INANDA NTUZUMA KWAMASHU CASE STUDY DEVELOPMENT INITIATIVE

NAME OF ORGANIZATION
ABALINDI WELFARE SOCIETY

WRITTEN BY
MRS NOLUTHANDO DLAMINI AND MISS PHETHENI NZIMAKWE (SOCIAL WORKERS )
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1. BACKGROUND OF ABALINDI WELFARE SOCIETY

Abalindi Welfare Society is situated in Amatikwe under Inanda area. Inanda is in North West of Durban and it is 19 kilometers (KM) away from the City of Durban, in South Africa. The area of Inanda is divided into different areas and it is defined by development. For example there are areas that are formal and informal. In the informal areas there is no proper infrastructure such as tarred roads. The formal areas are well planned and orderly infrastructures.

Amatikwe is a semi-rural area which falls under chief N.B Ngcobo and headmaster W.D Mkhize and the tribe called Qadi Tribal Authority. The demographic of this area is 100% blacks, there is an influence of Indians who are entrepreneurs they come in and out for business purposes however they do not reside in the area.

The local Seventh Day Adventist Church and other Community Members initiated Abalindi Welfare Society in 1970 as they identified the need of resource of this nature. They started with an Old Age Home, as they discovered that Elderly People are neglected and abused from their own homes and others had no place to stay with their grandchildren. The old Age Home caters for the aged person from the age of 60 years and above.

There was a growing number of children who came along with their grandmothers as well as those who were found loitering up and down the streets thus a Children’s home was born and registered in 1994 as a place of care in terms of the Child Care Act No. 74 of 1983. Abalindi Children’s Home was registered to accommodate 40 children who are legally placed through Children’s Courts.

Through the involvement of the Organization with Children, Thokozani Crèche was established. Which serves Abalindi Children’s Home as well as the community of Amatikwe and Inanda area. The continuity of expanding didn’t end there, Hospice was also born on the 05 August 2008 as the members of the community came to drop their sick people when they feel that they are unable to look after their loved ones during the day while they are at work or if the sick
persons whereabouts are unknown, Hospice accommodate 30 people which is 15 female and also 15 males.

The Organization was involved with the consuming projects yet there was no support, we initiated income - generating projects to sustain our Organization at the same time creating jobs for community members.

These are the following income – generating projects:

1. Bakery

This project supply the organization with bread and community also benefit with its product.
2. Vegetable gardening

Gardening helps to supply with fresh and healthy products to the organization and also to the community.

These projects are within the premises of Abalindi Welfare Society. All these are aimed at generating income, job creation and also sustain existence of Abalindi. Considering HIV/AIDS pandemic, greatly affecting our black communities as a community organization were also embarked on HIV/AIDS support programs which is composed of local community members who are infected and affected. These projects provide counseling services and encouraging support groups by also involving the victims to developmental projects. This program also involves parents whose children passed away due to AIDS pandemic.

2. VISION

To provide preventative and institutional services for the benefit of the aged, disabled, the terminally ill and children in need of social, therapeutic, and development care for all.
3. MISSION STATEMENT

Abalindi Mission is to reach out to all Communities in KZN promoting:

- The well-being of the elderly and terminally ill people by providing comfort, dignified treatment, health needs, accommodation to those who have a need.
- Well-being to children, who are destitute, orphaned or abandoned, protecting them from any abuse, promoting their schooling, always preparing them for a better future, providing a residential facility for those needing it.
- Providing an early childhood development facility for children, creating a sound educational base.

4. TRANSFORMATION AND DEVELOPMENT OF ABALINDI COMMUNITY

Abalindi welfare society started in 1970. They have started operating in mud and log buildings, at that time there were no proper infrastructure. They used to draw water from wells and rivers. The main river that traverses, it was Amatikwe River which joins UMzinyathi River and joins the famous UMngeni River.

The mode of transport was the bus only that transported workers to the city of Durban every day, three times a day.

It was only recently that the community enjoyed the luxury of electricity. The first place in the area that drew electricity to its operation it was Abalindi Welfare Society. The person who was behind the installation of electricity was Hon. Margaret Winter who was the mayor of the city of Durban during that time. Telecommunication was only at the post office however when Abalindi Welfare Society drew the electricity, it drew the telephone service as well.

To speed up the development process in the area it was important that community development structures be in a position. Amatikwe
formed a development committee. That committee was elected by the community at a Dali constituted meeting. The leaders were there to facilitate the process, Example traditional leaders and headmasters. Amatikwe Development committee became a vehicle for enhancing Developers for raising funds. The Amatikwe Development committees were also formed by schools governing bodies and churches etc. All these organizations helped the development of Abalindi Welfare society since it cannot operate in isolation. Abalindi dragged the community along in order to be successful. Currently In the area there are so many schools and Abalindi children’s are able to walk to the nearest schools.

5. THE DEVELOPMENT OF THE BUILDING STRUCTURES AND DONORS

The first donor was urban foundation. Urban Foundation was the organization established by the government to assist the deep rural areas to transform the community infrastructure. They have built the first superstructure building to accommodate both elderly and children. The second donor was Paul Macula and associate, they were architect, they donated R500 000 to build a Children’s Home since the elderly and children were living together. According to law children and elderly are supposed to live separate. Lottery also donated a new children’s Home building which accommodate 16 children .The religious organization called Devine Life Society donated other dormitories for the elderly. NBS- Cooperate business sector donated the Crèche building. Ramakrishna donated two hospice buildings.
### 6. TABLE A: THE BOARD MEMBERS OF ABALINDI ORGANISATION

<table>
<thead>
<tr>
<th>Portfolio</th>
<th>Name</th>
<th>Work or home address</th>
<th>Postal address</th>
<th>Telephone (include dialing code)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chairperson</td>
<td>Pastor B. A. Sibisi</td>
<td>3 Fuschia Grove, Glenhills, 4051</td>
<td>P.O. Box 43119, Inanda, 4310</td>
<td>082 5538 210</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Mr. O.B. Masinga</td>
<td>Amatikwe Area, Inanda, 4310</td>
<td>P.O. Box 43119, Inanda, 4310</td>
<td>083 6325 734</td>
</tr>
<tr>
<td>Secretary</td>
<td>Mrs. L. K. Sibiya</td>
<td>23 San Marine Seawald Estate, Ballito</td>
<td>23 San Marine Seawald Estate, Ballito</td>
<td>083 5019 984</td>
</tr>
<tr>
<td>Member</td>
<td>Mrs. B. Zulu</td>
<td>Amatikwe Area, Inanda, 4310</td>
<td>P.O. Box 43119, Inanda, 4310</td>
<td>031 518 0064</td>
</tr>
<tr>
<td>Member</td>
<td>Mrs. D. T. Sibisi</td>
<td>3 Fuschia Grove, Glenhills, 4051</td>
<td>3 Fuschia Grove, Glenhills, 4051</td>
<td>031 563 5480</td>
</tr>
<tr>
<td>Member</td>
<td>Miss L. B. Goba</td>
<td>Amatikwe Area, Inanda, 4310</td>
<td>P. O. Box 59336, Inanda,</td>
<td>072 5165 470</td>
</tr>
<tr>
<td>Member</td>
<td>Mr. T. S. Mcanyana</td>
<td>21 Ruwenzori, 63 St Andrews Street, Durban, 4001</td>
<td>21 Ruwenzori, 63 St Andrews Street, Durban, 4001</td>
<td>082 9530 639</td>
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<tr>
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<tr>
<td>Member</td>
<td>Mr. T. C. Ntshangase</td>
<td>Amatikwe Area, Inanda, 4310</td>
<td>P.O. Box 43119, Inanda, 4310</td>
<td>084 6218 722</td>
</tr>
<tr>
<td>Member</td>
<td>Dr. S. B. Mhlongo</td>
<td>28 Arum Lilly Veldenvlei, Richards Bay, 3900</td>
<td>28 Arum Lilly Veldenvlei, Richards Bay, 3900</td>
<td>082 5428 855</td>
</tr>
<tr>
<td>Member</td>
<td>Mr. B. M. Myeza</td>
<td>Amatikwe Area, Inanda, 4310</td>
<td>P. O. Box 59030, Inanda, 4310</td>
<td>082 2560 395</td>
</tr>
<tr>
<td>Member</td>
<td>Mr. B. Masinga</td>
<td>Amatikwe Area, Inanda, 4310</td>
<td>P. O. Box 43611, Inanda, 4310</td>
<td>073 7766 380</td>
</tr>
</tbody>
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### TABLE B: THE STAFF OF ABALINDI WELFARE SOCIETY

<table>
<thead>
<tr>
<th>Position</th>
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<th>Qualification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director</td>
<td>1</td>
<td>Founder</td>
</tr>
<tr>
<td>Human Resource Manager</td>
<td>1</td>
<td>Financial Management Certificate</td>
</tr>
<tr>
<td>Administrator</td>
<td>1</td>
<td>Marketing and Sales Management Diploma</td>
</tr>
<tr>
<td>Office Assistant</td>
<td>1</td>
<td>Computer Certificate</td>
</tr>
<tr>
<td>Social Workers</td>
<td>2</td>
<td>Bachelor of social work</td>
</tr>
<tr>
<td>Social Auxiliary Worker</td>
<td>1</td>
<td>Social Auxiliary Certificate</td>
</tr>
<tr>
<td>Senior Care Worker</td>
<td>1</td>
<td>Child and youth care certificates</td>
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<td>Child and Youth Care Workers</td>
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<td>Child and youth care certificates</td>
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<tr>
<td>Crèche Teacher</td>
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<td>Early Childhood Development Certificate</td>
</tr>
<tr>
<td>Sister</td>
<td>1</td>
<td>Professional Nurse</td>
</tr>
<tr>
<td>Enrolled Nursing Assistant</td>
<td>1</td>
<td>Enrolled Nursing Certificate</td>
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<tr>
<td>Care Givers</td>
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<td>Home based Care Certificate</td>
</tr>
<tr>
<td>Assistant Occupational Therapist</td>
<td>1</td>
<td>Assistant Occupational Therapist Certificate</td>
</tr>
<tr>
<td>Kitchen Staff</td>
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<td>No qualifications</td>
</tr>
<tr>
<td>Laundry Staff</td>
<td>3</td>
<td>No qualifications</td>
</tr>
<tr>
<td>Cleaners</td>
<td>5</td>
<td>No qualifications</td>
</tr>
<tr>
<td>Security</td>
<td>4</td>
<td>Grade E</td>
</tr>
<tr>
<td>Driver</td>
<td>2</td>
<td>Code 10 and PDP</td>
</tr>
</tbody>
</table>

Table B, above, shows the staff of Abalindi Welfare Society who are on full time employment for all the projects rendered by the organization.
7. ABALINDI WELFARE SOCIETY OUTCOMES

ABALINDI OLD AGE HOME OUTCOMES (OBJECTIVES) ARE TO:

Provide 24hours physical care, social work services to the elderly residents and their families; religious spiritual and cultural programs to the elderly, provide sports and recreational programs, facilitate intergenerational programs, rehabilitation, paramedical and respite care.

8. ABALINDI WELFARE SOCIETY CHILDREN’S HOME OUTCOMES (OBJECTIVES)

are to provide early childhood development (E.C.D) and educational support, counseling done by qualified social workers; provide therapeutic care and development assessment services; grant a warm and nurturing environment to the children of Abalindi Welfare Society; give other services to the children residing in the Abalindi Welfare Society Children’s Home including clothing, adequate shelter, nutritious meals and a safe environment, facilitating sporting and recreational programs including cultural diversity. Children’s Home of Abalindi Welfare Society ensures that children are equipped with life skills programs and health care service.

ABALINDI WELFARE SOCIETY CHILDREN’S HOME CRITERIA FOR ADMISSION

The organization admits children who are accompanied by Social Workers from other organizations who are known as Reconstruction Social Workers. The child must be the victim of any other form of abuse, abandonment or being an orphan. The requirements for admission are: child birth certificate, court order, background report, form 7, form 39, school transfer letter, care plan and school transfer
letter. These entire requirements are required by the Department of Social Development who monitor the Non-Profit organizations

9. THOKOZANI CRECHE& PRE-SCHOOL OUTCOMES (OBJECTIVES) ARE TO:

Ensure that the children of Abalindi Welfare Society Pre-School are protected, well-nourished and well-stimulated children.

10. CASE STUDY ONE: OLD AGE HOME OF ABALINDI WELFARE SOCIETY

This case study will be focusing on Abalindi old age home as it was the first project that was identified by the local members of Seventh Days Adventist Church and other community members of Inanda area, which is the part of Durban municipality in KwaZulu-Natal province in South Africa. The need of the resource of this nature was identified in 1970, as the community members and church members discovered that Elderly People are neglected and abused from their own homes.

Old Age Home gave birth to other projects like Children’s Home, Crèche and Hospice. Some elderly people used to come along with their grandchildren, those children led to the establishment of Abalindi children’s home due to the fact that the elderly people refused to be accepted in the institution without their grandchildren. They used to say they rather live in the street than being separated from their grandchildren.

Through the Organization’s involvement with the children, the organization started Thokozani Crèche which serves the Inanda community and Abalindi residents. Abalindi Welfare Society involved in working directly with the community members, the members of the community used to drop the sick people by the gate especially those who have no relatives hoping that welfare is designed to look after every individual who seek help. That behavior
resulted into the establishment of Hospice which was officially opened on this date 05 August 2008.

The Old Age Home is the back bone of the Organization that is why the focus of writing case study about the good practice will be based on this project.

The Organization has two buildings for the elderly people namely: old age home and Zonke frail care. The old age home building is for the elderly people who can walk and able to help themselves however need some supervision and Zonke frail care accommodates the elderly people who are unable to walk (bed bound) and unable to do anything for themselves.

Figure 1: The old age Home

Figure 1 shows old age home building of Abalindi Welfare Society. The residents who live in this building are able to walk and perform task such personal themselves however need some supervision and assistance. The Old age building accommodates 40 residents.
Figure 2: Zonke Frail Care

Figure 2 shows Zonke Frail Care of Abalindi Welfare Society. Zonke frail care accommodates 30 residents who are assisted with physical care since they are unable to do anything for themselves.

FIGURE 3: ABALINDI WELFARE SOCIETY OLD AGE HOME BENEFICIARIES 2011 TO 2014.
The Figure 3 shows the number of beneficiaries of Abalindi Welfare Society Old age Home from year 2011-2014. The Old age Home of Abalindi Welfare

**FIGURE4: ABALINDI WELFARE SOCIETY OLD AGE HOME BENEFICIARIES**

![Bar chart showing the number of beneficiaries of Abalindi Welfare Society Old age Home from January-June 2015.]

The Figure 4 shows the number of beneficiaries of Abalindi Welfare Society Old age Home from January-June 2015.

**THE OLD AGE HOME PROVIDES THE FOLLOWING SERVICES:-**

The Organization provides physical care which includes providing personal hygiene such as toileting, grooming, dressing, bathing, oral hygiene, feeding the elderly people with three nutritious meal, transport and escorting the elderly to local clinics and hospital for collection of their medication and checkups, give medications according to the Doctors instructions, the elderly people are encourage to use outdoor areas for the sun exposure and assist the elderly to do mild exercises with the help of the trained physiotherapist assistant.
The care givers are the members of the health care team who assist the nurse in administering the physical and the social welfare of the elderly people. They provide oral hygiene, toileting, grooming and dressing the elderly people. The caregivers ensure that the elderly is being properly well taken care of. The elderly people of Abalindi Welfare Society are fed nutritious meal three times a day Abalindi welfare Society provides three nutritious meal per day, in the morning the elderly get maize meal porridge and jungle (it is optional where the elderly people choose between the two) bread with either peanut butter, polonies, cheese, eggs and tea. The Lunch time- the elderly people either have pap, rice, or jeqe with chicken curry, beef curry, vegetables, cabbage. All lunch goes with a fruit orange, apple and banana. The Supper- elderly people either have rice or pap with vegetable curry, fish or meat. It depends on the menu of the day. All supper are served with the cup of tea. During feeding of the frail aged residents, the care givers prepare the soft food to ensure that swallowing is happening. For example they prepare butter nut and soup.

The elderly are encouraged to go outside and sit in a chair or wheelchair to be exposed to the sun due to the fact that the elderly are at risk for vitamin d deficiency. In the absence of vitamin D, the elderly person deteriorates. The outdoor areas allow the elderly to produce vitamin D naturally via the skin.

The elderly people are escorted by the care givers to the local clinics and Hospital to collect the medication, to treat minor ailments and for checkups. The elderly usually go to the clinic and hospital to maintain adherence. Medication is prepared by the care workers to ensure that the elderly people took the correct dose and to avoid defaulting on medication.

**PROVISION OF REHABILITATION, PARAMEDICAL AND RESPITE CARE**

Mild exercise helps the elderly people of Abalindi Welfare Society to stay health and independent. The exercises such as walking and
stretching help to avoid locking of the joints and increase metabolism.

The organization has sixteen trained care givers who ensure that wellbeing of the residents is well taken care of. The laundry staff is responsible for washing the residents' clothes and their bedding and making that the residents wear clean and warm clothes at all times.

Cleaning staff are employed to keep the environment clean. There are those who are responsible for cleaning the yard, and those cleaning up in their wards or rooms, and they make sure that the environment is neat and fresh. The kitchen staff is responsible for preparing and cooking the meals for the residents. The kitchen staff cooks the meals for all residents of Abalindi Welfare Society.

SOCIAL WORK SERVICES

The social work services provide the following services: therapeutic services (counseling and referrals to other therapist) screenings of elderly people who needs admission, conducting group works, facilitation of awareness programs and social worker acts as an advocate for the elderly people. The screening of the elderly people is conducted by the qualified Social Workers, when the senior citizens are being admitted at the old age home. Screening of the elderly people is more like collecting the information of the client. The screening of the elderly people includes the reason for admission in the institutional care, the background of the client and to discover whether the client does have relatives or friends. That kind of information makes it easy to identify the services that the client needs since they come from different background. For example abusive environment and others they do not have someone to look after themselves during the day. Counseling services are conducted by the qualified social worker based on the information collected on the first day of admission. The social worker conduct one on one counseling session or a group session depending on the residents need. In one on one counseling session that is where the resident
shares their personal experiences with the social worker in a safe and conducive environment and establishing support groups of the elderly people. Normally the support group is formed by the group of people who share similar experiences. For example the group of people who left their homes due to the fact that there was no one to take care of them, they share their feelings of leaving homes and support one another.

FACILITATION OF AWARENESS PROGRAMS

Awareness programs are planned every year, the main aim is to empower the elderly people with knowledge about their transition as they grow up and conditions that relate to them Example Alzheimer’s, hypertension and arthritis. There are other awareness programs such as elderly abuse, drug and substance abuse, family day and world elderly awareness day and Parkinson’s disease day all these awareness’s are meant to rehabilitate and empower the elderly people with information and to encourage healthy lifestyle.

Figure 5: Awareness program for Elderly Abuse

Figure 5 shows Abalindi Senior Citizens conducted a big walk to the nearest school, the aim was to create awareness concerning the abuse of Elderly people and they were holding pamphlets written stop the abuse of elderly people.
Figure 6: Elderly abused awareness pictures

Figure 6 shows senior citizens who were happy to be exposed to the young children and deliver the speech concerning the abuse of elderly people. One of the grannies and grandfathers stood up on that day to convey the messages to the future leaders and taught the young children, “say protect and love the elderly people”

SPORTS AND RECREATIONAL PROGRAMS

Sport and Recreational programs is also provided for Elderly people from Abalindi Welfare Society. That where the elderly played a variety of games that is done by selecting the games that are suitable for their physical fitness. Games are played to promote an active aging people and to improve their memories as it is deteriorating due to their age. For example Bingo it is played by numbers.
Figure 7: Abalindi Welfare Society elderly people are playing Bingo

Figure 7 shows elderly people who are playing Bingo. **Bingo** is a game of chance in return for stake. Each player receives a set of numbers that he or she has not chosen. The player marks off the numbers in his /her set against numbers which are selected at random and announced by a caller. A player wins by completing a line or multiple lines more quickly than other player. Bingo helps the elderly people to keep their brains alert and motivates them to interact with one another. Bingo game is suitable for everyone since it does not require physical strength.

**THE PROMOTION OF RELIGIOUS PROGRAMS**

The religious programs are conducted at the Seventh Adventist Church. The Seventh Adventist Church is inside the premises of Abalindi Welfare Society. The residents gather together to conduct prayers and invite pastors from local churches to preach the word of God. Religious services take place every Saturday. The residents benefits by attending the church services. Church services help the residents to connect with their God and to uplift their spiritual being. Every Wednesday there is a Service Centre which accommodates the Abalindi Welfare Society residents and the community members; they worship God and sometimes share their experiences.
INTERGENERATIONAL PROGRAMS

Intergenerational programs are conducted by Elderly people who are able to walk, they visit crèches and nearest schools teaching young ones about how to present themselves in the community and to do story telling. All these services are designed to meet the resident’s needs as some of them came from disadvantaged background. The implementation of these activities and programs gives them hope and encourage the elderly people to perform different activities that keep their bodies healthy and active minds.

CASE STUDY TWO: ABALINDI WELFARE SOCIETY CHILDREN’S HOME SERVICES

The local members of Seventh Days Adventist Church and other community members of Inanda area, which is the part of EThekwini municipality in KwaZulu-Natal province, in city of Durban, South Africa established Abalindi Welfare Society in 1970 and was registered with the department of Social development. This organization’s first project was the Old Age home for the purpose of serving the needs of the elderly people. Old Age Home gave birth to other projects like Children’s Home.

The Children’s Home of Abalindi Welfare Society accommodates children from different background who are experiencing different forms of abuse which include sexual abuse, physical abuse, emotional abuse and neglect. The organization also accommodates orphans and children who are living with HIV and AIDS. All children admitted as residents in the Children’s Home of Abalindi Welfare Society are placed with a court order according to the Children’s Act number 38 of 2005, as amended that put emphasis on the best interest and wellbeing of the child.
FIGURE 8: ABALINDI WELFARE SOCIETY CHILDREN’S HOME BENEFICIARIES IN 2011-2014

The Figure 8 shows the number of beneficiaries of Abalindi Welfare Society Children’s Home from 2011-2014.
Figure 9 shows the number of beneficiaries of Abalindi Welfare Society Children’s Home from January to June 2015.

The Abalindi Welfare Society Children’s Home started accommodating 40 children however the number has increased to 56 since there is a new building that accommodates 16 children.

Abalindi Welfare Society Children’s Home provide the following services: Early childhood development (E.C.D) and educational support, counseling of children done by qualified Social Workers, therapeutic care and development assessment services, grant a warm and nurturing environment to the children of Abalindi Welfare Society, give other services to the children residing at Abalindi Welfare Society Children’s Home including offering clothing, adequate shelter, nutritious meals and a safe environment, facilitating sporting and recreational programs including cultural diversity. Ensure that children of Abalindi Welfare Society are equipped with life skills programs, and health care services.
PROVISION OF EARLY CHILDHOOD DEVELOPMENT AND EDUCATIONAL SUPPORT

Abalindi Welfare Society Children’s Home (ACH) identifies those children admitted in the organization that need to attend early childhood development by enrolling them to crèche within the organization and nearest primary and high schools in the Amatikwe area at Inanda under EThekwini Municipality in the city of Durban, KwaZulu-Natal Province in South Africa and give the children educational support. The children’s educational support provided by the organization include paying school fees, providing stationary and prescribed book, assisting the children in doing homework by the care worker and social worker, provision of educational toys and attending parents meetings.

Another form of educational support is to identifying schools that suit the child’s mental state such as special schools for children who does not fit to main stream schools, making sure the children attends school every day, formation of study groups and children are escorted to visit local library.

COUNSELING OF CHILDREN DONE BY QUALIFIED SOCIAL WORKERS AND THERAPEUTIC CARE

Abalindi Welfare Society (ACH) employed one qualified social worker, who is responsible for the children’s home. The social worker is responsible for providing counseling to the children; conducting group work and awareness programs, assess the development of the children, do referrals for intensive therapeutic services, writing reports and provide support to ensure the development of the children.
Figure 10 shows one on one counseling session done by a qualified Social Worker. In addition the child is being provided an opportunity to share her experiences. The social worker also provides a warm environment and unconditional acceptance where the child will feel at ease to share deep and personal experiences. Figure was taken at the interview room of Abalindi Welfare Society Children’s home by Mr. Hlakaniphho Masinga in July 2014.

PROVISION OF A WARM AND NURTURING ENVIRONMENT

Children reside in a warm and nurturing environment that facilitates growth. The children are supported by the trained child and youth care workers who provide support, monitor and provide supervision. The child and youth care workers also plays a parental role to the children. The Department of Social Development is also supporting the organization by subsidizing the security services to ensure that the organization is protected by security guards 24 hours.
PROVISION OF APPROPRIATE CLOTHING, ADEQUATE SHELTER, NUTRITIOUS MEAL AND SAFE ENVIRONMENT.

Children are provided with appropriate clothing. The organization purchase seasonal clothes every year and receive donation sometimes from other generous people and retail shops.

Abalindi children’s home have two building that provides shelter. The first building accommodates 40 children. The other building accommodates 16 children. Both buildings are approved by the department of health and safety.

The children are served with nutritious meals three times a day. The children are provided with balance diet meals that have been approved by Department of Social Development. The Department of Social Development is also supporting the organization by subsidizing the security services to ensure that the organization is protected by security guards 24 hours.
SPORTING AND RECREATIONAL PROGRAMS INCLUDING CULTURAL DIVERSITY

Sport and Recreational programs including cultural diversity are provided by purchasing sporting kits, selection of relevant games, organizing games, trips, arranging cultural activities during memorable Cultural Day such as heritage Day of 24 September and Calling in local Cultural experts to conduct a talk on cultural issues within the home. Abalindi children’s home have various sporting activities that are played by the children which include a gospel group, hip hop dance group, Zulu dance, soccer team, chess team, netball and basketball. The children are encouraged to be involved in sporting activities so that they stay away from drugs and from
criminal activities. Sports helps the children regain appositive self-image, to have something to look up for and to enhance their self-esteem.

FIGURE 12: ZULU DANCE GROUP

Figure 12 shows Zulu Dance Group. The picture was taken at the International Convention Centre in the City of Durban EThekweni Municipality KwaZulu-Natal, after performing at the IVB function. The group is composed by nine members which is eight boys and one girl. The Zulu Dance group performs in different occasions. The community members are also welcome to invite the group if they need them to perform at their function.
Figure 13 shows children received chess kit from a donor. The Abalindi Welfare Society Children’s Home received the chess kit in July 2014 during Mandela Day at Abalindi Welfare Society. The chess team is coached by Mr. Magudulela every Fridays once a week. The chess game was previously known as the sport of the Elite people however that perception has changed since the children Abalindi Welfare Society are actively involved. Chess enhance the level of intelligent in children, focus and determination not only in the game of sport however in real life.

**LIFE SKILLS PROGRAMS OFFERED TO EQUIP CHILDREN**

Life skill groups are formed with children who share similar or common experiences. The purpose life skills group is to equip children with skills, empower them with knowledge, learning coping mechanisms from other people. The programs and relevant topics are chosen according to their age group and their need e.g. anger management, self-esteem, HIV and AIDS, teenage pregnancy and alcohol and drug abuse.
Figure 14 shows life skill group. A group of teenage boys of the same age group who are likely to experience the same life challenges. The life skill group helps the children to learn from one another, learning coping mechanisms, helping the group members to realize that they are not alone in their situation and to empower the children with knowledge.

PROVISION OF SUPPORT AND HEALTH CARE SERVICES

Health Care services are also provided; Care workers are responsible for escorting children to the nearest clinics and hospitals for minor ailments, medication collection and checkups. All children took their medication under the supervision of the child and youth care worker. The transportation to the clinics and hospital is always provided.
INDEPENDENT LIVING AND SPIRITUAL GUIDANCE

PROGRAMS

The children of Abalindi Welfare Society are encouraged and thought to conduct house chores. The youth and care workers guide and supervise the children while washing their clothes, ironing and cooking, depending on the age of the child. The organization also provides a spiritual guidance to children, prayers are conducted every day before meal in the morning and afternoon, and children attend church service every Saturday, care workers supervise children when attending church.

REUNIFICATION SERVICES

Children of Abalindi Welfare Society are reunited with their families, foster families or members of the community who has interest in children that is done by the Social Worker from other organization who is called Reconstruction Social Worker. The Resident Social Worker work together with the Reconstruction Social Worker in all aspects concerning the child concerned. The Reconstruction Social Worker conducts home visit and interviews with the family of the child placed in the institution, holding meetings regarding the adjustment of the child, helping the family to acquire parenting skills or resolving the matter resulted into the removal of the child concerned and conducting the interviews those who want to host the children during school holidays, adopt and foster children.
12. SECRET OF THE ORGANIZATION’S SUCCESS

The programs are designed to meet the needs of the community. The founders of the project were living in Inanda community therefore they knew what the community need and they have responded to the generative themes of the community members. The involvement of the community especially the beneficiaries and others played a crucial role in the development of the organization. It was mentioned earlier that the development of the project involved many people including beneficiaries, founders and the donors. They have worked in together to improve the organization since they have ownership of the project.

13. LESSONS LEARNT

Advertise your organization and formed partnerships with other stakeholders such as Inanda Ntuzuma KwaMashu (INK) area based management team who puts the organization on their data base and provide the workers with training and workshops. The Department of Social Development for financing the organization in order to meet the daily living expenses. Working with relevant government departments, Institutions and various community structures and other NPOs who render different services is very crucial.

14. CONCLUSION

Abalindi Welfare Society is proud to announce that old age home is the backbone or first project that gave birth to all the three successful projects. There is a say which says “The Nation Which Fails to take care of the Elderly is a Failing Nation”.

(DIRECTOR OF THE ORGANIZATION, Pastor Sibisi: 2015)
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Ramakrishna donated funds for two Hospice buildings of Abalindi Welfare Society.

Lottery donated funds to build a new building for Children’s Home of Abalindi Welfare Society.

Rotary Club donated variety of house wear for the children’s home of Abalindi Welfare Society.

Department of Social Development for subsidizing the organization in order to meet the daily living expenses of Abalindi Welfare Society.

Gems medical Scheme donated two refrigerating equipment, two stoves and other kitchen wear.

The local leader’s which include Chief, headmaster and councilor for supporting Abalindi Welfare Society by issuing prove of residents when the elderly people want to review their pension grants and opening bank accounts.
Inanda community members and beneficiaries for working together in helping the organization to grow from strength to strength.

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The Abalindi Welfare Society Staff members, who are always willing to go an extra mile in helping the residents of Abalindi Welfare Society, keep up the good work.

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This case study of Abalindi Welfare Society was written and compiled by the following two social workers who are both employed by Abalindi Welfare Society.

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