

NKOSINATHI FOUNDATION:2018/2019



NKOSINATHI FOUNDATION
OF & FOR BLIND & PARTIALLY SIGHTED PEOPLE
000-610NPO

NPO:000-610

PBO:130002446

BBBEE: Level - 1



NKOSINATHI FOUNDATION
-Breaking barriers of Blindness-

Help us change the way the world sees blindness!

ORGANISATIONAL PROFILE: 2018/2019

Brief History:

The Foundation was founded in Port Elizabeth by a small group of blind people, on 27th May 1948. It has demonstrated therefore over 7 decades of: experience, commitment and dedication to the delivery of services to blind and partially sighted children and adults! The purpose of the Foundation is to support newly blinded children and adults in whatever way possible, helping them to meet the challenges of loss of sight. Originally, the assistance was given by “experienced” blind people sharing their knowledge and experience with newly blinded children, their parents and newly blinded adults. Over the years, the Foundation has consistently grown to where it is today. It is now managed by a Management Board, with a minimum of 60% of the Board members, being blind or partially sighted people. (This is a Constitutional requirement). The Board employs professionals to provide comprehensive rehabilitation services to blind and partially sighted children and adults who live in the Eastern Cape. The professionals employed by the Board, work from the Foundation’s property – situated in Kirkwood Street in North End, Port Elizabeth. However, the preferred method of service delivery is that work is carried out in service recipients’ homes, places of work or any other relevant places within the community.

The Nkosinathi Foundation is compliant with all industry related registrations and requirements:

- Registered Non-Profit Organisation: 000-610 NPO (with the Department of Social Development)
- Registered Public Benefit Organisation: PBO:130002446 Section 18 (A) (with SARS)
- BBBEE Status-Level 1

Vision:

An empowered and independent blind and partially sighted people fully integrated into society.

Mission:

To provide a supportive and comprehensive rehabilitation model and to raise awareness which enables blind and partially sighted people to reach independence and develop their potential.

Aims are to:

- Create awareness about the prevention of blindness and loss of sight;
- Provide a support structure to blind and partially sighted people, their family members and relevant service providers;
- Provide a comprehensive rehabilitation programme, which addresses the changing needs and assists to overcome the challenges associated with significant loss of sight.

Primary Goal is to:

Provide Rehabilitation & Related Support Services to children & adults who lose their sight, as well as to their families. These services assist in overcoming the detrimental effects of loss of sight, which then enable blind & partially sighted people to live full & productive lives in ordinary society.

The overall objective of the Foundation (as per it’s Constitution) is to: promote the interests of blind and partially sighted people in the Province of the Eastern Cape by:

- assisting such people to adopt strategies which counteract the detrimental effects of blindness or partial sight; and
- raising public awareness concerning the dignity and abilities of blind and partially sighted people.

Targeted Beneficiary Group: 2018/2019

Nkosingathi Foundation provides the above services to almost 500 (54%) people per year who live in the Nelson Mandela Bay Metropole and to over 300 (45%) people per year who live in rural Eastern Cape. Much of the rehabilitation services are carried out in the blind person's own home as it is important for the blind person to be rehabilitated and orientated in his own environment before anywhere else. All the Employment Readiness Training and most other group services are carried out at the Foundation's premises in Port Elizabeth. Most recipients of services are from disadvantaged backgrounds and are unable to pay for their own transport to and from the Foundation's premises. Therefore, provision is made in the transport budget to pay for blind and partially sighted people's travel to and from the Foundation.

o Geographical Areas:

- o *Urban areas* of Nelson Mandela Bay Metro some of these communities include the informal settlement areas of: Motherwell, New Brighton, Zwide, Kwa Zakhele, Bethelsdorp, Gelvandale, Walmer Township, Uitenhage Kwa Nobuhle.
- o *Rural areas* of the Eastern Cape: Clarkson, Kareedouw, Hankey, Patensie, Loerie, Addo, Paterson, Kirkwood.

o Criteria:

- o Beneficiaries are people of all: ages, races, religions, levels of education and socio-economic backgrounds.
- o To receive services beneficiaries must be:
 1. **Blind or Partially Sighted** (i.e. their sight cannot be corrected by surgery or conventional spectacles)
 2. **Family Members of Blind or Partially Sighted person**
 3. **Significant Others:**
 - Other loved ones in the blind person's life
 - Mainstream schoolteachers
 - University / college staff members
 - Employers of blind and partially sighted people
 - Co-workers of blind / partially sighted people
 - Retirement Homes staff members
 - Hospital staff members

o Demographics:

Whilst services are available to ALL people affected by Blindness or Partial sight, the demographics of the Foundation's beneficiaries largely reflects the demographics of the Eastern Cape Province.

Black	81%
Coloured	11%
Asian	1%
White	7%

➤ 2018/2019 Stats:

MEMBERSHIP: Registered members of the Foundation: 60%: blind / partially sighted people. The Foundation is a member-based organization – the members being the past and current beneficiaries of services: 850 +	BENEFICIARIES: assisted by the Foundation: 100%: blind/partially sighted people & their families: 75
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2018/2019 List of Benefactors supporting Nkosinathi Foundation

Algoa Bay Charitable Trust
Amava
Ampath Trust
ApexHi Charitable Trust
Children's Feeding Trust
Cooper Vision SA (Pty) Ltd
Department of Social Development
Export Credit Insurance Corporation
Ezethu Development Trust
Frank and Flo Baker Trust
Herald Christmas Cheer
John and Esther Ellerman Memorial Trust
Lewis Group
Medical Forum Theatre
Motor Bake Trust
National Lotteries Commission
Nelson Mandela Bay Metropole Municipality
P. J. Davitz Trust
Richardson Will Trust
Rosser Charity Trust
Taylor Will Trust
Union of Jewish Women
WE & SM Berry Will Trust
Mr. and Mrs. David and Tracy Harrington

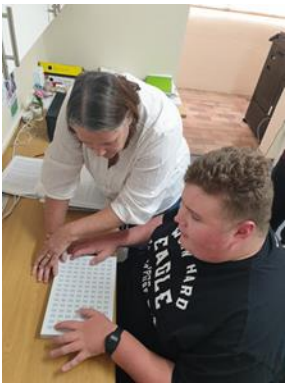
Mrs. Margaret Bilsbury
Mr. Peter Chabe

Goods in Kind:
Carved Unlimited
Children's Feeding Trust
Daymon Worldwide
Magnetic Storm
Medical Forum Theatre
Toc-H
Union of Jewish Women
The Inner Wheel Ladies
Rotary Club of Sunrise Port Elizabeth
NMU
Damelin College
Varsity college
African Bank
Hanon Systems
Newton Tech High School
Special mention to Gelvan Park Primary and
Alpha Primary

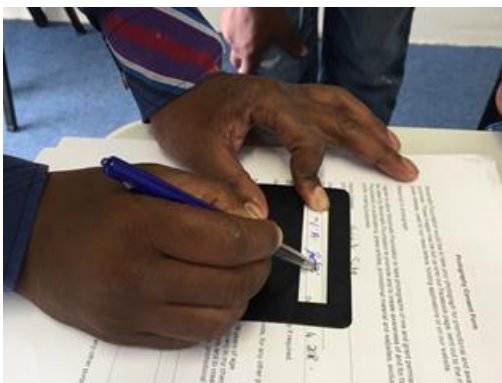
In support of its mission, activities are categorized into the following 6 programme areas providing services to blind and partially sighted people and their families.

1. URBAN REHABILITATION FOR ADULTS
2. RURAL REHABILITATION FOR ADULTS & CHILDREN
3. EARLY CHILDHOOD DEVELOPMENT & REHABILITATION FOR CHILDREN
4. EMPLOYMENT & TERTIARY READINESS FOR YOUTH & ADULTS
5. INCOME GENERATION TRAINING (Social Enterprise Development)
6. PRACTICAL SUPPORT & RELIEF

**URBAN REHABILITATION FOR ADULTS:
137 clients and 350 family members assisted**



Braille Literacy training



Adapted Daily Living Skills E.g. Learning to sign name



Orientation & Mobility Training – Blind person learning to move about independently

Blind / partially sighted adults and their families are provided rehabilitation services by a team of professionals either at the Nkosinathi Foundation premises for the required number of sessions and / or (depending on the type of service) at the Client's home or workplace for the required number of sessions.

Emotional Support Services

- Individual counseling
- Family counseling
- Training and Support: Group
- Social / Activities: Group

Living Skills Training Services

- Orientation and mobility training
- Provision of Long canes free of charge to blind people
- Adapted Skills of daily living training
- Access to Special Equipment
- Braille Literacy training
- Referrals for Audio equipment and materials
- Residual vision assessment
- Residual vision training
- Prescription of Low Vision Aids
- Access to Low Vision Aids
- Training in the use of Low Vision Aids

Geographic Areas of communities served: In the Nelson Mandela Bay Metro some of these communities include the informal settlement areas of:

- | | |
|----------------|-------------------|
| ➤ Motherwell | ➤ Gelvandale |
| ➤ New Brighton | ➤ Walmer Township |
| ➤ Zwide | ➤ Unitenhage |
| ➤ Kwa Zakhele | ➤ Kwa Nobuhle |
| ➤ Bethelsdorp | |

RURAL REHABILITATION FOR ADULTS AND CHILDREN:

113 clients and 300 family members assisted



Adapted Daily Living Skills



Adapted Daily Living Skills E.g. Learning to identify money.



Orientation & Mobility Training – Blind person learning to move about independently with assistance of outreach rural fieldworker.

This comprehensive rehabilitation service is provided by a team of Rural Rehabilitation Community Field Workers employed by the Foundation and working under the supervision of professionals of the Foundation. The services are provided in client's homes in Rural Areas in the Eastern Cape Province in the communities identified in the table below.

In this programme, blind / partially sighted adults and children who lose their sight and their families are offered:

Emotional Support Services

- Individual counseling
- Family counseling
- Training and Support: Groups
- Social / Activities: Groups

Living Skills Training Services

- Orientation and mobility training
- Provision of Long canes free of charge to blind people
- Adapted Skills of daily living training
- Access to Special Equipment
- Braille Literacy training
- Referrals for Audio equipment and materials

ALL Blind Children living in Rural Areas are also immediately referred to the Foundation's Professionals in order to provide relevant services and ensure the blind child accesses formal education.

Children and Adults from rural communities are also referred to the Foundation based in Port Elizabeth to access the following services below if required:

- Residual vision assessment
- Residual vision training
- Prescription of Low Vision Aids
- Access to Low Vision Aids
- Training in the use of Low Vision Aids

Geographic Areas of communities served: In Rural Areas of the Eastern Cape:

- Area 1: Clarkson, Kareedouw
- Area 2: Hankey, Patensie, Loerie
- Area 3: Addo, Paterson
- Area 4: Kirkwood

EARLY CHILDHOOD DEVELOPMENT AND REHABILITATION FOR CHILDREN:
Approximately 220 children receive services



Low Vision Testing



Reading tactile books - early literacy & pre-braille skills



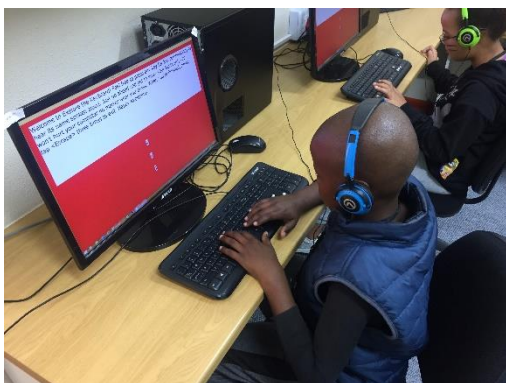
Early independence - Blommie (2.5yrs) using her cane to move around

The Foundation places special importance on the delivery of rehabilitation and support services for children who lose their vision and provides intervention and assistance at the child's home or at its premises.

Children aged: 0-3 years and their Parents:

8 Registered Children

- Hospital / home visits to the parents and child by professional staff.
- Counseling and support for the parents.
- Guidance for the parents on stimulation & development of the baby.
- Provision of food parcels when needed.
- Introduction to the Foundation's Pre School Group facilitator.



Children aged: 4-7 years and their Parents:

22 Registered Children

- Pre School Group at Nkosinathi Foundation for Pre School learning and activities.
- Provision of breakfast and lunch for the pre-school group children.
- Introduction to Orientation and Mobility Training for the child.
- Introduction to Adapted Daily Skills Training for the child.
- Introduction to Braille for the child and optional for parents.
- Introduction to Computers with Adapted Software for blind people.
- Low Vision Assessment and Low Vision Training for the child.
- Continued counseling for the parents.
- Continued guidance for parents on development of the child.
- Guidance and assistance with applications to Primary schools.
- School Holiday Recreational / Educational activities.

Children aged: 8-18 years and their Parents: 144 Registered Children

- Orientation and mobility training.
- Provision of Long canes.
- Adapted Skills of daily living training.
- Access to Special Equipment.
- Braille Literacy training.
- Referrals for Audio equipment and materials.
- Residual vision assessment.
- Residual vision training.
- Prescription of Low Vision Aids.
- Access to Low Vision Aids.
- Training in the use of Low Vision Aids.
- Counseling for the child.
- Counseling for the parents.
- Guidance for parents on development of the child.
- Guidance and assistance with applications to relevant schools.
- School Holiday Recreational / Educational activities.

EMPLOYMENT AND TERTIARY READINESS FOR YOUTH AND ADULTS: Approximately 17 clients per month



Employment/Tertiary Readiness trainees and Internet Café participants in action

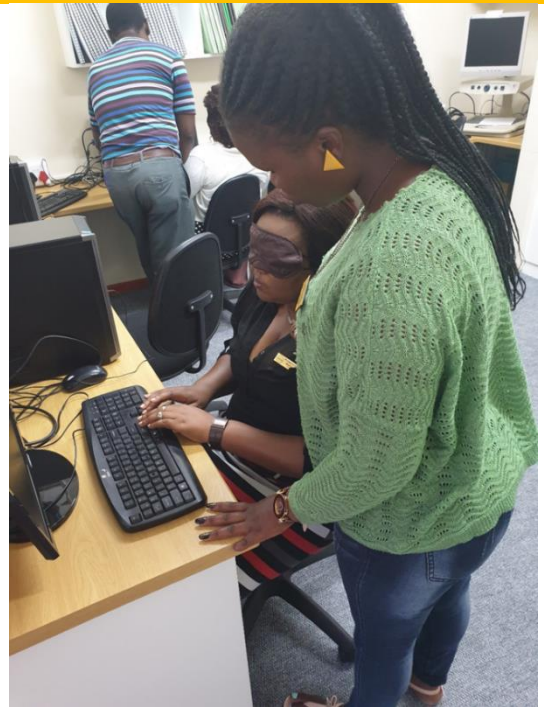
This comprehensive rehabilitation service is provided by a team of professionals at the Foundation's premises.

Youth and Adults receive the following training and services to improve their opportunities of employment

- Computer Training using adapted computer software.
- Braille Literacy Training.
- Electronic Low Vision Equipment (for Reading) Training for Partially Sighted People.
- Orientation and Mobility Training for Blind People.
- Relevant Adapted Daily Living Skills Training.
- Personal Development Training.
- C.V. Writing Skills Training.
- Job Interview Skills Training.
- Communication relating to Work Relationships Training.
- Introduction to Tertiary Education and Assistance with Applications.
- Introduction to the Open Labour Market and Job shadowing Training.

1st INTERNET CAFÉ FOR BLIND AND PARTIALLY SIGHTED PEOPLE AND RESOURCE CENTRE

- Established in 2015, it is the First Internet Café for Blind children and adults in the Eastern Cape Province.
- Blind and Partially Sighted members of the Foundation have access to this Internet Café (by appointment) free of charge.
- Blind and Partially Sighted People have access to Low Vision Equipment and Braille Equipment – including facilities to convert printed materials into Braille. This Service is also Free of Charge to Blind People.



INCOME GENERATION TRAINING (SOCIAL ENTERPRISE DEVELOPMENT): *Pilot Sewing Project: 5 Parents of blind children*



This project is targeted at:

- parents/caregivers of blind and partially sighted children who are enrolled in the weekly pre-school programme;
- as well as selected blind and partially sighted (adult) clients.

The project aims to equip beneficiaries with practical, financial and entrepreneurial skills that have the potential to ensure the sustainability and growth of the Children's Programme as well as their own futures.

Participants of the Programme will receive the following training and services to improve their opportunities of financial sustainability

- Sewing Training (first item: reusable shopper bags) – 5 parents have started this year.
- Personal Finance training.
- Entrepreneurial skills development training (how to run and manage a business).

A Trust is to be established on behalf of parents/caregivers involved in the programme

To assist with securing additional costly special needs support for their blind and partially sighted children such as:

- Individual equipment.
- Therapy.
- Special educational needs.

To ensure each that each blind person / parent of a blind child participating in this project has the maximum chance of success, participants whilst training will receive:

- Stipends for 6 months.
- Full support and supervision particularly post initial training.
- Meals while training and working in the project.

SOCIAL AND PRACTICAL SUPPORT:

65 food parcels distributed to needy families



In some cases, especially during the initial stages of loss of sight and while disability grants are being awaited or in cases of extreme poverty, practical support such as food parcels and clothing are given to people in need.



GENERAL NUTRITIONAL SUPPORT FOR BLIND AND PARTIALLY SIGHTED CHILDREN

- All children receive meals and snacks when they attend the children's groups.
- Blind children who also have other special needs and special dietary requirements, are given the appropriate meals / nutrition – as advised by dieticians.
- Blind and partially sighted children older than preschool age and who received other services at Nkosinathi Foundation, such as Low Vision Services, Mobility Services and Social Services, benefit from this support – receiving food / meals as needed.
- Most of the blind and partially sighted children, as well as many children of blind and partially sighted adults in other Nkosinathi Foundation programs, are from deprived backgrounds and often endure hunger and poor nutrition. Thanks to this support received, none of our beneficiaries go hungry.
- After evaluation of the blind child's home circumstances – children in need are provided with basic food at home.
- Children of blind adults are monitored for instances of need; basic food is provided at home to ensure the children's nutrition.
- All people receiving any basic food at home are monitored by the social worker and the Early Childhood Development Coordinator to ensure food is used for the intended purpose!
- Nkosinathi Foundation continues to provide the Children's Services, free of charge and provides transport to and from group activities, which makes the services accessible to ALL Blind and Partially Sighted Children and their Parents.

MENU:

'it's not all about nutrition- it's about learning too'

The meals provided are for toddlers & children. Mothers of babies are encouraged to continue breast feeding for as long as possible and the babies receive plain mashed vegetables when they start on solid foods. With regards to the special needs children that may require soft foods – the meals that they receive are the same as those mentioned in the table below – we process and liquidize the aspects of the meals that may be too difficult for them to eat. We do however encourage those that can learn to chew, to do so but steadily increasing the firmness of their foods. A variety of textures and different flavours is also important.

Each meal is a learning experience for the children, where we not only introduce them to and let them explore new food; but also teach them the correct methods of eating. Typically, developing children use their sight to watch and mimic how adults and those around them eat. Visually impaired or blind children need to be physically shown how to do so properly, using the hand over hand method. Lunch time is a crucial learning time in and of itself. We adapt the menu below occasionally in order to use the fresh produce we have. The menu also changes through the year depending on the weather, availability of seasonal fruit and our learning activities.

4 -week MENU SAMPLE			
Fishcakes & vegetables	Stiff pap, tomato & onions sauce and sausage	Chicken breast with vegetables	Sausage with mash & vegetables
Spaghetti Bolognaise	Sausage, mash & vegetables	Stew with stiff pap	Chicken pasta
Tuna Pasta	Vetkoek with mince	Burgers	Baked bean & sausage pasta bake
Samp & beans	Chicken livers with rice & vegetables	Fishcakes & vegetables	Stew with rice & vegetables

