



# Bhabhisana **Baby Project**

Therapeutic Support Programme for Infants

# ANNUAL REPORT

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# 2022 / 2023



The first 1 000 days of life: The brain's window of opportunity.....



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# Mission Statement



- 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 interdisciplinary therapy intervention
- To support and empower mothers and carers in their journey with their baby - to reach their full individual potential and promote positive infant-parent bonding

# Message from Chairperson

It is an honour and privilege to once again be presenting the Chairperson's report for the 2022/2023 year.

Greetings and warm acknowledgement to our founding members Ann, Debbie, Esther, and Faizah, whose courage, faith and determination started this important organisation.

As always, our grateful and heartfelt thanks to all our donors. A particular thanks to DG Murray Trust, Villagers Aid Trust, Friends of Tembaletu, POLN and all our monthly donors who have really made it possible for us, this year, to make a difference in more babies and their families' lives.



# Message from Chairperson

We so appreciate our generous and supportive landlord, Parker Surveys in Athlone, and Natalie Melling-Williams in Hout Bay, who kindly make their premises available for our therapy sessions.

We could not manage without all your support - thank you for recognising the vital role Bhabhisana Baby Project plays in the lives of these babies and their families.

It is heartwarming to see the rapport between the three therapists, the baby, and the parents. It is true teamwork and provides a place of trust and hope for the family, a place where parents are with people who listen and care deeply.



# Message from Chairperson

**This year has been one of growth and achievement, and our warm thanks go to the people responsible - our team of therapists, led by remarkable leaders Ann and Faizah. Much appreciation to you all: Gina, Jamie, Kate, Lydia, Natalie and Rose. All are experienced and highly skilled, and all work with compassion and dedication for the development of our babies and to support their families and caregivers.**

**Ann and Faizah work exceptionally hard to develop and expand Bhabhisana's reach and broaden their skills at the same time, an accomplishment that requires an enormous amount of time and effort.**

**We acknowledge this with great admiration and appreciation.**



# Message from Chairperson

To my fellow board members, a warm and appreciative thank you for your unfailing and unstinting support for Bhabhisana and for all that you do. Our finances are in the extremely capable hands of our treasurer, Di, with her knowledge, efficiency, accuracy, and helpful advice. Weedaad, your fundraising is amazing, and you go about organising our annual breakfast fundraiser so effortlessly.

We were delighted to welcome Callista to our board in this financial year, and value her knowledge, experience, and in-depth knowledge of the field of disability.



# Message from Chairperson

To everyone involved in this special organisation, to our staff, to all our donors and to our parents and their babies, we wish you everything of the best. May you find the strength and determination that we all need and may the Bhabhisana Baby Project continue to develop and flourish in the years to come.

Ann Myles



# Meet the Team



# Financial Report

Attached, please find the audited Financial Statement for the period April 2022 to March 2023. We would like to thank our meticulous treasurer, Di Terry, for her skill in managing 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 NPOs, but we are pleased to report that with the generous donations and support from many individuals and companies we have been able to carry out our mission and fulfill our goals.

**The Villager Aid Trust**



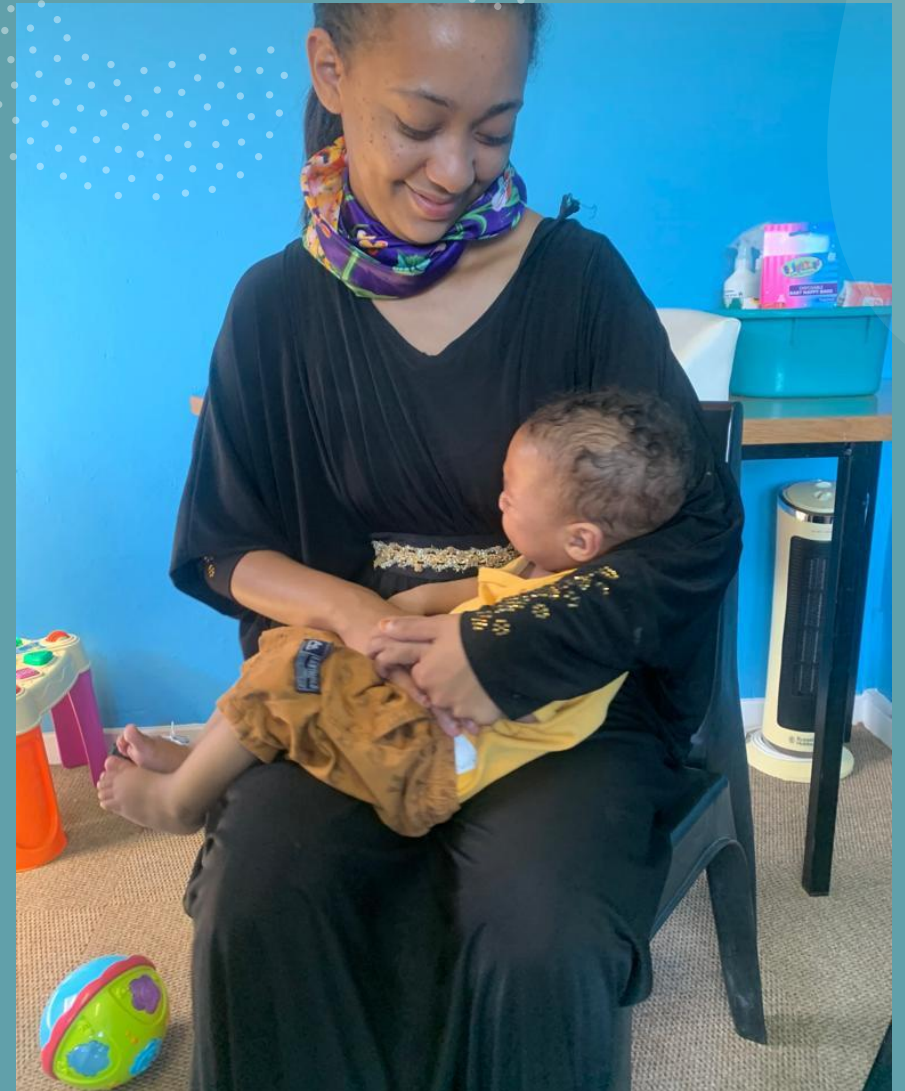
# A Parent's Story

"I recall the words spoken to me at the Bhabhisana treatment room on Belgravia Road: 'This is also part of our mission - to assist parents at the point of diagnosis'. For the rest of that hour long session, we didn't talk tummy time and core strength and how a rolled blanket or a crate can assist a new-born to grow strong. We didn't, using a plastic bottle transformed into a captivating rattle, exchange strategies for how to encourage grasp and midline crossing. Instead, two of the therapists passed me tissue after tissue and explained to me the terrain of where I found myself. And while they did so, the third therapist quietly worked with the baby. And when I left with my A5 notebook of therapeutic activities to implement at home that month, they, I'm sure, cleared the room and got ready to do it all over again - for another baby and family with as much empathy, patience and expertise."



# Programme Report

- Athlone Therapy Hub
- Hout Bay Therapy Hub
- Teletherapy
- Outreach & Capacity Building
  - Klipfontein / Mitchells Plain Substructure
  - Southern / Western Substructure



# Programme Report



**Bhabhisana Baby Project is pleased to report that we have had another successful year of providing interdisciplinary therapy to babies with developmental delays as well as emotional support for families who attend our therapy hubs.**

**In addition, we have continued providing support to the therapists based at medium risk baby clinics in Gugulethu, Hanover Park and Mitchells Plain (Klipfontein / Mitchells Plain health district) and have started providing support to the medium risk clinic staff at False Bay Hospital (Southern / Western health district).**

# Programme Report

## Therapy Hubs

### Athlone Therapy Hub

The therapy hub in Athlone continues to provide a safe space for our families. We see four babies and their parents every Monday morning. The therapy hub is on a main public transport route and families travel from areas such as the greater Athlone area, Hanover Park, Mitchells Plain, Khayelitsha, Phillippi and Gugulethu. Our referrals come primarily from local baby clinics, paediatricians working in the area and Mowbray Maternity high risk baby clinic.



# Programme Report



We also have self-referrals through word of mouth or from parents hearing about us on social media. Our interdisciplinary teams have a family centred approach to intervention which promotes the treatment of the child within the context of the family and home environment.

All our families fill in exit interviews when they leave our service. It is evident from this feedback, that parents feel that Bhabhisana Baby Project has been a supportive environment and they have learned practical handling strategies for their babies which can be incorporated into the family's routine.

# Programme Report



## Hout Bay Therapy Hub

Our interdisciplinary team sees 4 to 5 babies on one Monday morning a month. We start earlier, at 7.30am, to accommodate working parents. Our therapy room is well situated for parents to access, both from Imizamo Yethu and the Hout Bay fishing village (Hangberg). Our families in Hout Bay have many challenges which makes collaboration with other NPOs and service providers in the area critical.

# Programme Report



Luckily in Hout Bay, we have built up good relationships with the baby clinics, TBHIV community workers, Funda Kunye (an NPO working in ECD sector doing caregiver training) and the paediatric department at Victoria Hospital. The Bhabhisana team is often the first point of referral and so an important part of what we do in Hout Bay is to make sure that the babies we assess are referred into the appropriate district health service.

# Programme Report



This year we also facilitated a morning at the Hout Bay library to attend a storytelling session and to help our parents apply for library cards. This was followed by some fun and gross motor play in the local playground. Our team of therapists in conjunction with Funda Kunye, visited a few creches/daycares in Imizamo Yethu where we identified children with developmental delays. Bhabhisana helped with necessary assessments and referrals. Many of our families living in informal settlements in Hout Bay are also food insecure and we try and facilitate food parcels for those in need.

# Programme Report



Some of the children referred to us do not fit our criteria as they are over two years of age. We feel strongly that we still need to do a once off full team assessment and provide a home programme for these families. In this way the family has some ideas to work on while waiting for hospital appointments, and our referrals can be more specific and informative. We always give these families and their child a follow up appointment in three months to make sure they have been integrated into the state health care system.

# Programme Report

## Teletherapy

Since the Covid-19 pandemic Bhabhisana Baby Project has used a hybrid system to make our therapy services more accessible. We use asynchronous WhatsApp communication as this is less expensive and more accessible for our families. Parents often use this when they are unable to attend our therapy hub due to their baby, or a family member being ill or they are not able to afford transport to get to us or if they have moved to an area further away. After consent, the parents send the team videos of what their baby is doing e.g. during tummy time, feeding or play. The therapists then analyse and decide on 2 or 3 activities that the families can implement at home to facilitate the baby's development. These videos and written explanations of what the family needs to do, are then sent home via WhatsApp.



# Programme Report

## Therapeutic Sessions During the Last Financial Year



**161 Face to Face Therapy Sessions**  
*10 % increase from previous financial year*

**Direct Therapy & Parent Training**

**105 Teletherapy Support Sessions**  
*50% increase from previous financial year*

**Therapy Input & Parent Support**



# Programme Report

## Outreach Capacity Building

### Klipfontein / Mitchells Plain Substructure

We continue to have group WhatsApp contact with therapists we have previously done early assessment and intervention capacity building with at the following Community Health Centres: Mitchells Plain, Gugulethu and Hanover Park. Many of these therapists also work at other Community Health Centres or at district level and we use these groups to facilitate referrals and be a resource for advice.



# Programme Report



We also have regular contact with Landsdowne Baby clinic and are available as a resource for babies the nursing staff are concerned about. We receive regular referrals from them.

We have contacted other baby clinics in the wider Athlone area to offer support and inform them of our services.

In March 2023 Bhabhisana did INA (Infant Neuromotor Assessment) training with medical staff at the Mitchells Plain District hospital. These staff members provide support to the medium risk baby clinic at Mitchells Plain Community Health Centre.



# Programme Report

## **Southern / Western Substructure**

Since the beginning of 2023 we have been providing monthly support and capacity building at the False Bay medium risk clinic. Bhabhisana provides training and support to the physiotherapist and one of the medical officers at False Bay Hospital on the use of the Infant Neuromotor Assessment (INA) and early intervention strategies with the babies seen at the clinic.

# Programme Report



We feel strongly that it is every baby's right to have access to therapeutic services, especially during the critical first 1 000 days of life to ensure the best possible start to life. Sadly, this is not always possible as therapists within the state health sector have huge and diverse adult caseloads and are not always able to see babies as often as they would like or need to.

Bhabhisana Baby Project therefore acts as a 'safety net' to try and make sure babies do not miss out on early intervention while they are waiting for therapy appointments within the local health system.

Faizah Toefy

# Case Study of Baby T : Teamwork, networking & early intervention

**1** Funda Kunye requests training in early childhood development and how to identify delays for their staff at their daycare centres. The Hout Bay Bhabhisana team provides an evening training session

**2** A staff member attending the training asks about her concerns about a particular child in her care

**3** Bhabhisana agrees to do a full interdisciplinary team assessment on Baby T. Developmental Delays are identified and the team refers baby T to Victoria Hospital

**4** Baby T has numerous visits within the local health service. This includes visits to Victoria Hospital and Red Cross Childrens Hospital. Bhabhisana continues to provide monthly therapy in Hout Bay close to where the family lives

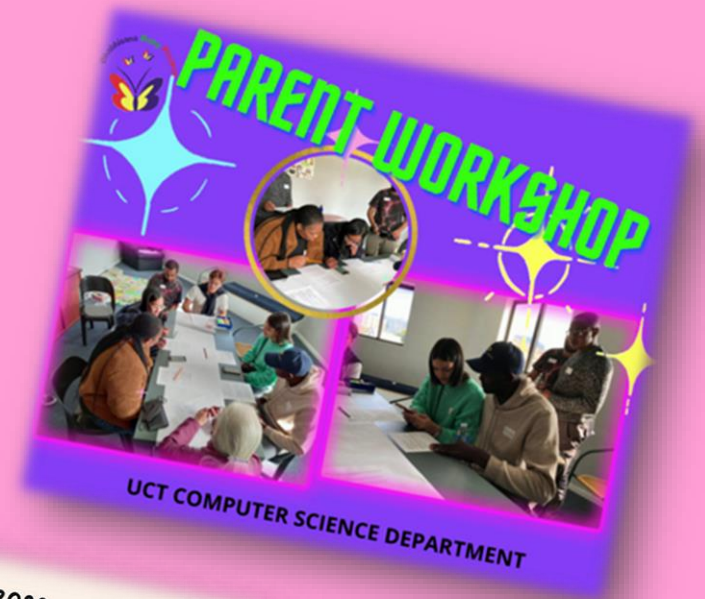
**5** Funda Kunye places Baby T at a creche that suites her needs. Baby T is thriving in her new environment and continues to surprise her parents and the therapy team with her development. Bhabhisana continues to provide support to the family





# Highlights

- **Presentation to Belville Rotary Club – April 2022**  
Results in generous donations from the Rotary Club
- **Ann and Lou May’s fundraiser 100km walk – May 2022**
- **Successful Mandela Day Drive – July 2022**  
Numerous drops offs of baby goods and food items
- **Bhabhisana collaborates with UCT Information Sciences Department**  
Exploring opportunities with parents and the therapy team to enhance maternal and child health through digital innovation





# Highlights

- **Bhabhisana Turns 7 years old**  
Celebrated our 7th birthday in September 2022
- **Annual Breakfast Fundraiser – 15 October 2022**  
We were delighted to be able to once again have our in person fundraising breakfast. Lovely food, good company and generous prizes
- **Radio Interview on Cape Talk – World Prematurity Day**  
Parent interview in October highlighting the importance of early intervention and parent support



Breakfast Fundraiser  
2022



# Highlights

## ▪ End of the Year Party – November 2022

First party since Covid-19 – a wonderful celebration with our babies and families and yummy treats. Thank you to The Chaeli Campaign for wonderful venue

## ▪ Generous Sponsors

A generous donation of blankets, nappies and baby clothes from IHATA SHELTER  
Physiotherapy blocks and rollers generously donated by S. Gangen  
Therapy Equipment donated by Lisa Sutton



# Acknowledgements

Sincere thanks to the following people and organisations as well as our anonymous donors for all their contributions and support. Some of you have been supporting us for many years now and we are immensely grateful. Without you all our holistic support of families and their babies with delays / disabilities would not be possible.

Alison Bullen  
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Anita Mkatazo  
Anke Diehl  
Ann Bullen  
Ann Myles  
Ayesha Samaai  
Badeeah Fisher  
Belville Rotary Club  
Brenda Goldstein  
Callista Kahonde  
Cecile Engel  
Chaela Dugmore  
Claire Proctor  
Clare Thompson

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Debbie Prudhomme  
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Gillian Attwood  
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Gohwa Isaacs  
Heather Sargeant  
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Inahm Jabaar  
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James Irlam  
Janine Ward  
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Jenny Tanesse  
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Martin Schulze  
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Nazli Salie  
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Nayan Vanmali  
Nicky Ryan  
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Patrick Bullen  
Pleasures Jewelry  
POLN – Web  
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Creative Agency  
Portlands Butchery  
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Raneah Carr  
Rapid Blue  
Rosemary Luger

Sabera Essack  
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Suleiman Salie  
Sumaya Khan  
Suriya Kanthi Gangen  
Tarryn Mackay-  
Mkhize  
Tasneem Allie  
Tessa Dugmore

Thania Salie  
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Wasfie Jassiem  
Wasima Fisher  
Weedaad Salie  
Woodlands Butchery  
Yumna Allie  
Zainab Mohamed



## Bhabhisana Baby Project

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### Banking Details

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First National Bank  
Account Number: 62806551116  
Branch 250655 (Plumstead)

