



COPESSA

December 2009

Newsletter

*Merry Christmas
to you all and thanks
for all the support*

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Department of Social Development Sustainable Livelihoods stands in the gap for 34 of our families

The 2009 credit crunch has seen many big businesses cave in and closing shop. Remember the common saying: when America sneezes, the rest of the world catches cold. This time, it was more than just America that sneezed and the cold was severe especially for Third World countries.

To be more precise, the communities and families that already live on the breadline felt the effects of this global economic meltdown even harder. Just to demonstrate the impact, in the last week, at least four men from our community committed suicide. Unconfirmed reports from community leaders blame these suicides the hard economic conditions.

The Department of Social Development – Sustainable Development came to the rescue of 34 of our families. They donated R150 000 to cover monthly food parcels and counselling, for a year. These modest food parcels which, contain very basic foods, are the only cushion between starvation and basic survival for most of these families.

COPESSA gives the families vouchers, which they redeem from a local Pick n Pay, thus also saving on travel costs for these families. We have received very positive feedback from most of the families: going to a grocery store to 'buy' food is less degrading than queuing for handouts.

You would think that handing out food vouchers to thirty-four families is a walk in the park. It should be, but with foreclosures, people are loosing their houses and simply 'disappearing' from our community. Some are downgrading from their bonded houses to either RDP houses if they are lucky, or to informal settlements. With no contact with these 'disappearing' families, we are left with no choice but to give the food voucher to the next family in our long queue of vulnerable and needy families.

The question always is: how sustainable are the food parcels? To answer this question we have engaged the families in food gardens. With the help of HIVSA, these families were given gardening skills and seedlings to start their small vegetable patches at their homes. Further, our social worker and trained lay-counsellors, thanks to the Infant Trust, give these families ongoing counselling and support.

We truly thank the Department of Social Development for standing in the gap for these vulnerable families, as well as Infant Trust and HIVSA for making this a comprehensive programme. Please give a little thought to all those children and families who go to bed on empty stomachs! We have more than 34 families who need a helping hand.

Synovate plants a seed in Waterworks

September the 15th marked the 20th anniversary of Synovate in South Africa. “Instead of a big celebration with clients and staff, we decided to do something useful,” says Charlotte Jackson, managing director. “I wanted something that would add value to others as well

The mission for the day was to start a vegetable garden, with and for the vulnerable families of Waterworks. This was the second phase of a three-phase community development project COPESSA had embarked on in this community. The first part was the development of a Play Park from what used

to be an illegal dumpsite. There were loads of rubble to unearth before we could plant the first seed, old carpets, glasses, tin, you name it, it was all buried in this site. The enthusiasm of the “Synovaters” sustained us all. In less than a four hours we had a beautiful garden with vegetables and fruit trees.

A million thanks to Synovate – this is how we develop communities! Throwing money at ‘problems’ is not always the answer to sustainability, skills transfer certainly is.



as mean something in the lives of Synovate staff. It was most certainly a memorable day and from the feedback and it clearly warmed the hearts of everyone who participated”.

COPESSA was one of the thirteen social profit organisations Synovate celebrated their milestone with. A group of very energetic “Synovaters”, as they call themselves, arrived very early at COPESSA, led by their Managing Director, Charlotte. After a tour of the centre and a brief presentation about COPESSA, we set off to Waterworks, an informal Settlement about 3,5km from COPESSA.



Partnerships are formed

Social Profit Organisations are notorious for working in silos. There are many reasons for this sad state of affairs, some real, some perceived, such as: the cake is not large enough for all of us, there are - too many organisations for the fewer resources available and, non-uniform managing and governance styles. Some organisations do not and in fact cannot afford to audit their financials, as well as territorialism: "this is my territory, back off."

However, the benefits of pooling resources without losing individuality far outweigh the disadvantages. Working together not only optimises scarce resources but also eliminates duplication of processes and services, which unfortunately can be detrimental to abuse victims, and amplifies each organisation's impact. Working together is smart! The following are just some of the partnerships we have formed:

HIVSA

Established in March 2002, HIVSA is an organisation that "has made its mark in providing a range of psychosocial care and support programmes to households directly or indirectly affected by HIV and AIDS."

As we all know child abuse and in particular child sexual abuse can result in HIV infection. Also, orphans are highly at risk of being abused. HIV/AIDS has left a lot children orphaned. So it was just a matter of time before we linked up with organisations that deal with HIV/AIDS if we were to have an impact in the prevention of child abuse.

HIVSA, through their HIV awareness campaigns at schools, has identified quite a lot of children who have been sexually abused and never disclosed. Faced with this problem they requested that we assist with the medical assessments and counselling of these young people.

In return, they have done great work with our orphaned and vulnerable families. Not only did they teach them food gardening skills, but they also gave them seedlings, showed them how to plant and how to cook nutritionally balanced food. We expect that all those involved in this programme will all start their back-yard vegetable patches and be able to sustain their families.

For us this is a logical extension of giving those less fortunate, food parcels. To HIVSA, we are looking forward to a fruitful and mutually beneficial relationship as we tackle the social ills that confront our communities. (For more on HIVSA, go to their website – www.hivsa.com)

Westonaria Municipality

COPESSA partnered with the Westonaria Municipality to build in three phases a Play Park for the Waterworks informal settlement community. They donated the palisade fence for this development, the grass for the park, the manpower for the development and the catering of the phase 1 and 3 launches. They also employed two locals, through the expanded public works programme, for the ongoing maintenance of the park.

The Table of Peace and Unity donated the Phase 1 play equipment; The Good start Foundation donated the turf for the football pitch for phase 3 of this project; Synovate and later HIVSA donated the seedlings and the people power to start the food garden for phase 2 and phase 3, respectively; and Meditech donated soccer and netball posts and balls for phase 3.

Thumbs up to Mrs Tokky Morolo of Westonaria Municipality and her team!



Meditech does it again!

On the 5th of November, Meditech hosted a sensational fundraising event on behalf of COPESSA. They bought out the evening show of the “Broadway Rocks” musical at the Broadacres Barnyard Theatre and invited their clients to this scintillating show. The tickets sold for R250 each and included a sumptuous three-course meal.

The show had something for everybody. For the golden oldies, songs such as Ipi Ntombi, We will rock you, and big spender, brought nostalgia and the not so golden tapped and gyrated to numbers such as Beauty and the beast, we will rock you and, Ha ku namatata. The ten children and young people from our community, who received a special invitation from Meditech, enjoyed every second of the show. For most of them, this was a first to the theatre. This just reminded me of those days where we used to take busloads of children from the community to see the Pantomime at the then Civic Theatre! What magic, what fantasy, what unadulterated beauty for the children!

Our resident auctioneer, Brian Rogers, was on his element as always, trying very hard to raise much-needed fund for COPESSA, one of the charities he has adopted. He managed to charm a few ladies to take off their bras - , do not be alarmed - , for a good cause. Apparently every bra raises money for the breast cancer cause.

The event raised R15 000 for COPESSA, some of which was used for the World Child Abuse Prevention Campaign, (read further). The rest of the money will go towards the running costs for the centre. Well-done Meditech! Remember, “duty makes us do things well, but love helps us do them beautifully!”

Meditech also donated R30 000 to COPESSA earlier this year, for the employment of a social worker.



The COPESSA Gala Dinner

On the 17th July 2009, COPESSA celebrated her fifth year milestone at a gala dinner hosted by singer Dr Sibongile Khumalo at the beautiful and serene Thaba ya Batswana Eco Lodge, which is nestled on the Klipriviersberg nature reserve south of Johannesburg. This cold winter evening was warmed by the beautiful music rendered by this songstress joined by her son Tshepo Mngoma, on violin, the gifted jazz singer Sfiso Khanyile and Nqubeko.

Five years ago a group of celebrated women in the arts and in the media marched to voice their outrage at the increasing scourge of child and woman abuse. They called themselves ISILILO-A MOTHERS' CRY and they included Sibongile Khumalo, Abigail Kubheka, Dorothy Masuku, Mara Louw, Vicky Sampson, Gail Hamilton-Masondo, KG Moeketsi, Thabiso Sekwane and, Penny Lebyane, to mention a few.

COPESSA honoured these women: some with certificates and others with beautifully handcrafted shawls, made by the women COPESSA has empowered with craft skills over the years. Dr Pupuma gave a heart-wrenching speech of sacrifice and pure grit, tracing COPESSA from its humble beginnings.



We would like to thank the following:

- 👤 The assiduous Dr Sibongile Khumalo – you brought elegance to this event.
- 👤 The consummate auctioneer, Brian Rogers and his partner Sue – thank you for raising a lot of money for COPESSA
- 👤 Thaba Ya Batswana – Reuben Louw and his staff, thank you donating the venue and for paying attention to detail.
- 👤 All the individuals and Corporates who bought tables – Ms Disebo Moephuli; Ms Shirley Mabusela; Aurobindo Pharma; City Parks; DBSA; Netcare; Ranbaxy Pharmaceuticals; Thaba Ya Batswana; Transnet; Ukhamba; Vodacom.
- 👤 All our guests and Friends of COPESSA who bought tickets, donated tickets, and supported our auction – you are too many to list.

All our sponsors:

- 👤 Aspen Pharmacare – R15 000
- 👤 Pragma Africa – R10 000
- 👤 ABB – R5 000
- 👤 Novo Nordisk – R1 000

Thank you all for making this evening so special and memorable to us. We made a profit of about R75 000 and this was used towards the running costs of the centre.

COPESSA highlights World Child Abuse Prevention Day

The 19th of November marks the World Day for the prevention of Child Abuse. Conceptualised by the Geneva-based Women's World Summit Foundation (WWSF), this day is now celebrated worldwide and serves "as a focal point for many governmental and non-governmental bodies, institutions, organisations and networks, educators, experts, professionals and parents to rally a collective stand for zero tolerance of abuse and violence against children." In fact, their slogan – "Prevention is key," says it all.

"The message of prevention of child abuse resonates with our raison d'etre at COPESSA", says Dr Nobs Mwanda, the CEO of COPESSA, and "hence this is one of the most important days to highlight in our calendar year." Our main reason for being, for those who do not know, is to prevent child abuse before it occurs through community development and the many diversion programmes we have for children and the youth and where we cannot, it is to ameliorate its effects through a comprehensive approach which includes intense counselling. Our vision is to create safe, secure and caring communities for children.

As one of the affiliate member organisations of WWSF, COPESSA in partnership with other concerned local organisations such as the Churches, the South African Police services, the Greater Protea Glen Community Police Forum and the Gauteng Department of Social Development and Health highlighted this day by hosting an awareness march which culminated in building a soccer and netball pitch for the Waterworks informal settlement community.

Sport is recognised worldwide as an excellent and efficient diversion for young people. With 2010 looming there is no better vehicle than soccer to capture the imagination and attention of



young people. COPESSA in its endeavour to create safe and caring communities, and with the help of the Westonaria Municipality and other business partners such as The Table of Peace and Unity and Synovate, transformed what was an unsightly and illegal rubbish dump in Waterworks into a community garden, safe play area for the younger children and we wanted to finish this project by creating a soccer and netball pitch.



Sadly though, the Fifa World Cup will not only bring scores of soccer lovers and much needed economic injection in our country, but will also bring paedophiles, child prostitution, and child trafficking to our shores. The perpetrators of these ills will prey on children and women from poor communities who are hard-hit by the current economic meltdown.

This campaign did not only highlight the prevention of child abuse but also served as a springboard for an ongoing campaign to raise awareness and vigilance around the possible ill effects of 2010. We will be none the wiser if we bury our heads in the sand and pretend that all will be well. We have to proactively manage this or we face a daunting task of picking up the many shattered pieces of the aftermath. Indeed, prevention is key and we have a collective responsibility!



Meet our new board members

COPESSA said good-bye to the following board members, who served with alacrity during their term:

-  Ms Vuyo Vilakazi
-  Mr Stanley Motha
-  Mr Johannes Nkosi,

We also welcome the following new members:

-  Ms Diane Terblanche
-  Ms Nkuli Mkhize
-  Ms Ina Opperman
-  Ms Shurnell Andersson
-  Mr Paul Qacha
-  Rev Jacob Mabasa.

We hope their stay with us is going to be fruitful and enjoyable.

For this issue, we will profile two of the Board Members:



Ms Shurnell Andersson – this is what she said about herself:

Passion: I love helping young people find their passions, set powerful life-changing goals and tap into their internal and external resources to make the best choices for themselves and their lives.

I aim to inspire and help young people navigate their way through life's challenges and to empower parents, guardians and teachers to support them in their journey.

Qualifications: I am a qualified Life Coach with a background in Social Work and many years experience in Behaviour Change, Personal and Team transformation and Youth Development. I am also a Motivational Speaker/ Performer and Trainer.

Personal background: Originally from Barbados, I have worked with diverse groups and individuals in the Caribbean, the USA and a number of African states. I have lived in Trinidad, Zambia and Botswana and currently reside in Johannesburg, South Africa.

What she hopes to achieve for COPESSA: "I intend to drive the successful design and implementation of programmes that build best parents and guardians of our children."



Paul Qacha

Born and bred in Lesotho. I have been blessed with a daughter and two sons.

Paul qualified as an Aeronautical Engineer in Glasgow and holds an M. Eng – Engineering Management from

Pretoria University. Currently works as a procurement manager, quality management system auditor and new product development engineer at Eskom.

Very interested in learning about the human potential and great achievements that do inspire. Passionate about celebrating African wisdom in all faculties of life. I firmly believe that everything in my life happens for a very good reason.

Aspiration for COPESSA: For COPESSA to become a strong and sustainable organisation for generations to come. COPESSA should become a shining example of warmth and caring that many other communities would like to emulate.

Upcoming events

-  World Aids Day – 1 December
-  16 Days of Activism – 25 Nov – 10 Dec
-  Christmas Party – 14 December





Philanthropy corner

CASH DONATIONS

- Table of Peace and Unity – R156 000 – Social Worker Salary for one year
- Dept. of Social Development – R150 000 – Food parcels & counselling for 34 orphaned and vulnerable families
- EOH – R100 000 – Towards running costs
- SAB – R50 000 – Counselling of abuse victims
- Infant Trust – R18 717.30 – Stipend for six volunteers
- Meditech – R15 000 – Soccer & Netball Pitch equipment & running costs
- Munich Reins – R12 000 – Towards running costs
- Aspen Pharmacare - R15 000 - Gala Dinner
- Good start Foundation – R13 300 – Turf for the soccer pitch
- Pragma Africa – R10 000 – Gala Dinner
- Anglican Catholic Church MDSA – R10 000 – Stipend for Volunteer Mrs F. Mabasa
- ABB – R5 000 – Gala Dinner
- Novo Nordisk – R1 000 – Gala Dinner
- Forthecauseoft Auctioneers – R31 000 profit for COPESSA
- Samsung & The Good Food and Wine Show – Fundraising Dinner

IN KIND:

- Books – about 500 books donated by David Kyle of Books for South Africa & Julie Probus-Schad of Life Strategy Consultants
- Samsung – two flat screen TV
- Calgan Lounge – off-cut material
- Loxion Motorshow – free exhibition at the Motorshow
- Nad & Shyrose Verjee – book packs and blankets
- HIVSA – Hand-crafted Teddy Bears
- Synovate – Vegetable garden for Waterworks Community

Here are just some of the things you can do:

- Spend a Saturday morning with the children at COPESSA. You can read stories for them, you can give them hugs; you can teach them how to paint, sew and you can just play and have fun with them.
- Give us your gift items and apparel to brand with our embroidery machine.
- Help us to maintain our website.
- We would like to create a database for all our patients and clients – we need IT fundis to help us.
- Get a group of ladies together and knit for us Teddy Bears, which we give to all our patients who visit us. We will provide you with the pattern.
- Sign up for COPESSA MyVillage Card.

COPESSA

COPESSA is a registered social profit organisation based in Soweto. Our reason for being is to prevent child abuse before it occurs. Where we cannot, we ameliorate its effects through intense counselling and support for the victims and their families.

Vision

We aspire to protect children by creating safe, secure and caring communities for children.

Mission

COPESSA protects children through the following interventions:

1. Creation of sustainable community development programmes and projects
2. Counselling and medical assessment of abuse survivors
3. Training and capacity building of communities and research

Banking details

Account name

COPESSA

Bank

Nedbank

Branch

Business Central, Gauteng

Branch code

128405

Account no

1284 039 501

International Swift Code

nedszajj

COPESSA in a nutshell - Strengthening communities and neighbourhoods!

Board of Directors

Ms Ina Opperman (Chairperson); Ms S Mabusela, Ms N Mkhize, Dr N B Mwanda (CEO COPESSA), Ms D Terblanche; Mr Paul Qacha; Rev J Mabasa; Dr U T Motjuwadi, Ms R Issel PATRON: Dr Sibongile Khumalo