



# ANNUAL REPORT

1 March 2018 to 28 February 2019

## KHULULEKA GRIEF SUPPORT A YEAR OF CULTIVATION





## CULTIVATING GOOD SOIL

### **Rozalle Thomas (Chairperson)**

Reflecting on the year behind us, I can say that it has been a year of cultivation. To cultivate is to refine, improve, enrich, develop and nurture.

Through nurturing past and new relationships we were able to continue with our good work in a difficult funding year. We must, in particular, thank the Department of Social Development (DSD) for their continued partnership (since 2007); the King Baudouin Foundation for their continued support (since 2015), as well as the Ralph Stephan Nussbaum Foundation and Community Chest, previous donors who agreed to much needed once-off funding. We also saw an increase in revenue from training contracts, most notably a contract from the Western Cape Department of Education to provide training for all the school social workers in the province. Training contracts provide an income stream that is different from grant agreements. Having both of these, helps to keep Khululeka balanced and financially healthy.

Unfortunately, despite these good outcomes, donors who funded Khululeka previously, changed the scope of projects they fund, specifically the U.S. Ambassador's Community Grant and corporate ApexHi, which meant that Khululeka no longer matched their revised criteria. Additionally, a large consortium bid for a 5 year USAID project "Preventing HIV/AIDS in Vulnerable Populations in South Africa" was not successful. Losing both established previous donor funding and being unsuccessful in the consortium bid was a blow in what was a long and difficult period. It makes us all the more grateful to our existing funders and other stakeholders for believing in us through last year.

Towards the end of the 2018/2019 financial year, Khululeka was notified that our Abangane programme had been written into both the Global Fund and USAID Grant Frameworks for their upcoming long-term grants. Abangane is our grief support and empowerment programme for teenage girls, which yielded proven results under a randomised control trial, and was published in the prestigious Lancet Global Health Journal. The announcements have been both humbling and fulfilling. We await the outcome of what this will mean for Khululeka and it is a key focus for the year ahead.

We continue to stay abreast with what is happening in the sector. We are aware that although our programmes are largely psycho-social in nature, there is a renewed focus on mental health which falls squarely in Khululeka's space. We are a strategic organisation and take stewardship of our finances and our programme seriously, so we will continue to refine and improve where we are going and to be responsive to what is happening in the sector, whilst still being true to Khululeka's vision and mission.

Over the next year, you can expect us to focus on refining our theory of change as well as investing in media, promotions and partnerships that will truly relay the great work that Khululeka is doing.

It is vital that we never forget what we stand for and why we do what we do. In the words of Steve Biko, "the most potent weapon in the hands of the oppressor is the mind of the oppressed." For this reason we MUST continue to support young people who are oppressed by grief and empower them to find their strength. It will directly impact on the South Africa and Africa of tomorrow.

While the harvest has not yet completely ripened, we are confident that we are doing what is right and we continue to look ahead and are hopeful about tomorrow.



## PURSuing DIVERSE OPPORTUNITIES

### Deborah R Diedericks (Director)

The past year was not an easy one, but it was made special by the passionate commitment of the Khululeka staff and board. They have an ongoing belief that the work of bereavement support for poor children and teens is what we are called to do. As a result of staying the course, new opportunities abound.



#### New donors and fundraising opportunities

We are excited to report that the DG Murray Trust ([www.dgmt.co.za/](http://www.dgmt.co.za/)) has awarded Khululeka with funding for the 2020 financial year. It was a long process starting with a Phase 1 application and an in-depth interview. The grant officer was wonderful and warm, eloquent and passionate about therapeutic interventions, she said that our application “stood out from hundreds of applications as it was not possible to group it with anything else” and it really “spoke to her heart” in that it addresses a subject that she thinks is important. We talked for an hour and a half and subsequently there was an invitation to Step 2 of the application process. The DG Murray Trust is well known and deeply respected and this is an opportunity that by itself casts a hopeful light on Khululeka’s future sustainability.

EMpower ([www.empowerweb.org/](http://www.empowerweb.org/)) a global philanthropic organization, is funding organisations in 15 emerging market countries, including SA. They were looking to fund new organisations and specifically support teen girl programmes. The Abangane programme was identified as a possible fit. This started a long process of interviews and a 2 stage application which met with success in June 2019.

Khululeka had a first attempt at crowdfunding using the Thundafund platform to raise funds for support groups. It was gratifying to see how many of the close Khululeka friends and family responded to the crowdfunding appeal!

The annual Two Ocean’s Marathon fundraising event also raised some funds for children’s programmes. Khululeka was awarded 35 half marathon entries and 6 ultra-marathon entries, and all of these were sold. Much gratitude is due to Lira Greeff’s tireless efforts on Facebook.

#### Donor visits

The Department of Social Development’s Children and Families Programme, which has partnered with Khululeka since 2007, completed a three day monitoring and assessment visit in June 2018. A three person team checked the organisation’s finances, governance, and programmes. The positive findings of this visit are reflected in the official summary of results below.

#### ASSESSMENT OVERVIEW:

##### Overall rating

	Main Components	Individual Components		Overall rating	%
A	CORPORATE GOVERNANCE	1	Governance	13/14	92.3%
		2	Management	4/4	100%
		3	Human Resource Management	13/16	81.25%
		4	Occupational Health and Safety	5/8	62.25%
		5	Financial Management	24/26	92.3%
	<b>Overall Rating Corporate Governance</b>				
B	SERVICE DELIVERY	6	Service Delivery	19/26	73%
	<b>Overall Performance Rating</b>			<b>78/94</b>	<b>83%</b>

### **Opportunity for Training**

The WC Education Department committed to training all of its school social workers in 2018. This was an enormously rewarding training process as we had the opportunity to train each of the district offices in small groups. As a result, children across the Western Cape now have school social workers better trained and skilled to give them bereavement and emotional support. One of the WC Education Department social workers was so impressed with Khululeka's training that she requested a workshop with teachers in the West Coast district. Registration on the WC Supplier Database has consequently now been secured, which enabled us to supply materials and resources for these teachers. Hopefully this is just the beginning of the WCED utilising Khululeka in direct workshops and providing bereavement materials for teachers and schools across the province. This relationship has enormous potential for growth.

Ubuntu4all, which works with children and teens in gangs in Imizamo Yetho in Hout Bay, was provided with 3 days of training, which was a little different as it included some organisational development. Introduction to the group was facilitated by Martje Nooij the Director of Khululeka's long standing Dutch donor SPZA. It was a rewarding and humbling experience, but it was a privilege for Khululeka to be part of the organisation's and their community's development.

In a partnership between Synergos, Networking HIV & AIDS Community of Southern Africa (NACOSA) and Khululeka, two NACOSA supported CBOs namely Umtha We Langa and Yabonga were identified to receive a 4 day training workshop on bereavement support for children and teens including a social connectedness framework. Synergos funded this training for 12 participants; including 8 Yabonga child counsellors and 4 Umtha We Langa facilitators.

Community Chest, agreed to fund training for all the social workers at Child Welfare Athlone. These two training workshops were exceptionally well attended and appreciated. Really felt like we made a difference in the emotional wellbeing and skills set of this generally overworked, burnt out and overwhelmed group of social workers.

### **Presenting Khululeka's work**

The National Department of Social Development invited Khululeka to present at the annual Child Protection Forum in April 2019. This was a four day conference with representatives from most government departments, provincially and nationally, concerned with the protection of children. Khululeka's presentation on the Abangane programme was one of only two NGO presentations. It was well received with several questions and interesting discussions afterwards, which promoted Khululeka's image nationally.

In 2018 Khululeka had articles that appeared in both Drum magazine and Living and Loving, which is interesting exposure. Twice in the past year, Bush Radio also invited Khululeka to talk about child bereavement and what people can do to support children through the process.

### **What the new year holds**

Sub Recipients of the 3 year Global Fund grant are required to implement a package of services to Adolescent Girls and Young Women nationally. Khululeka's Abangane programme is listed as one of these programmes. In addition, USAID's *Implementation Guidelines for Case Management Monitoring* recommend Abangane as a group based structured intervention towards the OVC\_GBI indicator. This means that Abangane is approved as a programme that the current recipients of the 5 year USAID grant (that started in Oct 2018) are allowed to implement as part of their services. This is enormous confirmation and acknowledgement of Khululeka's work! Khululeka started pursuing opportunities to train their Sub Recipients on how to implement Abangane and WATCH THIS SPACE in 2020!

## MAKING SURE EVERY CHILD FEELS HEARD

### **Lira Greeff (Programme Manager)**

This year I have been constantly reminded of how dedicated and committed our team is to making every beneficiary feel that they are heard and valued.

Even though the organisation went through financial challenges, the dedication and commitment of the team was never in question. From our Senior Child Care Worker doing after hour home visits to make sure she engages with our parents, to our trainers giving their all during training sessions. I am proud to be a part of this wonderful team.



### **Training and mentoring**

This year we continued existing relationships with our partners in the Child Care and Protection field and established relationships with several new partners in the field.

These relationships gave us opportunities to engage with many adults that work in the life space of children. These engagements varied from 3 hour workshops to several 4-day training workshops.

One of our new partners is the Western Cape Education Department's Social Work Department where we trained all the school social workers in the Western Cape. This opened the door for us to be invited to present a workshop to teachers of the West Coast Education district and an invitation for us to partner with new schools in the Eersteriver/Blue Down's area. It was wonderful to see how one simple conversation could open a door to such an exciting new opportunities.

### **Direct Work with Children**

Khululeka continued our partnership and interventions at Silversands Primary school, Rosmead Primary school and Spes Bona High School. We presented successful Abangane Support groups at both Rosmead Primary school and Spes Bona High School.

We established a relationship with Cape Town Child Welfare and received several referrals from their social workers. It was wonderful to help their clients access services that they would normally not be able to afford.



*Children's Programmes team.*

Khululeka's Child Abuse prevention Life skills programme and Holiday programme focussed on equipping the children with life skills that will enable them to make good decisions, while dealing with their losses. These programmes are always well received and we love engaging with children and youth on this level.

Our team's biggest strength is our passion about the topic and our belief that our work makes a significant difference in the lives of our beneficiaries.

## STRIVING FOR EFFICIENCY AND EFFECTIVENESS

### **Alison Bohlmann (Finance Manager)**

Once again Khululeka's Annual Audit is underway. I am aware of the repetition of the process, however that repetition is positive, as it is imperative that all our systems are in place.

This aids in running things smoothly and as our systems and processes are set, regular, and repetitive, they are also predictable and clear to the rest of the team. Clear guidelines ensure that general administration is not too complicated and time spent on financial admin is reduced. In this way everyone can get on with the actual work that is needed to help others.

Besides the financial administration there are many other systems and processes that are required by programme staff for donors. These processes are adhered to, effective and improved on and adapted for individual donors as and when required.

It is an honour to be part of this amazing organization and team, and to see and witness the whole process of effective and efficient delivery. We are a team and a good team is required to deliver to their beneficiaries, donors and each other and of that I am assured we do.

We work well as a team and everyone participates. Where there is room for improvement and tweaking our systems, no one has to jump too high to adjust. Often additional demands are set by donors and the team always discusses and finds solutions in order to effectively provide and keep moving forward.

We pride ourselves on maintaining efficient and effective processes and when we sign the donor's request sheet asking if we have effective processes in place, we sign it with ease knowing we are doing our best.

Pastel remains our choice of accounting software which helps to present good processes with evidence related to our work and maintains all the records and reports of financial transactions required for the annual audit process.

Our team at Khululeka continued to stand strong, remained positive and ensured the support of each other and grew even closer. We have spent another year finding more training opportunities, tirelessly submitting proposals accompanied by a lot of prayer, believing that direction would unfold.



*The  
Khululeka  
team*

## HERO STORY

### **Zodwa Mabusela (Khu Kid Coordinator)**

Liso\* had a birthday party one Saturday, celebrating his fifth birthday. On a Sunday morning when they were returning home after dropping grandmother at her house (she came over for the birthday celebrations), Liso and his cousin were knocked over by a car that was doing drag racing on their street. The car had the 5 year old Liso and his 2 year old cousin squashed against their vibracrete wall. Mpho (his 10 year old sister) saw all this when it happened, and explained how Liso fell over their 2 year old cousin; shielding her from the disaster. The cousin survived the accident, but Liso was declared dead on the spot. This incident left everyone in the family extremely traumatised.



Mpho was seen at school for grief counselling. She was very devastated by the loss of her brother. She did not only lose a brother, but a friendship too. The young man who caused this tragedy was her best friend's uncle. Mpho believed that, since the accident, her best friend has been ignoring her and giving her ugly looks. Mpho was hurting about how their friendship was affected, and also shared that she (and the family) does not blame the man for the death of her brother, Liso. They believe it was an accident. I asked her if she would like to fix her relationship with her best friend, and the answer was yes.

I called Mpho's best friend, Lee, who also believed that since the accident her best friend has been treating her with a different attitude and not talking to her anymore. Lee said the accident has also left them as a family traumatised and feeling isolated. She shared how children from their area are refusing to go to their house now to buy electricity (they are selling electricity) because they are scared of being knocked over by Lee's uncle. Lee also mentioned that they heard that Mpho's family wanted to take revenge on Lee's uncle for killing their son. This was not the case, but all this has brought more stress on these two girls and their families.

Lee also wanted to mend her relationship with Mpho. I therefore asked both of them if they would allow me to bring them together. When they indicated interest, I brought them together and gave them a platform to share how their friendship is now, how they thought it got to be that way, and how they would like it to be going forward. After all the misunderstanding and anger was addressed, and feelings were shared, each got a balloon where all the bad feelings that we wanted to get rid of were written. We then took these balloons at the far end of the school field. We stood with them at the small hill that was there. We said our short prayers, and let the balloons fly away with those feelings. Mpho and Lee hugged each other, and later we all shared a group hug. They left there with broad smiles on their faces. Since that day, Mpho and Lee were friends again.

*\*Pseudonyms throughout*

## HOLIDAY PROGRAMMES AT SILVERSANDS PRIMARY SCHOOL

### **Zodwa Mabusela (Khu Kid Coordinator) and Zanele Banisa (Facilitator)**

The children who benefitted from this holiday programme were identified by means of a selection questionnaire, who have suffered a loss of a loved one. This holiday programme was a great success as all children participated fully, and attended well. The children showed an interest in the activities and games that we did with them. The areas covered in this holiday programme were identifying feelings, understanding grief and loss, family and support, self-discovery, future plans. This programme encouraged interaction amongst the children; they enjoyed sharing their stories with one another and listening to each other. Meal times were the best times for these children, especially for those coming from homes where there is hardly food to eat.



*Zanele facilitating an activity to help children identify their feelings*



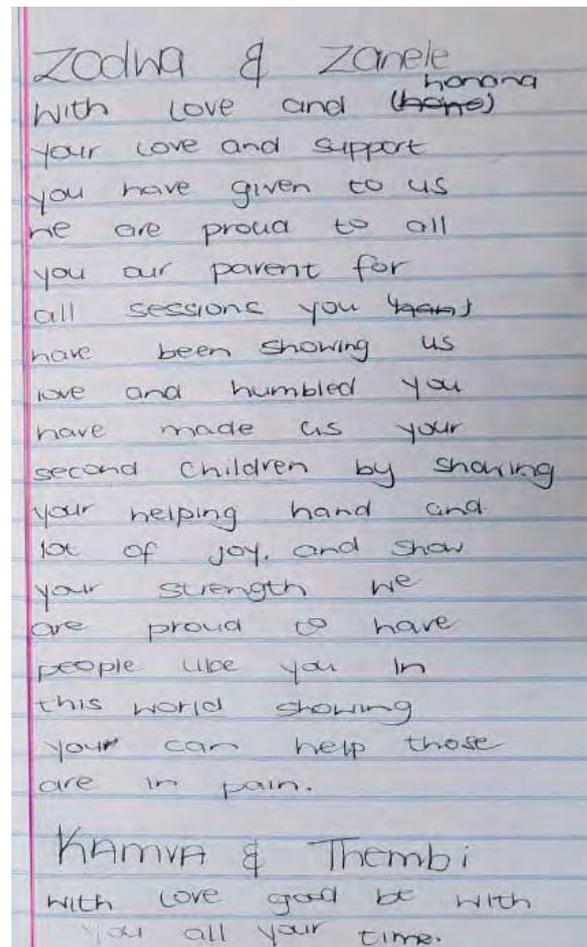
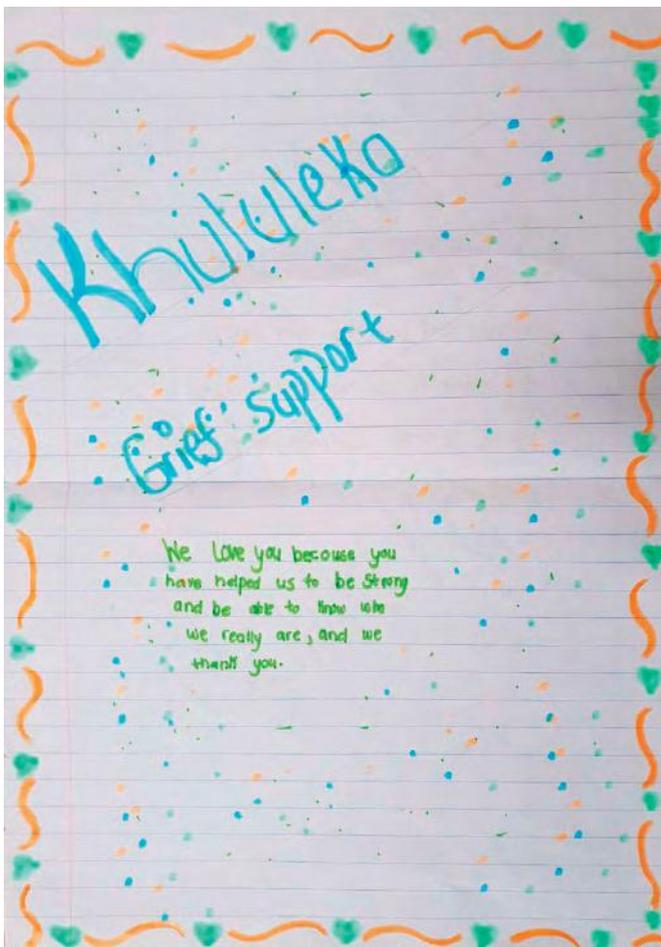
*Children drawing a road map of their life stories*

## ABANGANE GRIEF SUPPORT GROUPS

### Zodwa Mabusela (Khu Kid Coordinator) and Zanele Banisa (Facilitator)

Abangane support groups were facilitated in Rosmead Primary and Spes Bona High.

Even though each group's members were all from the same school, the girls started out as strangers to one another. Happily they ended in unity and supporting one another. This Abangane programme helped them to develop care and love for one another. At the end of the sessions, the girls shared how they were helped to gain confidence in themselves and how they mastered acknowledging and dealing with their feelings. The highlight from the group was the session about funerals; the girls enjoyed learning about different ways of burials from different cultures. They did this in a very accommodating way and an open mind to learn more. They all showed an interest in learning about each other's ways of burial by asking questions. There was a lot of laughter and tears shared in this session.



Thank you notes from participants.

ABANGANE GRIEF SUPPORT GROUPS

# Abangane Support Groups 2018



Girls aged 12 to 16

participated in grief support groups

92% of girls

attended at least 80% of sessions

65% of the girls completed pre- and post-questionnaires. They showed improvement in their scores for items measuring **grief intrusion and anxiety.**

Their ratings showed that, compared to before the support group, they...

Found it easier to perform their normal daily activities



23% improvement

were less worried about things that might happen



23% improvement

Felt less lonely when reminded of their loved one



17% improvement

Had fewer intrusive thoughts about the loss of their loved one



16% improvement

"I've learnt that you can trust people by talking about your personal life without judging."

"I have learned how to be strong and see myself as other children and give other people the attention they need."

"If you have something bad in you that is happening, just tell someone you trust."

## FINANCIAL REPORT

### Wisdom Mkandawire (Treasurer)

2018/2019 has been yet another challenging year but Khululeka remained buoyant amid uncertainties in terms of funding availability. The strategic option for us was to maintain core capabilities while we continued pursue funding opportunities. We have intentionally traded off this objective against maintaining a significant sustainability fund, as a reserve for core operating costs, as was the case in the previous years. We intend to rebuild the sustainability fund once the restricted funding stream is more stable.



Due to reduced funding opportunities, Khululeka's annual operating income has decreased by 10%. As a result, we implemented cost reduction measures which resulted in a 14% decrease in operating expenses and achieved a reduced operating deficit for the year. In line with the nature of our operations, personnel service costs, such as salaries, benefits and facilitator fees, makeup the majority (76%) of the operating expenses

Once again, net cash generated from operations was negative due to reasons explained above and there was a consequent decrease in overall cash balances, year on year, in line with the strategic intent.

Khululeka continues to pursue a mix of training contracts as well as grants from various donors and government departments in order to continue the growth trajectory we anticipate and rebuild financial strength so that the organisation can remain resilient.



JEWEL BLU IMAGES

Khululeka would like to thank Juliette Pilaar from Jewel Blu Images for the staff photos in this report.

AUDITED FINANCIAL STATEMENTS

**KHULULEKA GRIEF SUPPORT –  
AUDITED FINANCIAL STATEMENTS**

**STATEMENT OF FINANCIAL POSITION 28 FEBRUARY 2019**

Figures in Rand	Note(s)	2019	2018
<b>ASSETS</b>			
<b>NON-CURRENT ASSETS</b>			
Property, plant and equipment	2	4 540	24 304
<b>CURRENT ASSETS</b>			
Receivables	3	-	50 959
Cash and cash equivalents	4	197 619	235 428
		<b>197 619</b>	<b>286 387</b>
<b>Total Assets</b>		<b>202 159</b>	<b>310 691</b>
<b>FUNDS AND LIABILITIES</b>			
<b>FUNDS</b>			
Sustainability fund		-	105 882
Accumulated funds		155 788	189 616
		<b>155 788</b>	<b>295 498</b>
<b>LIABILITIES</b>			
<b>CURRENT LIABILITIES</b>			
Payables	5	46 371	15 193
<b>Total Funds and Liabilities</b>		<b>202 159</b>	<b>310 691</b>

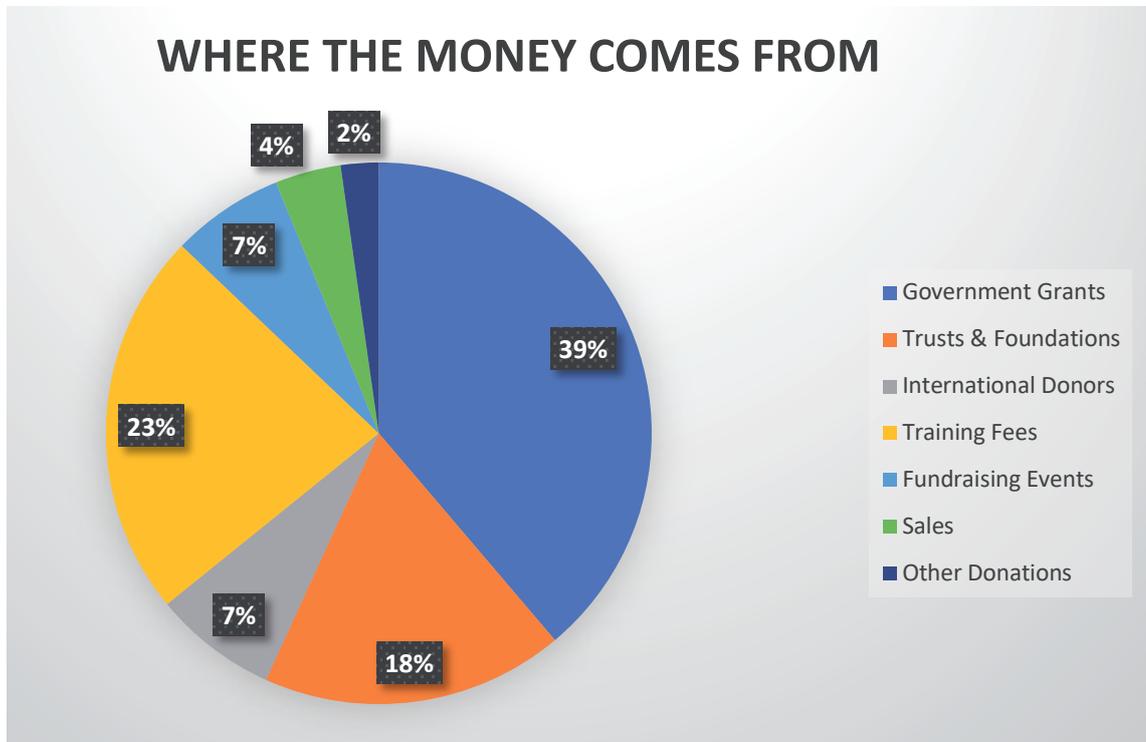
**STATEMENT OF COMPREHENSIVE INCOME**

Figures in Rand	Note(s)	2019	2018
Income	6	1 325 019	1 476 503
Operating expenses		(1 476 564)	(1 711 330)
<b>Operating deficit</b>	7	<b>(151 545)</b>	<b>(234 827)</b>
Interest income		11 835	27 288
<b>Deficit for the year</b>		<b>(139 710)</b>	<b>(207 539)</b>

Please see the complete AFS 2019 for notes.

## INCOME AND EXPENSES

### INCOME SOURCES 2019



Khululeka's income comes mainly from Government Grants, Trusts and Foundations, Training Fees and International Donors.

**Government grants:** Department of Social Development, Sub Directorate Children and Families

**Trusts and Foundations:** RS Nussbaum Foundation

**International Donors:** King Baudouin Foundation

**Contracts/Training:** WC Education Department training contract for school social workers.

**Fundraising** includes the annual Two Ocean's Marathon entry sales.

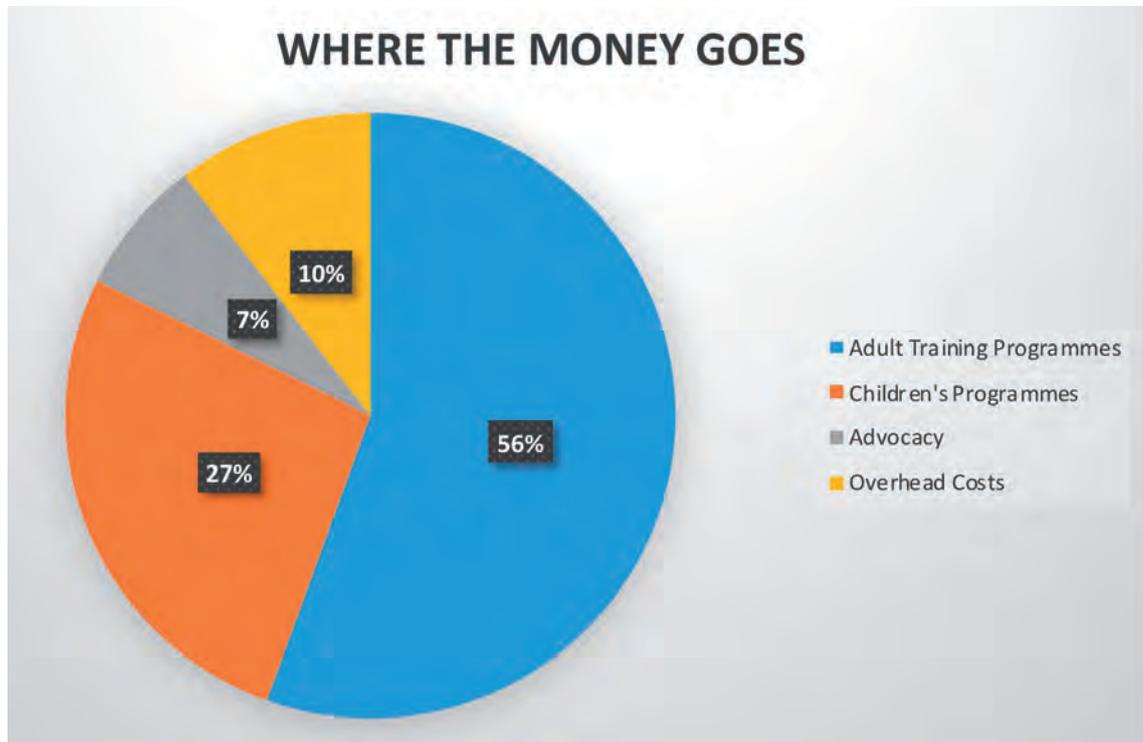
**Sales** includes story book and worry muncher sales. These funds were directed toward the support of our direct services to children and teens.

**GDPR is now in effect.**  
*Read about its impact on businesses in Africa.*

Khululeka would like to thank auditors RSM South Africa Inc for this year's audit!

## INCOME AND EXPENSES

### EXPENDITURE 2019



Khululeka's expenditure is divided into the four categories of Adult Training Programmes, Children's Programmes, Advocacy and Overheads.

The chart above shows that more of Khululeka's time and finance was spent on Adult Training than on Children's Programmes. Adult programmes include training social workers and Community Based Organisation staff and volunteers. Children's programmes include all the direct services delivered to children and teens. See narrative reports for more details on programmes.

Advocacy includes some of the forums and meetings 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.



**FutureManagers**  
SIYAFUNDA • SIYAKHULA

Khululeka would like to thank publishers Future Managers for layout and printing of this AGM Report and for all their support in printing and design throughout the year!

## KHULULEKA BOARD AND STAFF 2019

### Board members

Name	Office bearer title
1. Rozalle Thomas (née Singh)	Chairperson as of 18 Oct 2017 (Additional member since August 2015)
2. Nicola Graham	Vice Chairperson (as of 17 May 2012)
3. Wisdom Mkandawire	Treasurer (as of 30 Nov 2015)
4. Bobbie Graham	Secretary (as of June 2012)
5. Caroline Newbert (née Wills)	Additional member 2009 – 2012 and again since Oct 2017); (Chairperson 17 May 2012 to 18 Oct 2017)
6. Joshua Cox	Additional member as of 18 Oct 2017
7. Deborah Diedericks	Director (ex officio)

### Staff members

Deborah R. Diedericks	Director
Lira Greeff	Programme Manager
Alison Bohlmann	Finance Manager
Lucinda Adams	Office Administrator
Zodwa Mabusela	Khu Kid Coordinator
Zanele Banisa	Support Group facilitator and Counsellor
Helen Barnard	Associate Trainer
Violetta Roziers	Associate Trainer
Stelsia Krynauw	Associate Trainer



## FAREWELL AND WELCOME

### FAREWELL TO MARION LE FLEUR

Marion le Fleur was the Office Administrator at Khululeka from January 2015 to August 2018. She was a wonderful administrator and much loved. We are excited to see her progress in her career as she takes on new opportunities for growth and learning.



### ... AND WELCOME TO LUCINDA ADAMS!

#### Lucinda Adams (Office Administrator)

Just a little bit about myself. I worked at an organisation for the aged, known as GH Starck Centre/ Rehoboth Age Exchange, for 10 years in Administration. Working for an NGO was always a case of going the extra mile, dealing with the resident issues directly, as well as handling their pensions and board and lodging accounts. It would sometimes go beyond my line of duty, but I love doing anything in my power to make a difference in the lives of my clients or family, as I would refer to them.



Prior to this, I had been exposed to childcare, doing voluntary relief childcare at Beautiful Gate in Muizenberg, as well as at Marsh Memorial Homes, which gave me clarity and empathy to the needs of children from different walks of life. A real eye opener.

My season of working with the aged ended in 2014, and I decided to be home with my daughter, as she had just started high school. She matriculated in 2018, and I felt that it was now *'me time'*...time to do what I want to do! It was time for a new beginning...

My passion was always to make a difference by using what I am good at, in order to make the lives of those affected by my actions, as convenient as possible. Khululeka Grief Support has granted me the perfect opportunity to fulfil my passion. I am in awe of the dedication, passion and commitment of the role players within the organisation, whom I have been exposed to since I started. I am truly blessed to be part of this organisation. With all my experience in administration and my ability to be flexible in any situation that presents itself, I am committed to being part of the *"making a difference in a grief-stricken world"* team. I am looking forward to being of service!

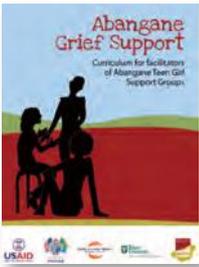
## KHULULEKA RESOURCES

There is very little literature on the practicalities of helping children express and manage their grief and loss, specifically in the South African context. We have therefore published our own quality training material and make available two storybooks – to assist South African childcare workers, and help South African children to work through and express their hurts and losses. These publications are currently available in print.



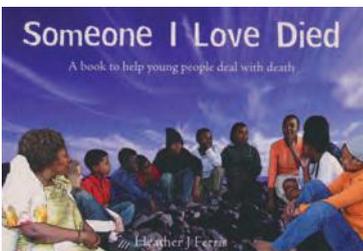
### The KHU KIT

The KHU KIT is an excellent resource to help those caring for bereaved children to help them understand grief and loss, and to provide support to children. The KHU KIT provides a comprehensive overview of the impact of age and developmental stage on understand and processing grief, with tips on appropriate and helpful responses. It focuses on how to plan and facilitate a grief and loss support group for bereaved children offering a range of activities and stories to help facilitate particular topics and emotions.



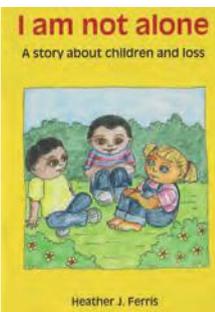
### Abangane Grief Support Curriculum

The Abangane Grief Support Curriculum is a detailed support group curriculum specifically aimed at teen girls who had experienced the death of someone important. It incorporates a limited number of activities in each session (providing more time for discussion and deeper reflection), and a comprehensive use of cognitive behavioural therapy. Abangane is an evidence-based programme with demonstrated effectiveness in improving adolescent's mental health.



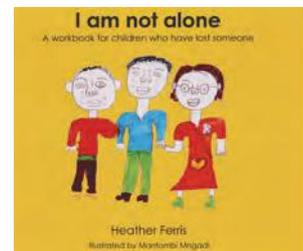
### Someone I Love Died

Someone I Love Died is a collection of stories of young people from Africa. It provides insight into the circumstances of some children's lives, their experiences and feelings associated with death and the rituals followed. It is helpful to use the stories to create a dialogue about death and bereavement with young people. It is available in English, Afrikaans, isiZulu, isiXhosa and Sesotho.



### I am not alone

I am not alone is a storybook, about children and loss. It is a valuable tool to help younger children to overcome grief and loss. This storybook is accompanied by a workbook. The idea is that children draw pictures expressing their own situations and feelings as the story of I am not alone progresses.



### Worry Muncher

The WORRY MUNCHER! An exciting therapeutic soft toy that helps children verbalise their thoughts and worries. This is a fantastic tool both for parents and therapists:

- to build relationship and attachment
- to help children develop the ability and habit of verbalising what worries them
- to help parents/therapists understand what is worrying the child.