

i-MED AFRICA

ANNUAL REPORT 2024



DIRECTOR'S NOTE

Reflecting on the past year, i-MED africa has continued to grow, adapt, and refine its approach to community health and education. We have faced challenges with resilience and have remained committed to our vision of equipping individuals with the knowledge and skills to take control of their well-being.

This year has been one of deepening impact and strategic focus. Our Mental Health Programme has expanded its reach, offering psychological first aid, mental health workshops, school programmes and community-based interventions that support individuals in crisis. We have seen firsthand how education and access to compassionate care can transform lives. The introduction of the i-MED Kids Club has further solidified our commitment to building emotional resilience in young people, ensuring that mental health support starts early.

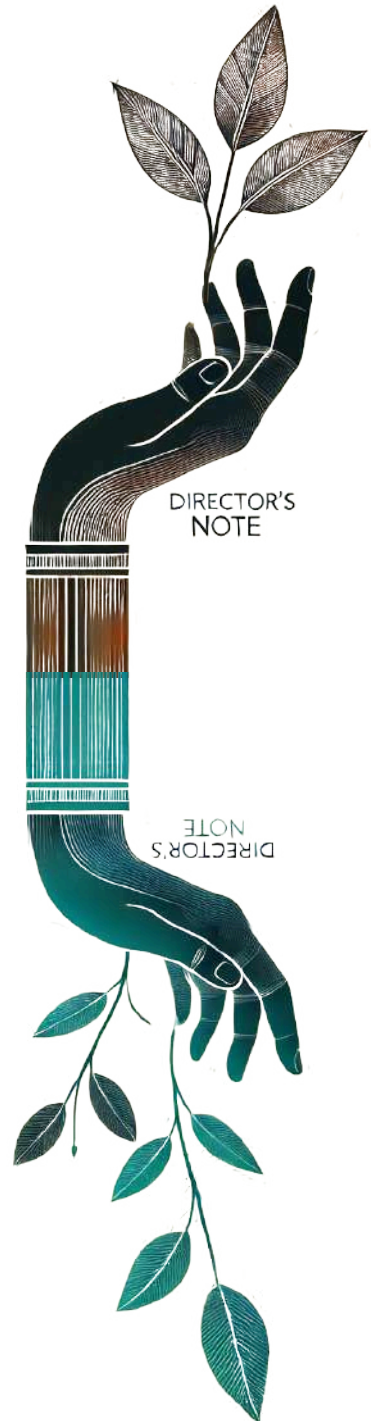
Our efforts in health promotion and education have strengthened, with volunteer health promoters engaging in home visits, clinic outreach, and workshops that empower our community to make informed health decisions. The expansion of our urban gardening and nutrition initiatives has fostered greater food and medicinal security and strengthened our connection to sustainable, community-led solutions.

This has also been a year of internal growth and learning. We have refined our organisational structures, invested in training for our team, and ensured that every programme we offer is built on a foundation of evidence-based practice and community needs. Our partnerships with local businesses, clinics, and educational institutions have reinforced the collaborative spirit that underpins all we do.

I am incredibly proud of our team's dedication, innovation, and heart. Each member has played a vital role in driving our work forward, and I am grateful for their unwavering commitment to the people we serve. To our donors and partners—your support makes this work possible, and we thank you for believing in the vision of i-MED africa.

As we step into the future, we do so with clarity, purpose, and the belief that small, consistent efforts create lasting change. Let us continue to build a healthier, more resilient community together.

Adv. Faye Graham
CEO - i-MED africa



ABOUT US

i-MED africa is a community-driven organisation dedicated to promoting holistic health and well-being. We believe that knowledge is the foundation of empowerment and work to equip individuals with the skills needed to make informed health decisions for themselves and their families.

Through education, skills development, and sustainable health initiatives, we address critical health challenges, particularly in under-resourced communities. Our programmes focus on mental health, child well-being, preventative healthcare, and urban gardening, ensuring a well-rounded approach to community health.

Our mission is to expand health literacy and practical skills through training and outreach in rural and informal settlements across South Africa. We are committed to creating sustainable models that can be replicated and adapted to serve communities throughout Africa, fostering long-term impact and resilience.

By working alongside local stakeholders, clinics, and educators, we strive to build a healthier, more informed, and self-sufficient society—one where people are empowered to take control of their well-being and the well-being of those around them.



MENTAL HEALTH

At i-MED africa, we recognise that mental health is the foundation of overall well-being. In many of the communities we serve, mental health challenges are often overlooked or misunderstood. Our Mental Health Programme is designed to bridge this gap by providing accessible, practical, and culturally relevant support, equipping individuals with the tools to manage their mental health and build emotional resilience.

CHILDREN'S EMOTIONAL SKILLS

Children's mental health is a priority for us, as early intervention can shape lifelong emotional resilience. Our Children's Emotional Skills Programme is a structured initiative designed to help young people understand and regulate their emotions, improve their communication skills, and build coping mechanisms. Through interactive workshops, creative expression, and storytelling, children are taught to identify their feelings, navigate challenges, and develop healthy relationships.

COUNSELLING ROOM

This year, we renovated a counselling room at the Grootbos Foundation Hub, creating a calm, private space where community members can access mental health support and psychological first aid. This welcoming environment ensures those in need have a safe place to find comfort, guidance, and care.

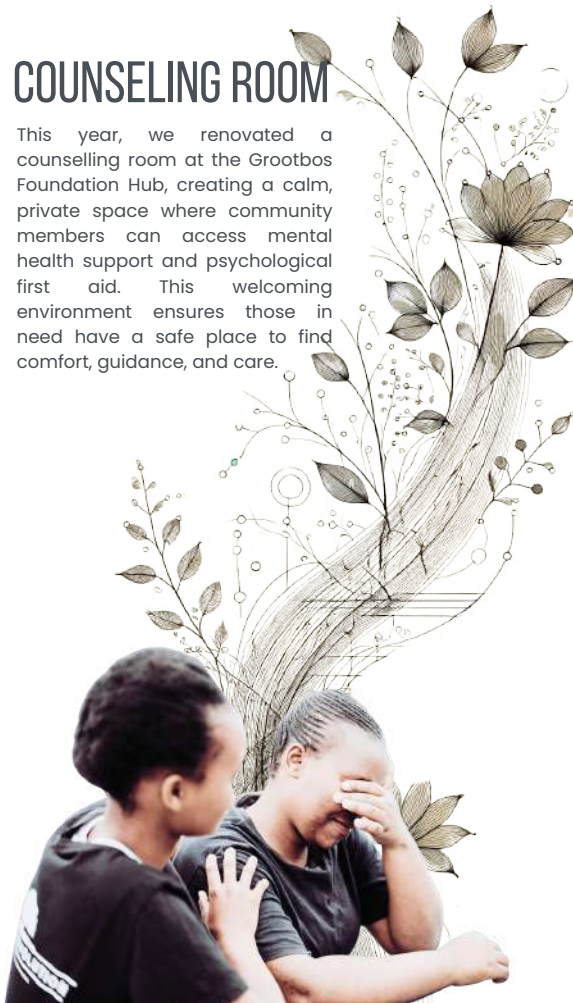
PSYCHOLOGICAL

FIRST AID

One of our most impactful initiatives is the Psychological First Aid Model, developed to provide immediate, compassionate, and structured support to individuals in distress. Our approach trains health educators, community members, and caregivers to offer effective emotional support, de-escalate crises, and guide individuals toward appropriate resources. This model has been integrated into our community outreach, ensuring that mental health support is not limited to clinical settings but is embedded in everyday interactions.

SUPPORT GROUPS

Many individuals struggle in isolation, without the tools or support networks to navigate their challenges. Our support groups provide safe, non-judgmental spaces where individuals can share their experiences, learn from one another, and receive guidance from trained facilitators. These groups cater to a variety of needs, including grief support, stress management, parenting challenges, and trauma recovery.



MENTAL HEALTH WORKSHOPS

Mental health workshops aim to equip participants with practical strategies for managing anxiety, depression, and trauma. These workshops are designed for individuals, families, and educators, helping them to better understand mental health and support those around them.



TRAINING

Workplace stress and miscommunication are significant contributors to mental health challenges. Our business-focused mental health training addresses these issues by improving workplace communication, stress management, and emotional intelligence. These sessions provide teams with the tools to create healthier, more supportive work environments, leading to improved productivity, collaboration, and employee well-being.

KIDS' CLUB

For children facing significant social, emotional, or psychological challenges, we have established the i-MED Kids' Club. This initiative is specifically designed for high-risk children, providing them with structured emotional support, mentorship, and skill-building activities. Through guided discussions, creative expression, and peer support, children in the club develop the confidence and resilience needed to navigate difficult circumstances.

Our Mental Health Programme continues to evolve, guided by our commitment to practical, community-driven solutions. By integrating psychological first aid, structured interventions, and mental health education, we are helping to build a future where mental well-being is valued, supported, and accessible to all.



PHYSICAL HEALTH

At i-MED africa, we believe that prevention is the foundation of good health. Many of the illnesses that impact our communities can be managed—or even avoided—through education, lifestyle changes, and early intervention. Our Physical Health Programme is designed to equip individuals with practical knowledge and skills that empower them to take charge of their well-being.

TRAINING COURSES

This year saw the completion of two long-term health training programmes, each designed to provide participants with in-depth knowledge and practical experience in health education and promotion. These courses are a crucial step in building local expertise and ensuring that health literacy continues to grow within our communities.

HEALTH PROMOTION COURSE

This course provides students with core health knowledge and practical outreach skills, training them to become community health promoters. Topics include:

- Basic nutrition and hygiene
- Preventative healthcare and chronic disease management
- Maternal and child health, with a focus on the first 1,000 days of life
- Identifying early signs of illness and making appropriate referrals
- Mental health first aid and psychological support



HEALTH EDUCATOR COURSE

This advanced course is designed for those who wish to become professional health educators, delivering workshops and leading health initiatives in their communities. It includes:

- Deeper understanding of public health challenges
- How to structure and run effective health workshops
- Working within community health systems to strengthen local healthcare delivery
- Hands-on training in urban gardening and food security initiatives

Graduates of these courses do more than gain knowledge—they become active health advocates, helping their communities adopt healthier lifestyles and prevent common illnesses.



HEALTH PROMOTION

Our Health Promotion Initiative continues to be one of our most direct and impactful programmes. Past graduates of our courses now serve as community health promoters, visiting homes and local clinics to share preventative health information and provide practical support. These visits are particularly focused on:

- Preventing Foetal Alcohol Syndrome (FAS) through education and community outreach
- Supporting maternal and child health, especially during the critical first 1,000 days of a child's life
- Encouraging early detection and intervention for common health concerns
- Providing guidance on nutrition, hygiene, and disease prevention

By taking health education directly into homes and clinics, our trained health promoters ensure that people receive relevant, actionable information in a setting where they feel comfortable asking questions and seeking guidance.

HEALTH CENTRE

Our i-MED africa Community Centre is more than just a physical space—it is a hub of support, knowledge, and care. Here, people can:

- Access herbal remedies and natural health solutions
- Use the facilities to study, learn, or receive mentorship
- Find a listening ear or a helping hand when they need guidance

This space reflects our commitment to holistic well-being, providing a welcoming environment where people can improve their health, expand their knowledge, and build connections. Through these initiatives, we continue to prioritise prevention, education, and empowerment, working towards a future where health knowledge is accessible to all and where every individual has the tools to live a healthy, informed life.



URBAN GARDENING

At i-MED africa, we believe that food is medicine, and access to nutritious food is a fundamental part of community health. Our Urban Gardening Initiative is designed to promote food security, teach sustainable gardening practices, and encourage the use of medicinal plants for both nutrition and healing. Through hands-on training, resource distribution, and the development of community-driven gardens, we empower people to take an active role in their own well-being.

COMMUNITY GARDEN

The i-MED Community Garden serves as a living classroom and resource centre, growing:

- Medicinal plants that are used in herbal remedies available at our community centre
- Vegetables for community distribution, ensuring access to fresh, healthy food
- Seedlings for urban gardens, which are propagated and distributed to families, schools, and community groups

This garden plays a critical role in supporting nutrition, self-sufficiency, and traditional healing practices. Community members are encouraged to visit, learn, and participate in gardening activities that connect them to both food production and natural medicine.

GARDEN CLUB

The i-MED Garden Club was established to support individuals and families in growing their own food and medicinal plants. Members receive:

- Training in organic gardening and permaculture techniques
- Access to seedlings, compost, and gardening tools
- Workshops on using herbs for health and nutrition

By distributing resources and knowledge, the club fosters greater self-sufficiency and resilience, helping families reduce their reliance on store-bought food while improving their nutrition.



GARDEN RE-VAMP

A major focus this year will be the revitalisation of the Grootbos Foundation Hub Gardens in Masakhane on a trial basis to see whether we can achieve the following impact:

- Restore abandoned or underutilised spaces into thriving community gardens
- Engage local ECD's and schools in food and medicinal plant production; and
- Provide hands-on training in urban farming

These gardens are essential for food security in the area, creating spaces where fresh vegetables, herbs, and medicinal plants can be grown, harvested, and shared among community members.

KID'S HERB CLUB

The i-MED Kid's Herb Club introduces children to the world of medicinal plants and sustainable gardening. Through interactive lessons, children learn:

- How to grow and care for herbs
- The medicinal and nutritional benefits of different plants
- How to create simple, natural remedies

By fostering early engagement with nature and holistic health, this programme encourages young people to develop lifelong skills in self-sufficiency, sustainability, and personal well-being.

LOOKING AHEAD

Building on the success of these programmes, we continue to explore new ways to integrate gardening into our health and education efforts. Future goals include:

- Expanding seedling distribution and training workshops
- Strengthening partnerships with local schools to integrate gardening into their curriculum
- Increasing the use of medicinal plants in community health programmes

Through urban gardening, food security initiatives, and herbal medicine education, we are empowering individuals and families to take control of their nutrition, health, and environment—one garden at a time.



OUR BOARD

ADV. FAYE GRAHAM

As the CEO of i-MED africa, Faye brings a wealth of expertise in law, governance, and non-profit leadership. Her background in corporate law and civil litigation ensures that i-MED africa remains legally sound, ethically driven, and strategically aligned with its mission. Passionate about community health, mental well-being, and sustainable development, she has played a pivotal role in shaping the organisation's vision and ensuring its impact reaches those who need it most.

NOSABATA NODLOLO

Nosabata is an experienced health educator and community leader with a passion for grassroots health promotion. With extensive experience in home based care and preventative healthcare, she provides key insights into effective community engagement and culturally relevant health education. Her work in health promotion, child welfare, and public health outreach has been instrumental in ensuring that i-MED Africa's programmes are accessible, impactful, and sustainable.

ANGIE MEYER

Angie is a director of a large for-profit company, bringing expertise in financial management, human resources, and corporate governance to the i-MED africa board. With a strong background in business strategy and operational efficiency, she provides critical oversight on budgeting, organisational structure, and sustainable financial planning. Her experience in high-level corporate leadership ensures that i-MED africa operates with financial stability and strategic foresight, helping the organisation navigate growth and long-term sustainability.

DR. LISA GRAHAM

Lisa is a senior lecturer at the Cape Peninsula University of Technology (CPUT), specialising in biomedical sciences and immunology. With extensive experience in medical research, she has contributed to studies in public health and disease prevention. Lisa's dedication to academic excellence and mentorship has earned her numerous accolades as an educator, highlighting her commitment to advancing knowledge in the medical field. Her expertise strengthens i-MED africa's focus on evidence-based health interventions, ensuring that all initiatives are informed by the latest scientific advancements.



STATISTICS

PSYCHOLOGICAL FIRST AID

Number: 32

CHILDREN'S EMOTIONAL SKILLS

Number: 710

SUPPORT GROUP ATTENDANCE

Number: 124

HEALTH PROMOTION COURSE

Number: 221

HEALTH EDUCATION COURSE

Number: 14

HEALTH PROMOTION INITIATIVE

Number: 1992

FAS PREVENTION

Number: 566

COMMUNITY CENTRE

Number: 475

COMMUNITY GARDENS

Number: 5

GARDEN RESOURCE DISTRIBUTION

Number: 258

GARDEN CLUB

Number: 130

KID'S HERB CLUB

Number: 83

CORPORATE TRAINING

Number: 187



GOVERNANCE

i-MED africa maintains a strong governance framework, ensuring accountability, transparency, and ethical leadership in all aspects of our operations.

We are formally registered as a Section 21 not-for-profit company (#2019/515265/08) and are recognised by the South African Department for Social Development as a Non-Governmental Organisation (NGO) (#253-730 NPC). These registrations affirm our legal standing and commitment to public service and social impact.

Our board of directors, officially registered with the Companies and Intellectual Property Commission (CIPC), provides strategic oversight, meeting quarterly to guide the organisation's vision and ensure governance best practices. Additionally, our leadership team meets bi-monthly to ensure that daily operations align with our strategic goals.

To uphold the highest financial and operational integrity, i-MED africa holds Public Benefit Organisation (PBO) registration (#PBO 953 5258 199) and complies with King IV Codes of Good Practice. As a BBEEE Level 1 contributor, we actively support diversity, equity, and economic inclusion.

Governance Statistics

- 4 Board Meetings are held annually to ensure strategic oversight
- 24 Leadership Meetings per year to drive operational effectiveness
- 100% financial compliance with statutory reporting and governance requirements
- BBEEE Level 1 Certification, reinforcing our commitment to empowerment and equity
- PBO Registration ensuring eligibility for tax-deductible donations and public benefit activities

Through transparent leadership, rigorous compliance, and strategic foresight, we continue to ensure that i-MED Africa remains an organisation rooted in trust, impact, and sustainability.

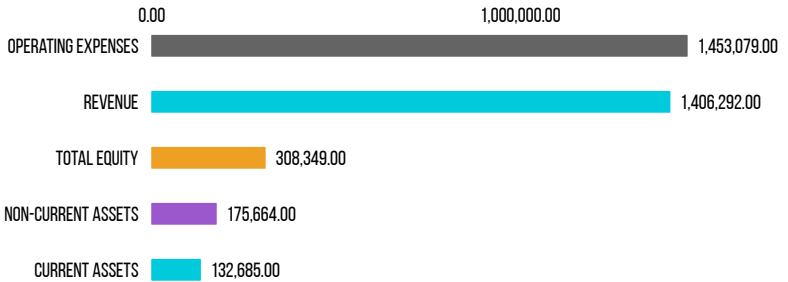


FINANCIALS

- Our financial position at the close of the reporting period reflects a deliberate and sustained investment in the resources necessary to drive our mission forward. As of 1 March 2025, I-MED africa holds total assets of R308,349.96, including R175,664.35 in non-current assets such as computer equipment, furniture, and tools essential for delivering services efficiently. Current assets amount to R132,685.61, ensuring liquidity to support daily operations and program implementation.

While we recorded a retained income deficit of R46,789.64, our overall equity remains strong at R381,368.72 – underscoring the resilience of our financial foundation, bolstered by previous retained earnings and consistent contributions. Our liabilities, primarily related to staff costs and professional services, are well within manageable levels and reflect our continued commitment to professional integrity and team support.

More importantly, these financial figures represent more than just balances—they demonstrate our commitment to sustainable operations, strategic resource allocation, and the ability to remain responsive to the needs of the communities we serve. Every rand invested this year supported meaningful outcomes, from expanding our reach through technology to strengthening our capacity to deliver impact where it matters most.



ACKNOWLEDGEMENTS

The impact of i-MED africa would not be possible without the invaluable support of our donors, funders, and community partners.

We extend our deepest gratitude to Aqunion (Pty) Ltd, Aqunion Whalerock Farm, Badisa Gansbaai, Gansbaai Day Clinic, Grootbos Foundation, Hermanus Provincial Hospital, Ikamva Blompark, Irvin & Johnson Danger Point, Marine Dynamics, Nation Mushrooms, Nussbaum Foundation, Pearly Beach Conservancy, PowerOneForOne, Stiftung Nord-Süd Brücken, Taurus Kelp, White Shark Projects, Xplorio, and i-MED vision for their generosity and commitment to health education, mental well-being, and community empowerment.

Your support enables us to expand our programmes, train community health promoters, and sustain critical interventions that make a tangible difference in people's lives. These partnerships reflect the power of collective action, demonstrating that together, we can create lasting change.



CONTACT

We welcome collaboration, questions, and support from individuals, organisations, and partners who share our vision for community health, education, and empowerment. Whether you'd like to learn more about our programmes, volunteer, donate, or partner with us, we'd love to hear from you!

Address: 10 Mandela Rd, Masakhane, Gansbaai
Email: info@imedafrica.org
Page: imedafrica.org
Cell: 084 585 8775
Post: Postnet Suite #32, Private Bag 1, Gansbaai, 7220



DONATE

Your donation helps us continue our life-changing work in health education, mental well-being, and community empowerment. Every contribution—no matter the size—enables us to train health educators, support at-risk children, provide psychological first aid, and expand food security initiatives in underserved communities.

By donating, you are investing in sustainable, community-driven solutions that empower people to take charge of their health and future.

Banking Details for Donations

Account Name: I-MED AFRICA NPC

Bank: NEDBANK

Branch Code: 198 7650

Account Number: 120 150 1784

Account Type: Current

If you would like to make a recurring donation, sponsor a specific programme, or receive a donation receipt, please reach out to us at info@imedafrica.org. Together, we can build a healthier, more resilient future—one donation at a time.



THANK YOU FOR YOUR SUPPORT!