

Report CMD USIZO AIDS TRUST serving as eThembeni

2023 till October

Director: Mrs Mamsie Madela

Four focus areas:

1. Statutory work
2. Crime prevention
3. Rural women empowerment
4. Life coaching

Income generation:

1. Rental of buildings
2. Major donors: KZN Department of Social Development, Local donations (churches, private, family trusts) , Durban Overall, Kinder Nothilfe, Bijzondere Noden

This report focuses on Rural women empowerment and Life Coaching.

A. Rural women empowerment

Project manager: Mrs Maureen Makhaya



Vision: Women are mostly responsible to raise children and make ends meet in our communities. Rural women experience a bigger challenge to enter the formal labour market and mostly rely on small income generation projects. They are the real heroes in our community. EThembeni strengthen these women.

Strategy: EThembeni uses the Self Help Concep (SHG) to strengthen these women socially by organised groups, economically by saving clubs and small business development, spiritually with prayer and Bible reading and politically by forming lobbying federations and networks.

Activities:

1. Entrepreneurial development

The context: The most challenging issues were: Most ladies had some kind of business going. They were quite happy with the rotation of money, but not aware of un-accounted expenses like transport, that depleted the profit margins. Income was used for survival resources and was not well recorded and managed.

From the 16th to the 20th June 2023 a group of 25 women conducted training at the Mathondwane area. They were learning about Market investigation. The women were educated about how to get target markets, asking “what are you going to sell”, “ what are you good at”, “who will buy from you”, “where will you operate your business”, “how are you going to sell your goods or service”. As far as possible they were taught to try to use their talents and interests, to start with what they have and starting or expanding their own business by always looking for gaps in the market. A gap in the market means there is a need for goods or service. Mrs Makhaya says: “ In all business you have to sell your goods and services to make money. Selling is very important to the survival and growth of your business, that is why we are going to help you with your selling.” She focused on the following:

- Drawing up a business plan: If you are planning to start a new business, you must decide what, who, where and how?
- Weekly Money Management: You must always try to get good quality things at the lowest price. You therefore need to find the best suppliers. Consider the suppliers that are near to your place, but also look for better suppliers elsewhere. Try to find suppliers that your competitors do not know about.
- Money Management: It is important for every business to manage money. You need a working capital which is the money that your business needs. Don't use it for living cost. It is the hen laying the eggs. Do not eat her. She must work for you. Work out how much money you receive weekly, and work out what you paid for stock or materials. It is always best if people pay cash when they take their goods.
- Stock control: Once your business is running you should fill in a weekly stock sheet at the end of every week.



SUCCESS STORY

Nombuso Mthabela is 42 years old and has 3 children. She used to buy and sell fat cook, sandwiches and tea but could not get profit. Now that she has taught about strategies on how to run business, she was keen to use the skill that she learned during our training and she hopes her business will succeed from now on. She will also expand her business to local schools as she sees some gaps there. The training helped her tremendously as at the beginning of the training she was shy but as the time goes by she has gained confidence and self-esteem.

After training most woman find new ideas of business opportunities which will help them expand their business.



2. Women dialogue on life challenges :

We have conducted a dialogue on life challenges for women of 18 years and older. We reached about 100 women in different groups of about 25 each. This was conducted with ladies from Wasbank and Driefontein.



- Topics that were covered are Identity, Bible and prayer, Faith, obedience, suffering, joy, Families, dating and sex, forgiveness, choosing Jesus and changing life.
- Identity of each woman was elaborated on what the Bible says about us as woman, God created man (both man and woman) in his own image so that they can have dominion over all creation. Women were encouraging to pray without ceasing. "The Word of God is a light to my path and lamp to my feet" Ps 119:105.

3. Food production through gardening

We are using God's way where we stick on four principles: on time, with joy, on standard and no wastage. We teach the people to use grass as a blanket to assist seeds to get more moisture. We also teach them to make their own compost, and they enjoy the system because their plants are surviving from sun and heavy rain. We stick on the rule which says one home one garden.





4. Life coaching for teenage girls

We have conducted a Dignity day at Kwagodi in Masheshisa Primary school and reached 33 children age 10 to 13 years and covered the following modules in lessons :

- **Identity**

We had 33 learners were learning about Identity where participant was educated about that each and every individual is unique and special and in the God word we are told that God said I Am not what people think I am who father God said I am.

- **Belonging**

We all belong in families and It is God who put us there, which consist of family members, extended family, friend, colleagues, fellow students and community, country and the world.

- **Dream**

The children were given a seed and we let them plant it in a little container with soil. we let them write their dreams on the piece of paper and stick it on the container

- **Purpose**

Every individual is created by God purpose to full fill a certain purpose.

- **Body and puberty**

In life there are changes in human body, which is menstruation circle, which is easily manage with pad and abstaining from unsafe sex.



Success stories

Children were shy at the beginning of the training, but after we created a safe and confidential environment, children were engaging and participated well throughout the whole session.



Closing comments

Due to financial challenges the Trust had to terminate the services of 12 community facilitators. It was for them and the eThembeni Trust a very emotional process. All these ladies were single parents with no other income than the stipends they received as volunteers. What is remarkable is that most of them have their own income generating projects going and some of them are still keeping the groups going. We indeed do more with less.

Our wish is that we will restore our financial situation in order to, at least, to some, compensate them with a volunteer stipend.

One of the community facilitators was attempting to end her own life. Tis was very sad. Mrs Makhaya is involved in supporting her. She was the one to whom all the others went for guidance, but her personal challenges over whelmed her. We pray for her recovery and are deeply touched by the increasing impact of food inflation on the poorest in our communities.

B. Life Coaching

Project manager: Mr Sthembiso Mdakane

Vision: To holistically assist youth in challenged communities to make life enhancing life choices

Strategy: Select, train and use unemployed youth in the community, mainly from churches in the communities, as gap year volunteers to do holistic life coaching to teenagers.

Activities:

1. **A lot of time was spent to strategize and get key role players on board.**
Schools targeted were: Monument primary school, Harvest High School, Nkanyezi special needs school, Ladysmith High School, Hlonipha Combine School, Mhlumba Primary School, Mqamathi High School, Dlabesuthe High School. Meetings were conducted with school educators, and prayer sessions were planned.
2. **Principals meeting.**

eThembeni senior management team has met with various school principal about the developmental programs we do and requested their schools to participate or accept these programs as extra curricula activities. Our programs are designed to uplift learners so they can have a smooth transition into adulthood. We equip learners with skills that they need to grow and we also offer emotional, spiritual and physical support to learners. As a result, many schools were interested in the project and requested that we implement it as soon as we could.

On 10 August we did an in depth school visit strategy meeting at Monument School. We with the principal and we also met with our volunteer staff. meeting. Moving forward, the team met to discuss a way forward and to gather all resources that will be needed to kick start the program. By grace we managed to kick start the program. The eThembeni team met with Monument primary school principal and was allocated 6 weeks to run the program.

3. **Donor relations** were prioritized with the visits of different donors , potential donors and friends of the project. New donor relationships are also sought. Communication, reporting and networking is given high priority..
4. **Selecting and training life coaches from unemployed youth** in communities. Training consisted of Veritas Bible College material, Dare and Dignity teenage life

coaching and Church Leadership to be community concerned. Trainings consisted of:

4.1 **VERITAS training:** Module 1 was conducted in the 1st semester. It answered questions like: What is the Bible, How does God still speak to young people today through the Bible? How does hearing the truths of the Bible impact on a young person's relationships with him/her self? Sexuality? Finances and employability? These are tough questions. Through this training we wish to implement discussion groups/dialogues with youth in communities where they can be free to express questions and concerns. Module 2 was done in the 2nd semester, from 02 - 06 October 2023.

Venue for the trainings of volunteers: Jabulani Camp site (Pepworth).

Attendance: 25. The Veritas module 2 covered the following lesson

- Overview of the OT
- A biblical world view
- Bible study on the covenants
- How to indemnify the background and central message
- How to interpret the Pentateuch
- The deity and humanity of Jesus
- Christ as an initiator of the new covenant
- How to interpret ten commandments
- How to make ethical decisions
- How to interpret narratives
- How to present biblical message to children

In total the module has 26 lessons. The above mentioned are the main topics. The others are Bible studies conducted in groups. It should be noted that we had 10 more participants (volunteers) who joined the organization. These participants never did module 1. As a result the second semester class was divided into 2 group, one doing module 1 and the other doing module 2.

Successes

From the testimonies we were able to pick the following:

- "Module 2 skilled me an ability to see the world different and how has Christ simplified things and released us from laws" participant
- "Before I joined eThembeni, I had just graduated in my honours degree in psychology. I was looking to apply for Masters but that was difficult without any work experience in my field. As a facilitator I performed duties that align with what I studied so I now know how to apply my degree even without going into masters. I have grown and continue to grown as a person not a s professional. I have been

involved in the Dignity Campaign where I worked in a team and autonomously at monument primary this strengthen my ability to facilitate group discussion. In a nutshell, my experience with eThembeni has been of kingdom Value” Minenhle Ngcobo a life coach at eThembeni.

- “Learning Veritas has opened my eyes into lot of things, at time we find our selves doing things and believing in things that we don’t even know about but because of lack of knowledge we believe.
- My biggest take home was linking the Old Testament with the New Testament. I would like to begin by quoting Dr Bennie Wolvaard words when he said “most of people do not know how to interpret Bible, they rely on others to teach them” this made me realise that there is a huge need for such workshops in churches to ensure that we do not preach the wrong massage of God to the people”

4.2 Life Coaching in Dare and Dignity. The volunteers where taken to Gauteng to be trained in Dare and Dignity material. We are very thankful for the partnership with Dare and Dignity.

4.3 Church development training

Date: 28 – 31 August 2023

Venue: Cape Town

The project manager of eThembeni Life Coaching attended a church development training in Cape Town. The aim of the training was to develop church leaders with different skills to be implemented and applied in local churches. Also, to create relevance of the church in the community. This was a much needed training for our organization as it is a faith-based organization and work alongside many different church, of whom many leaders did not get good Theological training. And those who had good Theological training became absorbed in a ministry within their churches, surviving their own denominations. . Along the years, our organization have created networks with different church leaders, with the knowledge and skilled obtained from the training, a large community will benefit.



5. Camps

Camps also implied pre-camp briefing and post-camp discussions in order to determine an impact on the world-view of participants.

Date: ???

Hlonipha combine & Dlabesuthe High School life skills camp

Venue: Jabulani Camp site

Attendance: 96 learners, 2 teachers & 10 transformers

At eThembeni we deliver more than an unforgettable camp experience. Our camp program is designed to empower, educate, and change the trajectory of young lives. Life Skills sessions empower youth with the tools and information they need for a positive future. Life Skills are the core of eThembeni, and the curriculum includes reproductive health, nutrition and hygiene, gender equity, leadership, abuse, rights and responsibilities, and an introduction to financial literacy.



Camps brings people and ideas together. The eThembeni Camp environment is ideal for creating lasting friendships. Campers develop trust and receive support from our highly trained life coaches.

Camps gives kids space to enjoy fun and adventure without the stress of their everyday lives. Using interactive learning tools, eThembeni trained counsellors help young people gain self-confidence and a sense of agency that they can take back and use to overcome challenges at home.

Successes

We have asked the teachers from the two schools to share how have they found the camp to be. Their responses are as follows:

Hlonipha Combine school

The principal shared that there is a huge cry comes to raising teenagers. School alone they still fail even if they teach life skills at However, with the eThembeni team it is said that she values our approach to teaching life skills, it is creative and it aligns best with learners. It also creates a safe space for learners to learn and engage.



for help when it cannot do that, school. different. She

Dlabesuthe High School

“The camp was good I always learn something new out of it, from the first day we came till the last day everything was going well. The staff is humble and capable of taking care of the children and their teachers. According to me there's nothing the camp lacked that needs to be improved all was well.” Miss Hlomuka.

Program.

Lifeskills Camp 2023 (20 to 22 October 2023)

Hlonipha & Dlabesuthe High School.

Grade 8 & 9

Jabulani campsite

Time	2018)	Friday (12 October	Saturday (13 October	Sunday(14 October
			2018)	2018)
06:00-06:30			Aerobics Philani	Aerobics Philani
06:30-08:00			Freshen up and Bath Time	Freshen up and bath time with cleaning our rooms
08:00-09:00			devotions optional Menelisi	Good byes, word of thanks and word of God Sthembiso mdakane
09:00-10:30			Breakfast	
10:30-12:00			Session 4 (Healthy sexual behaviour) Sthembiso Mdakane	
12:00-12:30	Arrival at the camp and welcoming (Sthembiso mdakane)		Game team work	
12:30-13:00	Room Allocation and groups with Rules (Khanyisani Mbatha)		Session 5 (Risky Behaviour)Sihle	
13:00-14:00	Lunch		Lunch	
14:00-14:45	Session 1(Self Identity) Sihle Mdakane		Session 6 (Healthy relationship) Minenhle Ngcobo	
14:45-17:00	Game team building (Sihle Madonsela)		hand work ,craft or games Snenhlanla Dube	
17:00-18:30	Session 2 (building self-confidence and esteem) Langelihle Nyandeni		Session 7 (Making effective decisions)	
18:30-19:30	Supper		Supper	

20:00-22:00	Session 3 (Personal Bounderies) Minenhle Ngcobo	Talent Show and fashion show LHS with the (Sne)
22:00-22:30	Night Prayer Sne	Night Prayer Senzi Mazibuko
22:30...	Announcements Lights out learners leader	Lights out

The task of leadership is not to put passion into people, but to inspire and elicit it, for the passion is there already...

Group 1

Snethemba Dube & Menelisi Shabalala

Group 2

Senzi Mazibuko & Khanyisani Mbatha

Group 3

Langelihle Nyandeni & Banezile Hlomuka

Group 4

Minenhle Ngcobo & Philani

Camp Manager & Games setups

Sihle Madonsela & Sthembiso Mdakane

First Aid keeper and Male mentor

khanyisani Mbatha & Langelihle Nyandeni

Time Keeper and overseer: Camp Director

- ***Minenhle Ngcobo***

First Aid Keeper and Female mentor

Snethemba Dube

6. School visits with life coaching programs

6.1 Monument primary school.

Date: 15 August 2023 – Date

We started the Dare & Dignity program in Grade 7. The team was divided into 4 as per classes. Each life coach had his own class. The Dare & Dignity Curriculum was broken down into a 6 weeks works. Meaning that each day had its own specific theme or topic.

Successes

The learners responded positively to the program. We judged that by their level of engagement in activities. The school has requested that we carry on with the program even past the 6 weeks we were given.

We have also received a positive feedback from the principal. Which is as follows:

“The Dignity Campaign:

Over the past six weeks, Grade 7 learners at Monument School have actively participated in The Dignity Campaign. This campaign's overarching goal is to empower young individuals to discover their identity, sense of belonging, and purpose within the realm of spirituality. Our dedicated life coaches embarked on a mission to make a meaningful impact on lives and restore dignity among our youth by providing them with valuable training, raising awareness, and imparting essential life skills.

In South Africa, both boys and girls are growing up in a challenging environment, facing a pressing need to comprehend their true worth, value, and calling in life. The Dare & Dignity Program was initiated with a mission to encourage these young minds to stand apart from the negative influences that often surround them. It dares them to embrace their uniqueness and resist the detrimental forces that may try to sway them from their true path.

We are pleased to announce that all participating learners will receive due recognition for successfully completing this enriching course. We extend our heartfelt gratitude to Langelihle Nyandeni, Khanyisane Mbatha, Sthembiso Mdakane (Team Leader), Birty Rich (Principal), Sinethemba Dube and Mininhle Ngcobo for their unwavering commitment and dedication to this noble cause. Their efforts have undoubtedly made a significant difference in the lives of these young individuals, helping them find their way toward self-discovery, purpose, and dignity.” Monument Principal.

Difficulties

A challenge we faced was that some of the female learners were uncomfortable speaking about topics related to puberty. Once the teachers and the facilitators explained the importance of speaking about puberty and the attached attitudes, the learners began to engage with the program again.

6.2 Harvest High School.

The school approached the organization requesting assistance with student counselling. The schools saw a need for counselling for their learners. The organization responded and offered two life coaches to assist the skill with one on one and group counselling. So far we have been able to identify are of concerns.

- Single parenting
- Peer pressure
- Suicidal thoughts

- Emotional break down.
- Spiritual immaturity
- Trauma
- On group counselling we observed challenges such as: bullying, difficulty adjusting to the workload in high school, families that do not pay attention to the children's progress, social isolation and withdrawal, being accused of witchcraft, and hyper defensiveness as some of the recurring themes spoken about during counseling. Some of the learners were apprehensive to counseling as they were referred without understanding why and what counseling entails. It is an ongoing project and there has been visible change in the demeanour of the learners which should translate to better behavioural and academic outcomes

as a organization we have succeeded in establishing counselling sessions that are available at anytime learners need them.

6.3Nkanyezi special needs school.

28 July 2023

Inkanyezi special school

10:00 am to 12:00 pm

Dare day

Life coaches: Langelihle Nyandeni.

Khanyisani Mbatha.

Alfred Duma municipality in collaboration with Ngcwetini organization hosted an event titled celebrating Mandela month with Ngcwetini: boy child program. We were invited to come and facilitate Dare. We divide the work amongst each other as follows:

- Langelihle Nyandeni - introduction of the dare program. Who are we, why we are here, what is a boy and what is a man according to them. We further outlined the intention of God when he created a boy/man. How to establish your manhood vision as early as now.
- Khanyisani Mbatha - he went deep with the program exploring the 4 P's (pray, protect, provide and prophecies). Thereafter, moved to the main stream: Dare To Be Different
Identity, Purpose, Activation
Objective: To help men realise their true identity and motivate them to use their life experiences to teach, motivate and mentor young men in their communities. Because of time and concentration span of our participants we ended our session.

Overall our purpose of the program was to make boys aware that a boy is born but a man is built and along the process there are difficulties such as hormones, body changes, immature sexual desires, peer pressure, drug and more. Furthermore, we emphasized how God can make this transitioning easy.

Success

We were recognized and requested by the local municipality to come and facilitate the program on their behalf. To us this shows that God has given us a powerful tool with a much needed potentiality to grow boys to men..

Although it was our first time facilitating at the special needs school, God made it possible and the session was carried perfectly.

Difficulties

Our partners from different organization still needs to be workshop on how to facilitate, how to select appropriate for a particular group and how to control the situation. However, we as eThembeni are willing to invite them into one of our workshops because we hope they can learn a lot from us and we can learn a lot from them...

We are confident that the program was of value. However, we feel like it was touch and go type of a program. We hope to engage with all the relevant stakeholders and the school to establish a long term program that we believe can gave the much needed effect. Of course with proper prior training.

Take home

Sikhula Nokhula. Kungumsebenzi wethu njenge eThembeni ukusebenzisa u Dare njenge Thuluzi lokukhipha ukhula. To ensure a smooth transitioning from boys to man

6.4 Ladysmith High school.

The eThembeni SMT is in engagements with the Ladysmith high school to offer our service to them. We are since waiting for a go ahead from the school governing body.

6.5 Hlonipha combine school.

6.6 Mhlumba primary school.

6.7 Mqamathi High School.

7 Men's dialogue

We had a very good dialogue and prayer session on 28 July 2023. It was a Friday from 6-8pm. It was conducted at Ethembeni. 26 men attended. Mr Sthembiso was organising and acting as MC.

- Opening and welcoming
 - Prayer- Pastor Malaza
 - Business of the day
 - Introduction, each member introduced himself, stated their wellbeing, family state, personal reflection, spiritual journey, success and challenges. This session was therapeutic as it provided men with an opportunity that they do not get often. It is very rare to find such session in our communities at this day and time. As the organization we took it upon to create such opportunities. Because experience has taught us the value of such session.
 - Suggestions - after the introduction the following issues stood out the most. The house suggested the following possible ideas in attempt to solve issues we face everyday. Financial Education Programs, Manhood Peer education, Must put more effort on Indoda noMnotho, How to be a healthy Family man , 5 Regular Manhood prayers
 - Word of the Day Postor Malaza- Genesis 50v22: Death of Joseph
 - **Honesty**, most of the time men tends to lie about their situations with hope that they will feel better and make them respectable. This becomes dangerous because issues keeps on piling up waiting for explosion. The moment it breaks greater damage is caused. E.g. depression, feeling helpless, suicide, failure to provide and so on. It is our duties as man to be honest with ourselves before were are honest with others. Honestly it self can be therapeutic and opening up can open doors for helping.
 - **Good management of your seed**, based on research and observation it has been seen that one of the major issues we face as men in our everyday life, are result of a improper seed managements. Therefore, men are encouraged to fight temptation and manage their seeds well for the benefit of them selves, family, & Manhood.
 - Financial Intelligence, it is a creational duty given by God to each and every man to provide. Reality has proven that almost 80% of providing requires financial means. Sadly, We are a generation facing financial crisis. The roots of such issues results from our poor financial management, multiple partners, credits, extended families, children's out of wedlock and more. To address these issues the organization will consider above suggestions.
 - **Healthy family relationships**. One of the difficult task a typical African man face is maintaining the relationship
 - Prayer
- We plan to have our big men's dialogue camp at the end of the year at Jabulani camp. We are also planning smaller local men's dialogues in various communities. These dialogues are very successful in the sense that we create a safe, enjoyable space where men can take of their masks and talk freely about real life and their challenges. Above are very much the topics discussed at our bigger men's dialogue.

- We encourage men in church networks to have dialogues in their own churches and communities. On these platforms we wish to incorporate Veritas Youth material to open discussions with unbelievers to discuss what the Bible is, how God still communicates to us men today and what is God saying to us in our own culture and context, which is totally different from the Biblical times.

Closing comments

We are amazed at what God can do with a few fishes and a few loafs of bread! The year was started with a huge deficit. We worked through it, but had to terminate our contracts with three very special life coaches (Transformers) . This left a gap in our life coaching program. But Mr Sthembiso Mdakane came back, being prepared to drive the project as volunteer, without any salary or even a stipend. This whole drive was possible due to his unlimited commitment to eThembeni and the youth in our community. The eThembeni management salutes him. He is also assisting by managing the trust vehicles, which is also a full time challenge, trying to get the service to the community, that is very vast, with older vehicles. Also here he volunteers without compensation. The Trust wants donors and friends of eThembeni to take note of the fact that eThembeni is driven by passion and vision and not by personal gain. This makes eThembeni remarkable.

Appreciation

We bring all the honour to God for Him being with us during this year so far. We thank Him for donors and friends who could stick with us, when our wheels came off. We thank God for committed staff who serve with passion. We thank God for making it possible to do more with less. We are very much like David, taking off the armour of Saul, and approaching our giants with what we have.