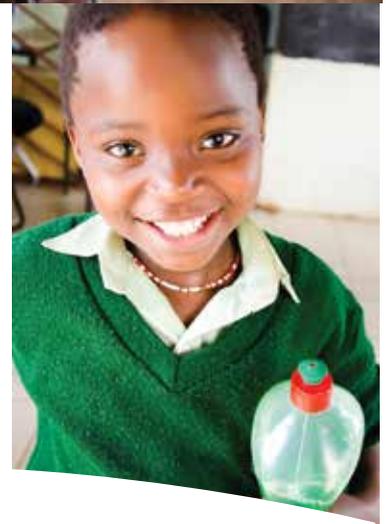




# HEARTBEAT



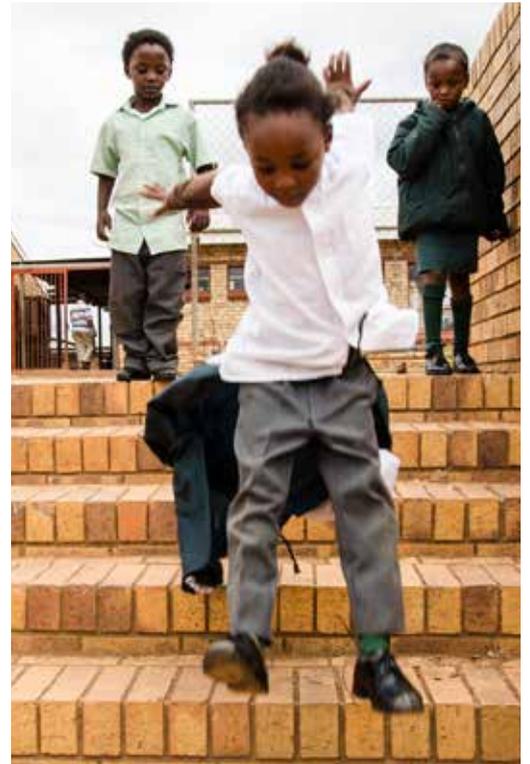
*“Because we are no different from other children”*

## Vision

“Heartbeat is a nurturing organisation, empowering orphans and vulnerable children (OVC) and those who support them to be responsible leaders of the future.”

## Mission

“To empower orphans and vulnerable children to reach their full potential through quality service provision, development, and capacity building.”



“After I found Heartbeat the tear door closed, Heartbeat took off the tears from my eyes. It shows me how we can change things in the community. I was part of the community before but with Heartbeat I excel.”

*Martha Mahlaba (granny and caregiver)*





## Background

The organisation was started in **2000** in response to the orphan crisis mainly due to the HIV/AIDS pandemic. It set out to address the needs of children within their own communities through ensuring that children were part of the programming since the beginning.

## Focus

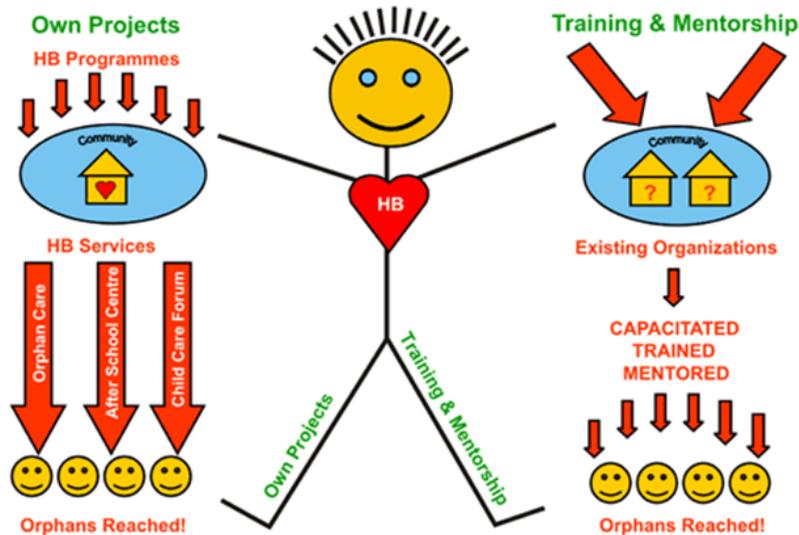
Operating in **14** sites across **7** provinces, Heartbeat's model of care addresses the needs of a child holistically within the community in order to reduce the impact of the HIV pandemic. This is done through the four guiding principles which are children's rights, community participation, sustainable development and partnerships. We work in partnership with communities, service providers, donors, government and friends to provide holistic services to our children.

“I wouldn't be able to cope without Heartbeat. Heartbeat has helped by supporting my grandchildren.”

*Elsie Manne (granny and caregiver, with grandchild, Thsetso)*



# Programmes



## Heartbeat implements the following four programmes for its children:

### ➔ Children's Empowerment

This programme aims to ensure that children's emotional well-being is taken care of. In order for this to happen, Heartbeat's Child Care Workers visit the children at their homes to ensure an adult presence, assist with house chores, home-work and the well-being of the child.

The Social Workers will do activities to support the children; these activities include individual counselling, support groups, youth camps, workshops and puppet shows. The Community Development Facilitator and the Social Workers will work closely with other service providers to assist with foster care placements.

A range of workshops are held for the children. The workshops focus on child abuse, HIV and AIDS, gender equality and teenage pregnancy.

Services offered by this programme include:

- Home visits by Child Care Workers
- Individual and group therapy by qualified social workers and auxiliary social workers
- Workshops, awareness raising events and support groups addressing specific needs
- Child participation through a Youth Ambassador programme
- Puppet shows
- Memory work and succession planning
- HIV Prevention education
- Referrals to relevant services, including health care referrals

### → Access to Basic Rights

This programme ensures that children are supported with all their basic rights as enshrined in the constitution. The programme focuses on the issues of acquiring birth certificates and ID's, lobbying for school fee exemption, electricity and water, ensuring access to basic health care and advocacy in general for their rights.

Services offered by this programme include:

- Ensuring all OVC have birth certificates and identity documents
- Assistance to households and individuals to access government grants
- Assistance to households to access indigent programmes
- Collaboration with local government

“If I’m on my own I get worried, but if I go to Heartbeat I have company, I feel better.”

*Sipho Selabe (Grade 8, aged 15)*



### → Education

Heartbeat strives to support children through various activities to ensure that children can excel academically. This starts with Early Childhood Development for the children younger than 6 years of age. Heartbeat has partnered with a NGO, ECD Projects, in this regard.

Heartbeat accommodates children at the After School Centre (ASC) and supports them with home work assistance. All children will receive school uniforms and stationery. Heartbeat’s project staff will lobby on behalf of the children for the exemption of school fees.

Heartbeat’s Post-Secondary Programme allows youth that have completed their secondary schooling to study or to be part of a Skills Development Programme.

Services offered by this programme include:

- Ensuring all OVC have access to free schooling, including lobbying for school fee exemption in fee-paying schools
- Supply of school uniforms and stationery
- Homework assistance
- Academic assistance by qualified teachers through extra classes
- Early Childhood Development
- Support of tertiary students



### → Material Support

Heartbeat provides for the material needs of its Orphans and Vulnerable Children. Food parcels and food gardens ensure food security; clothing, blankets and toiletries are also provided to the children.

The Exxaro Food Garden Project is focused on addressing Heartbeat's objective to ensure access to, or directly provide for, the physical rights of OVC as described in the SA Constitution.

Services offered by this programme include:

- Food parcels
- Food gardens
- Donations in kind
- Emergency Fund

Heartbeat also runs a sponsorship programme to generate additional support for its children:

### → Sponsor a child in need (SACIN)

This is a personalized sponsorship programme, whereby individuals sponsor a child for a fixed monthly amount. The programme is designed to harness the support and good will of ordinary people who wish to make a contribution towards the children of South Africa.

### → Tswelopele Mentoring & Training Programme

In addition to its own programmes, Heartbeat has also developed a mentoring & training programme to extend its reach to more children by empowering existing organisations to implement Heartbeat services.

This programme has accreditation with the South African National Training Authority. The programme comprises course work, internships and practical implementation. Upon graduation the participant organisation will have a fully operational OVC response in its community. The training focuses on the principles guiding the Heartbeat model. It allows participants the flexibility to adapt the model for use in their own organisational context and community, according to their own culture and indigenous knowledge. Throughout the training process, a Heartbeat-appointed mentor assists and supervises the trainees to ensure that the practical implementation runs smoothly.



# Community involvement

Heartbeat is entrenched in the communities we serve. Recruiting staff members from these communities means we have in-depth understanding of the challenges facing these communities and facilitates the buy-in from the broader community. The presence of, and our participation in, the Child and Community Care Forums (CCCFs) has been an ongoing platform used by Heartbeat and forms part of the Heartbeat model. It is a strategic goal of Heartbeat to strengthen and improve the implementation of CCCFs. Stakeholders in the communities served by Heartbeat should be represented on these forums and assist in the identification of OVC, community mobilisation, community consultation and community referrals.



## IMPACT OF THE PROGRAMME

**14 different COMMUNITIES SERVED**  **55 000 CHILDREN** reached through direct & indirect interventions  **52 CBOs TRAINED** SINCE 2004 

**5 projects & 6 crèches** supplied with **fresh produce twice a month**  benefiting almost 900 children & **ACCREDITED TRAINING PROGRAMME** developed around the Heartbeat model

“When I look at those nurses I’m proud, they are leaders now and are taking care of their own families. They came to us in primary school. When I see them in their uniforms then I can say ‘yes!’ I have done something to change a life.”

*Billy Mpho Vilikazi (Site Programme Manager)*

# Sustainability

Heartbeat has re-evaluated its vision, mission and programme objectives. It has evaluated programme challenges, programme successes, the feasibility and quality of services it delivers and through this evaluation has updated its objectives and activities in order to remain relevant in its communities. Resource mobilisation forms a core part of Heartbeat’s 2011-2013 strategic plan. Through a combination of maximizing the potential within existing networks, nurturing relationships with long-term, committed donors and gaining deeper support from other strategic partners, Heartbeat’s committed staff aim to continue to provide necessary and sustainable services in their communities.





# Governance

Heartbeat is registered as a Section 21 Company under the Companies Act, a not for profit organisation with the Department of Social Development and a Public Benefit Organisation with the South African Revenue Services. It is governed by a board of directors with expertise in finance, international donors and business development, business incubation and development, research, community mobilisation and children.

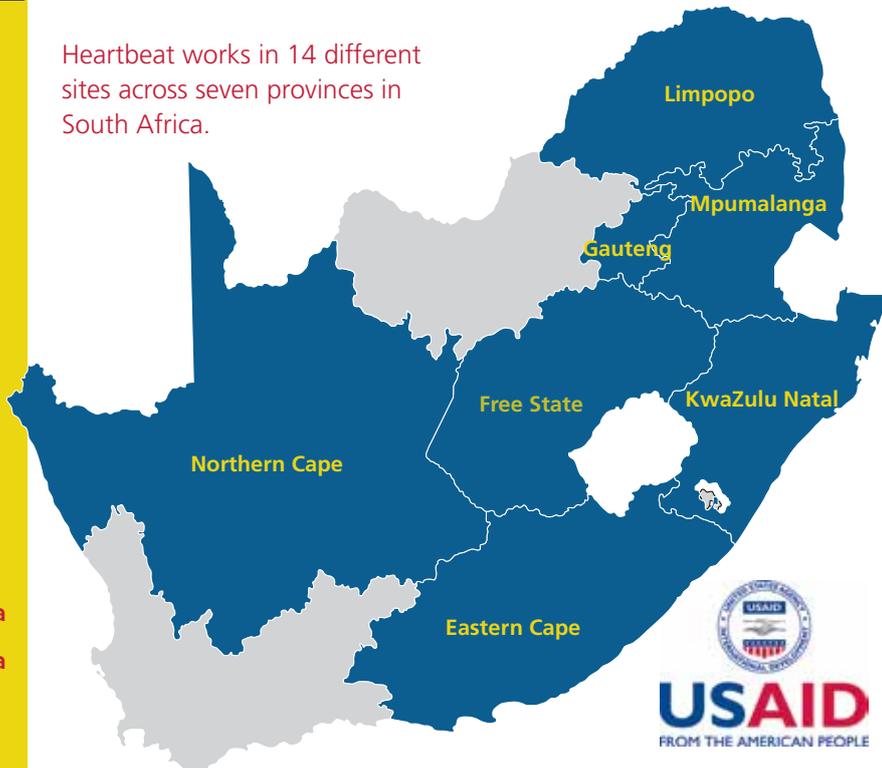


“Break the cycle of poverty,”

*Siziwe Ngcwabe (social worker)*



Heartbeat works in 14 different sites across seven provinces in South Africa.



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