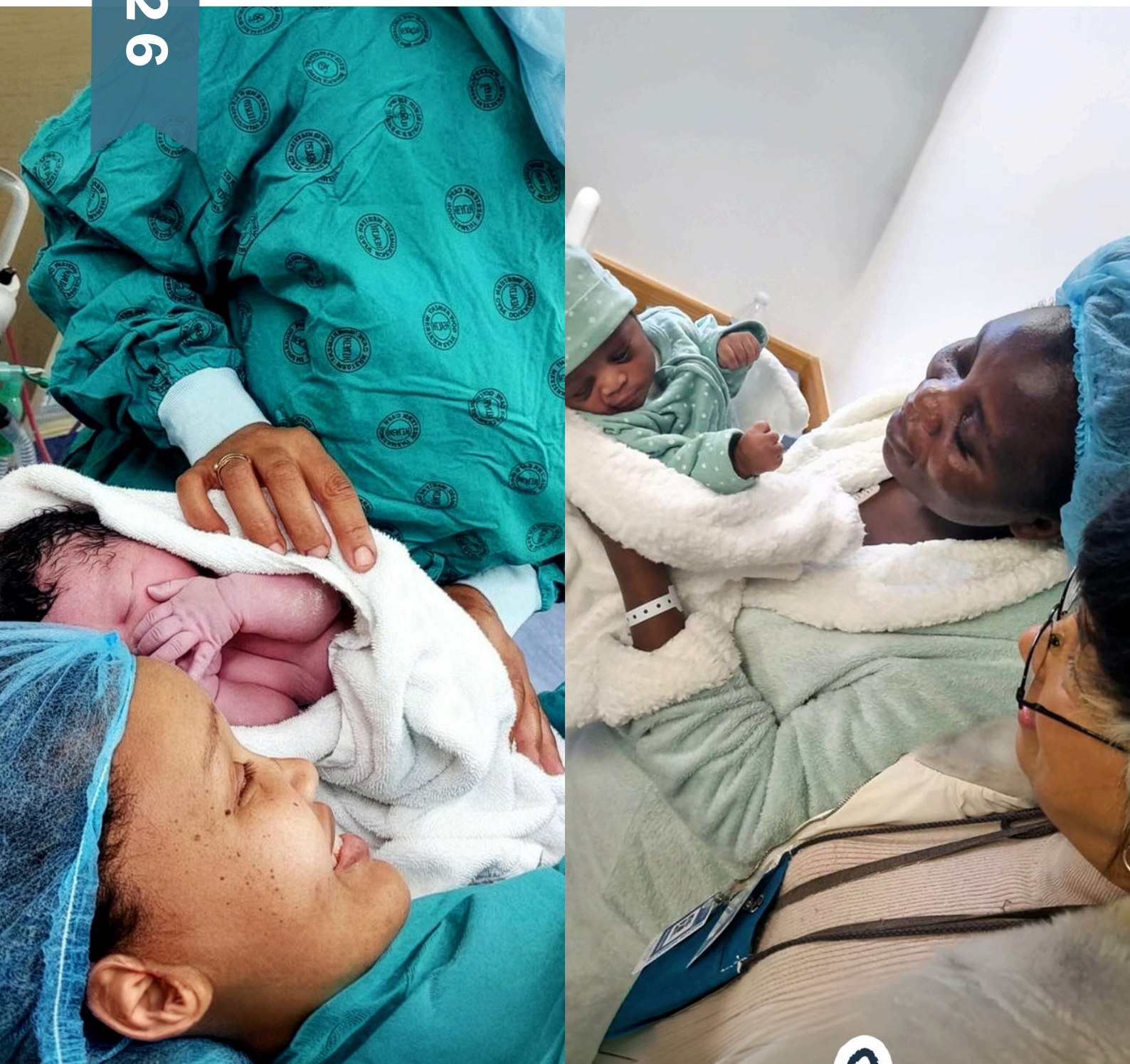


2026

A THEMBALITSHA FOUNDATION PROGRAMME



MAMA THEMBA

Equipping Mothers to Nurture New Life



www.hope.org.za

MISSION, VISION, & VALUES

WE ARE HOPE RESTORERS. WE ARE THEMBALITSHA.

The Thembalitsha Foundation has been working with communities in South Africa since 1997, inspiring change and offering a hand-up rather than a handout. We are a diverse team of people, committed to addressing the socioeconomic challenges of the vulnerable and marginalised people of the Western Cape through healthcare, education and training.

OUR MISSION is to transform the lives of the destitute, forgotten and vulnerable in South Africa through educational, health and training projects. OUR VISION is to restore hope and develop people to a point of self-reliance. Our CORE ORGANISATIONAL VALUES are Teamwork, Integrity, Compassion, Stewardship, Professionalism, and Loyalty.

THEMBALITSHA FOUNDATION

Thembalitsha Foundation is a registered Non-Profit Organisation that was established in 1997 in South Africa.

Thembalitsha operates in the Western Cape, in Somerset West, Strand, Stellenbosch, and Grabouw. The Foundation is committed to addressing the socio-economic challenges of vulnerable and marginalised people of South Africa by developing them to the point of self-reliance through the provision of healthcare, education and training in order to restore new hope.

Thembalitsha Foundation has seven community-based programmes, including two recently launched initiatives. Our services are open to all people in need. These services embody our core values of empowerment, development and social uplifting in order to effect positive change.

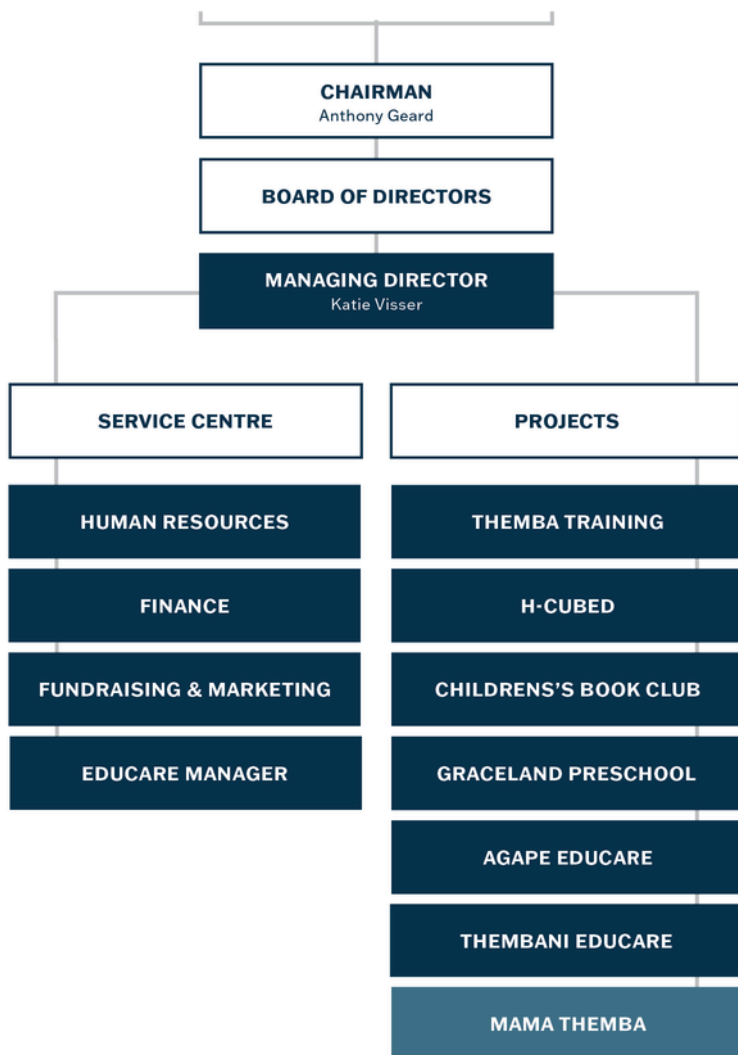
Thembalitsha's initiatives in health, training, and education equips individuals with the necessary skills, motivating their beneficiaries to contribute to their own communities, impacting positively on the economic and social well-being of South Africa.



DONOR BILL OF RIGHTS

We honour the Donor Bill of Rights. Your gift, our promise of protection, transparency and respect.

ORGANOGRAM



ABOUT MAMA THEMBA

Mama Themba was started in February 2006. This project consists of a small management and administration team, and two peer counsellors who speak 3 local languages, and numerous dedicated volunteers. Based in the Helderberg district of the Western Cape, Mama Themba offers mothers essential antenatal, breastfeeding and postnatal education and support. This covers the well-being of infants for the first 1,000 days. Mama Themba serves four local clinics in Sir Lowry's Pass, Gordon's Bay, Somerset West and Macassar, together with three state facilities, namely Helderberg, Macassar and Stellenbosch Hospitals.

OUR MOTIVATION

WHAT WE DO:

The project serves vulnerable mothers and their newborn babies by supporting them post-birth in the hospitals in the Helderberg and Stellenbosch districts. They are given the essentials they need to take home for their newborn babies. Additional support is given in cases where the baby is premature or stillborn. We know that the rate of Gender Based Violence in South Africa is amongst the highest in the world. This, along with cultural influences, often leaves many mothers without a choice in family planning. We equip and empower new mothers to be the best moms they can be for their children and, in turn, become positive role models in their respective communities.

WHY WE DO IT:

Since many mothers in South Africa do not have access to valuable information with regard to pregnancy, birth and breastfeeding, Mama Themba aims to decrease maternal and infant mortality rates, while celebrating the miracle of new life and empowering mothers to give the best care possible to their children. This service aids in reducing mother and child mortality rates and offers a great supportive environment, especially for young or inexperienced mothers. The public clinics and hospitals we work in are often overrun with patients, and when one supports, educates, and empowers mothers, the entire society benefits. We currently reach around 10,000 mothers and newborn babies per year.

WHERE WE WORK

THE AREAS WE WORK IN EXPERIENCE HIGH LEVELS OF TEENAGE PREGNANCY, HIGH RISK PREGNANCIES AND LOW BIRTH WEIGHT BABIES.

HELDERBERG
REGION

SOUTH
AFRICA



PROGRAMMES AND WORKSHOPS:

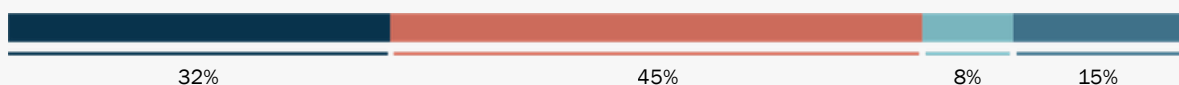


OUR PEER COUNSELLORS ADDRESS KEY TOPICS IN PRENATAL AND ANTENATAL GROUPS AT CLINICS, ENSURING MOTHERS RECEIVE VITAL INFORMATION AND SUPPORT.

- **POSTPARTUM FAMILY PLANNING:** Topics include physical recovery after childbirth, emotional well-being, nutrition, self-care, partner/family support, returning to work or school, and postpartum care for HIV-positive mothers, including follow-ups and ART adherence.
- **HIV, PREGNANCY, AND EARLY INFANT DIAGNOSIS:** Peer Counsellors explain how HIV affects pregnancy, childbirth, and breastfeeding, emphasising early infant diagnosis and the testing process for HIV-exposed infants.
- **MANY MORE TOPICS PERTINENT TO THE FIRST 1,000 DAYS:** Peer Counsellors cover everything that is relevant from conception to the age of 2 (first 1,000 days).
- **BREASTFEEDING:** Discussions include breastfeeding benefits, overcoming challenges, family planning, medication, safety cultural perceptions, exclusive breastfeeding, and HIV considerations. Alcohol's effects on infant development are also addressed. While 85% of mothers initiate breastfeeding, many discontinue early due to various factors.

A study by our Peer Counsellor at two clinics revealed:

- 32% Exclusively breastfed for 3 months only.
- 45% Exclusively breastfed for 6 months, mainly stay-at-home or experienced mothers.
- 8% Breastfed for over 2 years, supported by knowledge and strong support systems.
- 15% Practiced mixed feeding, mostly teenage mothers who left babies with grandmothers.



PARTNERSHIPS

- **CHURCHES:** 12 partners, including Hillsong, Every Nation, The Bay Church, Mountain View Baptist, Shofar, and others.
- **BABY-RELATED ORGANISATIONS:** Embrace, Moms and Babes, Edubabe, and Baby Therapy.
- **MEDICAL PRACTICES:** Somerset West doctors, dentists, and clinic sisters host donation boxes.
- **BABY PRODUCT COMPANIES:** Baby Product Companies: Occasional donations of baby toiletries.
- **EDUCARE CENTRES & VARIOUS LOCAL BUSINESSES:** Occasional donations of baby clothing, blankets and soft toys.
- **EARLY LITERACY:** Bookdash provides books in three languages, helping children build a library of 100 books by age five.

BENEFICIARY BENEFITS

OUR OUTREACH ENSURES EVERY MOTHER WITHIN OUR REACH HAS ACCESS TO THE INFORMATION AND SUPPORT BOTH SHE AND HER BABY NEEDS.

- **CARE BAGS FOR NEW MOTHERS:** Distributed on a regular basis to Macassar Day Hospital, Helderberg Hospital, and Stellenbosch Hospital, providing essential items for new moms and their babies.
- **A LASTING IMPACT:** Through all of these efforts, we continue to restore hope, strengthen families, and empower mothers with the care they need.

CLINICS SUPPORTED:

- Gordon's Bay
- Sir Lowry's Pass
- Somerset West
- Macassar Day Hospital & Clinic

HOSPITALS SUPPORTED:

- Macassar Day Hospital,
- Stellenbosch Hospital
- Helderberg Hospital
(High Risk Maternity Unit)

- **PRE AND POST NATAL SUPPORT:** Our two trilingual Peer Counsellors provide educational support to mothers at four Helderberg District clinics, ensuring vital health information reaches all.
- **COMMUNITY ASSISTANCE:** Extending support to various community members in need.
- **SUPPORT WITH PREMATURE AND SICK BABIES:** Offering support to mothers in hospital for extended periods due to premature and/or sick babies.
- **WHATSAPP SUPPORT GROUPS:** Offered to all women both in the hospitals and at the Clinics.

MAKING AN IMPACT

Hope and Support. Always.

"Thank you so much for helping me at the clinic. I really appreciate your advice and the information you gave me. I have only lived in South Africa since 2024 and am not very familiar with isiXhosa. When you saw my name and asked me if I was Mosotho, I felt seen and understood! I am a first-time mother and I had many questions.

You listened to me and answered every question with patience and care. You did not rush me and made sure I understood everything. The information you gave me will really help me in my journey as a new mother.

Thank you for your kindness, I am very grateful to you."

IN 2025
9,066

**MOTHERS WERE
REACHED IN TOTAL**

*providing essential care,
education, and encouragement.*

MAMA THEMBA DELIVERED COMPREHENSIVE MATERNAL AND INFANT SUPPORT THROUGH

- 3,139 Hospital Visits
- 4,326 Health Education Engagements
- 2,385 Support Group Participations
- 3,298 Care Bags Distributed

FEEDBACK FROM OUR BENEFICIARIES

SUPPORT IN ACTION FROM OUR PEER COUNSELLORS' SUPPORT GROUPS

When one mother in Nomzamo found herself in pain and distress, she was given advice that felt final. Severely engorged and struggling to cope, she was told at her clinic to stop breastfeeding and buy formula instead. For a mother whose dream had always been to breastfeed her baby, this was deeply discouraging.

With support from another mom in a Mama Themba Support Group, she was referred to Peer Counsellor Pinky. As soon as Pinky heard about the situation, she went to the mother's home to offer help.

With patience and care, Pinky gently assisted the new mom in expressing her milk, relieving pain and reducing engorgement. Step by step, she guided her until the mother was comfortable and confident again. Before Pinky left, the mother successfully breastfed her baby.

"It was always my dream to breastfeed, and I am so grateful to you for helping me to do so," the mother shared. "I am so glad I don't have to use formula."

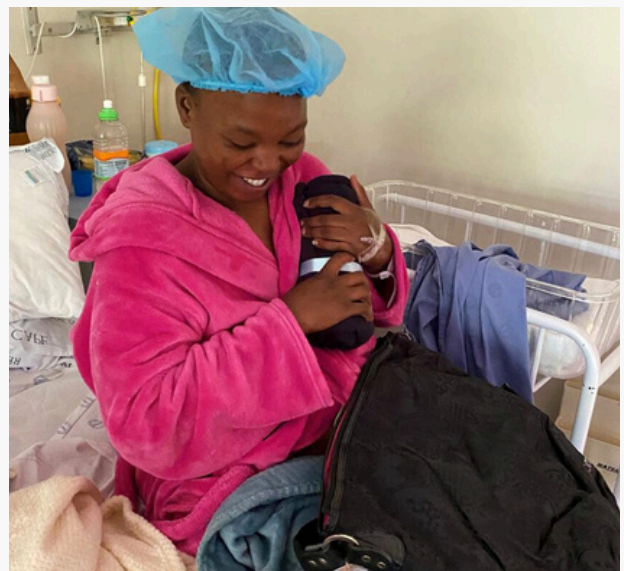
This simple but powerful moment reflects the impact of trusted, practical support. Through health education, hands-on guidance, and encouragement, Mama Themba helps mothers become confident and self-reliant, equipping them to give their babies the best possible start in life.



MESSAGES SENT FROM MOMS IN MATERNITY UNITS AFTER RECEIVING OUR CARE BAGS:



"My second born was a preemie, weighing only 1.8 kg, This was very hard for me. His weight is now 5.1 kg. Thank you to the Equipping group and the mums. I really salute you guys."



"I just want to say thank you to Sis Pinky and this platform, I felt helpless, but I was advised to go to the clinic and they sent me straight to ER. My baby had an infection. I'm forever grateful. Your advice saved my little prince."

SUSTAINABILITY

Thembalitsha Foundation has adopted a structured, organisation-wide approach to long-term financial sustainability. Funding is diversified across local government, national and international donors, corporate partners, trusts, individual giving and community-based fundraising. This diversified base reduces reliance on any single income stream and strengthens financial resilience.

In 2025, the Foundation resolved to implement a central Sustainability Fund model. Rather than allocating 5% of expenditure within individual project budgets, 10% of unrestricted income is now allocated annually to a central Sustainability Fund. This approach enables stronger reserve-building at organisational level and allows for more strategic deployment of funds during periods of income fluctuation or unexpected need.

The objective is to build and maintain sufficient reserves to cover at least six months of core operational expenditure across projects. Financial performance, reserve growth, and fundraising targets are monitored monthly and formally reviewed by the Board.

Each project operates on a realistic, Board-approved annual budget covering essential operational costs. Identified shortfalls form defined fundraising targets, which are actively pursued through grant applications, partnerships, events, and donor engagement. Transparency, compliance and regular reporting remain central to maintaining long-term funder relationships.

Mama Themba's sustainability is further strengthened by its integration within public health facilities and its strong volunteer base. The programme operates in partnership with local hospitals and clinics, ensuring ongoing demand and alignment with community health priorities.

Beyond financial sustainability, the programme contributes to long-term social stability. By equipping mothers with health education, breastfeeding support and essential baby items, Mama Themba promotes improved maternal and infant health outcomes, strengthening families and contributing to healthier communities.

For nearly three decades, Thembalitsha Foundation has operated with consistent governance and community trust. Mama Themba continues to build on this foundation, combining disciplined financial management with measurable impact.

