

ANNUAL REPORT 2021 - 2022



THE
PARENTCENTRE

EMPOWERING PARENTS THROUGH POSITIVE PARENTING

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ABOUT US

We are passionate about Helping Children Through Positive Parenting. We recognize that to build a healthy non-violent society, we must start right at the beginning, with providing nurturing and non-violent care to children. In order to do this we must empower parents and caregivers through support, information and skills.

VISION

The Parent Centre strives to contribute to a society in which confident, loving and non-violent parents/caregivers are able to raise well-balanced, confident and resilient children.

MISSION

Through primary prevention and positive parenting we aim to:

- Facilitate the safety, and emotional development of the child from conception till early adulthood.
- Promote involved and nurturing motherhood and fatherhood.
- Promote the well-being and self-esteem of parents/caregivers.
- Contribute to the prevention of teenage pregnancy, substance abuse, HIV/AIDS, gender-based violence, and mental illness.
- Enhance the child's capacity to be a resilient, caring, competent and creative member of society; and
- Encourage the establishment of a loving, nurturing environment that strengthens the family and society.

We do this by working directly with parents, caregivers, professionals and practitioners, and indirectly by collaborating with other people and organisations which support and work with parents.

CORE VALUES

- ~ WELLNESS
- ~ INTEGRITY
- ~ RESPECT
- ~ EXCELLENCE
- ~ DIVERSITY

CHAIRPERSON'S REPORT

In March 2020 we left a “normal” world and in 2022, we have arrived in a different world post Covid.

While the pandemic may have passed, the disruptions wrought on the world and the NPO sector continue.

Innovative ideas and unusual ways of working have emerged out of the pandemic, with concepts like pivoting; agility; hybrid working models; remote working and new ways of connecting and collaborating entering the world of work.


The pandemic scaled back NPO funding significantly. Traditional ways of fundraising can no longer be our only focus. A fresh strategy which reconceptualises how we embark on fundraising is needed.

The restructuring and austerity measure we embarked on during Covid provided temporary relief. To sustain the organisation, we must overhaul our fundraising strategy urgently while continuing to address the needs of the communities we serve.

Positive developments are that our marketing initiative is gaining momentum and our new building is almost complete.

The pandemic confirmed that our staff are our greatest asset. They made great sacrifices when austerity measures were imposed. Despite this, because of their shared sense of purpose in the work they do, the staff and management of The Parent Centre, in the face of numerous challenges, we were able to adapt quickly and continue performing for the higher good of the communities we serve. For this, the board and I are extremely grateful and thank you.





I thank our donors and funders for their generous support and their shared vision in the support the organisation gives to children, parents, and caregivers in vulnerable communities.

To my fellow board members, I could not hope for a more competent or committed team to work with. Thank you for your support to both me and the organisation over the last year.

VANESSA PATHER

CHAIRPERSON

CEO'S REPORT

In 2020 it was predicted that 25% of South African NPOs would be obliterated by the financial impact of the COVID-19 pandemic ¹. During times of such heightened uncertainty ***"the right approach is focused on sustainability."***² Sustainability was indeed The Parent Centre (TPC) Board, Management and Staff's focus during the 2021/2022 year.

In anticipation of a scenario of severe funding shortage again in the 2021/2022 financial year, we collectively agreed to re-implementing a 22.5% salary reduction for the year, to avoid retrenchment and TPC closing its doors. Thankfully majority of our staff stayed despite the huge financial strain.

We agreed that to be more sustainable we needed to change and set about restructuring the organisation to enable greater focus on fundraising, marketing and income generation. We employed a Programmes Manager to oversee programmes and also refined our performance management system. A Marketing Specialist was appointed to develop and implement a new marketing strategy, in the process TPC's logo was given a refreshing new look. Unfortunately, further progress was halted when the Marketing Specialist took up full-time employment with an international company towards the end of 2021. Board member, Nosipho Yedwa, who is a marketing specialist, kindly stepped in to manage marketing planning and implementation.

In November 2021 we appointed a Sector Education and Training Authority (SETA) Specialist to steer us through the complicated process of getting our parenting programmes accredited by SETA and the Quality Council for Trades and Occupations (QTCO). Abrupt internal changes within SETA and QTCO have presented huge obstacles to this process being finalised.

In 2017 and 2020 the Trifid Foundation gave TPC special donations to purchase and renovate the property at 22 Wetton Road, Wynberg. Property ownership would help TPC's sustainability by saving on annual rental fees. The first stage of the renovation process (which includes the architect tendering process, renovation design, Heritage Site and City of Cape Town plan approval, project costing and building contractor tendering process) took considerably longer than anticipated. We were delighted to break ground on 8 February 2022. We look forward to the project completion on 31 October 2022 and to opening our new offices, counselling and training facilities to our staff, beneficiaries and partners!



Despite the operational, programmatic and policy challenges and complexities resulting from the organisational restructuring and building renovations, and the various COVID-19 waves, lockdown regulations and COVID-19 vaccine rollout, our staff managed to sustain our evidence-based parenting programmes. Research shows that evidence-based, well executed parenting programmes can empower parents and have some of the following outcomes for children, and in turn, society:

- Improved health across the lifespan
- Improved early childhood development
- Improved attendance and academic performance
- Decreased cycle of violence

The examples of programme impact contained in this report attests to this.

Our sustainability and success this year were only possible through:

- The sacrifice and commitment of TPC's remarkable team - Board, Management, Staff, Consultants, Contractors, and Volunteers.
- The financial support of our donors and government partners. We thank every donor for prioritizing parenting support services and entrusting TPC with their funding. A special thank you goes to our Treasurer, Debbie Coombe, for facilitating a substantial donation from Natmed Medical Defence and to NPO Lawyer, Richard Rosenthal and his wife Hilary Rosenthal (an ex-director of The Parent Centre) for facilitating a new grant from Allan & Gill Gray Philanthropies.
- Collaboration with and support of our NPO, public and corporate sector partners. A very special thank you goes to the Centre for Early Childhood Development and Childline Western Cape for so generously providing TPC with meeting and supervision facilities for the duration of our Building Project and to Professor Shanaaz Mathews for her letter of recommendation which is on pages 28 and 29 of this report.

Looking back on the past year I am most grateful for God's amazing grace that has sustained TPC not only for the past year, but for nearly four decades!

VENECIA BARRIES

CEO

1. Julies, F. 2021. *Fundraising Strategies for Struggling NPOs*.

2. Bremmer, I. 2015. *How to Lead in Ambiguous Times*. Strategy + Business. Issue 78



TREASURER'S REPORT


The challenges facing the Non-profit sector remain firmly in place. Thank goodness the easing of Covid 19 restrictions has meant that we can go about our business as “usual” but finding sufficient donor income to run our much-needed programmes is still a huge challenge.



The organisation appears to be in a healthy position from an income point of view with **Total Comprehensive Income for the year of R 1 406 396** as opposed to R 20 980 in 2021. These results are misleading and require further clarification. Staff salaries for the year were reduced by 22.5% and this cut as well as significantly reducing the level of costs have resulted in this surplus income for the year. Had salaries been paid in full and programme costs not reduced, the organisation would be in a net loss position. **Funding of R 544 900 was received** in February 2022, specifically to pay staff salaries. As there was no donation income forthcoming at that point in time, it was agreed that these funds would be used to revert salaries back to 100% in the next 2023 financial year rather than back pay salaries for 2022.

We embarked on a restructure and marketing programme in 2021 to not only streamline the organisation but also to gear us towards being sustainable by marketing our services to earn fee income. This programme has itself had challenges, especially our application to be SETA accredited. We continue to persevere to ensure we can become self-sustainable, with staff and management's continued commitment to the process.





We are extremely grateful to donors and funders who continue to support us, without your help we will not have been able to achieve what we did this past year, where we still made a meaningful difference to vulnerable communities.

My thanks go to the CEO, finance manager and all TPC staff for their commitment and passion for the organisation as well as to my fellow board members.

DEBBIE COOMBE

TREASURER



IMPACT FIGURES FOR 2021 - 2022

| Direct Services | Number of Counselling and Home visit cases, Groups, Workshops, Talks, Training | Number of Sessions | Number of Parents / Caregivers Reached | Professionals/ Community Workers/ Educators/ Social Service Providers | Broad Public Dissemination | Children Impacted |
|--|--|--------------------|--|---|----------------------------|-------------------|
| Western Cape | | | | | | |
| Counselling | 183 | 352 | 205 | | | 446 |
| Antenatal & Postnatal Home Visits | 431 | 4 076 | 452 | | 572 | 617 |
| Pregnancy & early Parenting Clinic Talks | 114 | | 6 865 | | | 10 298 |
| Parent Infant Groups | 1 | 5 | 66 | | | 66 |
| Positive Parenting Skills | 12 | 148 | 278 | | | 538 |
| Fatherhood Training | 9 | 55 | 115 | | | 142 |
| General Parenting Talks | 1 | | 15 | | | 15 |
| Teen Parenting Skills Training - with Teenage Parents & Caregivers | 18 | 420 | 328 | | | 344 |
| Total Direct Services | 769 | 5 056 | 8 324 | | 572 | 12 466 |

| Broad Public Dissemination of Parenting Information | Number of Radio Stations, Newspapers, Magazines, Events | Number of Talks, Articles | Broad Public Dissemination (Including Parents & Caregivers) |
|---|---|---------------------------|---|
| Open days, Expo's, Promo days, Campaigns, Advocacy, Indabas, Panel Discussions, Seminars, Festivals | 19 | 24 | 1 157 |
| Radio Talks | 8 | 22 | 4 088 000 |
| TV Talks | 0 | 0 | 0 |
| Newspaper and Magazine Articles | 3 | 3 | 1 544 955 |
| Total Indirect Services | 30 | 49 | 5 634 112 |



769

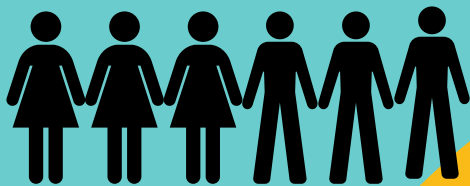
TOTAL NUMBER OF COUNSELLING
CASES, PARENT INFANT CASES,
TALKS, GROUPS, WORKSHOPS,
TRAINING, BROAD PUBLIC
DISSEMINATION



TOTAL NUMBER OF CHILDREN
IMPACTED ACROSS OUR
PROGRAMMES

12 466

TOTAL NUMBER OF PARENTS
AND CAREGIVERS



8 324

5 056



NUMBER OF SESSIONS

NUMBER OF RADIO TALKS,
NEWSPAPER & MAGAZINE
ARTICLES, EXPOS & EVENTS



49



5 634 684

BROAD PUBLIC DISSEMINATION
(INCLUDES PARENTS + CAREGIVERS;
PROGRAMMES;
RADIO, TV + MAGAZINES)

EMPOWERING PARENTS THROUGH
POSITIVE PARENTING



PARENT-INFANT PROGRAMME

Parent Infant Home Visiting Programme (Thula-Sana-adapted) provides information and support to pregnant women before and after the birth of their baby to encourage positive parent and infant attachment. The programme comprises 5 ante-natal and 15 post-natal home visits to pregnant women who are at high risk for ante-natal, post-natal depression, child neglect, abuse, and abandonment.

The programme also includes Early Parenting Talks at Maternity and Obstetric Units (MOUs) which serve such women. The primary objective of the home visits is to establish a supportive relationship with the mothers before and after the delivery and providing a safety net that helps secure the best possible chances for the 'at risk' mother to be successful in establishing a positive attachment to her infant in the critical time around the delivery.

EXAMPLE OF IMPACT:

Positive Parent-Infant Attachment is facilitated

"I am thankful for the programme, as it has helped me bond better with my baby. I am happy of all the support I have been getting from my counsellor."

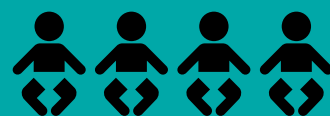
"The programme has taught me how to bond better with my baby and take care of myself. Sisi has been a great help."



431

MOTHERS IMPACTED BY THE
PARENT-INFANT HOME
VISITING PROGRAMME

617



TOTAL NUMBER OF CHILDREN
IMPACTED THROUGH
PARENT-INFANT HOME VISITING
PROGRAMME

PARENT-INFANT PROGRAMME cont...

PROGRAMME ACTIVITIES

Antenatal and Postnatal Support

476 pregnant women and new mothers living in Gugulethu, Hanover Park, Imizamo Yethu, Khayelitsha, Mitchell's Plain, Phillipi and Nyanga took part in **4076 antenatal and postnatal sessions**.

Zero to Five Counselling

13 parents from different communities participated in specialised counselling.

Pregnancy & Early Parenting Clinic Talks

114 clinic talks were conducted, attended by **6865 mothers** from the various service communities. The community talks have impacted a lot of pregnant mothers, by providing them with vital information.

Group Support for Pregnant Mothers at Thusong Centre, Tafelsig, Mitchell's Plain

Due to the COVID-19 pandemic face-to-face visits with pregnant mothers were often not possible. Parent-Infant Attachment Counsellor, Deborah Meyer, saw a need to get mothers together in a group setting, to alleviate the sense of isolation that mothers were experiencing and to create opportunities for mothers to connect with each other. The sessions also covered parenting topics such as "The importance of parent-infant bonding and attachment" and "Breastfeeding" and practical exercises, such as showing the mothers how to do infant massage, which promotes positive parent-infant attachment. The mothers benefited a lot from the face-to-face interaction.

Mikhulu Trust- Book Sharing Training

The Parent Infant Team took part in Book Sharing training with Mikhulu Trust which is an NGO focusing on evidence-based programmes for parents and caregivers of young children. Their flagship programme is 'Dialogic book-sharing' which is a special kind of interaction between an adult and a young child using a wordless picture book. The aim of the training was to equip our parent-infant attachment counsellors to learn the methodology and teach it to parents and caregivers, thereby adapting and extending the programme to incorporate new evidence-based methodology.



13

PARENTS AND CAREGIVERS
ATTENDING 0-5 COUNSELLING
PROGRAMME

6 865



PREGNANT PARENTS / CAREGIVER
ATTENDING CLINIC TALKS

PARENT-INFANT PROGRAMME cont...

SAPPIN (South African Parenting Programme Implementers Network) - National

The Programme Manager, Mandisa Patala, continued to contribute to the further development of SAPPIN. This network facilitates partnerships and collaboration between parenting programme implementers nationally, to raise concerns and ensure that South African-based and adapted parenting programmes are effective, and evidence informed.

RTL Television (Germany)

The Parent Infant Programme was approached by Nicole Macheroux-Denault, a journalist for RTL Television, Germany to contribute to a report about the need for support of pregnant women and young mothers, to avoid abandonment of babies. The TV report was looking at various issues such as the economic strain caused by the COVID-19 pandemic on pregnant women and mothers in the community of Imizamo Yethu in Hout Bay. Our 2 parent-infant counsellors in Imizamo Yethu, Nompumelelo Sampies and Babalwa Tatsi-Ngala and 2 of their clients participated in the interview, during which Mpumie shared: ***"It is very important to create a healthy environment for children so that they grow up with a healthy state of mind. This also goes with making sure that the fathers are involved in the upbringing of their children. As home visiting counsellors we educate mothers (involving their partners) about creating a healthy bond with their children from pregnancy to birth, and we also render the mothers support for other dynamics that come with pregnancy and parenting."***

EXAMPLE OF IMPACT:

A mother supported after losing her baby

"Jacky (name changed) was home visited by parent-infant attachment counsellor in Mitchell's Plain, Debbie Meyer, during her pregnancy. She was taken into hospital when she found that she was not well, and very sadly experienced a stillbirth. The nurses asked her who could they call because she was refusing to eat and did not respond to anyone. She gave them consent to call Debbie, who without hesitation, rushed to the hospital even though it was in the evening. When Debbie got to Jacky, the mother started crying and told Debbie what had happened. Jacky thanked Debbie for coming to give her support during this hard time. Debbie encouraged Jacky to eat in order to regain her strength and take her medication.

After Jacky's discharge from hospital, Debbie continued to visit her and provide Loss and Grief support. Jacky mentioned that she was feeling so much better after she finished her Loss and Grief sessions. Debbie did an exceptional job in rendering support to Jacky during her grieving process." (Programme Manager, Mandisa Patala)

PARENT-INFANT PROGRAMME cont...

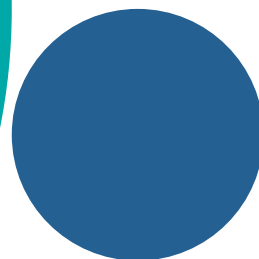
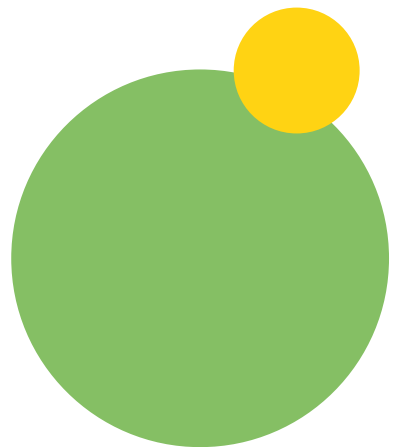
ACKNOWLEDGEMENTS:

I would like to extend my gratitude to the programme team, Alice Vinkqishe; Babalwa Tatsi-Ngala; Blanche Rezant (previous manager); Claudia Roodt; Deborah Meyer; Deseree Van Schalkwyk; Hlonela Mabhani; Jetara Ross; Kate Brydon (previous manager); Lucy Yozi; Mireille Landman; Nompumelelo Sampies; Noludwe Tanale; Susan Mitrani; Vivienne Williams; Zizipho Mende; Zimkhitha Koti; and Zusakhe Voyi, for the hard work you have put in to delivering this programme to provide support for vulnerable parents/caregivers. We bid farewell to Blanche Rezant, Claudia Roodt, Hlonela Mabhani, Kate Brydon (now programmes Manager), Zizipho Mende, and Zusakhe Voyi during the year.

Sincere gratitude also goes to our colleagues at The Parent Centre, our funding partners and donors who work with great effort towards a vision of a society in which parents and children are protected and cared for. We commend the courageous parents who have reached out to our programme this year.

MANDISA PATALA

PARENT-INFANT PROGRAMME MANAGER





COUNSELLING

The Parent Centre's counselling is focused on engaging parents & caregivers into a partnership where support is provided; information is shared, and the parent & caregiver's own problem-solving ability is facilitated.

Counselling team during this period:

Jann Watlington (PACES manager); Carmen De Vos (PACES & Counselling Co-ordinator); Kaashifa King (Resource Developer, Counsellor & Facilitator); Yoliswa Titi (Social worker & Facilitator) and Neliswa Nomjana (Social worker & full-time counsellor).

We are thankful that we have survived the Covid-19 pandemic and proud that we could support parents and caregivers during these crisis times.

During the reporting period of 1 April 2021 to 31 March 2022, we achieved:

- Counselling **205 parents & caregivers**.
- **352 counselling sessions** (face-to-face, telephonic & online sessions via WhatsApp and zoom).
- In essence, **446 children benefitted** from positive parenting counselling sessions.
- **59 families** were granted R200 Shoprite vouchers from DSD funding.



205

PARENTS AND CAREGIVERS
ATTENDED COUNSELLING
PROGRAMME

446



CHILDREN IMPACTED THROUGH
PARENTS/CAREGIVERS ATTENDING
COUNSELLING PROGRAMME

COUNSELLING cont...

EXAMPLE OF IMPACT:

A desperate mother is helped to reconnect with her daughter

"Sarah (name changed) reached out for support, as her daughter has been diagnosed with ADHD, depression, trauma and had attempted suicide. Sarah had three counselling sessions and registered for our WhatsApp Positive Parenting Skills Training. The improvements have been phenomenal. They have gone from a broken relationship to being able to share feelings, make themselves vulnerable with each other, share deep struggles and communicate openly. Although the mother and daughter admit that they still have a far way to go, Sarah felt that she was desperate to understand her daughter and build a relationship with her. She had sought professional help previously but felt that it was at The Parent Centre that she learnt to understand her child, empathise with her, unlearn unhealthy ways of parenting, and learn new ways to not only connect with her child but also have clear boundaries"

We noticed a significant drop in sessions compared to the previous year.

Contributing factors to cancellations or postponements include:

- Sessions being cancelled due to counsellors or clients displaying COVID-19-like symptoms.
- Office closure due to COVID-19 infection.
- Reduced counselling capacity due to organisational restructuring, the resignation of our full-time counsellor, in February 2022 and counselling staff leave.
- An increase in our counselling fees.
- Taxi violence & community protests.
- Poor follow-up by clients referred by the court.
- Icy cold & rainy weather.
- The counselling site at Harry Gwala Secondary School was closed during the school holidays.



352

**FACE-TO-FACE, TELEPHONIC
AND ZOOM COUNSELLING
SESSIONS CONDUCTED**

59



**FAMILIES RECEIVED
R200 SHOPRITE VOUCHERS**

COUNSELLING cont...

We have seen an increase in:

- Co-parenting counseling. During the year 42 parents were referred by The Children's Courts, Office of the Family Advocate as well as the High Court.
- Father involvement, which includes divorced, unmarried, step & male relatives.
- Integration of services, for example, clients who attended Positive Parenting Skills Training (PPST) requesting and coming for counseling as well.
- Referrals from schools, SANCA, Nicro, Department of Social Development and Badisa.
- Gender Based Violence cases.
- The need for services for children throughout our sessions, however, we remain concerned about the lack of services available for children.

EXAMPLE OF IMPACT:

Message from a client who attended PPST and counselling sessions

"I am Fezeka. My child was removed from me this year. I was angry to the Social workers and at the same time I felt that I failed to be a good parent to my child. I was down and confused what to do and where to start. I felt like I can drink more to forget and that I'm useless. Thanks, the court for referring me to Parent Centre, it is where I feel empowered through counselling, talking to someone who accepted me and not judging me, to express my feelings. Now I can say I feel that I am a parent and I have to be responsible for that. Though my child is not with me but last week he came to me, and I took him to Promenade and assist him in his project, going to internet café for his project, I was happy to see him happy with me no matter it was an hour. Thank you, sis Yolie, because she supports me and if I'm not sure of something happening I call her for advice, I don't want to break law again and my child never return to me. I am confident on what parent Centre do for me and I'm looking forward to do more, am not drinking anymore, I have a hope since day 1 of the session. I was afraid but now am happy. Thank you for giving me second chance to prove myself as a parent".



74

CO PARENTING COUNSELLING
SESSIONS OFFERED

COUNSELLING cont...

Whilst the year has been full of challenges and change, we have seen some wonderful highlights for the year:

- Although we increased our counselling fee structure, we were able to grant 16 free sessions per month for those clients who were not by the means.
- Met with Family Advocates Office and Department of Social Development staff regarding our referral process and our services.
- Referrals were sent to Empilweni, Matrix, SANCA and Cape Mental Health.
- A counsellor wrote an article for a community newspaper "Back to full school does not feel cool".

ACKNOWLEDGEMENTS:

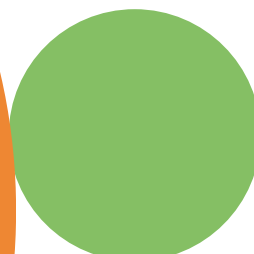
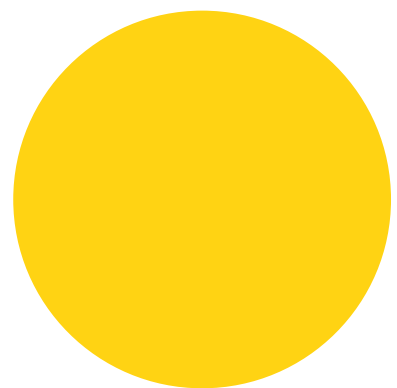
A special appreciation to Zaida Jansen (Office Manager), Bronwyn Thompson (Receptionist) & admin staff who continuously assisted the Counselling team as they worked remotely from home and patiently managed the rescheduling of appointments due to COVID-19 and organisational restructuring.

Thank you to Fouzia Rylkief, who continued to provide mentorship & support on a voluntary basis. A special thank as well to the management of Harry Gwala Secondary School and Grassroots Edutrust. Goldilocks and Bear Foundation, who offered a free presentation on ADHD.

To my Dynamic counselling team, I express honour & gratitude to your unfailing perseverance in assisting parents and promoting positive parenting, despite all life's challenges!

CARMEN DE VOS

PACES & COUNSELLING CO-ORDINATOR





TEEN PARENTING PROGRAMME

The Department of Basic Education published its Policy on the Prevention and Management of Learner Pregnancy in Schools¹ in the Government Gazette, on 3 December 2021.

The Policy seeks to address the increasing rates of learner pregnancy, acknowledging its negative impact on the lives of thousands of young people as, ***“often limiting their personal growth, their pursuit of rewarding careers and their ambitions, with an incalculable impact on South Africa’s socio-economic landscape”***¹. Acknowledging the Department of Basic Education’s central role in the social sector’s collective response to this challenge, the Policy outlines guidelines for the reduction and management of the incidence of learner pregnancy, but also to mitigate its adverse impact on the affected learners, through provision of a supportive environment for learners to continue and complete their education. Partnerships, including those with Non-Governmental Organisations, are considered “critical” (Principle 5.10) to this supportive environment.

The principles outlined in this Policy document, which protect the rights of learners to, *“a stigma-free, non-discriminatory and non-judgemental environment ... to support their physical and psychological health and dignity”* (Policy goal 3.4) have been part and parcel of the Teen Parenting Programme’s approach since the inception of the programme 18 years’ ago. However, the formalisation of the policy provides easier access of our programme into schools and places us in an excellent position to provide The Parent Centre’s empathic, non-judgemental and self-esteem-enhancing support which teen parents desperately need in order to cope effectively with the demands of being a teen parent.



328

TEEN PARENTS AND CAREGIVERS
(62% BIOLOGICAL PARENTS,
38% CAREGIVERS & 9% MALE)

344



TOTAL NUMBER OF CHILDREN
IMPACTED THROUGH
TEEN PARENTING PROGRAMME

TEEN PARENTING PROGRAMME cont...

As the name of our programme indicates, our Teen Parenting Programme is an interactive parenting programme for teenage parents and caregivers. Our focus is on parenting and life skills rather than teen pregnancy prevention. Firstly, the 23-week programme provides regular, ongoing support to these new, young parents and caregivers as they strive to cope with their developmental challenges of being teenagers and their academic responsibilities, alongside taking care of their children. Secondly, we wish to raise their awareness of both their own, as well as their children's rights and responsibilities, with the aim of fostering nurturing childcare which meets needs with a long term aim of all reaching their potential. Thirdly, we wish to encourage them how to raise their children without any form of corporal punishment by teaching positive parenting skills which will enable their children to thrive in their nurturing care. Finally, life skills teach problem-solving and help teenagers cope with every-day challenges as well as the all-too-prevalent, 'post'-pandemic issues of loss and grief and foster sound, mindful decision-making about intimate relationships with future aspirations in mind.

PROGRAMME ACTIVITIES

As we reflect on the 2021/22 year, my Teen Parenting team and I feel honoured to have had the opportunity to make a significant difference in the lives of **328 teen parents and caregivers** and the **344 children** in their care. The programme participants comprised **308 learners** and **20 out-of-school teens**. **203 (62%) were biological mothers and fathers** and **125 (38%), care-givers**. **28 participants were male (9%)**.

Feedback from our participants and school principals and teachers provides strong evidence of significantly positive outcomes in all focus areas. Positive impact is seen in changed personal attitudes and behaviour, coping-mechanisms, parent-child and teen-parent relationships and childcare. Most significantly, positive parenting has replaced harsh destructive parenting practices and neglect, providing opportunity for children to thrive.

Academic performance is a gauge of learners' ability to cope with balancing their school-related and childcare responsibilities. 262 (98%) out of the 268 learners in 14 of the 16 school groups (from whom we were able to access this information), passed their Grades at the end of 2021. This high pass rate is particularly significant for the 2021 school year which saw learners only attending school on alternative days due to COVID-19 restrictions.



98%

GRADE PASS RATE

0



**TOTAL NUMBER OF NEW
PREGNANCIES REPORTED FOR
LEARNER PARTICIPANTS**

TEEN PARENTING PROGRAMME cont...

In addition, this pass rate reflects and supports the feedback from schools and participants that learners who have participated in this programme, have more positive attitudes and commitment to their schoolwork and behave better in class. **99%** of our school-going participants indicated that they **were coping significantly better, academically**. The participants ascribed their coping to better child management due to positive parenting skills, better time management and enlisting the help and support of family members which had become easier due to improved relationships between teen parents/care-givers and their parents and assertiveness skills learnt on the programme. No pregnancies have been reported subsequent to learners joining the programme.

EXAMPLE OF IMPACT:

A teen parent's life changed

"I found out about the programme from a friend. I never knew I would get such help and a loving teacher. I have changed in an amazing way whereby my attitude towards my child, my schoolwork and at home, have changed. I went back to the teen I used to be before getting pregnant. I recovered my self-esteem. I was even able to choose friends I should associate myself with. I have learnt I should prioritise my school work, my child and my parents before anything."
(18 year-old biological mother of 1 month-old son)

Better relationships with the children in their care were reported by 99.5% of participants. A few reported that the good pre-programme relationship was "the same". This outcome indicates that the relationship-building parenting skills – focussing on empathic listening, self-esteem and understanding children's behaviour - had had a significantly positive impact and had fostered nurturing childcare.

EXAMPLE OF IMPACT:

Teen Mother shares her impact with others

"When I started the programme I joined it because I wanted to know how to be a real parent and a student at the same time – how I should manage my child and my school work with my home duties all in one day. It was difficult before I joined the programme but now, I'm also the one who teaches/helps others who did not have the opportunity to join the programme."
(17-year-old learner and biological parent of 8-month-old daughter)



99%

**PARTICIPANTS USE POSITIVE
DISCIPLINE, POST-PROGRAMME**

TEEN PARENTING PROGRAMME cont...

Destructive parenting & discipline practices have been replaced with positive parenting skills. Whilst 54% of participants indicated using harsh discipline, including beating, pinching and shouting, pre-programme, **99% participants reported using positive discipline, post-programme**. Although it would be unrealistic to believe that the teenagers have totally eliminated use of destructive parenting practices, there is evidence of a new awareness of the damage these practices do to a child's self-esteem and the parent-child relationship. Evidence of genuine change is seen in the fact that they are not just reporting not using these previous practices but are implementing positive parenting skills learnt and seeing the positive results of these on their relationships with their children.

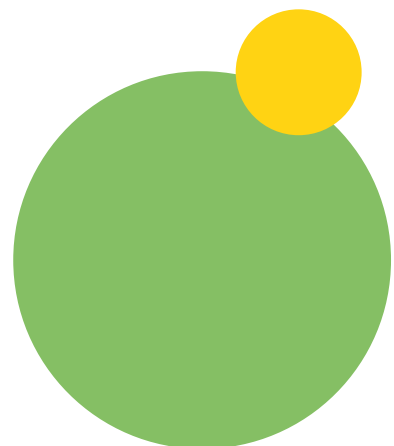
ACKNOWLEDGEMENTS

It is with a deep sense of gratitude to our Sustainer who has brought us full circle through a worldwide pandemic which threatened every aspect of our beings, not only to survive, but to emerge, like a beautiful butterfly, with the health, strength, commitment and passion to continue to provide a life-line to our challenged teen parents and caregivers so that they, and their children, too, may thrive.

To my dedicated team: Noxolo Madlakane, Elizabeth Giba, Phumla Memani, Xolelwa Welemtsha and Charles George, it has been a privilege and a blessing for us to work together for another year. I look forward to being surprised at what the future holds for our team.

JULIA STARCK

TEEN PARENTING PROGRAMME MANAGER



1 DBE National Policy on the Prevention and Management of Learner Pregnancy in Schools, Gov Gazette 3 Dec 2021



PACES

One step forward, one step back, dancing in the second year of the Pandemic.

I have the pleasure but the slightly surreal task of writing a report for the Parenting and Community Empowerment and Support Programme, otherwise known as PACES, for the 2021/2022 period.

I feel it's surreal for two reasons, firstly I am the new PACES manager, having only started in May 2022 to try to fill the large work boots worn by Jann Watlington, and am thus writing a report that reflects the work completed by the PACES team before I even knew of the great work undertaken by TPC.

Secondly, it is the second year after the outbreak of COVID-19. 2020 was a huge year globally, and the massive impact that COVID-19 has had is still being felt. Often the second year after a huge event is almost forgotten, or understated, which is why sometimes after the enormity of a first year the second year can seem a bit flat, like treading water, like waiting for the next wave or dancing in one spot. The whole world will remember 2020, but we need to reflect on the year that followed, which is not easy to do if you want to give this period its attention and focus.

In many ways, 2021/2022 faced the same challenges of that first year of COVID and saw an evolution of the impact and coping strategies in facing the challenges of the pandemic. The PACES sector I have come into has three sections: Counselling (covered in its own section in this overall report), Positive Parenting and the 7-session Positive Parenting Skills Training course (PPST), and Fatherhood which also has 6 week Fatherhood training course (FT). After restructuring, funding scarcity, and the impact of the Pandemic, PACES was in a core deliverable mode focused on these two training courses.

In writing this I looked over the reports written by Jann in the last year and a number of themes came up, a theme of resilience and tenacity in facing the challenges, a theme of adaption and change, and a stuttering, inconsistent, almost one step forward one step back progress as TPC and the whole world struggled to get back to "normal".



148

**POSITIVE PARENTING
TRAINING SESSIONS
CONDUCTED**

278



**TOTAL NUMBER OF PARENTS/
CAREGIVERS ATTENDING POSITIVE
PARENTING TRAINING**

PACES cont...

PROGRAMME ACTIVITIES

The pivot to online training

Skills learned in the first year of COVID-19 were refined in the early part of the year, and this is strongly reflected in PACES pioneer development of WhatsApp training instead of face-to-face for both PPST and Fatherhood.

Positives of the WhatsApp Training Methodology:

- 1.No transport costs were needed to attend training.
- 2.Participants could still do other things at home.
- 3.WhatsApp training was convenient and safe.
- 4.Most activities that participants learned in pre-lockdown stopped working or were frozen by the lockdown. The Parenting Training filled the gap.
- 5.The training provided a support system to help parents cope during lockdown.
- 6.All would recommend the training to others.
- 7.Online training allowed PACES to recruit in a wide range of communities across Cape Town.

In both PPST and FT the year saw a lurching and at times step backward change from online training to face-to-face.

POSITIVE PARENTING SKILLS TRAINING

PPST groups for the year = **12**

PPST sessions for the year = **148**

Parents (all parents) = **278**

Children impacted = **538**

PACES started the year under level 1 COVID-19 restrictions which had an impact on facilitators' abilities (especially those with co-morbidities). This presented a host of challenges; a restriction of venues, access, and some NPOs wanting to wait until face-to-face training was available or faced funding issues. Concern about the possibility of participants' absenteeism and withdrawal from the training due to contracting Covid-19, looking after children due to the closure of schools, responsibilities of home-schooling children, parents needing to work remotely or at their work offices, and increased family responsibilities during the pandemic.



538

**TOTAL NUMBER OF CHILDREN
IMPACTED THROUGH POSITIVE
PARENTING TRAINING**



9

**TOTAL NUMBER OF
FATHERHOOD GROUPS
COMPLETED**

PACES cont...

"The team of facilitators had the experience of training two WhatsApp training groups previously. As a result, they were much more confident and owned the training process more. They felt comfortable and equipped to use the Voice Note Templates, Group Chat Templates, Handouts, audio roleplays, and videos. They were able to adapt the techniques to the level and needs of the participants. They were more skilled in teaching difficult and complex skills and concepts. They had more realistic expectations of the participants' learning and growth. Facilitators were more patient with participants knowing that parenting training was an already challenging, deep, and evocative learning experience, and even more so using WhatsApp as the teaching medium. The facilitators were aware of the complexities of WhatsApp training and were more prepared to manage it head-on." (Jann talking about the learning experience that staff went through)

TPC even attempted one WhatsApp group specifically targeted helping professionals/practitioners, i.e., parent support educators, family law attorneys, ECD practitioners, child, and youth care workers, community development workers, and students, who showed interest in the training in the previous period. It had mixed success mainly due to the many demands on the professionals/practitioners. **Throughout the world, those who helped others often found it hard to practice self-care.**

EXAMPLE OF IMPACT:

Feedback received from participating parents & caregivers

"Well, believe it or not, but this training saved my marriage. Our foster child was always the reason my husband and I argued, and we were on the brink of divorce because we have different parenting styles."

"I used the skills on my husband."

"The training is great. When I grew up there was a saying that there is no book for parenting. I disagree with that, after attending your Parenting Skills training. If every parent could get this, our mindset will change and how we parent our kids. It has been a lovely journey of learning."

"I realised that parents must step back and not always try to fix a situation and put their children first. Stop thinking of how your parenting will be judged if your kids don't succeed etc. I should also take a softer approach. I am a Good Enough Parent and Proud of it."



115

TOTAL NUMBER OF
FATHERS ATTENDING
FATHERHOOD TRAINING

142



TOTAL NUMBER OF CHILDREN
IMPACTED THROUGH
FATHERHOOD TRAINING

PACES cont...

FATHERHOOD TRAINING

Groups for the year = 9

Sessions for the year = 55

Parents (all parents) = 115

Children impacted = 142



Fathers enrolled from a wide range of communities. Fatherhood also “pivoted” into a new training structure using WhatsApp.

Fatherhood training is a potent example of challenging male stereotypes and the nuanced and complex world of being a father.

Several fathers did not live with their children. They indicated that parenting in this way was harder as they had to manage and balance their time between their children and the mother/s of their children. They however understood that the skills taught could still be used to build relationships with their children. These fathers were able to encourage each other to creatively use the skills using technology, social media, and other methods. The fathers were very supportive and reassuring of each other, and the parenting ‘stuff’ they struggled with.

EXAMPLES OF IMPACT:

Father's relationship with daughter improves

"A father of a 9-year-old was hesitant to attend the training as he was 'forced' by the court to attend and mentioned the following, "To be honest I did not choose to be here at first. I was instructed by the family court to come to The Parent Centre as there has been a total breakdown in how my ex and I communicate with each other. But after meeting some of the fathers and going through the training, I am glad to be here. The training and skills have changed the way I interact with my daughter and others around me."

ACKNOWLEDGEMENTS:

I would like to acknowledge Jann Watlington, her team and all the organizations that partner and interact with PACES, and the many parents who utilized our services.

JONATHAN HOFFENBERG

PACES PROGRAMME MANAGER

LETTER OF RECOMMENDATION



5th January 2022

Dear Sir / Madam

Re: Letter of Recommendation – The Parents Centre

It is my pleasure to provide a letter of recommendation for the Parents Centre, South Africa. The Parent Centre is a leading non-profit organisation located in the Western Cape, South Africa. It was established more than 35 years ago with a focus on primary prevention of child abuse with an explicit focus on the promotion of positive parenting practices to promote confident parents and overall wellbeing of children.

Over the years has expanded their focus to also address violence against women and girls as an essential component to ensure that children are raised in households with reduced levels of domestic violence as this has a direct impact on children's experience and exposure to violence. The Children's Institute conducted an evaluation¹ (quasi-experimental) of a teen parenting programme delivered by the Parents Centre, test the effectiveness of the programme with a specific focus on measuring change in parenting practices, adolescent behaviour and educational outcomes. We found that the programme is effective to reduce harsh parenting, improve positive parenting and to build resilience in the adolescent participants. However, mental health issues persist over time and the programme needed to be strengthened to consider the need to specifically support caregiver mental health in violent community context like South Africa where levels of violence against women and girls are exaggerated. This is an example of how the Parents Centre has used evidence to strengthen the delivery of their programming.

¹ Berry L, Mathews S, Reis R & Crone M (2021): Mental health effects on adolescent parents of young children: reflections on outcomes of an adolescent parenting programme in South Africa, *Vulnerable Children and Youth Studies*, DOI: 10.1080/17450128.2021.1954737



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The Parent Centre's focus on the prevention of violence against women and girls is therefore evidence-based. They provide a range of evidence informed programmes from: psychosocial support to vulnerable and marginalized mothers and fathers/caregivers to provide opportunities through a therapeutic environment to work through unresolved childhood and/ or adult trauma through accessible treatment, enhancing interpersonal and communication skills in intimate relationships, and empowering parents to be nurturing and nonviolent parents and partners. Their way of work is collaborative, as they work with a spectrum of stakeholders (such as health care facilities, schools, faith-based organisations, child protection agencies, women's shelters, drug rehab centres, research institutions) aimed to improve outcomes for vulnerable women and children in South Africa.

Yours sincerely



Prof Shanaaz Mathews
Director: Children's Institute
University of Cape Town



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THANK YOU

To all our donors , funders and supporters, who afford us the privilege of Helping Children Through Empowering Parents and Caregivers, THANK YOU.

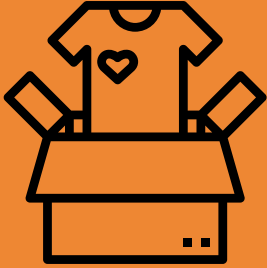
FUNDING



- Allan & Gill Gray
Philanthropies, advised by
Richard & Hilary Rosenthal
- Anonymous
- Dandelion Trust
- Debbie Coombe
- Department of Health
Western Cape
- Department of Social
Development Western Cape
- Erich Nyesa
- HCI Foundation
- Heart 104.9 FM

- Katharina Jansen
- Natmed Medical Defence
- Nicky Samuel
- Nutec Digital Ink (Pty) Ltd
- Rolf-Stephan Nussbaum
Foundation
- Solidarity Fund
- Stichting Varda
- Sylke Burger
- The City of Cape Town
- Vanessa Pather
- Venecia Barries

THANK YOU



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- Bagazio
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- Childline Western Cape
- Enrico Fernandez
- Grassroots Athlone
- Heart 104.9 FM
- I Am for Her Foundation

- Ilhaam Diedericks
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- Judy Brice
- Mrs Ziya
- Naiema Moerat - NM Creations
- Sharon Joubert - Christ Church Kenilworth
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No act of kindness, no matter how small, is ever wasted.

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M&E Social Worker

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Charles George
Facilitator

Elizabeth Giba
Facilitator

Noxolo Madlakane
Facilitator

Phumla Memani
Facilitator

Xolelwa Welemtsha
Facilitator



Hlonela Mabhani
M&E Social Worker

Zizipho Mende
M&E Social Worker

Zusakhe Voyi
M&E Social Worker

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Berenice Scott
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& PPST Facilitator



Charles George
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Kaashifa King
Resource Developer,
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Shuaib Salie
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Facilitator



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Sessional
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CONTACT US



22 WETTON ROAD
WYNBERG
CAPE TOWN



+27 21 762 0116



marketing@theparentcentre.org.za



www. —

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