



With a little help from Mhani Gingi and four other women from Ottery, Eva Morris (left) and Mona Morris, pictured with Mhani Gingi Flagship Programme Co-ordinator, Tabisa Mahlathi, have created a Garden of Angels. Read more inside

## MHANI GINGI AND SAARTJIE BAARTMAN CENTRE COLLABORATE ON URBAN AGRICULTURAL PROJECT

**AN exciting new collaboration between Saartjie Baartman Centre for Women and Children and Mhani Gingi Social Entrepreneurial Network will see the relocation of Mhani Gingi Organic Herb and Seedling Nursery and potentially the involvement of women residents and children from the centre in an urban food security project.**

The community gardening efforts of the Mhani Gingi Flagship Programme are presently supported by Ackerman Pick n Pay Foundation and by General Mills through United Way Worldwide to promote healthy lifestyles and income generation among vulnerable groups in communities, including the physically disabled, women and youth.

Ground has been cleared at the Saartjie Baartman Centre in Manenberg, Cape Town, for planting of a subsistence community food garden and for the positioning of four tunnels for growing vegetables and a hot house where seedlings will be propagated. Vegetables and herbs will be cultivated for consumption at the centre and the garden will also provide work and skills training for women residents of the centre. Moreover, the Early Childhood Development (ECD) programme of the centre will be able to use the garden for educational purposes.

### **A strategic partnership**

"The Saartjie Baartman Centre provides safe shelter, counselling, legal advice, childcare and accredited job skills training to women and children who experience violence and abuse. As an NPO (non-profit organisation), we are reliant on funding from sponsors and corporates, as well as forming strategic partnerships with like-minded NGOs such as Mhani Gingi," said Shaheema Mcleod, Director of Saartjie Baartman Centre for Women and Children.

## Flagship Programme



From left: Vuyiseka Tekwana, Mhani Gingi Organic Herb and Seedling Nursery assistant, together with Suzanne Ackerman-Berman, Director of Transformation at Pick n Pay Group and Lillian Masebenza, Founding Director of Mhani Gingi, at the Pick n Pay Market Day in Kenilworth.

“Having left an abusive home in a hurry, many women seeking emergency shelter arrive on our doorstep with nothing. All support we receive — be it in the form of groceries or in this instance, produce from Mhani Gingi, would be much needed and hugely appreciated.

“We are very grateful to be partnering with Mhani Gingi and cannot wait to see the garden project flourish right before our very eyes,” added Mcleod.

The Mhani Gingi Organic Herb and Seedling Nursery is presently situated at Mupine at Old Mutual Head Office in Pinelands and supplies seedlings and expertise to 25 community food gardens that are managed by Mhani Gingi in the Cape Town area.

### **Inclusive, creative and innovative**

Mhani Gingi has been doing this work — establishing community food gardens and training community gardeners — for the last 12 years in an inclusive, creative and innovative fashion, emphasises Lillian Masebenza, Founding Director of Mhani Gingi Social Entrepreneurial Network. This includes providing opportunities for people in wheelchairs to become involved in vertical gardening and incorporating other individuals with physical and mental disabilities in agricultural and gardening activities.

The collaboration between Mhani Gingi and the Saartjie Baartman Centre in urban agriculture follows over and above the Dutch Soap Making and Training Hub Project supported by the Embassy of the Kingdom of the Netherlands that was launched in 2016.

Mhani Gingi Horticulturist Sada-Saphiwa Nkcuka-Nkcuka is overseeing clearing of the space and the Mhani Gingi Nursery logistics at Saartjie Baartman Centre in preparation for both vertical gardening on the fence wall and the ground gardening activities that will begin as soon as the weather cools from April and, hopefully, the rains will come.



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# OTTERY WOMEN CREATE A GARDEN OF ANGELS

WITH determination, a little help from Mhani Gingi Social Entrepreneurial Network and an entrepreneurial spirit, a remarkable group of six women linked to Angels Paradise Early Childhood Development (ECD) school in Ottery, Cape Town, have created a Garden of Angels to feed and nourish their community.

Mhani Gingi Trustee, Joan Wright, who is champion of the Social Responsibility Programme, tells the remarkable story of a group of women linked to an ECD school in Ottery: “On Wednesday 25 January (this year), we visited Angels Paradise ECD in Ottery. We were introduced to this centre by our friends and collaborators at AfriCAN Charity.



Six remarkable women from Ottery came together to create a garden to provide food and income-generating possibilities.

“Angels Paradise was in fear of being de-registered by DSD (the Department of Social Development) for non-compliance regarding their structure. AfriCAN Charity stepped in and did a beautiful make over, ensuring that compliance is met. The beautifully 'newly-loved' and spruced-up structure with its brightly decorated walls is the pride of Katryn Booysen, principal.

“Being situated in the heart of Philippi/Ottery farmlands, the ground of Angles Paradise provided sufficient space for the development of vegetable gardens for both consumption and the possibility of income-generating opportunities.” The result is a garden that was made in just three weeks. As Wright explains, the children at the ECD and the educational programme will also benefit.

### 'Hands-on' learning

“These gardens will also provide an integral part of the daily programme for the children. The different plots are designed in different shapes and the children will be involved in the care and maintenance of the garden as per their daily programme, thus providing a 'hands-on' learning opportunity in food security, nutrition and a healthy lifestyle.”

The parents of the children at the ECD have been included in the work of the garden and take co-ownership of the project. 50% of the harvest goes to the ECD school and the balance is shared among the women for sale or consumption.



Some of the group proudly holding their name tags.

# Garden of Angels

## STEP-BY-STEP

As a first step, the grounds required serious clearing and a deep hole existed on the property. Once the ground was cleared and a plot levelled, the women had to find a water source. This was achieved by negotiating with the farmer next door.



# Garden of Angels

## Achieved: A garden to feed and nourish their community

On Wednesday 8 February 2017, after just two weeks, planting of the Garden of Angels at the Angels Paradise ECD (Early Childhood Development) school in Ottery, Cape Town, took place. Mhani Gingi Organic Herb and Seedling Nursery supplied compost to nourish and prepare the soil as well as the seedlings for planting.

The group of six women responsible, calling themselves Garden of Angels Entrepreneurs, then gathered together to decide on job portfolios among them and to take co-ownership for the site. Various ground rules were decided upon jointly.

### “Most of the parents they do not have proper jobs”

A feasibility study had been conducted before establishment of the Garden of Angels community garden at Angels Paradise ECD. The document gives the reason for establishment of the garden: “Food nutrition for the kids; proper meal. Most of the parents they do not have proper jobs. This garden will help both parents & kids to put food (on) their table.”

The principal and learners will be the 'Executive Supervisor' and their task will be “To love & maintain the garden.” Parents will be incorporated as well.

### “To love & maintain the garden”

On 15 February 15 2017 the women formally accepted their responsibilities and signed a contract — with much enthusiasm and rejoicing!



Planting vegetables and herbs.



The women celebrate a mission well accomplished.



Lucille January (left )one of 18 gardeners with a disability who cultivate the community garden managed by Mhani Gingi Social Entrepreneurial Network in Uitsig Community on the Cape Flats.

## Social Responsibility

### A valuable exchange with INTEC College will help to support 7 ECD principals

The Social Responsibility Programme of Mhani Gingi Social Entrepreneurial Network, which supports vulnerable groups in society including Early Childhood Development (ECD) facilities and their principals in townships of Cape Town, took delivery of a generous donation of furniture from INTEC College in Cape Town.

INTEC College is a regular supporter of Mhani Gingi with donations of equipment and stationery. The latest donation of two desks and two bookcases will be used as part of the GRANDS value exchange currency system that Mhani Gingi Trustee, Joan Wright, is implementing across Mhani Gingi's work in the ECD sector. The GRANDS system is inspired by the A2B Transformation Movement and methodology of moving people 'from A to B' of Vivienne Schultz and, in particular, her 'Developing an Ecosystem of Change and Power Partnerships'. The value exchange system is aimed at building self-sufficiency among the ECD Principals supported by Mhani Gingi in townships of Cape Town.



Joan Wright, Mhani Gingi Trustee, takes delivery of a donation of furniture from INTEC College's Supply Chain Manager, Mogamat Kemp.

INTEC College is one of South Africa's market leaders in the distance learning education sector, offering more than 300 courses. The college offers all the benefits of distance learning, namely that students can continue to 'earn while they learn'; they can study where and when it suits them at affordable fees. INTEC's academic mission is to offer learning programmes that are innovative, relevant, flexible and adaptable across a number of schools, which include a Business School, Computer School, Technical School, Creative and Vocational School, and High School.

A particular focus of Mhani Gingi's Social Responsibility Programme since mid-2015 has been the support of 15 Early Childhood Development (ECD) facilities in the Khayelitsha, Langa and Philippi East townships of Cape Town. This includes training seven ECD principals; assisting with compliance and ensuring safe structures and playgrounds for the children; collecting donations of equipment and clothing; and helping to run the business of the ECD schools.

In 2015/2016, the Social Responsibility Programme impacted on more than 600 children and their families through the support of 14 Early Learning Centres and 57 Early Childhood Development practitioners in Cape Town.



### GIVING BACK IS GOOD FOR THE HEART

Cathi Evans, Proprietor of Merry Pop Ins second-hand children's clothing shop in Cape Town, is a firm believer in “giving back”. The shop is a regular donor of welcome consignments of second-hand children's clothing, toys and equipment to the Social Responsibility Programme of Mhani Gingi which supports vulnerable groups in society such as children and the elderly — and in particular, Early Childhood Development (ECD) facilities in townships of Cape Town.

The Social Responsibility Programme under direction of Mhani Gingi Trustee, Joan Wright, supports a core group of seven principals of Early Childhood Development (ECD) facilities in the Old Crossroads, Khayelitsha and Philippi townships of Cape Town. Donations from Merry Pop Ins go to the principals for distribution among the children cared for by the ECD facilities and their families, or are sold for funds to help develop and enhance the schools.

Merry Pop Ins, situated in Bree Street, central Cape Town, sells quality second-hand children's clothing, toys, furniture and equipment — for the ages from newborn up to 12 years old — which are taken on consignment. Not only does Evans have a section in her shop dedicated to “giving back” for items that cannot be sold and which Merry Pop Ins will direct to the appropriate charities for people. Merry Pop Ins also secures donations from other businesses which it passes on to people in need or to organisations that help communities in need.

#### “Help us to pay it forward”

“After all, Giving is good for the heart.....help us to pay it forward!” says Evans. Among those who have benefited from Merry Pop Ins “passing it on” in the past year are Red Cross in Greyton; a family who lost everything when their house burnt down in Langa; a crèche in Gugulethu; and fire victims in Valhalla Park. Groceries sponsored by Engen service station in Mill Street went to three of the Home from Home foster homes. Merry Pop Ins also donates to Help The Rural Child and on a recent Mandela Day they handed out free clothing and cupcakes to passers-by.



Cathi Evans of Merry Pop Ins with a donation of children's clothing, toys and equipment for Mhani Gingi.



Merry Pop Ins handed out free clothing and cupcakes on Mandela Day.





# EXTRA SPECIAL 'LAST THURSDAY' LIVE MUSIC GIG

An extra-special 'Last Thursday' Live Music Gig will take place at the Pinelands Club on the Freedom Day 2017 weekend when acoustic guitarist Glyn Lewis performs a two-hour slot of unplugged acoustic guitar classics. The 'Last Thursday' Live Music Gigs organised by Sue Walker of SW Events and Project Management have already raised more than R7 000 for the Mhani Gingi Social Entrepreneurial Network's support of pre-school children's education in townships of Cape Town.



The Glyn Lewis Acoustic concert from 17h30 to 19h30 at the Pinelands Club, Lonsdale Way, on Thursday 27 April 2017 will set the perfect mood for the long weekend with Lewis's laid-back style of strictly unplugged acoustic guitar classics. The donation entrance fee of R25 per adult will go to the Social Responsibility Programme of Mhani Gingi. Entrance is free for under 14-year-olds.

Lewis delivers acoustic guitar and vocals and the audience can expect to hear such classics as the music of Rodriguez, Ed Sheeran, Cat Stevens, the Bee Gees, Jim Croce, The Beatles, Crosby Stills and Nash, Neil Young, Bob Dylan, John Lennon, The Rolling Stones, Coldplay, Mumford & Sons and more.

The Mhani Gingi strives to alleviate poverty through providing innovative solutions for women, youth and the unemployed to make a sustainable living for themselves. The Social Responsibility Programme of Mhani Gingi targets vulnerable groups, such as children and the elderly.

The 'Last Thursday' Live Music Gigs take place on the last Thursday of the month and coincide with the Thursday Food Market at Pinelands Club. This makes for a winning combination of good music and good food.

Mhani Gingi is hoping for a record turnout for the Glyn Lewis Acoustic concert. For further information please contact Mhani Gingi Trustee, Joan Wright. Cell phone: 072 040 3169. E-mail: [pjwright@telkomsa.net](mailto:pjwright@telkomsa.net). Or contact Sue Walker. Cell phone: 072 914 4837. E-mail: [sweventsprojects@gmail.com](mailto:sweventsprojects@gmail.com).



## GLYN LEWIS ACOUSTIC

Playlist includes ballads from Rodriguez, Ed Sheeran, Cat Stevens, Bee Gees, Jim Croce, The Beatles, Crosby Stills and Nash, Neil Young, Bob Dylan, John Lennon, The Stones, Coldplay, Mumford and Sons and many, many more

**WHEN:** Thursday 27 April 2017

**WHERE:** Pinelands Club, Lonsdale Way

**TIME:** 17h30 – 19h30

**DONATION ENTRY FEE:** R25/adult / Under 14 free



Glyn Lewis, a resident of Darling and a Cape Town high school teacher for the past 28 years, provides the ideal acoustic ambience with live covers of over 300 classics, with purist acoustic guitar and vocals, in a laid-back, unplugged style, with no drum-boxes or pre-recorded background material whatsoever!

**Just live, acoustic performance and sound.**

 Glyn Lewis Acoustic Guitarist/Vocalist

ALL proceeds to Mhani Gingi, a non-profit organisation that strives to provide innovative business solutions which are sustainable and profitable, and contribute towards alleviating poverty in South Africa.



# LAUNCH OF THE AFRICAN VIOLETS — WOMEN IN THE MAKING

The first beneficiaries in the Dutch Soap Making and Training Hub Project funded by the Embassy of the Kingdom of the Netherlands and launched by Mhani Gingi Social Entrepreneurial Network in partnership with the Saartjie Baartman Centre for Women and Children have produced their first batch of natural liquid soap and met the first order for 150 bottles of the product.

This soap-making enterprise project to empower abused women with entrepreneurial skills was launched in 2016. The first five beneficiaries were selected this year and after mastering the production process under direction of a technical expert they delivered the first order for the liquid soap to the Embassy of the Kingdom of the Netherlands in February. The soap is packaged in 250 ml and 500 ml bottles and uses pure and natural ingredients.

### Inspired by women with hope and a vision

The women chose to label their product 'The African Violets — Women in the Making' after careful consideration. The colour violet has associations of royalty, regality and nobility as well as connotations such as wisdom, dignity, modesty and tranquillity — all of which appealed to the women soap-makers.

The African Violet plant is indigenous to Tanzania and Kenya in eastern Africa. Another significance is that the Violet is the flower symbol for the birth month of February — which is when the African Violets began working together on the soap-making enterprise.

The women are intent on spreading their hope and vision to others. Although they are survivors of abuse, their words convey the inner strength and hope that persists in them. “We are everyday women, moms and wives,” they said. “Women of substance we are: Beautiful, compassionate, and we can still comfort and nurture others.”

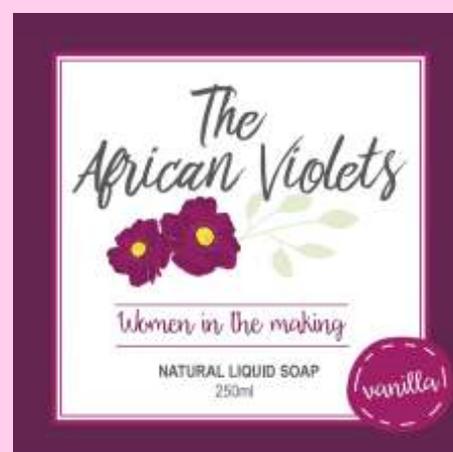
### “Wisdom, strength and courage”

“We as women have strengths that can amaze people. We carry children, we carry hardships, we carry burdens, but we hold happiness, joy and love... We were born with wisdom, strength and courage, there's no wound we cannot heal.”

The aim of the Dutch Soap Making Project is to empower abused women with the technical and business skills to rebuild their lives and to gain economic independence by being able to establish their own enterprises. Subsequent phases of the project will enlist further beneficiaries.



The first natural liquid soap is packaged.



**For enquiries please e-mail Dutch Soap Making and Education Hub Project Manager, Liezl van der Weshuizen, at [director@creatividad.co.za](mailto:director@creatividad.co.za). For orders please email [theafricanviolets@gmail.com](mailto:theafricanviolets@gmail.com).**

## Flagship Programme

### UITSIG COMMUNITY GARDENER WINS GOLD IN WHEELCHAIR CHALLENGE

Peter Sampson — one of the 18 gardeners with a disability who work in the community garden managed by Mhani Gingi Social Entrepreneurial Network in Uitsig Community on the Cape Flats — won a Gold Medal in the Outeniqua Wheelchair Challenge OCC Race in George on 18 February 2017. The race is the premier event on the disabled sporting calendar that takes place annually at the foothills of the Outeniqua Mountains in the Southern Cape.

Sampson was part of a team from Mandla Sport 4 Change in Cape Town and came second in the 10 km race in which he participated. He is a double amputee and made use of a basketball wheelchair. Sampson's team mates were very proud of his performance in the race.



Peter Sampson won a gold medal in the Outeniqua Wheelchair Challenge OCC Race in George on 18 February 2017.



The team from Mandla Sport 4 Change who travelled to George to participate in the Outeniqua Wheelchair Challenge OCC Race on 18 February 2017.

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#### Market Days

Mhani Gingi together with those who establish community gardens with the help of the Ackerman Pick n Pay Foundation are privileged to have the opportunity to sell their produce at the Market Days at Pick n Pay Office Park, Kenilworth. "We are very thankful to Pick n Pay for this opportunity to not only generate income, but to also showcase this healthy, organically propagated produce. Finding a market for community projects is always a challenge," said Masebenza. "We are also thankful to Milnerton Organic Market, Earth Fair Food Market, Tokai, and Old Mutual staff markets, Pinelands, where we have had the opportunity to sell our organic produce," added Masebenza.



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