



The Seven Passes Initiative

RURAL YOUTH DEVELOPMENT PROJECT



Annual Report

2021–2022



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Meet the team and the lively little ones at our first multi-cultural crèche, which opened in April 2022.



We are committed to the development of our youth. We help with subject choices, employment, training opportunities and guidance to find the jobs best suited to them.



Make the domino difference

They say the pandemic isn't over.

They say the war in Eastern Europe will affect all of us.

They say fuel and food prices will increase dramatically.

They say difficult times are waiting.

They say...
What say you?



With so many headlines carrying news of global chaos, tragedy and suffering, it's easy to feel overwhelmed. We wonder if things will ever get better. What could we possibly do to make a difference? We feel inadequate, because the challenges seem insurmountable. We don't have a big platform. We don't have enough resources. How can we make a positive impact?

A popular video on YouTube, made in 2009 by Stephen Morris, has more than four million views. In this experiment, Stephen demonstrates how one domino can knock over another domino, about one and a half times larger than the previous one. The experiment starts with a tiny domino, five millimetres high. In just 13 moves, a domino, that is one meter in height, is knocked over. If 29 dominoes were placed next to each other, the last domino would be the size of the Empire State Building!

It is impossible to knock over a domino the size of the Empire State Building with a five-millimetre domino. It is impossible for one person to end all the suffering and chaos of this

world. However, it is possible for one person to make a five-millimetre move and start a chain reaction.

What might happen if you make that one small move today? Maybe you will inspire two other people to do the same. And those two will inspire four other people. One small move, such as your "like," "share," or "comment" on our Facebook Page, a small monthly donation, an hour of your time, helping a child to read or do maths, can make the domino difference.

Thank you for everything you have done to support our work this year. We are deeply grateful for every gesture of goodwill. Your contribution matters, because it makes a huge difference in someone's life.

When you read this annual report, you may find more inspiration to make a domino difference. Or, you can contact us to find out how you can help.

We invite you to read about the domino difference that we have made in our community over the last twelve months.



Our high-school learners are still excited, positive and full of energy about their school careers. Read about their success stories, starting on page 15.

EXECUTIVE SUMMARY

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 2021/2022 year.



The Seven Passes Initiative was established with its primary aim the reduction of violence in the communities in and around Touwsranten. To achieve this goal, our strategies initially included:

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

New insights and a deeper understanding of the unique and complex needs of the children, young people, parents and caregivers in this community, enable us to continuously revise and/or expand our services which now also include:

- Safe, nurturing and stimulating afterschool care and holiday programmes for children
- Balanced meals for children attending the after-school centre
- A multi-racial Early Childhood Development 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
- The establishment of a workplace-based programme, focusing on the prevention of family violence. This includes the prevention of gender-based violence and parenting violence.



In January 2022 the schools fully reopened and we immediately noticed an increase in aftercare attendance figures. Our daily numbers quickly exceeded 150 children. On one particular day in February, over 200 children attended the Friday programme. Although we were excited about the number of children joining our aftercare, the sudden increase presented us with new challenges, such as a shortage of space, food and funding. Our new education facilitators started working at the beginning of February. They initially struggled to cope with the number of children and some of the children's behaviour. Over the next two months, activities normalised, and everyone adapted to the new rhythm.

To relieve pressure on our existing mentors, two additional mentors have been appointed. We also updated our code of conduct for the children and included the concept of rights and privileges. The update aims to present the rules in such a way that it is easier for the children to understand.

A need was identified for the establishment of a multi-cultural crèche in the community. We are happy to report that the Sinombulelo Early Childhood Development Centre opened its doors earlier in the year. You can read more about this exciting development in this annual report.

We are currently busy with the fifth roll-out of the Free to Grow Family Violence Prevention Programme at Tikketai. This roll-out forms part of the pre-piloting phase of the programme design, in cooperation with The Institute for Security Studies. Full launch is expected in October 2022. We provide more detail about this programme in the annual report.

We continue to deliver our four parenting programmes in Touwsrante and neighbouring areas such as Kleinkrantz, Wilderness Heights, Lancewood and expanded to Pacaltsdorp and Rosemoor in 2021. Training for three of these

programmes is now delivered in collaboration with *Mikhulu Trust* and *Clowns without Borders South Africa*.

We prioritise capacity building to equip our staff to present programmes. We focus on areas such as:

- Communication Skills
- Conflict Management
- Dealing with children with difficult behaviour
- Empowering people through choices
- Financial Literacy and Self-Empowerment
- Leadership
- Protective Behaviours

Focused attention is given to the young people involved in the Youth Development Programme. An individual report is compiled in respect of personality, work interests, and abilities.

Our collaboration with like-minded organisations remains a valuable tool to expand our ability to make a difference in the community and surrounding areas. We form part of the NGO forum of George and have established partnerships with organisations on a national level through the SAPPIN network and the Violence Prevention Forum.

School holidays bring a much-needed break for learners and educators, but, it increases the risk for children to become involved in negative or dangerous behaviour. To minimise this risk, we facilitate a variety of holiday programmes.

As the strain on the funding environment is increasing, we are thankful for the continued support we receive from our local and international donors, as well as from the Departments of Social Development and Community Safety.

It is with humble gratitude that we thank all the role-players who enable us to continue providing our essential services to Touwsrante and beyond.

"What makes a difference in one person's life or in hundreds of lives is not merely a stack of checks; what makes a difference is you contributing your many gifts at your level and your capacity."

~ Kelly LeMay

Die Seven Passes Initiative is 'n nie-regeringsorganisasie, gevestig in die gemeenskap van Touwsrante, 30km oos van George in Suid Afrika se Wes-Kaap Provinsie, met NPO Registrasienommer 065 133 NPO. Hierdie jaarverslag bied 'n oorsig van ons aktiwiteite gedurende die 2021/2022 jaar.



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

- Akademiese bystand aan alle skoolgaande kinders in die gemeenskap
- Werk- en opleidingsgeleenthede vir jongmense

Ons dienste brei konstant uit namate ons die unieke behoeftes van die kinders, jongmense, versorgers en ouers in die gemeenskap beter verstaan. Hierdie dienste sluit nou ook die volgende in:

- Veilige, koesterende en stimulerende naskoolsorg en vakansieprogramme vir kinders
- Gebalanseerde maaltye vir kinders wat die naskool-sentrum bywoon
- 'n Multi-kulturele Vroeë Kinderontwikkelingsentrum
- '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
- Die vestiging van 'n werksgebaseerde program wat op die voorkoming van familiegeweld fokus. Dit sluit in die voorkoming van geslagsgebaseerde geweld asook geweld teenoor kinders.



In Januarie 2022 het die skole ten volle heropen, en ons kon dadelik die verskil by die naskoolsentrum sien! Ons daaglikse getalle het opgeskiet na 150 leerders. Op een spesifieke dag in Februarie, het meer as 200 leerders opgedaag vir die Vrydagprogram. Alhoewel ons baie opgewonde was oor die toename in die aantal leerders wat die aktiwiteite by die naskoolsentrum bywoon, het dit nuwe uitdagings meegebring soos 'n gebrek aan ruimte, kos vir maaltye en befondsing. Die nuwe fasiliteerders wat in Februarie begin werk het, het dit aanvanklik moeilik gevind om met die groter aantal leerders, en sommige leerders se gedrag, kop bo water te hou. Aktiwiteite het in die daaropvolgende twee maande genormaliseer, en almal het geleidelik by die nuwe ritme aangepas.

Om die druk op ons mentors te verlig, is twee addisionele mentors aangestel. Ons het ook die gedragskode vir kinders hersien en die konsepte van regte en voorregte ingesluit. Die doel met die hersiening is om die reëls op 'n meer verstaanbare manier vir die kinders aan te bied.

Ons het die behoefte vir die vestiging van 'n multi-kulturele voorskoolsentrum vir ons gemeenskap raakgesien. Dit is met vreugde dat ons kan aankondig dat die Sinombulelo Vroeë Kinderontwikkelingsentrum sy deure vroeër vanjaar geopen het. U sal meer oor hierdie opwindende ontwikkeling in die jaarverslag lees.

Ons is tans besig met die vyfde ontplooiing van die Free to Grow Family Violence Prevention Programme by Tikketai. Hierdie proses is deel van die ontwikkelingsfase van die program wat in samewerking met die Instituut vir Sekerheidstudies gedoen word. Ons verwag dat die voltooiide program in Oktober 2022 gereed sal wees. U kan ook meer oor hierdie program in die jaarverslag lees.

Ons gaan voort om ons vier ouerskapsprogramme in Touwsrante en aangrensende gebiede soos Kleinkrantz, Wildernis Hoogte en Lancewood aan te bied, en ons het uitgebrei na Pacaltsdorp en Rosemoor in 2021. Opleiding vir drie van die vier ouerskapsprogramme word nou

in samewerking met *Mikhulu Trust* en *Clowns Without Borders South Africa* aangebied.

Die vaardigheidsversterking van ons personeel om hulle toe te rus om programme aan te bied, is vir ons 'n prioriteit. Ons fokus op areas soos:

- Kommunikasievaardighede
- Konflikhantering
- Hantering van kinders met moeilike gedrag
- Bemagtiging van mense deur keuses
- Finansiële Geletterdheid en Selfbemagtiging
- Leierskap
- "Protective Behaviours" Opleiding

Intensiewe aandag word gegee aan die jongmense wat by die Jeugontwikkelingsprogram betrokke is. 'n Individuele verslag oor persoonlikheid, werksbelangstelling en vermoëns word vir elkeen saamgestel.

Ons samewerking met eensgesinde organisasies en instellings bly vir ons 'n waardevolle hulpmiddel om 'n verskil in die gemeenskap en omliggende gebiede te maak. Ons is deel van die NRO forum van George en het ook vennootskappe gesluit met nasionale organisasies deur ons verbintenis met die SAPPIN netwerk en die Violence Prevention Forum.

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

Te midde van die toenemende druk op die befondingsomgewing, is ons dankbaar vir die volgehoue ondersteuning van ons internasionale en plaaslike donateurs, asook die Departement van Maatskaplike Ontwikkeling en Departement van Gemeenskapsveiligheid.

Met groot dankbaarheid in ons harte bedank ons al die rolspelers wat ons in staat stel om te kan aanhou om noodsaaklike dienste in ons gemeenskap te lewer.



Message from our chairperson

The 2021/2022 year at The Seven Passes Initiative has been filled with challenges, surprises, mistakes, and triumphs. While we are deeply grateful for every success story we can celebrate, we see our mistakes and failures as opportunities to learn and grow. In an organisation such as ours, it is inevitable that we will encounter obstacles – some seemingly insurmountable. But when our plans do not work out the way we thought they would, we are encouraged by these words...

**"A failure is not always a mistake,
it may simply be the best one can do under the circumstances.
The real mistake is to stop trying."**

~ BF Skinner

And that is the key to the success of The Seven Passes Initiative – a team of workers, volunteers, board members – in fact, a whole community – who never stop trying. Together, we are taking small steps, and some bigger ones, to make a difference in our community and surrounding areas.

We are thankful for the degree to which our activities have normalised, after the severe restrictions during the Covid-19 lockdown period. Despite the fact that the management of the pandemic has been scaled down, we continue to do our work and conduct our activities with the safety of our children and staff in mind.

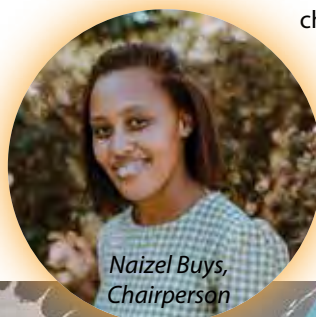
Big excitement accompanied the opening of the multi-cultural Sinombulelo ECD Centre. We know that the important work they do will lay a strong foundation to benefit the pre-school children for the rest of their lives. Quality education in these critical years will ensure that each child is as well-equipped as possible to achieve success in the future.

It is encouraging to see the increase in the number of children attending our afterschool activities. This

structured environment is a safe haven for many of our young learners who would otherwise have spent their afternoons unsupervised. In this report you will read about the vital role of our facilitators and mentors at the aftercare centre. We admire them for their commitment and hard work as they create many success stories.

As we embark on our journey to organise for the coming months, we are well aware of the doom and gloom predictions about economic, cultural, and other shifts. Reading or listening to news stories, can be disheartening and downright frightening. While acknowledging the fact that our goals and objectives might be negatively impacted by the global challenges on many fronts, we choose to remain realistically hopeful.

We will continue to rely on the skills, talents, creativity and dedication of every member of our staff, the board, our volunteers, and the local community. Thank you for partnering with us to make a difference.



DIRECTOR'S REPORT

Over the last couple of months, I have been reflecting on the values of the organisation and how important it is to live your life according to guidelines such as values and principles. The values of The Seven Passes Initiative are:

- Respect
- Empathy
- Equality
- Fun
- Active listening
- Non-violence
- Honesty
- Confidentiality
- Non-discrimination
- Non-racism
- Commitment and courage

During April and May we have been intentional in strengthening our collective responsibility to do all our work with these values in mind. During staff get-togethers, we were able to remind each other that not only the big things are important.



Wilmi Dippenaar,
Director

I salute our staff for their hard work. They are not only doing work at the organisation that is physically, emotionally and mentally demanding, they are also acknowledging their own growth areas and working on their personal development. This requires courage and time and has to be balanced with their home/life challenges. I am in awe of their dedication.

On top of the successes we have accomplished in personal and emotional growth, our organisation has grown with the addition of an Early Childhood Development Centre. We are now delivering five programmes and extended our reach with our parenting programmes. All our other programmes continue to impact participants and recipients.

Finally, our deepest gratitude goes to you. Your vital donations of time, knowledge, skills, prepared meals, funded projects, offered support and acknowledgment of our work in various ways, enable us to make a domino difference in the community. With your help we are working towards toppling every stumbling block and obstacle we encounter.

I realise that the magnitude of the challenges we face, can, at times, feel overwhelming. I trust these words from author, Beth Clark, will serve as inspiration and a reminder about the importance of doing the small things...

"I've noticed something about people who make a difference in the world. They hold the unshakable conviction that individuals are extremely important, that every life matter. They get excited over one smile. They are willing to feed one stomach, educate one mind, and treat one wound. They aren't determined to revolutionise the world all at once; they're satisfied with small changes. Over time though, the small changes add up. Sometimes they even transform cities and nations; and yes, the world." ~ Beth Clark

As we reflect on our values and how we do our work, it is my hope that we are leaving a footprint worth following.



Education staff, from left: Moreece Ruiters, Shuntel Oelf, Shireen Miller, Clamerica Julies, Denzel de Swardt, Carmen Appels and Joshlyn Benson.

For more than 13 years, Chandré Gould, a founder member of The Seven Passes Initiative, tirelessly shared her time, knowledge, skills, love and kindness with her fellow board members, the staff and members of the Touwsrante community.

Chandré shares the view of many successful leaders – that new blood is needed to keep an organisation healthy and growing. Due to this, and increased demands in her career, she has ended her official ties with The Seven Passes Initiative. However, we know that we will always be able to count on her wisdom, experience and advice, if needed.

Chandré has been involved with this organisation as a board member from 2008 to 2021. She started as the secretary of the board in 2008 and then later became the CEO. As volunteer CEO of the organisation, she carried the burden of fundraising, management and providing direction for the development of the organisation until 2015. During 2012–2019 she was actively



involved with research in the field of parenting support.

What is even more remarkable is that she managed to balance her volunteer role with a strenuous full-time career.

Chandré is a Senior Research Fellow in the Justice and Violence Prevention Programme at the Institute for Security Studies (ISS). We are grateful for the close collaboration between the ISS and The Seven Passes Initiative, for example, with the Family Violence Prevention Programme and the Community Safety Dialogue Forum.

The impact of Chandré's involvement with the organisation and the community is immense. Here are some of the stories about the ways in which she touched the lives of many...

Naizel Buys – Chairperson

It feels like yesterday when Chandré sat down with me to assist me with my applications to different universities. Caring and service to others – this is how I will always remember her. Chandré's contribution to The Seven Passes Initiative and the Touwsrante community will always be remembered.

My message to Chandré:



As you look back on your time with us, please know that our growth and success stories would not have been possible without you at the helm.



Chandré (second from right) out and about in 2017 with representatives from Jet, Naizel Buys (far left), Wilmi Dippenaar (third from right) and councilor Marlene Barnard (far right).

Wilmi Dippenaar – Director

The Seven Passes Initiative regularly receives a high level of recognition for the work we do – even at national level. Of course, this is made possible by many role-players. However, we would be remiss if we do not recognise the key role that Chandré has played in establishing this organisation as a leader in the field. Board service is one of the toughest volunteer roles of all, and she performed it with dedication and tenacity. Chandré distinguished herself as a judicious steward of our organisation and never flinched in the face of difficult decisions. I respect Chandré for the way in which she lives out her values more than relying on her skills. She shares appreciation and praise and never want it for herself. We are grateful for her role in the past, present and future of the organisation.

My message to Chandré:



On both a professional and a personal level, I am grateful for your guidance and the opportunity to learn from you.



From left: Wilmi Dippenaar, Cathy Ward, Chandré Gould, Diketso Mufamadi and Lisa Kleyn.



Service
with
a smile



Chandré (third from left) with the 2015/2016 board and staff members.

John Ruiters – Vice-chair

In the initial planning phase of The Seven Passes Initiative, our dreams were small. Enters Chandré Gould. She tackled the bull by the horns and got everything in place. The rest of us were there for support. Chandré was Seven Passes. Under her leadership, I have gained valuable knowledge about the non-profit world. She has been integral to the important advances we have made, particularly in the areas of reducing violence in the community and giving people hope for a better future.

My message
to Chandré:



I am really glad you will still be involved with the organisation through the ISS. Thank you for everything you have taught me.

Ryan Soldin – Board member

When Chandré initially envisaged the establishment of The Seven Passes, she approached me to serve as a board member, overseeing good governance of the organisation. Chandré is dedicated, enthusiastic and encouraging. She built up The Seven Passes from nothing to largely where it is today. Having worked on the board with Chandré has always been a pleasure.

She is an inspiring person who has brought opportunity, happiness and peace to many individuals involved with The Seven Passes Initiative, both employees and numerous children.

My message
to Chandré:



We will miss you and wish you all the best in your future endeavours.

Peter Leppan – Founder member

I still clearly remember the time when The Seven Passes was a dream for Jack Rubin and myself. We were fairly lost in the woods and then Jack managed to secure the assistance of Chandré Gould. I firmly believe that, was it not for Chandré's efforts, there would be no SPI today. I'm eternally grateful for everything she taught us about what a non-profit organisation needs, how to run it, and her tremendous assistance with fundraising.

My message
to Chandré:



Our dream for The Seven Passes Initiative was very ambitious. You single-handedly made it all happen.

Sharon Fisher-Buys – Board member

When I met Chandré, one of the things that stood out was her passion for the welfare of children – not only the children of The Seven Passes but children in general. She moved mountains to make things happen at the organisation. I'm sure it must have been quite a challenge for her at times to balance her own work with her role at The Seven Passes, and yet, she always managed to do it. She is one of the most efficient fundraisers I have ever met.

My message
to Chandré:



I will always remember you as a humble person – someone who makes time to listen to everyone's problems.

Roslynn Wehr-Damons – Manager

Looking back on my journey at The Seven Passes starting in 2016 to where I am today, is quite amazing. As I was working towards achieving my goals, it was always helpful to work alongside such an inspiring and incredible woman. Chandré and I shared a passion and love for the organisation and the work we do.

My message
to Chandré:



You were part of my growth, nurturing the drive in me to live my passion and help others through this organisation. Thank you, Chandré!

Andrew Jeffery

When I think of The Seven Passes Initiative, I think of Chandré. She ensured that the activities and objectives of the organisation adhered to the highest standards, and still, she always tried to improve on them. I see how she is always comparing the work at the SPI with other NGOs, looking for ways to doing things even better.

My message
to Chandré:



You have taught us what works and what steps to take to improve The Seven Passes Initiative. We will strive to do that in the future.

Chantal Damons – Manager

Chandré played a very important role in the changes that we have seen in Touwsrante since the inception of The Seven Passes Initiative. She was at the helm of fundraising for the organisation. Over the years I have seen how hard she had worked to secure the finances to support the organisation's activities. She is passionate about giving back to the community. On a personal level, she has been a mentor and motivator and always available when I needed her.

My message
to Chandré:



You have made me feel important and that my input is valued. Even though you are highly qualified, you have never made me feel less qualified. You are a humble person.

Jimay Windwaai

It has always been a pleasure to work with Chandré. She treats everyone the same, makes one feel safe and free to express your thoughts and be yourself. She is the friendliest person on this planet and a hardworking woman.

My message
to Chandré:



I respect you for the fact that you never judge anyone.

Shannen Buys – Secretary of the board and previous parenting facilitator

Chandré has been a huge asset to the organisation. She taught me what it means to go the extra mile for what you believe in. I started working in the aftercare centre, and was fortunate to have been able to get to know her and build a bond with her. I regard Chandré as a role-model and will strive to develop and nurture the character traits that she modelled.

My message
to Chandré:



During your tenure as CEO of the Board, we have seen enormous growth in our organisation. We will do our best to build on your legacy.



**Act as if
what you do
makes a
difference.
It does.**

~ William James

THE SINOMBULELO ECD CENTRE – AN EXCITING DEVELOPMENT FOR OUR CHILDREN

We were bursting with excitement and pride when our first multi-cultural crèche, the Sinombulele Early Childhood Development Centre, opened its doors on 19 April 2022! The centre started out with only four children attending. Soon, we had 20 regular attendees, with another 16 on the waiting list.

All our classes and lessons are taught in English, isiXhosa and Afrikaans. Currently, the centre is run by principal, Chantal Damons, and two teachers, Genevieve Nkewuse (isiXhosa) and Mila Gould (English.) Three assistant teachers are provided by the EPWP.

Upon receiving our resource kits for the school, the children were very excited to help unpack the toys and teaching equipment.

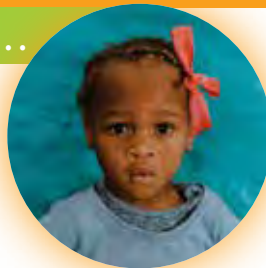


From left: Chantal Damons, Genevieve Nkewuse and Mila Gould.

Our kids are lively and full of fun!

Here are some of their antics and success stories that brighten our days...

Riley Maswattie decided to send teacher Chantal three Whatsapp voice recordings before bedtime just to ask where his worksheet was.



Carol-Anne Harmse went home one afternoon and told her mother, "At my school we have a teacher, (Viwe) Genevieve, who teaches us to speak Ramaphosa! Of course, she meant isiXhosa, and then proceeded to make "click" sounds as if speaking isiXhosa.



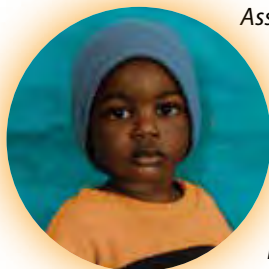
One day, assistant-teacher, Jimay, was attending to the five to six-year olds.

Bianca Tika, a Chichewa learner, caught her attention. Bianca astounded her, because after only two weeks at the centre, she was able to count from one to ten in Afrikaans and she knows her primary colours in Afrikaans. Bianca is a fast learner and a very helpful child.



Assistant teacher, Anelisiwe Fana, noticed that **Praise Mkandayanda**, a Chichewa boy, was very reserved, mainly due to the language barrier. She intentionally encouraged him to participate in the activities. As the weeks passed, Praise started responding to the teacher's questions and became more spontaneous.

Gradually, he formed a strong bond with Anelisiwe. Now his teacher is so proud of him and says she can't believe that he is already counting from one to ten in Afrikaans



According to teacher Mila Gould, Sinombulelo ECD Centre is a place where a high value is placed on equality. "Here we believe every child deserves our best, so that they can be their best."

We have come a long way from finding a building that is suitable for our purposes, fixing it up and getting it ready to open. It took a few months, but we did it!

On 3 June 2022, Sinombulelo ECD Centre hosted their first open day. Thanks to the efforts of many volunteers, our children are greeted by colourfully painted walls, and an upgraded building. Thank you to all for your time and hard work – you made our dreams come true.

A special word of thanks to supervisor, Kim Andreoli, who guides us with everything – from playing to planning our programmes.

Sinombulelo means grateful, and that is indeed how we feel. We have a great team, a great space where we can care for our children, and we will work with them to ensure we give them the best start in life.



After the severe restrictions during the Covid-19 pandemic, our activities have normalised in most areas. Our first priority is ensuring our children receive the education and care they need in the safest way possible. It is also apparent that the pandemic, lockdowns, mask-wearing and social distancing, have had a significant impact on substance abuse, as well as the mental health of learners, educators and community members. We are, for this reason, monitoring our children's mental health carefully so that early intervention, if necessary, can be made.

In this section of the annual report, we provide details of our programme objectives and success stories.

The afterschool programme is freely available to the children of Touwsrante and runs every day from Monday to Friday.

Our focus is to support our children in the four developmental pillars as directed by the Department of Cultural Affairs and Sport – life skills, academics, sports, and art.

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 daily 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 afterschool sessions.

We continue to use supervision as an integral and important component of our programmes.

This process strengthens our education and parenting programmes.

Our children surprise and inspire us by showing us the true meaning of resilience, guts, and determination. Some of them have overcome grave obstacles. We are thankful for their progress and salute all our staff for their dedication and hard work.

We hope you will enjoy reading about the success stories of some of our mentors, facilitators, and children. All of them are indeed making a domino difference.



Clamerica Julies



Joshlyn Benson

Clamerica Julies and Joshlyn Benson

Thriving in their role as mentors

Clamerica Julies worked at The Seven Passes Initiative as a facilitator between 2017 and 2019.

"This is the best place for a young person to grow and to develop skills. I have worked very hard to prove myself."

Clamerica returned to the organisation in January 2022 to work as a facilitator. In May 2022, she was appointed in a mentor position.

"I'm am very proud to be a mentor. Now I can share my experience with the others. I'm mentoring three facilitators and I motivate them to work hard and to believe that they can succeed in everything they do."

Clamerica says she enjoys working with the three facilitators, because there is mutual respect.

"I'm looking forward to working with them throughout this year. My goal is to grow in this organisation, to be a good role-model in the community, and to follow my dreams. I think I'm on the right track!"

Joshlyn Benson joined The Seven Passes Initiative in May 2021 as an educational facilitator. She enjoyed working with the children during the day as a teacher assistant at school. In the afternoons, she worked at the aftercare centre.

"Seeing how I can make a difference in the lives of others, motivated me to apply for the educational mentor position. Every day, I challenge myself to be the best version of myself."

Joshlyn believes the mentor position helped her grow and to be more committed, passionate, and motivated.

"Becoming a mentor, opened opportunities to get training and develop my skills. It is exciting, and I am still learning every day."

In her position as a mentor, she oversees three educational facilitators who are working with children with difficult behaviour.

"I am thankful for the workplace training that is provided for the facilitators to help the children at the aftercare. I've also had the opportunity to do a personal behaviour training course. I find the work I'm doing very rewarding. It's wonderful to be a part of The Seven Passes family."

Grade R

Rhaenelle Junies describes her first few days as a facilitator with the Grade Rs as a roller coaster ride!

"It started out a bit bumpy, but as we got to know each other, everything went a lot smoother!"



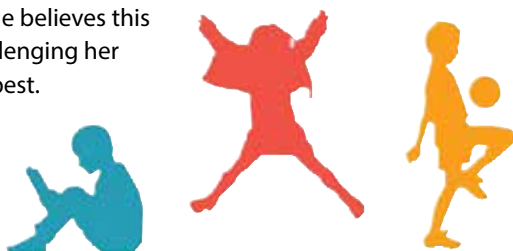
She is especially proud of the progress she has made with one special little boy, **Gavarian Swarts**.

Rhanelle heard that one of the five-year old boys displayed challenging behaviour. It was hard for the teachers to get him to cooperate. After observing Gavarian's behaviour in the group, Rhanelle decided to have a one-on-one chat with him. She explained to him about the different emotions and the importance of apologising when doing something that might hurt a friend's feelings. At first, it wasn't easy for Gavarian to apologise. One day, Rhanelle noticed him apologising. She was overjoyed and gave him a few words of praise, then asked him to give the other boy a hug to show that they are friends again. He did this, and then she also gave him a hug, and thanked him for doing what she had asked. This was a turning point for Gavarian. Now he is practically glued to Rhanelle! She admits that he still has his "difficult days," but she finds it much easier to get him to participate in activities and stick to the rules at the aftercare.



Five-year old **Lesley Ann Swarts** is a Grade R learner at Touwsrante Primary School. "Katjie," as her friends call her, is described as a very helpful, playful, and intelligent little girl who loves singing. At first, Lesley Ann just wanted to play. When Rhanelle incorporated singing in the weekly programmes, Lesley

Ann blossomed. Now, as soon as the singing sessions start, she organises the other children to stand in their positions. As we know, these energetic little bundles of joy can be quite a handful, but with eager helpers like Lesley Ann, order is restored! Rhanelle proudly talks about Lesley Ann's eagerness to learn, and she believes this little girl is challenging her to also do her best.



Grade 1

Jimay Windwaai is an assistant teacher at the Seven Passes Initiative ECD centre and in the afternoons, she is a facilitator for the Grade 1 group. She has twenty children under her care. Jimay says it's quite challenging, because each child is struggling with something different. However, she is thankful for the progress she has made. She proudly shares the success story of **Anastacia Mpinda (Stacey)**.



"When I first met Stacey, I soon realised that I needed to spend extra time with her. She was struggling with writing, naming colours and reading. She was also very shy and didn't talk much."

Jimay realised that she had to come up with a plan, because there were other children who also needed her help and attention. She started implementing the ECD centre programmes in the afternoon sessions. She called it the "Afternoon Ring" and, while keeping a close eye on Stacey, taught the group about the days of the week, months of the year, seasons, counting, and colours. Gradually she could see Stacey coming out of her shell.

Before, Stacey wouldn't participate, because she was afraid the other children will laugh at her if she gets the answer wrong. Jimay kept encouraging her and assuring her that she was always available to help. As Stacey's confidence grew, she started talking spontaneously in the group. She is making good progress in all areas and Jimay is confident that they will overcome all Stacey's challenges.



Grade 2

Naithlyn Buys

Naithlyn Buys started this year as a grade 2-learner at the Touwsrante Primary School. The previous year, Naithlyn was in Grade 1 in Conville Primary School in George. The adjustment to a new home and a new school, was quite daunting for this little girl. However, the group facilitator, Sherney, speaks with admiration about how Naithlyn tackled her new environment.

"When I first met Naithlyn at the aftercare centre, I saw an ambitious and talented little girl. I could see that she enjoys life and she is passionate about everything she does. She always helps the other learners in the aftercare and is a very caring and loving child."

Naithlyn regularly attends the programmes at the aftercare and she is described as a ray of sunshine with her positive attitude. She joined the netball practices and because she is always ready to help other learners who struggle with their work, she quickly made new friends.

"I am so happy to see how quickly Naithlyn adjusted to her new environment. I can see that she is happy and glad to be part of the aftercare and of the Touwsrante Primary School. She is a true inspirational leader and I'm looking forward to follow her progress."



Leigh-Ché Martin

Facilitator, Janine, is proud to report on the progress she has made with one of the girls in her group, Leigh-Ché Martin, a grade 2 learner.

"At first, this little girl was displaying difficult behaviour. She didn't want to do her homework and she was argumentative and sometimes aggressive towards the other children."

Janine made an effort to get to know Leigh-Ché, talk to her about emotions, and help her with homework. Eventually the breakthrough came...

"I could see that she loves it when I am spending time with her. She started telling me about her dreams for her life."

Janine says it's wonderful to see that Leigh-Ché is not only doing her own homework, but also helping the other children. She is not aggressive anymore, and gives Janine a big hug every day.

"It really is a pleasure to work with Leigh-Ché and to see her change and grow. It lights up my day, every time I see her cheerful face."



**"Kindness can transform someone's dark moment with a blaze of light.
You'll never know how much your caring matters.
Make a difference for another today."**

~ Amy Leigh Mercree

El Johndre Blessie

Soon after meeting El Johndre, Sherney realised she needed a special plan. El Johndre was displaying quite a few difficult behaviours. He had little regard for the other children's feelings, he was frequently involved in arguments, in general, displayed a disrespectful attitude, and was "bossy" towards his friends. Some of the other children in the group wanted to leave, because of his negative attitude. Sherney knew she had to take immediate action.

"I could see that there was something good in this boy. I just had to get to that soft spot!"

She started talking to him and getting to know him. She tried her best to understand why El Johndre was behaving so negatively. She gradually explained the impact of his behaviour to him. As time went by, a bond formed, and El Johndre realised that this facilitator was trying to help him, and wanted only the best for him.

"Over time, El Johndre's behaviour has changed and now he talks respectfully to others and he has become an inspiration to the group in showing how things can change for the better. He is always prepared to help me, because, he says he wants to be a good leader and influence to the other learners."

Grade 3

Elizma Stolz

Facilitator, Cassidy van Staden, regards the work she did with Elizma Stolz, a Grade 3 learner, as her biggest success story this year.

"When I first met Elizma, she was very shy and didn't want to talk openly to me. When the other children were playing, she always said she was not in the mood to play. This concerned me a lot."

Cassidy realised that Elizma needed motivation and extra attention. As time passed by, helping her Grade 3 learners with their homework, Cassidy intentionally spent extra time with Elizma. Gradually the little girl started participating in the aftercare activities.

"Seeing how she enjoyed playing with the other learners was a joy! As the assistant teacher in her school, I also noticed an improvement in her school work. I can see that Elizma has big dreams. She is a very intelligent young girl and helping to make a positive difference in her life is all the motivation I need to do my work well."



Grade 4

When one particular little girl joined the aftercare sessions, she was very quiet, never wanted to play, or do her homework. As this girl is in foster care, her name is withheld to protect her identity.

It appeared as if she was just sitting there, waiting for the time to pass so that she can go home. This situation was of great concern to the facilitator of the group.

One day, the facilitator decided to have a group-chat, explaining the reasons for the aftercare sessions and how they can all benefit from the activities.

After that, this girl changed. She started participating in the activities, started doing her homework, and always asked for help when she didn't understand or when she was struggling with something.

This child is a great example of how change can be achieved. When you put in the hard work, you get good results. Her facilitator reports that she always puts her schoolwork first and afterwards decides if she wants to play or not.

We are extremely proud and thankful for her growth. She has good manners, is respectful to others, never talks back, and never raises her voice. The improvement in her school work, way of speaking, and her participation in the activities is an inspiration to everyone around her.

Grade 5

Mattwin Roelfse

When Sharene Flanck joined The Seven Passes Initiative as a facilitator, she felt nervous.

"We were divided into separate groups and I was assigned to the Grade 5 group. At first, I did not know if I would be able to handle them, but so far, I've managed."

Sharene vividly remembers the day she met Mattwin...

"As I observed Mattwin's behaviour, I immediately realised that this was going to be my big challenge. Mattwin was displaying different types of difficult behaviour. I knew I was going to have to make a plan, otherwise it might disrupt the goals I had for the whole group."

Sharene decided to ignore Mattwin's behaviour as long as he was not harming himself or others, or destroying someone's property. Sharene focused on building a trusting relationship



with him. After a while, she started giving him small instructions, which he followed. She gradually won his trust, and as their relationship developed, she was able to work on the other areas of difficult behaviour.

"If I look at Mattwin now, I can't believe it's the same child. He is much calmer and always eager when I want to help him with his homework. He really has a special place in my heart."

Mattwin never skips a day without coming to greet his favourite facilitator and find out how she's doing. Sharene says that, even though there are some days that are still challenging, she is prepared to continue on this journey with Mattwin.

"I know he trusts me, and I will always help him to reach his full potential."

Grade 6

Facilitator, Tamira, admits that her heart was beating a bit faster than usual on her first day at The Seven Passes Initiative.

"I did not know what to expect. First, I was with the Grade 2 learners. I felt comfortable working with them because I could handle them. And then, I was moved to Grade 6. It became more challenging because these learners were older and wiser! Some of them were proving to be more than a handful!"

Tamira was patient and diligently faced the difficult task at hand. She spent time every day talking to her group of boisterous Grade 6 boys and girls, and gradually managed to calm them down and teach them about mutual respect.

Tamira regards her journey with one particular girl in her group, as her biggest success story. As this girl is in foster care, her name is withheld to protect her identity.

"One of the girls in the group caught my attention from day one. She preferred to be on her own, she never listened when I talked, and sometimes she got into arguments with the other learners. One day, I sat her down, and we had a long chat. I could see that she was listening intently to everything I said. I had the feeling that I was really getting through to her. Nowadays she comes to the aftercare to do her homework, she participates in the games we play as a group, and she offers to give assistance where needed."

Tamira says she is very proud of the progress that the two of them have made.

"She still surprises me every day. On Fridays she is in her element, because she loves singing and dancing. I love her spirit and seeing how she has changed from being on her own all the time to being a bright shining star. It's kids like this young girl, and all my Grade 6 learners, that motivate me to never give up."



Grade 7

Charmolene started working at The Seven Passes Initiative as a Grade 7 facilitator at the beginning of February, 2022. Soon after her arrival, she noticed that one of the girls appeared to be extremely shy. As this girl is in foster care, her name is withheld to protect her identity.

"This one young girl never wanted to participate in any activities. It looked as if she would just sit there, hiding away in her own world and watch the other learners having fun. She is 15, and I know teenagers sometimes just want to be left alone, but this was too much!"

Charmolene remembers that it took her quite some time to figure out how she might help the withdrawn young girl. One day she called her over and invited her to play a ball game. The girl looked almost shocked! She wasn't used to people reaching out to her. As they were playing, Charmolene gently probed her to find out more about her background and her life in general. Some of her personal stories were heart-wrenching.

"From that day onwards, I would always just check up on her to see how she's doing."

Charmolene knows that there is still a long way to go, but she is encouraged by the progress they've made. The girl now enjoys the interaction with kids her age at the aftercare. She is taking part in the activities, talks more, and is having lots of fun with her friends in her group.

"What was very surprising is that one Friday we had our creative dance session. This girl who used to be so shy, eagerly joined the group, and I could see that she enjoyed every moment. Her eyes lit up and she was laughing out loud. She didn't know all the steps and moves yet, but she was laughing about her mistakes."

Charmolene says her experience of working with this special girl and seeing the changes in her, affected her deeply.

"I feel like she is my little sister, and my success with her inspires me to carry on with my work. I'm praying for her and I'm thankful that we found each other here at Seven Passes."



High school learners are motivated to keep going



The past two years have been very stressful, and I can only imagine what learners, teachers, parents and caregivers have gone through in terms of our children's school careers. The pandemic brought about much uncertainty.

Although the disruption in their normal routine was a major setback for some, it inspired others to work harder than ever. Learners are more committed to their school careers. One could see this when the schools reopened with a normal routine this year – even though that called for an adjustment once again. Our children are indeed resilient, zealous and courageous and they deserve our support.

We are encouraged by the fact that more children have started attending aftercare sessions on a regular basis. Over the past year, they have shown growth on different levels. They deal with their differences in a productive way, lend support, and motivate and encourage each other. It is heart-warming to see how they engage each other in our fun activities and programmes. Learners set short-term goals for themselves at the beginning of their first term. Everyone achieved their goals to pass the first quarter.

More learners are currently making use of the opportunities offered by York High School. Some of the teachers and learners of this school, situated in George, came on board

to assist our learners with different subjects. We extend our sincere gratitude to Miss Ida and the learners for the invaluable help they give our children.

Miss Dalene and Miss Barbara assisted our learners with mathematics and math literacy. Many of our learners benefitted from attending these sessions.

Most of our Grade 12 learners are busy gathering information about tertiary education options. Some have already applied, and others have yet to do so.

It is clear that our learners do not intend to allow anything to keep them away from The Seven Passes. The learners have so much endurance, despite the chaos. They are still excited, positive and full of energy about their school careers and we are very proud of them.

The pandemic did not hold our learners back, instead, it motivated them to keep going.

Moreece Ruiters, High School Facilitator

Success stories of some of our bright stars...

Shenaaz Stuurman and **Lashe Abrahams**, two of our Grade 12 George High learners have been selected to serve on the school's disciplinary committee. They are an inspiration to other learners who have also expressed their goal of being on the committee when they are in Grade 12.



Shenaaz Stuurman



Lashe Abrahams



Johnay Rixana's goal was to improve her marks for her mathematical studies. She achieved her goal by moving up from a Level 5 to a Level 6.



Our very own **Johnelen Arries**, a Parkdene High School learner, is making waves. She has not only reached the top two for business studies in her class, but is also in the top two of the overall Grade 10 business study learners. It was one of her goals that she set at the beginning of the first term.

She motivated others by telling them that she kept believing in herself and that she would make it. Johnelen has sound advice for her fellow learners: *"Work hard, do your best, then God will do the rest."*

[More success stories...](#)

"If you cannot feed a hundred people, feed one."

~ Mother Teresa

Unathi tells the story of her first soccer tournament. She said that people in the community told her she cannot play soccer and that soccer is not for girls. Unathi decided to ignore the negative comments. She kept on playing and practicing and enjoyed every minute of it. She was adamant that she would prove the negative critics wrong.



"I wanted to show them that soccer is not just for boys, but also for girls. I played my first tournament and my soccer team won. I proved myself, not only to my community, but also to my family and myself. I currently see myself as the best girl soccer player in my community. Soccer is my passion and I do it with love."



"You can't change the world; you can't fix the whole environment. But you can recycle. You can turn the water off when you're brushing your teeth. You can do small things."

~ Patti Smith

Moreece Ruiters

Paying it forward with love

Moreece Ruiters, a former Seven Passes learner, feels strongly about the role of the Seven Passes community in building a strong foundation for her success.

She fondly remembers the influence of the late Pastor Cedrick, who she says, went that extra mile for others, especially the children.

"Over the years, Pastor Cedrick has made a positive difference in more than one child's life. And that's where I get my motivation. The way he worked and lived is proof that a small act of kindness can make a big difference in someone's life."

Moreece's journey is an inspiration to everyone who crosses her path...

"I obtained a BA Behavioural Science degree in 2019 at the North-West University in Potchefstroom. There were many challenges and setbacks, but I pushed through. In my first year I applied to NSFAS for funding, so I had to work extra hard to get a bursary. In the second semester of my first year, NSFAS started funding me. Since then, I kept on believing that God did not bring me this far to leave me on my own. The song, Can't Give Up Now by Mary Mary, was my greatest motivation back then."

Moreece experienced the awakening of a strong sense of "giving back." In 2019, she started assisting learners with their tertiary applications. And she enjoyed every minute of it.

"The fact that I see these learners trying to create a better future, makes my heart sing with joy. Yes, some of them make it and others don't, however, I always tell them to never give up."

After joining The Seven Passes team as a high school facilitator, Moreece realised that this job was perfectly aligned with what she set out to do in 2019.

"I enjoy helping others. I do it from the bottom of my heart, with no expectations of getting anything back. My reward is seeing how the children of our community are striving to make a success of their lives."

Moreece says it has been an inspiration to see how the learners did not allow the chaos of the world to get them down.

"I am immensely grateful for the opportunity that Seven Passes offers me. I'm learning a lot and can already feel how much I have grown in all areas of my life. However, the biggest privilege for me is that I get to plough back into today's learners what I've learned at Seven Passes. I believe and trust that they will achieve great success one day."

Moreece's passion and dedication to make a difference in the lives of others, is a true testimony of how the kindness and love of one of her mentors, Pastor Cedrick, is making a domino difference in our community.



Moreece Ruiters

We are committed to the development of our youth. Our mission is to assist them in reaching their full potential.

We are assisting Grade 9 learners with the subject choices and support those interested in tertiary studies with their university and funding applications.

The Youth Development Programme includes the employment of local youths – mostly young women – as the programme's educational facilitators. This provides them with valuable work experience that prepares them for long-term employment.

The Western Cape Department of Community Safety's Expanded Public Works Programme provides stipends for our facilitators. It is encouraging that the previous nine facilitator positions were increased to 12 in 2021, and again to 15 in 2022, enabling us to use three of the facilitators as teacher assistants in the new ECD centre.

Our education facilitators receive training to equip them for the outside world. They also benefit from in-house training

with the parenting facilitators. This helps them to gain additional skills on how to work with children.

Training opportunities offered this year include: Communication Skills; Conflict Management; Leadership; Dealing with children with difficult behaviour; Empowering people through choices; Financial Literacy and Self-Empowerment

We use the results from each facilitator's Career Direct Assessment, to guide them in finding the jobs best suited to them. This assessment provides detailed information about their personality type, interests and their potential career choices. We also assist them to further their studies at the end of the twelve-month period.

Facilitators have regular meetings with the Seven Passes management to establish their key performance indicators and assess their progress.

We are proud of our young people
and hope you will enjoy
reading about their success stories...



Chrislyn de Jager

Using every opportunity for growth

Chrislyn de Jager, one of our former Grade 1 facilitators, was a hard-working person and always ready to lend a helping hand. She was also an assistant teacher at Lancewood Primary School. The principal only has fond memories of her, and says that she handled her group well and was able to take the lead in the activities. Chrislyn was the Creative Facilitator for the Friday afternoon creative sessions. She made sure that she had a fun, new activity every Friday and the kids enjoyed their sessions tremendously.

Chrislyn did the Career Direct assessment to get insight into possible future opportunities. This led her to a completely different path, but one where she is very happy. After her contract at The Seven Passes was completed, she pursued a career in housekeeping. Today, she is permanently employed at a hotel in Wilderness.

Chrislyn's main focus has always been to provide for her children and to be a good mother. She says that the training she received at The Seven Passes helped her to work on her emotions and to discipline her kids in a positive way.

We are very proud of Chrislyn for completing her contract at The Seven Passes, and using the opportunities offered to her to find permanent work.



Deven Massyn

Tackling each day with passion and purpose

Deven Massyn joined The Seven Passes team in May 2022, not knowing what was expected of him. That soon changed! He enjoyed the training sessions for new staff members and was ready to make a domino difference.

"Initially I was unsure of what I'm supposed to do. However, I instinctively felt that this was the place I was meant to be. I knew this was a great opportunity for me and I felt like I had a purpose here."

Deven believes he must use every chance he gets to build relationships with the kids and help them where they need help – from schoolwork to checking up on their emotional well-being.

"The kids give me courage, and motivate me to wake up every day with a purpose. I enjoy working with them on their goals. Seeing them grow, puts a smile on my face. The Seven Passes Initiative feels like home to me. I love it here, and I'm looking forward to every challenge that we tackle and overcome."

Jessica Cyster

Making her dreams come true



Jessica started working as a facilitator at The Seven Passes Initiative in early May.

"For me it was like a dream come true as well as a step in the right direction, since I had always wanted to work with children."

Jessica says her first days at work was overwhelming.

"I felt unsure of what was expected of me and not sure if I would be successful."

And then the training started. Jessica is excited about the values of the organisation and the training she had received over the next few weeks.

"I have learned how to work with learners with difficult behaviours and to have a lot of patience with children. I try my best by helping them build their self-confidence. I really enjoy playing with them as well as helping them with their homework."

Jessica believes the training has given her new insight into children and even into her colleagues.

"I'm very excited about working at The Seven Passes this year. I'm learning so much as well as finding my direction in life. I'm very grateful for this opportunity. I know I'm at the right place to prepare myself for a bright future."

Rhaenelle Junies

Sharing her treasures with others



Rhaenelle smiles when she tells the story of how she came to join The Seven Passes team.

"I had other plans for my life. I tried finding work outside of the community without success. Then I heard that The Seven Passes were looking for employees and someone in the organisation encouraged me to apply."

Rhaenelle says she was overjoyed when she heard that her application was successful.

"Looking back at what I knew when I started on day one, I feel as though I was an empty box. Then I received training, support from colleagues, and I gained so much knowledge. Now, that empty box is like a box full of treasures that I can share with others."

Rhaenelle says the way the team support each other to work on their dreams and goals, makes her life much easier.

"My life is less complex and I can balance work and my studies. I am glad that I chose to take this path. Working with children was one of the career choices I wanted to pursue. By working in the organisation, I have found the confirmation that this is the career I want to have. I know much better now what to expect in the future."

Nasche Windwaai

Dedication inspires and motivates

After completing her Level 1 in Safety and Society at South Cape college, **Nasche Windwaai** took a break from her studies. She had just given birth to her baby boy, but realised that she needed a job to take care of him. She applied for a facilitator position at The Seven Passes, and started working in February 2021.

Even though she was desperately in need of an income, she wondered if she would be able to work with children. After all, at home, she was easily irritated by her younger siblings!

"The training I received at the Seven Passes has taught me a lot. The most important thing was probably to learn how to have patience with children!"

When Nasche joined the Seven Passes team, she thought that she would never be able to continue with her studies. However, she completed a Career Direct assessment at the

organisation, and with the encouragement and motivation from her mentor and colleagues, she changed her mind.

"I have grown so much during the year at The Seven Passes. I feel that I have hope for my future. I discovered a great love for working with children, and I'm now busy with a course in Early Childhood Development (ECD) as well as completing my Safety and Society course."

Nasche's dedication and hard work is an inspiration to all of us. We wish her only the best for her future.





Zeanay Harmse

Discovers passion and purpose at The Seven Passes

Zeanay Harmse joined The Seven Passes team in May 2022.

"On my first day I felt scared, not knowing what to expect. By the end of the day, it all changed. I got to meet my team and the kids. I got information about the daily routines, and I had to do an activity with the kids. By participating in their activities, I was able to get to know them better."

Zeanay says it came as a surprise that it could be so much fun working with children.

"I feel that the kids here at Seven Passes actually changed my life. I feel like I have a goal in life, and for that I'm very grateful."



Our positive parenting programmes are powerful

A solid, loving bond between parents and children is the foundation that gives children the best chance to reach their full potential. This bond, unfortunately, does not come naturally to everyone. Socio-economical and other challenges can sabotage the best intentions. That's why The Seven Passes Initiative uses four parenting programmes to equip parents with the knowledge and skills to care for their children and help them thrive. The programmes are developed to help parents enjoy their time with their children, rather than focusing on harsh discipline and punishment. 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.

Our parenting programmes are delivered free of charge to participants and are available to all parents and caregivers in and around Touwsrante, Kleinkrantz, Lancewood, Wilderness Heights, Pacaltsdorp and Rosemoor.

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, namely:

- Book Sharing (Prente Pret) – For caregivers and children aged 2 – 5
- Thula Sana (Mamma Baba) – For pregnant women and new mothers
- Sinovuyo Kids (Gelukkige Familie Omgee-Program) – For caregivers and children aged 2 – 9
- Sinovuyo Teens – (Gelukkige Familie Omgee-Program) For teens and their caregivers

Our parenting programmes once again made a positive impact on the lives of many families in the Touwsrante community.

As you read about the training and success stories of our caregivers and children, you will learn more about each of these programmes ►



Training is an essential part of our programmes

From April to June, two of our staff members trained Community Health Workers in the Garden Route and Klein Karoo region in the Book Sharing programme.

The purpose of the sessions is to train these personnel on how to deliver messages about early stimulation and book sharing to mothers and other caregivers in their First Thousand Days (FTD) caseload.

This requires that, at the end of the workshop, the Community Health Workers will reach the following outcomes:

1. Do book sharing with young children;
2. Introduce book sharing and early stimulation to mothers and other caregivers;
3. Caringly support the mother to do book sharing with her young child

In addition, they will also understand:

- How book sharing and early stimulation relates to their current First Thousand Days work, and,



From left:

- How they will implement the Book Sharing programme within their current approach of working with families.

Teaching people about the importance of reading, is one of the small moves we are making to create a huge difference.

BOOK SHARING PROGRAMME (PRENTE PRET) –

CAREGIVERS AND CHILDREN AGED 2 – 5

Book Sharing in Touwsrante

Sariana, mommy of three-year old **Lee-Hannah Benson**, smiles when she shares how the Book Sharing programme has made a difference in her daughter's life.

Due to financial difficulties, the little girl was only able to attend the crèche for six months during 2021. Sariana was concerned about Lee-Hannah's development and was eager to participate in the Book Sharing programme.

Sariana beams with pride as she talks about her clever little girl. By pointing and asking open ended questions, she discovered that her baby knows the words to name more objects than she expected. Lee-Hannah especially enjoys counting and naming animals and colours. She is able to link the characters in the books to her own family members. She also creates her own stories through the experiences of the characters in the pictures.

"This programme helped my baby to develop the skills and social abilities that she was losing out on. Now I can stop worrying about her and enjoy our special time together while sharing a book."



In our technology-driven world, reading a book is regarded as "old-fashioned and irrelevant" by some. Our Book Sharing programme aims to teach parents how to bring the fun back into reading together. As they learn how to share a book with their child, the parent-child bond is strengthened. Parents get information on how reading increases their children's vocabulary, and contributes to their school readiness so that they may benefit optimally from their early learning experiences.

Book Sharing in Kleinkrantz

Patricia (right) excitedly shares how her son, **Godlen**, has developed since they started using the Book Sharing programme.

"My son is very happy and full of laughter these days. He can identify various things, he can count and identify different colours and our bond is stronger. Godlen just wanted to be with his father all the time, but now that we're reading together, we spend much more time together."



Natalie, with **Nashe** and **Jodene**, successfully completed the Book Sharing programme.

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 and provides a firm foundation for the baby's future development.

We are proud to share
some of the success stories
of our mothers and babies...



Annemie and Anicia Swart

Annemie Swart is glowing with pride when she looks at her little baby girl. They are both happy and healthy.

Annemie says she enjoys motherhood and taking care of her baby as a stay-at-home mom. Anicia is ten months old and weighs a healthy 9.6 kgs. In the Thula Sana Programme, Annemie learned about the importance of a healthy diet in the development of her baby. Anicia is still on breast milk and enjoys bananas and yoghurt. She is also quite happy to eat potatoes, chicken livers, minced meat and a variety of fruits and vegetables.

The love and care of her mother is evident when observing the joyful and energetic little girl. She is developing well and responds with vocal sounds when spoken to. Annemie shared that her baby likes jumping up and down. She can grab hold of items such as magazines, rattles and spoons. Annemie says she is fortunate that Anicia has a steady sleeping routine during the day and night.

"I love singing and cuddling my baby when she cries. The programme has given me many tips and tricks to soothe my baby. I sometimes use a doll to distract her, or I swaddle her with her favourite blanket to make her feel safe. I'm thankful for all the support I received from the programme and the knowledge I now have to give my baby the best chance in life."



Shemolene and Miahne De Swardt

Shemolene was 20 years old when she fell pregnant with her baby, Miahne. The news of her pregnancy came as a shock. She had dreams for her life after matric, and being pregnant wasn't part of her plan. However, excitement soon replaced her concerns, and she poured her heart and soul into this new experience. Shemolene worked as a facilitator at the aftercare and was used to working with the children every day. But, she soon discovered, that did not prepare her for having her own baby!

Shemolene is blessed with an amazing support structure. With the help of her family, and during the Mamma Baba Programme, she quickly learned about her baby's likes and dislikes. She was shown how to use her voice to soothe her baby when she cries. She was surprised about how much it helped talking to her baby during bath time or a nappy change.

"I am thankful that the facilitator was so helpful and could motivate me during her visits. She taught me so many things in a short time and I never felt judged. I felt free to share anything with her that was worrying me, because she made me feel comfortable. I never knew that it was important to massage my baby and I didn't know how to do that. The programme has helped me in forming a strong bond with my baby."

Shemolene is a Community Health Worker and was recently trained by the same facilitator in the Book Sharing programme. She now spends time sharing a book with her daughter, allowing her to take the lead and creating her own stories.

Caregivers and children aged 2 – 9

Raising toddlers and young children can be fun. It can also feel like a constant battle at times. That's just the way children are. Sometimes, we find their brutal honesty and innocence endearing. However, since these little ones are still developing emotional control and many other skills, frustration and anger can cause flare-ups or even meltdowns. At best, it is a demanding and tiring job for any parent to raise a young child. When there are a few children in the home, and you are facing other severe challenges, the task might seem overwhelming.

The Sinovuyo Kids programme is designed to equip parents and caregivers with positive parenting strategies. Here are some examples...

- Parents learn how to deal with difficult behaviour.
- Instead of anger, frustration and aggression, participants are encouraged to use cool-down strategies.
- The value of designated quality time is emphasised.

Our parents continue to report positive outcomes. We are especially encouraged to see that they support one another and share tips on how to deal with difficult situations. Here are a few of our success stories...



Rachel Windwaai

After Rachel attended the parenting sessions at The Seven Passes, she is seeing an improvement in her household.

"I praise my partner every time he does something nice for me or when he looks after

the children. In one of the sessions, we spoke about emotions. That was so good, because now, I feel I can freely speak about how I feel and how to handle my emotions. When I'm feeling sad or stressed, I talk about it."

Rachel has also seen an improvement in how the children started following instructions and cleaning their room. At one point, she noticed that they were becoming less cooperative, and she couldn't understand why. Then she realised that she was neglecting the individual special time she spent with each child. Rachel admits that it's not always easy to do everything right, but, with the support of her husband things are improving.



Gelukkige familie Omgee-Program vir tieners

Desmond and Miranda – Making a fresh start

Desmond and Miranda are the biological parents of Leandro, Juvandro and Ronaldo. The couple was separated for eight years and during that time, the boys lived with foster parents. When Desmond and Miranda reunited, The Seven Passes was approached by social services to recruit them for the Sinovuyo Teens Parenting programme.

They started attending the programme with other parents from the community whom they already knew. This made things a little easier for them. However, the boys found it a bit harder, but they were keen to make a fresh start and build a positive relationship with their parents.

It is heart-warming and encouraging to read this short summary of each family member's experience of their participation in the programme...

Desmond: "It wasn't easy at first since it has been a long time without my boys. I take one step every day to get to know them better. We spend special time together so that I can find out what my boys like. We went fishing together and that was fun. What stands out for me is how they help around the house with

Parenting adolescent children is not for the faint hearted! Under the best of circumstances, it can be challenging. When teenagers grow up in violent and non-supportive homes, the situation is even more daunting. In these homes, we often encounter serious behavioural problems, anxiety and depression. The abuse of alcohol and other substances, risky sexual behaviour, or becoming involved in crime and violence also become more prevalent. The Sinovuyo Teens Programme was developed to assist, inform, and coach parents in the community to engage, connect and communicate with their adolescent children so that they can deal with, eliminate, or, at least, reduce the risk areas. Here are some of our success stories:

chores. I want to make every moment special with them."

Miranda: "I will never forget the day when the social workers came to tell us that the boys are coming home. I was so happy and went shopping for them. I prepared a special meal and seeing them was the most amazing thing! We spend time together talking about feelings, we cook together and our relationship improves every day."

Ronaldo: "I'm the big brother in the house. I am very happy to be reunited with my parents. I'm attending a new school and I'm starting to form bonds with the

other boys. The programme has taught me to praise my parents for everything they do for us. I especially like helping my father to prepare food when my mother has to work late. That's part of our special time together."

Leandro: "At first, I really didn't understand what was going on in the programme and I stopped going for two weeks. My brother encouraged me to come back. Now I'm enjoying every moment and I've even shared my feelings and experiences in the group."

Juvandro: "During the first session, I felt a bit confused, but the facilitators made me feel comfortable and explained what we were going to do. Now I feel that I am a positive child. I have made lots of friends and I like it when my mother helps me with my school work. I thank her and reward her by giving her a big hug."

The family says they are thankful for the way in which the programme has helped them to build positive relationships with each other. They are committed to making every moment count. Even though there are ups and downs they feel they are able to handle everything.



Sure and Susan also successfully completed the Sinovuyo Teens programme.



Leana and Jaylin – Making great strides the second time around

Leana and her son, Jaylin, must be commended for taking part in the parenting program for teens, not once, but twice! Leana admits that the reinforcement of doing the program a second time, really made a huge difference.

"After the second time around, I feel that I'm really implementing the skills better and I can see that it's working. I'm practising the skills with both my children."

Leana says she realises that Jaylin isn't a young child anymore. When she addresses him, she has to do it in a calm manner. She says everything changed now that they talk about their feelings. She is confident that they can solve conflict in a calm manner, identifying the problem and coming up with a solution.

Jaylin assumes a great deal of responsibility for his mother and sister. As "the man in the house," he believes that he needs to come up with a plan whenever something goes wrong. He particularly enjoyed the sessions on budgeting.



Jaylin (left), who completed Sino Teens with his mom, Leana (above) and his sister Jay-lee Ann.

"I'm using the skills that I was taught in the programme to do a lot of budgeting these days."

Both Leana and Jaylin agree that it was definitely worth their time and effort to attend the teen parenting program twice. They are excited about their future and implementing what they have learnt.

Linda

A parenting facilitator champion



Our parents, caregivers, and their children aren't the only ones who can share success stories! Linda, one of our parenting facilitators is working towards achieving her dreams and goals, one step at a time. And, she is enjoying every moment of it.

Linda's son is one of our regulars at the Seven Passes Aftercare. She became involved with the organisation when she worked as an enumerator and later qualified as a parenting facilitator. Linda says she was both excited and apprehensive when she first joined the team. However, she pushed through her fears, because she enjoys a challenge.

"After three years of being involved with The Seven Passes, my life has changed for the better. My parenting skills have improved, and I'm better at balancing my working day with my personal life. A big workload can be draining, but I am thankful for the amazing support from my colleagues and family."

Linda admits, standing in front of parents to lead the programme in her third language, was not easy. Since that first session, her confidence has grown and she is proud of her progress.

"I can't wait to become a trainer and a coach for other organisations. I'm so grateful to all the volunteers who provided us with training this year. This is helping me to achieve my goals."



Working together towards safer communities

In August 2021 a Community Safety Forum was established to bring together people from Touwsranten and Hoekwil who wish to work together towards a safer and more prosperous town.

This Forum is the first local iteration of the National Violence Prevention Forum, and is supported by the Institute for Security Studies and the South African Police Service. Staff of the Seven Passes organisation participate in, and support the forum both as community members and representatives of the organisation. Ros Damons is one of the forum's facilitators.

The need for the forum emerged when it became clear that people living in Hoekwil and Touwsranten were concerned about safety and crime, and believed that it would be in the interests of both communities to work together towards a safer more prosperous future.

The objectives of the forum are to:

- Build a strong group who know and trust each other and who are committed to working towards a safer community (Touwsranten and Hoekwil)
- Develop a plan of action
- Build relationships
- Arrive at a common understanding of our challenges as a community, and

- Create the basis for hope and belief in our ability to create a prosperous community

The forum is well supported by the South African Police Service who attend all meetings. To date seven meetings have been held and attended by more than fifty community members. Together they have explored what makes us safe and unsafe, and started to work towards improved safety.

Working groups have been established, one of which has successfully established and run a wonderful community market that we hope will become a regular institution.

Our core values are the foundation on which we perform our activities and conduct ourselves. These values are:

- Trustworthiness and humility.
- Commitment and courage.
- Collaboration and partnership.
- Active listening.
- Deep democracy.
- Empathy.
- Respect.

The forum is open to anyone in Touwsranten and Hoekwil who supports the objectives and values of the forum.

Chandre Gould, Morne Heunis and Roslynn Wehr-Damons.



Policy brief investigates whether parenting programmes prevent violence

The safety and wellbeing of many South African children are undermined by structural and interpersonal violence in their homes and communities. Positive, non-violent parenting skills that help parents keep their children safe in and outside of the home and reduce the stress of parenting can be developed and supported.

A community-wide survey in 2012 found that 53.8% of parents surveyed wanted support with parenting – support that was more substantial than a pamphlet or a single visit.

Why the Study was conducted in Touwsranten

Between 2012 and 2019 the Institute for Security Studies partnered with the University of Cape Town's psychology department and a community-based organisation, the Seven Passes Initiative (SPI), to assess the impact of delivering the four Parenting for Lifelong Health (PLH) programmes alongside a social activation process.

The study was carried out in the community of Touwsranten, just over 30 km from the city of George.

Touwsranten is a small, stable community with defined geographic boundaries, geographically separate from other communities and with relatively low rates of in- and out-migration. This made it possible to track caregiving and child behaviour over time.

In addition, the SPI has been providing after-school care and holiday programmes to the children and young people of the community of Touwsranten since 2008 and had the trust and support of community members.

Editor's note: A policy brief was developed to present the findings from an assessment of changes to parenting and child behaviour in a rural community in South Africa, carried out during the implementation of four positive parenting interventions and a social mobilisation process. This article provides a background summary of the policy brief. Get the full report at <https://issafrica.org/research/policy-brief/are-parenting-programmes-enough-to-prevent-violence>



This created the conditions for a multi-year study to assess the impact of delivering the four PLH programmes alongside a social activation process.

Our theory of change

The theory of change for this community intervention was that the delivery of four parenting programmes (three of which are group-based) combined with a social activation process, would lead to a community-wide shift towards positive parenting. This would be achieved along two pathways:

- The delivery of the parenting programmes would increase positive parenting, reduce corporal punishment, and increase parents' social support. This would lead to



improved parent mental health, reduced parenting stress and better communication and relationships between caregivers and children.

- In parallel a social activation process would identify and amplify existing community values about positive parenting, undertake activities to support those values, and disseminate messages of positive parenting and care widely across the community. This would increase uptake of the parenting programmes and support a communitywide change towards positive parenting.

Evaluation of parenting and child behaviour over five intervals

The intervention was evaluated through an assessment of parenting and child behaviour at five intervals between 2012 and 2019. This was achieved through communitywide surveys (with parents and children between the ages of 10 and 18), observations of parent/child interactions (for children from birth to nine), and focus groups and individual qualitative interviews. A social network analysis was conducted to determine whether the intervention changed interactions between caregivers.

In this way, it assessed parenting practices, child mental health and behaviour and the factors that could have a negative or positive impact on these aspects.

Fieldworkers recruited from the community were trained and administered questionnaires to caregivers. The first three waves of the survey provided a baseline. The parenting programmes were initiated after data collection in 2016 and the social activation process was initiated in February 2016. The final two waves assessed changes during the intervention.

What the findings show

We can conclude the following from this study and the experience of delivering the parenting programmes and social activation process:

- Parenting programmes bring about an increase in discussion about parenting and a change in parenting practices, even among those parents who do not attend the programme.
- It is possible to change parenting practices positively through parenting programmes. In particular, it is possible to increase parental involvement and decrease the use of corporal punishment. It is also possible to reduce parents' stress about parenting.
- However, unless material conditions change for parents, and interventions support reductions in parental intimate partner violence, substance misuse and mental health issues, it will not be possible to achieve an optimal return on investment for parenting programmes.

Recommendations and conclusion

The Department of Social Development should work closely with the Department of Health and non-governmental organisations (NGOs) to ensure that in areas where parenting programmes are delivered, there are interventions to prevent and respond to intimate partner violence, improve adult mental health and reduce substance abuse. This will ensure a positive return on investment.

Parenting programmes, alongside social activation, can shift parenting strategies in a more positive direction and improve children's outcomes. However, social activation processes need a great deal of support, and multifaceted interventions are required that simultaneously address parents' mental health and intimate partner violence.



“Never underestimate the valuable and important difference you make in every life you touch. The impact you make today has a powerful rippling effect on every tomorrow.”

~ Leon Brown

Collaborating with The New School in New York

Since autumn 2021, two students from The New School in New York City and The Seven Passes Initiative have been working together to develop new programming aiming to combat hopelessness and facilitate skill building in areas of goalsetting, interpersonal communication, and emotion regulation. Through numerous meetings, consultations with community members, and drafts of this novel intervention, the team has created a new programme that will be implemented in the coming months.

Seven Passes has identified a problem with hopelessness and stagnation among youth as they enter the job market and become caught in a cycle of unemployment. To combat hopelessness, increase positive future outlook and employment rates, and address other psychosocial concerns, the programme seeks to implement and evaluate a novel running based intervention with these youth. The intervention will be delivered two times per week, for twelve weeks, and will culminate in a 5-kilometer race open to the whole community. Each training session will have a psychosocial theme related to goalsetting, emotion regulation, community building, or entrepreneurship to address difficulties youth are having entering the job market. During the twelve weeks of training participants will develop their own training plans, based on individual ability and goals. All participants will complete the programme with a portfolio of completed psychosocial handouts related to the various topics taught throughout the intervention, as well as a completed training plan.

Each session begins with a check-in during which each community member is heard from as they share their “rose

and thorn” of the day. After each training session participants will reflect on the training in their journals, chronicling what went well, what did not go as well, and what a goal for next time might be. Additionally, there will be a reflection question based on that week’s activity or topic of discussion. During the final sharing of the day, each group member will share a word describing how training went for them that day, or how they are feeling after their training. That word will be marked by receiving a bead which they can add to a necklace. These beads will accumulate over the course of the programme and mark a participant’s progress along their training journey.

The main activity for the day may be group sharing, group discussion, a game, or other activity. There will be a tangible handout or worksheet to put in one’s training binder or folder. Each session is about one hour long, including the day’s activity, and run training that will occur.

Through meetings with community members and rigorous research work, we ensure that topics are culturally relevant and appropriate to the community of Touwsranten.

Initially this programme will be implemented by local sports clubs. Soon trainings on the psychosocial elements of the programme will occur to prepare mentors, coaches, and

community members who are interested in working with youth participants.

*Report by
Allison Marshall (far left)
and Savannah Woods.*



Tikketai An industry leader in preventing gender-based violence

Tikketai, a national wholesaler of broccoli and cauliflower all year round, has joined forces with the Institute for Security Studies (ISS) in the development of a gender-based violence prevention programme that aims at intentionally preventing domestic violence.

Dr Thandi van Heyningen, Senior researcher for the Justice and Violence Prevention Programme at the ISS, explains that the programme aims to break patterns of violence towards women and children, normally happening in the family setting. It focuses on improving communication skills, teaching healthy conflict resolution skills, techniques for self-care and emotional regulation and positive parenting skills, and inevitably the stop to intergenerational cycles of violence.

"The private sector has a fundamental role in this transformation. The National Strategic Plan on Gender-Based Violence and Femicide calls on businesses to facilitate a culture shift in the workplace, involving management and employees to shape and influence change around domestic violence. Tikketai has shown, that even small businesses can become industry leaders in supporting women and enabling violence prevention," she adds.

Tikketai CEO, Burger Gericke, says that they see and acknowledge that violence at home also affects the workplace. "We can link it directly to increased absenteeism and reduced productivity. However, this is not the only motivation for joining the fight against gender-based violence. We truly care for the people that work at Tikketai and want to empower them with skills that make them happier, healthier people. We want to equip and support them to cope with the stresses of work and home life," he states.

This 12-week gender-violence programme in development has been running at Tikketai since 2021. The human-centred design methodology is used to build an effective programme for the people who need it and can benefit from it. Rapid testing is done where the programme is facilitated, feedback from the voluntary attendees is gathered, and then the programme is adapted, refined, and represented again. Up to date about 40 employees from Tikketai have voluntarily participated in the programme. Van Heyningen says that Tikketai is unique in how they value their employees, and the workplace becomes a safe space where employees can receive support.

Participants had to think of a name for the programme. They came up with "Free to grow" which fits in so well with the

sector they work in and the level on which this programme empowers them.



Lee-Ann Oktober (left), a voluntary participant of the first group, says that she found a lot of value from this programme regarding managing her reactions towards her family members to resolve conflict. "I also received tools to assertively parent my 4-year-old by not simply allowing everything, but by setting boundaries," she adds.

Lee-Ann also shares that she has a friend who has been facing domestic violence and sharing the material from this programme with her, empowered her to establish open communication lines with her partner to resolve conflict before it ends in violence.



Goliath Geduld (left) has been with Tikketai for nine years and formed part of the second round of the programme rollout. "This helped me to be a better father for my children and to communicate effectively instead of getting angry and aggressive. This improved relationships in our home and I am very thankful for that," Goliath says.

Gericke states, "We believe that we reduce the burden of some of our employees by offering them the chance to participate in this gender-based violence prevention programme which effectively combats violence in the family setting. They even take the tips and tools back to family and friends which has a far-reaching and momentous effect in the community. Partnerships like these are win-win deals for us and the return on investment was worth every minute an employee was not at her or his workstation."

Gericke concluded, "Since the programme has been running, there is less conflict on the production line, improved relationships between staff members, reduced absenteeism, and increased productivity. I can strongly recommend other employers to consider presenting this programme in the workplace."

Eone de Villiers

Financial statements

Seven Passes Initiative: summary of financial statements on 31 December 2021

Income

Grant: World Childhood Foundation
Grant: Department of Social Development (DSD)
Grant: Pathcare
Donations: farmers and general public
Golf Day income
Interest received

Expenses

Projects and community development
Administration and development

Surplus / (deficit) for the year

Accumulated Reserves (net assets) beginning of the year

Accumulated Reserves (net assets) end of the year

2021 R	2020 R
530 350	1 222 348
356 400	356 400
233 700	198 350
1 876 343	1 035 904
207 257	205 713
62 908	68 081
3 086 796	2 791 358
2 298 825	2 293 963
225 179	194 849
2 524 004	2 488 812
742 954	597 984
2 842 248	2 244 264
3 585 202	2 842 248



Seven Passes Members' Code of Conduct

Members should:

- Conduct themselves with honour and communicate feelings honestly and respectfully
- Look for safe ways to express anger and other emotions
- Work at solving problems
- Not have a dangerous, threatening or aggressive manner towards any other person
- Take care of themselves and others – physically, emotionally and mentally
- Take responsibility for their actions and refrain from self-destructive behaviour. If they struggle to do this on their own, they must seek help
- Be accountable for their own actions
- Be frank and honest in their endeavours with others
- Be fair and impartial when dealing with others
- Deal with all people courteously, honestly, impartially, treat them equally and in a way that is sensitive to their rights
- Listen carefully to others, especially those who disagree with them
- Take into consideration others' feelings and needs rather than insist on having their own way
- Apologise and make amends when they hurt another and keep themselves from holding grudges
- Be courageous and actively challenge violence in all its forms, wherever they encounter it
- Believe and support women, children and men who say that they have experienced any form of violence
- Encourage a culture of reporting abuse so that the vicious cycle of violence can be stopped
- Socialise in a non-violent way by selecting social activities that strengthen our commitment to non-violence and avoid social activities that make violence look exciting, funny or acceptable
- Strive to be a parent who raises well-balanced children by instilling strong values and confidence
- Ensure that they are conscious about creating a functional family environment by reducing violence, vulgar language and anti-social behaviour because they should be sensitive to the fact that children who are exposed to this environment are more likely to adopt the same behaviour
 - Not expose themselves or any children to excessive substance usage that increases aggressiveness and inhibits the ability to exercise reasonable judgement in the event of a confrontation
 - Stay true to the values of the organisation: non-violence, non-racism /non-discrimination, respect, empathy, equality, fun, active listening, commitment, courage, and honesty
 - Conduct themselves in a way which enhances Seven Passes Initiative's image and reputation
- Not disrupt the Seven Passes Initiative activities through misbehaviour or negligence
- Not subject any employee or client of the organisation to any form of victimisation, whether physical, emotional, psychological, through slander or racial discrimination
- Be committed to the continuous improvement of services
- Contribute to a clean and safe environment

Believe and support women, children and men who say that they have experienced any form of violence





The Seven Passes Initiative

RURAL YOUTH DEVELOPMENT PROJECT

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GET IN TOUCH!

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