



FAMSA
Families South Africa
Western Cape

73rd ANNUAL REPORT
2020-2021



Surviving / Thriving Through the Pandemic

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MISSION STATEMENT:

To support individuals, families, organisations, and all of society to build, restore and sustain functional relationships as the cornerstone of a stable and thriving society

Chairperson's Report

The NGO sector is used to living with uncertainty, but this year saw FAMSA WC and other NPOs having to respond in one of the most difficult years for South Africa and our local communities in recent times- a pandemic that is far from over. As an organization, we have survived, even thriving in some respects as we adapted to the changing circumstances. More importantly, we were able to be there for our beneficiaries, many who have suffered as a result of unemployment, loss of income and the impact of isolation on their mental health. We were challenged to assist our clients to survive this time and help them to thrive in their relationships and family life - drawing strength from the 'institution' that forms the foundation of society.

FAMSA WC's output is testament to the work that was put in at the frontline. Our HIV counsellors worked at the Health Facilities from the start of lockdown. FAMSA's annual statistics indicate the hours spent following up on clients to prevent defaulting during lockdown, to avert a further crisis of people becoming sick with full-blown Aids. Counselling continued as we counselled 2103 new clients in 4076 sessions,

indicating the level of need in the areas we serve. Towards the end of the year, we managed to offer our community workshops, for the most part reaching our targets for Positive Parenting Skills; Teen Parenting and Coping Skills; Marriage/Couple Enrichment and Fatherhood. These are skills that are vital, but even more needed during this stressful time where we have observed an increase in our cases of domestic abuse at FAMSA from the previous year.

FAMtrac managed to switch quickly to an online training offering for external counsellors and even managed to increase FAMSA's training reach to other areas. We also noted a demand for our EWP services from companies and businesses for their staff who were experiencing similar problems to our counselling clients as well as trauma-related issues. FAMSA WC also continued to offer Clinical Supervision services to social workers in domestic violence Shelters and Social Service Organisations under contract from the Department of Social Development (VEP and Children and Families Sectors). The social workers that we support provide frontline social work services

across the Western Cape.

Sadly, we said farewell to Siyabonga Yenga our Social Auxiliary Worker at Khayelitsha, who succumbed to Covid this year. We also lost our long term retired HIV and AIDS counsellor Shirley Lese, who gave many years of service to FAMSA WC.

Thank you to my Exco team for their dedicated service and to our Director, Noelene Blekenhorst for her direction and management through this difficult time. A big thank you to the FAMSA WC staff and our wonderful, dedicated volunteers, all of whom are at the heart of our FAMSA family.

Vuyisile April
Chairperson

Director's Message

South Africa experienced its first lockdown on 26 March 2020 and subsequently had a series of lockdowns. COVID-19 emerged as a health crisis, and there is no doubt that it has had a tremendous impact on different aspects of life, including family life.

During this past financial year, the COVID-19 pandemic also has had a huge impact on our personal and beneficiaries' lives. As we moved from being based in offices to being based at home, to challenging the limits of where family life and work life have never been more integrated. When lockdown came last March, the organization was unable to do face to face counselling, supervision and training and became an organization that was able to deliver services remotely and digitally.

The family is a micro-unit of society and is central in the care and well-being of individuals so that they can function properly in society. When families are impacted, individuals, as well as societies are affected. For all the difficulties that we had to face, and some far more than others, everyone had to find ways to survive and adapt as a family unit and with that

comes some huge positives as well as negatives.

COVID-19 has increased time that families spend together. Families that had relationship issues have perhaps improved as priorities have been reassessed. Staying at home also gave parents the opportunity to interact with their children.

FAMSA WC experienced how the pandemic impacted family and society relationships:

The COVID-19 pandemic and societal changes have increased stress levels of most families. With families losing income and not having access to resources, most families and individuals have fewer coping mechanisms to deal with stress. A recent report by LinkedIn who did a survey with 2 000 adults found that 56% reported that their mental health had deteriorated since lockdown began March 2020.

Loneliness and isolation – not being able to see older family members, friends, and colleagues.

The economic and financial burden that placed families struggling with financial issues and coping with having to balance working from

home and children and teenagers who struggled with constant change.

An escalation of domestic violence – please see our statistics in this annual report.

Educational – many families cannot provide technology for their children to continue their schooling at home.

Post-traumatic stress syndrome - In a recent feature written for the Guardian by Professor Steven Taylor at the University of British Columbia he stated that “ongoing psychological problems are likely to be far more prevalent among those infected with the virus.”

COVID-19 and the social measures that have been put in place around it have had and will continue to have, far reaching detrimental impacts on society and family in general.

I am proud that FAMSA WC thrived and survived the past 12 months. If it were not for every member of our team that worked hard to adapt, we would not have been able to continue our service delivery.

As Director I would like to thank the executive

committee, management team, staff members and volunteers for what you have all done to weather this crisis and helped our organization to cope and survive during COVID-19. A special thank you to staff members who returned to work after the first lockdown. Your commitment and your discipline are critical currently to maintain our service delivery to families.

The pandemic is not yet over and moving forward we need to work hard to offer services to those in need of relationship support. FAMSA WC must be ready for any challenges that come our way, but we are a resilient organization and will continue to thrive and survive.

As Anthony Liccione said, “Everyone needs a house to live in, but a supportive family is what builds a home.”

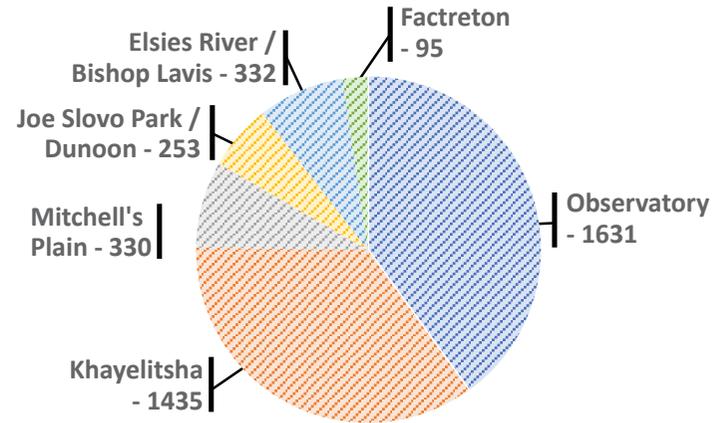
Noelene Blekkenhorst
Director

FAMSA WC Executive Committee (Board) in a zoom meeting: from top left clockwise: Vuyisile April (Chairperson), Wonga Mampana (member), Jane Cope (Deputy Chairperson), Stacey-Lee Foster (Treasurer) and Noelene Blekkenhorst (Director).

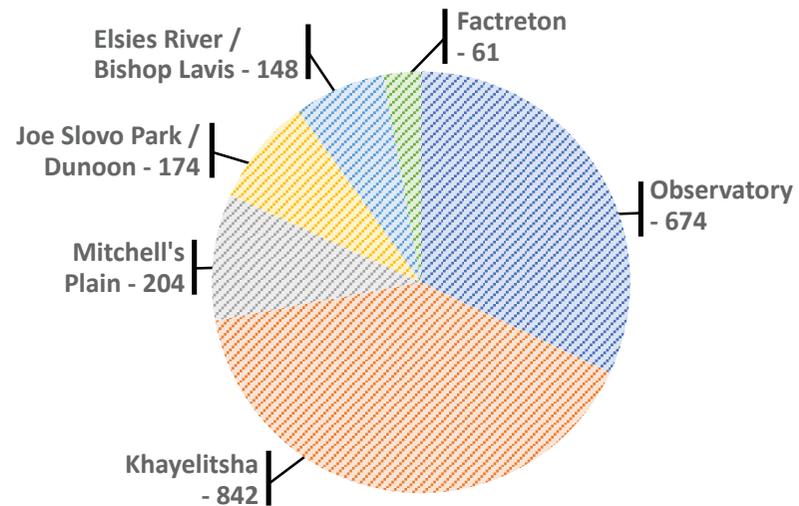


Counselling & Psycho-Social/ Educational Interventions

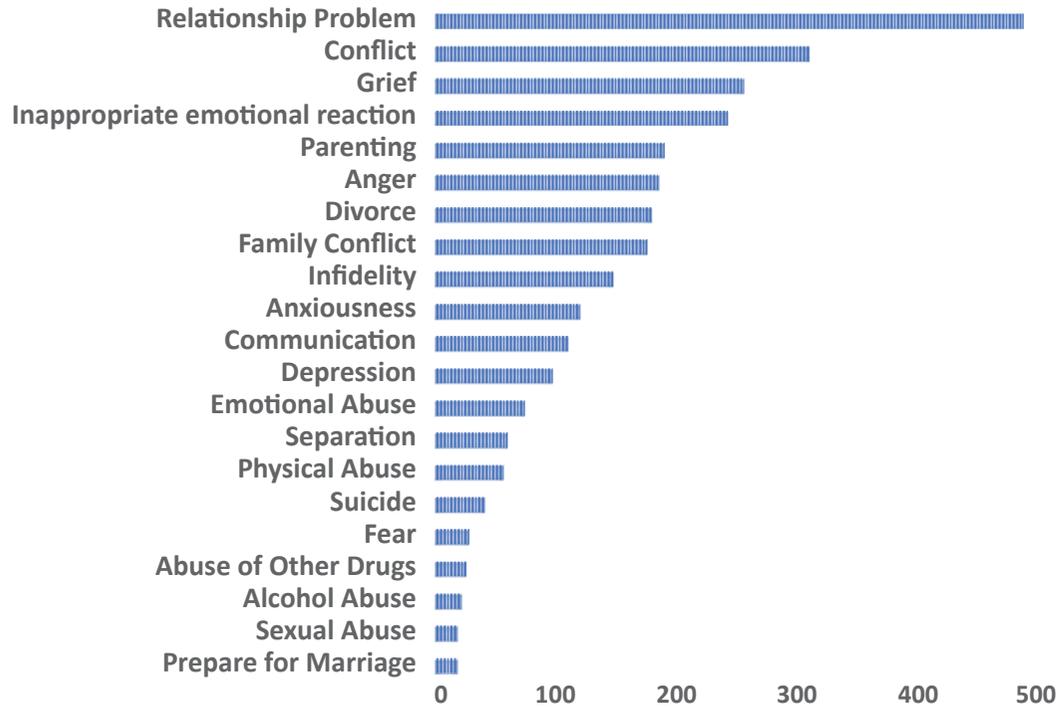
Total number of counselling sessions per office



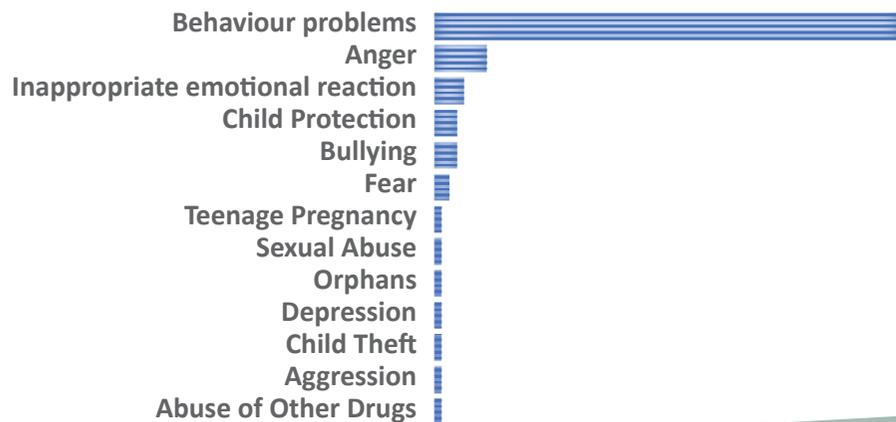
Total number of new clients per office



Top Presenting Problems: *All Offices*



Top Presenting Problems: *Children all offices*



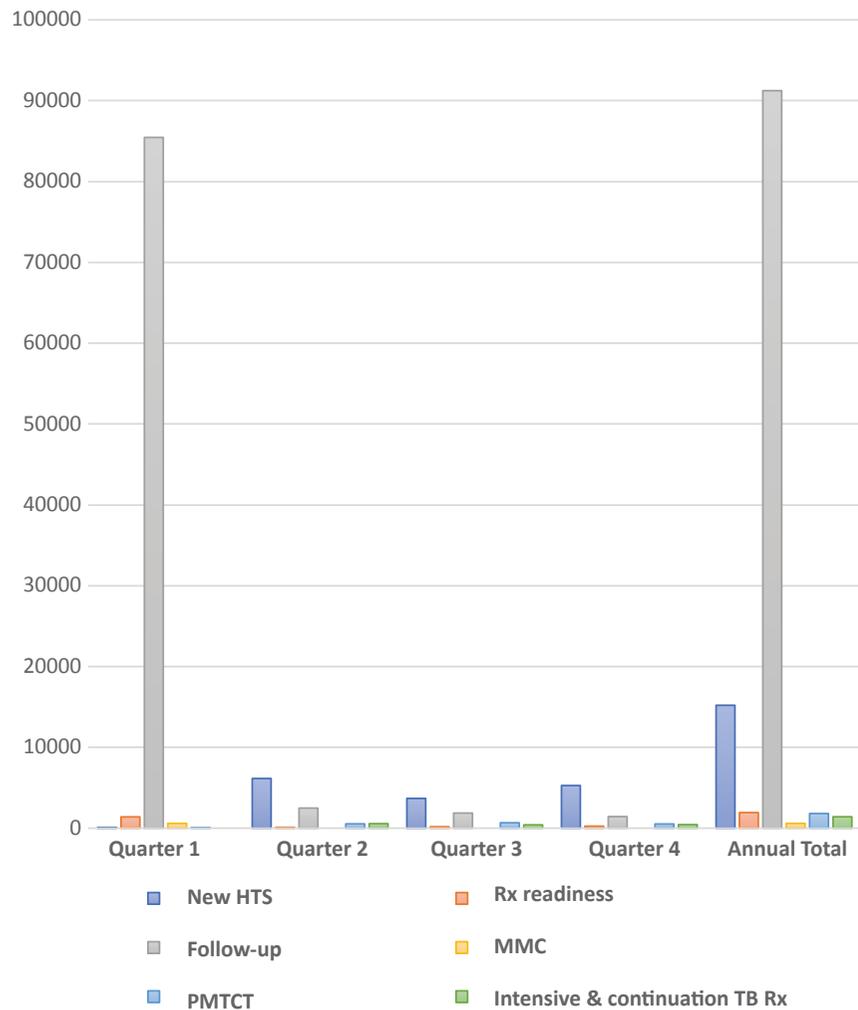
Focus Area: Community Violence and Trauma

| FOCUS AREA | Number of clients |
|-------------------|-------------------|
| Trauma Debriefing | 130 |
| Rape | 38 |

Beneficiaries reached through Workshops

| | Marriage/ Relationship Enrichment | Positive Parenting Skills | Teen Parenting and Coping Skills | Fatherhood Programme |
|----------------------------|-----------------------------------|---------------------------|----------------------------------|----------------------|
| Target group | Couples | Vulnerable parents | Teen parents | Fathers |
| Khayelitsha | 10 | 37 | 14 | 24 |
| Mitchell's Plain | 7 | 18 | 8 | |
| Elsies River/ Bishop Lavis | 5 | 14 | 12 | |
| Joe Slovo Park/ Dunoon | 5 | 30 | 12 | |
| Factreton | 4 | 24 | 9 | |
| Total reached | 31 | 123 | 55 | 24 |

HIV/AIDS/ TB beneficiaries 2020/21 per Quarter



HIV and AIDS/ TB Project

| | Quarter 1 | Quarter 2 | Quarter 3 | Quarter 4 | Total |
|----------------------------------|-----------|-----------|-----------|-----------|--------|
| Family Planning/ Health talks | 549 | 139 | 107 | 41 | 836 |
| No of Male condoms distributed | 9035 | 104736 | 103550 | 96683 | 314004 |
| No of Female condoms distributed | 2 | 13031 | 12797 | 13317 | 39147 |
| Number of Support Groups | 0 | 16 | 12 | 5 | 33 |

Observatory Head Office

March 2020 is a date and time that many of us will remember.

It is the time that the President declared SA to be in a state of lockdown.

Since December 2019 we had been hearing about this virus which originated in China, but no one was prepared for the havoc and devastation that this little virus was to wreak.

As the danger from the virus and the ramifications of it became more apparent, at the Observatory office we had to work and think efficiently and creatively together with the Management team and rest of the staff so that we could continue to render services, especially counselling services. We were hearing daily of the challenges such as loss of income and retrenchments, businesses closing, breakdown and conflict in the family with children having schooling online if parents were lucky enough, and families being forced together in close proximity with not even the outlet of exercise at convenient times, and we were hearing of so many including some staff members losing loved ones, friends, or members of their community. With the recommendation of the

President that those over 60 and with co morbidities needed to work from home as much as possible, some shuffling of staff was essential. Our long standing and pivotal intake officer, Lynette Daniels, who many may not believe fits into that category was one such person in this position. I too fall into the same category as do other key staff members. This is one area in which we had to work out a survival strategy which necessitated us exploring and developing an online counselling facility which we had been discussing for some time. Sandra Jackson and some of our colleagues attended webinars and researched and drafted an online counselling contract. Thus, online counselling at FAM-SA was launched as an additional service.

Some of our colleagues were unable, due to the nature of their work positions or personal circumstances, to work from home. Those who were able to come into the office once we were permitted to open, worked as a team to see that all positions were covered as well as helping with Covid-19 regulations. Some of the staff from the community offices came to Observatory to assist with taking temperatures, and sanitizing hands and offices. Staff really

stepped up with many taking on extra responsibilities and developing skills in areas out of their comfort zones.

Those working from home too had to learn many new technological skills - a great challenge for some of us, but now words such as Zoom, teams, WhatsApp video are part of our daily vocabulary. Some of us have even embraced the change.

As the levels were changed and the economy opened so did the offices and we have now developed a hybrid way of working whereby those that are able to work from the office and others connect in with them from home. This way of working may well be the model of work life for the future. It necessitated tremendous teamwork whereas I mentioned earlier some staff took on extra responsibilities. This and the way some staff have embraced using technology are the main areas where we have thrived.

We have also been able to offer counselling to clients abroad or couples separated by lockdown who were unable to travel across different provincial borders.

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The fact that the organisation was able to survive despite the many challenges is an outstanding achievement. We had to think creatively to accommodate both those clients wanting in person counselling and those wanting online. Both options are in place and clients can choose either option. We also facilitated extra support for the staff at the height of the pandemic where we initiated an online Covid peer support group for counselling staff. This served to provide an opportunity for the staff to share their personal experiences during this time and allowed staff to draw strength from each other regarding the many challenges encountered personally and professionally. We were also able to discuss ways of assisting clients to cope with this extra layer of anxiety, fear and adjustment to living with these new and unfamiliar circumstances and reality. It was also an opportunity for staff to connect, being that we were in many cases feeling isolated and disconnected.

It is our hope that we will be spared the 3rd wave and that our lives will return to some form of normality soon. I feel that many elements of how we did survive and thrive will be

filtered into our world of work going forward.

I would like to thank all the staff at the Observatory office for their tremendous dedication and commitment and on a personal level making it possible for me to continue my work remotely.

Pauline Sevitz
Counselling Manager



Men Stopping Violence Group

We did not for one moment consider not continuing to run our longstanding MEN STOPPING VIOLENCE GROUP during lockdown. COVID brought extra stressors for all, but especially for the men struggling with self-regulation. Amazingly it worked well meeting online. The facilitators Frances Rogers and Lesley Thomas reported a different atmosphere. In some ways more relaxed. Possibly since they felt more empowered and safer because they could easily control their exit from the meeting. Although they showed no signs of leaving, it gave them a sense of more control and greater courage to face the issues at their pace and more on their own terms. The sharing seemed deeper on a consistent level throughout the group as opposed to the physical meetings.

Another possibility is that it has made a difference going into their homes, where the abuse has often happened and that they felt understood and supported by the presence of the two facilitators. They also appreciated the instant connection without having to battle to get there on time from work and through traffic

or public transport problems. There is an intimacy of connection with engagement online. In the physical group the members tend to talk generally to the group, but online the person speaking comes up as the main participant on the screen and this leads to more focused engagement, especially when one of the facilitators engages with an individual member. It is like a cameoed engagement but witnessed by the group.

The meetings could not have been as successful without the foundations set in place and the groundwork done in the physical group setting - the building of rapport with the facilitators and each other and the level of trust and safety nurtured in the group. The members took it as given that the same confidentiality is in place, and they trust the facilitators and each other to protect the privacy of the place and not betray trust. This core group enabled new members to join and feel safe. As the lockdown restrictions relaxed, the group started meeting in-person again, but continued an online presence for those preferring the online space. Now the

group is facilitated both in-person and online at the same time in real time – the best of both worlds.

“Internet is becoming the town square for the global village of tomorrow.” (Bill Gates)

Daleen van Staden

Head: Clinical Services

Khayelitsha Office

As I am writing I am reflecting on March 2020 when I received a call from the Director saying we must close the office and we will be working from home. I felt like it was the end of everything. I got worried about staff and most importantly our clients. The receptionist had to phone all clients that were already booked for March and April to inform them about this sudden change. I remember that day like it was yesterday. I had mixed feelings about everything and about life in general.

We formed our Khayelitsha counsellors WhatsApp group in order to communicate among ourselves and to counsel clients online. In April we started getting clients online. It was not easy to engage on this platform, but we managed to work the whole month. In May we decided to come back to the office, bearing in mind Khayelitsha was identified as the hotspot area for covid19. People were walking around with no masks and there were long queues in shops. Our clients started to come back to see counsellors face to face. Rearranging the office to keep social distance, the fear of the unknown when sitting with a client and thinking that this person might have covid 19 or not,

it was very traumatising for the counsellors. Each day we had to meet and debrief about our own anxiety regarding the pandemic. Later in May we started seeing clients for grief counselling due to covid 19. It was so sad to hear how people had lost their loved ones and were not able to find closure because of the pandemic. As a counsellor you could not help the fact that you are also worried about your loved ones and colleagues at the same time. Clients came in numbers and our office was busy every day. Covid 19 became real to us when our colleague became sick in November, and we all thought it was Covid 19. We started worrying about him and about our own health. He bravely struggled throughout December until he passed in January 2021. It has not been easy for us as Counsellors in Khayelitsha, but we are surviving in a pandemic.

Gcobisa Ngalo

Manager: Khayelitsha

“I came to FAMSA Khayelitsha, I had given up on life. I was diagnosed with depression; I decided to drink and neglect my children. I am a female, but I did not bath or have time to eat besides drinking alcohol. My family took me to FAMSA WC and Nomsa Mtshungu was my counsellor. She was not judging, and she listened to me, and I felt good after talking to her. I have [come to FAMSA for counselling] four times. I see a huge change and my family is very happy to see this change, especially my children.”

Tribute to Siyabonga Yenge

IN LOVING MEMORY

Life is not the same without you.

Coming to WORK is not the same without you.

Doing projects is not the same without you.

Singing at the office is not the same without you.

You were special and wonderful.

With love always we remember you.

With fond memories. We think of you.

You are too precious to be forgotten,

And too priceless to be ever replaced.

You were unique and one in a million...

You are dearly missed in many ways.

Deep in our hearts, there is a special place

Where nothing at all has changed....

It is filled with precious memories of you that could never fade away...

We cherish them dearly and always will for you are unforgettable to FAMSA

Lala ngoxolo Magwala, Gwadzi Sohlala Sikukhumbula

FAMSA FAMILY





***Marriage/Couples enrichment workshop
in Khayelitsha***

“We were one the [couples] that attended the marriage enrichment workshop. We have been married for 10 years - it has been 10 hard years of our lives. We always fight about little things. After attending the 5-day workshop, there was a difference. We learned a lot about communication as a couple and it helped us to understand each other more. Love languages was the best for us as a topic and it helped us to look at our marriage and see what has [become] a problem for us. Thank you very much for this workshop, our marriage is better, and we are still working on it using the skills we have learned at FAMSA.

WE THANK YOU FAMSA AND SIS GCOBISA.”

Teen Parenting and Coping Skills in Khayelitsha

The target for this workshop was 10 teen parents, but because teenagers showed such a great interest in the program, 18 enrolled and 13 teens completed the programme. During the love and relationship topic, group members were so happy and thanked the facilitator for this discussion, sharing that they face lots of challenges with their relationships, but they do not get a chance to share these challenges or to get advice because of difficulties in their relationships with parents. This workshop helped them to understand how they can fix or maintain these relationships, recognise the signs of toxic relationship, as well as advice on leaving toxic relationships. When the topic of anger management and gender-based violence was introduced, it became so emotional for them as many realised that they were going through these challenges. This was a highlight for the facilitators, reaching a stage of trust with the group members, and the environment being conducive enough for them to open-up and share. All the evaluations were positive. Two

members shared that this training has helped them to manage their anger, as shouting was the communication form that they believed children understood, rather than the positive communication that was taught at the workshop. The training helped them to introspect, and they are now in the process of rectifying/ changing/ unlearning that behaviour. The workshop motivated the teens to start practising positive communication and raising their kids with love. One participant shared that this training helped them to understand what humanity is, to differentiate between what is right and wrong and learn to respect people, despite their age, and mostly, to respect their children. Another shared that this training motivated them to learn to trust people, understand that roles at times change when raising children, meaning that children also deserve to be listened to and parents are not always right. It has motivated them to go back and rebuild those relationships again with children and their parents.

The teens also appreciated meeting other teen parents and sharing their challenges, understanding that they are not the only ones going

through these challenges, but if they support each other, things will get better.

The facilitator booked one-on-one counselling for those that have experienced toxic relationships and anger issues. Four of the group shared that they watched their parents being abused in front of them, with one even leaving home and staying with a boyfriend to escape the abuse. Her upbringing has resulted in her shouting when she tries to express her feelings during communication. She realised that she does not have to allow her parents issues to dictate her behaviour as it is affecting her parenting skills. She needs to unlearn this behaviour.

The teens said they did not want the workshop to end, saying they wanted it to continue, or would like to take part again. It had a good impact on them, and they loved it.



“I am Inathi Domu, I am 16 years old. In February I attended a teen parenting workshop in Khayelitsha. Nomsa from FAMSA and students from CEFA were [the]teachers. My mother passed away because of Covid 19 [and] I am staying with my aunt. I am a mother of a 6-month-old baby. Before I come here to the work shop I did not like my child. Also, I was angry at my aunt for always insulting me about my late mother. I have found peace and I am forgiving her, and this workshop was very helpful because I am able to love my child. This is helping me to be a better mother to my child.”

“I am Wendy, and I am 18 years old [and] I have a 2-year-old girl. After I got pregnant, I stopped talking to friends and I

isolate[d] myself from my family. I felt I [was] a disgrace and have disappointed my family, especially my mother. I am not at school currently because I did not want to leave my burden to my mother. I am very happy to attend this workshop. It has opened my mind. I have realised how much I have missed out and I am going to start doing things differently.”

“I have been participating in [FAMSA’s] teen parenting workshop. The workshop for me has brought a positive change [in] behaviour to me, mostly when it comes to communication. I used to insult my child, labelling him with negative names not knowing the damage I have been causing to my child. I have learnt to use positive communication when communicating

with my child. I can say I am a better parent now, who is able to use positive discipline [rather] than beating my child.”
Abongile Skade

“I am a 17-year-old girl, mother of a 3-month-old baby. I attended the teen parenting workshop at FAMSA. The workshop was very fruitful to me. I learnt more about myself, to always think before I say something to someone. To always respect people [rather] than judging them and treat people equally despite of their gender, age and sexuality. It helped me to be a better parent as well. I learned a lot about my baby and how to connect with her.” Azasiphe Siyolo

Fatherhood Workshop Khayelitsha

The Fatherhood workshop was one of the first to be implemented as the country ‘opened up’ after lockdown.

The City of Cape Town invited FAMSA Khayelitsha to facilitate fatherhood workshops for 24 men in the Somerset area. The workshop took place from the 23rd to the 27th of November. The men are fathers or playing a fatherly role to their siblings’ children but are currently staying at a shelter for many reasons. They want to change their lives for the better so that they can become fathers again and reintegrate into their families.

A highlight of the workshop was a discussion about GBV (Gender Based Violence) and what roles men play in families. The men were challenged from different angles to shift their mindset. Discussions became very interesting when the shift was happening because of their participation and willingness to learn. The men were committed in such a way, that you could see they want to make the difference in their lives. They compiled songs that discourage abuse and designed posters they will put in the shelter as a reminder of the workshop. They

came back on day two reporting that they managed to continue with the conversation at the shelter, trying to curb the violence perpetrated against women and children.



FAMSA WC Khayelitsha staff, including our Manager, Gcobisa Ngalo and Social Auxiliary Worker, Siya Bongo as well as the CEFA students, distributed the personal products donated by Community Chest/J&J at Nonceba Family Counselling Centre, Jam Jam Charity centre in Makhaza, and Banphumelele Children's Home.



Community Offices

Mitchell's Plain, Elsie's River, Bishop Lavis, Joe Slovo Park, Dunoon, Facreton

Covid-19 changed people's lives drastically. South Africa went into complete lockdown on the 27 March 2020 until the end of April 2020. There was a lot of anxiety, fear and panic due to the unknown. The lockdown levels were lifted incrementally, and our community offices were also only gradually opened according to lockdown and Covid safety protocols because our community offices are very small with little chance to social distance.

Initially, we had to cancel all clients' appointments. Throughout lockdown online counselling was offered by several FAMSA counsellors. It was an adjustment for both clients and counsellors. However, many clients could not do online counselling due to lack of resources - no money for data and some did not have technology to connect online. We also had to do telephonic counselling with some of the clients, especially in the case of a crisis.

The FAMSA WC community offices were opened on the 29 June 2020 and the coordinators (counsellors who run our offices in Mitchell's Plain, Elsie's River, Bishop Lavis, Joe Slovo Park, Dunoon and Facreton) offered

counselling services and group work. However, due to the Covid-19 pandemic the counselling picked up slowly as clients would schedule appointments but just stay away or cancel their appointments. The schools in which we offer counselling in these communities, also had their own challenges and would not allow 'outsiders' in for safety reasons. As a result, we could not offer counselling in the schools anymore. The Facreton coordinator could not work due to her age and safety protocols for Covid-19, however she did assist with updating FAMSA's resource list, from home.

FAMSA WC rents two counselling offices in Mitchell's Plain, but due to the Covid-19 pandemic, one of these offices was given up in order to save money. Unfortunately, this impacted on our counselling service in Mitchell's Plain when we went back to face-to-face counselling, as we now have one less counselling space.

We also observed a rise in cases of divorce and gender-based violence as an additional impact of the pandemic and resultant lockdown. We realized that a gender-based violence support group was much needed. FAMSA WC managed

to obtain funding from the Solidarity Fund to render GBV services. This included starting support groups for victims of domestic or gender-based violence relationships.

We also noticed an increase in presenting problems such as behavioral problems with teenagers, trauma, suicide, lack of parenting skills (court orders for parents to attend sessions to obtain parenting skills). Clients were referred to our parenting, teen parenting and coping skills, couple enrichment workshops, that we were able to offer towards the end of 2020 and in early 2021. Group work targets were met which was an indication that the coordinators worked very hard to make the group work happen.

A big challenge was that the coordinators, community lay counsellors and I, could not meet for our monthly group supervision sessions. I had to do telephonic supervision with a few of the coordinators because I could not go to their offices as a result of social distancing challenges in the limited office space.

The volunteers (community lay counsellors) could also not return to the offices for Covid safety reasons - social distancing challenges

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in our offices, for some it was their age, and for some it was the challenges at the schools. Several of the CEFA students were asked to find work placements elsewhere due to limited office space. This also affected us in a negative way because we could not reach our counselling targets and operate effectively like normal.

Another challenge was that we could not attend FAMtrac online training as only a limited number of people could attend, and we had to give first preference to the public. We therefore could not attend any training in 2020.

The COVID-19 PANDEMIC, has taught us to adjust, to work differently, as well as to survive and thrive.

Nydean Stamboul

Community Lay Counselling Manager

“The impact COVID-19 had on myself as a healthcare worker, a mother and breadwinner. COVID-19 has left me traumatised. I survived the virus but still need counselling/a social worker to deal with the trauma left behind. During the COVID-19 pandemic we had a lot to deal with and had a lot to learn. It had a major impact on our household when I tested positive for the virus whilst being a healthcare worker and the breadwinner. My family was my support system, yet the pandemic took its toll on all of us. During my 14 days of isolation, I went through a lot of emotions such as feeling lonesome because I could not leave my room to see my family. You feel a lot of sadness because you read on social media or get informed about colleagues who also tested positive for the virus, or you hear about someone you know that passed on due to COVID-19 related complications. This created fear because I then had to experience my family being in fear of losing me to the virus as well and [that] broke my heart even more. Going back to work after having the virus was even

*more traumatic. I expected my colleagues to welcome me back with open arms seeing that I survived this horrific ordeal, but instead they distanced themselves in caution against myself who tested positive for COVID-19. I think a counselling session may not be enough to deal with the pandemic. There is also a financial strain that it caused especially in my position as the breadwinner who had no one to turn to for financial assistance. When I got confirmation via SMS that I [was] positive for the Corona virus we as a family had to react as quick[ly] as possible. A lot of changes had to take place and we had to adapt the house for isolation. My eldest daughter had to take over responsibility of leaving the house for essential items such as sanitiser, tissues, wipes, disinfectant detergents, groceries, medication and supplements. It was hard for me as a parent to see them having to ensure that everything [was] in order in the house, [that] made me feel like I was handing over my responsibilities, especially seeing that my eldest daughter had to take the lead.” **Anonymous client***

From our Joe Slovo Park / Dunoon Coordinator...

Thriving and Surviving in a Covid-19 Pandemic - As the covid-19 rapidly swept across the country, it brought lots of fear, worry and concern as a counsellor. Covid-19 was a direct threat to me as a counsellor because I was working with people directly. There was a lot of [internal] trauma, at being isolated at our homes especially on level 5 lockdown. I worked hard to manage my emotions about covid-19, I had lots of mixed feelings about it especially when the number of people infected, and the death rate were escalating. There was anxiety, fear, a sense of hopelessness especially when I must counsel those who were affected by covid-19 and had lost their loved ones. With the second wave I developed hope because people had a better understanding of how to follow covid-19 protocols and I was able to facilitate workshops and continue to help the community. In 2021 our government announced the role-out of vaccinations and that brought a relief. Being gentle, kindness and taking care of myself allows me to be

compassionate and provide help to others.

Qakata Didiza

Coordinator: Dunoon/ Joe Slovo Park

Below: Our Social Worker, Qakata Didiza went to Marconi Beam school to hand out sanitary pads donated by Community Chest/ J&J.





Our counselling container in Dunoon was painted. We still need to get proper signage made.

Teen Parenting and Coping Skills Workshops



Teen Parenting and Coping Skills: Bishop Lavis

"I have learned that I should take care of myself to be able to take care of my child."

"I gain[ed] how to work in a relationship as well as working with [my] baby."



Teen Parenting and Coping Skills: Factreton

“That I should learn to think before I act, when I’m angry, or when I [have] had an argument.”

“I learnt a lot about the way you should look after your child/children. You should set goals for yourself, and you should think 50/50 [mother and father’s role] and you should be a positive person.”

“The self-awareness was very helpful and the talks about our baby’s feelings and advice on how to raise your child.”

“It helped me to build a powerful relationship with my partner and baby. I must spend more time with both my partner and baby. It also helped build communication between [myself] and my partner.”

“I learnt different ways to deal with a child. Ways to show a child love and affection. I learnt to teach a child the correct way to do and say things. I learnt many things that I was unaware of.”

From our Mitchell's Plain Co-ordinator...

When lockdown started, it has brought many uncertainties to my life. I became slightly fearful about the future. The idea of wearing face masks, sanitizing and taking temperatures was totally a new thing that I and many of us had to adapt to. I can remember a time when we just heard about Covid 19 and that we had to wear masks to protect ourselves and others sounded so strange, weird and impossible. I was thinking at that time, will it ever be possible. However, looking back now, realizing how I, and many of us adapted to the strange, the weird and impossible. What I have learnt through this period is that in order to cope with transitions, one needs to be flexible and willing to change. I learned that if one struggles to change or adapt when transitions occur, it brings one into conflict with the here and now and the future.

Adding to the fear was also the amount of close people that I lost during this time. I never had experienced so many losses of loved ones in my life. It brought feelings of sadness and hurt. I have learned during this phase to talk about death and see it as a reality which each one of us will experience. Also, that tomorrow

is not promised, therefore live each day in the moment with love. Enjoying life today, making the best choices today, to positively impact our tomorrows.

Faadiya Smith

Co-ordinator: Mitchell's Plain Office

Below: FAMSA WC Social Worker, Faadiya Smith handed out Sanitary Towels donated by Community Chest/J&J at Cedar High.



Positive Parenting Skills | Parenting Skills: Factreton

This workshop is to equip parents with skills that will help them build healthy relationships with their children and develop a healthy family.

“I have learnt ... how to deal with teenagers and help them [with] their behaviour and how to respond to them effectively.”

“I am aware how to deal with bullying and to protect children from cyber bullying.”

“I understand how children behave and why

[we need] to communicate with children and how to discipline them.”

“I’ve gain knowledge on how to handle my son and what should be done. Stop -Breath – Act.”

“I’ve gain knowledge by knowing how to handle, care, discipline and love. Listening is extremely important. It goes both ways. Parents to kids and kids to parents.”

“Teachings on how to change myself so that kids can change their behaviour. I am more positive in dealing with my children. Going to use a different approach on my children.”

“Not to be harsh as I have been. That I allowed my feelings and thinking to overpower.”

“How to speak to the children. How to use tone of voice. How to listen effectively. How to make eye contact with them. How to come down to their level.”



Parenting Skills: Mitchell's Plain

How much knowledge have you gained?

"I've gained knowledge on how to be more of a listener when my children speak and not just to be the speaker."

"I have a better understanding on how to listen to my kids. Also, how to consider their feelings."

"I've learned a lot that speaks to my situation personally and skills I can use at home."

How much self-awareness have you gained?

"The topics we've covered are of high concern, as I'm raising two girls. So, the self-awareness I've gained was helpful."

"I learned that in the past when I handled a situation wrong, I must try another way."

What was helpful for your situation?

"Dealing with my teenage daughter, moods, phases that she is going through. I have more knowledge and clarity on how to handle things in a more positive way for her and myself."

"How to communicate with my children. How to deal with different situations regarding my

children. How to deal with everyday life as well. Learning and listening to the other colleagues."

"Learning how to communicate with my teenager. The correct tone of voice as well as volume."

"Understanding that my kids have a right to feel and express different kinds of emotions. I

as a parent [am] not always right. We do make mistakes."

"I thank FAMSA for allowing me the privilege to speak about my challenges and share. Thanks so much. God bless."

"It actually improved the relationship with my daughter."



Parenting Skills: Elsies River

“Ek was n ouer wat baie met my kind geraas het. Ek het baie geskel met haar. Maar nou het ek as ouer hier by FAMSA geleer hoe om opelik met my kind te praat en hoe om n problem op te los. Dankie FAMSA dat julle hierdie klasse vir

ons omontlik gemaak het. Ek het baie geleer. Dankie.”

“Ek het baie geleer ek weet wat om nou te doen as daar n situasie op duik. Ek het veral geleer om die ‘listening skills’ want ek het nooit na

my kid geluister en di ‘robot’ ek het nie geweet wanneer om te stop en hoe om my kinders to hanteer. Di fasiliteerder was baie behulpsaam en vriendelik en spontaan en het ons baie mooi verdiudelik stap vir stap.”

“I easily get frustrated, but now I know how to handle my frustration.”



Skills workshop held at the Haven Night Shelter

"I really learn[t] a lot of things about how to raise a child and the way to talk and listen to them. There was a lot I didn't understand, bullying and the behaviours that change. If I knew all this before, I wouldn't label my child with some nasty words. This workshop [taught] me a lot of different things and stuff that I can't talk about. It was very helpful to know I can work on myself and my child. To build a better relationship with my daughter and to understand her more."



From our Factreton Coordinator...

Thinking back to March 2021, watching the news every day, Covid-19 was the topic everywhere and on every news channel. I was paranoid and could not step away from the television. The news of the infected and dying people across the world, fear of the unknown and uncertainty made me very anxious as I have older brothers and sisters and a few family members who had tested positive.

My worst experience was when my youngest sister was infected and was admitted to the International Convention Centre for 14 days.

She has never fully recovered and still has difficulties with her breathing. My daughter living with me also lost her job.

The first day back at work was very scary, especially when I was stopped for my permit. There was big tent on the M5 with policemen all wearing masks. We did follow covid protocol at the office, but it was still very scary.

I have learnt that if news affects my well-being, I must try to avoid it and rather concentrate on my health, to be positive and to think positively.

Mercia Marsh

Co-ordinator: Factreton Office



Couples/ Marriage Enrichment Workshops

This workshop helps couples gain a better perspective of themselves and identify strengths and weaknesses in their own relationships. Sessions included expectations of a marriage/relationship; improving communication; emotions; conflict resolution; sexuality; roles, religion/beliefs/values; relationship building and the future.

Couples Relationship Enrichment Workshop in Kensington

“My partner and I have had the opportunity to learn more about each other through the questionnaires. It has helped us find practical tools to address our challenges both personally and domestically. The workshop is a definite for all couples. It’s real, fun and deals with hard stuff in relationships. Much appreciation to the facilitator and FAMSA for the opportunity.”

“Extremely helpful, getting to know a side of my partner, which I did not know. His feelings or understanding him more. For example, Likes/ dislikes, as over the year we have taken each other for granted.”

“I learnt to be more vocal and to talk about issues as opposed to bottling it up. I consider my partners feelings first which in return has made our home much happier. Mercia has taught us many skills with the knowledge taught here, I am more conscious of my attitude.”

“My husband has a very low self-esteem, and he was taught to value his own opinion, and I must not be so controlling and let him do things his way. Must not portray myself as self-sufficient but also learn to ask for help, and that I am also human and do make mistakes in life.”

“My situation was bad. The fact that I can help myself in my situation was helpful. I have a say in it. I don’t have to feel I’m alone and there is help and reach out. Was helpful. I also feel important.”

“For my situation, it helped me to express my inner conflict and have been given a platform to be able to communicate issues with my partner in a way that I did not hurt her feelings. So, thank you for this wonderful incentive. We are never too old to learn new skills.”



From our Bishop Lavis Coordinator...

The impact the Covid-19 pandemic had on me, and my family started with a lot of mixed emotions.

With the announcement of the lockdown, we were filled with fear and a lot of uncertainty regarding our jobs, working at risky schools, traveling, adapting to the new way of life by wearing a mask every day, whenever you leave your home. It was really a big challenge, because there were times that you forget your mask, for example when I quickly want to go to the shop to buy some groceries. At the grocery store you realize 'oops' I forget my mask. You must run back or buy another mask because you cannot enter any shop without a mask. When we returned to work, we had to wear a mask all day long. This was one of the biggest challenges for me, but I managed.

As a family, we sat down and discussed how to cooperate with one another given the new restrictions of government. We learned a lot in the pandemic. How to be cautious, adhere and cooperate and to take good care of ourselves. My husband was in contact with one of his colleagues who tested covid-19 positive, so he had

to go and get tested. He was very fearful, and it affected all of us. We waited anxiously for his results. Luckily, it came back negative. We lost one family member and quite a few acquaintances due to the pandemic.

We are more aware about boosting our immune system and how to behave in public when it comes to sneezing and coughing.

Desiree Titus

Co-ordinator: Bishop Lavis Office

Below: Desiree Titus, FAMSA WC's Co-ordinator in Bishop Lavis, delivered personal products donated by Community Chest/ J&J to JS Klopper Primary School





Margaret Ruiters, FAMSA WC's Coordinator in Elsie's River went to Elswood Primary and Elswood High School to drop off sanitary products donated by Community Chest/J&J.



A special word of thanks to my Counsellor Mrs. Titus

“My journey for Counselling started with FAMSA at the Bishop Lavis office (My Counsellor, Mrs. Titus) on the 4 February 2021.

My reasons for Counselling included:

1. Major reason - I lost my job during Covid 19.
2. Divorced the year 2016 - I never had any form of counselling since my divorce.
3. My medical conditions - Bipolar since 2007 and I had a triple bypass in 2010.

The morning of my first counselling session I was greeted and welcomed by a woman I could see would want to walk the journey to assist me with my problems and helped me mentally to overcome my fears in life. I asked myself over and over why go for counselling, [I had] attended so many counselling sessions with various other counsellors and ha[d] been in several Rehabilitation Centres.

My mind was made up to seek assistance for Counselling at FAMSA.

At the age of 56, I can truly say, it was a journey worth walking with my Counsellor, Mrs Titus. My journey was walked and today, I am in a position in my life where no obstacles,

or problems cannot be resolved as my firm foundation [developed] with my Counsellor, Mrs. Titus has become part of my daily lifestyle. As a family [including] three brothers, one sister and my dad aged 81- our mother passed

*My mind was
made up to seek
assistance for
Counselling at
FAMSA.*

away during Covid 19 on the 24: April 2020 due to Dementia - indeed, it was a difficult period for us ... how to overcome our los[s], and for myself.

As I was very emotional and tearful during my

first session with my Counsellor (Mrs. Titus), I could easily relate my problems and concerns. The session basically focussed on my medical condition and how I should set daily goals for myself. My medication for my Bipolar, depression, anxiety and how to implement self-nurturing in my own life was my first task to implement, on how to cope with everyday life. I was encouraged to [use] simple tools daily - reading books; to obtain a tablet box Sunday to Saturday to have my meds ready for use, and to use the medication according to the doctor's prescription.

These were two successes I could easily [achieve from] my first session.

I was looking forward to my following session with my (Counsellor Mrs. Titus).

During the second session. A lot of emphasis was placed on seeking professional advice to my problems - an Attorney to act on my behalf for my divorce decree; a psychiatrist to analyse that the medication I am taking is the correct dosage.

During each session Covid 19 was discussed

Continues on following page.

and how I should mindfully also relate the importance of Covid 19 prevention methods to my family members. Today, looking back, I can truly thank FAMSA Counsellor (Mrs, Titus) [as] not one person in our family or extended family members has been diagnosed with Covid 19. This was also not important to discuss during my Counselling sessions but from my personal view this should become part of every cause or counselling session.

I was looking forward to the next and following sessions [with] my Counsellor (Mrs, Titus). I now could take control of the session and basically give feedback, from the previous week.

During my fourth session a lot of focus was spent on the following topics: Awareness regarding my health; My values and personal needs; Set boundaries; Simplify your life; and have a vision.

Counselling [became] part of my [bi-monthly] routine as I couldn't wait to seek more knowledge, but most importantly to make peace with myself, go beyond and let go, incline your mind towards joy, focus on gratitude,

practice forgiveness.

After six face-to-face counselling sessions [at] FAMSA [with] counsellor (Mrs. Titus), [this intervention] has come to an end. I can truly say my journey has ended beyond my expectations, and I can recommend FAMSA as an organisation to take care and improve the lives of families who are seeking face-to-face counselling, or any other services FAMSA provides.

A special word of thanks to my Counsellor Mrs. Titus who has been with me on my journey ...

Her professionalism, interaction, communication was profound...

And today I can truly say: You can heal your life:
Never give up!

Help is available at FAMSA. Thank you FAMSA."

Supervision

For many years FAMSA WC attempted to provide online services. Ironically COVID made that a reality. Following international trends, we opted on the zoom platform. I attended a few international online teletherapy trainings to become more familiar with the online method, but mostly gained my confidence and competence via on-the-job learning. Our training division, FAMtrac, was also quick to develop and offer an online training on “Counselling in an Electronic Environment.”

I embraced the online platform fully and am fortunate as an over 60 employee, to continue with all my work as a supervisor, trainer and attending meetings online. I benefit in so many ways from working from home by saving time on not having to travel, maintaining equilibrium by not having to drive, working flexitime and thereby following a healthier lifestyle with daily walks while catching up with admin in the evenings. By limiting in-person time and wearing a mask when doing shopping, I have not had a cold or flu since 2019!

It was not all smooth going. The Directorate: Victim Empowerment, DSD WC adjusted their

agreement with us by funding three new supervision posts for the external supervision services to 38 social workers working at 15 shelters for abused women and children and 16 Service Organisations in the Western Cape. The screening, appointing and orientating of these three new supervisors was all done online. Working in isolation slowed down their adjusting and settling in period. Internet connectivity problems have also been a challenge for them conducting their supervision sessions online.

Having Felicity Philander, Lettie Marsh and Helga Haupt as the three fulltime supervisors instead of two part time supervisors doing the external supervision, has however definitely lowered the burden and enabled the supervisees to receive more input. The supervisors have had more time to complete a process started the previous year with the review and updating of all templates used in the VEP sector. The supervisor to supervise ratio is also now more in alignment to the SUPERVISION FRAMEWORK FOR THE SOCIAL WORK PROFESSION IN SOUTH AFRICA 2012.

We also appointed a new supervisor, Barbara

Williams, for the external supervision services provided to the social workers working for the Families and Children DSD funded NGOs in the Western Cape on 9 March 2020, just before the announcement of full lockdown. Although her appointment was in-person, she also had to revert to working from home online. Fortunately, her counterpart and veteran social worker, Annatjie Wait, has been a tremendous support in helping with her orientation and settling in.

Daleen van Staden

Head: Clinical Services

DSD Families and Children Supervision – Eden/Karoo, Boland/Overberg, and Metro North Districts

Working from home, i.e., less time on the road, gave me more time to do research on applicable topics, and share this information with my supervisees via individual as well as group supervision sessions.

These topics included:

- Working with families in a time of crisis
- Preventing burnout of social service practitioners
- Counselling in an electronic environment
- How to make parenting skills sessions more meaningful
- Motivating yourself and others
- Dealing with psychological effects of isolation
- Alternative ways of working in the social work field in the future

Group Supervision on zoom had the positive element of Social Workers from different Districts meeting each other and sharing experiences and knowledge.

Annatjie Wait
Social Work Supervisor



Training (FAMtrac)

Two Thousand and Twenty brought with it a unique challenge that many of us were not prepared for. At FAMtrac we pride ourselves on offering courses that are experiential in nature, where participants get the opportunity to interact, discuss and practice the skills they learn.

With the onset of Covid-19 and the social distancing that was soon to become the norm, we were faced with a new challenge – providing the same quality courses over a new online platform. With the backing, support and hard work from a very dedicated training team we were able to redevelop our most popular courses to fit a new online way of learning.

As with many things it is the challenges in life that make the product worth it in the end. Our journey to finding a new normal lead to FAMtrac growing in ways we could not imagine. We now offer many of the courses we use to facilitated face-to-face in an online environment. Along the way we were able to partner with talented facilitators to add new courses to our repertoire, like the Counselling in an Electronic Environment course. The

FAMtrac Training Team was able to train 264 individuals – greatly surpassing the number for 2019. We plan to bring many more new courses online soon as well as redeveloping more of our original courses to fit online learning. 2020 has in many ways been the catalyst we did not know we needed to grow even further. We look forward to the journey ahead and meeting even more new faces along the way.

Conrad Stewart

FAMtrac Manager

In-Service Training 2020/2021

| | | |
|-------------------|--|-----|
| 18 June 2020 | Impact of multiple losses on families | 34 |
| 16 July 2020 | How to support family care givers caring for a family member with chronic and life-threatening illness – | 16 |
| 20 August 2020 | Violence in the family | 42 |
| 17 September 2020 | Resilience | 43 |
| 19 November 2020 | Gender Identity Issues | 29 |
| 18 February 2021 | Equine Assisted Therapy | 25 |
| 18 March 2021 | Surf Therapy | 23. |

Trainings 2020:

| | |
|-----------------------------|----|
| Online Lecture: Loneliness | 10 |
| Basic Counselling Skills 1 | 57 |
| Basic Counselling Skills 2: | 16 |
| Supervision Skills: | 52 |

| | |
|--|-----|
| E-Counselling: | 32 |
| Intro to Basic Counselling and Trauma Work | 68 |
| Prepare/Enrich: | 11 |
| Total: | 264 |

All were online courses.

Employee Wellness Programme (EWP)

It was difficult to imagine the road ahead when we started the Covid-19 journey in 2020. As the pandemic progressed, we were all faced with loss to a scale no one was prepared for. For many the loss of family, friends, colleagues, jobs, income and a sense of self.

The impact of these losses was greatly felt by the businesses we offer Employee Wellness Services too. In a new world of social distancing and isolation, loneliness became a familiar friend, trying to survive an increased “occupation”, and loss of a friend or family member a reality. We soon had to adapt to assist our Employee Wellness clients in a socially distant environment. In 2020 we added new service offerings to our clients. Employees were now able to get support and assistance from a counsellor by means of telephone or virtual platforms such as Zoom or WhatsApp. We provided Employee wellness talks in an online environment where employees can get information on various mental health topics and feel part of a group again.

It is with great appreciation that we continue to service many of our existing corporate clients and many new ones; and we are privileged to

provide counselling, support and wellness to their teams.

A very special and sincere thank you to our corporate clients and the caring team of Employee Wellness counsellors and support staff that continue to dedicate and commit themselves to the wellbeing of other and the growth of FAMtrac.



HIV and AIDS/TB

FAMSA WC's HIV/Aids/ TB counsellors worked on the frontline in the health facilities from the beginning of the pandemic as they were considered essential workers. The pandemic affected the normality of running the programme in terms of lack of sessions and support for patients. We could not do outreaches to reach the targets and to reach to the people who do not have time to go to the clinics. Our counsellors could only support telephonically and see emergency cases. There were some days that the facility would have to close due to the infection rate of Covid-19. Patients could only collect medication without being seen by counsellors or clinicians. As a result, we could not reach the targets for this year. Graciously, the Department of Health understood the situation, although it means more pressure for the following year as there is a backlog of people not knowing their status.

Nine of our counsellors got sick with Covid-19, including myself, the project manager, but due to God's grace they all pulled through. There were several counsellors who infected their family members as well and it was frustrating for them as they would have blamed them-

selves if anything had happened to them. In the early days of lockdown and with curfews in place, our coordinators and several of the counsellors struggled to get to work because of transportation was not available, and the risk they had to endure during this time was high. It was not easy and very stressful as they had to leave their homes to go to work in the dark before curfew with no one else on the streets. It was also difficult emotionally, as the staff in the facilities was getting infected with Covid daily and they were so scared of losing their lives or getting infected. Visiting hospitals and clinics became scary as they feared for their lives and the risk of infecting their loved when they come back home.

We are proud of the counsellors for their dedication and commitment to help during the period. The first nurse who died of Covid, Sr. Benjamin from Cape Town Reproductive clinic was working with one of our counsellors who also got infected during the time, but thankfully she survived it. There were a lot of clinicians that passed away who were working very closely with the counsellors. Some days I would find them crying because someone passed away.

The pandemic brought tears to everyone, and I hope it gets better.

During this period patients were few, as they could not come to the facilities unless they had an emergency condition that is urgent. Also, some could be given medication at home by HCW's (home community workers), and many could fetch it with no time wasted in the facility. They were very happy since they did not have to go to the facility and saved transport fees, as well as time sitting in hospital waiting for their appointments. Although they could understand the situation and were also scared of the virus, they realised and understood the importance of having support from the counsellors. Counsellors could reach out to those that have mobile phones to check if they had received their medication and if they had any challenges, especially for those that were only starting on their medication.

My name is Mandisa Ralarala-Mkhonwana, the HIV/AIDS project manager

I contracted Covid-19 towards the end of June 2020. During lockdown I often had to visit the health facilities to sign documents and to support the counsellors as our office was closed. One day, I had a severe flu that went on to a loss of taste smell. I was very weak as I could not eat due to a loss of appetite. I drove myself to the testing facility at District 6 on the fourth day of my infection when I realised that these were all symptoms of Covid-19. After two days, the results came back positive, and I had to quarantine for 14 days. Luckily, I was staying alone with my husband, so I could quarantine at home. My daughter was already staying with my parents since the start of lockdown as I did not want to pass on the virus if I contracted it.

It was a terrible two weeks as I could not eat and was always tired, I wanted to sleep all the time as I was getting weaker and weaker. After a week, my uncle passed away due to Covid, and I started to have palpitation that made it difficult to sleep. There is nothing I did not do or use during this period, including steaming three times a day with gumtree leaves, Mhlon-yane (African plant) and I cannot not point out

what helped. I prayed all the time to keep myself alive. I had to spend a lot of money buying medication and boosters during this time as we do not have medical Aid scheme. On the 14th day I drove myself to Groote Schuur Hospital to be checked in as the palpitations were getting severe and I could not handle it. I was admitted and was hospitalised for three days. I felt better, although nothing much was done as I was not suffering from breathing difficulties, but I did have Pneumonia as it showed up on my X-Ray. The doctor gave me another 14 days to quarantine, and I became better day by day. My fear was losing my life or one of the counsellors losing theirs, but God answered my prayers as none of my HIV colleagues lost a life during the period.



LefShirley Lese (Historical photo from the 2006 AGM)



Left: During this period, we lost one of our retired counsellor sis Shirley Lese who worked for FAMSA WC for a very long time. She was based at Dorp Street Clinic which was later moved to Long Street. She was very humble and interacted very well with the clients of the clinic. We are very thankful for her dedication and many years of service. May Her Soul Rest in Peace.

Our HIV counselling staff party

Right: Our HIV counselling staff organised a year end party to celebrate that we survived the year. We had a great time after a year of not being together as a group in one place. We felt that we needed to get together. Yolanda Cottee, from the Department of Health, also attended and managed to get something small for all the counsellors to show appreciation for the counsellors work during this difficult time. We would like to thank her for the effort and for being supportive to the NGO's during this time.



World Aids Day 2020 at Groote Schuur Hospital & District 6

Clinicians at GSH (Groote Schuur Hospital), together with the FAMSAs counsellor Vivian Tshingane lighting a candle in remembrance of those who passed on due to HIV/AIDS on the World Aids Day 2020. We would like to thank G26 and GSH clinicians for working with our counsellors very well and for Mrs. Isaacs for being a very supportive Sister in Charge of the ward. She has been working with FAMSAs counsellors and receiving good feedback from the patients about them for many years. We also would like to thank Community Chest & J&J for making it spicy with the donation of sanitary pads and cotton face cloth towels.



Below: Counsellor Cynthia Emmanuel based at District 6 CDC pasting her handprint in memory of those we lost due to HIV/AIDS during the celebration of District 6 World Aids Day 2020. It was a very touching moment in remembrance of those that had passed on due to HIV/AIDS.





Our HIV and AIDS/TB Manager, Mandisa Rararala distributed personal items donated by Community Chest / J&J to our 27 HIV counsellors and Health Workers who work in Health Facilities in the Southern-Western District of the Cape Metropole.

Staff

Executive Director: Noelene Blekkenhorst
Khayelitsha Office: Manager Gcobisa Ngalo
Resources Manager: Erica Mendes
Head Of Clinical Services: Daleen Van Staden
Counselling Manager: Pauline Sevitz
Training and EWP Manager: Conrad Steward
HIV/AIDS Manager: Mandisa Rararalala
Jnr HR Manager: Melanie Laising
CLC Programme Co-ordinator:
Nydean Stamboul
Social Worker Supervisor: Annatjie Wait
Social Worker Supervisor: Helga Haupt
Social Worker Supervisor: Alleta Marsh
Social Worker Supervisor: Barbara Williams
Social Worker Supervisor: Felicity Philander
Intake Worker: Micaela Fish
Intake Worker: Lynette Daniels
Intake Worker: Thobile Mbali
Social Worker: Sandra Jackson
Social Worker: Yonela Sipoko
Social Worker: Qakata Didiza
Social Worker:Nomsa Mtshungu
Social Worker:Nomkitha Tombe
Social Worker: Chuma Mangxa
Social Worker: Faadiya Smith

Data Capturer: Ubenecia October
Training Administrator: Babalwa Mgcuwe
EWP Administrator: Christiaan Venter
MSVG Facilitator: Frances Rodgers
MSVG Administrator: Lesley Thomas
Financial Administrator: Zimkitha Jini
Office Administrator: Samantia Nakoo
Receptionist: Gloria Mashinini Motsapi
Handy Man/Relief Receptionist: Ernest Radu
Receptionist: Nwabisa Siyolo
Girl Friday: Nasipi Miti
Handy Man: Solly Vikisi
Social Auxiliary Worker: Mercia Marsh
Social Auxiliary Worker: Desiree Titus
Social Auxiliary Worker: Margaret Ruiters
Social Auxiliary Worker: Siyabonga Yenge
Social Auxiliary Worker: Thobile Mbalo
EWP Support: Cathreen Munday
EWP Support: Muriel Kossman
EWP Support: Chrisna Visagie
EWP Support: Hector Odendaal
HIV/AIDS Co-ordinator: Louisa Ben
HIV/AIDS Co-ordinator:Busisiwe Henda
HIV/AIDS Counsellor: Monica Banzi
HIV/AIDS Counsellor:Cynthia Emmanuel

HIV/AIDS Counsellor: Thembekile Nxesi
HIV/AIDS Counsellor: Nomgcobo Mvelashe
HIV/AIDS Counsellor: Nondumiso
Madubedube
HIV/AIDS Counsellor: Nombulelo Booï
HIV/AIDS Counsellor: Lindiwe Madasi
HIV/AIDS Counsellor: Lungiswa Mzondo
HIV/AIDS Counsellor: Ncebakazi Tiya
HIV/AIDS Counsellor: Felicia Meyer
HIV/AIDS Counsellor: Faika Norodien
HIV/AIDS Counsellor: Lulama Kwane
HIV/AIDS Counsellor: Noloyiso Fesi Ntambo
HIV/AIDS Counsellor: Nomaxabiso Baleka
HIV/AIDS Counsellor: Sylvia Fry
HIV/AIDS Counsellor: Noxolo Langa
HIV/AIDS Counsellor: Robert Twalo
HIV/AIDS Counsellor: Thozama Mvula
HIV/AIDS Counsellor: Vivian Tshingane
HIV/AIDS Counsellor: Zuziwe Boyana
HIV/AIDS Counsellor: Bulelwa Bonga
HIV/AIDS Counsellor: Cornelia Mazinywana
HIV/AIDS Counsellor: Ntomboxolo Mgcoki
HIV/AIDS Counsellor: Yoliswa Fanteso
HIV/AIDS Counsellor: Ayanda Baso
HIV/AIDS Counsellor: Kholeka Dyan

Donors

Special thanks to the following people/organisations for your contributions during the year.

CLC: Mitchell's Plain: Daphne Fortuin
CLC: Mitchell's Plain: Sally Fortuin
CLC: Mitchell's Plain: Jacqueline Beukes
CLC: Mitchell's Plain: Mogammad Titus
CLC: Mitchell's Plain: Linda Hugo
CLC: Facticeon: Bronvin Arendse
CLC: Facticeon: Shieyamm Schieman
CLC: Facticeon: Cecil Barends
CLC: Elsie River/Bishop Lavis: Charmaine Ryan
CLC: Elsie River/Bishop Lavis: Carol September



Department of Social Development:
Children and Families
Department of Social Development:
VEP

**PYRAMIDION BV, Community Chest, J&J, JET Lee Wills
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Audited financial statements 2020-2021
are available on request