



ANNUAL REPORT 2021
Period: March 2021 to February 2022

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Well Being Africa
Optimising the human existence

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NARRATIVE ANNUAL REPORT

Introduction

Well Being Africa (WBA) continues to thrive in its mission of optimising human existence through nutrition, psychosocial support and skill training interventions. The year 2021 was a continuation of the coronavirus global pandemic with some measures of restrictions and South Africa experienced the third wave of Omicron infection. Nevertheless, the projects embarked upon in the year 2021 were successfully implemented.

Governance

The seven-member governing board led by the Board Chairperson, Mrs Legodi Busisiwe, manages the affairs of Well Being Africa through sound organisational governance and financial management policies.

Operations of Well Being Africa in 2021

Breastfeeding Support project: Well Being Africa collaborated with the Community Oriented Primary Care (COPC) of the University of Pretoria in the UNICEF’s One Health project to implement the project titled “Engaging communities in creating a supportive environment to promote breastfeeding”

The project funded by the UNICEF was successfully executed between February and June 2021. The activities included:

- Identifying barriers to optimal breastfeeding in communities through individual and small group engagement.
- Developing infant and young child feeding educational material with key young infant feeding messages.
- Educating mothers and other community members on the importance and benefits of breastfeeding.
- Testing the developed material among selected groups including pregnant women, young mothers, fathers, caregivers, and early learning centres.



The project was multi-disciplinary and engaged a wide array of professionals including medical doctors, animal scientists, veterinarians, nutritionists, dieticians, maternal and

childcare managers, community health workers, environmental health officers, registered nurses, and health sciences students. The outcome of the multi-disciplinary project had a significant impact on four informal settlement communities in Pretoria West and Pretoria East. The outputs included:

- Logo design and educational materials.
- Infographics of three educational material storyboards.
- A video on manual hand expression of breastmilk in the Shona language with English subtitles.

Through the project, we strengthened our working relationship with the relevant faculty members of the University of Pretoria, and the management of Daspoort Polyclinic.

WBA continues to support moms and pregnant moms to access breastfeeding support as needed by responding to their queries, connecting them with peers, and offering food supplies. Furthermore, moms were referred to the Flourish visit, the ante- and post-natal support that provides universal access to mom and baby classes.

To commemorate the 2021 breastfeeding week, WBA funded six (6) moms to participate in the Flourish ante- and post-natal support group.

In preparation for the implementation of BF support at the Tshwane District Health (TDH), meetings with the relevant officers of the TDH were held. Also, the development of a memorandum of understanding (MOU) for the implementation of the project was initiated.

Psychosocial support project: The psychosocial support project was implemented with huge success between March and April 2021. It was part of the initiative of the Masked Heroes project to help community care workers (CCWs) deal with the psychological distress they experienced because of the coronavirus global pandemic. The project was funded by the DG Murray Trust. The project was implemented by a group of highly skilled and experienced psychologists in sessions of group counselling, individual counselling and musicotherapy.

A total of 52 CCWs in 4 civil society groups benefitted from the psychosocial counselling support. The impact of the psychosocial counselling intervention as reported by the CCWs included:

- Improved capacity to deal with



After a group counselling session at Pretoria West

internal hurts, sense of loss, and negative emotions thereby promoting good mental health and overall health.

- Increased capacity to uphold a good team spirit, thereby promoting a healthy work atmosphere and advancement of the workplace.
- A sense of satisfaction that their health and overall well-being are considered important by their organisation.
- A realisation of how their work is making a difference in the lives of people in the communities and the motivation to do more and better.
- Increased energy for service and empathy for the people they serve.

Food Voucher Support: The food voucher support referred to as CoCare Voucher was used to assist people who needed food assistance during the coronavirus pandemic. The support was extended to the CCWs. WBA assisted in facilitating the support for 49 of the CCWs that we served between March and May 2021. Each CCW received a voucher valued at R250 which was redeemable at the designated local spaza shops.



Training - Digital communications for NGOs programme: WBA seconded two (2) of its volunteer workers to participate in the 2021 Digital communications for NGOs learning which ran from mid-May to mid-December 2021. The training was sponsored by DGMT for interested implementing partners. The programme combined online learning with a real-life online campaign and a final practical framework project. It was an exciting opportunity to grow and amplify our digital communication efforts in line with local and global best practices.

Also, it has the potential to help us develop our digital communication techniques, strategic digital thinking, and online platform management. According to the trainers' report, The two seconded volunteer workers



participated in the training with passion, creativity, and resilience. They implemented a real-life Facebook breastfeeding campaign with success as their final practical project in line with the course requirement for successful completion. They completed the training in

December and received their certificate of participation having fulfilled the requirement which included submitting over 75% of the online module work, the online challenge, and the framework project.

Going forward, the two trained volunteers will be assisting WBA in the issues relating to our online communication and enhancing our online presence.

WBA's On-Going Projects

Breastfeeding Support project: After the successful completion of the pilot BF support project in January 2021, breastfeeding support for moms through moms' referrals to ante/post-natal support groups and connecting moms with peers and BF advocates continues.

School nutrition education

WBA is implementing a nutrition education intervention for quintile 1 primary schools in the Tshwane South District. The intervention comprises:

1. Nutrition teaching workshops for teachers who teach nutrition topics in Grades 5 and 6.
2. Provision of nutrition education materials for teachers namely nutrition education manual, posters, and picture books.
3. Hands-on development of a vegetable garden, and provision of seeds to the schools.

Psychosocial Support project: Due to the huge need for psychosocial support in communities in South Africa, WBA is implementing psychological counselling support to assist workplace wellness, especially in resource-constrained communities.

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.

WBA's Intermediate Project Plan

Diabetes Nutrition Education Support project: Nineteen million adults are living with diabetes in Africa, out of which 4.6 million are in South Africa. Type 2 diabetes mellitus (T2DM) is generally a poorly controlled condition warranting innovative interventional measures. Nutrition education support is particularly important in T2DM. WBA seeks to provide diabetes self-management support for people living with diabetes by:

1. Creating and managing support groups for adults living with diabetes.
2. Providing up-to-date information on diabetes self-management to people living with diabetes through WBA's website.
3. Creating and maintaining an online community for people living with diabetes to receive rapid support as needed.

Skills development: WBA seeks to provide services in the following areas:

1. Vocational training to vulnerable people in the communities
2. Capacity development for employees through SETA.

Workforce

WBA's workforce during the reporting period was a dedicated team comprising 1 full-time worker, 2 contractor workers, and 9 volunteer workers. The psychosocial support team comprise highly experienced and skilful psychologists who accompany their services with compassion.

Achievements

Successful collaboration on the breastfeeding support project

1. Logo design and educational materials
2. Infographics of three educational material storyboards
3. A video on manual hand expression of breastmilk in the Shona language with English subtitles

Continued support for breastfeeding

1. Referral of 8 moms to the Flourish ante- and post-natal visit.
2. Sponsorship of six (6) moms to access the Flourish ante- and post-natal support group.

Capacity development

1. Capacity development in online communication for NGOs for 2 volunteer workers of WBA.
2. Skills training in tailoring for 25 mothers – partnership with the COPC of the University of Pretoria.

Successful implementation of the psychosocial interventions for community care workers

1. A total of 52 CCWs in 4 civil society groups namely Doctors Without Borders in Pretoria, Woodlane CHWs, Daspoort Polyclinic CHWs, and KOPANO NPO CHWs benefitted from the psychological counselling support.
2. Facilitation of CoCare food voucher support for 49 CCWs.

Engagement with Stakeholders and Partners

WBA continues to build a good working relationship with stakeholders and partners as follows:

1. The relationship with the TDH is being strengthened as WBA engages with the relevant officers in the preparation of the MOU for the breastfeeding support project.
2. WBA continues to strengthen its relationship with the management of the Daspoort Polyclinic, for the advancement of breastfeeding support in the communities.
3. WBA has developed a good relationship with La Leche League and the South African Breastfeeding and Lactation Consultants (SABLC). Members of these BF organisations form part of the resource persons for the BF training being implemented by WBA.
4. WBA is partnering with Grow Great, in leveraging the Flourish Franchise initiative to enhance the impact of our breastfeeding intervention.
5. WBA has established collaboration with Imvelo NPO to extend the reach of breastfeeding support to moms in a multifaceted intervention that encompasses the vegetable garden, food voucher provision, and alleviation of household food insecurity.
6. 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.
7. WBA is also collaborating with researchers at the University of Pretoria in multi- and transdisciplinary UNICEF One Health research towards enriching breastfeeding support.

FINANCIAL SUMMARY

The major funding received in the year of reporting was from the DG Murray Trust, our funder for the psychosocial intervention for CCWs.

The auditing of the financial activities was done by Ms AJF Swanepoel of Certified Master Auditors, Midrand, the audited financial statements for the year 2021/22 are herewith presented. WBA used some of the surplus of the previous year (2020/21) to finance some of its expenses during the current year (2021/22). This resulted in the net shortage for the year amounting to R17,357.

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 2022

Statement of Financial Position as at 28 February 2022

Figures in Rand	Note(s)	2022	2021
Assets			
Current Assets			
Cash and cash equivalents	2	14,282	31,639
Total Assets		14,282	31,639
Equity and Liabilities			
Equity			
Retained income		14,282	31,639
Total Equity and Liabilities		14,282	31,639

Statement of Comprehensive Income (Profits and Losses)

WELL BEING AFRICA N O 242-102

(Registration number: 2018/ 424876/08)

Annual Financial statements for the year 28 February 2022

Statement of Comprehensive Income

Figures in Rand	2022	2021
Income	30,500	160,773
Donation Other	-	773
Grant - DG Murray Trust: Pilot Breastfeeding Project	-	100,000
Grant - DG Murray Trust: PPE Distribution	-	60,000
Grant - DG Murray Trust: Psychosocial Support for Community Care Workers	30,000	-
Grant -Woman on the Watch: NE campaign	500	-
Expenditure		
Administration Expenses	17,597	5,627
Advertising & promotions	1,132	-
Airtime and data	1,454	2,059
Bank charges	1,466	1,088
Board meeting expenses	240	1,050
Gifts for staff	-	750
Payments to CIPC	100	300
Printing and stationery	-	380
Stipends	3,000	-
Subscription to professional body	1,870	-
Transport and travelling	2,600	-
Website expenses	5,735	-
Pilot Breast Feeding Support Project	1,260	99,107
Administration (direct cost): advertising, banners and brochures	-	2,997
Administration (direct cost): auditors remuneration	-	5,750
Administration (direct costs): website maintenance	-	1,500
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
Equipment: AE Switch System	-	3,513
Equipment: computer	-	5,248
Personnel stipends	-	50,000
Sponsorship to Flourish Franchise	1,260	-
Training: draw for participants	-	250
Training: lunch and refreshments	-	5,121
Training: honorarium to guest speakers	-	5,000
Training: on line course	-	1,544
Training: printing and stationery	-	1,649
Training: T shirts and masks for breastfeeding week	-	5,000
Travel and transport	-	5,200
Distribution of Personal Protective Equipment (PPE)	-	24,860
Psychosocial Support Project	29,000	-
Psychosocial counselling	23,500	-
Food vouchers support	2,500	-
Transport and support	3,000	-
Total Expenditure	47,857	129,594
Deficit/Surplus for the year	-17,357	31,179

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 2022

Statement of Changes in Equity

Figures in Rand	Retained income	Total equity
Balance at 01 March 2020	460	460
Profit for the year	31,179	31,179
Other comprehensive income	-	-
Total comprehensive income for the year	31,179	31,179
Balance at 01 March 2021	31,639	31,639
Loss for the year	(17,357)	(17,357)
Other comprehensive income	-	-
Total comprehensive loss for the year	(17,357)	(17,357)
Balance at 28 February 2022	14,282	14,282

Statement of Cash Flows

WELL BEING AFRICA NPO 242-102

(Registration number: 2018/324876/08)

Annual Financial Statements for the year ended 28 February 2022

Statement of Cash Flows

Figures in Rand	Note(s)	2022	2021
Cash flows from operating activities			
Cash receipts from customers		30,500	160,773
Cash paid to suppliers and employees		(47,857)	(229,594)
Cash used in operations		(17,357)	(68,821)
Net cash from operating activities		(17,357)	(68,821)
Total cash movement for the year		(17,357)	(68,821)
Cash at the beginning of the year		31,639	100,460
Total cash at end of the year	2	14,282	31,639

Independent Auditor's Report

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

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 2022.

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



Acknowledgments

1. The management of DG Murray Trust is gratefully acknowledged for funding the psychosocial intervention for CCWs.
2. The management of the Tshwane District Health and Daspoort Poli Clinic are appreciated for continued partnership in the implementation of breastfeeding support.
3. The management of the Holy Cross Home, Kopano Ke Maatla NPO, Kairos Changing Lives, Eljada Food Relief, for continued partnership in psychosocial support.
4. The management of Beulah Wide Group is appreciated for 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 2022