



ANNUAL REPORT 2022

Period: March 2022 to February 2023

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NARRATIVE ANNUAL REPORT

Introduction

With great pleasure, we present the 2022 annual report for Well Being Africa covering our activities to improve the lives of vulnerable individuals in our target communities in South Africa. At Well Being Africa, we believe everyone, especially the vulnerable, deserves access to necessities, including nutrition support, psychosocial support, and skills development. We are committed to making a difference in the communities that we serve. With the support of our funders and stakeholders, we have been able to make significant progress towards our mission over the past year, and we are excited to share our accomplishments, challenges, and plans in this report. With continued support, we look forward to a healthier, happier Africa.

Governance

Well Being Africa strongly emphasises transparent and accountable governance, recognising that sound management is crucial to our effectiveness and long-term sustainability. A seven-member governing board led by the Board Chairperson, Mrs Legodi Busisiwe, manages the affairs of WBA through strategic guidance, financial management and policies, while ensuring that our programs and activities are aligned with our mission and values.

Governance and Management Team of Well Being Africa



Mrs. Busisiwe Legodi
Board Chairperson



Dr. Dinah Ngwenya
Board Member & ECD
Project Lead



Mrs. Kuvashnee Govender
Operations Committee Chair



Dr. Jane Muchiri
Board Member & Nutrition
Project Lead



Dr. Edwinah Apunda
Board Member & CD
Project Lead



Ms Sikhunjulwa Mbuya
Finance, Audit & Risk
Committee Chair



Dr. Mojisola Debbie Kupolati
CEO

Operations of Well Being Africa in 2022

Nutrition Education for Teachers: This initiative was borne out of the need to assist the Department of Basic Education with capacity development in nutrition teaching. WBA developed a theory-based training programme for primary school teachers focusing on grades 5 and 6. These grades present a window of opportunity for positively influencing children’s eating behaviour. Also, two of Grades 5 and 6 subjects include nutrition topics of importance in shaping learners’ nutrition behaviours. The Industrial Development Corporation (IDC) funded the project and was implemented between May and December 2022. The intervention comprised:

- Two-day nutrition education workshops for teachers who teach nutrition topics in Grades 5 and 6.
- Support for developing and maintaining school gardens in the participating schools.



The support for establishing and maintaining a school garden was undertaken to consolidate the link between nutrition and food security. This was done in partnership with the Department of Agriculture (DoA), Pretoria. School garden awareness meetings with the six schools that indicated their need for support. The schools were informed of the support available from the Department.

To enhance the value of the training, we applied for accreditation with the South African Council of Educators (SACE). As a result, the training got the SACE approval (NG000000909) with 15 CPD points valid from May 2022 to May 2025. This accreditation

has implications for a high-value addition in contributing towards the continuing professional development of teachers aside from the potential impact in enhancing the healthy nutrition behaviours of learners and teachers.

Project Outcome

1. In total, 26 teachers from eight (8) schools were trained. The SACE awarded the teachers 15 CPD points.
2. Three of the schools that participated received support for the resuscitation of their school garden with the DoA.
3. Three schools filled out the application for school garden support with the DoA.
4. One school received a spinach seedling supply (120 stands) from WBA. View photos here.

Through the project, we initiated a working relationship with the Tshwane South District of the Department of Education, and the Department of Agriculture, Pretoria.

Breastfeeding Support Project: This project is advancing the pilot breastfeeding support project funded by the DG Murray Trust. It is a 2-years project which commenced in July 2022. The pilot breastfeeding support project, implemented between February 2020 and January 2021, showed great potential in breastfeeding capacity development, and improving moms' access to breastfeeding support. As a result, WBA embarked on increasing the reach of the breastfeeding support project to the sub-districts of the City of Tshwane Metropolitan Municipality in Gauteng province of South Africa.



The intervention comprises:

1. Providing training in breastfeeding support and care to Community Health Workers (CHWs) serving the Ward Based Outreach Team (WBOT) of the TDH.

2. Engaging with moms for breastfeeding (BF) support through the clinics and at their homes on request.
3. Establishing and maintaining breastfeeding support groups for face-to-face engagement by mothers.
4. Connecting moms with a breastfeeding support group in the local communities.
5. Establishing a network of breastfeeding counsellors with knowledge and skills to promote, protect, and support breastfeeding.

Project Outcome

The project's first year ends in June 2023. The following are the outcomes:

1. A total of 63 CHWs from two CSOs and 129 CHWs of the Tshwane District Health were trained in breastfeeding support in six sessions of the 3-day training.
2. Four breastfeeding support groups were established to enable mothers to experience continued breastfeeding support from peers and breastfeeding leaders.
3. 150 moms were reached with breastfeeding support by WBA's Fieldworkers through clinic engagements and home visits at the moms' request.

Grocery Network:

Our grocery network comprises sourcing groceries from grocery retail outlets for distribution to charity feeding centres and orphanages. The source of grocery supply has been UITYK Supermarket in Silverton, where WBA receives donations of groceries, including meats, chicken, potatoes, fruits, and vegetables, once every week. The feeding scheme of the Methodist Church, Sunny Side and Kopano Ke Maatla, are the beneficiaries of the grocery network.

WBA's On-Going Projects

Breastfeeding Support project: The offerings of the project are:

1. Training in breastfeeding support and care to CHWs serving the Ward Based Outreach Team (WBOT) of the TDH.
2. Engaging with moms for BF support through the clinics and the WBA SMS system.
3. Facilitating the establishment of breastfeeding support groups.
4. Connecting moms with a breastfeeding support group in the local communities.
5. Creating a network of breastfeeding counsellors equipped with knowledge and skills to promote, protect, and support breastfeeding.

Prevention and management of Teenage Pregnancy

WBA seeks to advocate for the prevention of teenage pregnancy in line with the provisions of the Maputo Protocol and South Africa's 2021 policy on preventing and managing pregnancy in schools. The project is funded by the SIDA-Equality Now, and the duration is one year.



The intervention comprises:

1. A full-day advocacy workshop for community care workers on preventing and managing teenage pregnancy.
2. Development of training materials on teenage pregnancy prevention and supporting adolescent mothers to breastfeed their babies.
3. Symposium commemorating the 20th anniversary of adopting the Maputo Protocol focusing on the theme; prevention and management of teenage pregnancy. The symposium features two guest speakers to present a talk on the following topics:
 - Prevention of teenage pregnancy – facilitators and hindrances to desired outcomes.
 - Protecting the Rights of teenage mothers to breastfeed their babies, considering the adolescent mothers' return to school policy.

Factsheet on women's right to breastfeeding: This short-duration project runs for 3 months. It is a media campaign to contextualise the practical implementation of the Maputo

Protocol on women's right to breastfeeding in South Africa, as expressed in Article 14, section 2. The activities comprise:

1. Developing the content of the factsheet by outlining the recent status and progress on support for women to breastfeed in South Africa.
2. Disseminating the factsheet among the WBA's network and in the media.

Grocery Network: Charity feeding centres often struggle to meet their grocery supply. The provision of grocery leftovers from grocery stores could be of immense benefit and a great relief to the centres. We ensure the groceries arrive at the centres without compromising the food safety or quality beyond how they were received. The grocery network comprises:

1. Sourcing groceries from grocery retail outlets.
2. Distribution of donated groceries to charity feeding centres.

Nutrition Campaign: The services comprise nutrition assessment and counselling and are provided on request by faith-based organisations, workplaces for employees' wellness, and independent groups. The activities comprise:

1. Nutrition assessment using the body composition analysis and diet history.
2. Individualised nutrition counselling based on the result of nutrition assessment.

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: Skills development is crucial to community and economic growth. When individuals are equipped with the right skills and knowledge, they are better able to contribute to the workforce and drive economic growth in their communities. This will

reduce poverty and inequality and create a more prosperous future for all. WBA seeks to provide services in the following areas:

1. Vocational training for vulnerable people in the communities
2. Capacity development for employees through Sector Education Training Authority SETA.
3. Capacity development in literacy and numeracy for Early Childhood Development (ECD) practitioners.

Workforce

WBA's workforce during the reporting period was a dedicated team comprising 4 staff, 2 contractor workers, and 9 volunteer workers.

Achievements

Continued support for breastfeeding

1. 192 CHWs were trained in breastfeeding support.
2. Four breastfeeding support groups were created.
3. 150 mothers received breastfeeding support.

Successful implementation of Nutrition education for teachers

1. A total of 26 teachers in 8 primary schools were trained and received 15 CPD points.
2. Facilitation of the development of school gardens in six schools.
3. Provision of seedlings for planting at a school.

Extension of WBA's operations beyond Gauteng province

1. 3-day breastfeeding training for mothers in the Sgagula community in Ehlanzeni, Mpumalanga province.
2. Training of 12 mothers and establishment of a WhatsApp breastfeeding support group for continued engagement with mothers and peer support.

Pre-grant due diligence by the Nelson Mandela Children Fund

1. WBA made it to the final phase of the Nelson Mandela Children's Fund (NMCF) 2023 request for proposal process.
2. WBA was assessed in the various aspects of due diligence, including governance, financial information, project competencies, systems and processes, project results, value for money, risk management, and legal issues.

3. The assessment process has helped to improve our risk-mitigating capacity, enhance our operations, and position us for long-term success and sustainability.

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 Ward-Based Outreach Team (WBOT) managers for the training of the CHWs in breastfeeding support.
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 are part of the resource persons for breastfeeding support training.
4. Networking with other civil society organisations has increased with partnerships with Future Families and MYDO in Pretoria.
5. WBA is also collaborating with the Future Africa of the University of Pretoria for breastfeeding support for mothers through community engagement initiatives.

FINANCIAL SUMMARY

The funding received in the year of reporting was from the Industrial Development Fund (IDC) – Nutrition Education for Teachers, DG Murray Trust – breastfeeding support project, and Equality Now-SIDA – Prevention and Management of Teenage Pregnancy. Also, a donation was received from one director, and donations in kind were received from Beulah Wide Group.

Because the funding from Equality Now-SIDA was received in February, it is indicated as carried forward to the 2023/24 financial year. The auditing of the financial activities was done by Ms AJF Swanepoel of Certified Master Auditors, Midrand, the audited financial statements for the year 2022/23 are herewith presented.

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 2023

Statement of Financial Position as at 28 February 2023

Figures in Rand	Note(s)	2023	2022
Assets			
Current Assets			
Cash and cash equivalents	2	414,594	14,282
Total Assets		414,594	14,282
Equity and Liabilities			
Equity			
Retained Income		153,421	14,282
Liabilities			
Current Liabilities			
Breastfeeding Advocacy Project Grant carried forward to next financial year		261,173	-
Total Equity and Liabilities		414,594	14,282

Statement of Comprehensive Income (Profits and Losses)

WELL BEING AFRICA NPO 242-102
(Registration number : 2018/424876/08)
Annual Financial Statements for the year ended 28 February 2023

Statements of Comprehensive Income

Figures in Rand	2023	2022
Income	659,896	30,500
Donation Other	500	-
Grant - IDC: Nutrition Education project	67,222	-
Grant - DG Murray Trust: Breastfeeding support project	331,000	-
Grant - DG Murray Trust: Psychosocial support for Community Care Workers	-	30,000
Grant - Woman on the Watch	-	500
Grant - Equality Now SIDA: Breastfeeding Advocacy Project	261,174	-
Expenditure		
Administration expenses	119,548	17,397
Advertising and promotions	-	1,132
Airtime and data	1,705	1,454
Audit fee	4,600	-
Bank charges	2,583	1,466
Board meeting expenses	4,159	140
Cleaning	432	-
Grant proposal and strategic planning	5,348	-
Payments to CIPC	-	100
Refreshments	353	-
Stationery	1,166	-
Salaries	81,000	3,000
Subscriptions to professional bodies	1,949	1,870
Transport and traveling	9,101	2,600
Website expenses and social media	7,152	5,735
Breastfeeding Support Project	97,087	1,260
Administration (direct costs): advertising banners and brochures	8,593	-
Administration (direct costs): honorarium	25,000	-
Administration (direct costs): equipment	12,243	-
Administration (direct costs): refreshments	39,177	-
Administration (direct costs): technical assistance	3,200	-
Administration (direct costs): transport	4,270	-
Administration (direct costs): airtime	2,676	-
Administration (direct costs): transport	1,000	-
Administration (direct costs): uniforms and badges	928	-
Sponsorship to Flourish Franchise	-	1,260
Nutrition Education For Teachers	42,948	-
Development and facilitation	7,600	-
Facilitators	8,400	-
Materials and printing	7,600	-
Motivational speaker	2,000	-
Refreshment	13,808	-
Registration	1,000	-
Seedlings for gardening	540	-
Technical assistance	2,000	-
Psychosocial Support Project	-	29,000
Psychosocial counselling	-	23,500
Food vouchers support	-	2,500
Transport and Support	-	3,000
Total Expenditure	259,583	47,857.00
Deficit/Surplus for the year	400,313	- 17,357.00
Transfer of Breastfeeding Advocacy Project carried forward to next financial year	- 261,174	-
Adjusted Deficit/Surplus for the year	139,139	- 17,357.00

Statement of Changes in Equity

WELL BEING AFRICA NPO 242-102

(Registration number: 2018/324878/08)

Annual Financial Statements for the year ended 28 February 2023

Statement of Changes in Equity

Figures in Rand	Retained Income	Total equity
Balance at 01 March 2021	31,539	31,539
Loss for the year	(17,357)	(17,357)
Other comprehensive Income	-	-
Total comprehensive loss for the year	(17,357)	(17,357)
Balance at 01 March 2022	14,282	14,282
Profit for the year	139,139	139,139
Other comprehensive Income	-	-
Total comprehensive income for the year	139,139	139,139
Balance at 28 February 2023	153,421	153,421

Statement of Cash Flows

WELL BEING AFRICA NPO 242-102

(Registration number: 2018/324876/08)

Annual Financial Statements for the year ended 28 February 2023

Statement of Cash Flows

Figures in Rand	Note(s)	2023	2022
Cash flows from operating activities			
Cash receipts from customers		659,896	30,500
Cash paid to suppliers and employees		(259,585)	(47,857)
Cash generated from (used in) operations		400,312	(17,357)
Net cash from operating activities		400,312	(17,357)
Total cash movement for the year		400,312	(17,357)
Cash at the beginning of the year		14,282	31,639
Total cash at end of the year	2	414,594	14,282

Notes to the Annual Financial Statements

WELL BEING AFRICA NPO 242-102

(Registration number: 2018/324876/08)

Annual Financial Statements for the year ended 28 February 2023

Notes to the Annual Financial Statements

Figures in Rand	2023	2022
2. Cash and cash equivalents		
Cash and cash equivalents consist of:		
Cash on hand	3,123	1,206
Bank balances	411,471	13,078
	414,594	14,282

3. Taxation

No provision has been made for 2023 tax as the company has no taxable income.

Independent Auditor's Report

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



Registered Accountants and Auditors

Certified Master Auditors (South Africa) Inc.

"In Pursuit of Excellence"

CMA (Pty) Ltd (Public entity)
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Independent Auditor's Report

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 2023.

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.

Auditors' responsibilities for the audit of the Annual Financial Statements

Our objectives are to obtain reasonable assurance about whether the annual financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with International Standards on Auditing will always detect a material misstatement when it exists.

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Certified Master Auditors (South Africa) Inc. is a registered member of SACCA/ISSA/IFA and IRBA/ISQA

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Acknowledgements

1. We gratefully appreciate our funders:
 - IDC for funding the Nutrition Education for Teachers project.
 - The DG Murray Trust for funding the Breastfeeding Support project.
 - Equality Now-SIDA for funding the Prevention and Management of Teenage Pregnancy project.
2. The management of the Tshwane District Health and Daspoort Poli Clinic are appreciated for their continued partnership in implementing breastfeeding support.
3. The management of the Kopano Ke Maatla, Future Families, and MYDO for continued partnership in the Breastfeeding Support project and the Prevention and Management of Teenage Pregnancy project.
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.

Well Being Africa

May 2023