



# WOZA MOYA

A CELEBRATION OF 10 WONDERFUL YEARS



WOZA  
MOYA



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## ACRONYMS

AFSA: AIDS Foundation of South Africa  
ART: Antiretroviral therapy  
ARV: Antiretroviral  
ARVs: Antiretrovirals  
BRC: Buddhist Retreat Centre  
CCW: Community Care Worker  
CCCCF: Community Childcare Coalition Forum  
CSG: Child Support Grant  
CWBSA: Clowns Without Borders South Africa  
DoH: Department of Health  
DoSD: Department of Social Development  
ECD: Early Childhood Development  
FCG: Foster Care Grant  
ID: Identity Document  
ICTs: Information and Communication Technologies  
PLWHA: People Living with HIV and AIDS  
SABC: South African Broadcasting Corporation  
SFI: San Francisco Insight  
TB: Tuberculosis  
UNISA: University of South Africa  
VCT: Voluntary Counselling and Testing

## NOTES

We have used the words Ofafa and Ufafa in this document. Grammatically speaking, Ufafa is a stand-alone title while Ofafa refers to the place name as used in its locative form.

Sangha means 'religious community' in the Buddhist Tradition.





This is a celebration of the TEN YEARS we at Woza Moya have worked with the people of Ofafa.

It is a celebration of humanity, of the resilience of the human spirit and of life.

This 10th year Special Annual Report is dedicated to Mrs Grace Nomsebenzi Bekwa, a 75 year old woman - mother, grandmother, great grandmother - of exceptional strength and courage.

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WOZA  
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# BEGINNINGS

“Before Woza Moya started, people were dying of AIDS but we didn’t know it was AIDS,” says Jane Ngethembi Nxasane. “We thought people were bewitched by something. At the beginning it was difficult for us to accept HIV; but now it is accepted.”

Nxasane is a founding member of Woza Moya, an NGO providing care and support for people infected and affected by HIV and AIDS in the Ofafa Valley, about 15 kilometres from Ixopo. The Woza Moya Community Centre, where Nxasane works, sits just below the crest of a ridge and provides a spectacular view of the valley which is home to about 23 000 people spread among ten communities, each with an *induna*<sup>1</sup> who in turn owes allegiance to *inkosi*<sup>2</sup> Thokozile Ndlovu.

Woza means ‘come’ in Zulu and Moya means ‘wind’, ‘air’, ‘breath’ or ‘spirit’. “Christians would say Holy Spirit,” says Woza Moya’s director and founding member, Sue Hedden. “I love the way it means wind and spirit at the same time.”

The most recent statistics for the area, from 2003, indicate that the Ofafa community has been seriously affected by the AIDS pandemic. In that year, 47% of pregnant women presenting themselves at the antenatal clinic were HIV positive. Of the general patients referred for voluntary counselling and testing (VCT) in a five-month period in the same year, 78% tested positive.

Made aware of this human tragedy playing out on her doorstep, Hedden consulted Kittisaro and Thanissara

Weinberg, then semi-resident teachers at the Buddhist Retreat Centre (BRC). The three approached Louis Van Loon, founder of the BRC, and his wife Chrisi, who helps run the centre, for their blessing in setting up an HIV and AIDS initiative.

Hedden also sought advice from an old school friend, Debbie Mathew, executive director of the AIDS Foundation of South Africa (AFSA), and who had grown up on a farm in the area. “She laid out clear procedures for us to follow,” says Hedden. “Her advice was that whatever we did, we had to hear from the community, to let them identify their needs and then discover how best to respond.”

Mathew also put Hedden in touch with the Siyaphila support group in Pietermaritzburg, a group of Zulu-speaking people living with AIDS, where she met Jabu Molefe. She and Molefe first met informally with members of the Ofafa community and then held a day-long meeting in a church hall. “It was a hectic day,” Hedden recalls. “There was shouting. People said Jabu was lying – how could she be so plump if she was HIV positive? People were angry. There was a lot of animosity.”



PHOTO © Matthew Willman | OxiAm

1 the headman. 2 the chief

But as the issues were talked through, consensus was reached and 15 volunteers were chosen to take the project forward.

“Two of those volunteers, Jane Ngethembi Nxasane and Benedicta Memela, came up to me afterwards and said ‘we are with you’. They are now our two project managers.”

In the meanwhile, the Weinbergs set about raising funds and contacted friends at the San Francisco Insight meditation community (SFI) who subsequently financed Woza Moya’s first year of operation, run from an office at the BRC. In 2005, thanks again to funding from SFI, Woza Moya moved to its own home on tribal land next to the village of Chibini at the head of the Ofafa Valley.

Ten years on Woza Moya has a staff complement of 55 – many of whom are part-time and some are volunteers. It has grown to be a huge operation, and one that has been particularly effective, attracting national and international attention in the process.

Woza Moya now fields 35 Community Care Workers (CCWs), supervised by Nxasane, Woza Moya’s Home-based Care Manager. These workers conduct home visits – educating people about HIV and AIDS and encouraging them to go for testing – and provide support where necessary. “They work in the community where they live and they tend to work with the families who are the poorest,” Nxasane says. “At the beginning it was not so easy for the community to accept us. But that has changed and now, if people have a problem, they come to us.”

Nxasane’s colleague and fellow manager, Benedicta Memela, is Woza Moya’s Food Security Manager. “We identify the most vulnerable families and do an assessment to see if they would benefit from a food garden,” she says, “then they are given training, and when they are ready to plant, we give them seedlings.”

“We encourage sick people to eat a range of vegetables – cabbages, spinach, carrots, butternuts. In the past people used to plant only mealies, madumbis and beans. Now most have their own gardens and grow their own vegetables.”

They can sell surplus vegetables in order to generate some income as well as improve their nutrition.

Recently a demonstration permaculture garden was set up at the centre, in partnership with the Durban Botanical Gardens; and a play school for children aged three to five has been set up by Linda Stone and Helen Hancock, local women professionally trained in Early Childhood Development (ECD). They have passed on their knowledge to Bancamisile Shabalala, Tholakele Ngubane and Fikisile Zuma who will eventually run the facility.

**“WE ENCOURAGE SICK PEOPLE TO EAT A RANGE OF VEGETABLES - CABBAGES, SPINACH, CARROTS, BUTTERNUTS. IN THE PAST PEOPLE USED TO PLANT ONLY MEALIES, MADUMBIS AND BEANS. NOW MOST HAVE THEIR OWN GARDENS AND GROW THEIR OWN VEGETABLES.”**

**BENEDICTA MEMELA - FOOD SECURITY MANAGER**

One of Woza Moya’s most successful projects has been the School Support Programme that ensures children of school-going age have uniforms. “Children without uniforms are stigmatised and stay at home, says Thembi Mweli, Woza Moya’s Child and Youth Care Coordinator. “Through the School Support Programme we buy everything for the child. Now there are far fewer children staying at home, because they don’t have uniforms.”

The CCWs working with Mweli identify children who need such schooling support as well as those who are at risk, neglected or being abused sexually or physically. “The care workers report to me and then we assess the needs of the child and proceed from there.”

## LIVING IN OFAFA

Ofafa is situated in Ward 3 of the uBuhlebezwe Municipality in the Sisonke District Municipality deep in rural KwaZulu-Natal, South Africa. Ten years ago, in April 2000, Woza Moya was founded to assist this community as it was being devastated by AIDS and Poverty.



- Approximately 23 000 people live in Ofafa
- It is a 2 hour drive from the nearest big urban centre, Durban
- It takes Ofafa villagers anything from 10 to 45 minutes just to get to their nearest town, Ixopo, by taxi
- There is no electricity and no sanitation
- There are no telecommunications
- Villagers live in traditional-style, mud and thatched homes
- The main sources of water are the river and boreholes
- Villagers walk long distances to collect firewood and fetch water
- Those who have work are employed in the agricultural and forestry industry
- Approximately 83.5% of the community earn less than R 1 500 a month
- Two crèches, seven primary schools and four high schools serve the people of Ofafa
- In 2003, 47% of the pregnant women attending the antenatal clinic were HIV positive
- During the same period, 78% of general patients referred for voluntary counselling and testing in a five month period tested positive
- A mobile clinic aims to visit five communities in Ofafa every fortnight, but this does not always happen. In reality, patients often have to go to Ixopo, some 30 km away, for assistance.

Mweli supervises support groups for grandmothers heading households. “They are able to talk about their challenges. Sometimes it’s very sad, but they tell me that the talking helps. They don’t have that pain sitting in their hearts.”

As successful as Woza Moya has been, the need is still greater says Nxasane. Thirty-five CCWs are not enough.

Currently Woza Moya’s main funding comes from AFSA, Oxfam Australia, Hospice Palliative Care and, until recently, the Department of Social Development (DoSD). But in a time of global recession funding has become a major headache.

If there is a secret to Woza Moya’s success it is the combination of a practical, hands-on approach that avoids prescriptive solutions, plus a more elusive personal touch. “We have found that big campaigns with banners and handing out condoms are not effective,” says Hedden. “It’s the much more subtle things, the one-to-one interactions within a caring and confidential environment.”

This concludes the section entitled ‘Beginnings’. This insightful look into the life of Woza Moya and the overview of its history was adapted, with permission, from an article written by Stephen Coan. The original article, entitled ‘Hill of Hope’ first appeared in The Witness, a Pietermaritzburg-based newspaper, on 21 May 2010.

**...WE HAVE FOUND THAT BIG CAMPAIGNS  
WITH BANNERS AND HANDING OUT  
CONDOMS ARE NOT EFFECTIVE...**

**SUE HEDDEN - DIRECTOR**





PHOTO © Matthew Willman | Oxfam

# REFLECTIONS

## THE STORY OF NOMSEBENZI GRACE BEKWA

Nomsebenzi Grace Bekwa is a 75-year-old widow. She had three sons, all of whom have died, and three daughters, two of whom have died. Her oldest daughter lived in Johannesburg when she became sick and subsequently died from AIDS-related illness leaving two children, aged five and 11 in her care.

Nomsebenzi's second daughter also became sick. At this point, Woza Moya began visiting and counselling the family. However, this daughter was also HIV positive. It was too late to help her and tragically, she too died, leaving four children: a special needs child of 11, as well as a nine, seven and two-year-old in Granny Nomsebenzi's care.

None of the children had birth certificates, so until Woza Moya stepped in to help them, Granny Nomsebenzi was unable to apply for government assistance.

While waiting for the certificates, Woza Moya staff helped the family with food parcels and school uniforms and when the documents were finally approved, Woza Moya assisted Nomsebenzi in applying for a foster care grant, and for a while continued providing food parcels.

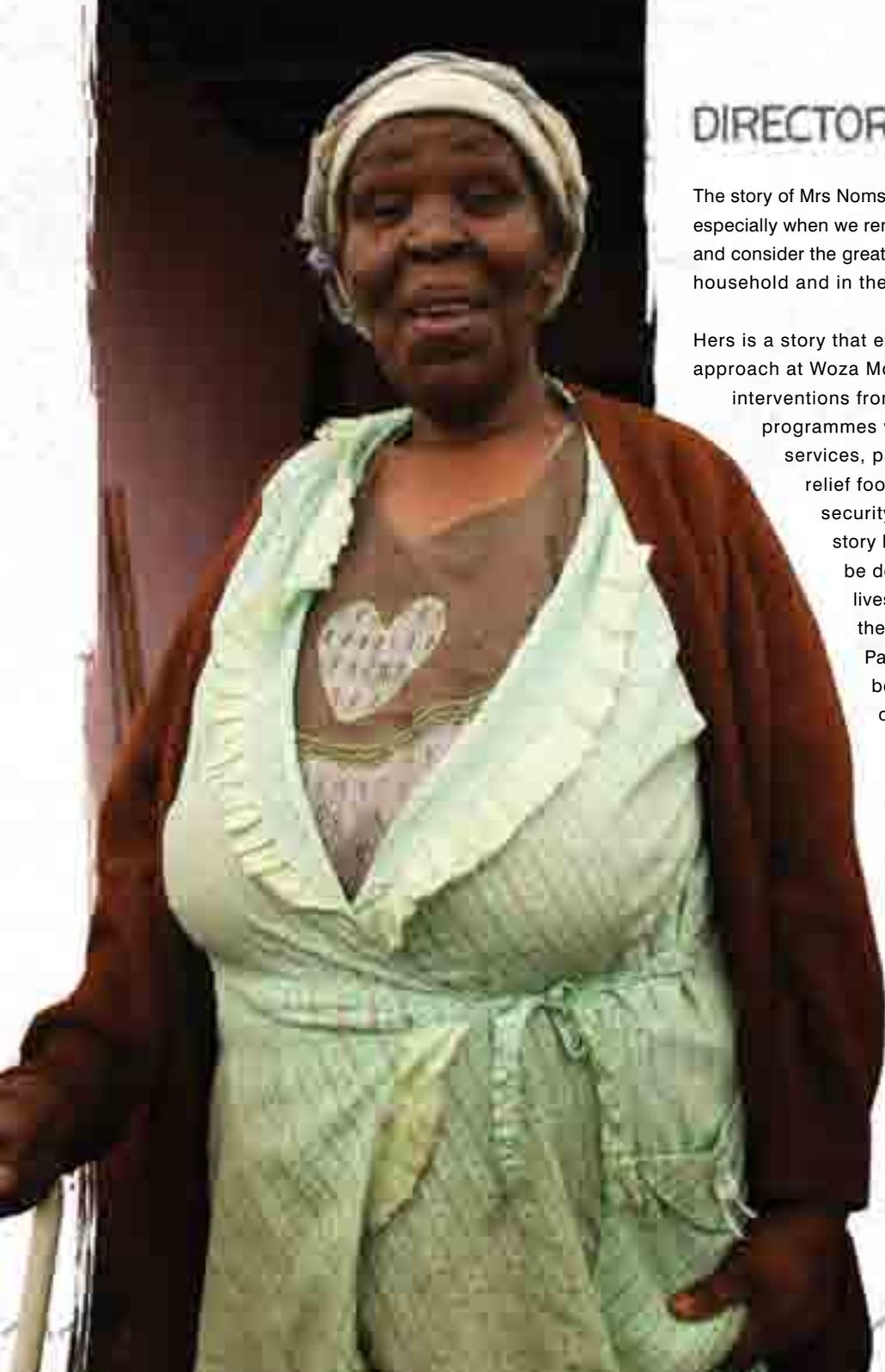
Together with the Heifer Project, Woza Moya helped the family develop their vegetable garden, provided seedlings and back-up assistance; and provided training in poultry production, after which Granny Nomsebenzi received 18 egg-laying chickens. She soon was able to start selling eggs to her neighbours. In the Heifer tradition, once she had enough hens and was able to assist another family with chickens, she was eligible to receive two pregnant female goats.

### ...WOZA MOYA STAFF HELPED THE FAMILY WITH FOOD PARCELS AND SCHOOL UNIFORMS...

A year later, Granny Nomsebenzi received foster care grants for the six children and Woza Moya was able to stop the food parcels. Nomsebenzi continued with her veggie garden and her food-producing animals. From her two goats, she raised 23. She periodically sells goats and uses the money to support the children.

However, even though she worked hard to look after her grandchildren, she had difficulty handling them. Woza Moya arranged for her to receive Thandanani Time (see page 19) training along with other grannies. Nomsebenzi learned new child-raising skills and the children's behaviour improved radically.

Her grandchildren also began attending the Orphaned and Vulnerable Children support groups. The two oldest girls finished grade 12, at which point their grant was curtailed. The other three children are still at school and even though the family is something of a success story, Woza Moya still monitors and engages with them.



## DIRECTORS REFLECTIONS

The story of Mrs Nomsebenzi Grace Bekwa warms our hearts, especially when we remember her situation some years back and consider the great changes that have occurred in her household and in the lives of her grandchildren.

Hers is a story that exemplifies our holistic and integrated approach at Woza Moya. In this one household, interventions from every one of Woza Moya's main programmes were needed – home-based care services, paralegal interventions, emergency relief food parcels, school support, food security and psychosocial support. Her story highlights the fact that issues cannot be dealt with in isolation; that peoples' lives – and therefore our responses to them – cannot be compartmentalised. Particularly in the work we do, it would be a great mistake to assume that any one challenge could be dealt with in a linear fashion.

Our foundation programme ten years ago was home-based care but we soon realised that people could not take medicines on empty stomachs; thus the need to look at food security. Around the same time we realised that children need their own particular interventions, care and support, and so the Orphans and Vulnerable Children's Programme was born (now the Child and Youth Care Programme). Not long after, the paralegal programme was

officially established in direct response to many people – adults and children – being without any documentation and unable to access government grants.

When I look back and remember our small and humble beginnings at Woza Moya some ten years ago, I am amazed and inspired by our own journey! Who would have thought that ten years on, we would be coordinating such a huge operation and making such a great impact in so many peoples' lives? The unfolding of Woza Moya's programmes over the years has happened in an organic and natural way, in direct response to the situation surrounding us. It has been almost miraculous watching the way in which Woza Moya has directed herself, with her own Life-Force and unstoppable energy. I do miss those early days when the pace of life was slow and quiet, when we were able to take our tea in the sun together and discuss and muse over community dynamics and the latest sagas of the Ofafa Valley community. We three – Jane, Benedicta and I – used to attend many community meetings then, that would go on for hours, some all day! We were forced to hone some patience and good listening skills.

I remember Jane, Benedicta and I often being faced with situations we had no idea how to respond to or deal with. With none of us having any background in development work we really weren't sure where we were going and often found ourselves simply listening to the stories of the people of the Ofafa Valley community, not realising that in the end, these stories were the building blocks that would help to lay the firm and authentic foundation of Woza Moya Project.

**...WHEN I LOOK BACK AND REMEMBER OUR SMALL AND HUMBLE BEGINNINGS AT WOZA MOYA SOME TEN YEARS AGO, I AM AMAZED AND INSPIRED BY OUR OWN JOURNEY!...**

The Buddhist communities locally and abroad played an integral role in establishing Woza Moya, with Kittisaro and Thanissara Weinberg working tirelessly abroad to raise funds for the project, and Chrisi and Louis van Loon offering the infrastructure at the Buddhist Retreat Centre (BRC) to start the project. We were born 'in the lap of the Buddha'. Thanissara in particular was a great support person to me as I grew into the role of learning how to lead and coordinate the project.

We were fortunate to have direct access to many visitors to the BRC. This rich cross section of people – Buddhist teachers, psychologists, alternative therapists, creative people and others willing to help in whatever way they could – all played a crucial role in helping establish Woza Moya's unique ethos, founded on a spirit of compassion and care and dedicated service.

**I would like to recap on some key milestones over the years:**

**2000**

Woza Moya begins at the BRC.

**2001**

Woza Moya is registered as Non-Profit Organisation (NPO) and receives first Grant from AIDS Foundation of South Africa (AFSA). The Management Committee is formed and holds quarterly meetings. Various workshops and training sessions are conducted for all team members.

**2002**

Volunteer CCWs start to receive a stipend of R300 per month.

**2003**

Rotary sponsors our first project vehicle, bought second hand from a local farmer. A brochure is produced and our website created by Thanissara and *BrilliantWeb*. A CD is produced by Lydia Jansen van Vuuren featuring all Woza Moya team members singing and reading poetry.

**2004**

Partnerships with other NGOs begin, including Children's Rights Centre, Heifer Project and Clowns Without Borders.

**2005**

Our Community Centre is built and we are relocated from BRC to tribal land in the community of Chibini, making the project much more accessible, community based and owned.

**2005/6**

ARVs become available at our local health facilities marking a huge shift in our work on the ground. Now there is real motivation for testing for HIV. The membership of our support groups for people living with HIV and AIDS (PLWHA) soars. But a lack of infrastructure at local DoH facilities to meet the needs of so many people requiring ARVs becomes a challenge.

**2007**

Every person at Woza Moya knows their own HIV status and internal support groups for Woza Moya team members are established. An insert on Woza Moya's Paralegal Services is broadcast on SABC (South Africa's national television station).

**2008**

Oxfam Australia becomes a partner. Woza Moya's Home Based Care programme features on SABC.

**2009**

Paul Dean's excellent database is introduced and work begins on this. The Play Centre is built and the Play School starts in October. Woza Moya is registered as a Section 21 Company and 18A Tax Exemption Status is granted, making it possible for donors to make tax deductible donations. On World AIDS Day, 1 December, Woza Moya's response to people living with HIV and AIDS is aired on SABC.

**2010**

Woza Moya's Food Security Programme features on SABC.

Woza Moya began as a simple human response to the situation surrounding us, which was widespread ignorance and a lack of capacity and skills to deal with the HIV pandemic and poverty. Our response was to enquire further by listening to and respecting the people and culture of the Ofafa Valley community in order to understand well, before reaching out further afield for help, knowledge, skills, and training.

I continue to be motivated by the real difference we at Woza Moya are making in people's lives – one story, one case study, one changed life, one positive impact – this is what motivates me.



**SUE HEDDEN**

**DIRECTOR - WOZA MOYA**

Sue was born to medical parents in Durban – her mum a nursing sister and her dad a doctor. She herself studied education, majoring in Zulu, English and Theology.

Sue's colourful history includes teaching English in Japan, travelling in the United States, Canada and Central America, and teaching English in London.

After teaching for four years in Durban, she left to work in the kitchen at Buddhist Retreat Centre in Ixopo as housekeeper. In this time she began English classes for Zulu-speaking employees, where she heard their stories about HIV and AIDS in the area.

After visiting two Buddhist Monasteries in the UK for four months, Sue came back in April 2000 to start the Woza Moya Project.

She married Alan Hofland at the Dharmagiri Buddhist Hermitage in April 2004.





PHOTO of Ofafa Valley © Matthew Willman | Oxfam  
PHOTO of Sue Hedden © Angela Buckland

# WOZA MOYA PROGRAMMES

“Woza Moya has done a lot to help people with grants, documents, school uniforms, seedlings and goats. All people in the community get help from Woza Moya and we thank them for this.” Thulelani Nhlangulela, Councillor under the tribal authority serving under the Chief

## HOME-BASED CARE

Woza Moya’s Home-based Care Programme has its roots in the stigma attached to HIV and AIDS and the fact that at a time when people are at their most vulnerable, they do not always feel respected or cared for.

## A LITTLE BIT OF HELP

Doris was 45 years old when her husband died and she found herself the sole breadwinner, selling fruit in the town of Ixopo and supporting six children.

One of her children became ill and after numerous visits to doctors and hospitals, the child was finally diagnosed with Tuberculosis (TB). Not long after her child began treatment, Doris’s granddaughter became very ill.

Woza Moya’s Community Care Worker stepped in, providing basic medicines for diarrhoea, multivitamins for the daughter and syrup for the granddaughter. She taught Doris how to

massage, turn her daughter every four hours in order to prevent bed sores, and to administer a bed bath. The CCW also began counselling sessions with the family as a group and one-on-one, especially with regard to HIV and TB, but was making no headway. Because of the stigma surrounding HIV and AIDS, the family were in denial. The CCW called on Jane, the Home-based Care Manager, for support and Jane persuaded them to get tested; both the daughter and nine-year-old grandchild not only tested positive, but were in the last stages of AIDS and were placed on antiretroviral (ARV) treatment.

Tragically, it was too late for the mother and she died. None of the children in this family had any documentation and there was no income at all. Woza Moya was able to help with emergency relief in the form of food parcels.

Woza Moya called a family meeting and Doris agreed to take over the care of the six children, especially the nine year old who was HIV positive. Following the meeting, Woza Moya was able to help the family apply for foster care grants for the children.

Under Woza Moya’s careful monitoring, and with the help of the School Sponsorship Programme (SSP), the little girl was put back in school, where she is now flourishing. She is in Woza Moya’s Orphans and Vulnerable Children’s support group where she is responding very well to treatment and is developing along with her peers. Granny Doris is also in Woza Moya’s Gogo’s care-givers support group.

**...WOZA MOYA’S COMMUNITY CARE WORKER STEPPED IN, PROVIDING BASIC MEDICINES FOR DIARRHOEA, MULTIVITAMINS FOR THE DAUGHTER AND SYRUP FOR THE GRANDDAUGHTER...**

At the same time, three of the other children, aged ten, 13 and 15, are still in school and doing much better. They are monitored by Woza Moya.

## Why the need for home-based care?

Woza Moya found that many people, when they discover their positive HIV status, feel alienated, and, even within the formal health system, frequently feel punished and experience discrimination. In many cases, people are so poor they cannot afford to travel to a clinic. And even when they can, most people have to walk part of the way, to the one main dirt road winding through the area, where they try to catch public transport, in the form of mini-bus taxis or infrequent busses, to the clinic or hospital.

## Home-based care services

Woza Moya's 35 CCWs support the family or the primary caregivers in a household to care for the sick at home. They teach basic skills such as infection control and, as part of the poverty alleviation support, educate about financial matters, social pensions and grants, and issues such as health, nutrition and sanitation. CCWs are local villagers who are trained by Woza Moya. They are supplied with shoes, uniforms, basic medical supplies and taxi fares, and receive a stipend which enables each of them to visit approximately 30 families – in total some 1 140 families – a month. They are monitored to ensure services are professional and standards maintained.

**...I WOULD LIKE TO SAY A BIG THANK YOU TO OUR CARE WORKERS. THE FEEDBACK FROM THE PATIENTS IN OUR COMMUNITIES HAS BEEN SO POSITIVE. IT MAKES ME FEEL PROUD THAT OUR CARE WORKER TEAM ARE SO LOVED AND RESPECTED BY THE PEOPLE THEY SERVE...**

**JANE NXASANE** - HOME-BASED CARE COORDINATOR, AND PROJECT MANAGER

Jane supports the care workers and is responsible for distributing supplies such as condoms, rubber gloves, nappies and home-based care kits donated by the local Department of Health. She submits Woza Moya's monthly home-based care statistics to the local clinic.

Woza Moya's CCWs are able to detect problems and then refer patients to the clinic for testing. Woza Moya partners with the ARV clinic to monitor and support patients on ART in Ofafa. The Department of Health (DoH) refers many patients to Woza Moya for assistance.



### JANE NGETHEMBI NXASANE

#### HOME-BASED CARE COORDINATOR & PROJECT MANAGER

Jane is married with five children and three grandchildren. She has been with Woza Moya since it started in April 2000. Before this, Jane was a volunteer with the DoH for two years.

"Before, I knew nothing about HIV and education; I had only finished Std 8 (Grade 10) and didn't even have a driver's licence. I also couldn't speak English. Now, I have completed my matric (Grade 12), have my driver's licence and will soon have a certificate for child and youth care."

Jane has become a role-model in her community.

"I feel proud of Woza Moya, as Woza Moya, I know, is proud of me. I see the difference we make and the community trusts us because of our work, and because we do not make promises. If we can't do something we are direct and say so. I am also proud of my community because they take care of our project."



STRIP PHOTO © Matthew Willman | Oxfam  
PHOTO OF JANE © Angela Buckland

## FOOD SECURITY

...WHEN MY CHILDREN PASSED AWAY, LEAVING ME WITH MANY GRANDCHILDREN, I GOT HELP FROM WOZA MOYA. I ATTENDED THE GOGO'S SUPPORT AND WOZA MOYA HELPED ME WITH SECURING GRANTS...

**THOKOZILE NGUBO** - WOZA MOYA BENEFICIARY

Income generation is a vital part of Woza Moya's work because poverty is the greatest problem facing the Ofafa community.



PHOTO © Matthew Willman | Oxfam

## BUILDING A LIVING

Nonhlanhla Mkhize is a woman of 37 years, living in the community of Chibini. Left with a one-year-old baby after her husband was shot dead in 2003, she had no job or any means of income. The Woza Moya CCW referred her to the Food Security Manager to become a member of the Heifer farming project.

She received training in poultry management and cage construction, after which she was started off with the gift of 18 egg-laying chickens and two bags of chicken feed. At the same time she underwent training in door-size home gardens, showing great enthusiasm and dedication.

Soon after, she began to sell eggs and vegetables to the local spaza shop<sup>3</sup>, providing much needed income for herself and her small child.

She successfully progressed from egg-laying chickens to milk-producing goats; and passed on the gift of chickens to another vulnerable family. She then received two pregnant female goats. The gift of the two goats came with training and support in goat management.

Nonhlanhla was very conscientious and committed to taking good care of her animals and it was not long before her two goats produced offspring – 12 little kids! She sold five goats in order to begin her own spaza shop, which she now operates very successfully. She continues to sell her own fresh produce in her shop, together with other basic goods for the community. She has since bought a sewing machine and begun to make clothing.

In July 2009 Nonhlanhla was included in the five-day permaculture training as the official representative from the Heifer farming group.

<sup>3</sup> Small, informal community shop

Poverty undermines all Woza Moya's efforts to assist people to attain good health. Many people literally cannot feed themselves sufficiently and suffer from poor malnutrition. This level of poverty and poor nutrition erodes the good work being done through home-based care, and the food security programme is Woza Moya's response to this challenge.

Woza Moya realised very early on that home-based care could not be provided without assisting people to secure access to nutritional food on a more sustainable basis because people cannot take their medication – more especially ARVs – on an empty stomach,

### Food parcels

In emergency situations, in cases of extreme poverty and for families where there are orphaned and vulnerable children, and when funding allows, Woza Moya assists by providing food parcels and second-hand clothing while families wait for their grant applications to be processed. Once a social grant is awarded, the food parcels are allocated to another vulnerable family. Food parcels cost Woza Moya in the region of R1000 (ZAR1000) per family per month.

### Food gardens

A more sustainable part of food security is the development of food gardens, both individual and communal.

Woza Moya's CCWs encourage families affected and infected by HIV and AIDS to develop vegetable gardens. Water is a big issue, but families receive training, seedlings, and assistance from their CCW on a regular basis. They can also hire gardening tools from Woza Moya with a R100 (ZAR100) refundable deposit. Sixteen CCWs chose to become farmers themselves and have their own food gardens at home. In this way, they can monitor and support their community more effectively.

## AGAINST ALL ODDS

The four Chiliza children lost both parents to AIDS in 2005; they died within six months of each other. Thabisile, who was 14 at the time, took over bringing up her younger siblings who were nine and seven years old. The oldest child, and only boy, finished school and underwent training to join the police force in Northern Zululand. (He has more recently disappeared). Despite having very little income the three girls managed to continue at school.

Although there were other relatives in the community, Thabi did not ask them for help because they had all spoken ill of her parents. They also had not offered any help while her parents were very sick (and even after they had died), and for Thabi it was a lonely vigil, taking care of her parents while they lay bedridden.

By the time her parents died there were hardly any funds left in the home due to expenses such as medical bills, taxi fares and consulting traditional healers. The funeral costs depleted the remaining money. While the three girls continued to go to school, they often had no food at home. Thabi recalls her youngest sisters crying at night because of hunger.

**...THABI DID NOT ASK THEM FOR HELP BECAUSE THEY HAD ALL SPOKEN ILL OF HER PARENTS. THEY ALSO HAD NOT OFFERED ANY HELP WHILE HER PARENTS WERE VERY SICK...**

Woza Moya supplied food parcels for the girls while trying to get the required documents in order, and applications submitted for foster care grants (FCGs). (The eldest brother was to be the recipient of the FCGs; and he later stole all the FCG monies).

In the meantime food security became an urgent need and although Thabi tried to have a vegetable garden while going to school and looking after her sisters, there were no funds for fencing and animals kept eating the crops.

Woza Moya hosted a group of volunteers who were put to work on food gardens. The volunteers did an excellent job of creating a beautiful garden together with the Chiliza girls. They came with funds they had raised so were able to buy proper fencing and poles and seedlings. These children have continued to maintain this garden beautifully and now have a highly productive food garden which provides nutritious food for them.



## Agriculture

The Heifer Project and Woza Moya have worked together for many years, training CCWs in poultry production, including cage manufacture and the economics of egg production.

This income generating agricultural programme starts with vegetable gardens, progressing to egg-laying hens, then to milk-producing goats (where participants receive training in goat production, aspects of shelter construction, goat management, feeding and disease prevention and control).

## THE HEIFER PROJECT

### The Gift

Heifer International (South Africa) uses the gift of food producing animals to assist poor families to become self-reliant. Families are provided with livestock and training. The value of animals lies in the products they produce, which meet the primary needs of poor families and communities who often suffer from inadequate nutrition and are often unable to generate an income to purchase even the most essential goods.

### Passing on the Gift

Every Heifer recipient is required to 'Pass on the Gift' of the first female offspring of the animal received to another family. This conveys many messages, including: "I trust you to be successful". Recipients are able to enter and participate in the economy. It develops accountability and bonds between gift givers and the ensuing receivers, who in turn become givers themselves. Passing on 'the Gift' is a sign and an acknowledgement of success and embodies the spirit of Ubuntu<sup>4</sup>.

<sup>4</sup> A South African philosophy or principle that, loosely translated, means people supporting each other – umuntu ngumuntu ngabantu (a person is a person because of other people)

## BENEDICTA MEMELA

### FOOD SECURITY COORDINATOR & PROJECT MANAGER

Benedicta was born in Chibini, a deep rural area of Ofafa. Because their mother had to work in the nearby town of Ixopo, Benedicta and her three sisters were raised by their granny, who was a seamstress and used the money she made from sewing to support her grandchildren. "She was like a mother to us; she was so kind and taught us life skills."

Benedicta left home in 2005 when she married. She now has four children.

"From 2005, since I passed my matric, I stayed at home doing house chores. But I dreamt of becoming a nurse so that I could help people. Because of financial problems my dreams never came true. I really wanted to help my community because

there was so much darkness and ignorance, especially around HIV and AIDS. All around me, people were dying. Then one day, God heard my prayers. I was approached by Woza Moya."

It was hard for Benedicta at the beginning, but with training and support she grew in knowledge and confidence.

"We started from scratch, but now I feel so proud of Woza Moya and our community. I think Woza Moya has managed to change the lives of all the people here at Ofafa and has opened my heart to accept every human being. I feel so happy."

Many organisations assist Woza Moya to provide food security services. These include donors, who enable Woza Moya to provide food parcels for many families, and the Durban Botanical Gardens, who trained the entire CCW team to implement permaculture gardens and to train vulnerable families in their areas. Harvesting water efficiently and improving soil quality are essential in areas where these resources are scarce. Participants are able to access seeds and food plant seedlings, herbs, trees and medicinal plants.

### Income Generation

Income generation is an integral part of the food security programme. All craft projects are overseen by Woza Moya Crafts Coordinator, Durban artist, Leonie Malherbe. She comes once a month to Woza Moya for two days to monitor and oversee all crafts. She also runs training courses as required.

All crafters are selected on the basis of there being very little income (and no other means of income) in the home.

### Hand embroidered squares

The hand embroidered squares are made by the PLWHA support group members. Some of them were defaulting because there was no money for taxi fares to go and collect ARVs, and they also wanted to keep their CD4 counts down (below 200) in order to continue being eligible for their disability grants.

These hand embroidered squares are presented in different ways:

- **As greeting cards**

Greeting cards are made by vulnerable households identified by Woza Moya. This process is overseen by local volunteer, Shirli Moberly.

- **In small frames**

The embroidered squares are placed in small frames, which enhance their beauty and accentuate the artwork.

- **For bags**

This project began when Leonie taught a local villager, Star Ndlovu, to sew bags with embroidered squares. The successful training meant the bags started selling really well and another seamstress, Dumisile Mbanjwa, joined Star. In 2009 Woza Moya made 150 large bags for the Durban International Botanical Gardens Conference. A volunteer from Kloof, Ronelle Weinberg, oversaw this huge order and offered her excellent eye for design, matching fabrics and colours.

### Knitting

Women from the Chibini community were taught to knit beanies and scarves. This project, begun by Michelle Cruywagen, then BRC staff member, is now overseen by local volunteer, Sosh Comrie, and continues to bring a small income for the women involved.

### Sock Monkeys

Operation Sock Monkey was introduced to Woza Moya by Lindsay Hodgson from Canada, through Jamie, from Clowns Without Borders South Africa (CWBSA). Villagers from vulnerable households and those who are HIV positive are encouraged to get involved in making sock monkeys. All CCWs have been trained to use sock monkeys as a healing tool when counselling children who have been abused or are in distress. This project is now overseen by local volunteers, Glynnis Shewan and Sue Pooler.

## GUGU CHILIZA

### CARD MAKER

Gugu is a member of the card makers group. HIV positive and on ARVs, she joined the group because she had no money to collect her treatment at the clinic and she lived in a house that was so run down that there was little shelter from wind and rain. Gugu has three young children, the last of which is HIV positive and often sick.

### ...SHE JOINED THE GROUP BECAUSE SHE HAD NO MONEY TO COLLECT HER TREATMENT AT THE CLINIC....

Gugu began to embroider squares for cards and bags and her work was the best in the group. Because of this great talent she was always given double the number of squares to take home and do every month, compared to any of the others. Card makers are paid per square. At one of the monthly craft days at Woza Moya, all the crafters were laughing and teasing Gugu because she had become so excited about sewing her squares that she would even rush to the toilet in her eagerness to get back to them. She shared that even at night, when she slept, she dreamt about her designs. This made everyone laugh. Gugu earned a lot of money from her squares every month and was eventually able to use that money to repair her house. Now she has stronger walls and she and her children sleep warmer at night. Gugu goes for her ARVs every month and is no longer sick all the time.



PHOTO © Matthew Willman | Oxfam

## STAR FIKILEPHI NDLOVU

### SEAMTRESS

Star started working at Woza Moya in 2004.

“When I came here I was working as a seamstress, sewing uniforms for primary schools, but I can do many things now – make cards, sew bags, communicate with people in the community. Now I’m a farmer, having started with egg-laying chickens, then milk-producing goats. I am so happy and so proud to work here.”

Star has one son who is 16 and in grade 12. A highlight for Star this year was a visit to Moses Mabhida Stadium (Durban and KwaZulu-Natal’s new and world class stadium, built for the 2010 Soccer World Cup). “It was so beautiful. And to watch the game live was such an amazing experience.”



PHOTO © Matthew Willman

## CHILDREN AND YOUTH

### HEALING FAMILIES TO HELP CHILDREN

The Ngubane family consists of a girl of 14, a boy of 12 and their grandfather. The children's mother passed away and their father no longer lives with them.

Lindiwe and her brother are in grade five. After visiting the children, the CCW encouraged them to attend the children's support group. Here they were given school uniforms and other clothing.

She also encouraged the grandfather, who used to beat them as a way of punishment, to join the caregivers or guardians support group, and attend Thandanani Time, where he learnt about how to strengthen his relationship with his grandchildren.

Woza Moya traced the father and found him very sick. They provided counselling to encourage him to go on VCT and join the support group for people living with HIV.

The father has bounced back, the children are happier and doing well at school, and the relationship between them and their grandfather has improved tremendously.

**...I WAS CONNECTED WITH WOZA MOYA A LONG TIME AGO AND IF I FIND SOMEONE WHO HAS A PROBLEM, AS HEADMAN I RECOGNIZE THAT THERE IS WOZA MOYA WHO HELPS PEOPLE. WOZA MOYA PROVIDES FOOD AND CLOTHES AND THE**

**CCWS DO A LOT OF WORK. A LOT OF PEOPLE DIED BEFORE WOZA MOYA CAME HERE. WOZA MOYA DOES NOT DO THINGS BY THEMSELVES – THEY CONTACT US AS A COMMITTEE. I WISH THAT WOZA MOYA HAD A HOSPITAL BECAUSE IT IS CLOSE TO US AND WE CAN GET HELP EASILY...**

**MALUKHUSI MDLADLA** - HEADMAN/IINDUNA OF MASHAKENI COMMUNITY IN OFAFA, AND A MANAGEMENT COMMITTEE MEMBER

In an HIV and AIDS environment, children without primary parents are the most vulnerable and are often left without protection or emotional and psychological support. They are often left with grannies, many of whom are not well equipped to cope with children and bereavement, are old, sometimes sick, and have no support themselves. Many children become victims of sexual and other abuse because, sadly, in many circumstances in rural areas, traditional male dominated society has become very destructive, especially for women and children.

Woza Moya's Child and Youth Care Programme focuses on children's wellbeing. Under the guidance of Thembi Mveli, orphans as well as children who have been abused, neglected or abandoned are assisted and monitored. Many children have been highly traumatised and need special holistic care. Woza Moya helps them with their cognitive, physical and spiritual development. Where possible, Woza Moya locates relatives that can accommodate the orphans and provide them with a sense of belonging, care, support and love.

Woza Moya staff members conduct home assessments for foster parenting and regular home visits to evaluate the progress of households where orphaned or vulnerable children live. Grannies are often illiterate and unable to provide homework supervision, so CCWs monitor school progress and assist with homework where they can if children appear to need it.

## SANDISO'S STORY

Sandiso was born in 1998. She lives with her mother and nine other family members. They survive on their granny's old age pension because her mother is HIV positive and cannot work because she is ill.

Sandiso's mother currently attends Woza Moya's support group for people living with HIV, where she also receives counselling. Her grandmother is in the caregivers' support group, which meets once a month.

One day, Sandiso went to visit her father who does not live with the rest of the family. That night, she was raped by her father, who threatened to kill her if she told anyone.

The following day, her father returned her to her mother's homestead where the family noticed she seemed tired and ill. When she started vomiting, they became concerned and gave her traditional herbs. Sandiso's mother became suspicious and eventually Sandiso broke down and told them what had happened.

The family took her to the hospital and called the police who arrested her father.

Following assessments and ongoing counselling through Woza Moya, Sandiso joined the Orphaned and Vulnerable Children support group so that she could get help coping with her traumatic situation and find a way of healing. Woza Moya helped get Sandiso onto the SSP and to get school uniforms.

Happily, Sandiso is back at school and doing well again. She sings in the gospel group, plays netball and participates in other school activities. She wants to be a doctor when she finishes her studies.



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## THEMBI MWELI

### CHILD AND YOUTH CARE COORDINATOR

Thembi started at Woza Moya as a volunteer CCW working with families. In 2004, she was asked to work with children as a child and youth care worker.

"I didn't even know how to work with children so I had to attend workshops and training to gain knowledge. After this I saw my work in Ofafa improve. I began to work with children with different challenges, doing counselling and play therapy, offering one-on-one support and working with teachers who referred children to me. I do home visits to see how they are working. I also do family meetings so that we resolve problems."

Thembi coordinates a support group for foster parents/guardians.

"We now have four caregivers' support groups in four areas. This shows that the work is having a very good impact. What makes me happy is to see in my community people doing things on their own: the gogos sharing how to deal with problems, helping each other, dealing with challenges (and after a while you see challenges solved). I love to see the children gaining weight. They are smiling; and when I pass they ask, 'When are you coming to see us?'"

Woza Moya is like a light or the sunshine. The rays from the sun pointed to each and every person in the Ofafa Valley and after the shine, there is a smile. Woza Moya has saved the lives of many people and many can do things on their own now."



## Children and Guardian's Support Groups

In African culture there is a strong need to know one's family and one's ancestors. Because of this and the fact that the children have already suffered much trauma, Woza Moya does not believe in removing children from their communities of origin. Instead Woza Moya encourages community fostering and care; strengthening and supporting existing structures in the community to help people cope better with the situation. This is also more sustainable and empowering.

Woza Moya facilitates support groups for children in four rural locations of the Ofafa Valley, as well as corresponding support groups for foster parents or guardians, helping families cope with stress and depression, and to express their grief.

### ...WOZA MOYA ENCOURAGES COMMUNITY FOSTERING AND CARE; STRENGTHENING AND SUPPORTING EXISTING STRUCTURES IN THE COMMUNITY TO HELP PEOPLE COPE BETTER WITH THE SITUATION...

The support groups promote self-confidence and self-discipline among the children. Children participate in activities and play games, sing, dance and learn about a range of topics including health, sanitation, HIV and AIDS and nutrition. HIV-positive children are educated about the treatment they need, the value of nutritious food and how to apply for grants.

Woza Moya has worked in partnership with CWBSA for many years with these support groups. The original 'Thandanani Time' psychosocial support programme has been adopted and developed by CWBSA. CWBSA developed a follow-on programme to Thandanani Time called Injabulo Residency, which has helped develop and deepen Woza Moya's psychosocial work with guardians and children.

PHOTO © Angela Buckland

## THANDANANI TIME (TIME TO LOVE ONE ANOTHER)

Thandanani Time was developed by a group of social workers to help and support grannies and other foster parents or guardians of children affected by death and dying because the psychosocial support of these people is often neglected.

Thandanani Time principles are used by CCWs when visiting vulnerable families, and in support groups.

The programme aims to equip grannies and other care-givers with skills to strengthen communication and their relationships with the orphaned children in their care. It also helps equip the children with skills to cope with not just the loss they have experienced, but also their changed circumstances due to the death of their parent or parents. It helps strengthen the bond between the care-givers and the children they are caring for.

The programme uses the principles and practices of filial therapy and Gestalt play therapy, but with a strong South African 'flavour'. During these sessions, caregivers are supported while they learn how to grieve and to heal themselves. At the same time they are taught verbal and non-verbal skills that help them communicate better and develop a healthier and more supportive relationship with the children in their care.

Through the use of play therapy skills taught during these sessions, the bond between children and their caregivers improves radically.

## Community Childcare Coalition Forums

Woza Moya has established a number of support systems within the community.

Woza Moya attends two community childcare coalition forums (CCCF) every month. The Sisonke District Forum consists of a cross section of stakeholders from various government departments, NGOs, teachers, parents and home visitors, all of whom have a common interest in addressing issues pertaining to children. Thembi Mveli is on the Executive Committee of this forum.

There are four local community childcare forums. At the monthly meetings participants are trained to work with children, in counselling, home-based care, financial management and trauma counselling.

Woza Moya works in partnership with World Vision Ixopo to coordinate these CCCFs. World Vision provides all the training in Ixopo for home visitors (the local CCCF volunteers). The main CCCF in Ofafa, in the Nonkwenkwane area, is supported and facilitated by Thembi, and Woza Moya pays the taxi fares and food costs for these monthly meetings. The other three CCCFs in the other parts of Ofafa are attended by Woza Moya CCWs who report back to Thembi. Thembi collates information from all of the local CCCFs in the Ofafa Valley community and presents this at the monthly district CCCF meeting in Ixopo.

## The School Sponsorship Programme

Many children miss a lot of school because they remain at home nursing sick family members. In addition, family resources are often drained by medical costs.

The SSP supports orphaned and vulnerable children. Sponsorship of a child is once off and costs R1000 per year (ZAR1000).

## CLOWNS WITHOUT BORDERS

Clowns Without Borders South Africa (CWBSA) runs a circus school for 40 vulnerable children at the new Woza Moya Play Centre in the afternoons.

In an atmosphere of fun, CWBSA teaches children circus skills that help them develop their cognitive and physical abilities.

### ...THE CHILDREN ARE ENCOURAGED TO SHARE THEIR STORIES BY ACTING THEM OUT USING CIRCUS SKILLS...

The caregivers, most often grannies, are taught to connect with their own childhoods so they can identify with their children. They are also taught techniques for stress relief and relaxation, encouraged to explore love and generosity and to share these emotions with their children. Mindfulness-based stress reduction techniques are also used.

Workshops on bereavement and creativity, using theatre and storytelling, help deepen the relationship between children and their guardians.

The children are encouraged to share their stories by acting them out using circus skills, which provides a safe means of creating and expressing stories similar to their own life struggles. In this way, they gain ownership of storytelling and their imagination. Woza Moya has found that the bond between the child and its caregivers improves enormously after these sessions.



## EARLY CHILDHOOD DEVELOPMENT

...GOD PROVIDED US WITH WOZA MOYA. IT HAS HELPED US BY PROVIDING SCHOOL UNIFORMS TO VULNERABLE FAMILIES, GIVING US GOATS, CHICKENS AND SEEDLINGS, AND ASSISTING THOSE PEOPLE WHO ARE SUFFERING. WOZA MOYA IS LIKE A HOME FOR EVERYONE, ESPECIALLY THOSE WHO ARE SUFFERING. THEY CARE FOR PEOPLE...

**ATHANASI MDLADLA** - HEADMAN, CHIBINI LOCATION, AND COMMITTEE MEMBER

Woza Moya opened its Play Centre on Friday, 30 October 2009. It caters for pre-school children, with currently 42 three- to five-year-olds from the area who attend three mornings a week. The aim is to provide a safe, caring and fun environment for children to learn and develop through play.

An outreach programme, where care workers are equipped and trained to take play therapy sessions to more remote parts of the community, is envisaged, with the possibility of an after-school facility in the future, providing homework supervision sessions and life skills.

Currently, an afternoon after-school circus takes place one or two afternoons a week.

"Saville Foundation just donated R20 000 towards play therapy materials so we have just put in a new outdoor adventure structure, trampoline and 20 more little chairs, wooden cars and other things. A private donor, Hank Lombard, has offered to pay for a revamp of the play school toilets. This is over and above his regular donations to Woza Moya!" Sue Hedden

The children are provided with a snack on arrival (fruit, biscuit and juice) and a nutritious hot meal before they leave. Woza Moya has also begun to make porridge for a few of the children, who are clearly malnourished.

There are plans to use the Play Centre for holiday programmes for older children during the school holidays. More directed play activities could be organized, and youth group leaders could be trained to manage this.

Jovita da Silva, who oversaw the project, shares some of her thoughts about the school's opening.

"On Friday 30 October 2009 the new Play Centre at Woza Moya Project was officially opened. It was built this year with funds raised by Gavin Harrison and supporters in Hawaii; and Patricia Shafer of Mothering across Continents based in Charlotte, USA. Their commitment and generosity in funding this building is greatly appreciated by Woza Moya and the community it serves.

It was a bitterly cold day and the roads were muddy, but nothing could dampen the celebration! The guest of honour was Mrs Nondabulo, the Ixopo Office Manager from the Department of Social Development. She praised Woza Moya for its continued efforts as an HIV and AIDS community care and support programme and urged the community to make good use of this new facility.

This was echoed by other speakers, including Nkosi Ndlovu (Chief of Ofafa) and Ms Mbona, teacher from Headstart Pre-Primary School in Ixopo. The Play Centre Manager, Helen Hancock, highlighted the benefits of Early Childhood Development (ECD) and pledged to make the Centre a place of joy and learning. She will be assisted by Linda Stone in training local staff to manage and run the centre. There was also a short presentation by Ramila Fakir of the Children's Rights Centre on 'the child's right to play'. All the Woza Moya care workers came from far and wide as well as many supporters and volunteers involved in the project.



PHOTO © Angela Buckland

Clowns Without Borders, who have been partnering with Woza Moya for some time, offering psychosocial support through clowning, provided entertainment. Local children who have formed the Chibini Circus showed off their new-found confidence in juggling and acrobatics, and the Indlamu dance group from the local Sinevuso School thrilled the crowd with their rhythmic moves! The proceedings ended with a song and prayer followed by lunch.

It was wonderful to witness the joy in the face of a little boy struggling to jump over tyres planted in a row in the playground; a tiny girl with sad tired eyes forgetting herself for the moment, clapping and dancing with the clowns.”

### ...NOTHING COULD DAMPEN THE CELEBRATION!...

It is thanks to those already mentioned, and to the people whose details follow, that the Play Centre came about and thrives. They gave of their time and love:

**Jovita da Silva** oversaw the entire project, from beginning to end. **Louis van Loon** drew the plans for the Play Centre. The Play Centre is a big space, with a large storeroom at the back and a counselling / consultation room for one-on-one counselling. It has a kitchenette area inside the large room, with cooking facilities and a wash basin. Due to concerns about water, there are no inside toilets but rather long drops (pit toilets/latrines) outside.

**Gavin Harrison** (Hawaiian Buddhist Sangha) and **Patricia Shafer** (Mothering Across Continents) raised funds. **Children's Rights Centre**, in particular **Ramila Fakir** and **Sharon Shevil**, offered advice and support throughout. **Linda Stone** and **Helen Hancock**, two local farming women, volunteered to head up and lead the school, train staff, and help run it for at least a year. **Shirl Moberly** and **Sue Pooler** landscaped the gardens around the play centre.

Many have donated play materials and given their support. The Play Centre provides a valuable support system for children and their guardians.

## A MARKED TRANSFORMATION

Thembelephi was orphaned at the end of last year and the following was noted at the time: she was quiet and introverted, she showed symptoms of anxiety and lassitude and she ate without restraint – so much so that it was alarming to see how much of the protein rice meal she was able to consume.

More recently, however, she has become happy and settled; she is able to assert herself in play; she initiates social interaction with others; she is able to stand up for herself in confrontational situations and she is eating normally. She laughs a lot which confirms her current happiness and contentment.

Thembelephi was referred to Jane Nxasane for care worker monitoring, as the school teachers were concerned that she was not being fed and cared for properly at home. Her adjustments show that this care and intervention by Woza Moya has made a life-changing difference to her situation.

(This story was shared by the coordinators of the playgroup in a monthly report)

For now, in its beginnings, the programme aims are to set up a well-equipped, well-organised play centre to meet the needs of Woza Moya children aged 3 to 5 years; to provide opportunities for them to develop socially, emotionally, physically, intellectually and spiritually through four well-equipped areas: fantasy, cognitive, creative and outdoor areas; and to train three leaders to run the play centre and to have a good understanding of the needs of early learners.



## FIKISILE NENE

### CARER FOR THE THREE-YEAR-OLDS

Fikisile is 32 and married to S'bu Zuma, a soldier. They have a seven-year-old daughter. Fikisile says that she loves Jesus.

Fikisile has a younger brother who lives in Durban. She says they are very close because all other family members have died.

“On 18 December 1994, they came at night and shot my mother and father and my older brother and sister. I was in Std 6 and only my younger brother and I were left. My father had two taxis and a bottle store, and owned a taxi route. He was rich. My father's older brother came and took everything. Even today he will not share anything with my brother and me. My father also had children with another mother in Ofafa and these children are starving. I want my uncle to give them something too, but he will not. And now he is sick. If he dies, everything belonging to my father will go to his children.”

Fikisile started work at Woza Moya in September 2010 with the young children.

“I am also getting a lot of new information about small children and how they grow, and I am so happy for that.”



## BANCAMISILE SHABALALA

### CARER FOR THE FOUR-YEAR-OLDS

Born in Chibini, Bancamisile (Ncami) has one older brother and two younger sisters. She joined the Woza Moya team in January 2009, as soon as she had completed matric.

Ncami says: "Since joining Woza Moya my stress has become too little; I'm learning things like good communication and respect and getting a lot of new information. At home we now have food and I am building a stronger room for me and my two younger sisters. I can also buy them uniforms and other things for school. Woza Moya is a very big thing in my life. Now I can do too many things by myself like never before.

### ...I'M LEARNING THINGS LIKE GOOD COMMUNICATION AND RESPECT...

I am also feeling so happy to be working with the young children and I want to say thanks to Linda and Helen for teaching me how to stay so well with the young children.

I love my job at Woza Moya and the children too much."



## THOLAKELE NGUBANE

### CARER FOR THE FIVE-YEAR-OLDS

"You can call me Thola. I am 39 years and a single parent now living in Chibini. My home is in Mpofini (the other side of Ofafa). In 1995 I received Jesus in my heart and am a born-again Christian. I am a Youth Pastor at the Apostolic Faith Mission."

Thola has a son of 15 years in grade 10. She takes care of her three nieces (daughters of her brother and sister who passed away). All the girls are at school – two are 14 and the other is 16.

### ...IN 1995 I RECEIVED JESUS IN MY HEART AND AM A BORN-AGAIN CHRISTIAN...

"I feel happy to come to Woza Moya every time because everyone has respect and love in this place."



## PARALEGAL

...WOZA MOYA HAS DONE HUGE WORK AT OFAFA VALLEY, ESPECIALLY FOR THOSE WHO HAVE HIV OR AIDS. THEY HAVE CONNECTED WITH THE GOVERNMENT DEPARTMENTS SUCH AS HOME AFFAIRS AND HEALTH TO GET HELP FOR PEOPLE. EVEN I AND MY WIFE WERE PERSONALLY HELPED BY WOZA MOYA WHEN MY WIFE WAS ILL. THEY WROTE A REFERRAL LETTER FOR MY WIFE AND WE WERE THEN ABLE TO GET A GRANT...

**APOLINUS NDLOVU** - PRIEST AND COMMITTEE MEMBER

Woza Moya developed the Paralegal Programme to help people navigate the sometimes difficult and confusing official state systems.

People in Ofafa are extremely challenged by lack of information, knowledge, access to services, documentation and social support. Many do not know their rights, often lack life skills and feel helpless, especially in the face of difficult situations when those providing government services are often not as helpful as they should be.

### How the Paralegal Programme works

Woza Moya assists the people of Ofafa to apply for grants and documents, and provides necessary paralegal information to orphans and vulnerable children, youth and other community members. The CCWs provide information about people needing help and then Woza Moya discusses the issues with the families and helps them find solutions. Once people have interacted with government departments, Woza Moya conducts follow-up visits to ensure people have received the help they needed.

Woza Moya writes letters of request or makes phone calls for those clients who are illiterate, disabled or very old.

A large part of the paralegal work involves liaising with government departments. Woza Moya works closely with Black Sash, a non-government organisation (NGO) dealing with human rights, legislation and constitutional matters. Woza Moya refers all unsatisfactory results to them and they take the matters further.

### SUCCESS!

Woza Moya had tremendous success in securing grants and documents. Through their interventions, during a 12-month period, the government paid out R302,520 (ZAR302500) to Ofafa beneficiaries, and Woza Moya obtained 1193 documents (including birth certificates and IDs). In addition, older people who had never had identity documents are now easily able to apply, using only a letter from Woza Moya and the local Chief.

### Training and Support Groups

The paralegal division makes extensive use of the quarterly Community Learning Workshops and Community Dialogues. Woza Moya started these in order to educate and empower clients and other community members, and to offer an opportunity for them to engage directly with all the Programme Managers – home-based care, food security, youth and child care and paralegal.

One such workshop covered *How to Draft a Will*, after which the community requested that Woza Moya run this workshop in all Ofafa areas. This process was positive and powerful because people realised they did not have to be rich and have many assets in order to pass on a legacy to their dependents.

Woza Moya has found that paralegal issues have dominated as this seems to be where most people have queries.

The CCWs are trained and have access to paralegal information through the programme, and they play an

extremely valuable role in educating communities. Woza Moya staff members spend time in the community, disseminating information and hearing directly from community members about their difficulties. This has positive results as people become more empowered and their ability to access information on their own is increased.

...ALTHOUGH ASSISTING PEOPLE IN NEED IS AN IMPORTANT ASPECT OF MY JOB, I TRY TO ALSO EDUCATE AND INFORM PEOPLE SO THAT THEY ARE ABLE TO ACCESS SERVICES THEMSELVES, AND IN THIS WAY BECOME MORE EMPOWERED...

**GUNDANE MTHEMBU** - PARALEGAL MANAGER



## A LIFETIME FOR IDENTITY

Bafunani Mbhamali has featured on TV twice. For seven years she was unable to use her identity document (ID) because another person had been issued with, and was using, her identity number.

Bafunani is HIV Positive. She has five children, one of whom is also HIV positive. Because of the problems with her ID, she was unable to access ARVs. By August 2009, Bafunani's health had deteriorated very badly and she came to Woza Moya for assistance.

Woza Moya staff contacted Home Affairs requesting that they issue a temporary ID book as she was dying and needed to start ARVs. Due to Woza Moya's intervention, and the assistance of a social worker, Bafunani was soon issued with a temporary ID book. However, this allowed her to access ARVs only and could not be used for any other purpose.

Woza Moya's Paralegal Manager continued meeting with the family to discuss whether one of Bafunani's sisters could act on her behalf in order to apply for a child support grant until the issue of the temporary ID was resolved. The family agreed and the child support grant was secured.

Subsequently, due to Woza Moya's intervention and assistance, and the pressure raised by Bafunani's appearances on TV, the matter of her ID was finally resolved – seven years later!

Both Bafunani and her child are now on ARVs, Bafunani's health is much improved and both her and her HIV positive child are doing very well.



## GUNDANE MTHEMBU

### PARALEGAL COORDINATOR

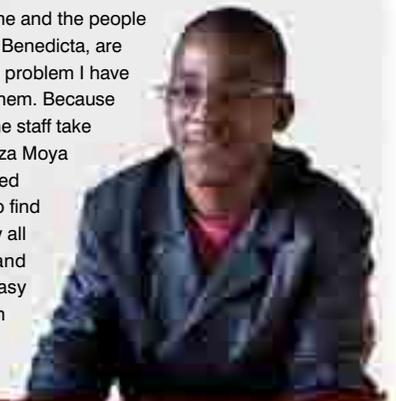
Gundane is 27 and was born in Chibini into a very poor family. Growing up there was often a shortage of food, and he was usually in torn clothes and with no shoes.

"My father is a traditional healer, currently married to his seventh wife, with a total of 23 children. My mother was his fourth wife. He divorced my mother when I was five. My mother had to leave my father's homestead with my three siblings. I stayed behind with my grandmother in my father's home and my grandparents brought me up.

My grandfather helped me to go to school. I used to walk barefoot to Nonkwenkwane, leaving at 6am and getting home at 6pm, after which I would do household chores like fetch the goats and cows.

In 2004 when my mother was 46 she died. I have a small son. In 2006 I joined Woza Moya as their night watchman. They took good care of me with food and warm clothing and during the night I had a small room with a table and light to study from. Woza Moya made plans and paid for me to study a course on Community Development through the University of South Africa (UNISA). Then in 2008 I joined the Woza Moya staff to work during the day and I began to train to be the Paralegal Coordinator.

Woza Moya is like my home and the people inside, like Sue, Jane and Benedicta, are like my parents. If I have a problem I have nowhere to go except to them. Because I am now staying alone, the staff take me as their own child. Woza Moya saved my life as they helped me and encouraged me to find out my health status. They all gave me lots of strength and support. Now I can get easy access to HIV information through Woza Moya."



## YOUTH AND SOCIAL MEDIA

Woza Moya is part of a new programme, initiated by Oxfam Australia, that brings together youth and technology. The idea is that through the use of Information and Communication Technologies (ICTs) Woza Moya may be able to document the impact of its work in a more qualitative way, bringing the real stories out. This will also raise the public profile of Woza Moya.

This project aims to introduce young rural people to information technology, thereby empowering them to tell their own stories about their lives and communities.

At Woza Moya, three young social media gatherers have been trained in the initial phase of gathering information. This involves interviewing techniques, preparing people for interviews, photography, filming video clips, scene setting and other related topics such as ethics and human rights issues.

In phase two, the team will be trained to edit, delete, add music, narrate and more. In phase three, managers at Woza Moya will select material and these will be uploaded onto the Woza Moya website.

The social media gatherers are using these tools to follow up on household assessments by CCWs. They interview children, take their photographs and write up their life histories. In this way, they effectively monitor and document Woza Moya's programmes, noting the impact on beneficiaries. This strengthens the qualitative aspects of monitoring Woza Moya programmes while at the same time raising the public profile of Woza Moya via the website.

PHOTO © Angela Buckland



### MTHOBISI MTHEMBU

#### YOUTH AND SOCIAL MEDIA COORDINATOR

"I was nothing before this; I was never at college; I didn't study; I never touched a computer before. Woza Moya is like my mother and father. It provided me with training and support. Now I have hope that in five years time, I will have done something for the young people of my community."

#### ...I WAS NOTHING BEFORE THIS...

Mthobisi became interested in the work of Woza Moya when a peer educator visited his school, Sinevuso High. Because of Mthobisi's keen interest, Woza Moya approached him to undergo training in youth leadership.

Mthobisi is happy to be learning about using social media to document the work of the organisation. This is giving him valuable skills for the future and helping him do meaningful work for the organisation and community. He dreams of making a difference in the lives of young people. "I want to be a good example to them."

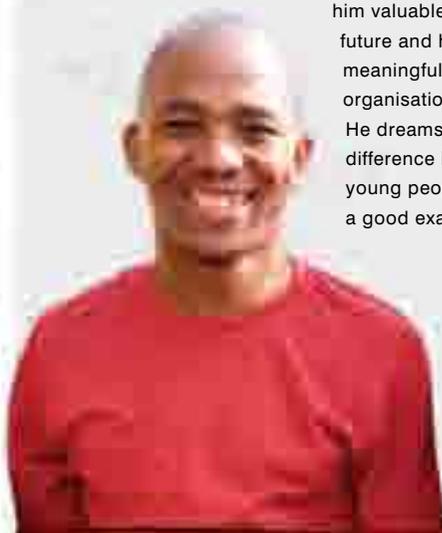




PHOTO © Matthew Willman | Oxfam



## SINETHEMBA NDLOVU

### SOCIAL MEDIA GATHERER & DATA CAPTURER

Sine is 18 and has three siblings – two older sisters and a younger brother. Her father is a traditional healer and they are very close.

Sine began at Woza Moya in January 2010. She is involved in Social Media with Mthobisi and is also a data capturer.

“Woza Moya has taught me a lot about computers and life because to work at Woza Moya, the Managers and Director say that first you must respect and love and care for other people and also yourself first, and then after that you can do your work.

Woza Moya is strong about the way we behave towards each other and I like that. Everything must have respect and also love.

Woza Moya has helped me help my family who are very poor so that now I can buy food and other small things at home.

Woza Moya gave me counselling to encourage and support me to know my HIV status. In the beginning I was afraid to do an HIV test but now I am free and happy to have done this.

Woza Moya is an easy place for me to take my problems because they are good for communication and always care and support us. This place is like my home.”



PHOTO © Angela Buckland



# REFLECTION: WHAT'S IMPORTANT TO US

## GUIDING PRINCIPLES

Without thinking about or planning it, there are a number of principles which guide our work. We have grown out of listening to the needs of community; and the **way** in which we work is as important to us as **what** we do.

At a brainstorming session, these are the key principles we agreed to:

### Respect

There should be respect between us and the community; amongst ourselves; and with partners, critical friends and donors.

### Accountability

We are accountable to the community for the work we do and for the future of the children of the Ofafa Valley. We are also accountable to each other – staff, care workers and volunteers.

### Commitment

We place high value on our commitment to fulfilling the needs of community and to each other

### Service

We exist to be of service to the community; and people come from different places to help us serve the community.



## Care and Support

While we care for and support the community, volunteers care about the work and support us; the community supports us, and people in the centre (see the organogram) support us.

## Honesty

We strive to be honest with each other about how we are serving the community.

## Transparency

Leadership is transparent with staff and volunteers; and there is transparency about finances – income and expenditure.

## Networking/Partnerships/Relationships

We work closely with various partners and stakeholders, where those relationships are consistent with the organisational principles by which we work.

## Fulfilment

We aim for every person involved with the organisation to be fulfilled in their lives.

## Dedication

There is a spirit of dedication amongst leadership, staff and volunteers.

## Spirituality

Woza Moya grew out of the Buddhist Retreat Centre and is committed to sustaining and honouring the spiritual ethos that was part of our origins.

## Culture of Reflection

There is regular reflection with the intention of listening to the community, each other and the emerging issues of our context.

## Culture of Nurturing

Our work with the community, and as a team, is based on a desire to nurture people in every aspect of who they are.

## Open Channels of Communication

There is a commitment to open communication between people involved with the organisation at all times.

“We develop and train people to be open, honest, respectful and caring. These are basic prerequisites for being in our team, which we consciously cultivate. Everyone who comes to Woza Moya is told that they have come to the wrong place if they are looking for power or money or fame. We cannot offer any of this.” Sue Hedden, Director.

## TRAINING, NETWORKING AND STRATEGIC PARTNERSHIPS

Over the years, Woza Moya staff members, including CCWs, have received extensive and wide ranging training in order to assist them to support and care for their community in the best and most appropriate manner. Woza Moya believes that training not only forms an essential and integral part of their work, but is empowering for all concerned.

Over the years, all Woza Moya staff members have participated in retreats such as the five-day ‘Mindfulness Based Stress Reduction Retreat’ run regularly at the Buddhist Retreat Centre (BRC) and a weekend retreat on death and dying conducted by Kittisara and Thanissara at Dharmagiri. In addition, every year, staff from Woza Moya’s Child and Youth Care programme join the ‘Children’s retreat’ at BRC.

“We discovered that alternative therapies are a lot more accessible and empowering. Using alternative therapies means we don’t always require a lot of money or experts. We found that we have resources within each one of us. In many cases, we just need each other.” Woza Moya

## SUPPORT GROUPS

The four types of support groups that have been established in various regions of the Ofafa Valley are an integral part of the

work undertaken by Woza Moya. As people’s confidence in sharing their status has grown, so have the support groups. Today there is a membership of 374 people in the PLHWA support groups. Many people in the support groups have even become confident enough to talk to the media about their status and CD4 count – something that in the past people did not even share with their own families.

The support groups meet monthly and consist of:

### The People Living with HIV and AIDS support group

Here HIV positive people get together and, under Woza Moya’s expert and compassionate guidance, get support from the Woza Moya staff and, more importantly, each other.

### The Grannies/Guardians/Primary Care-Givers Support Group

Members consist mostly of grannies, who often end up as primary care-givers, but who themselves need support. This support group caters for adults looking after orphans.

### Orphaned and Vulnerable Children’s support group

These groups offer play therapy, relevant information (such as information on children’s rights), a space for discussion, and activities such as creative play, song and dance. They cater for vulnerable children and youth of school-going age.

### Children Living with AIDS Support Group

Children Living With AIDS support group. This group has about 20 members, and caters for ages 0 to 18. Currently the youngest member is six. This support group meets quarterly during the four school holidays. Four times a year these children come from all over Ofafa to the Woza Moya Community Centre for a full day. They have their formal support group meeting, a cooked meal and recreational time to play and get to know each other well.

Finally, the Woza Moya team holds their own monthly, **internal support group** meetings to help deal with the stress of continual work in often traumatic conditions.

# HOW YOU CAN HELP

Every act of sharing helps to create a more whole and healthy society in South Africa. As a not-for-profit Section 21 company, Woza Moya relies on the generosity of donors to carry out its work. Donors have the option of pledging funds to a specific project, or Woza Moya can use the funds at the discretion of the organisation's board.

## ...WOZA MOYA RELIES ON THE GENEROSITY OF DONORS TO CARRY OUT ITS WORK....

Woza Moya is grateful for donations of food, clothing and non-battery operated toys, as well as skills. Many donors have chosen to help young orphaned and vulnerable children go to school. If you are interested in supporting the School Sponsorship Programme, please visit our website at [www.wozamoya.org.za](http://www.wozamoya.org.za)

A particular need that has emerged during the 2010 financial year is for donations towards Woza Moya's operational costs. We really do need funds and we cannot do our work without paying staff and care workers, putting fuel in our vehicle and paying our office running costs.

To offer support, contact Woza Moya at: [office@wozamoya.org.za](mailto:office@wozamoya.org.za) or make a direct deposit into the following account:

### WOZA MOYA BANKING DETAILS

<b>Account Name:</b>	Woza Moya Project
<b>Bank:</b>	First National Bank
<b>Branch:</b>	Ixopo
<b>Branch Code:</b>	220223
<b>Account Number:</b>	62033305849
<b>Type:</b>	Current
<b>Swift Code:</b>	FIRNZAJJ

All donations, no matter the size, are welcome. We value your support in building the community of Ofafa



# WOZA MOYA TEAM

**Director** – Sue Hedden

**Project Manager (Administration)** – Benedicta Memela

**Project Manager (Personnel)** – Jane Nxasane

**Programme Coordinators:**

Home-based Care – Jane Nxasane

Food Security – Benedicta Memela

Child and Youth Care – Thembi Mveli

Paralegal – Manqoba Gundane Mthembu

Youth – Mthobisi Mthembu

Early Childhood Development / Play School (see volunteers)

**Programme Assistants (Four CCWs promoted to assistants):**

Home-based Care – Dingeni Khanyile

Food Security – Nesta Khoza

Child and Youth Care – Bonakele Mbatha

Paralegal – Nobuhle Bhengu

**Social Media Group** – Sinethemba Ndlovu, S'celo Chiya

**Play Therapists** – Tholakele Ngubane,

Fikisile Zuma, Bancamisile Shabalala

**Seamstresses** – Star Ndlovu, Dumisile Mbanjwa

**Data Capturer** – Thembelephi Chiliza

**Community Care Workers** (33 local women and 2 men)

**Volunteers:**

Ian Chambler – Donors and SSP

Jovita da Silva – Communications and Website

Helen Hancock – Play School Manager

Linda Stone – Play School Manager

Shirley Moberly – Crafts: embroidery and gardens

Glynnis Shewan – Crafts: sock monkeys

Sue Pooler – Crafts: sock monkeys

Sosh Kippen – Crafts: knitting

**Crafts Coordinator** – Leonie Malherbe

**Nursing Sister** – Sandy Dickson

**Accountant** – Theresa Tutton

**Gardener** – Siyabonga Ndlovu

**Cook & Cleaner** – Lindiwe Ngcobo

**Night Watchman** – S'bongeseni Ngcobo

**Relief Night Watchman** – S'celo Chiya

**Repairs & Maintenance** – Mlu Mthembu, Xolani Bekwa

**Home Visitors** – 12 Volunteers in Ofafa Valley Community

**Management Committee Members:**

Mr Basil Mondli Mkhize – Principal of Sinevuso Secondary School

Ms Thuleleni Rubina Nhlangulela – Local Government Councillor

Ms Jabulile Ngcobo – Senior Traditional Healer

Mr Apolonius Jani Ndlovu – Leader of the Catholic community

Ms Benedicta Memela (Chairperson) – Woza Moya staff member

Ms Jane Nxasane, Woza Moya staff member

Ms Sue Hedden (Treasurer) – Woza Moya staff member

Mr Gundane Mthembu (Secretary) – Woza Moya staff member

Ms Thembi Mveli – Woza Moya staff member

Mr Mthobisi Mthembu – Woza Moya staff member.

Ms Phumlile Dlamini – CCW Representative

Mr Marcus Mdladla – Induna of Chibini

Mr Mhlakwelitshwe Athanasi Mdladla – Induna of Mashakeni

Ms Sylvia Xolisile Jili – Teacher at Cekazi Primary School

**Advisory Committee:**

Mr Ian Chambler (Marketing)

Ms Theresa Tutton (Accounting)

Ms Jovita da Silva (Communications)

Ms Thanissara Weinberg (Fundraising)

Mr Kittisaro Weinberg (Fundraising)

Ms Sue Hedden (Director)

Ms Jane Nxasane (Coordinator and Manager)

Ms Benedicta Memela (Coordinator and Manager)

Mr Graham Taylor (Legal)

**Donors (current):**

AIDS Foundation of South Africa (AFSA)

Oxfam HIV and AIDS Program (OHAP) managed

by Oxfam Australia

Hospice Palliative Care Association of South Africa (HPCA)

Department of Social Development (DoSD)

ROTARY – South Africa, USA and United Kingdom

The Victor Daitz Foundation

Others – Private Foundations and People

**Partners (current):**

**NGOs:**

Heifer International South Africa

Clowns Without Borders South Africa

Children's Rights Centre

Durban Botanic Gardens

Black Sash

Mothering Across Continents

All Together Now International

World Vision, Ixopo

World Council on Religion and Peace & HIVAN

Religious Sectors HIV and AIDS Task Team

**Government Departments:**

Health

Home Affairs

Social Development

Education

Agriculture

SAPS

Municipalities



# WITH THANKS

Without you none of this would be possible...

AIDS Foundation of South Africa

Catherine Anderson

Jeanie Anderson

Michael & Anita Anderson

Rachael Allen

All Together Now International

Casimir Apolinsky

Dan & Tom Ashley-Leeper

M Baan Aria

Anne Baer Clarke

Trish Bartley

Stephen & Martine Batchelor

Lydie Berubie

Charlotte & Frank Biesman-Simons

Kenneth Bowden

Ebby Bowen

Robert & Coral Mack Bowman

Eva Bilger

Di Bligh

Briony Bosse

Buddhist Retreat Centre

(Chrisi & Louis van Loon & BRC Sangha)

Dave Brammage

Kathleen B Brookes

Brewster Family (Jane, Rob & Eloide)

Maribeth Benham

Black Sash

BrilliantWeb (Brendon Hatcher)

Danvita Blum

Katie Callender

Dr Laura Campbell

Catholic Women's League, Montclair

CELL C (Mercia Maserumule & Haley Williams)

Lynne Chidoni

Children's Rights Centre

(Ramila Fakir, Sharon Shevil)

Jane Chitty (Cold Press)

Greg Chute

Clowns without Borders South Africa

(Jamie Lachman McLaren)

Johnny Cohen

Jeffrey Craig

Michael & Carol Cuthbertson

Yarden Danker

Lizaan Darvall

Da Silva Family (Gino & Celes, & all the staff at EIS)

Paul Dorrian

Dharmagiri (Kittisaro & Thanissara Weinberg)

Durban Botanical Gardens

(Chris Dalzell, Martin Clement)

Jenny Eales

Dawn Elbridge

George Elphick

Pamela Evans

Tammy Foote

Brian Freedman

Sharon Gomez

David Gommeren

Kimiko & Yuki Gomyo

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Carla Hannaford

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David Hawker

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Hedden Family (Dr David, Patricia & Family)

Dr John Hedden

Jackie Heime & Friends

Sue Henning

Fred Henderson

Karen Hickman & Friends

Dottie Hickey & Kathy Nokes

Lorraine Highkin

John Holiday

Jill Hooper

Hospice Palliative Care Association of South Africa  
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David Jackson

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Doreen Williams





WOZA  
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