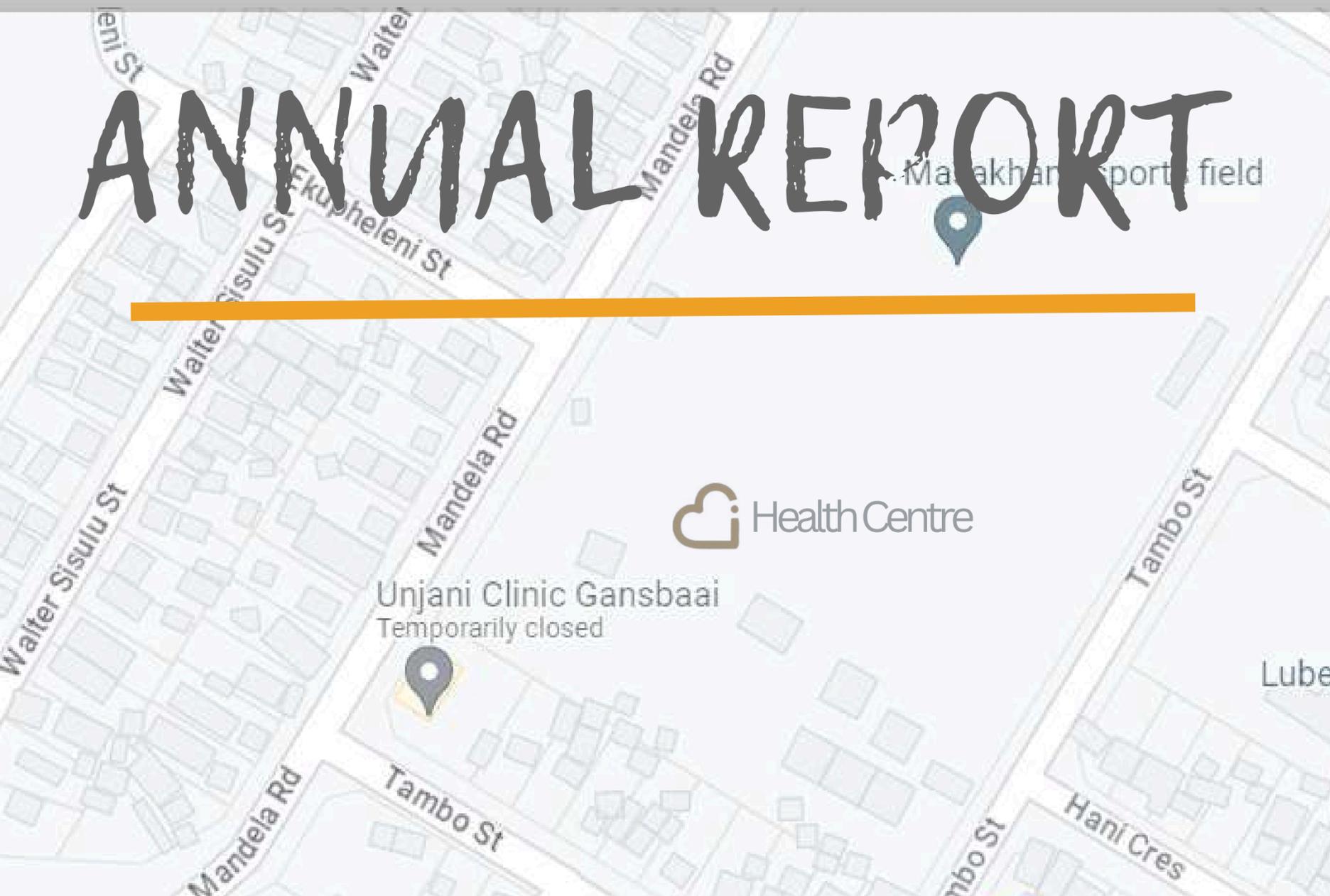


ANNUAL REPORT



2023



DIRECTOR'S NOTE

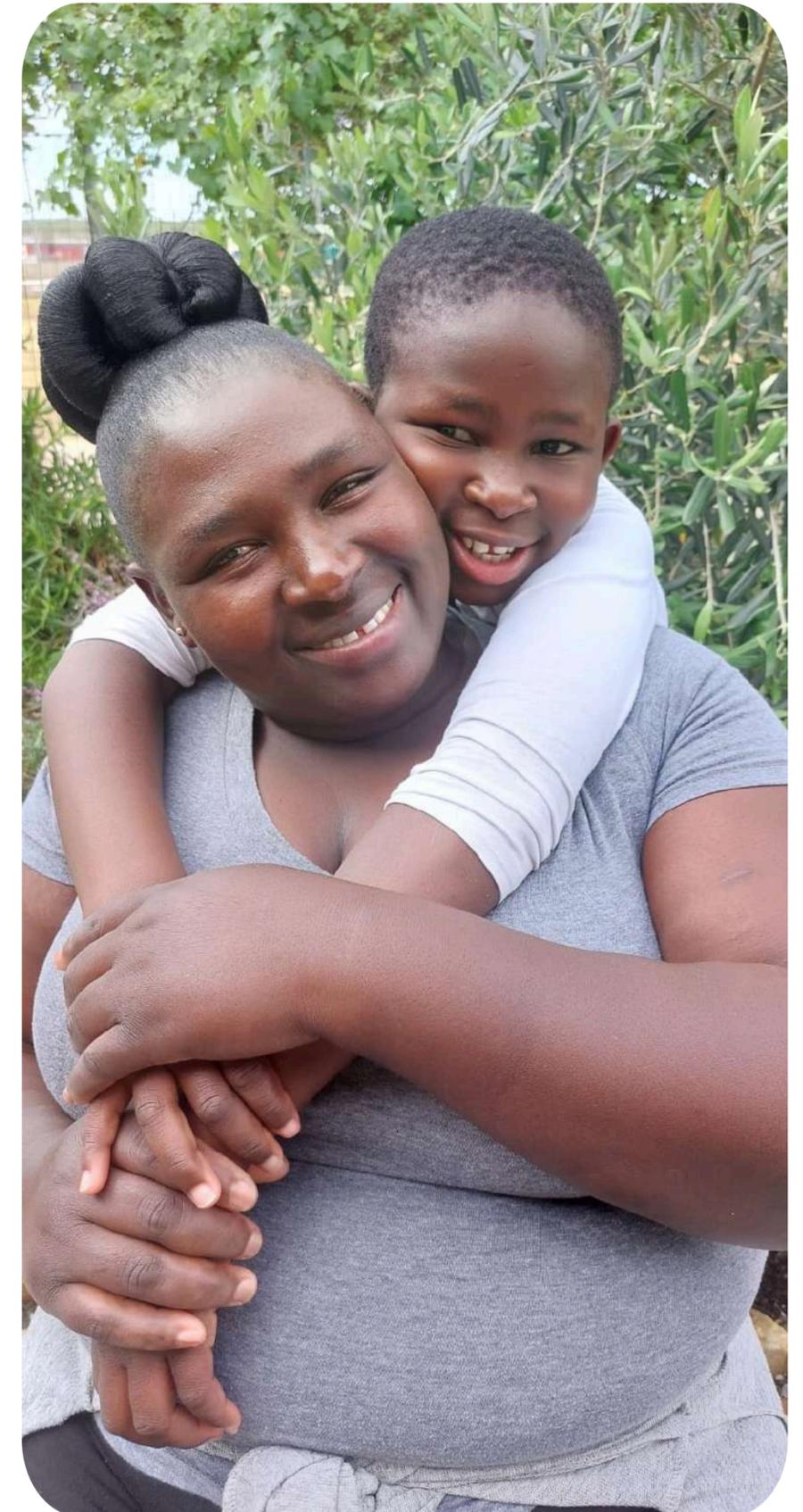
As we look back on the past year at i-MED Africa, we have encountered challenges, undergone transformations, and made significant progress in our mission to positively impact the lives of those we serve. Our commitment to transparency, consistency, and investing in our people has improved our organizational culture, project implementation, and community engagement.

Our Mental Health Program has been instrumental in addressing critical mental health needs through support groups, workshops, and educational sessions, reaching and supporting community members in crisis. Collaboration with local businesses has expanded our reach and impact, emphasizing inclusive and multi-gendered mental health support.

Our efforts to train volunteer health promoters have been successful, promoting holistic health and well-being through home visits and clinic visits. Our commitment to promoting health and well-being remains strong, guided by a detailed action plan for 2024 focusing on reaching a wider audience and bringing the skills needed to live healthy lives to both young and old.

I am proud of the dedication and resilience shown by each team member at i-MED Africa, and I am confident that together, we will continue to positively impact the lives of our i-MED community. I dedicate our efforts to our lost colleague, Rita Graham, and express my gratitude to our team for their invaluable support during Rita's illness.

To the team, our donors, and partners, your commitment and efforts are deeply appreciated. Thank you for your dedication. Let us approach the future with optimism, determination, and belief in the transformative power of our work.





ABOUT US

i-MED africa is an organisation deeply dedicated to promoting holistic health and community well-being. We develop innovative programmes that address critical health issues through education, skills development, and urban gardening initiatives.

Our mission is to grow knowledge and awareness through education and training programs focused on health-related topics in rural and informal settlements of South Africa. We aim to facilitate the expansion of these programs to new sites and communities, while developing sustainable project models that can be replicated and scaled to assist communities throughout Africa.





MENTAL HEALTH PROGRAMME

South Africans are suffering from increased mental health disorders. Conditions like depression, anxiety, and PTSD are particularly prevalent. The lack of access to adequate treatment exacerbates these challenges and affects all aspects of life, including child development, parenting practices, employability, and contributes to issues such as substance abuse and violence. Mental health services are severely limited in the greater Gansbaai area, with only one psychological nurse available to attend to a maximum of 8 people per month. i-MED africa aims to bridge that gap through education, self-help groups, workshops, and crisis intervention programs.



SUPPORT GROUPS

Support groups are a valuable resource for people looking for emotional support, understanding, and connection with others facing similar challenges. Research has shown that participation in support groups can lead to reduced feelings of isolation, improved self-esteem, and better mental health outcomes like a reduction of the symptoms of depression. People in support groups can navigate difficult situations and improve their emotional well-being by sharing experiences, getting validation, and gaining insights and coping strategies from peers. Support groups foster community, promote personal growth, and strengthen psychological resilience.

i-MED africa facilitated mental health support groups at three locations within the greater Gansbaai area including, Masakhane, Stanford and Eluxolweni. The concept was introduced and explained at workshops and crisis intervention chats.





CRISES INTERVENTION

Trauma debriefing aims to help people process and cope with traumatic events in a structured and supportive setting. Providing a safe space for people to express their thoughts, emotions, and reactions following a traumatic experience facilitates the healing process and prevents the development of long-term psychological issues such as PTSD. Through this process people make sense of their experiences, gain a sense of control, and receive validation for their feelings, ultimately promoting emotional resilience and recovery.



REFERRALS

A referral network was established with local non-profit organisations and government entities to provide access to in-house treatment for substance abuse disorders, psychiatric hospitals, and social workers for cases of abusive domestic conditions. This initiative addressed the issue of the various organisations not having a robust system to cooperate with each other, thereby improving access to essential mental health services for community members.

CHILD HEALTH

Enhancing children's health in South Africa is crucial to reducing preventable child morbidity and mortality rates and fostering better developmental opportunities. Our child health focussed on sharing essential medical information. By integrating elements of South Africa's natural healing practices into medical education, we create a sustainable approach to healthcare. With this knowledge, people can make informed decisions about their health. This not only reduces mortality rates but also alleviates suffering within our communities.



WORKSHOPS

i-MED africa integrates psychoeducation, healthcare education, and home remedies through workshops. This cohesive approach aimed at promoting mental and physical health and well-being, especially in communities grappling with mental health disorders, substance abuse, and poverty. These strategies aim to empower individuals and families by providing them with essential information, skills, and resources to address health challenges. By adopting a multifaceted approach to health, these strategies bolster resilience, facilitate prevention efforts, and foster holistic well-being among individuals and communities navigating various health challenges.

33 Workshops on the topics of depression, PTSD, Addiction, Trauma, Alzheimer's disease, Stress Management, Coping Skills in HIV, Communication, Herbal Remedies, and the first 1000 days of life were held in the greater Gansbaai area including Stanford and Pearly Beach.



HEALTH PROMOTERS

As top achieving graduates from the i-Med Health Revolution training program, the i-Med health promoters are a group of exceptional individuals who volunteer to improve healthcare accessibility in the greater Gansbaai area. These dedicated individuals bring health education directly to the people by conducting home visits in Masakhane, Eluxolweni, Thembalihle, and De Kop.

Through their efforts in health promotion and education, they empower individuals to take control of their health and make informed decisions. Utilizing the power of technology, the health promoters share the i-MED vision People app, which is available to all users free of charge and offline. This app serves as a valuable companion and guide on children's health, providing information and recommendations based on symptoms of illness to promote the well-being and survival of children.

The i-Med health promoters go beyond being mere healthcare advocates; they are catalysts for change, inspiring communities towards self-care and a healthier future.

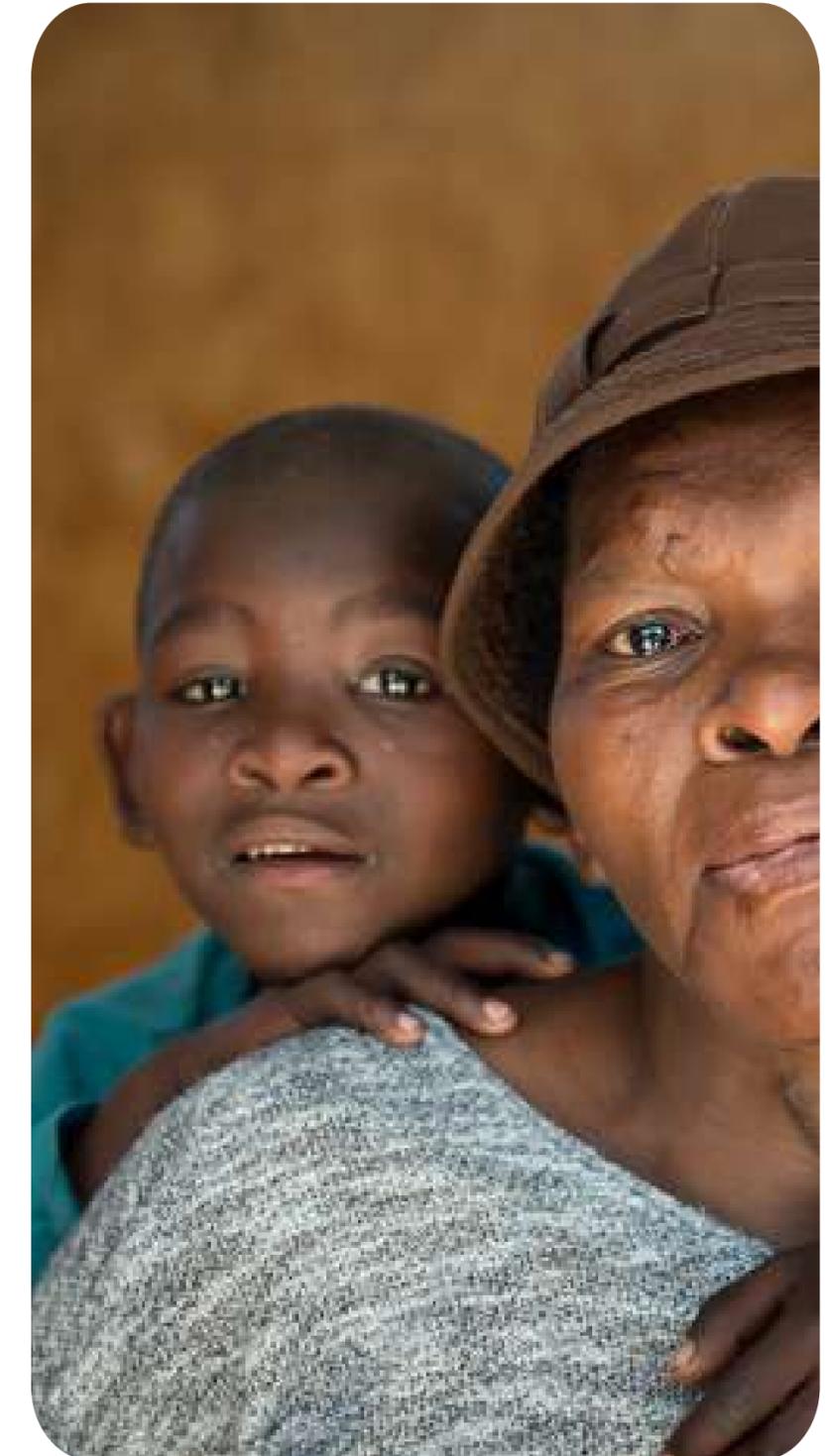


FOETAL ALCOHOL SYNDROME

Children with Foetal Alcohol Syndrome (FAS) often face significant cognitive and behavioral challenges that can impact their overall well-being and quality of life. These children may struggle with learning difficulties, memory problems, poor impulse control, and social skills deficits due to the damage caused by prenatal alcohol exposure. Additionally, children with FAS are at a higher risk of being manipulated and taken advantage of due to their vulnerabilities and difficulties in understanding social cues and boundaries.

FAS children often face academic challenges because of their cognitive impairments, learning difficulties, and behavioural issues. The complex needs of these children require specialised support services and interventions that are not readily accessible for families already struggling to make ends meet. The emotional toll of caring for a child with FAS, combined with the financial pressures of accessing necessary resources, can lead to heightened stress, anxiety, and feelings of helplessness among caregivers, perpetuating the cycle of poverty in our communities.

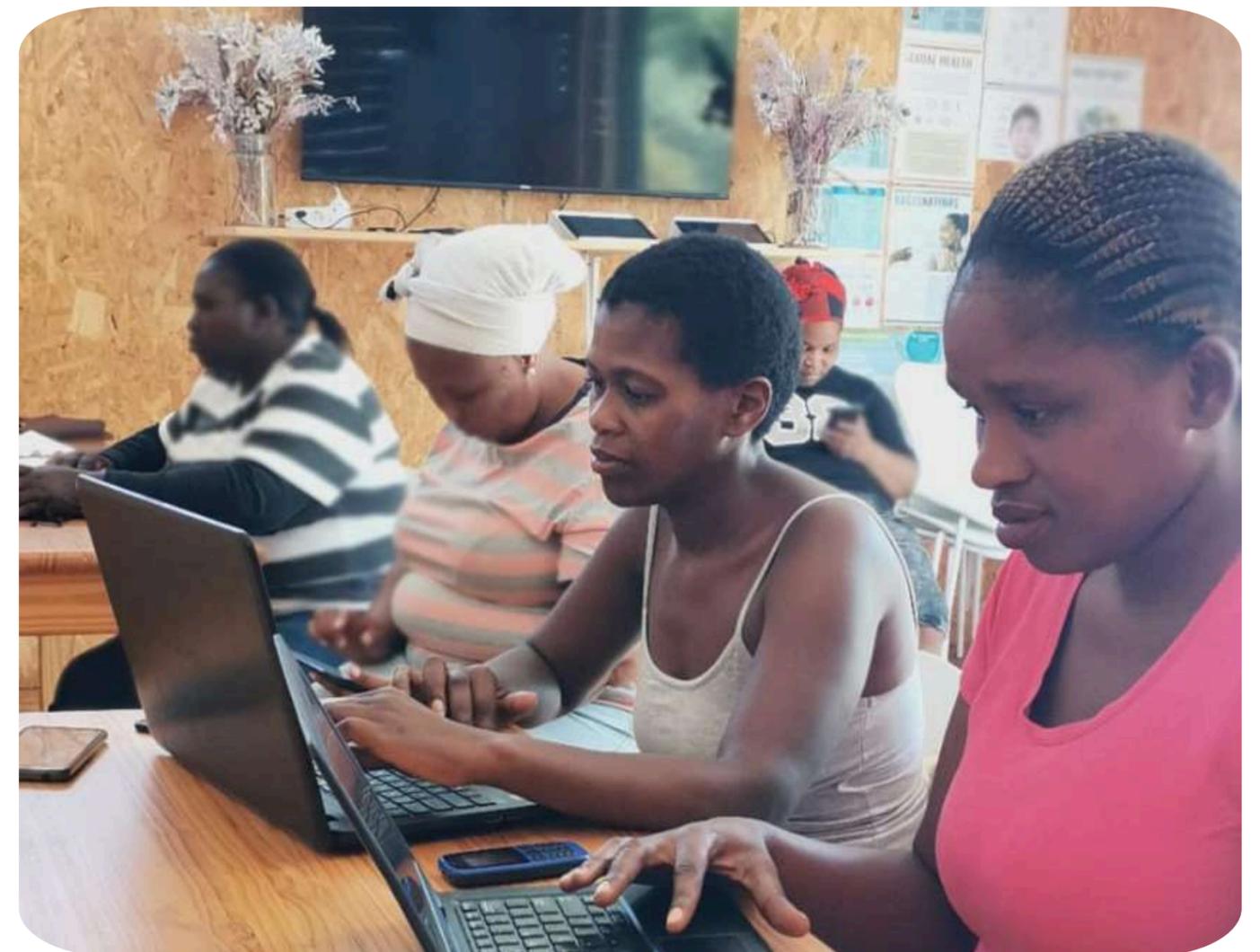
Working in collaboration with the Gansbaai clinic, we made weekly visits to the clinic on days that pregnant mothers and mothers of newborn babies would be there, educating them about this devastating and entirely preventable condition.



10% 6 MILLION PEOPLE IN SOUTH AFRICA ARE AFFECTED BY FAS

COMMUNITY CENTRE

The i-MED africa Health Centre serves as a welcoming sanctuary and a central hub for the Masakhane community, offering a variety of valuable resources and services. Here, community members can learn about herbal remedies and access the plants needed to create them, participate in free health education workshops, receive psychological support, utilize free Wi-Fi, and relax with a comforting cup of tea.



ECO KIDS

The Eco Kids program, based on the Grootbos Foundation Earth Rangers, is an 11-month Environmental Education Program, which introduces children to the wonders of ecosystems, educates them about planting nature-friendly gardens, promotes general healthy living, and teaches them how to help save our planet. This initiative was executed in collaboration with the Pearly Beach Conservancy and White Shark projects with i-MED focussing on health education.

After-school programs in impoverished areas play a crucial role in providing children with a safe and constructive environment for continued learning outside of regular school hours. Eco Kids offers its children opportunities for enrichment, mentorship, and skills development, helping to bridge educational gaps.



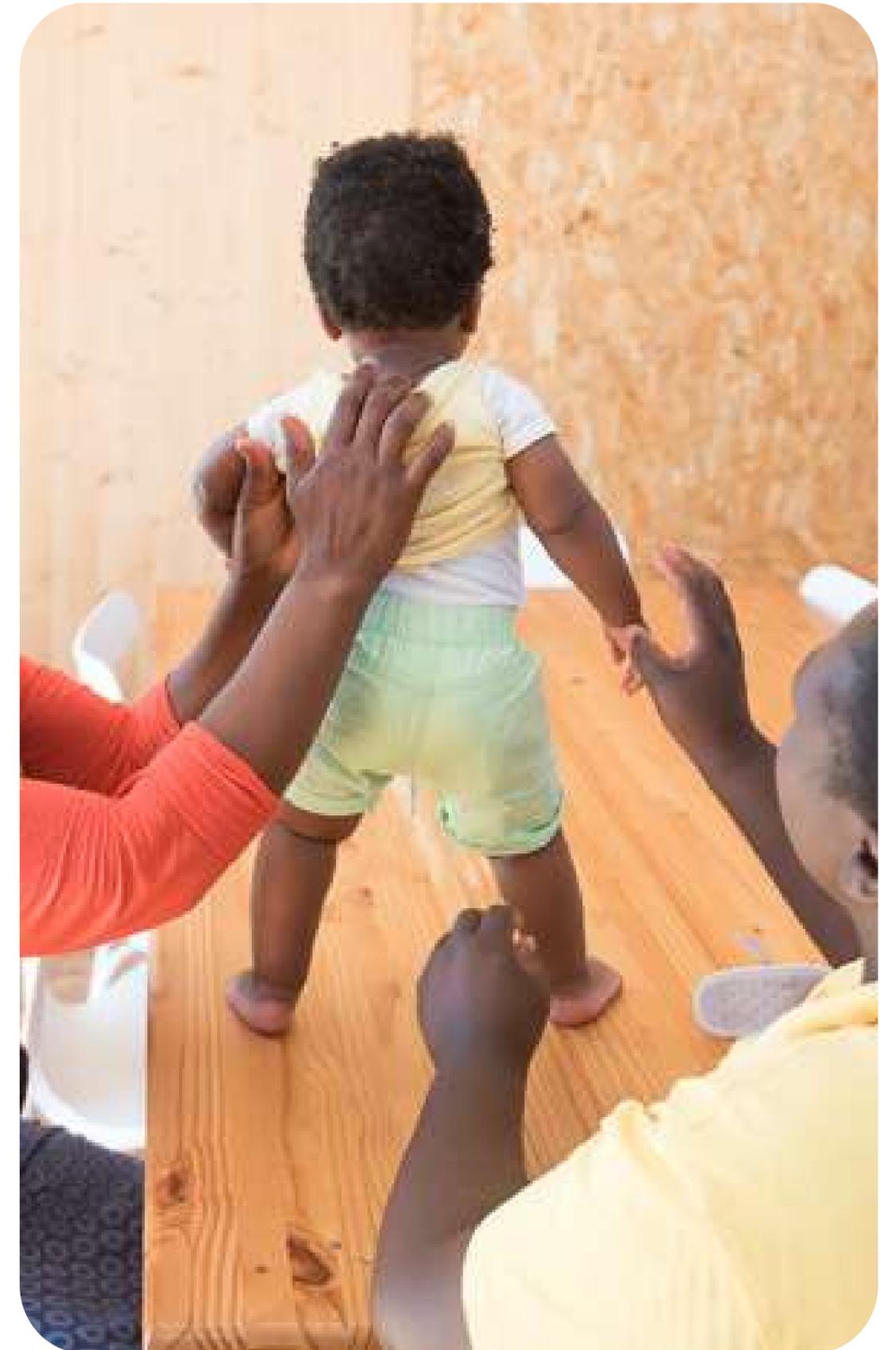
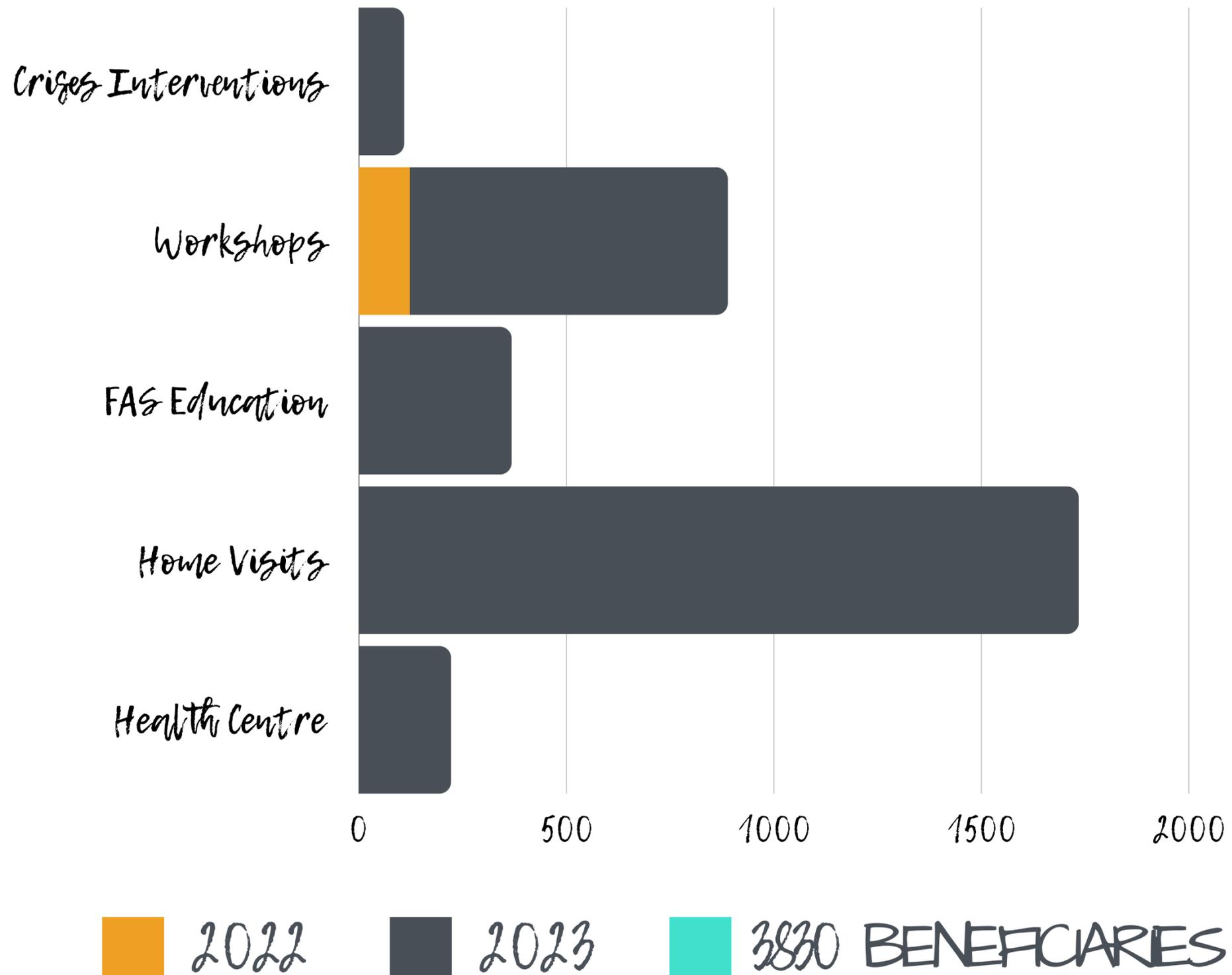
GARDENING

Gardening is a powerful way to boost mental well-being, improve nutrition, cultivate medicinal plants, and create income opportunities. By connecting with nature through planting and nurturing, individuals experience a sense of achievement and control, which helps reduce stress and anxiety. These gardens provide a peaceful escape from daily challenges and yield fresh produce that enhances families' diets and overall health.

Learning about and growing medicinal plants offers a natural way to address health needs, empowering people to take charge of their well-being. In Eluxolweni, the i-MED community garden has been transformed into a herb-drying business, employing two families. i-MED africa actively supports local community gardens in Eluxolweni, Masakhane, and Blompark, while also imparting essential skills for water-wise urban gardens



BENEFICIARIES



OUR DIRECTORS

Nosabata Nodlodo



Homebased Caring Certificate. Trauma Debriefing Certificate. Experience in Community Care; Community Health and Welfare, and Facilitation

Dr Lisa Graham



PhD in Immunology from the UCT. Senior Lecturer and course coordinator for the Department of Biomedical Sciences at CPUT.

Adv Faye Graham



LLB and BA from UNISA. Legal Practitioner and Admitted Advocate. Managing Director i-MED africa

Angelique Meyer



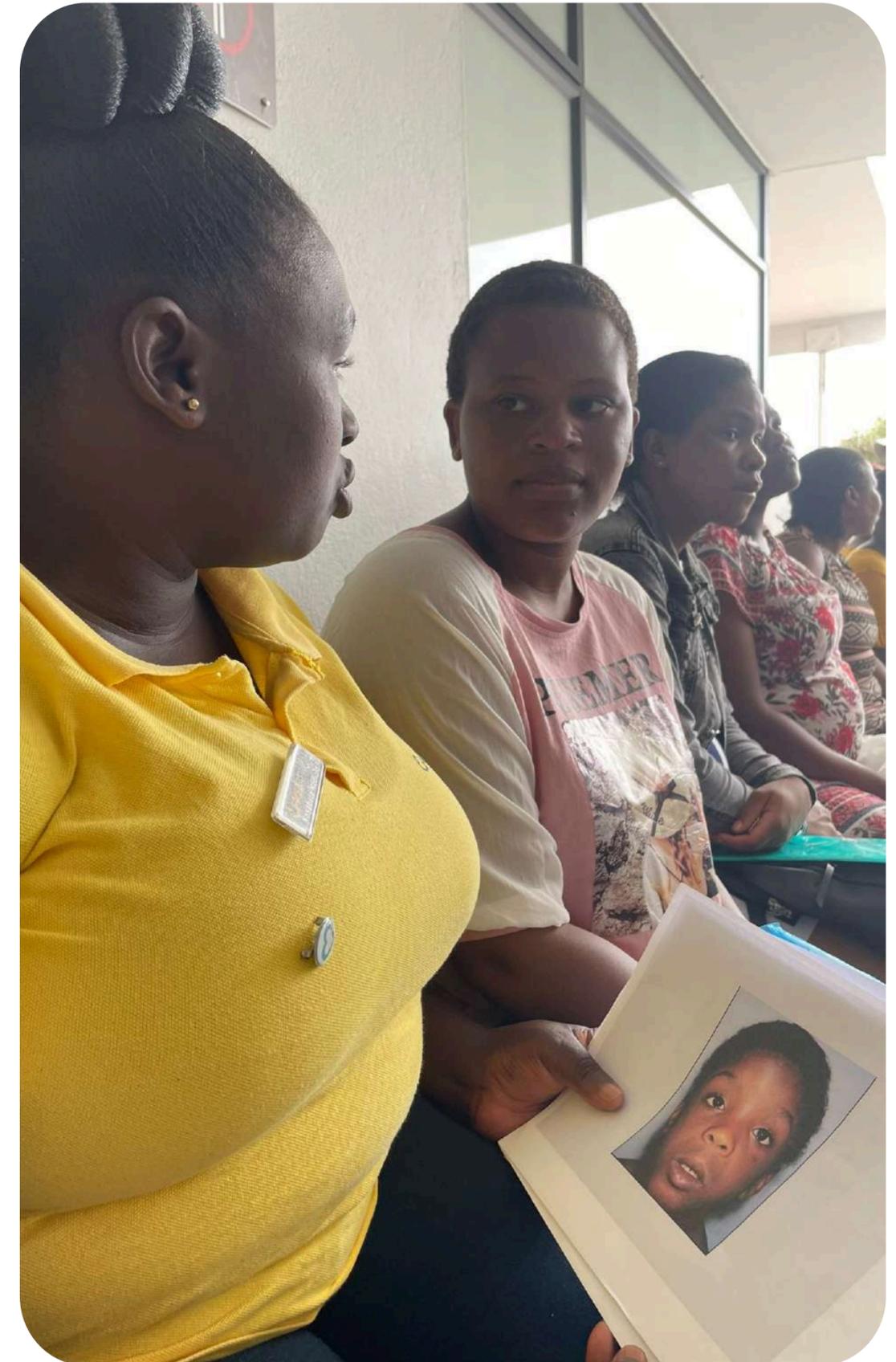
BCom in Human Resource Management from UNISA. Registered HR Professional with the SABPP. Human Resource and Commercial Director at Mining Consultancy Services (Pty) Ltd.

GOVERNANCE

i-MED africa prides itself on a robust governance structure, evidenced by our registration as a Section 21 not-for-profit company (#2019/515265/08) and registration with the South African Department for Social Development as a Non-Governmental Organisation (#253-730 NPO).

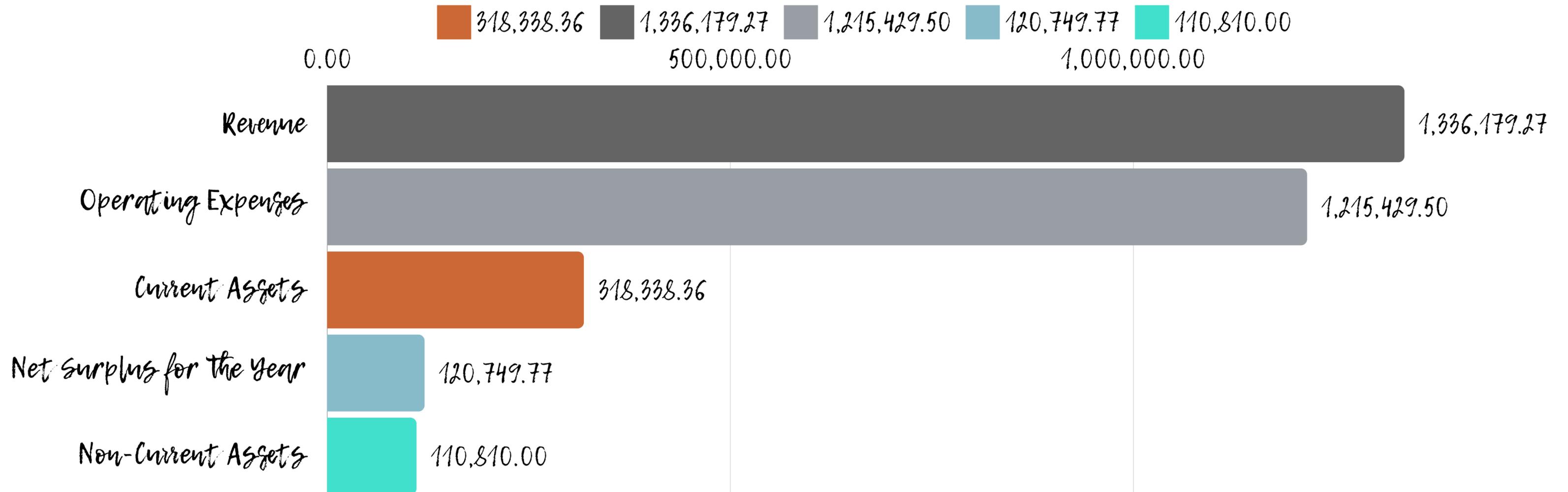
Our board of directors, registered with the Companies and Intellectual Property Commission, meets quarterly, ensuring strategic oversight, while our leadership team convenes bi-monthly to drive operational excellence.

With certifications including Public Benefit Organisation registration (#PBO 953 5258 199), compliance with King IV Codes of Good Practice, and BBBEE Level 1 contributor status, we remain committed to transparency, compliance, and impactful social change.



FINANCIALS

Our annual financial statements undergo rigorous auditing by independent auditors who are granted unrestricted access to all financial reports and related data. The Statement of Comprehensive Income for the year ended 28 February 2024, provides a detailed overview of our financial performance and highlights our commitment to transparency and accountability in financial reporting.



SUPPORTERS

We would like to express our heartfelt gratitude to all our donors and partners who have generously supported our mission and initiatives. Your dedication and contributions play a vital role in making a positive impact in our community. Thank you for your continued support and commitment to our cause.



i-MED vision



Stiftung Nord-Sud Bruken



Nussbaum Foundation



Social Employment Fund



Aqunion (Pty) Ltd



Irvin & Johnson Danger Point



Marine Dynamics



Grootbos Foundation



Ikamva Blompark



Badisa Gansbaai



Hermanus Provincial Hospital



Gansbaai Day Clinic



White Shark Projects



Pearly Beach Conservancy



PowerOneForOne



National Lotteries Commission



CONTACT US

Phone Number

084 5858 775

Email Address

info@imedafrica.org

Address

10 Mandela Rd,
Masakhane, Gansbaai,
7220

