

Annual Report 2019 / 2020

179 Belgravia Road,
Athlone,
Cape Town,
7764

info@bhabhisana.co.za
Tel: 082-924-2965

NPO: 221-062
PBO: 930066808



Index

Welcome to Bhabhisana Baby
Project

Message from the Chairperson

Financial Report

Programme Report

Therapy Hub

Capacity Building

Highlights

Acknowledgements & Thanks

Board Members





Welcome to Bhabhisana Baby Project

Vision

By advocating for early intervention for babies with developmental disabilities/delay during the crucial 1 000-day period, we recognise that with the appropriate care and input, more children can take their rightful place within their families and in society.



Let's help each other fly...





Welcome to Bhabhisana Baby Project

Mission

Bhabhisana Baby Project's aim is to improve the quality of life and long-term functional abilities of babies born with disabilities or developmental problems (between the ages of 0-2 years) through parent training and early multi-disciplinary therapy intervention; and to support and empower their mothers and carers in their journey with their baby to reach their full individual potential and promote positive infant-parent bonding.



Let's help each other fly...



*"Working with a full team speaks to the recognition of the whole person and how healing and growing is an integrated process. The experience with Bhabhisana assisted me to heal emotionally and find myself, to find a vision or imagination of my life that I look forward to. Attaining this vision gave me the drive to be able to work, live and in this new vision of life. In the end it was my brain and mind that needed to be rewired..
.thank you, dankie syabonga, enkosi."*

Tarryn, baby Imani's mom.



Message from the Chairperson

This has been a year of continuing achievement for Bhabhisana, so ably inspired and driven by Faizah and Ann, and made possible by the dedication and commitment of the Bhabhisana Therapists - Faizah, Ann, Rose, Jamie, Lydia, Kate, Gina and Natalie -and by the creation of a united and dedicated team, consisting not only of the therapists, but also of the babies' families and caregivers who play such an important part in the team. Support is provided by the board members - and their families - by the Chaeli Campaign and by our landlords, Parker Surveys. Each person's contribution towards the lives of our special babies is valued and appreciated.

A very warm thank you to my fellow board members - Chioma, Di, and Weedaad who give so generously of their time, knowledge and expertise and who, like everyone involved with Bhabhisana, care so much about our babies and their families.

I know I speak for all of us in giving a heartfelt thank you to Ann and Faizah for all their time and dedication in doing everything from therapy, to fundraising, writing proposals, writing reports, doing radio interviews, preparing for board meetings, to developing the outreach programme and much more. The end of March brought the start of the new Life under Lockdown, and with it inspired ideas by Faizah and Ann to continue supporting our children and their families and enable them to continue with their therapy programmes at home.

I value the privilege of being part of this unique and special organization, as I am sure we all do, and we wish Bhabhisana and the team continuing success and yet more achievements during the coming year. I look forward to celebrating our 5th birthday, in the fine style of our 4th birthday festivities, with all of you.

Ann Myles

Chairperson: Bhabhisana Baby Project

"My baby was born a micro prem with severe developmental delays and was referred to the Bhabhisana Baby Project for therapy by a public hospital doctor. Having three different therapists at the same time is very good and helpful, they work well with each other to help with my baby's developmental needs. My contact with the Bhabhisana Baby Project team is super awesome because my baby is progressing so very well with the help of these therapists and I've learnt so much being with them. I was worried about what will happen once Baby I leaves the service but have been reassured that I can stay in touch".

Baby Imtiyaaz has been with Bhabhisana since June 2019



Financial Report

Please see the attached Audited Financial statement for the period April 2019 to March 2020.

We would like to thank our Treasurer, Di Terry, for keeping a watchful eye on our finances and ensuring that we are compliant at all times. Special thanks too to our auditors BDV PLATINUM for all their hard work.

Finding funding is always a challenge for NPO's but we are pleased to report that with the generous donations and support from many individuals and companies we have been able to continue serving our babies and their families. A special thank you to DG Murray trust for continuing to believe in our project and to our fundraiser Dalene from Grapevine SA who works industriously behind the scenes.

"I came to the Bhabhisana Baby Project through a referral from a public hospital doctor after my baby was diagnosed with glaucoma. Having three therapists working with my baby at the same time was an advantage as they could all see what developmental milestones my baby was struggling with. My contact with the Bhabhisana Baby Project has been amazing. Due to my baby's visual impairment she struggled reaching any milestones, but the team made it possible. They taught me how to help my baby develop, which was very difficult for me without their help. It has been an emotional and tearful journey, but the support has given me hope".

Charne has been with Bhabhisana since February 2019.



Programme Report

Therapy Hub



Therapy Hub

Our goal at our therapy hub in Athlone is to provide an interdisciplinary, parent centred service for babies (0-2) and their families once they have left the neonatal service and before they have appropriate therapeutic appointments at their local clinic or health care centre, usually a few months later.

We want to maximise early therapeutic intervention which makes the most difference during the first 1000 days. Each multidisciplinary team consists of a physiotherapist, occupational therapist and speech and language therapist.

The babies are treated in an interdisciplinary fashion to develop their gross and fine motor skills, communication and language skills, self-help skills and social skills. Bhabhisana acts as a 'one-stop shop' where each baby's specific therapeutic needs can be met.

Parents are trained how to incorporate therapy into everyday activities and shown how to play with their child in a functional way. We have adopted a holistic approach by offering emotional support and a therapeutic environment for parents, many of whom have experienced a traumatic birth.

(1/2 continue...)



Therapy Hub

By supporting the family as a whole, parents are empowered to be part of their baby's development, which helps them better interact and bond with their child – all of which promotes development.

Parents and babies receive a monthly 45-minute session at our therapy hub which is easily accessible for those who use public transport. Children are referred to our project from various state run high risk clinics, baby clinics as well as other NPOs. Mothers who have attended our service have also referred babies they have identified in their communities who they felt needed some extra help. In the last financial year we had 128 therapeutic sessions where we were privileged to provide in depth support of 35 babies and improve handling skills of 70 family members.

We even managed to start a satellite Bhabhisana therapy hub in Hout Bay at the municipal library before all the libraries were closed due to Covid-19. We look forward to starting up there again when it is safe to do so.



Feedback from Parents



"I learnt so much that I feel I am a therapist."

"The experience with Bhabhisana helped me to heal emotionally and find myself. Thank you!"

"I learnt how to play with my child."

"You gave me hope when I thought there was none. Your support means a lot to my family."

Programme Report

Capacity Building



Capacity Building

In this part of the programme, the Bhabhisana team advocates for early identification and therapeutic intervention for babies with delays at all levels of the state health services, in particular the high risk clinics run at the maternity hospitals as well as at the municipal baby clinics where babies are followed up for immunisations and developmental screening.

Through our support of health professionals we highlight the impact that both early identification and early intervention can have during the first 1 000 days. In the last financial year we have supported the use of the Infant Neuromotor Assessment (INA) at Mitchells Plain and Retreat high risk clinics (8 medical doctors, 8 therapists, 1 dietician, 22 6th year medical students) as well as sharing our developmental red flag information with Landsdowne and Hanover Park baby clinics (3 nurses). During this outreach support we assessed and gave therapeutic advice to 70 babies and their families.

(1 / 2 continue. . .)



Capacity Building

We also make ourselves available to do more in depth capacity building with therapists working in these services to share how we work in an interdisciplinary way to assess and treat babies with delays and promote the value of preventative therapy. We work alongside these therapists at the high risk clinics and in their departments sharing the tools we have learned around a parent centred, interdisciplinary approach. We try and provide this support once a month and once the therapists feel more confident we cut this down to every 2 months and eventually down to every 6 months although they are still able to contact us virtually for advice.

They are also invited to visit the therapy hub in Athlone to observe the Bhabhisana interdisciplinary team at work and to problem solve around more complex clients they may have. In this last year we have supported therapists at Mitchells Plain, Gugulethu, Hanover Park and Retreat community health centres. These have included 4 occupational therapists, 2 physiotherapists and 2 speech therapists.



Feedback from Therapists

"Our sessions at the high risk clinics have definitely taught me a lot; that a little advice when understood by parents or caregivers, can go a long way and that using toys made from waste during sessions motivates parents to make their own stimulation kits at home, realizing that they have what is needed. Thank you for sharing your wealth of knowledge with me and allowing me to light my candle in it. I am looking forward to high risk clinic post covid-19..."

(Therapist: Retreat Community Health Centre)

"You have provided us with such valuable information when treating kids that I find I have really grown and become more confident in my approach with children. We will surely contact you when we need your expertise".

(Therapist: Hanover Park Community Health Centre)

"Bhabhisana has really taught me a lot and definitely got me out of my comfort zone J !!! But, I am loving it and it has given me an opportunity to grow as a clinician. I feel that the clinic is also linked to what I have been always practicing and preaching to parents that 'early intervention is key' and with us providing a service to high risk population makes early intervention even more possible

(Therapist: Mitchells Plain Community Health Centre)

Highlights

- Tax exemption status granted in September 2019
- Our 4th birthday celebratory breakfast in October 2019
- Grapevine SA coming on board to help with fundraising in November 2019



Highlights

- Successful end of year function at Kids Shack for families in December 2019
- Overseas visitors visiting our therapy hub in January 2020



Highlights

- Poster Presentation at First 1000 day Colloquium held at The University of the Western Cape in February 2020

Evaluation of the effectiveness of our therapy and parent training is an integral part of what we do and in January 2020 we were pleased to present a poster on caregiver's experiences of our services at the First 1000 day colloquium held at The University of the Western Cape.



Highlights

- Our therapy room repainted in February 2020
- Opportunity to collaborate with UCT Information Sciences department around exploring opportunities to enhance maternal and child health through digital innovations.
- Development of our website



Acknowledgements & Thanks

*Thank you for making us feel
loved and cared for.
Thank you for making a
difference.*

- D.G. Murray Trust
- Parker Surveys
- Palindrome Data
- Caterware
- Pleasures Jewellery
- Kids Shack
- Transworld
- Tri country
- Cash Crusaders
- Grade 8s at Oaklands High School
- POLN – Web Development & Creative Agency
- Friends of Tembaletu
- Suleiman Salie
- Claire Proctor
- The Chaeli Campaign
- Andrew and Debbie Mobbs
- Esther Geretto
- Clare Thompson
- Saliem Ebrahim
- The Sarelli Family
- Gill Dugmore
- Marie Bullen
- Ohajunwa family

- Lou May Immelman
- Ilhaam Khan
- Sakena Parker
- Shaheeda Abrahams
- Zaahidah Khan
- Inahm Jabaar
- Nadia Waggie
- Essack Family
- Paleker Family
- Badeeah Fisher
- Waseema Fisher
- Gohwa Isaacs
- Nawaal Boolay
- Shazzy Bakes
- Nazreen Ederies
- Fadwa Cozyn
- Tasneem Mallick
- Shireen Govendor
- Ann Myles
- Weedaad Salie
- Di Terry
- Noha Essop
- Ibtisaam Khan

Let's help each other fly...



Board Members

Chairperson

Mrs Ann Myles

Vice-Chairperson

Dr Chioma Ohajunwa

Treasurer

Mrs Diane Terry

Secretary

Mrs Weedaad Salie

Management Committee

Director

Faizah Toefy

Project Manager

Ann Bullen

Therapists

Rose Luger (Occupational Therapist)

Jamie Sareli (Speech and Language Therapist)

Kate Stuart (Occupational Therapist)

Lydia Fehrsen (Physiotherapist)

Gina Battersby (Occupational Therapist)

Natalie Melling Williams (Physiotherapist)

Faizah Toefy (Speech and Language Therapist)

Ann Bullen (Physiotherapist)



A Child is like a butterfly
in the wind
Some can fly higher than
others,
But each one flies
the best it can.
Why compare one against
the other?
Each one is different.
Each one is special.
Each one is beautiful.