



SAPPIN NEWSLETTER JULY 2024



A person's a person, no matter how small – Dr Suess

As SAPPIN we acknowledge children as first-class citizens with the same importance as adults and this quarter we worked together to improve the rights of children.

Here are some of the highlights...



WELCOME TO SAPPIN'S NEW MEMBERS: COAST, USAPHO AND SOS CHILDREN'S VILLAGES

COAST

We are excited to welcome Jamie-Lee Adams from COAST - Cape Outdoor Adventure Service and Training.

Cape Outdoor Adventure Service and Training (COAST) recognise that we have inherited a very diverse society with regards to social, religious and economic areas. All these areas however, are fractured and broken. Hence our goal is to restore dignity and self-worth to those we interact with.

COAST is a Western Cape-based registered not-for-profit organisation since 1992 and renders a number of empowerment programmes within disadvantaged communities. Their programmes primarily focus on family strengthening and preservation initiatives as well as youth development which are evidence-based and data driven, with the aim to identify systemic failures within the service delivery chain.

Usapho

Next, we welcome Elize Lombard from Usapho who has been part of our bigger network for some time.

USAPHO Foundation – a registered Non-Profit Organization – was established in 2013 in the Western Cape, South Africa to empower families through specific preventative and developmental programs. Families today face many challenges and circumstances that negatively impact on their functioning and the communities in which they live. We have a responsibility to address these factors and make a constructive contribution towards uplifting the youth, children, and families of our country. We have a strong belief that *“Everyone Deserves to Belong to a Great Family”* and USAPHO’s individual and family support services are geared to reach that goal through imparting healthy, effective relationship and communication building tools and skills, where ultimately, we trust that together we can *“Create a Stronger Nation by Building Better Families.”*

SOS Children's Village

Last but not least, we are so grateful to have Sipelile and Gina from SOS Children's Village.

SOS Children's Village is an independent, non-governmental organisation that advocates for the rights of South Africa's marginalised children. They offer loving, family-like care for children and young people who have lost or are at risk of losing parental care. Established in 1984, SOS has eight Children's Villages and three Social Centres across eight provinces.

Each year their Alternative Care, Family Strengthening and Youth Employability programmes provide life-changing support to children and families across the country.

The Alternative Care model comprises four principles that include a mother (each child has a caring parent), brothers and sisters (the family ties grow naturally), a house (a secure place to grow up in) and a village (the SOS family is part of the community).

The Family Strengthening Programme aims to enable children who are at risk of losing the care of their families to grow within a safe family environment. They work in co-operation with local authorities and other service providers to empower families and communities to effectively protect and care for their children. They care for more than 5000 children and youth across South Africa.



CONGRATULATIONS:

And what would a SAPPIN newsletter be without the amazing news of a new life, the miracle of another baby that joined our ranks on 11 July 2024.

We welcome Haily Ronaassen to the world. Haily, we wish your parents and big sister Leyla so much happiness with you in their lives - and lots of sleep 😊



PARENTING MONTH:

June 2024 was parenting month. SAPPIN promoted parenting during this time through two articles that were written in collaboration with the Global Initiative to Support Parents.

SAPPIN took part in a Global Parenting Townhall where we presented on updates, plans, and progress regarding parent and caregiver support in South Africa. Other countries who participated were: Botswana, Bhutan, India, Iraq, Jordan, North Macedonia and Pakistan.

SAPPIN also contributed to the GIZ - Violence Prevention for Peaceful and Inclusive Communities in South Africa (VPPIC) Theory of Change meeting that was held in Johannesburg in June 2024.

ADVOCACY:

During this quarter SAPPIN presented one written and seven virtual presentations to the Special Rapporteur of the UN.

We have made a contribution to the consultation process of the Pact of the Future in preparation to the Summit of the Future that will take place in September 2024 in New York.

We have also simplified the message of the advocacy strategy. Please see below.

SAPPIN ADVOCACY STRATEGY 2024 – 2030

SAPPIN's Background

The South African Parenting Programme Implementors Network (SAPPIN) was established in 2017 to create a collective platform for like-minded organizations to collaborate to strengthen the voice of civil society and advocate for the rights of parents and caregivers to receive the support and services they need to provide children with the nurturing care and protection they need.

Theory of Change

Strengthening systemic enablers for universal parenting support will result in improved access to services and better child outcomes.

Universal Parenting Support

Universal parenting support refers to comprehensive services and resources available to all parents, irrespective of their socio-economic background, to assist them in providing nurturing care and protection to their children. In the context of SAPPIN, universal parenting support entails establishing a national framework that ensures every parent in South Africa has access to the necessary tools, information, and services to effectively nurture their children throughout their developmental stages. SAPPIN aims to strengthen public policies and systems to provide sustained and universal parenting support services, thereby ensuring that all parents can fulfill their responsibilities in promoting the well-being and development of their children, regardless of their circumstances.

Advocacy Vision & Goals



Vision:

All parents and primary caregivers in South Africa are enabled and empowered to provide nurturing care and protection from conception until children exit childhood, ensuring they survive, are protected, and develop their full potential.



Goal:

Ensure that government fulfills its treaty, development, and national policy commitments to sustainably provide the required services and support all parents need through universal, publicly resourced, and evidenced-based parenting support for nurturing care.

Advocacy Challenge

The overarching strategy seeks to address 3 key issues: 1) Agree upon a common understanding of parenting in South Africa across government departments, academia, civil society, and philanthropic partners, 2) Address systemic gaps and mobilize resources for universal parenting support, ensuring every child in South Africa receives the care and protection necessary for their holistic development, 3) Develop a national intersectoral parenting policy for accountability, transparency, and implementation.

Despite global and government commitments, the country lacks a universally accessible parenting programme, leaving many parents without adequate support. Marginalized children, especially those in rural areas and female-headed households, suffer the most. Early deficits persist, leading to educational and economic disparities, resulting in a significant loss of human capital potential.

SAPPIN's advocacy strategy aims to address these challenges by universalizing parenting support to ensure nurturing care and protection, thus breaking intergenerational cycles of poverty and inequality.

Government's Commitment

SAPPIN as a representative of civil society recognises that the Government has committed to providing universal parenting support based on ratified treaties and development agendas. The next step is to lead, prioritize, and formalize these commitments to ensure that the development outcomes of South African children reach their full potential.

Objectives of the Advocacy Strategy

- 1 Enhance national policies and systems to provide consistent parenting support services in South Africa, ensuring children receive adequate care and protection throughout their lives.
- 2 Strengthen South Africa's public policies and systems to provide ongoing parenting support services, ensuring all parents can offer their children the necessary care and protection throughout their lives.
- 3 Develop a comprehensive national framework for parenting support to improve nurturing care outcomes, integrated into government monitoring systems, with clear goals and measurable indicators.
- 4 Contribute to the enhancement of global and regional frameworks for parenting support to promote nurturing care.
- 5 Continuously develop evidence-based parenting interventions to address gaps in essential support services, advocating for their funding and implementation.
- 6 Engage and empower civil society, including children and caregivers, to collaborate in developing and advocating for a robust national parenting support policy and service programme, ensuring its effective implementation, funding, monitoring, and accountability.

Call to Action

SAPPIN calls on government and key stakeholders, including communities, parents, caregivers, and children to participate in roundtable discussions to lay the ground for a common understanding, operationalization, and policy development regarding universal parenting support.



WELLNESS RESEARCH:

As indicated in our previous newsletter SAPPIN embarked on a research study involving SAPPIN members and other interested individuals, aiming to investigate the implications of staff well-being within the violence-prevention care economy. It focuses on perspectives from member organisations of the network and associated organisations.

Herewith an update on the research study:

Preliminary Findings of the SAPPIN Member Well-being Study

Analysis of the quantitative data for the SAPPIN Member Well-being Study has begun! The final sample includes 209 participants from 16 SAPPIN member organisations, ranging in ages from 22 to 64. Fifty five percent of the sample represented frontline staff (programme implementers), 24% management and 21% support staff. While the sample represents members from 7 provinces, 75% of the sample were based in Gauteng and the Western Cape. Below are some preliminary results.

Key Findings:

- 74% reported average rates of current burnout, with 4% experiencing high rates of burnout. 65% reported having experienced some history of burnout during their time working in the sector.
- Over 60% indicated average rates of moral distress.
- Despite reported burnout experiences, 70% reported high rates of compassion satisfaction, (with 30% experiencing compassion fatigue).
- 75% reported at least 1 Adverse Childhood Experience (ACE), putting them at intermediate risk for toxic stress. 20% of staff indicated an ACE score of 4 or higher, indicating a high risk for toxic stress.
- Importantly, 99% reported average or high rates of perceived support.

Further analysis of the data will be conducted to determine if factors such as organisational role, duration of work in the NPO sector, ACES and types of support received, affect employee wellness. These insights will be crucial in developing targeted interventions to enhance the well-being of our members and ensure the sustainability of our vital work. Look out for more detailed findings and recommendations in our upcoming communications.

SAPPIN is currently doing interviews with members of organisations who indicated their willingness to participate in the qualitative part of the study. And last but not least, SAPPIN is also in the process to gather photos of participants experiences of selfcare and stress as part of the qualitative photovoice section.



PARENTLINE SA:

Welcome to Parentline SA!

We are thrilled to share an update since the launch of Parentline SA, an innovative WhatsApp-based support platform designed to provide comprehensive parenting advice and support to parents across South Africa. Since our launch on 3 June 2024, by the South African Parenting Programme Implementers Network (SAPPIN), we have seen incredible engagement from parents and caregivers seeking guidance and support.

To use Parentline SA WhatsApp “hi” to +27 87 813 4290 and follow the prompts!

Key Features of Parentline SA

Parentline SA offers easy accessibility via WhatsApp, providing parents with instant access to expert advice and guidance on various parenting scenarios and challenges. Our service promotes positive parent-child relationships through light-touch support and valuable parenting resources. Additionally, we offer referrals to in-person services using postal codes to ensure that parents can access local support when necessary.

Usage Statistics (as of June 26, 2024)

Since our launch in June 2024, Parentline SA has attracted 95 unique users, with 80 of them being new profiles. This demonstrates the growing interest and trust in our platform for reliable parenting support.

User Demographics

Our user base comprises 57 mothers, 9 fathers and 15 caregivers, showing a strong interest from mothers. We cater to a wide range of parenting needs, with children’s ages varying from newborns to six-year-olds.

Age Range of Children

Parents and caregivers of children aged 4-6 years are the most active users, with 36 profiles in this category. We also support parents of younger children, including those in the 0-3 months, 3-6 months, 6-12 months, 1-2 years and 2-4 years age ranges.

Location Breakdown

The majority of our users are from the Western Cape, with 51 profiles, followed by Gauteng with 13 users, KwaZulu-Natal with 9, and Eastern Cape with 5. This distribution highlights the regional reach and impact of Parentline SA.

Popular Services and Content

Our Positive Parenting Skills Training is the most popular service, with 5 clicks. The Guidelines for Sleep, Sitting and Activity Time content have been selected 19 times, receiving an average rating of 2.38. Handling Bad Behaviour follows closely with 10 selections and an average rating of 2.60, indicating high user satisfaction with these resources.

User Testimonials

Positive user feedback reflects the impact of Parentline SA. One mother expressed her gratitude, saying, "I'm so glad there is someone that can empower me as a mother ❤️." Another parent appreciated the encouragement and positive parenting skills, stating, "Thanks for encouraging me not to be tired of my baby when she is crying and for mentoring me with positive parenting skills. I am grateful 🙏."

Future Plans

Looking ahead, we plan to expand our content to include more resources for parents with children aged 0-6 years and to add content for older children as we develop it. We are also developing strategies to engage more fathers and caregivers, ensuring a broader reach. To improve user experience, we will enhance topics with lower ratings. Continuous user feedback will be integral to our efforts to maintain the relevance and effectiveness of Parentline SA.

We are also in the process of bringing new referral partners on board. If your organisation offers services to parents, in-person or online and has the capacity to accept referrals, please follow this link to fill in a form. All you need is the commitment, the support service and a reliable e-mail address:

https://docs.google.com/spreadsheets/d/1Z1WNqW_Fmgab8o35oUX-etr162d2_-NZ/edit?usp=sharing&ouid=106004345837456986349&rtpof=true&sd=true

Encourage Usage

We invite all parents and caregivers to make the most of Parentline SA. Whether you need quick advice or in-depth support, Parentline SA is here to help. Join our growing community today and experience the benefits of expert parenting support at your fingertips.

Thank you for being part of our journey. Together, we can foster positive parenting and build stronger families across South Africa.

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NATIONAL VPF:

The 18th Violence Prevention Forum was held at eMseni Christian Centre in Benoni on the 6th and 7th of June 2024. Five SAPPIN organisations attended. The guiding question for this meeting was: What does South Africa need now to build peace? There were representatives from government, the private sector, NGOs and academia. Many young people attended this meeting, reflecting the VPF's commitment to intergenerational dialogue, growth and sustainable knowledge sharing.

From the meeting, this as a co-authored article, was published:

<https://issafrica.org/iss-today/what-south-africans-need-from-political-leaders-is-a-commitment-to-peace>

WC VPF:

During May 2024 SAPPIN members attended the Western Cape Violence Prevention Forum Meeting.

National Treasury has announced substantial budget cuts that will impact the delivery of social welfare services. In the May 2024 meeting, we discussed the impact of the budget cuts on communities, government, civil society and research. We mapped existing resources and services to prevent violence and identify gaps and opportunities.

VPF meetings are also an opportunity to connect and network with practitioners, policymakers and researchers.

Please find the link to the video report here: <https://www.youtube.com/watch?v=iUHHglwg>

FREE TO GROW:



The Institute for Security Studies (ISS) recently offered SAPPIN members and affiliates the opportunity to participate in a new program called "Free to Grow." This program aims to prevent family violence through parenting support, interpersonal skills and transforming gender norms. Free to Grow was specifically designed for delivery in the workplace, taking into account the realities of people who work long hours or do shift work. The benefits of delivering the program at the workplace include access for employed individuals, simultaneous impact at home and in workplaces, involvement of the private sector, reinforcement of community programs and providing a safe space for individuals to learn and practice new skills when home may not be safe.

The impact of Free to Grow has been felt both at home and in workplaces. Participants in the program have reported improved interpersonal relationships, including between parents and their children, healthier conflict resolution with family members, improved mental health and stress relief, and enhanced emotional regulation. Workplaces have reported fewer incidents of conflict between employees and reduced interruptions in the production line.

In order to build capacity within the SAPPIN network to deliver Free to Grow, the first-ever Free to Grow program experience was held in Gauteng in April 2024. Potential future facilitators of Free to Grow had the opportunity to experience the program first as participants before deciding whether they wanted to learn to implement it. It also provided an opportunity for the research and implementation team to gain feedback about the program from seasoned facilitators in order to improve the offering.

The program experience took place at Ububele Education Psychotherapy Trust in Gauteng, a venue chosen for its long-standing partnership with the ISS' Violence Prevention projects and teams and its SAPPIN membership. The six-day program experience was attended by 16 participants from five SAPPIN member organisations, most of whom are facilitators themselves running various programs including parenting programs.

The Free to Grow program had a positive and transformative impact on SAPPIN participants. The shared content was highly relevant and activities such as role-playing, debriefing exercises as well as introducing new skills like journaling, were valuable for the participants.

"I also learned about accepting responsibility for my behaviour, which comes with how I feel (emotions)." – participant

"One thing that stood out to me was how to resolve conflict and manage my stress level." – participant

The Free to Grow program development and facilitation team also learned a lot from this first offering to SAPPIN members, which has helped inform the future program delivery and training for facilitators. We are gearing up for the next SAPPIN-only program experience, which will be offered in Cape Town on September 2-4 and 18-20. For more information about Free to Grow, please contact Ayanda Mazibuko at amazibuko@issafrica.org.



FAMILIES STRENGTHENING PROGRAMME COMMUNITY OF PRACTICE:

In June 2024, the 15 organisations of the Families Strengthening Programmes Community of Practice, SAPPIN, DOTP and DSD had two days of successful meetings to discuss future steps. We are excited about the growth that is happening within the COP and how members are building the future of parenting programmes in the Western Cape Province together.

Background:

During 2020-2022 SAPPIN was part of a collaboration with the Department of the Premier of the Western Cape to support NGO's in the Western Cape who receive funding from DSD to improve the evidence of their Family Strengthening Programmes (FSP). Through a long intensive process, organisations were part of an exercise to understand the future of violence prevention through FSP as well as being part of a process to identify Guidelines for these programmes. To ensure organisations who were part of this process and other organisations working with FSPs, receive support and training, SAPPIN facilitated a Community of Practice (CoP). SAPPIN facilitated an intense process from June – October 2023 where CoP organisations were given the opportunity to build trust through a two-day, in-person meeting. The organisations were exposed to the Guidelines co-created by key stakeholders (i.e. government departments, NGO's and academic institutions).

In 2023, SAPPIN focused on providing organisations with governance and training support. The training offered for 2023 included: PSEA, self-care and emotional support training (Personal Development and Leadership) and Child Participation, offered by Save the Children. These are the foundational trainings and capacity that the FSP Guidelines have included for implementation in the Western Cape Province.

Selected SAPPIN members committed to providing support to the participating NGOs to ensure that relationship-building, collaboration and skills were solidified. One of the aspects where CoP members benefitted, was bi-monthly reflective supervision sessions.

Reflective supervision creates opportunities for CoP members to build relationships, share circumstances and resolve organisational problems within the CoP as well as build trust. Reflective supervision sessions are critical for evidence-based programmes as these over time have shown to result in improvements in the quality of service that is offered by the facilitator, improved staff retention and importantly, improvements in family outcomes. In 2024/25 collaboration, it is essential to continue to provide the FSP organisations with reflective supervision as part of evidence generation of what works to support parents and caregivers within the Western Cape.

Through engagements with the Western Cape's Department of the Premier and the Department of Social Development and most importantly, the CoP, the role of SAPPIN was re-emphasised to focus on providing a space to strengthen relationships of FSP NGO's in 2024/2025. Furthermore, it should be noted that the activities build on the outcomes and reflection from year one. As such, SAPPIN will:

1. Further Strengthening the CoP by providing 2 meeting opportunities where relationships will be built,
2. Provide technical support to improve M&E and the evidence generation of key programmes.
3. Strengthen organisational capacity building to ensure competencies and capacity building.