



Bhabhisana **Baby Project**

Therapeutic Support Programme for Infants

Let's help each other fly...

Annual Report 2020/2021

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Index



Bhabhisana Baby Project

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Welcome to Bhabhisana Baby Project

Message from the Chairperson

Financial Report

Programme Report

Therapy Hub - Athlone & Hout Bay

Outreach Capacity Building

Telehealth Home Program

Highlights

Acknowledgements & Thanks

Board Members

Managing Committee

Therapists



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Welcome to Bhabhisana Baby Project

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.

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Chairperson's Report



With the ongoing COVID situation life continues to be a challenge in every way, but the Bhabhisana team, so ably led by Faizah and Ann, continues to rise to this challenge in innovative ways, providing caring, compassionate and professional therapy to our babies and their families. While most other therapy services have been curtailed, the Bhabhisana team has carried on, bringing comfort, support and help to the families and caregivers.

The return to face to face therapy at the Athlone Hub in October 2020 has now had to revert to mostly virtual therapy with the surge of the COVID pandemic. The very successful outreach programme is being maintained by Ann and Rose with telephonic advice and assistance and the new Hout Bay Hub is being run by Natalie, Gina and Faizah.

What an achievement to have set up a second hub, especially with all the difficulties of COVID and the accompanying restrictions.

Our very grateful thanks go to our donors, who understand the importance of Bhabhisana's work, and whose generous assistance helps to keep it going. Our warm thanks to our amazing landlords Esah and Cassiem of Parker Surveys who support and assist us in so many ways, all much appreciated.

To my fellow board members - thank you for caring, and thank you for your time and help. A special thank you to Di for her meticulous financial work and for always being available for helpful advice, right from the start of the Bhabhisana journey.

Chairperson's Report



To Ann, Faizah, Gina, Jamie, Kate, Lydia, Natalie and Rose
Our warmest thanks and appreciation. Your hard work is a shining example of dedication and commitment. What a difference you make, not only to our babies, in terms of development, but also to their families and caregivers, helping them realise what an important part of the team they are and enabling them to carry out their vital home programmes. Being able too to phone between appointments for help and advice is a welcome support for families dealing with the challenges of a baby with problems.

To Faizah and Ann - I think we are all in awe of what you achieve, how you manage every aspect of running an NPO, from report writing, radio interviews, planning, to preparing for and handling of the DoSD interview, and how much time and effort you spend doing it. And how you care not only about your team, the babies and their families but also about the rest of us. You really are inspiring leaders, and though “thank you” is hardly adequate, it comes from the heart.

I remain very proud and appreciative to be part of our beloved Bhabhisana and to be associated with all of you. Best wishes to Bhabhisana for continuing the achievements and successes of the first (almost) six years.

May all of you and your families stay safe and well in this COVID shaped world we live in.

Ann Myles
Chairperson

Financial Report

Please see the attached Audited Financial Statement for the period April 2020 to March 2021.

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, Concor, Parker Surveys, POLN and Friends of Tembaletu for continuing to believe in our project and to our fundraiser Dalene from Grapevine SA who works industriously behind the scenes.

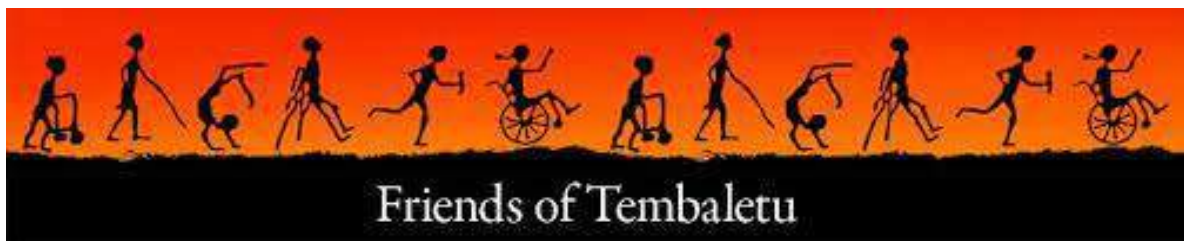
DGMT
THE DG MURRAY TRUST



PARKER Surveys
Precision for Development



grapevine
SA





Therapy Hub:
Athlone &
Hout Bay

Therapy Hub: Athlone & Hout Bay



This year was dominated by the Covid-19 Pandemic and adapting our service from face to face to telehealth and then to a hybrid system.

Prior to Covid-19 lockdown restrictions, families brought their babies for sessions with a speech therapist, occupational therapist and physiotherapist once a month at our therapy hub in Athlone or satellite therapy hub in Hout Bay.

We have four teams:

Team 1 - Faizah, Ann and Rose;

Team 2 - Jamie, Kate and Ann;

Team 3 - Lydia, Faizah and Rose; and

Team 4 - Faizah, Gina and Natalie.

As soon as we realised that we would not be able to offer face to face therapy safely for some time due to the Covid-19 pandemic, we started exploring telehealth options to mitigate the negative impact of loss of support and interdisciplinary therapy for our babies and their families. Offering telehealth was especially important due to de-escalation of services in the state health system during the pandemic, the only other option for babies and their families from low socio-economic homes. The state health care workers were all focusing on managing the Covid-19 crisis in the state health system.

Therapy Hub: Athlone & Hout Bay



From April 2020 to September 2020, we were able to successfully meet the needs of our beneficiaries, including past and new beneficiaries, through a quick transition to telehealth. Non-synchronous WhatsApp chats were chosen due to low data usage and end-to-end encryption. Once a month, families were invited to send video clips and written feedback about progress and concerns. An individualised interdisciplinary home programme with 3 – 5 ideas and / or video demonstrations giving guidance around communication, movement, play, positioning, sensory stimulation or activities of daily living was sent back to families after WhatsApp discussion amongst one of our therapy teams. We started with Team 1 offering this service during the pilot phase, but expanded to all four therapy teams providing telehealth with Faizah co-ordinating and scheduling the follow ups with the families. Families in need were also provided with monetary support, data and resources for their babies as we realised that having babies at high risk of developmental delay or disability was only one of the many challenges they faced.

An unexpected advantage of telehealth is that therapists have gotten a glimpse into the real environments in which the babies live and the space, furniture, people and toys that they have available, which allows us to give more relevant advice. The babies are also more relaxed at home and we get to be led by the families as they choose what to show us and what concerns they wish to raise. Parents were very receptive and have spontaneously sent messages of appreciation and shared milestone videos throughout lockdown.

Therapy Hub: Athlone & Hout Bay



Two families requested synchronous and more regular sessions and two were anxious for return to face to face sessions as soon as possible.

Six months of delivering only telehealth services has convinced us that positive outcomes for the development of at-risk babies and support of their families can be achieved through this method. However, face to face therapy also has advantages, especially the option to discuss and demonstrate handling and explain suggestions in a more nuanced and interactive way.

In October 2020 we started seeing babies face to face while being mindful of Covid-19 safety protocols. These included developing a separate entrance, staff wearing gowns and masks, having longer gaps between beneficiaries to avoid contact and allow time for sanitising equipment, only allowing one adult per baby, informing families that if they have any flu-like symptoms then they must not attend, insisting that parents wear a mask, babies and parent sanitising hands and doing temperature checks and keeping a register of who attends.

Therapy Hub: Athlone & Hout Bay



Between October 2020 and March 2021 we offered a hybrid service where most babies attended face to face and others were supported through telehealth. This allows us to accommodate families who prefer to see us face to face, as well as those who choose teletherapy support between less frequent face to face visits and has also meant that we can continue supporting babies who move to other areas or even other countries. Thanks to our sharp telehealth learning curve, necessitated by Covid-19 restrictions, we are proud to now offer a more flexible and family friendly service endorsed by our beneficiaries. A hybrid service will continue to be offered as it affords the benefit of both face to face and telehealth and reduces the negatives of both methods.

In the last financial year, we had 154 therapeutic sessions where we were privileged to provide in depth support of 45 babies and their family members. Sixty three were face to face sessions and 91 were telehealth sessions. Twenty three sessions were new assessments, with referrals coming largely from the Mowbray Maternity Hospital high risk clinic, as well as baby clinics, private paediatricians, other parents and the general public as a result of radio interviews.



Outreach Capacity Building



The training and support that Bhabhisana offers the healthcare workers at the Community Health Centres has unfortunately not been possible this year.

Outpatient appointments were de-escalated at the beginning of lock down. The high risk clinics at the Community Health Centres re-started in September 2020, but the therapists were still allocated to other tasks and the doctors were concerned that there should not be extra people in the small spaces where the clinics are run.

Ann and Rose facilitated the setting up of WhatsApp groups for the team of doctors and therapists at Mitchell's Plain, Retreat, Hanover Park and Gugulethu as a way for referrals between staff to be made and the offer was made from our side to provide virtual input via WhatsApp.

Due to state therapy services remaining limited, Bhabhisana has held onto some babies beyond their second birthday because there was nowhere to refer them onto.

We sent follow-up messages to the Doctors at Victoria Hospital and False Bay Hospital and hope that communication can proceed once services normalise.

Sincere thanks and appreciation to our highly specialised team of therapists for providing the babies and their families with interdisciplinary therapy and the emotional support that they need.



Telehealth Home Program

Let's help each other fly...

Telehealth Home Program



This is an example of the personalised Home Program that was sent home as part of the Telehealth that we provided.

The team of therapists have looked at all the recent videos that you sent, and we all agree that Baby I is making such good progress, thanks to your hard and consistent work. These are a few more suggestions for you to try at home:

- We love the way you encourage and motivate her to move around. Keep doing this.
- Carry on with lots and lots of crawling. The last video that you sent with her crawling over the little wall is great. Put obstacles for her to climb over. This will make her shoulders, arms and body strong. Baby 1 prefers using her right leg first. When she is crawling or climbing over an obstacle you can try to get the left leg to do the movement first. It is important for her to strengthen the left leg too.
- The way she is walking along the furniture is great. The way you use the toys placed far away is good to help her to move along. Great work.
- On the video that you sent she is moving to the right side along the furniture. Also put things to the left side so that she moves to the left side too. It will be more difficult, but we need both sides to learn to move.

Telehealth Home Program



- When she is moving along the furniture also put some toys lower down or even on the floor. In this way she must bend lower to reach.
- On the last video that you sent, I see she goes nicely from being on her knees to standing up against the gate. Again help her to put the left leg up first and then pull up to a standing position. It is easier with the right foot but we need to get her to use the left one too.
- When she comes down from standing to kneel then bend one leg at a time and help her to come down slowly.
- We love that she is feeding herself with a teaspoon - now we want to help her hold the bowl with her left hand, so try some massage before the meal and then use hand over hand guidance to encourage her to keep holding onto the bowl.
- During all activities, like playing, dressing and washing help her to use the left hand in a supporting role.

Good luck and if you are struggling with anything please let us know and we can see how we can help.

Thanks to POLN Web Design, Bhabhisana's website went live in July 2020 with a payfast option on the donation page.

We had a successful Mandela day drive in July 2020 for donations of baby goods much needed by our Bhabhisana families.

We celebrated our 5th birthday in September 2020, sadly no breakfast this year because of Covid-19

Highlights



LET'S HELP EACH OTHER FLY

With your support, we can help more high-risk babies take off developmentally

[LEARN MORE](#)

[DONATE NOW](#)

Background image shows a woman interacting with a baby in a play area.



THANK YOU!

ROXY DAVIS
FOUNDATION

FOR ALL THE WONDERFUL DONATIONS TOWARDS OUR MANDELA DAY CAMPAIGN!

Background image shows a large bin filled with baby supplies like bottles, toys, and clothing.



celebration of our baby!

Background image is a collage of photos showing babies playing and interacting with caregivers.

Highlights

Radio interviews with Fanie du Toit on RSG & Radio Pulpit.

Separate entrance and waiting area added on to our Athlone Bhabhisana therapy hub rooms in November 2020 thanks to funds from Friends of Tembaletu.

Our Hout Bay satellite therapy hub continues to grow.



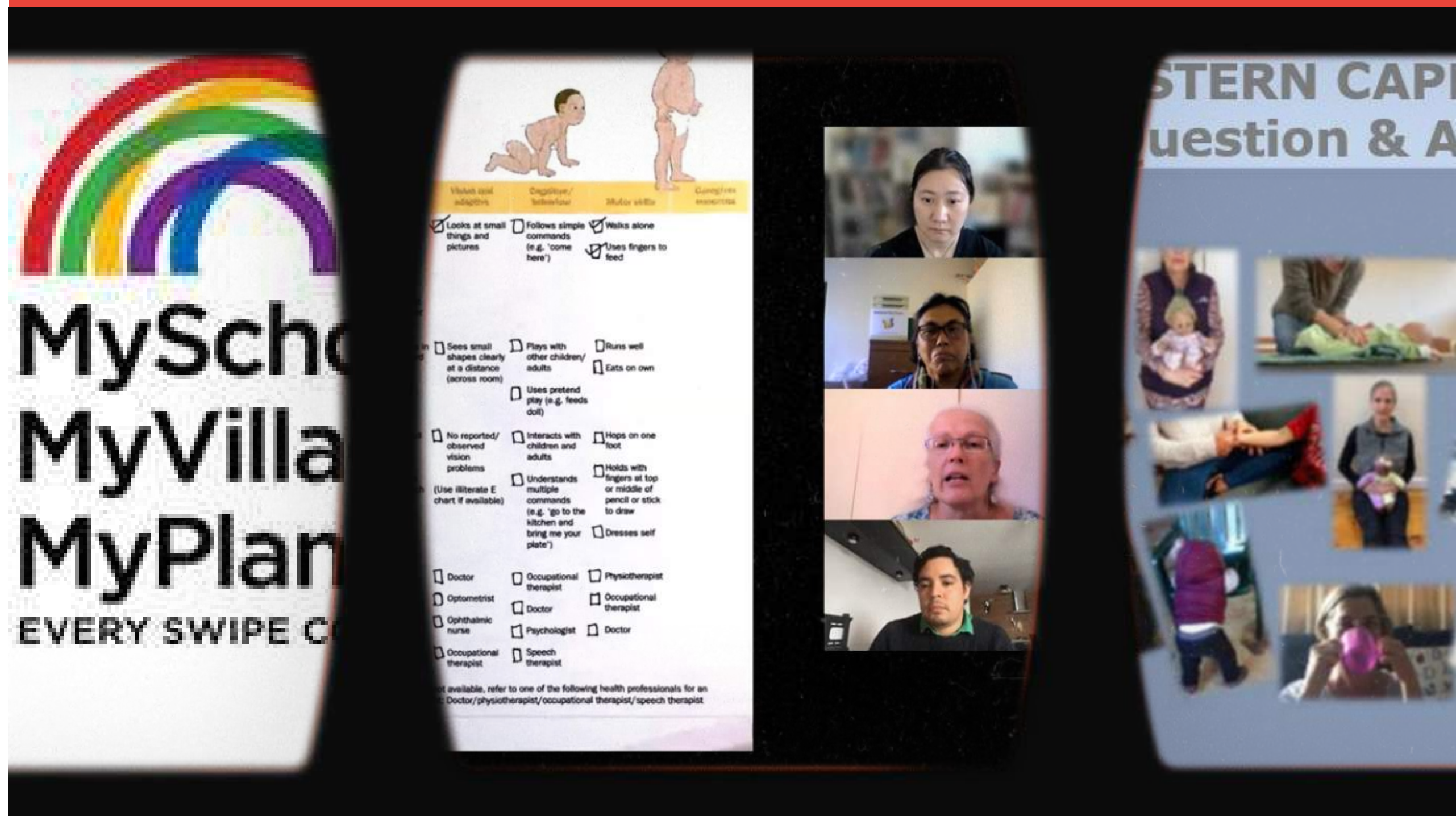
We are thrilled to have been accepted as a beneficiary of Woolworths My school rewards program.

Continued opportunity to collaborate with UCT Information Sciences department around exploring opportunities to enhance maternal and child health through digital innovation

Faizah Toefy and Ann Bullen invited to be panellists on one of the CoMaCh webinars on the Road to Health booklet in March 2021.

Presentation to Western Cape branch of the South African Neurodevelopmental Therapy Association on Bhabhisana's response during Covid-19 in March 2021

Highlights



Parents' feedback about Telehealth

My son is so lucky to be part of such a warm family and team, you are doing more than enough and we really appreciate everything that you are doing for us.

Thank you thank you for those guidelines and reassurance!! Wow! A massive thank you for the great videos. This will help so much and I cannot express my gratitude to you all for the support. We will send some videos once we start with all the great ideas, so that you can see the progress. Stay safe and thanks again.

Good day, we are all doing well. Baby is also developing; I have realized that talking to him more has made him more active when we bath and eat. He interacts when I talk to him.

Thanks for asking, baby is doing really well, he is responding to the exercises. We are doing that all the time and we can see he is changing.

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More formal feedback questionnaires sent to families after 3 months of telehealth asking what has worked well and what can be improved revealed:

Personally, I don't see anything that needs to be done differently, you have been a support structure for our family financially and emotionally. All I can say is thank you from the bottom of my heart, please do not change, those good hearts make people's lives better. You are all awesome!

The therapy via WhatsApp is very helpful, we see lots of change in our baby, like his arms are starting to loosen up they not as stiff like before, he can touch my face now and that's the greatest feeling ever all thanks to Bhabhisana!

I quite like the WhatsApp correspondence, I feel like it creates ongoing support, there is no need to wait and wonder for a next appointment to improve or exclude a particular exercise or advise. The fact that help is at my fingertips and the response turn-around time is comforting.

For me to receive therapy through WhatsApp has helped me a lot financially because it helps me to save transport money going for therapy.

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Acknowledgements & Thanks



Cash Crusaders
Concor
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Friends of Tembaletu
Kids shack
Kwikspar
Oaklands High School
Palindrome Data
Parker Surveys
Pleasures Jewellery
POLN – Web Development & Creative Agency
Roxy Davis foundation
Shazzy Bakes
The Chaeli Campaign
Transworld
Tri country

Abbas Family
Andrew and Debbie Mobbs
Anke Diehl
Ann Myles
Badeeah Fisher
Bashiera Allie
Caterware
Cheryl Louw
Claire Proctor
Clare Thompson
Cuan Dugmore
Cuan Dugmore
Di Terry
Essack Family
Esther Geretto
Fadwa Cozyn

Gill Dugmore
Gillian Attwood
Gohwa Isaacs
Ibtisaam Khan
Ilhaam and Tashreek Khan
Inahm Jabaar
Lauren Snyman
Liam Dugmore
Lior Sareli
Lou May Immelman
Lucien De Voux
Marie Bullen
Maya Morgan
McConnachie family
Merlyn Dunster Mehl
Michelle Philander

Miri Bick
Nabs Adams
Nadia Waggie
Nathimah Toefy
Nawaal Boolay
Nazreen Ederies
Nicky Shongwe
Nim Morgan
Noha Essop
Nuraan Conrad
Ohajunwa family
Paleker Family
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Sakena Parker
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Tasniem Adam
Terry Family
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Viviene Magasiner
Waseema Fisher
Weedaad Salie
Yumna Allie
Zaahidah Khan
Zainab Adams

Board Members



Mrs Ann Myles

Chairperson



Dr Chioma Ohajunwa

Vice-Chairperson



Mrs Diane Terry

Treasurer



Mrs Weedaad Salie

Secretary

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Management Committee



Faizah Toefy

Director



Ann Bullen

Project Manager

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Therapists



Rose Luger

Occupational Therapist



Jamie Sareli

Speech and Language
Therapist



Kate Stuart

Occupational Therapist



Lydia Fehrsen

Physiotherapist

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Therapists



Gina Battersby

Occupational Therapist



Natalie Melling

Physiotherapist



Faizah Toefy

Speech and Language
Therapist



Ann Bullen

Physiotherapist

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