



Sisanda FunDaytion

what a difference a day makes



Our 2020 Annual Newsletter

Children have up to 160 hours per month of free time and 7 out of 10 children in SA have no safe place to play. Vulnerable children in our townships get few opportunities for meaningful play and recreation with positive role models, spending the vast majority of after school time in the streets. Resulting poor mental health and under-developed social and emotional skills leads to great vulnerability and development of anti-social behavior, hindering relationships, learning and future employment. The situation and impact have been greatly exacerbated during 2020 with no school and highly stressed home environments.

Sisanda FunDaytion unites people of different ages, backgrounds and cultures to provide a range of experiences and catalytic moments. We aim to give vulnerable children the opportunity to be children, to find happiness and grow resilience. Over 11 years, we have connected with 7749 children and created 926 new opportunities. To enhance our impact we have created 2605 volunteer opportunities for young people and adults building competence to work with children, developing cultural literacy and providing opportunities to uplift South Africa's children.

After a pretty normal start to 2020 with three fabulous Fun Days we swiftly adapted in April to continue reaching vulnerable communities. Our **Partners** this year included Unexpected Opportunities in Bonteheuvell, Beautiful Gate in Phillipi, Vusa Rugby and Learning Academy in Langa, Healing Hearts Foundation in Vrygrond, Gugulethu Community, Sisters Incorporated, Lawrence House, Paedspal, and the Centre for Early Childhood Development.

Sisanda FunDaytion is a Cape Town based NGO that empowers and equips positive role models to uplift the wellbeing and uncover the potential of vulnerable children through Play and Recreation.

Since Jan 2020 we have provided over 7000 meals, strengthened 175 role models, and supported the social and emotional wellbeing of 494 children.

Above photo pre-COVID

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Our Values

Recreation and play: We believe meaningful play and recreation is crucial for healthy, holistic development of the mind, body and soul.

Having fun: We believe fun, laughter and enjoyment are catalysts to an open mind and an open heart.

Opportunity: By feeding the mind, we can ignite a spark that can motivate children and young people to invest in life now.




Connections and social confidence: We believe that a better future for South Africa lies in our ability to understand each other, respect each other, see the similarities, appreciate the differences, and feel comfortable with interaction.

Active citizenship: We aim to break down barriers and to help grow the joy in giving and in connecting with people from diverse backgrounds.

Our Programmes

We had a great start to the year with our monthly Fun Day programme which included our School Connect experience and our first development running group. We then adapted in April to limit social contact and support feeding schemes. Inspiration and connection was quickly made available through Sisanda Zoom Storytime and play ideas, provided on Sisanda Playsheets, bought some laughter to homes during hard lockdown eventually growing into our new Play@home programme. With very few small in-person experiences in the last few months we were happy to end on a high with a fun and free Xmas party.



	<u>Sisanda Storytime</u>	<u>Play@home</u>	<u>Experiential Fun Days</u>
	96 Storytime sessions	650 Home visits	4 Fun Day
	174 Children	185 Children	135 Children
	20 Positive role models	86 Positive role models	69 Positive role models

This table is a summary of our impact in addition to contributions towards more than 7000 meals, hygiene packs and PPE.

The subsequent sections explain the programmes and the impact as described by the various stakeholders.

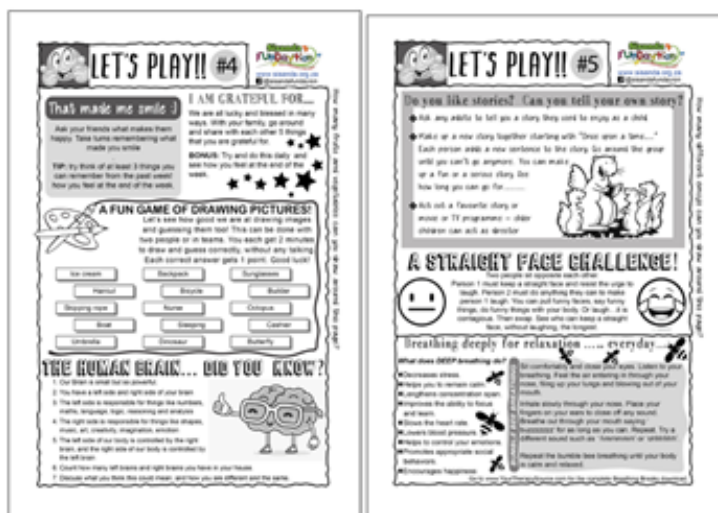
Play@home programme

Growing out of our early response to the 'stay at home' message from lockdown, our Play@home programme took shape in July. Empowering adults, through this programme, to facilitate meaningful play in their homes has increased children's willingness to be with their family, opened up communication and strengthened family bonds. Importantly this programme has brought some fun, laughter and light relief into very stressed households during this hard year.

Sisanda Play Ambassadors, trained youth from the community, have been supported to implement the two pilot programmes reaching 77 families in their communities through 650 COVID compliant home visits. The value of play in forming relationships, learning and developing confidence is new to many and known methods to meaningfully engage several children of different ages in the same small space are few. During weekly visits over a 10 week period the Play Ambassadors guide families on interactive play, offer tips to create a healthy habit of family fun time and provide play sheets to spark ideas.

This is what they say

"Play@home programme helped me a lot, because now I understand my kids better and they enjoy playing with me. You know sometimes we as black parents think playing is not for us hence we don't do it. But this programme taught me something new and important, which is spending time with my children and let them teach me new things."



"I would just encourage the community to welcome you guys to their houses. What you are doing is very helpful and to be honest it does make the difference in one's family, I no longer give and also get attitude from my kids because now we are able to talk our emotions. The activities helped me understand the things they like and the things they don't like. Thank you for such programmes."

I learnt how to be a better parent to my grandchild just by being able to communicate with each other and being an open minded parent.

Sisanda Storytime

Since 1st April, three times a week our intergenerational and diverse group brings the airwaves to life, telling stories, reading books, singing, dancing and connecting. We are visited regularly by children of different ages, backgrounds and abilities from childrens' homes, early childhood centres, community organisations and private homes.

Adults and older people have been equally impacted by our warm and engaging space forming a diverse range of facilitators which include professional storytellers, authors and teachers. We offer workshops and a nurturing space to encourage new storytellers, including some teens, to experience the feeling of making a difference.

Our new Storytime facilitator says *“Lockdown was announced and my interaction with children was brought to an abrupt halt – complete devastation rocked my world. Then I received an invitation to Sisanda first Zoom Storytime. AND oh my! Being in a space where I could see smiling faces and hear laughter of engaged and excited children and adults was one the most memorable and exhilarating experiences of 2020.”*

This is what they say

Parents of the children in this picture report:

‘My kids reading is improving’,

‘He is listening more intently [attentively] to me’,

‘Her focus is better’.

Facilitators at this community group say ‘The kids is excited for storytime, they want to tell stories and they love the dancing and music at the end.’

Another regular attender is a community home of safety, a home away from home, for abandoned, refugeeed and unaccompanied minors from across Africa. 6 Boys, aged between 5 and 9 years old, have connected with Storytime since day 1. They are enthusiastic, energetic and always eager to answer questions.

Their carer says “I think they also love being a part of more than the story. They are curious and they look at all the people on the screen.”

A retired teacher says “It’s seeing the eager faces, intently listening to the stories which brings me back again and again. It is wonderful how technology brings us all into one space with Zoom.”



Micaela, a 13 year old Afrikaans girl, residing in a local Child and Youth Care facility is an avid participant. Despite tough challenges during lockdown she and has attended 36 Storytime sessions, growing exponentially in confidence. After a few workshop sessions with our team she is now a storyteller and a role model for the younger generation.

“Everytime I tell a story I feel more better and comfortable. The Sisanda Story Foundation actually inspire me a lot to succeed my dream of becoming a famous storyteller/teller”

Experiential Fun Day

Our Fun Day programme creates memorable outings that inspire, educate and connect. Having fun with new people from different backgrounds and cultures open the minds and hearts of children and adults alike. Most importantly these events offer something different and a chance to relax and laugh, the value of which cannot be underestimated in this time of rising mental health issues and exorbitant levels of stress.

This year was unusual, with our usual monthly Fun Days reduced to four. Jan and Feb played with young children in the fresh air of Green point park and along the seaside on the 'blue train'. In March a wonderful session of mini Olympics, was organised through our Youth Connect programme by Wynberg Girls High School, for learner from Capricorn Primary School. Then there was a gap.....

Finally, in November we celebrated a 'Fun and Free Christmas Party', respecting all safety protocols, with children from Gugulethu community. The children, who left the confines of their community for the first time in untold months, joined the equally excited volunteers in Maynardville park for games, stories and a touch of magic. Play ambassadors from Gugulethu joined and continued to learn how to organise and coordinate safe and fun group entertainment and several parents enjoyed seeing their children adapt to new environments.

A previous volunteer once said of a Sisanda Fun Day *"It has made me become a more socially aware individual and my involvement with SF actually sparked my interest in my career choice (primary school teaching)."*

Play Ambassadors

Young people, who speak the language and understand the culture of their communities are crucial to help the well-being of children. Through learning new skills and supported with a framework they can become positive role models able to empower their communities and uplift children. Further motivated by an exorbitant youth unemployment rate, Sisanda FunDaytion recruits, empowers and utilises the youths energy and potential to help reach our mission and build their futures. We have worked with a further 5 young people this year in our Play@home programme, bringing our total to 20, and employed two existing play ambassadors, Bonga and Nku-lee into new roles in our organisation.

This is what they say

'This has made me a role model, i have to show how to be positive and happy'

'The programme has made me feel like a leader'

'Programmes like this build you as a young person and you learn so much and also you get the experience of working with young children.'

'I learnt self-discipline.'

'I learnt to believe in myself about what I share.'





How exciting that we could work with Vusa Rugby and Learning Academy and Harfield Harriers to enable aspiring runners from Langa test their legs in the Milkwood run in March.



Thank- you and onwards to 2021

Despite our challenging environment and unexpected and vital programme changes this year we have continued to deliver quality programmes for children and youth from under resourced, vulnerable and often violent neighbourhoods. We are very grateful to our supporters for joining us on this journey and helping us to reach so many tummies, hearts and minds. These include Truworths, Spur Foundation, Zestcore, Golden Arrow, Omega Air, the Rolf Stephan Nussbaum Foundation, Scribbles Interactive, Perigon Property Solutions, Nucleus Supply Chain and Kamva Creatives.

We have a diverse, team with a range of skills ably identifying crucial needs, adapting our approach and evaluating honest impact of our work. Thank-you to Mel, Corinna, Bonga and Nku-lee. We are especially pleased that we were able to empower and equip a further 175 role models this year who can escalate our work achieving a more enduring impact. A special thank-you to Mandla, Mariza, Giselle and the rest of you.... you know who you are! And particularly to our 2020 STAR: Ross Metcalf for his endless availability, abundant joy and contagious energy during stroytime and beyond!

Evidence indicates that the need for our work is growing. While real challenges in our context and our funding environment exist, we are motivated more than ever to make a real difference to the social-emotional health and development of children and youth in this country through play and recreation.

We would love to hear how you want to get involved,
please be in touch.
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My name is Asanda. My first time with Sisanda FunDaytion was through Sozo foundation and actually I decided to continue with the programme to become a volunteer. I'm enjoying it. It's fun for me. I love working with kids so that's why I joined the programme.*

To me Sisanda FunDaytion means unity. It's a platform where all kids or young people come together from all walks of life and come to connect through educational activities.

