



**Bhabhisana Baby Project**

Therapeutic Support Programme for Infants

NPO: 221-062 PBO: 930066808

# ANNUAL REPORT

## 2023 / 2024



*Let's help each other fly...*



179 Belgravia Road, Athlone, 7780

[www.bhabhisana.org.za](http://www.bhabhisana.org.za)

Ph:082-924-2965

[www.facebook.com/bhabhisanaababyproject](https://www.facebook.com/bhabhisanaababyproject)

Email: [info@bhabhisana.org.za](mailto:info@bhabhisana.org.za)

[www.instagram.com/bhabhisanaababyproject](https://www.instagram.com/bhabhisanaababyproject)

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**JOINT GOAL SETTING**

**FAMILY CENTERED THERAPY APPROACH**

**TEAMWORK**

**Bhabhisana Baby Project**



# 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

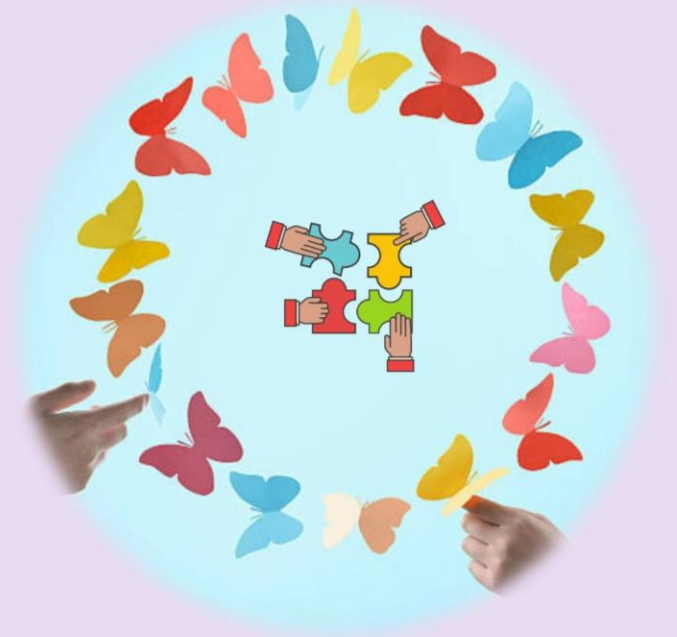
# Chairperson's Report

As chairperson of the board, I am honoured to reflect on the past year and present the chairperson's report for 2023/2024.

It is a great privilege to be part of Bhabhisana Baby Project and I would like to express my heartfelt appreciation to everyone involved with this special organisation.

Special mention and immense gratitude to:

- **Faizah and Ann**, who continue to provide exemplary leadership and who shoulder the task of running Bhabhisana;
- the therapists – **Ann, Faizah, Gina, Jamie, Kate, Lydia, Natalie and Rose**, who work with empathy and compassion to achieve so much with our special children and their families;



# Chairperson's Report

- my fellow board members, who really care about Bhabhisana and give of their time and expertise so willingly
- our landlords, Parker Surveys in Athlone & Natalie Melling-Williams in Hout Bay
- our donors, those special people and organisations, without whom we cannot function

Running an NPO has wide ranging demands and is a time-consuming job. Fund raising with the intricacies of finding donors and applying; networking; coping with social media and the website; holding monthly management meetings; producing posters and pamphlets; running the teletherapy service and expanding the outreach service are just a few of the jobs that have kept the team, led by Faizah and Ann, very busy this past year.



# Chairperson's Report

But the most important activity central to Bhabhisana, that drives this awesome team, is providing therapy to the babies with developmental delays and providing support to the families. It is the families. It is heartwarming to witness the warmth and connection that is obvious between the parents and caregivers, the child and the therapists during therapy sessions and how the bond continues long after the baby has been discharged from Bhabhisana.



# Chairperson's Report

Families feel comfortable to ask for advice and send updates of how their baby is doing and share significant happenings eg child starting creche, milestones like talking, self-feeding, birthday celebrations etc.

This has been a year of development and success. To the parents and their babies, we wish you only the best. May you find the strength and determination to soar and reach great heights.

From all of us on the Board - Di, Callista, Weedaad and Ann - our warmest appreciation to the whole Bhabhisana team and our best wishes for continued growth and achievement in the year to come.

**Ann Myles - Chairperson**



# Our Therapists at Work

## Occupational Therapists

- Gina
- Kate
- Rose

## Physiotherapists

- Ann
- Lydia
- Natalie

## Speech Therapists

- Faizah
- Jamie



# Financial Report

## The Villager Aid Trust

PARKER Surveys  
Precision for Development



DGMT  
THE DG MURRAY TRUST



BDV PLATINUM  
CHARTERED ACCOUNTANTS (SA)

Please see the attached Audited Financial statement for the period April 2023 to March 2024.

We would like to thank our faithful treasurer, Di Terry, and our auditors BDV PLATINUM for keeping a watchful eye on our finances and ensuring that we are always compliant. Also, a big thank you to all our generous donors, in particular our monthly donors, who make it possible for Bhabhisana Baby Project to do the work we do. A special thank you to Villagers Aid Trust, Friends of Tembaletu, Parker Surveys, The Chaeli Campaign, Pleasures Jewellery and Poln for supporting us in the amazing ways you do.

# Programme Report

The team at Bhabhisana Baby Project is happy to report that we have had another successful year carrying out our mission of providing interdisciplinary therapy to babies with developmental delays, as well as providing emotional support for families who attend our therapy hubs. In addition to this, we have continued to provide support and training to other healthcare workers within state services who work with babies between birth and 2 years of age. Our interdisciplinary teams follow a family-centred approach to intervention which promotes the treatment of the child within the context of the family and home environment. At initial assessments it is noticeable how anxious and stressed families are about their babies and entering a new unknown space of therapy. A large percentage of the babies we see have had traumatic births and long periods of hospitalization. Our team of therapists have learnt to be sensitive to the amount of information that is provided especially at the first visit. Parents/caregivers have repeatedly reported in our exit



# Programme Report

interviews that the support and assistance that they receive from Bhabhisana Baby Project has had a huge impact on the baby and the family. We have treated forty-three (43) babies in the past financial year of which twenty-nine (29) were new referrals. Unfortunately, we have seen an increase in some of our parents not being able to bring their babies to therapy sessions. The reasons include being unable to take off from work, no transport money, illness and babies who have been hospitalized. The board has decided to help subsidize transport costs to therapy sessions as well as provide food parcels to our most needy families.



# Programme Report



## Therapy Hubs

### Athlone Therapy Hub

The Athlone Therapy Hub continues to be a suitable and central base to work from. It 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.

Referrals have been from the following sources:

- High risk baby clinics
- Local baby clinics
- Self-referrals - word of mouth
- Private pediatricians (parents have a hospital plan but no funds for ongoing therapy post hospitalization)



# Programme Report



## Hout Bay Therapy Hub

We continue to use therapy rooms off Valley Rd which is easily accessible for parents from both Imizamo Yethu and the Hangberg fishing village. Our team of therapists see 4 or 5 babies one morning a month but have increased this to two mornings as the need arises. This financial year we have treated fifteen (15) babies of which seven (7) were new assessments. The families in Hout Bay have many challenges and limited resources which the Bhabhisana team is not always equipped to handle. We have a useful network with service providers and other NPOs in the area eg dieticians, baby clinic staff, social workers, Funda Kunye, Drs at Victoria Hospital, TBHIV community workers and NPOs who help with food security.



# Programme Report

The referrals in Hout Bay are mostly from: Baby Clinic in Hout Bay, Funda Kunye and Victoria Hospital.

There has been an increase in the number of referrals of children older than 2 years old. Due to the limited resources in the Hout Bay area, the team felt strongly that these children could not be turned away. A full team assessment is done, and the family is provided with a home programme in

addition to a referral into an appropriate state service. Bhabhisana follows up with these children until they are integrated into the service (usually Victoria Hospital).

Due to the working relationship with Funda Kunye, we have been fortunate to visit the ECDs in the area where we help to identify children with developmental delays as well as offering the staff training and support.



# Programme Report

## Teletherapy

This continues to be a very useful service that Bhabhisana provides to the families. We use asynchronous WhatsApp communication as this is less expensive and more accessible for our families. We use this service when parents have been unable to attend due to work commitments, illness or they have moved far away. After consent, the parents send the team videos of what their baby is doing e.g. during tummy time, feeding or play.

An appropriate home programme that the families can implement at home to facilitate the baby's development is drawn up. These videos and written explanations of what the family needs to do, are then sent home via WhatsApp. Fifteen (15) babies (and their families) have benefited from this teletherapy service.



*Picture/video sent to explain how to carry baby in a more flexed position.*



# Programme Report

This service has grown into a valuable resource for parental support other than direct therapeutic input. We have made ourselves available to answer queries around special care, schooling, rebooking missed hospital appointment as well as emotional support when the child is ill or has had a setback. There have been one hundred and thirteen (113) support contacts with parents over the past financial year.



*Building caring & loving connections*

## Outreach & Capacity Building



### **Southern / Western Substructure**

We continued to have monthly contact with the Mowbray Maternity Hospital Doctors who run the medium risk clinic at False Bay Hospital. Babies who do not score well on the screening tests, are referred to the Bhabhisana therapist. The Bhabhisana therapist has regular contact with a False Bay Hospital doctor and physiotherapist as their schedules allow.

# Programme Report

The False Bay Hospital doctor has remained very supportive, refers many of the babies seen and visits intermittently. The wonderful development in 2024, is that the False Bay Hospital physiotherapist and locum physiotherapist were able to clear their schedules once a month to coincide with when the Bhabhisana therapist is there. This has been a wonderful way to prioritise the babies needing input and share the assessment and early intervention strategies that Bhabhisana uses. In addition, being able to use the physiotherapy gym meant a more conducive space than the small and busy room in the maternity ward where babies were previously seen. In the last financial year fifteen (15) babies were treated with the False Bay team of which eleven (11) were new assessments.

**Feedback from  
the False Bay  
Hospital Doctor**

*"Thank you for your continuing support through the Bhabhisana Baby Project of some of our community's most vulnerable children and their families. Carers of children who have had a difficult start in life, or who have developmental delays, are able to access therapy close to home and feel supported. We as staff at False Bay Hospital are grateful for all we have learned from your teaching and can now pass on some practical ideas to our patients. We are thankful to you for filling the gap in OT services in our area."*



# Programme Report

## Flourish community workers

Bhabhisana Baby Project has provided training to a group of nine (9) Flourish community workers. Flourish is a social enterprise aiming to provide universal access to moms and babies during the critical first 1000 days of a child's life. The trainees came from as far afield as Ocean View and Atlantis. The workshop focussed on how babies develop during the first 1000 days of life and developmental red flags to look out for. There was experiential learning on how to stimulate babies in all areas of development (motor, cognitive, speech and language) as well as handy resources on why we want to limit screen time for babies and discourage the use of walking rings.



# Programme Report

## WhatsApp support of therapists

We continue to provide WhatsApp support to the therapists that we have previously mentored who are based at Community Health Centres (CHCs). This includes therapists based at Retreat, Gugulethu, Mitchells Plain and Hanover Park CHCs. We provide guidance and advice, and this ongoing contact helps with referral pathways and is mutually beneficial.

## Information flyers

This year we have also developed and printed A5 information flyers, one on the importance of floor play and why we discourage walking rings and a second one on limiting screen time for babies. We have given these to our Bhabhisana families as well as to all our outreach partners.



*Front cover of the Information flyer*

# Programme Report



## Social Media Posts

We share weekly posts on Facebook, Instagram and via whatsapp on various topics as a means of disseminating relevant information to a broader audience. These are some of the areas that we have covered over the past year: The Importance of books, spending time on the floor, how to use the Road to Health Book etc.

Many thanks to our committed board members, hardworking management team and passionate therapists for another successful year.

Faizah Toefy  
Director



# The Bhabhisana Network

## Health Sector

- Baby Clinics
- High Risk Baby Clinics
- Mowbray Maternity
- Mowbray Maternity Outreach Drs
- Therapists at Community Health Centres
- Victoria Hospital
- False Bay Hospital
- Tertiary Hospitals
- Private Paediatricians
- Dieticians



## NPO's & NGO's

- Cape Jewish Seniors Association
- Alms for Humanity
- Chaeli Campaign
- Flourish
- Funda Kunye
- Hope Cape Town
- Lions Club Athlone
- Lions Club Hout Bay
- Milk Matters

## Tertiary Institutions

- UCT - Computer Science Department
- UCT - Institute for Child Health
- Stellenbosch University - Division of Disability and Rehabilitation Studies
- Kirsty Leach

*"I can do things you cannot, you can do things I cannot; together we can do great things." – Mother Teresa.*

# Bhabhisana Board Members



*Let's help each other fly .....*

**OUR BOARD MEMBERS  
ANN MYLES, CALLISTA KAHONDE,  
WEEDAAD SALIE & DIANE TERRY.**



**Thank you for your  
dedication and  
commitment to  
Bhabhisana.**



# KAP SANI2C MTB ADVENTURE 2023



"So special Nat.  
May you be  
blessed as you  
bless others."

"Good luck  
Nats, have  
fun and  
enjoy the  
scenery"



"Have a wonderful  
ride Nat and Craig!  
I am so inspired!"

Natalie and  
after 84km  
end of D



*Building caring & loving connections*

## Highlights for 2023/2024

- One of our intrepid physiotherapists Natalie and her husband Craig used their epic 3-day SANI2C mountain bike race to raise funds for Bhabhisana Baby project
- We had a successful Mandela Day Drive in July 2023 where we received wonderful donations of baby goods
- Our fundraising breakfast in October is always a very special event
- Our Bhabhisana families always love the end of year celebration in November
- Earlier this year we were able to have our therapy room repainted and signage added to the building

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# Acknowledgements & Thanks

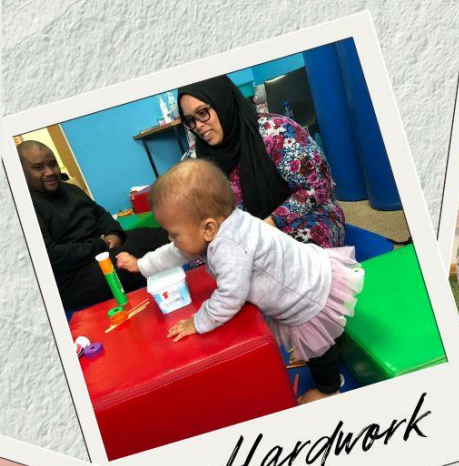
Sincere thanks to the following people and organizations as well as our anonymous donors for all their contributions and support. Many of you have been supporting us for a long time now and we are immensely grateful. Without you our holistic support of families and their babies with delays/ disabilities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

Alison Bullen  
Alms for Humanity  
Anita Mkatazo  
Ann Bullen  
Ann Myles  
Annamarie van der Vyver  
Ayesha Samaai  
Badeeah Fisher  
BDV Platinum  
Bridge Heather-Clark  
Bronwen Muller  
Callista Kahonde  
Cape Jewish Seniors  
Association  
Cecile Engel  
Claire Proctor  
Clare Keeton  
Collyeen Sinclair  
Craig & Natalie Melling-  
Williams  
Feroza Jacobs  
Friends of Tembaletu  
Funda Kunye  
Gill Attwood  
Gill Dugmore  
Gohwa Isaacs  
Gouwa Regal  
Ihata Shelter  
Ibtisaam Khan  
Ilhaam & TK Khan

Inahm Jabaar  
Jamie Sareli  
Jennifer Van Der Watt  
Kaashifa Isaacs  
Kulsum Omar  
Kulsum Mohamed  
Kathryn Petriel  
Lauren Hirst  
Lisa Davies  
Lydia Fehrson  
M C Giles  
Malikah Abdul  
Marcia Lyner-  
Cleophas  
Margie Schneider  
Marisa Berndensl  
Martha Geiger  
Nadia Waggie  
Narriman Luckan  
Nasheeta Kamies  
Naz Flowers  
Nayan Vanmalli  
Nim Morgan  
Pam Lightfoot  
Parker Surveys  
Pleasures Jewellery  
POLN- Web  
development and  
creative agency  
Purple and Prose

Raeesah Legget  
Rahime Mohamed  
Rose Luger  
Sabera Essack  
Sakena Parker  
Sarah van Liendien  
Shanaaz - ShazG Treats  
Shirley Elvey  
Shireen Booley  
Shireen Govender  
Sumaya Khan  
Suleiman Salie  
Stretch Inc - Dan  
Tasniem Adam Allie  
Tessa Dugmore  
Thania Salie  
Theresa Lorenzo  
The Chaeli Campaign  
Transworld  
Villager Aid Trust  
Weedaad Salie  
Yumna Allie  
Zaahida Khan  
Zainab Mohamed  
Zaune Pretorius  
Zubeida Davids

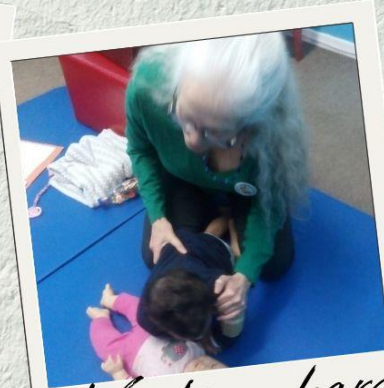




*Hardwork*



*Party Time*



*Working hard*



*Play*



*Sharing*



*Learning*



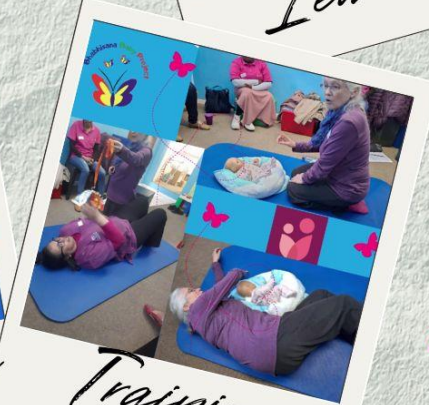
*Exploring*



*End of year party*



*Love for books*



*Training*



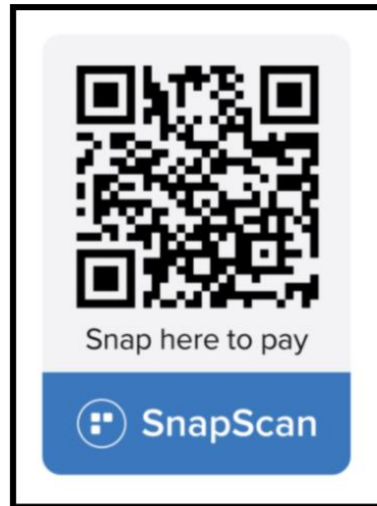


# Bhabhisana Baby Project

Therapeutic Support Programme for Infants

## Banking Details

Account Name: Bhabhisana Baby Project NPO  
First National Bank  
Account Number: 62806551116  
Branch 250655 (Plumstead)



## Contact Details

PO: 221-062 PBO: 930066808  
179 Belgravia Road, Athlone, 7780  
082-924-2965  
info@Bhabhisana.co.za  
[www.bhabhisana.org.za](http://www.bhabhisana.org.za)  
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