ANNUAL REPORT
1 March 2016 to 28 February 2017

KHULULEKA GRIEF SUPPORT
STRENGTHENING THE TEEN GIRL SUPPORT PROGRAMME
Caroline Wills (Chairperson)

We are extremely proud that the research on Khululeka’s intervention with teen girls in schools was published in the Lancet Global Health Journal in April 2017. This is a highly prestigious international journal, that is also open access, which means that many people can freely access the full article. (Please see the summary of the research for the link to the full article.)

This research provides independent evidence that Khululeka’s support groups are valuable to those who experience them, and that they have a positive impact on improving their lives, and in overcoming their grief. At Khululeka, we are most grateful for our partnership with the Highly Vulnerable Children Research Center, at Tulane University’s School of Social Work, especially Prof Tonya Thurman. We are indebted to her and the team for their work.

Our challenge as an organisation is to swiftly leverage from the publication in order to create opportunities to scale up, replicate and sustain the programme. This was the focus of Khululeka’s 2017 strategic planning.

After reviewing four different scenarios, the team agreed on Khululeka’s strategy. We will train other organisations to implement the curriculum, to ensure that the programme is scaled up, in a supported way, to reach many beneficiaries. Khululeka will:

- Be proactive and assertive in our approach, to market the programme and to promote Khululeka.
- Target national decision makers responsible for policy and resource allocation decisions.
- Seek multi-year funding, some of which is unrestricted funding.

Khululeka will also be a hub of innovation, where we will continue to test new approaches in the delivery of our work prior to scale up. This will ensure that our work remains relevant, cutting edge, evidence-based and adaptable.

We are inspired and energized by this strategy. We understand it will not be easy to achieve, especially in a constrained donor funding environment but we now have a product that has proven value in relieving the burden of grief and suffering in highly vulnerable young people. As donor funding shifts towards an evidence-based rationale, we believe that we are well placed to attract the funding needed to grow and make this programme more accessible to those who would benefit.

A big thanks to the Board and staff of Khululeka for being committed to deliver on this strategy. It has meant that we all need to do things differently and to be focused in securing funding opportunities.

A big thanks to our ‘new’ donors, our ‘old’ donors and our partners. With your continued support we are inspired to continue to enrich the lives of many young people in the year ahead.
Deborah R Diedericks (Director)

As per our Chairperson’s report, this year has been a big year for Khululeka in terms of recognition and published evidence that our grief support group model makes a difference in the lives of bereaved young people.

The Abangane Support Group programme was created under Khululeka’s leadership, in partnership with Child Welfare Bloemfontein/Childline Free State and Tulane University’s Highly Vulnerable Children Research Center.

The Abangane Curriculum offers psychological support to bereaved adolescent girls ages 13-19 years. Abangane (“friends” in Zulu) aims to help participants better understand grief and loss, process their grief and gain closure, develop skills to cope with difficult emotions, and establish life planning skills. The programme also helps girls gain support from others, including other group members and trusted loved ones in their lives.

The programme consists of 8 sessions, typically taking place once a week in a closed group (which means that the same girls attend each session together). The group is led by two facilitators, but is interactive, with group members participating in activities rather than just listening to the facilitators speak. Each session includes an average of two structured activities focused on experiences of loss and grief, coping skills, and the links between feelings, thoughts and behaviour. Activities are guided by the principles of cognitive behavioural therapy and include contextually relevant stories and scenarios, as well as discussions about different cultural rituals and traditions surrounding death. The sessions include group discussions, pair/group work, and home practice to allow girls to build new coping skills and habits.

A randomized controlled trial, the gold standard evaluation method, conducted in 2015 by Tulane University’s Highly Vulnerable Children Research Center (HVC-RC) found that girls who participated in the Abangane programme achieved significant improvements in their mental health compared to girls who had been wait-listed for the intervention. Outcomes included:

- A significant decrease in problematic grief and depressive symptoms,
- A significant decrease in behavioural problems reported by their caregivers
- A significant increase in emotional and social support received.

This evidence has led to an increased interest in the programme and spurred investments in enhancing the model. In Dec 2016 Khululeka was commissioned by Tulane University and USAID to revise the Abangane Curriculum, using the findings of the RCT to strengthen the programme.

Refinements have included fewer activities in each session (providing more time for discussion and deeper reflection), and a more comprehensive use of cognitive behavioural therapy.

Considerations for effective scale-up are also being addressed including the development of a screening tool, user friendly instructions for facilitators written in simple and accessible English, and a training programme for facilitators.

It is a replicable model with great potential presuming adequate selection of, and training and support for, facilitators. Training focuses on the development of compassion for self and others, deeper self-awareness, and an understanding of and proficiency in cognitive behavioural therapy techniques.

I am excited about being part of the continuous promotion for the roll out of the Abangane programme in South Africa.
A structured support group improves bereaved female adolescents’ psychological health: Results from a randomized controlled trial in South Africa

Almost one-fifth of children in South Africa have lost a parent; many have experienced multiple losses. Bereaved children are at increased risk for psychological health problems including maladaptive grief and depression. Despite the scale of need, evidence for effective psychological support services is limited.

**Intervention**

Abangane (“friends” in isiZulu) is a locally derived, curriculum-based support group for bereaved female adolescents incorporating indigenous stories and cognitive behavioral therapy components. It originated from activities and resources developed by a South African non-profit organization, Khululeka Grief Support, to support the growing population of children who had lost parents and others to AIDS. Under the guidance of Khululeka and Tulane University’s Highly Vulnerable Children Research Center, Child Welfare Bloemfontein and Childline Free State (CWBFN & CLFS) adapted the activities into a standardized 8-session curriculum designed to help adolescent females cope with loss. Weekly group sessions were facilitated by trained social workers or social auxiliary workers affiliated with CWBFN & CLFS. The Free State Department of Basic Education supported the intervention, allowing it to be offered during school hours.

**Study design**

- A randomized controlled trial was used to evaluate the impact of Abangane on the psychological health of female adolescents in three peri-urban towns of the Free State province.
- Within 11 participating schools, bereaved ninth-grade students age 13-17 who expressed interest in taking part in the group were randomly assigned to receive the intervention in 2015 or waitlisted for enrollment in 2016. Survey data were collected prior to the intervention and again at three months post-intervention from 382 adolescent girls and their caregivers.

**Findings**

- Adolescents in the intervention group demonstrated significant improvements in their psychological health, in terms of both reduced maladaptive grief and depression symptoms, compared to adolescents in the waitlisted group.
- Caregivers of intervention participants reported significantly lower levels of behavioural problems among adolescents, relative to those unexposed to the intervention.

**Policy and program recommendations**

- The need for bereavement support among children in generalized HIV epidemic settings is high. Short-term, structured, theory-based support groups like Abangane show promise in mitigating psychological and behavioral problems among bereaved female adolescents.
- Abangane is replicable using freely available curriculum materials and appropriately trained personnel. For the curriculum and information on training, contact Khululeka Grief Support: http://www.khululeka.org.
- Programs serving orphans and vulnerable children should prioritize psychological support alongside other interventions, and future research should aim to provide additional evidence for the intervention models that best support integrated health and wellbeing in this population.


Full article available at http://hvc-tulane.org/
DIVERSE PROGRAMME DELIVERED BY AN ENTHUSIASTIC TEAM

Lira Greeff (Programme Manager)

Our team
I joined the team at the beginning of the financial year, together with a new Professional Child and Youth Care Worker, Zodwa Mabusela, and added a much needed Finance Manager, Alison Bohlmann. It was wonderful to see and feel how we all stepped into our specific roles and took ownership of the broader vision of the organisation.

Direct work with children
Our Direct work with Children and their Families provided much needed services to those that otherwise would not have been able to pay for these services.

Our team focussed on direct one on one counselling of bereaved children and teens and, when needed, included the families of the children in the intervention plan. Our risk assessments and interaction often lead to us referring the families to other services providers that could continue with necessary services when we terminated our bereavement support.

After a wonderful three year relationship with a Zimasa Community School we concluded our support groups at the school. We were approached by a school in the Blue Downs area, Silversands Primary School, who requested our assistance and guidance in dealing with the multiple children in the school that have experienced loss. We were able to offer a support group and individual counselling sessions to the learners from Silversands Primary School.

We continued with our counselling services and support groups at Groenvlei High School and found it extremely rewarding to see the progress made by the learners.

Our life skills and holiday programme was experienced as very educational and empowering and we had an opportunity to partner with other community based organisations as they were included in our programme.

Training and Mentoring
We were able to reach many individuals working with bereaved children and teens who are now better equipped to appropriately support these children and teens. Our onsite mentoring sessions gave us an opportunity to monitor the correct implementation of the support group model and gave the facilitators an opportunity to reflect on their own experiences and learn from each other.

We are known to have facilitators that can relate to professionals attending a three day CPD accredited (Continuous Professional Development points) programme and to lay counsellors attending a half day workshop on working with bereaved children. It is wonderful that we are able and willing to adapt our training programme to meet the needs of our audiences, while never compromising the quality and relevance of the information shared. This ability to adapt to our audience enables our organisation to reach a more diverse target group.

I personally have found this year very rewarding. Having a committed team who are able to work client focussed and who are able understand the heart of Khululeka as an organisation is very encouraging.

I am looking forward to an exciting 2017/2018.
## SUMMARY OF SERVICES DELIVERED IN 2016/2017

### Direct Interventions with Children and Teens

**Individual Counselling and family intervention**
- 244 individual sessions with 68 children and teens.

**Support Groups**
- 1 Group at Zimasa Community Primary school in Langa with 12 children.
- 1 Group at Silversands Primary school in Blue Downs with 12 children.
- 2 Groups at Groenvlei High School in Hanover Park with a total of 25 teens.

**Holiday Programmes**
- 2 Holiday Programmes at Groenvlei High in June 2016 and Silversands Primary in December 2016 with a total of 48 learners.

**Life Skills**
- 293 grade 6 and grade 7 Learners from Silversands Primary school attended a life skills programme in August 2017.

### Training and Mentoring of Adults

**Full 4 Day Workshops**
- 26 staff and volunteers from Community Based Organisations across the Western Cape.
- 23 staff and volunteers from Community Based Organisations across greater Cape Town.

**Mentoring**
- 165 staff and volunteers from 31 Community Based Organisations across the Western Cape and greater Cape Town participated in on-site mentoring sessions.

**Half day workshops**
- 11 Child and Youth Care workers from Marsh Memorial Home.
- 37 Educators from Silversands Primary school.
- 19 Isibindi Child and Youth Care workers from James House Child and Youth Care Centre.
REFLECTIONS ON MY FIRST YEAR

Alison Bohlmann (Finance Manager)

Wow! A year has passed by already! On one hand it feels like I started last month and on the other, feels like I have been with Khululeka far longer, comfortably part of the team.

Recalling my first day at Khululeka, Pastel was the new accounting software, all loaded up and ready for my arrival, and so my first day of processing began, we tackled the accounts as a team huddled around my desk, as figures were needed for a donor report.

The addition of Pastel accounting software in the last financial year meant some changes from an external system, it is working well and certainly has assisted us in presenting necessary and accurate financial information in house as required.

As the financial year came to an end, the audit date was planned and an initial pre-audit meeting, set things in motion, where we were presented with a very substantial list of deliverables.

This enabled us to prepare in advance, although there are always additional requests after the audit starts, we had a good head start and all in all on reflection the audit went well, all staff took some part in one way or another, as a team we were able to provide answers, documentation and necessary explanations and a sigh of relief once completed.

Despite the actual audit taking place once a year, we continuously ask what would the auditors require from us in any given circumstance or process, and in that way, we feel we are always able to better prepare and improve systems, policies and be better prepared than the year before.

We would like to say thank you to Tessa Whyatt for many years of creative engagement with grief and loss support groups and using art to facilitate the bereavement process.

Khululeka was given the prestigious Silver Award for excellent services provided to youth in the Western Cape by the provincial Department of Social Development on 20 June 2016, at the Department of Social Development Youth Ministerial Awards held at the City Hall.

We acknowledge the support of all our partners and feel humbled in being recognized for supporting bereaved children and teens.
This is Miche (pseudonym). She is 15 years old. She was a member of the first all girls Support Group at Groenvlei High School in Lansdowne from April to June 2016. She said that the group helped her a lot with her grief, and that she feels better, and stronger after attending the group.

Miche had a difficult start with serious behaviour problems in the initial workshop, and yet she went on to attend 100% of the sessions.

She was selected for the support group due to multiple losses. Her grandmother, who was her primary caregiver died in 2014 and a best friend was killed in 2015. Her father is in jail. She became suicidal and was in desperate need of support. During the group she lost another close friend due to gang violence. She now lives with her biological mother.

After the rocky start she began to really value the group. She was a confident participant, always outspoken and freely engaging in discussions. Miche said, at the end of the group, that “I feel much, much better after I spoke to people and people who understand me”.

She said that the thing she liked most about the group was that everybody was being open and so she felt able to talk about her own grief and feel understood. She said she learned from the group to be honest and to speak about grief, not keep it bottled up inside.

Here she is pictured with her friend from the group, in the last session when she was given her certificate.
TREASURER’S 2017 REPORT

Wisdom Mkandawire (Treasurer)

Having undergone some key changes in accounting policies last financial year, 2016/2017 has been a year of consolidation of operations in the wake of uncertainty. As described in the strategy section, we have been gearing for a new phase of growth, a precursor to which is maintaining core capabilities by investing our own funds into the existing organisation structure.

We are also in the second year of phasing-in International Financial Reporting Standards (IFRSs), according to our plan to achieve full adoption of IFRSs for Small & Medium Enterprises (SMEs). Fortunately the effects of shifting from a cash to an accruals accounting regime on the Statement of Comprehensive Income are getting behind us, as evidenced by the net surplus posted for the year.

Khululeka’s annual operating income only decreased by 4% despite uncertainty faced during the financial year. Similarly, operating expenses have decreased by almost 5% from the previous year in line with the levels of income. The majority (74%) of the operating expenses relate to the cost of personnel services such as staff salaries, benefits and facilitation fees, which is consistent with the service nature of the organisation as well as the sector in which we operate.

A 50% reduction in cash due to expenditure of funds advanced during the previous financial year, resulted in a corresponding reduction in deferred income. Despite this, Khululeka ended the financial year in a strong financial position, in terms of the organisation’s total reserves, which increased by 24%. This is largely due to the Value Added Tax (VAT) refunds received in respect of claims from prior years.

I am pleased to report that sufficient funds existed at the end of the financial year to continue with operations as well as solid plans to obtain additional funding which have already started to materialise during the first quarter of the 2017/2018 financial year.
Khululeka Grief Support –
Audited Financial Statements
Statement of Financial Position 28 February 2017

Figures in Rand

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<th>Note(s)</th>
<th>2017</th>
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<td><strong>Funds</strong></td>
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<td>Accumulated surplus</td>
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<td><strong>Total Funds and Liabilities</strong></td>
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<td>329 284</td>
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Statement of Comprehensive Income

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<tr>
<td>Income</td>
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<td>1 717 698</td>
<td>1 798 006</td>
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<tr>
<td>Other income</td>
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<td>107 197</td>
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<tr>
<td>Operating expenses</td>
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<td>(1 754 876)</td>
<td>(1 857 480)</td>
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<td>Operating surplus (deficit)</td>
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<td>70 019</td>
<td>(59 474)</td>
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<td>Interest income</td>
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<td>27 125</td>
<td>26 968</td>
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<td><strong>Surplus (Deficit) for the year</strong></td>
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<td>97 144</td>
<td>(32 506)</td>
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Please see the complete AFS 2017 for notes.
Khululeka’s income comes mainly from Government grants, Trusts and Foundations, international donors, and service provision contracts.

**Government grants:** Department of Social Development

**Trusts & Foundations:** ApexHi Charitable Trust, PDG, and the RS Nussbaum Foundation

**International Donors:** King Baudouin Foundation, Stichting Projecten Zuid-Afrika, and the U.S. Ambassador’s HIV/AIDS Community Grants Programme

Tulane University’s Highly Vulnerable Children Research Center commissioned Khululeka to revise the Abangane Teen Girl Support Group Programme, which is included in the Contract / Training line item.

Fundraising includes the annual Two Ocean’s Marathon half marathon entry sales. These funds were directed toward the support of our direct services to children and teens.

“I attempted my first half two oceans marathon in April 2017. To be honest I was not sure what I got myself into as my mom is a runner and said I should do it with her and that “it will be fun”. I was a little nervous as this was my first 21km and the most I had done was 15km but being the person I am I...”

Tamsin Prins (19) pictured with her mom, who ran a half marathon for Khululeka at the Two Oceans.
Khululeka’s expenditure is divided into the four categories of Adult and Children’s programmes, Advocacy and Overheads.

It is clearly shown in the chart above that Khululeka’s biggest effort for the last year went into the Children’s programme. This includes all the direct services delivered to children and teens as unpacked in the Programme Statistics, and the revision of the Abangane Teen Girl Support Group Programme. There were comparatively fewer adult training programmes in last financial year, and we are hoping to increase programme delivery to adults in the new year.

Advocacy includes the conferences, networks, forums the Director attended representing Khululeka and advocating on behalf of our target group.

Overhead costs include office rental, telecommunications, accounting and audit fees, bank charges, computer expenses, depreciation etc.

thought oh well if I’ve done 15km I’m sure I can do 6km more. On the morning of the race I woke up with excitement as well as nerves but those nerves quickly went away when I was at the start line and saw all the people that were going to run as well. My experience during the race was one of the best experiences I’ve had while running simply because of all the supporters shouting and screaming your name while you running, it gets your spirit up and makes you want to run faster. Running along the mountains were also so beautiful. There were some tough times, running up those hills but I definitely don’t regret doing it and would love to do it again.”