

ANNUAL REPORT 2025 / 2026



Visit Our Website
WWW.THEUNLEARNERS.COM/FOUNDATION





The Crisis We Face

1. Do you know of anyone who has attempted or committed suicide?

The pain of losing a loved one in this way is unbearable.

2. Have you attempted suicide before?

Our founder, Zanele (The UnLearning Lady) has, but her attempts were unsuccessful.

They were loud cries for help in a world that seemed dark and drenched in hopelessness.

But not every attempt is unsuccessful...

In Africa, 11 per 100 000 people die by suicide. This is higher than the global average of 9 per 100 000.

The African continent has the highest suicide rates IN THE WORLD!!

And one of the most affected groups is children between the ages of 10 & 19.

Imagine experiencing some of your most volatile and vulnerable years at a time when technological and socio-economic advances move at the speed of lightning and are not designed to protect you.

Now, stop imagining because, for the youngest continent in the world's roughly 160 million young people (below the age of 17), this is their reality. A reality that is not designed to support and maintain your mental well-being.

We're Stepping Up!



We know the real challenge

It has become crystal clear to us that Africa's Young people don't just need education and food - they need the mental aptitude and stability to WANT TO LIVE.



We're shifting mindsets & challenging conditioning

Just like adults often need to do, young people need help relearning what it means to live fulfilling, expansive lives.



There's lots to be done

Sadly, in Africa, resources to help us do this are quite scarce. The World Health Organisation reports that Africa has one psychiatrist for every 500,000 inhabitants, which is 100 times less than the WHO recommendation.





Who We Are

We are dedicated to reducing the high suicide rates among children in Africa.

With the continent having the highest suicide rates in the world, our mission is to provide skills and tools to young people struggling with **mental health issues**.

We empower children and adolescents to redefine their lives, challenge societal norms, and choose a fulfilling future on their own terms.



Our Vision

To reduce the suicide rates amongst Africa's youth by giving learners within the Senior Phase of high school a '**HUG**':

- **H - HELP**
- **U - UPLIFT**
- **G - GUIDE**



How We Do This

1. Placing mental health professionals at schools that do not have the capacity to offer mental health support to their learners.

2. Hosting mental health workshops across the continent to share tips & tools with high school learners (grade 8 & 9) so they don't have to turn to taking their lives when life is confusing and challenging.

Past 'UnLearning Day' workshops



1. Christ Church Preparatory School and College

- 148 Children Impacted
- Year 2025



2. Hands of Hope Special School

- 105 Children Impacted
- Year 2024



3. Nondenisa Secondary School

- 291 Children Impacted
- Year 2023



4. Durban Boys High School

- 421 Children Impacted
- Year 2023



965
Lives
Touched

Message from Zanele Njapha | Founder & Board Chair: Pioneering the 'Unlearning' Movement



The truth is that this phenomenal foundation is an extension of the love I hold for children, my unsuccessful suicide attempts & my belief that tomorrow is indeed worth fighting for! I often say it is my life's greatest work.

Although I have built my profile within the corporate world, my heart still lies with children, within the walls of classrooms.

Having been a Primary School teacher for years, I believe that children are pre-packed - they are born with enough potential and enthusiasm to impact the world in phenomenal ways.

Sadly, society can beat this capacity out of them with the status quo and restrictive dogmas that drive many children into dark places where they question their value and their place in the universe.

The work of our foundation reignites this incredible capacity and looking at the work done during the past years and the last financial year makes me not only proud, but hopeful that our continent is in good hands.

A special thank you to all of the partners who saw our cause as worthy of their budgets, time, attention and care!

We are forever grateful.

Meet The Team



ZANELE NJAPHA
Founder & Chair



UNOTIDA NYONI
Board Member



SYLVESTER MOKUBEDI
Foundation President & Board Member

YEAR 2025 / 2026



2025/26 Targets

Host 5 mental health workshops
(3 unlearning days & 2
webinars)
[Awareness]

Support 2100 children through
mental health practitioners
placed in schools
[Impact]

Secure at least R 240 000.00 in
monetary sponsorship to fund
expenses
[Funding]

2025/26 Results



4 workshops

Host 5 mental health workshops
(3 unlearning days & 2
webinars)
[Awareness]



R 257 792.00

Secure at least R 240 000.00 in
monetary sponsorship to fund
expenses
[Funding]

Support 2100 children through
mental health practitioners
placed in schools
[Impact]



325 children

OUR MANDATE FOR THE YEAR

Helping
Uplifting
Guiding

Africa has the highest suicide rates globally according to the World Health Organization.

The UnLearning Children Foundation is dedicated to reducing the alarmingly high suicide rates among young people on the continent—because every child deserves the opportunity to thrive, not just survive.

We're all about UnLearning what society has taught our children about how they should feel, think, and act. We're here to help them re-learn what it means to live fully, bravely, and with purpose.

HOW WE...HELP, UPFLIFT & GUIDE OUR YOUTH



TO UPLIFT
OUR YOUTH
ONE LIFE
AT A TIME

At The UnLearning Children Foundation, we believe that mental health is as important as physical health, and it's time for us to start unlearning the stigma around seeking support.



We want to make mental health care accessible to every child in Africa.

Key Activity Areas



WEBINARS

To educate our community on issues of mental health and share tools from subject experts.



SCHOOL WORKSHOPS

To share tips, tools and strategies for mental health awareness and management with learners in schools.



COUNSELLING

To support learners with presenting psycho-social challenges with specialised, qualified one-on-one support.

1. WEBINARS

30
sign ups

The UnLearning Children Foundation

Breathing as a Mental Health Tool

WEBINAR

Tim Wagner
Breathwork Alchemist

Zanele Njapha
CEO, The Unlearners

Learn simple techniques to boost mental health and reduce stress!

05 SEPTEMBER 2025
18H00 - 19H30 GMT +2

49
sign ups

The UnLearning Children Foundation

Workplace Wellness

WEBINAR

Dr. Dineo Sefoloko-Chitambo
Medical Doctor

Zanele Njapha
CEO, The Unlearners

- Tips on Work-Life Balance & Employee Well-being Initiatives
- How To Tackle the Stigma Around Mental Health at Work

2 MAY 2025
09.00 - 10:00 AM

177
Children

2.WORKSHOPS

148
Children

Thejane Secondary School
Limpopo | 24 October 2025

Christ Church Preparatory School & College
20 February 2025 | Midrand



17
Sessions

3. COUNSELLING

20+
Sessions

SACAP UNDERGRAD STUDENTS
August 2025 | COHORT 1

SACAP POST GRADUATE STUDENTS
October 2025 | COHORT 2

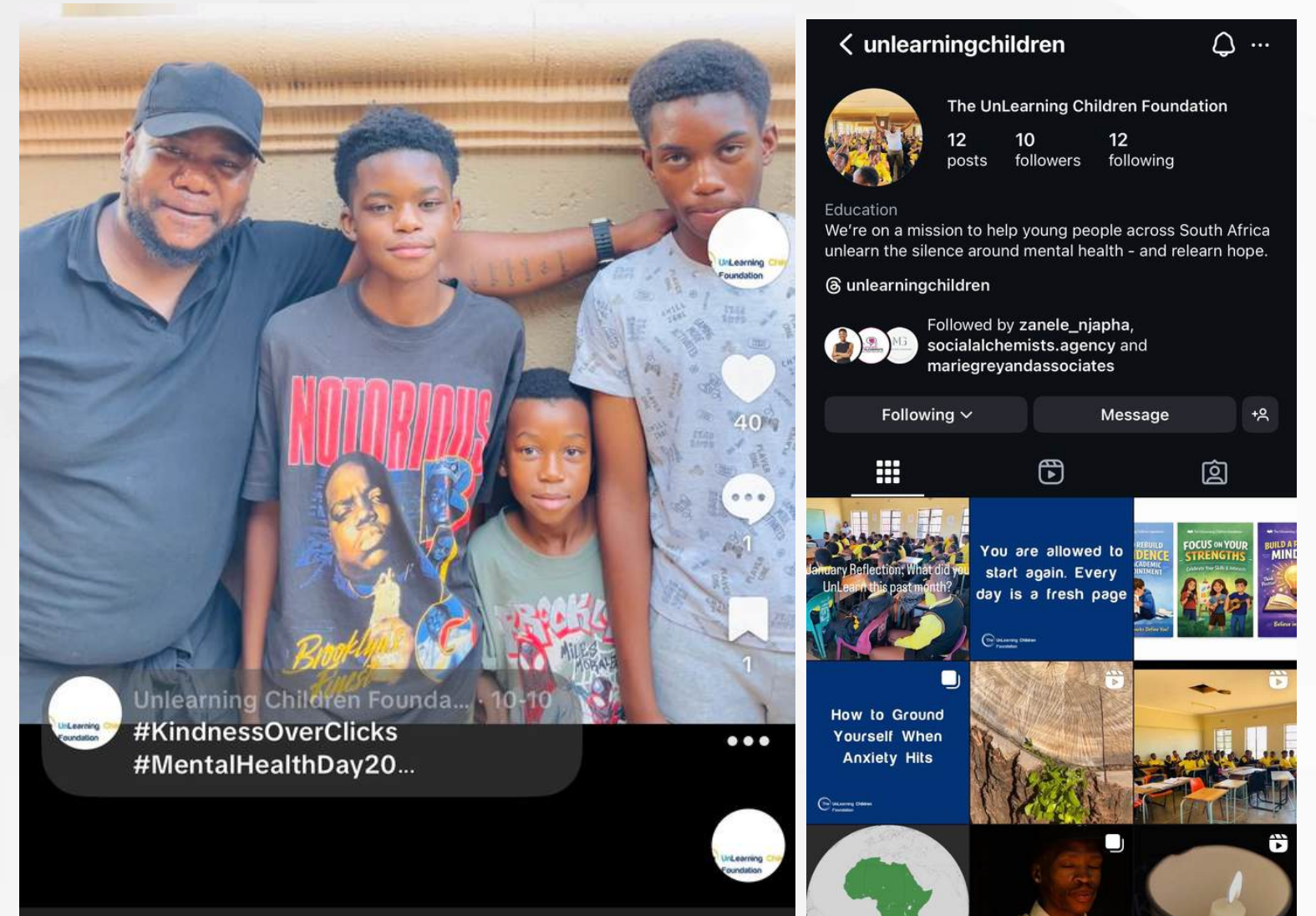


4. CAMPAIGNS

World Suicide Prevention Day Memorial (Candle Light Ceremony) on Nelson Mandela Bridge
10 September 2025



Mental Health Day Campaign,
10 October 2025
#KindnessOverClicks



FOUNDATION MEDIA COVERAGE



Zanele Njapha

VUMA FM DRIVE
WITH MZOKOLOKO, NOMBUSO-DIBZ & BIG MIKE
14 OCT - 16:10

@vumafm @vumafm @vumafm @vumafm

SABC

@ligwalagwalafm DSTV 807

SAKHA SIVE

KUNGANI IMENTAL HEALTH
IBALULEKILE KUBANTFWANA BETFU.
SICOCISANA NA

Zanele Njapha

UNLEARNING CHILDREN'S
FOUNDATION CHAIRPERSON

19H00 - 21H00 | SIMPHIWE
HLABANGANE | 01/10/2025

ligwala

87.7-104 fm
www.ligwalagwalafm.co.za



702. CAPETALK 567AM

Catch
ZANELE NJAPHA
Board Chairperson



The UnLearning Children Foundation

THE MONEY SHOW

8 OCTOBER, 2025
18H00-20H00 GMT+2

Gallery of Programmatic Activities & Achievements



Gallery of Programmatic Activities & Achievements



Financial Overview: Detailed income statement

Item	2026	2025
Other income		
Donations	<u>203 474</u>	<u>54 318</u>
Operating expenses		
Accounting fees	(4 500)	-
Advertising	-	(3 500)
Bank charges	(1 254)	(229)
Employee costs	(192 216)	(35 506)
Entertainment	-	(286)
Events	(6 404)	-
Postage	-	(1 000)
Travel - local	-	(12 432)
	<u>(204 374)</u>	<u>(52 953)</u>
(Loss) profit for the year	<u>(900)</u>	<u>1 365</u>

Why Partner With Us?



1. Brand Alignment

- Co-branding opportunities on major campaigns and initiatives
- Recognition in media campaigns, donor appreciation communications, press releases, and our impact report
- Footage and Content of our UnLearning Days
- Employee volunteer opportunities (eg. Mandela Day) to engage directly with our projects



2. Board Participation & Contribution

- Active participation in program & fundraising development and execution
- Collaboration on data-driven research initiatives to advance youth mental health solutions



3. Public Benefit Status & Rewards

- Receiving of your Section 18A Certificate
- Tax benefits from your contributions



What To Expect:



Social Media & Content Inclusion

Ongoing mention and spotlighting on various posts and touch points where the foundation's work, projects and impacts are mentioned.



Ongoing Reports & Updates

Access to quarterly reports, insights, and findings to support evidence-based interventions and the team's support (resource allocation). These updates will also be made available during Board Meetings, where an executive team member will be in attendance to engage & contribute.



Exclusive Invitations

Guaranteed invitations to attend our unlearning days, scheduled site visits for observation and presence at our company (The UnLearners) celebratory events and occasions.



Our Rollout Plan

1

Year 1: 2025/26 - Foundation & Outreach Expansion

Goal: Impact 2,100 children across Africa

- Establish regional hubs in at least 2 African countries.
- Host UnLearning Day workshops and webinars to create awareness about mental health
- Partner with schools, community centers, and local NGOs across Africa
- Place mental health partners at schools
- Secure funding through grants, corporate sponsorships, and fundraising campaigns.
- Host awareness campaigns and educational events

2

Year 2: 2026/27 - Strengthening Impact & Scaling Up

Goal: Expand reach to 2600+ children

- Expand regional hubs to 3+ African countries.
- Launch a digital mental health support platform (chat helplines, online therapy, educational content).
- Strengthen community engagement programs and teachers support groups.
- Establish research partnerships to collect data on child mental health trends.
- Increase corporate and government partnerships for policy advocacy.

Our Rollout Plan

3

Year 3: 2027/28 - Establishing Sustainable Programs

Goal: Reach 3100+ children and deepen impact

- Expand regional hubs to 5+ African countries.
- Develop school-based mental health curriculum and integrate it into partner schools.
- Launch mobile mental health clinics to reach schools in rural areas.
- Strengthen crisis intervention teams for suicide prevention.
- Establish annual UnLearning Children Mental Health Conference.

4

Year 4: 2028/29 - Continental Expansion & Advocacy

Goal: Impact 3600+ children across Africa

- Expand operations to 7+ African countries.
- Expand government collaboration to foster government support around mental health projects.
- Establish bursaries for children affected by mental health challenges.
- Establish programs that train teachers and parents on identifying and supporting mental health issues.
- Build a coalition of mental health advocates across Africa.

Our Rollout Plan

5

Year 5: 2029/30 - Long-Term Sustainability & Global Collaboration

Goal: Reach 4100+ children and establish a global presence

- Launch a Mental Health Leadership Mobile Academy for young children.
- Create sustainable funding streams (social enterprises, grants, memberships) across Africa.
- Collaborate with international organizations for global knowledge sharing.
- Publish an annual "State of Child Mental Health in Africa" report.

A Few Previous & Current Partners



Next Steps...



1 Edits & approval of proposal

2 Alignment Call

3 Drafting & Signing of MOU

4 Board Induction (if relevant)

Thank You

We look forward to partnering with you!



Visit Our Website
www.theunlearners.com

