



# ANNUAL REPORT 2020

Period: March 2020 to February 2021

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**Well Being Africa**  
*Optimising the human existence*

# TABLE OF CONTENTS

NARRATIVE ANNUAL REPORT	3
Introduction	3
Operations of Well Being Africa in 2020	3
WBA's On-Going Projects	4
WBA's Intermediate Project Plan	5
Stakeholders' Meeting	6
Workforce	6
Achievements	6
Engagement with Stakeholders and Partners	7
FINANCIAL SUMMARY	9
FINANCIAL STATEMENTS	10
Statement of Financial Position	10
Statement of Comprehensive Income (Profits and Losses)	11
Statement of Changes in Equity	12
Statement of Cash Flows	12
Independent auditor's report	13
Acknowledgments	14

# NARRATIVE ANNUAL REPORT

## Introduction

Well Being Africa (WBA) continues to work at realising its mission of optimising the human existence through nutrition, psychosocial and vocational training interventions. The year 2020 was a difficult one due to the coronavirus global pandemic. Nevertheless, the main project – Pilot breastfeeding support and others that came as responses to the pandemic were successfully implemented.

### *Governance*

*The seven-member governing board led by the Board Chairperson manages the affairs of Well Being Africa through sound, ethical, and legal governance as well as financial management policies.*

## Operations of Well Being Africa in 2020

**Pilot Breastfeeding Support project:** The Pilot Breastfeeding (BF) Support project funded by DG Murray Trust was successfully executed between February 2020 and January 2021. The activities included creating awareness about the project with the relevant authorities, setting up an SMS system to connect moms on BF support, training of community health workers (CHWs) on BF support and care, and BF support for moms. Through the project, we established a good working relationship with the relevant



Breastfeeding training for CHWs at one of the centers

officers of Tshwane District Health (TDH), the management of Daspoort Polyclinic, and the CHWs' coordinators. At the end of January 2021, 335 beneficiary moms and 48 CHWs have been reached and input into the SMS system database. Through the SMS system, the moms receive breastfeeding tips every week. The moms engage with our 2 fieldworkers

and the project leader for BF support at the clinics. 3 groups of CHWs (48 in total) were trained. Evaluation of the participants' breastfeeding knowledge using the pre- and post-assessment showed an improvement from 36% to 68%. Additionally, the CHWs provided qualitative feedback on their learning. The training was conducted in 2 rounds, the first was for the Daspoort Polyclinic CHWs and the second one was for the CHWs serving the Woodlane clinic and Doctors without Borders, Sunnyside.

**Masked Heroes project:** This project came as a spin-off of the Pilot Breastfeeding Support project. It is an initiative to provide the frontline Community Care Workers (CCWs) in South Africa with personal protective equipment (PPE) and other supports, thereby preventing them from becoming victims and vectors of COVID-19 infection. The initiative is funded by the National Solidarity Fund and being coordinated by the DG Murray Trust, our Funder for the BF project. WBA was selected as one of the civil society organisations to assist in the distribution and was supported with a grant of R60000. The organisers proposed to undertake four rounds of PPE distribution. Two rounds of PPE distribution have been completed as of February 2021. In the first round, about 400,000 gloves, 94,000 disposable masks, 5,800 face shields, 2400 Masked Heroes magazines, 1800 litres of hand sanitiser, about 1,900 empty bleach bottles, and 16,000 fabric masks were distributed. The



beneficiaries were about 1800 Ward-Based Outreach Team (WBOT) CCWs of the TDH and the 148 CCWs in the Daspoort area. The second round comprised 29,000 gloves, 2200 gowns, 450 Masked Heroes magazines, and 332,000 disposable masks which were distributed to about 2200 CCWs of TDH, Daspoort Polyclinic, and surrounding civil society organisations.

## WBA's On-Going Projects

**Breastfeeding Support project:** Though the pilot BF project has ended in January 2021, breastfeeding support for moms through the clinics, moms' referrals to ante/post-natal support groups, and communication through the SMS system continue. The proposal for extending the BF project to TDH has been submitted to DGMT. We are looking forward to the commencement of the extended BF support project in 2021.

**Masked Heroes project:** The distribution of PPE to CCWs continues. Having completed the delivery of two rounds out of four, we are looking forward to the delivery and distribution of the remaining 2 rounds of PPE distribution.

**Psychosocial Support project:** This was a part of the Masked Heroes project which was aimed at providing psychological counselling for CCWs who are experiencing psychological distress due to the impact of the global pandemic. The call for a small grant was announced in January 2021 and we submitted a proposal. Our proposal was successful, and WBA was awarded the grant. This grant was a good opportunity for WBA to begin the second area of her operation. There is a huge need for psychosocial support in communities in South Africa.

**Nutrition Assessment and Counselling project:** This project comprise a nutrition assessment using the body composition analysis and the diet history to provide individualised nutrition counselling for people. The services are provided on request by faith-based organisations, workplaces for employees' wellness, and independent groups. After identifying the need for nutrition assessment and counselling among the CCWs that WBA is serving (including those of the TDH), funding proposals for the project have been submitted to prospective funders.

## WBA's Intermediate Project Plan

**Diabetes Nutrition Education Support project:** This project has been designed and funding is being sought for the implementation. Proposals to provide nutrition education support for adults living with diabetes were submitted to two international funding organisations in 2020.

**Vocational training:** Providing vocational training to vulnerable people in the communities is an aspect that WBA is seeking to implement a project.

### School nutrition education

Nutrition education support for primary school learners is an area that WBA has an interest in providing services owing to proven implementation capacity and expertise. The CEO of WBA recently developed a nutrition education programme that was successfully used by primary school teachers in Bronkhorstspuit schools to teach nutrition. The outcome showed an improvement in the nutrition knowledge and attitudes of the teachers and learners.

## Stakeholders' Meeting

WBA held two stakeholder meetings. The first was held at the Tshwane District Health (TDH) office on 23 November 2020 with 2 key officers of the TDH. The second was held via Zoom on 15 December 2020 with 18 participants including the officers of the TDH, key authorities of the Daspoort Polyclinic, beneficiary moms, BF project team, and board members of WBA. The meetings were hugely successful.

## Workforce

WBA's workforce during the reporting period was a dedicated team comprising 2 full-time workers, 2 part-time workers, and 8 volunteer workers. The breastfeeding support project was the main project implemented in 2020, with a highly committed BF team who are enthusiastic about promoting, supporting, and protecting breastfeeding. The project leader is an experienced and highly knowledgeable BF advocate who is skilful in solving complex BF issues in the community. The 2 Fieldworkers are breastfeeding moms and have been able to tremendously influence the beneficiary moms and CHWs with their breastfeeding experience and knowledge.

## Achievements

### Successful implementation of pilot breastfeeding support project

1. 48 Community health workers were trained in breastfeeding support.
2. 335 moms received breastfeeding support through engagement with WBA's staff at the clinics, in the communities, and through the WBA SMS system.

### Successful implementation of the Masked Heroes project

1. About 2000 community care workers were served with PPE through the Masked Heroes campaign.
2. About 30 CHWs participated in the Masked Heroes psychological first aid workshop.

### World Breastfeeding Week (WBW) 2020 celebration

1. Door to door breastfeeding promotion in the communities
2. Planting of 7 trees each of which represents one day of the breastfeeding week.

3. Gifts of customised face masks to 100 breastfeeding moms in support of mom's compliance with the regulations of preventing the spread of COVID-9.
4. Gifts of a customised T-shirt to 40 community health workers towards advocating the support for breastfeeding in the communities.
5. WBA received a certificate of participation for celebrating WBW 2020.



### **Successful implementation of the psychosocial interventions for community care workers**

1. A total of 52 community care workers in 4 civil society groups namely Doctors Without Borders in Pretoria, Woodlane CHWs, Daspoort Polyclinic CHWs, and KOPANO NPO CHWs were reached with psychological counselling support.
2. Four expert and experienced psychologists were engaged to facilitate the counselling sessions. These experts have agreed to continue to partner with us in extending the psychosocial intervention.

## **Engagement with Stakeholders and Partners**

WBA has built a good working relationship with stakeholders and partners. The relationship has secured a wide network of potential targets in the next phase of our projects in 2021 and beyond. The details of the relationship are as follows:

3. The relationship with the TDH is being strengthened as WBA continues to engage with the WBOT managers and the community care workers in TDH on the Masked Heroes project. Also, the WBOT manager has welcomed the offer of extending the BF support project to TDH in 2021.
4. WBA has a good relationship with the management of the Daspoort Polyclinic, the coordinators of the CHWs, and the CHWs. The staff and management of the Clinic were very supportive during the breastfeeding training of the CHWs.
5. WBA has developed a good relationship with La Leche League and the South African Breastfeeding and Lactation Consultants (SABLC). Members of these BF organisations were part of the resource persons during the BF training implemented by WBA.

6. WBA has connected with Grow Great, and we will be leveraging the Flourish Franchise initiative to enhance the impact of our breastfeeding intervention.
7. WBA has established collaboration with Imvelo to extend the reach of breastfeeding support to moms in a multifaceted intervention that encompasses vegetable gardens, food voucher provision, and alleviation of household food insecurity.
8. Networking with other civil society organisations such as Holy Cross Home, Kopano Ke Maatla NPO, Kairos Changing Lives, Eljada Food Relief, Booyens Beertjies Creche, etc continues to be strengthened.
9. WBA is also collaborating with researchers at the University of Pretoria in multi- and transdisciplinary research towards enriching breastfeeding support as part of the One Health UNICEF initiative.



## FINANCIAL SUMMARY

The major funding received in the year of reporting was from the DG Murray Trust, our funder for the breastfeeding support project, the masked heroes project, and the psychosocial intervention for CCWs. WBA also received financial support from Beulah Wide Group.

The auditing of the financial activities was done by Ms. AJF Swanepoel of Certified Master Auditors, Midrand, and the audited financial statements were submitted. Financially, the organisation fared well within the funds made available for its projects in the year 2020.

# FINANCIAL STATEMENTS

## Statement of Financial Position

### WELL BEING AFRICA NPO 242-102

(Registration number: 2018/324876/08)

Annual Financial Statements for the year ended 28 February 2021

### Statement of Financial Position as at 28 February 2021

Figures in Rand	Note(s)	2021	2020
<b>Assets</b>			
Current Assets			
Cash and cash equivalents	2	31,639	100,460
<b>Total Assets</b>		<b>31,639</b>	<b>100,460</b>
<b>Equity and Liabilities</b>			
<b>Equity</b>			
Retained income		31,639	460
<b>Liabilities</b>			
Current Liabilities			
Trade and other payables		-	100,000
<b>Total Equity and Liabilities</b>		<b>31,639</b>	<b>100,460</b>

## Statement of Comprehensive Income (Profits and Losses)

### WELL BEING AFRICA NPO 242-102

( Registration number: 2018/3424876/08)

Annual Financial Statements for the year 28 February 2021

### Statement of Comprehensive Income

Figures in Rand	2021	2020
<b>Income</b>		
Donation - Other	773	1,250
Grant - DG Murray Trust :Pilot breastfeeding support project	100,000	-
Grant - DG Murray Trust :PPE distribution	60,000	-
	<b>160,773</b>	<b>1,250</b>
<b>Expenditure</b>		
<b>Administration Expenses</b>	5,627	966
Airtime and data	2,059	-
Bank charges	1,088	966
Board meeting expenses	1,050	-
Gifts for staff	750	-
Payments to CIPC	300	-
Printing and stationery	380	-
<b>Pilot breast feeding support project</b>	99,107	-
Administration ( direct cost) advertising, banners and brochures	2,997	-
Administration ( direct cost) auditors remuneration	5,750	-
Administration ( direct costs ) telephone, airtime and sms	3,284	-
Administration (indirect costs ) bank charges	920	-
Administration (indirect costs ) office rental, electricity and internet	2,131	-
Administration ( direct costs ) website maintenance	1,500	-
Equipment - AESwitch SMS system	3,513	-
Equipment - Computer	5,248	-
Personnel Stipends	50,000	-
Training - T-shirts and masks for breastfeeding week	5,000	-
Training - honorarium to guest speakers	5,000	-
Training - lucky draw for participants	250	-
Training - lunch and refreshments	5,121	-
Training - online course	1,544	-
Training - printing and stationery	1,649	-
Travel and transport	5,200	-
<b>Distribution of PPE (Personal Protective Equipment)</b>	24,860	-
Cost of filling the bottles	2,845	-
Gifts for stakeholders	1,050	-
Personnel stipends	13,000	-
Protective clothing	790	-
Refreshments	2,350	-
Transport	4,825	-
<b>Total Expenditure</b>	<b>129,594</b>	<b>966</b>
<b>Surplus for the year</b>	<b>31,179</b>	<b>284</b>

## Statement of Changes in Equity

### WELL BEING AFRICA NPO 242-102

(Registration number: 2018/324876/08)

Annual Financial Statements for the year ended 28 February 2021

### Statement of Changes in Equity

Figures in Rand	Retained income	Total equity
<b>Balance at 01 March 2019</b>	<b>176</b>	<b>176</b>
Profit for the year	284	284
Other comprehensive income	-	-
<b>Total comprehensive income for the year</b>	<b>284</b>	<b>284</b>
<b>Balance at 01 March 2020</b>	<b>460</b>	<b>460</b>
Profit for the year	31,179	31,179
Other comprehensive income	-	-
<b>Total comprehensive income for the year</b>	<b>31,179</b>	<b>31,179</b>
<b>Balance at 28 February 2021</b>	<b>31,639</b>	<b>31,639</b>

## Statement of Cash Flows

### WELL BEING AFRICA NPO 242-102

(Registration number: 2018/324876/08)

Annual Financial Statements for the year ended 28 February 2021

### Statement of Cash Flows

Figures in Rand	Note(s)	2021	2020
<b>Cash flows from operating activities</b>			
Cash receipts from customers		60,773	1,250
Cash paid to suppliers and employees		(129,594)	99,034
Cash (used in) generated from operations	7	(68,821)	100,284
<b>Net cash from operating activities</b>		<b>(68,821)</b>	<b>100,284</b>
<b>Total cash movement for the year</b>		<b>(68,821)</b>	<b>100,284</b>
Cash at the beginning of the year		100,460	176
<b>Total cash at end of the year</b>	2	<b>31,639</b>	<b>100,460</b>

## Independent Auditor's Report

Presented below, is the independent auditor's report on the audit of the annual financial statement.

### Independent Auditor's Report

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To the directors of WELL BEING AFRICA NPO 242-102

Report on the Audit of the Annual Financial Statements

#### Opinion

We have audited the annual financial statements of Well Being Africa set out on pages 8 to 13, which comprise the statement of Grant received and Utilised for the period ended at 28 February 2021.

In our opinion, the annual financial statements present fairly, in all material respects, the financial position of WELL BEING AFRICA NPO 242-102 the amounts received and utilised by International Financial Reporting Standard for Small and Medium-sized Entities and the requirements of the Companies Act 71 of 2008.

#### Basis for opinion

We conducted our audit in accordance with International Standards on Auditing. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the annual financial statements section of our report. We are independent of the company in accordance with the Independent Regulatory Board for Auditors Code of Professional Conduct for Registered Auditors (IRBA Code) and other independence requirements applicable to performing audits of annual financial statements in South Africa. We have fulfilled our other ethical responsibilities in accordance with the IRBA Code and in accordance with other ethical requirements applicable to performing audits in South Africa. The IRBA Code is consistent with the International Ethics Standards Board for Accountants Code of Ethics for Professional Accountants (Parts A and B). We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

#### Responsibilities of the directors for the Annual Financial Statements

The directors are responsible for the preparation and fair presentation of the annual financial statements in accordance with International Financial Reporting Standard for Small and Medium-sized Entities and for such internal control as the directors determine is necessary to enable the preparation of annual financial statements that are free from material misstatement, whether due to fraud or error.

Offices in the following Provinces: Gauteng, Western Cape, KwaZulu-Natal, Mpumalanga  
Offices in Gauteng: Midrand, Centurion, Pretoria East, Pretoria North, Vereeniging, West Rand, East Rand

Certified Master Auditors South Africa Inc. is registered members of SAICA:10002730 and IRBA:932756



Directors:  
Our list of directors is  
available on request from  
mbasecretarial@mbaine.co.za

## Acknowledgments

1. The management of DG Murray Trust is gratefully acknowledged for funding the Pilot Breastfeeding support project, the psychosocial intervention for CCWs, and for selecting WBA as one of the community connectors in distributing the Masked Heroes PPE to CCWs.
2. The management and staff of Daspoort Poli Clinic are acknowledged for their support in making their facilities available and giving us access to moms in the implementation of the pilot breastfeeding support.
3. The management of the Tshwane District Health and Daspoort Poli Clinic are appreciated for providing secured storage for the Masked Heroes PPE.
4. The Ward Based Outreach Team managers, store officers, and COPC team leaders of the Polyclinic, the University of Pretoria are acknowledged for their assistance in the handling of PPE and distribution to the CCWs.
5. The management of Beulah Wide Group is appreciated for financial donation and office supplies and the use of the body composition analyser at no cost to WBA.

**Debbie Kupolati, PhD. RN (SA)**

**CEO, Well Being Africa**

**April 2021**