools and one of the children's behavioural problems will be followed up by psychologists.
- Another child was taken into a special needs school and daily transport to and from school was arranged for him. He is now attending school every day, after his caregiver struggled for three years to provide both schooling and transport.

We are sincerely grateful to Carolyn and her team, and we're looking forward to seeing many more special needs children benefiting from this partnership.

Can you help? We would love to be able to provide our caregivers with transport money (to visit the children once they've been admitted to hospital), and hospital-stay gift parcels (which they can give to the kids during their visits). Our special needs department is always in need of nappies for children of all ages. Any support in this regard will be appreciated. Contact fundraising@ikamva.co.za or call Jovana Risovic on (021) 4618338

Seniors sector hosts Falls Clinic

In association with the Department of Physiotherapy at Groote Schuur Hospital, Ikamva Labantu hosted a clinic at the Imbumba Seniors club in Kalkfontein which dealt with the issue of falling among seniors. The clinic was attended by 40 older persons and facilitated by three physiotherapists. The Falls Clinic helps identify persons who are at risk of falling (and potentially injuring themselves seriously) and where required, mobility aids are prescribed and issued. The seniors are also shown how to use and care for their mobility aids effectively. Next Falls Clinic will take place on November 16 at the Laphumilanga Seniors club in Du Noon.

Did you know? The possibility of losing a limb is significantly more so for an older person as it is often related to a secondary complication of an existing chronic condition. Seniors are often not suitable candidates for prosthetic limbs due to their age and level of fitness, while artificial limbs are also an expensive, unaffordable option for seniors who have minimal means. Their self-image is usually affected, and not much time and energy is always spent in assisting the individual to deal with their loss. The loss of a limb should not equate to loss of functional abilities and being part of a rehabilitation programme is paramount as it assists the individual to have maximum function despite the loss.

Can you help? The seniors we assist have many needs, and in particular we would welcome contributions such as mobility aids (wheel chairs, crutches, walking frames), commodes, bath boards and bath/shower rails. Please let us know by contacting fundraising@ikamva.co.za or call Jovana Risovic on +2721 4618338

Community Creations' Madiba Dolls a hit at charity golf day

T-Systems recently selected Ikamva Labantu as a beneficiary for their company annual charity golf day, and supported us by purchasing 185 Madiba dolls from Community Creations, our skills and enterprise development project. Each doll was embroidered with the T-Systems logo and given to participating golfers at the event.



Great idea: Struggling with gift ideas for year-end functions, corporate gifts or stocking fillers for family and friends? Please consider supporting Community Creations. The team manufactures a variety of products, including soft cloth dolls, animal backpacks, beaded slippers, children's clothing, Jewish religious artefacts, a variety of beaded items, greeting cards, crocheted floor rugs, household goods and other embroidered items. To see a catalogue or discuss your needs please email fundraising@ikamva.co.za or call Jovana Risovic on +2721 4618338

Glenn Close visits Ikamva Labantu



Glenn Close (centre) being warmly welcomed by Ikamva Labantu's founder, Helen Lieberman, and staff

One of the world's renowned actresses, Glenn Close, recently made time to visit Ikamva Labantu's township projects during a visit to Cape Town. She even stopped by our offices in Woodstock to meet the team and received a warm South African welcome. We're very honoured by Glenn's interest in and support of Ikamva Labantu.

Helen Lieberman receives 2010 Premio Convivencia Award

In our last issue we reported that our founder, Helen Lieberman, had been awarded the prestigious 2010 Premio Convivencia Award by the Autonomous City of Ceuta. The award honours a person or institution whose work has contributed towards improving human relations, and who fosters the values of justice, fraternity, peace, freedom, access to culture and equality among all. In September Helen travelled to the City of Ceuta, a Spanish town on the North African coast, and received her award during a special ceremony.



Founder and Honorary President of Ikamva Labantu, Helen Lieberman, attending the special ceremony in Ceuta

Thank you as always for all your interest in our projects

Ikamva Labantu appreciates your ongoing friendship. Your support inspires our township communities with hope for the future.

The Ikamva Labantu Team

If you're reading our newsletter for the first time, here's what you should know: Ikamva Labantu (The Future of Our Nation) is one of South Africa's oldest and most established NGOs in the Western Cape. After more than 20 years of community work during the anti-apartheid struggle the organization was formally constituted in 1992 to help people with limited facilities and income to survive. Today it oversees a network of community-based self-help programs providing an integrated response to extreme poverty. Over the years it has reached over 500,000 of the country's poorest and most excluded people. It gauges its success by its ability to build self-sufficiency, enabling local groups to operate sustainably beyond its support.

For more information, visit <http://www.ikamva.org>

NPO Registration number: 004-482 NPO.

VISIT OUR WEBSITE

ikamva
labantu