

KHULUMANI SUPPORT GROUP. EAST-RAND GOGOS AND MAMAS FORUM:

REPORT OF ACTIVITIES and PLAN for 2012

Reflections and Achievements in 2011

1. Monthly meetings
2. Projects
3. Workshops
4. Skills training
5. Memorialization
6. Community outreach

1. Monthly meetings:

60 members are attending the meeting regularly. They have achieved unity, love, support, hope, sharing of creative ideas and empowerment.

2. Projects:

We decided to create project groups comprising 10 members each. The main themes addressed by the different groups are: Arts and Culture; Environmental Issues; and Health and Education. Each group meets four days a week at the centre that they participated in building through collecting discarded building rubble.

Group Activities:

a) Art & Culture: Activities include:

- Beads making;
- Sharing songs and dances;
- Dress making and knitting

b) Environmental Issues

- Working with the recycling of materials
- Making firebricks from recycled paper
- Gardening

c) Health and Education

- Offering catering services

- Learning food preservation techniques such as producing dried fruits

3. Workshops

We organized 4 workshops over the course of the year under the themes of gender and health issues.

The last workshop of the year was a workshop on Loving relationships led by Sr Ruth Loubser. This was very powerful and led to older women initiating dialogues with younger women in the community on healthy sexuality and sexual practices and the sharing with younger women of what older women had been told and taught.

4. Skills and training:

We managed to hold six sessions over the course of the year on skills training.

We have identified this as an area where we need additional capacity building.

5. Memorialization:

We have included memorialization activities as once-a-month activities. This has included:

- Story telling
- Art for Advocacy work
- Psycho-educative sessions to provide group counselling support

6. Outreach activities:

We have done community outreach from all our projects and we have facilitated discussions with young people about healthy sexuality, based on the Sr Ruth workshop

7. Achievements:

Our greatest achievements have been the consolidation of a network of care and mutual support for self-reliance in our area with a continuing active membership of 60 Gogos who are meeting regularly.

We received a camera from the Australians Gogos and we have been documenting all our activities.

We are now discussing opening our own account and developing our own agreements.

8. Plans for 2012:

Our plans for 2012 include continuing the programme we have initiated and deepening our knowledge and skills in areas in which we have identified a need for capacity building. These include capacity building in:

- Fundraising – organizing events that will help to raise funds

- Learning how to write funding proposals
- Continuing with a programme of expanding our knowledge of healthy sexuality
- Developing opportunities for exchange of our knowledge and experience with other countries, such as responding to the requests of widows in the informal economy in Swaziland.

PROPOSED WORKSHOPS for 2012:

A. A quarterly workshop on gender and sexuality (x 4) to pioneer a manual comprising 5 sessions that Gogos can use for their ongoing outreach activities and that they can share with other emerging Khulumani Gogo groups.

B. A quarterly SAGE workshop (X 4 SESSIONS) to explore the psychoeducative model developed by Dr Sandra Bloom of the Sanctuary Movement.

The acronym stands for:

S: Safety – physical, emotional, psychological towards developing guidelines for maintaining safety and developing a Code of Conduct

A: Affect management – understanding and managing symptoms caused by complex and continuing stress and learning simple stress management techniques to assist in everyday functioning and to share with others in the community

G: Grieving – using our memorialisation activities to facilitate that we name our losses and express our grief over these losses and find ways to honour and remember them in order to enable us to begin to take the next steps in our healing

E: Economic empowerment and enablement through our focus on acquiring and mastering new skills for productive activities

C. A Monthly Skills Training Workshop x 12

Workshops to learn skills in finance management, in fundraising and in the writing of funding proposals.

D. Reaching Out for Skills Enhancement Visits x 2 per year

Planning for learning experiences such as visits to the Craft Council of South Africa to seek design assistance for our products

E. One Exchange Visit per year

Planning one outreach journey each year to a Southern African country to build a network of older women taking action for self-reliance to transform their lives. In 2012, we hope to visit Swaziland (as a result of an invitation received from the Network of Widows who are Informal Traders in Swaziland)