



69TH ANNUAL REPORT REVIEW

“We pledge to break the silence and put mental health firmly on the agenda of the health system”.



NORTH GAUTENG
MENTAL HEALTH
SOCIETY

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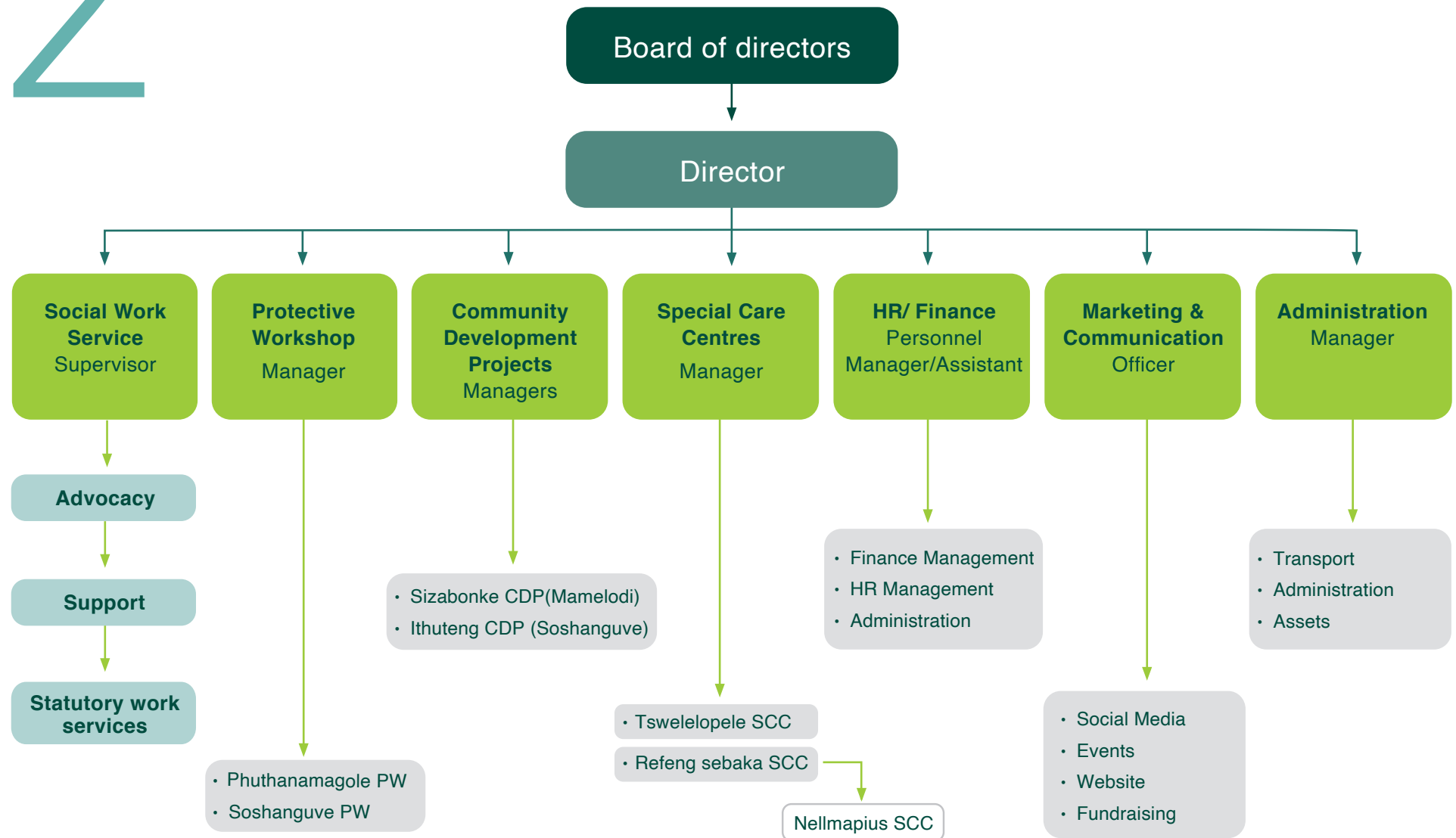
GOALS AND OBJECTIVES

Goals and objectives: Providing integrated welfare and mental health care services to meet the needs of people affected and infected by mental disabilities or disorder, terminal, chronic, illness and traumatic experiences or disorders. We work towards equipping the community by fully involving them in all community development programs. In the long term we strive for the relief of poverty and hunger while operating in our main field of expertise. Creating public awareness's on mental health issues and thereby striving for the recognition, promotion and protection of mental health rights of all people.



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ORGANOGRAM



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STAFF PROFILE

Head office

Daniels Raydene, Ntshangase Cynthia, Msiza Frans, Nduli Sifiso, Mathibela Prince, Valoyi Steven and Seane Julia.

Social Work Department

Mogashoa Christina, Ntebo Penane, Peace Maseko, Makushu Tendani, Mahwiliri Delsie, Nkosi Harriet, Makhura Mokgadi, Maphosa Ottilia, Sidiba Salome, Dile Pamela, Mokwena Thantsi, Mokgethoa Lizzy, Shendelani Jeremiah, Shiela Magane, Moleshiwa Chloe, Dlamini Ipeleng, Sesoko Ruth, Lengweng Engeline, Mokhutsoane Khothatso, Mothupi Pontsho, Malamb Refilwe, Manganye Patricia, Mahlangu Themba, Msiza Lindiwe and Dineo Motabeni.

Ithuteng Community Development Project

Zungu Gladness, Rabothata Emily, Maluleka Dimakatso, Sekati Peter, Telekwa Lettie, Legoabe Tshepo, Huma Thabiso, Matebedi Johanna, Maepa Mosibudi, Kabine Gloria, Tshabalala Sophy, Mbombi Dimakatso, Mphahlele Katlego, Mthombeni Lindiwe, Maeteletja Neo and Mngomezulu Gugu.

Sizabonke Community Development Programme

Ramogayane Agnes, Mothwa Onnicah, Riba Busy, Mampuru Doreen,

Mashaba Esther, Makgwale Mahlatse, Tshabalala Jane, Bokaba Terren, Mokwena Angelina, Seroto Vinolia, Ndhlovu Prudence, Mofokeng Katlego, Mnisi Zandile, Nkhutshweu Nelcy, Murali Michelle, Bokaba Tarren, Mokwena Angelinah and Seroto Vinolia.

Phuthanamagole Protective Workshop and Soshanguve Protectice Workshop

Beatrice Moabelo, Tryphina Mogongoa and Ribone Masemola, Cynthia Malope, Tebogo Sejeng and Precious Matjhiga.

Refeng Sebaka Special Care Centre and Tswelelopele Special Care Centre

Motoane Tsolofelo, Maribe Athalia, Makhanda Julia, Pheega Jacob Mmusho, Matlala Elsie, Koalane Martha, Mofokeng Maria, Chauke Elizabeth, Manyako Thabo, Hlongwane Magdeline, Leso Rosina, Mphahlele Raesibe, Mokone kgomotso, Mokgopi Mapula, Martin Swaedi, Kekana Naledi and Makole Magdeline.

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BOARD OF DIRECTORS



*Dolo Emmanuel
(Chairperson)*



*Mojela Stephen
(Vice Chairperson)*



*Machaka Vincent
(Treasurer)*



*Ngobeni Sphiwo
(Secretary)*



*Maluleka Victoria
(Vice Secretary)*



*Semadi Rinah
(Advocacy Leader)*



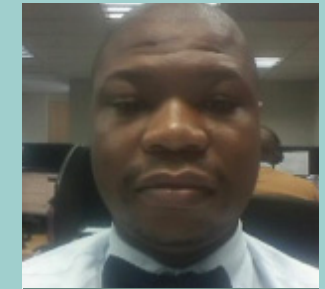
*Masete Naledi
(Board Member)*



*Maeteletja William
(Board Member)*



*Nkabinde Happy
(Board Member)*



*Letsabo Sylvester
(Board Member)*

The Executive Committee consists of not less than (5) five and not more than (10) ten members of which (5) elected will be at the Annual General Meeting and (5) five from the communities (not more than (1) one per community we serve. They are the highest authority and having ultimate control of the Society. The EXCO determines the policy and regulates the work of NGMHS in such a manner, as it may consider necessary and proper, subject to the provisions of the constitution. It ensures that all property or income of the NGMHS is utilised exclusively for the furtherance of the objectives of the NGMHS, and, that no person is enriched thereby, except by way of payment in good faith of reasonable remuneration or honoraria to employees or volunteers for services rendered to the Society.

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DIRECTOR'S REPORT

"One can choose to go back toward safety or forward toward growth. Growth must be chosen, again and again, fear must be overcome again and again." Abraham Maslow

North Gauteng Mental Health Society believes in a service delivery system reflected in an accountable partnership between the organization and individuals or community. It accepts the uniqueness of each individual and recognizes the potential of people. Its management is responsive and based on mutual trust and respect as well as community and client participation in its service planning and organizational governance. Its structure is such that it encourages and facilitates capacity building, competence and commitment to the mental health movement in its management, staff and volunteer corps.

On behalf of the NGMHS I would like to thank our donors/sponsors for the support of North Gauteng Mental Health Society in the previous financial year 2019/2020. Your contribution is vital to the organization, and by giving to the organization, you help our communities/beneficiaries continue and succeed regardless of their means. Share our vision and help realize a better future for our communities/beneficiaries. Your support, however big or small, makes a difference in the lives of our communities.



In addition, I want to thank the Executive committee, SAFMH, MHS, our employees and other organizations for their unfailing support and contributions in making North Gauteng Mental Health Society a strong and forceful organization within the welfare sector.

it is unfortunate that our financial year ended with COVID 19, were many social investors suffered financially and as a result NPO's funding seems to have been severely affected. Hunger, food security and nutrition have now become critical issues and more people in the communities that the organization serves went hungry. People whom were employed lost their source of income, personal resources are gone, people lost their homes and more people resorted to criminal activities to feed their families.

SUPPORTING STRUCTURE



“We can easily manage if we will only take, each day, the burden appointed to it. But the load will be too heavy for us to carry yesterday’s burden over again today and then add the burden of the tomorrow before we are required to bear it” ~John Newton

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DECADES OF CARE SERVICES

North Gauteng Mental Health Society is a non-profit welfare organization situated in Nellmapius, Pretoria. The organization has been in existence since August 1951 and is affiliated to the South African Federation for Mental Health. Since its establishment, North Gauteng Mental Health Society has undergone several phases of development.

First phase:

1951-1969 NGMHS looked mainly into the needs of children with intellectual disabilities, first for white children, but by 1956 services for other racial groups was determined.

Second phase:

During 1969-1978 mental health needs were assessed and community psychiatric clinics were established. Fields of service delivery expended to include not only intellectual and psychiatric disability, but also life crisis.

Third phase:

1979-1985 was the phase wherein satellite offices in Mamelodi, Atteridgeville and Soshanguve were established based on the needs identified in the communities (Statutory work services).

Fourth phase:

Lasted until 1999. The urgent need for non-residential day care services for children and adults with intellectual disability and mental illness was identified which resulted in the establishment of various facilities for youth and children in the townships. The organization was also required to offer after care services (Community Development Projects) in the communities, to individuals and families of people affected/infected by mental illness and HIV/AIDS.

Fifth phase:

2005-2014 this phase can be seen as the introduction of decentralized centres with delegated management responsibilities in terms of all the facilities in that township under the Social Workers and the community.

2015-2016 was the most difficult time of the organisation where it was nearly been closed down due to its financial problems at that time which led the organisation not being able to provide services to its optimum. The then head office in Waverley Pretoria was sold to cover all the debts and be able to buy at least a new property in Nellmapius (6577 Deude street, Nellmaphius) to be used as head office.

Sixth phase:

2017-2019 the NGMHS board of directors and the management come up with the strategy of stabilising the office marketing and communication office which will come in handy as prevention measure to further sustain the organisation through fundraising and ensures that relevant information reach stakeholders and community in general through website and social media pages.

The advocacy department was also established with the view of advocating for mental health issues. Through the office establishment relationship with other organisation that frequently seeks mental health information has been established and maintained.

The office of support was also established in 2019 with the idea of providing support to all mental health care users in Pretoria as a whole, and to provide support to all the seven social workers offices that the organisation has. The department also acts as a support structure for the two protective workshops run by the organisation.

Due to case load increment the management of the organisation added another (in 2018) social work office in Nellmapius Ext 24 aiming at working with the community to improve the quality of their lives, addressing the socioeconomic barriers that often lead to poverty, crime, poor health and values underperforming schools. The office provides the energy for transformation, empowering residents with the knowledge, resources and capacity to self-direct and self-govern their lives and circumstances.

New Head Offices



New Special Care Centre

Parents of mental health children encouraged to stop hiding their children

The centre aims to encourage parents not to hide their children away from the public, but to give them a chance to explore their different talents and skills. The North Gauteng Mental Health Society pleaded with the parents of children living with mental disabilities to take their children to the newly opened Nellmapius special care centre (SCC).

It does, however, offer some services to with cerebral palsy, mental retardation and Down syndrome. The centre aims to encourage parents not to hide their children away from the public, but to give them a chance to explore their different talents and skills.



Martin Swaedi, Rinah Semadi and Moses Mahlangu from North Gauteng Mental Health Society at Nellmapius extension 1: Photo: Stephen Selaluke.

“We strive to be a dynamic organization, which serves as an effective resource to empower people to attain optimal well-being and quality of life,” said Mahlangu.

“As the centre we don’t believe that children and people who have mental health issues are unable to do something about their lives,” said Mahlangu.

“We are working with children from the age of 3 years and adults too,” he said.

“The families and the community must treat mental health care users with dignity because they are also humans.”

Mahlangu added that they are working closely with social workers and the centre has lots of activities.

Activities at the centre includes:

- Feeding and toilet training skills,
- Sensory and motor stimulation,
- Exploratory play, arts and craft, games storytelling
- Physiotherapy and occupational therapy.

It also hosts awareness campaigns about mental health and workshops aimed at educating the public.

“Parents should not be ashamed; the centre offers different services aimed at helping them to come out and do something about their lives,” said Mahlangu.

“The centre also helps children to develop skills and we are linked with organisations and companies that can help them find jobs.

“We are trying to build youth with mental health into successful business people,” he said.

The centre is open five days a week from **Monday to Friday, 07:00 to 16:00**. To find out more about the centre, call Rinah Semadi (Advocacy leader) on **012-332-3927** or **071-613-0502**. Do you have more information about the story? Please send us an email to **editorial@rekord.co.za** or phone us on **083 625 4114**

Future plans:

- NGMHS developed a fundraising committee with the aim of getting a land and funds to build a residential facility in the area of operation that will cater for the needs of the mentally ill community members and invest more on properties,
- Expand our services to other areas of Pretoria, and source more resources such as vehicles, telecommunication services etc.
- Continue building and maintaining relationships with our donors/sponsors.

7 SOCIAL WORK DEPARTMENT

Looking back from 2019 to 2020, I can say North Gauteng Mental Health Society as an organization tried by all means to ensure that the mission and vision of the organization are met. The Social Work department worked tirelessly to provide services to the clients; services such as counselling, statutory services, mental health services as well as awareness campaigns in order to educate the public about various disability and illnesses. The department of advocacy worked hand in hand with seven Social Work offices to ensure that the public is educated effectively when coming to services that we offer. The advocacy department in partnership with Social Work department launched different types of awareness via Social media, door to door, word of mouth and through radio. Some of the awareness campaigns that were done are Child Protection, Intellectual Disability, Domestic Violence, World Aids Day, Mental Health day, Psychosocial Disability etc., with the aim of reaching out to the public, empowerment and motivating them.

Wonders never cease, I can also say in Sepedi language that “di sita phaahle go ahlola”.Hearing for the first time on the news about Covid 19 I thought it is just a dream that will never happen. I thought is something that will pass not knowing that the worst is still yet to come. Who could have thought that life will change drastically because of the pandemic? The abrupt closing down of Schools, churches, work places and certain retails etc. impacted negatively on poor people, communities, vulnerable M , the country as a whole as well as the progress on our work as an organization. In the previous financial year Mental Health cases also escalated, but through hard work dedication and enthusiasm of Social Worker most of those cases were resolved. Again food parcels were donated to our organization from various donors and were distributed to the needy families. This was the biggest challenge of them all because we were used to work directly with each and with clients.



*Christina Mogashoa
(Social Work Manager)*

Doing counselling, conducting home visits, court appearances, mediation, awareness campaigns psychosocial support and supervision form the biggest part of our everyday duties. Therefore performing those duties telephonically did not bring in positive results than when performed physically. On the 29th of February 2020 there was a demarcation meeting that was held between the Department of Social Development and other stakeholders. During the meeting it was discussed about caseloads per area, number of Social Workers per area, resources'

available, challenges experienced, the organization strength and a way forward. NGMHS decided to give back other areas like Attridgeville to RATA, Mamelodi west area to Child welfare and focus on areas like Nellmapius and Mamelodi East hence at Soshanguve there were no demarcations changes. The reason for this was the fact our areas were far apart and going there took a lot of time, and doing supervision was very difficult. But focusing on one big area will be easier for us. Therefore it was agreed that by end of June all files must be returned to the relevant service providers. Through team work and optimistic attitude of Social Workers all the work was done before the end of June "hence I used to say when spiders unite they can tie up a lion". Social Work offices moved to Nellmapius offices. Social Workers were given new areas and offices to operate from, and I can proudly say that it was job well done.

Advocacy/Awareness Services

The advocacy department has managed to offer early intervention services to over 20 schools in the past financial year around Pretoria. The areas that were targeted are Nellmapius, Soshanguve, Atteridgeville, Cullinan, Bronkhorstspuit, Mamelodi East and west. The awareness focused more on teen suicide prevention as a lot of schools in Pretoria were reporting the highest number of attempted teen suicide which was also the highest contributing factor of death in young adults. The awareness also included but not limited to bullying, what is mental illness, causes of mental illness, types of mental illness, teenage pregnancy and many more social ills affecting children. The programme managed to reach over 2000 pupils.

Employee wellness management

The advocacy department in partnership with the support, Marketing and Communication Department managed to organise a successful employee and wellness day in September. This day was dedicated to NGMHS staff members as a way of ensuring good mental health in the workplace. The day was intended to cover the personal hygiene, emotional, health, wealth and physical wellbeing of the employees. The event was graced by momentum, Absa, planet fitness, HIV/AIDS testing, Aeon skin care, CCMA, audiologists from Sefako Makgatho University and massage parlours to mention a few. The advocacy department has managed to raise a lot of awareness's which could be seen through high volume of office consultations.

Future plans

The advocacy leader would like to reach at least 5000 people in terms of awareness raising. It further plans to organise more trainings for social workers so as to equip them with the much needed skills in the mental health field.



Support Services

From the previous financial year the office has been successfully in realising the Mission and vision of the organisation. The support department has been able to create an indicator for all mental health cases reported to the organisation; a data base for all mental health cases reported to the organisation was established. The office has also been able to create a good working relationship with the local clinics around Mamelodi and the Mamelodi day hospital. At the present moment the office is busy establishing a new document that will sever as a resource list that will put together all the residential, day care centres, and mental health hospitals in and around Pretoria.

the office has dealt with a number of mental health cases ever since the epidemic started and also together with the advocacy department we were able to conduct several online awareness that are aim at giving support to mental health care users and their families during this difficult time we find ourselves in. The office is planning to grow the number of data base and improve the reporting tool so that it can give more information about the mental health care user and their family.



Nellmapius Social Work Services (Ext 2)

Looking from the previous financial year (2019 – 2020) the office managed to realize the mission and vision of the organisation according to the following services. The office managed to render services to foster care cases and there was no backlog or children that does not receive foster care grant. Intakes were normal and easy to do follow up. Foster care awareness was done almost every day with our clients in the office and we did foster care awareness at Silverton mall, Silver crossing and Nellmapius library and child protection week awareness campaign was done at living water day care. Home visits were done to monitor and to maintain ongoing supervision with our clients. Group work was done by us and students from UNISA and was successful. Target was reached on our monthly statistic excluding community project as there were no students doing community. Food donation was given to five cluster family's food donation.

Mental cases were attended to and a supervision service was rendered during home visits. Awareness was done at Silver mall; Silver crossing, living water hall at Nellmapius, library hall and five schools at Enkangala Primary. The office also managed to give families without section 176 order food parcel from Department of social development. Challenges faced by the community is the cost of security clearance that has to be done always when we extend court orders and the unknown background information of the biological fathers that prevent them to apply foster care grant. Due limited subsidies from

the departments an organisation sometimes find it very hard to cover all sub offices in terms of airtime and transportation which normally becomes a challenge to provide home visit. What gives us courage and make us proud is the fact that clients sometimes phone to thank us for a job well done. Future plans that will enable the office to improve our services are the plan that our director and supervisor did to bring all offices to one place. It will save cost as offices can help one another e.g. on submission of report at court and to meet and discuss the cases easily.



Soshanguve block H Social Work Services

In the year 2019/2020 The office has managed to provide services to a large number of clients. Our office is operating on weekdays. We offer services such as crisis intervention, mediation services and parenting skills. The office is also offering statutory services and mental health services. We also conduct regular home visits to people we render services and awareness campaigns to the community of Soshanguve. For the first time last year (June 2019) the block H Office managed to conduct their child protection week awareness campaign in a church setting. The office visited a big well known church in Mabopane, and addressed the Sunday school children. The total numbers of the audience were about 400 people including the Sunday

school children, the priest and the leaders of the Sunday school team. The event had a huge impact on the audience as several topics were discussed such as children's rights and responsibilities, foster care and the process of removing a child from an abusive home. The church showed their appreciation to the office by allowing those posters and Pamphlets to remain at the church until the end of child protection week. They also opened up their doors to.



Attridgeville Social Work Services

Looking from the previous year (March 2019 -March 2020): Our office was able to conduct awareness campaigns to the community to educate the community about mental illness and foster care. The awareness campaigns which were conducted about mental illness significantly brought changes to the community.

The office also provided foster care awareness to the community; the community is now informed about the foster care grant. The office rendered services like mediation to families experiencing challenges at home. Parenting skills were offered to the foster parents so that they can be able to cope with foster children as they grow up. Crisis intervention services were offered to individuals coming to our office requiring our assistance.

Another challenge is the inaccessibility of the SAPS when needed to assist on mental cases. A certain advocate referred a mental case to our office for intervention. It was about a married couple who were about to lose their house because the house was registered under the wife's name. It so happened that the wife had an onset of Schizophrenia that she stopped going to work and chased the husband together with their first born out of house. She was about to lose the job and the house was about to be repossessed. She was in denial and we took her to Kalafong for 72 hours observation. She was assisted and returned back to work. No backlog in our foster care services.

The office intends to continue rendering awareness campaigns to people not physically but through social media.



Nellmapius Social Work Services (Ext 24)

The financial year from 2019 to 2020 the office manage to maintain and enhance the social and mental wellbeing of the client, The office also conducted foster care, psychosocial, aba and greening awareness campaigns in the community.

The psychosocial, protection and support services to the family affected by domestic violence were provided throughout the year.

The most challenges the office faces are the manage to identity the families that are in need and provided food parcels.

- The area of service is developing area so it is difficult to find address as it doesn't appear in navigator.
- The area of service is also surrounded with informal settlements, so it increases the workload.
- The working environment is not conducive; we don't have the toilet and running water.

The office manage to find permanent placement for child in need of care and protection, the child was staying at temporary placement for 2 years.the concerned children found stability and sense of belongings.

In the next financial year our plan is to have more community support groups and project to empower the community emotional, social and financially, have more foster activities between foster parent s and foster children and also to have a good and conducive working environment.



Mandela social work Services (Mamelodi East)

The Mandela office consists of a Social Worker, two Social Auxiliary Workers and one intern. Mandela office provides generic social work and mental health services the Mamelodi East community. Our service include: home visits every Monday, intake on Tuesdays and Wednesdays and administration is done on Thursdays and Fridays. Awareness campaigns are also conducted.

The Mandela office is proud to report that its Social Worker was interviewed to one the radio station, Ikwekwezi radio station during Child Protection week. A lot of listeners were able receive a lot of information concerning Children’s Rights as listeners called after the interview to ask for more information. The office will try its level best to encourage foster parents to cooperate with the Social Worker in order to provide the best services.



Mamelodi Social Work Services

From March 2019-March 2020, the office of Mamelodi has been rendering the service to the clients, families and community as a whole. Clients have been attended on a daily basis through intakes and home visits. Services like screening of clients, referral to other stakeholders due to demarcation of area. Early Intervention, Psychosocial Support services and Crisis Intervention services. Statutory services to orphans through application of foster grants. We rendered service like family mediation to couples and families experiencing challenges at home. Parenting skills programme to the foster parents to be able to cope with their foster children. Family preservation services to families who lost some of their families values and they reunify. Crisis intervention services are been rendered mostly to the families who are infected and affected with mental illness.

They supported by being transported to hospital for 72 hours observation services. Different awareness campaigns were conducted to the community and schools so that people can be aware of social illnesses and educate them about services rendered by North Gauteng Mental Health Society. Awareness programme was rendered at Morakoma Primary, Bohlabatsatsi Primary and FF Ribeiro Primary School. Awareness campaign was rendered at different schools at Enkangala regarding psycho social support services. In July 2019 the social workers had an interview at Mams FM informing the listeners about psycho social disability. As North Gauteng Mental Health Society an NPO, we are facing the challenge of lack of resources. Our future plans is to continue render services to clients, families and communities. Fund raising for outing programmes for debriefing sessions for social workers.



Soshanguve (Block S) Social Work Services

We were able to render support in communities through a range of psychosocial services and conducted awareness campaigns to reduce prejudice and misunderstanding regarding mental disability therefore we have managed to comply with the mission and vision of the organisation. Families in need of food were identified and food parcels were given to them. The challenges that we face is shortage of resources which deter us from rendering effective services to the community. We don't have a secured and conducive working environment (structure).

Block S social workers managed to re-unite the long lost child who has been in foster care since from 2008 with their biological parents. The story of three foster children who has been placed under unrelated foster care with their parents' whereabouts being unknown. Advertisements was put on Daily sun newspaper for the past two years with no luck until social workers worked together with Sassa to track down location of family members of the children concerned and that was a success, two children were re-united with their long lost mothers and the other one is still in the process of re-unification with her biological father. Our plan is to have a renovated structure that can create a conducive and a good working environment to us and the client and also have work on getting necessary resources to provide effective services to the community. We should bring changes to the community not only by helping them with foster care application but by empowering them and bring extreme change that would sustain the community members.



8

PROTECTIVE WORKSHOPS

Phuthana-magole protective workshop

Phuthanamagolo Protective workshop is situated in Mamelodi Service centre on Stormvoel road. It was established in the late 1990's with the aim of providing opportunities for people with intellectual disabilities to improve various activities such as hand work, Reading and writing, life skills and character development. This is introduced to them in order to enable them to be aware of their weaknesses and to build on positive aspects of their character. The workshop provides care to the people with intellectual disabilities during the day. This prevent them from being targeted by their peers and people who uses or abuses them, taking advantage of their condition by making them smoking, drinking alcohol, gambling and joining gangsterism in the communities. It provides them with opportunities to learn handwork, reading and writing which is essential part of their life. With the help of their teacher and social worker, their physical, mental, social, emotional and spiritual development has been improved so much.

- The challenges that we are faced with at the workshop is shortage of resources. We wish that our beneficiaries could learn different things and make things that they would be able to sell to the communities so that they could generate income for them and their family also. Another challenge is lack of cooperation from other parents.
- At Phuthana-Magole Protective Workshop we have managed to write the magazine about our workshop, we have managed to teach our beneficiaries basic sewing and computer skills. The activities that we are doing with the beneficiaries and their teacher. The teacher and the beneficiaries managed to do the following to mention few:

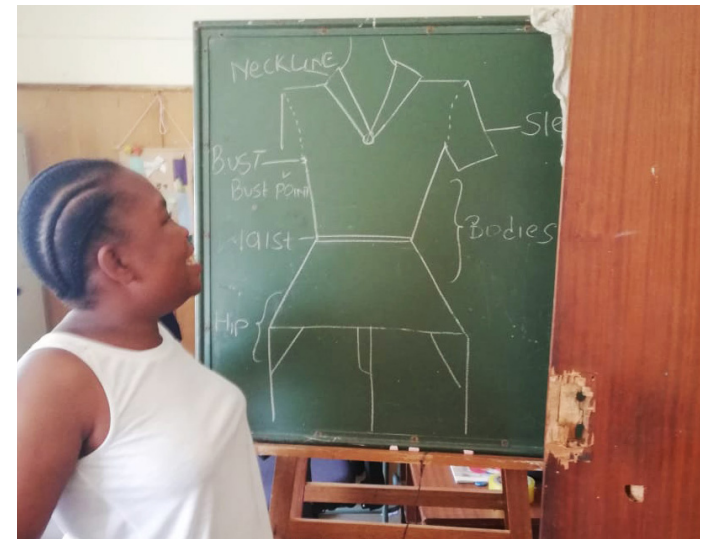


Soshanguve Protective Workshop

We were able to render support in communities through a range of psychosocial Soshanguve protective workshop is situated Medicos centre; block H, Soshanguve, College road. It was established in the late 1990's and caters for the needs of adults with mental and intellectual disabilities.

The aim of the workshop is to equip them with various skills that will enable them to be self-reliant and to give their family members an opportunity to consider any other aspects of life. The protective workshops aims to enhance and maintain the mental wellbeing of its beneficiaries and everyone who is involve in our beneficiaries life, therefore the protective workshop managed to do the intellectual disability awareness where community members were taught about and how to accept those living with intellectual disability and the protective workshop succeeded in teaching the beneficiaries on how to do gardening work from the scratch, how to do crocheting, how to sew, how to operate computer through basic computing skills and also how to manage daily holistic work.

The protective workshop future plans to expand and making sure that everyone in the community knows about the workshop and further referrals to be made; further recruitments so that more and more people living with the intellectual disability may be able to get to do something which will be beneficial to them and in a way to enhance their mental health through being able to be independent and make use of the skills they know by making a business out of those skills.



9

COMMUNITY DEVELOPMENT PROJECTS

SIZABONKE COMMUNITY DEVELOPMENT PROJECT

North Gauteng Mental Health Society (Sizabonke CDP) started operating in April 2003, the office is based at Emasangweni Primary School in Mamelodi East. We rendered services to orphan and vulnerable children. we cater for children that are affected and infected by HIV/AIDS or any other chronic diseases.



We assist learners with homework's during after school care programme in different 2 primary schools and improving lifeskills of community through support groups, monthly food parcels and counseling done by caregivers also with our social auxiliary workers. Awareness campaigns and referrals to different stakeholders depending on what type or situation the client may have. Preferably we use home visits to get evidence and background of our beneficiaries. The office beneficiaries is sponsored by Albany with 200 loaves every Wednesday. The sponsorship is very much helpful since it reduce the number of school drop outs. Our future plan is to establish more food gardens in our communities with the aim of alleviating poverty/address food security, to encourage other stakeholders and partners to assist with training and donations, to provide EPWP volunteers with workshop and training. for the uplifting to empower community and continue with follow ups on cases referred to ensure that clients receive better and high quality service, to have our own place with good office structure where we will be less dependent on the office rentals.

Ithuteng Community Development Project

Ithuteng community project is based at block S inside kondelelani secondary school in soshanguve. We run after care school programme at two schools which are Nchuncheko primary and Seetsa sa kgwedi primary schools. We have 100 beneficiaries in both schools; we have 60 beneficiaries at Nchuncheko primary school and 40 beneficiaries at Seetsa sa kgwedi primary school. The services we rendered are giving out food parcels, doing home visits, running different support groups, establishing food garden, assisting children with homework and performing different activities.

The office ensured that beneficiaries maintained and grow their food gardens with aim of alleviating poverty. Referrals were done to other stake holders by social auxiliary workers and caregivers. We have expanded our services by moving to new school to start working with new clients and new cases has been developed.



10

THE TWO SPECIAL CARE CENTRES

REFENG SEBEKA AND TSWELE-LOPELE SPECIAL CARE CENTRES

The centre has been able to make the necessary changes and the needed renovations at both Special Care Centers, extended the centers and both centers were able to add new learners to enroll with us for this year of 2019/2020. This made a big impact to their families and the community at large, as there are a lot of disabled children who were sitting at home and by enrolling those to our special cares made a difference by reducing the number of those kids who were sitting at home. It made a difference to their parents' lives as others were able to look for jobs and do other things they need to do during the day and it also make a difference to the children's lives as they are able to get the necessary services for them such as stimulation and training. The organizations took an effort by doing home visits to the children's homes to ensure that support is provided to the parents as others were struggling to cope. Help was provided to the parents so that the can be able to find better ways to cope with the kids, reminded them on how they can stimulate the kids and continue to offer them with the training that they used to get at the centers. The organization continued to ensure that kids are still getting the relevant education that they needed by working hand in hand with the department of education and by making sure that all kids get the activities that will be able to educate them at home especially about the corona virus and hygiene as a whole. Our future plan is to equip care attendants by getting various trainings from different perspectives and acquiring skills related to intellectual and physical disability.



11

MARKETING AND COMMUNICATION

Marketing and Communication department who's task is to make an organisation known to the public using various communication platforms, internal and external communication, sourcing donations, Events, coordinating website and social media pages and Raising funds. The department has managed go in line with the vision and mission of the organisation by team up with the Advocacy department and social work satellite offices to raising awareness through social media, organised an employee wellness day. The department lent a hand in organising employee wellness day by sourcing donations which played a major role to make an event successfully.

Annually NGHMS host an enormous Meeting that bring stakeholders, board members and the staff together to talk about the work done and future plans of the organisation, the fundraising unit played an important part in ensuring that donations available to assist the organisation to successfully host the meeting. Since an organisation does not have much in return to acknowledge donors and fundors who made difference to the community, one of the strategies to show gratitude to them is advertise their businesses in the website by putting their logos, thus far the M&C ensure that each different makers are visible on the website. The website has also assisted the Gauteng community at large to get to know the organisation better and to get hold of the satellite offices in their respective places to receive the necessary help. In the previous financial period the department has been able source funds from the National Lotteries Commissions which assisted the organisation with regard to office space, transportation, stationery and other organisation running costs The department has a long term goal to secure vacant lands and searching for unused houses in the community, this goal will allow the organisation to have its own placements facilities/residential facilities for beneficiaries. Another future plans is to secure funding from financial institutions that will pump in funds on a yearly basis.

Social Media

It is evident that Facebook and Twitter is an exceptional vehicle that can quickly reach community/beneficiaries on the specific matter of the moment. NGMHS social media is used to raise awareness, showcase the outstanding job performed by the organisation, raising funds, acknowledging donors/funders, regularly monitoring private client's queries and assist accordingly and etc.



Facebook

Posts Engagements
10000

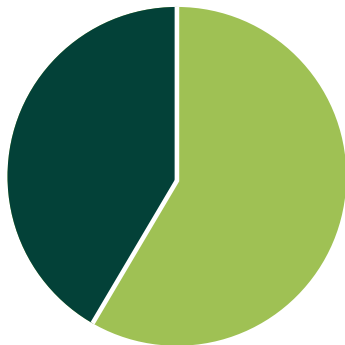
People reached
318056



Twitter

Following
900

Followers
800



● Followers

● Likes



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PUBLIC EDUCATION AND AWARENESS

World Mental Health Day Awareness

THEME: "Suicide Prevention"

World mental health day is celebrated on the 10th of October every year. This was seen as an opportunity to raise awareness regarding issues surrounding mental health/illness. Every year a theme is chosen with the aim of aligning the awareness with. The previous financial year's theme was marked as "Suicide Prevention". According to WHO, it states that a person completes suicide every 40 seconds. Suicide is rated as one of the highest causes of natural deaths in South Africa. The impact of suicide does not only affect the individual but it also affects the family members, friends, colleagues and the community at large. North Gauteng Mental Health Society hosted an awareness outreach at Alwyn Road next to Nellmapius extension 1 round about. The event was done to raise awareness on suicide prevention to the motorists and the Nellmapius community at large. Meanwhile the advocacy department alongside with Support department and Social work department hosted World Mental Health day awareness at Atteridgeville. Moreover both the events were hosted with the aim of highlighting some of the

missed signs of suicide and its effects on loved ones left behind. This special awareness programme was held at Christian Assemblies Church on the 25 October 2019. Among the delegates who attended the awareness was Tara from Laudium Mental Health, Dr Fikile Mthombeni from Saulsville clinic, Shihlobo Mental health Home and two mental health care users. North Gauteng Mental Health Society social workers also graced the awareness and they shared with the community the roles and responsibilities of mental health social workers in dealing with a suspected mental health care client. The awareness concentrated a lot on creating a safe space for our loved ones to open up about their feelings and providing the community members and stakeholders of Atteridgeville with information relating to the mental health disabilities. Furthermore the community was empowered with different kinds of mental illness, suicide prevention and suicide warning signs. People who attended the awareness were extremely happy and they highlighted that they need more of such awareness.



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SERVICES AND PERFORMANCE AWARDS

NGMHS appreciated best performed employees for their outstanding well done job in their respective office/departments.



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FINANCE DEPARTMENT

The office managed to realize the mission and vision of the organization because every information required by staff they get. Every HR/Finance related administration related to staff such as Labour forms, sick leave forms, SARS number for individual etc. is provided.

The impact of finance office in the organization: Is to ensure that governance and supply chain policies are implemented. Also provide support to the different departments in the organization and stake holders to be able to perform their responsibilities.

The finance/HR office ensures daily operating of the organisation through finances and human resources.

A new filling system to be introduced for the bettering and improving of the office.



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AUDITED FINANCIAL STATEMENT

NORTH GAUTENG MENTAL HEALTH SOCIETY			
BALANCE SHEET AT 31 MARCH 2020			
	2020	2019	
	R	R	
ASSETS			
Non - Current assets			
Fixed assets	1 890 042.53	1 120 363.73	
	<u>1 890 042.53</u>	<u>1 120 363.73</u>	
Current assets			
Debtors	7 473.56	48 591.26	
Cash on hand	10 669.34	13.05	
Bank	142 569.55	76 490.73	
	<u>160 712.45</u>	<u>125 095.04</u>	
Total assets	<u>2 050 754.98</u>	<u>1 245 458.77</u>	
Capital and other funds			
Accumulated funds	4 842 908.91	210 326.58	
Capital reserve fund	950 294.18	950 294.18	
Trust funds	5 130 129.92	-	
	<u>1 923 333.01</u>	<u>1 160 620.76</u>	
Current liabilities			
Creditors	127 421.97	84 838.01	
Bank Overdraft	-	-	
	<u>127 421.97</u>	<u>84 838.01</u>	
Total equity and liabilities	<u>2 050 754.98</u>	<u>1 245 458.77</u>	

NORTH GAUTENG MENTAL HEALTH SOCIETY			
CONSOLIDATED INCOME STATEMENT FOR THE YEAR ENDED 31 MARCH 2020			
	2020	2019	
	R	R	
INCOME			
Donations			
Fundraising	10 594.13	54 119.56	
Other	491 057.53	26 080.45	
Interest received	-	298.23	
Insurance claim received	-	-	
NLCSA Grant	-	-	
Received for current year	656 169.08	286 800.00	
Brought forward from previous year	-	-	
Profit with sale of assets	-	-	
Transport fees	112 720.00	-	
School fees	182 565.53	34 430.00	
Subsidies received	7 961 873.95	7 120 699.76	
TOTAL INCOME	9 414 980.22	7 522 428.00	
Minus: EXPENSES			
Personnel expenses			
Salaries and wages	6 159 659.75	5 581 377.98	
Staff training	-	12 761.92	
Volunteer incentives	494 709.30	276 239.95	
	<u>6 654 369.05</u>	<u>5 870 379.85</u>	
Property expenses			
Municipal charges	63 495.72	56 071.29	
Repairs and maintenance	31 425.77	31 972.16	
Security	22 413.25	6 795.53	
	<u>117 334.74</u>	<u>94 838.98</u>	
Transport expenses			
Fuel	228 274.15	152 350.47	
Insurances and licences	-	-	
Parking and toll fees	-	-	
Repairs and maintenance	53 196.37	64 455.33	
Taxi and bus fares	-	-	
Subsistence and travel	20 499.84	-	
	<u>301 970.36</u>	<u>216 805.80</u>	

NORTH GAUTENG MENTAL HEALTH SOCIETY			
CONSOLIDATED INCOME STATEMENT FOR THE YEAR ENDED 31 MARCH 2019 - CONTINUED			
	2020	2019	
	R	R	
Office expenses			
Advertisements	869.57	6 525.46	
Cleaning materials	3 171.49	900.00	
Communication costs	75 226.29	69 083.17	
Computer expenses	5 004.32	4 668.43	
Insurance	44 933.49	53 252.07	
Office rent	47 043.48	65 854.22	
Printing and stationary	63 345.84	57 925.63	
Refreshments	3 931.78	-	
Registration and affiliation fees	-	7 025.92	
Rental office equipment	39 726.27	-	
	<u>283 252.53</u>	<u>265 234.90</u>	
Special services			
Accounting services	89 545.70	68 398.00	
Audit fee	21 500.00	20 000.00	
Bank charges	43 083.50	33 981.74	
Consultancy	15 252.19	32 306.11	
Fundraising costs	6 035.42	-	
Legal fees	43 608.70	-	
Subscriptions	11 293.60	-	
	<u>230 319.11</u>	<u>154 685.85</u>	
Special programme expenses			
Social aid	125 011.72	118 105.58	
Food parcels	860 440.14	777 969.68	
	<u>993 451.86</u>	<u>896 075.26</u>	
Sundry expenses			
Depreciation	125 666.03	15 719.67	
SARS Penalties	16 034.21	-	
Loss due to theft	60 000.00	-	
Loss with sale of asset	-	27 781.36	
Capital expenses	895 344.83	-	
	<u>9 677 742.72</u>	<u>7 541 521.67</u>	
TOTAL EXPENSES	9 677 742.72	7 541 521.67	
NET SURPLUS / (DEFICIT) FOR THE YEAR	(262 762.50)	(19 093.67)	

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CO PARTNERSHIP IN SUPPORT FOR MEN- TAL HEALTH SERVICES

Lutheran Church (Khutso Perish woman's Fellowship)

North Gauteng Mental Health Society would like to acknowledge and express the heartfelt thanks and appreciation to the donors and funders. Your contributions have continued sustained the organisation throughout these years, without you the organisation would have not been where it is today.



IN LOVING MEMORY OF MARIA SKHOSANA

Maria Skhosana was appointed as a Social Auxiliary Worker for NGMHS Ithuteng Community Development Project in 2018; she was moved to Mandela Social Work Office in 2019

May your soul continue rest in peace NGMHS community will always remember you.



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HOW TO CONTACT NORTH GAUTENG MENTAL HEALTH SOCIETY

Refeng Sebaka Special Care Center

769 Section F, Next to Redibone P.
School, Soshanguve, 0152
Cell: 071 509 8370

Sizabonke Community Project

Emasangweni Primary School, 25675
Emasangweni Street,
Mamelodi East, 0122
Cell: 076 372 9006

Head Office

51 Jan Coetsee Street,
Niemand Park, Pretoria, 0186
Tel: 012 332 3927 Cell: 076 989 0107
Email: receptionngmh@gmail.com

Mamelodi Social Work Office

Botlhabatsatsi Primary School
653 Makhusela Street,
Mamelodi West
Cell: 079 233 5075

Mandela Social Work Office

Stanza Bopape clinic 2
25905 Hector Peterson Street,
Mandela, Phase 5
Cell: 079 742 7192

Soshanguve Block S Social Work Office

Kondelelane JSS, Stand 314 Block S,
Soshanguve, 0152
Cell: 071 376 7113

Atteridgeville Social Work Office

Christian Assembly Church, 36
Chauke Street Saulsville, 0125
Cell: 076 022 1900

Soshanguve Block H Social Work Office

Medicos Centre, 2093
Matlala Street, 0152
Cell: 079 226 7809

Ithuteng Community Project

Kondelelane JSS, Stand 314 Block
S, Soshanguve, Block R, 0152
Cell: 066 051 5676

Soshanguve Protective Workshop

2093 Block H, Aubrey Matlala
Street, 0152
Cell: 083 737 3397 / 079 387 8888

Phuthanamagole Protective Workshop

URCSA, Mamelodi, Diensentrum
Stormvoel Road
Cell: 079 162 0343

Nellmapius Social Work Office

Living waters church
3911 Eletsega Street,
Nellmapius, 0164
Cell: 072 818 8708

Tswelelopele Special Care Center

House No: 07 Lesoais treet
Atteridgeville, 0008
Cell: 082 501 1000

Head Office Social Work Office

Ext 24, Show House
Nellmapius, 0164
Cell: 072 818 8708

