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*"Never underestimate the elderly."*

*Fourth year Dietetics student at the University of the Western Cape who was impressed by the calibre of interaction Nonkulelo residents had with her when she gave a health and diet talk at one of our social clubs.*

## Message from our Chairperson

*"NOAH has always demonstrated qualities of a vibrant and committed NGO."*

2007/8 has been another demanding yet productive year for NOAH as the programme has met the challenges of raising funds containing escalating costs without compromising ongoing service delivery. One of the highlights of the 2007/2008 period has been the full implementation of the new organisational structure for NOAH. An overarching aim of this new organisational structure has been to create a structure that

- is responsive to the needs of the vulnerable elderly
- is fully representative of all the stakeholders of NOAH
- reinforces NOAH's tradition of good governance

The creation and implementation of this organisational structure (with related policies) has represented a very significant investment of time and effort by NOAH's stakeholders, but it is investment that is already paying 'dividends'. Key amongst these 'dividends' would be:

- The acknowledgement within the 'CWD family' that NOAH is CWD's most well established and autonomous programme, well as being the pioneer in mapping out the developmental route that other CWD projects/programmes can take from a fledgling project to a fully autonomous programme
- The recognition by state officials and other NGOs of NOAH's expertise in helping in the planning and implementation of appropriate community-based services for the elderly, particularly in under resourced communities of the Western Cape
- The willingness of international funders and local corporations to provide NOAH with substantial donations over an extended period of time
- The confidence with which the Programme Manager, Staff, Management Forum and the Governing Body address existing needs and challenges as well as exploring new ways to build and extend NOAH's role in service delivery to the elderly
- The ways in which NOAH's Steering Committees are working towards developing meaningful local community partnerships for the benefit of NOAH residents

As I leave the Governing Body in August 2008 after 15 years of involvement with NOAH, I am conscious that during this period of association, NOAH has always demonstrated qualities of a vibrant and committed NGO. It is this vibrancy that has made this period of association so memorable. As I mentioned in the 2006/2007 Annual Review this vibrancy has been due to the 'golden circle' that surrounds NOAH- long may this situation continue.

**Gavin Weir**  
Chairman NOAH Governing Body

## Programme Manager's overview



*Dee and Gavin*

*"Another busy year for all at NOAH."*

A comprehensive Occupational assessment was carried out in 2007, bringing to light some social and emotional needs of our residents. This has been helpful to us in trying to improve the quality of care we can offer our residents.

With the generosity of a donor, we have been able to install solar water heating in all our homes which has saved a great deal on electricity costs.

Khayelitsha buildings got an upgrade with staff volunteers coming to paint form different organisations - Nightingale Architects and Associates, Metropolitan, Sanlam and SAB.

Solstice foundation funded the upgrade of a bathroom and Eskom funded an upgrade of a kitchen. We are very grateful to these organisations as well as individual staff members who have given so generously.

Jane Robertson, who serves on the NOAH governing body, has laid out an indigenous garden at Nonkululeko. This has brought in birds and insects and so much pleasure to the residents who sit outside

on the newly acquired benches when the weather is fine.

We were in a fortunate position to start the renovation of the Stellenbosch home in March, which is now completed. It has been transformed with the professional and generous help of architect Dick Crane and builder Gerhard Engelbrecht

The end of the year saw a R70 increase in the state pension, but this has rapidly been taken up with cost of living increases. The cost of food is of particular concern to us with most our beneficiaries only having their social grant as income.

I would like to pay tribute to the staff and all volunteers who serve on committees and perform other tasks at NOAH for their dedication and hard work.

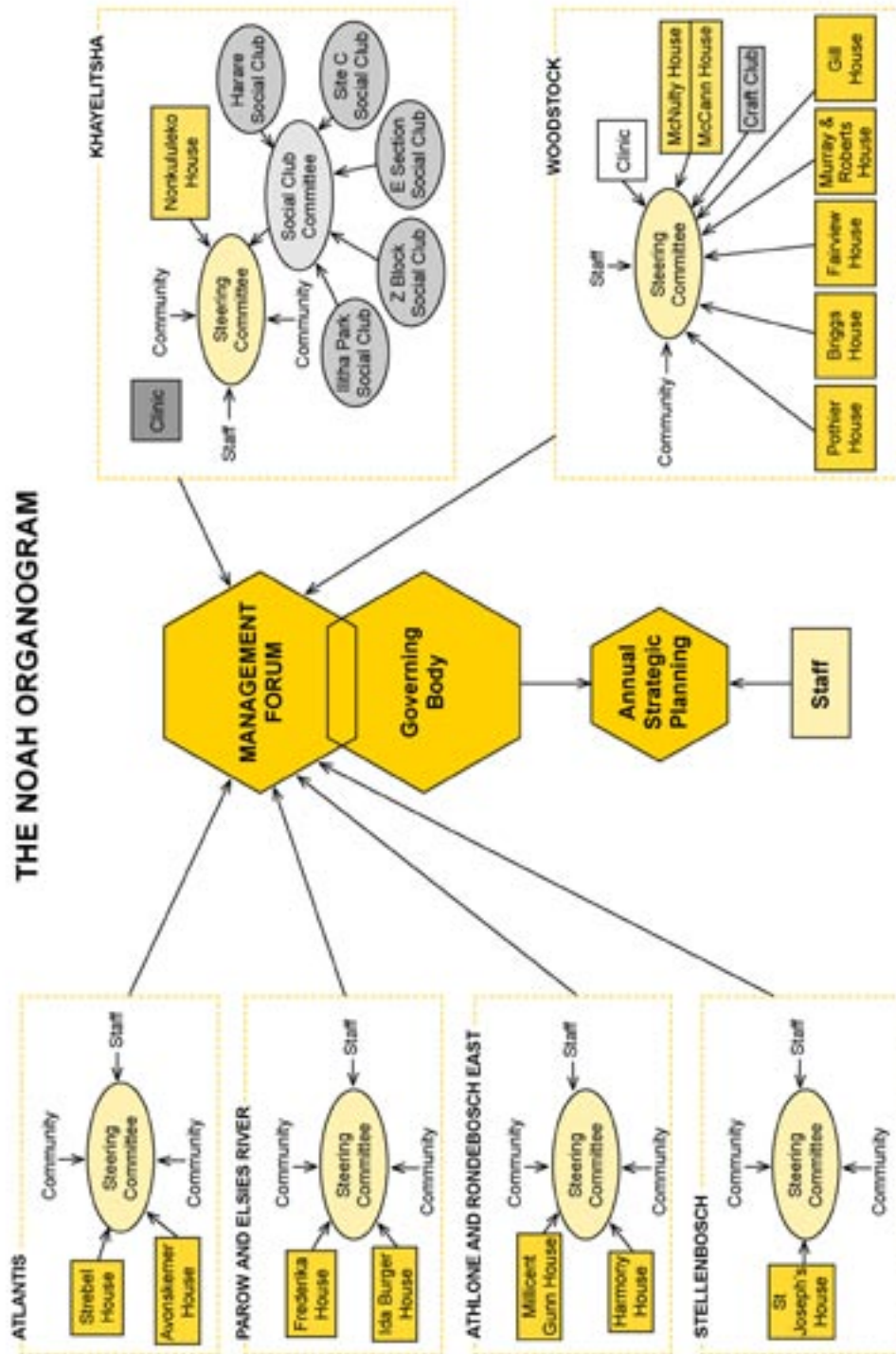
None of this would be possible without the support of the funders who in their generosity make all the work we do possible. Thank you all for your support in 2007 and we look forward to ongoing relationships in the current year

**Dee Wills**  
Programme Manager

## Home

Poor elderly people are among the most vulnerable in society. Our housing model allows people to remain in their communities by providing safe, affordable communal accommodation helping them to remain independent for as long as possible.

### THE NOAH ORGANOGRAM



- No. of homes:12
- No. of residents – assisted living:45 (20 Khayelitsha, and 25 Woodstock)
- independent living:126 (17 Atlantis, 14 Stellenbosch, 8 Parow, 9 Elsies River, 8 Rondebosch East, 14 Athlone and 46 Woodstock)
- In response to climate change and to conserve energy all our houses are fitted with solar panels for heating of hot water.
- We completed extensive renovations to our home in Stellenbosch and upgraded the kitchen of our house in Atlantis.
- Our residents have been feeling vulnerable and their safety compromised as a result of an increase in crime in their areas. As a result we have fitted security systems and panic buttons in all our homes.



ABOVE: McNulty resident Edna Abrahams with carer Nonkululeko Kewuti.



ABOVE: Mrs Lungisa, Mrs Bushula, Mrs Hamnca, Ms Arosi, Mrs Mnisi & group of volunteers painted NOAH Khayelitsha Centre's wall.

## Health

We help our residents prolong their longevity by empowering them to manage their health.



ABOVE: Dr Melissa Pascoe with Clinic Assistant, Fatima Dramat.

BELOW LEFT: Health Manager, Ada Kennedy and her staff, right from left, Nonqaba Zenzile, Nonkululeko Kewuti and Almina Mngwali.

- During 2007 we noted an increase in a number of frail elderly needing accommodation in Khayelitsha due to the fact that a number of people have died of HIV/AIDS and the elderly do not have their own children to care for them.
- Our health manager visited the 51 people living in our outlying homes three times during 2007/2008 to ensure that their health needs were being adequately met at their local clinics.
- Woodstock and Khayelitsha residents enjoy the privilege of a regular visit from a doctor who comes to see them.
- Further services include podiatry, massage and physiotherapy and an annual eye clinic.
- We appointed a full time clinic assistant to help us cope with 200 people using the clinic facility in our Woodstock centre.



## Happiness

Our emotional health can affect our physical health. It is for this reason that we plan outings and activities that will bring happiness and laughter to brighten the lives of our residents.



- Our Clubs are a meeting place within walking distance for the elderly to meet in a supportive environment for companionship and support. They are also a place where there is a sharing of ideas, learning something new and getting involved in hobbies.
- Highlights include the wedding of residents from Pothier House, NOAH's fourth wedding.
- Training workshops were held for committee members of our clubs to empower them to administer their own funds and make decisions for their clubs.
- Educational talks on health, security, nutrition and advice of grants were given.



TOP: The Monwabisi Club members enjoying a song together. RIGHT ABOVE: The Woodstock Craft Club Team show their handiwork. BELOW: The happy wedding couple Douglas and Evelyn Barends signing their marriage certificate.

## Fundraising and marketing

- Fundraising always has a story tell and our biggest story this year is Mvelaphanda Group's vote of confidence in NOAH by selecting us as one of its beneficiary shareholders. This initiative of giving shares as a donation to an NGO really helps to put us into a more sustainable position by having some security. We are very grateful for this foresighted strategy in these difficult and uncertain fundraising times. The shares will only be sold in order to acquire more homes for the elderly or other assets or be used as seed money for further development.
- NOAH continues to pursue long-term partnerships with visionary companies and organizations to ensure continuity and sustainability of the project in providing essential services to the elderly.
- Marketing and publicity in local media to raise awareness of the services NOAH renders to the elderly.
- Highlights: Coverage in E-TV and SABC 3Talk
- Distributed a biannual print newsletter to all our partners.



ABOVE: Fundraising manager, Mbuzeli Mrwetyana.

## Challenges



- The increased petrol price is affecting the cost of transport for our residents and its subsequent effect on the general living costs is evident.
- Security as crime increases in all our areas of work
- Finding sustainable ways to bring in funding and to build partnerships of 3-5 years with funders to grow our work
- The effect that increase in food prices has on our seniors who have to manage on their social grant.

## Opportunities

Over a year ago NOAH identified a need for a residential facility that would accommodate the frail elderly in Khayelitsha who we cannot accommodate. We are now putting in place plans to lobby for and build a facility for the elderly in Khayelitsha, which will also accommodate these frail elderly and other elderly people whom NOAH currently cannot assist.

Our vision is to build a multi-purpose geriatric wellness centre that would comprise the following:

1. Accommodation for the frail elderly.
2. A day-care centre for those elderly who live with their family but need a facility for during the day while their children are at work or at school.
3. A geriatric clinic with a resident doctor, physiotherapist, massage and podiatry, etc.
4. Home-based care services.

We hope this will be a partnership between the community, business, other NGOs and government.



TOP: NOAH residents at International Day Fair at the St Agnes church hall in Woodstock. CENTRE: Mr Fadana one of the residents at Nonkululeko. BELOW: Staff from Nightingale Associates who painted the NOAH centre in Khayelitsha with neighbourhood children.



## NOAH stories

### A Tribute to Winnie Connole

Born 4-1-1913 and died 3-1- 2007



*Winnie is remembered by her fellow residents with much affection and respect as a kind, generous and loving friend.*

Winnie died a day before her 94th birthday. The last survivor of a family of 9 children, none of whom had married.

She was the first resident of McNulty House and had been at Noah for 19 years having been brought to us by Peter Templeton, the CWD director at the time.

A devoted catholic, never missed mass and her weekly copy of the Southern Cross.

She will be remembered for her generosity, always willing to give to the many charities who asked for assistance. As a NOAH resident she was also generous in giving financial assistance for renovating Devon Street Cottage and buying equipment for the home.

### Sinah speaks of her dream for the frail elderly

*"If I had the ability to I would build a big enough place to accommodate the frail elderly."*

Sinah George, manager of Nonkululeko in Khayelitsha, often turns down frail elderly people who seek accommodation at NOAH. These are people who are too frail and would require full time caregivers.

During the period under review she turned down 16 elderly people who had come to her looking for a home where they could spend the last years of their lives.

These people have no carers in their homes while their children are at work. Despite knowing that other homes are full or inadequate to properly care for these elderly, Sinah is often forced to refer them because the families are no longer coping and the elderly are at times neglected.

Recently, she turned away an elderly blind

woman in her early 70s from Makhaya in Khayelitsha who currently lives with her daughter and three grandchildren. She also suffers from dementia.

During the day she is left at home alone while her daughter is at work and grandchildren are at school. This is not ideal and potentially dangerous but until the family can find a suitable alternative, this elderly woman will be left to fend for herself.

"If I had the ability to I would build a big enough place to accommodate the frail elderly. This would be a safe place where they could be nurtured and loved; where their families could have the peace of mind that their relatives are taken good care of," says Sinah.

## NOAH staff

**Ada Kennedy**  
**Agnes Rowana**  
**Almina Mngwali**  
**Bulelwa Mteto**  
**Charmaine Benson**  
**Dee Wills**  
**Edward Davids**  
**Fatima Dramat**  
**Frank Joyce**  
**Funeka Maraule**  
**Lindiwe Mavuso**  
**Matizana Noganta**  
**Mbuzeli Mrwetyana**  
**Melissa Pascoe**  
**Naseera Saliem**  
**Nomfusi Songoni**  
**Nomvulo Mathe**  
**Nonkululeko Kewuti**  
**Nonqaba Zenzile**  
**Phumla Ndwayi**  
**Sinah George**  
**Tetinyani Hinana**  
**Thandeka Buso**  
**Thembeke Gecelo**  
**Valerie Lodewyk**  
**Vivienne Prince**  
**Wendy Upcott**  
**Zoleka Minya**  
**Zoliswa Mphalala**

Health manager, Woodstock  
Housekeeper, Nonkululeko, Khayelitsha  
Cook, McNulty, Woodstock  
Carer, McNulty, Woodstock  
Cleaner, McNulty, Woodstock  
Programme manager, Woodstock  
Bookkeeper, Woodstock  
Clinic assistant, Woodstock  
Driver/maintenance, Woodstock  
Cleaner, Khayelitsha  
Marketing co-ordinator, Woodstock  
Carer, Nonkululeko, Khayelitsha  
Fundraiser, Woodstock  
Doctor, Clinic, Woodstock  
Administrator  
Carer, Nonkululeko, Khayelitsha  
Carer, Nonkululeko, Khayelitsha  
Carer, McNulty, Woodstock  
Cleaner, McNulty, Woodstock  
Caring co-ordinator, Khayelitsha  
Manager, Khayelitsha  
Driver/caretaker, Khayelitsha  
Carer, Nonkululeko, Khayelitsha  
Social club co-ordinator, Khayelitsha  
Caring co-ordinator, McNulty, Woodstock  
Housing co-ordinator, Woodstock  
Consultant: newsletter  
Carer, Khayelitsha  
Carer, McNulty, Woodstock



Some of NOAH staff pictured from left Jeane Coetzee (occupational therapist), Naseera Saliem (administrator), Fatima Dramat (clinic assistant), Ada Kennedy (health manager) and Mbuzeli Mrwetyana (fundraising manager).

The audited results for the previous financial year reflected an Operating Deficit of R538,048. Renovations to Noah Houses, additional shifts for Carers and the difficulty in obtaining funding for Administration Costs, all contributed to this result. However, Noah started the year under review with Cash Reserves of R665,826 and managed to secure significant funding from the DG Murray Trust as well as from the Mvelaphanda Group; enabling the organisation to instal Solar Heating and to upgrade Security in all it's houses, as well as to complete important renovations to the Stellenbosch House and to keep up to date with the ongoing Maintenance needs of both fit and assisted living houses. As a result of a bequest from Mrs. Jobson and with the assistance of CWD in providing land, a new house project is being planned in Bridgetown. The Mvelaphanda Grant of Cash and Shares has enabled Noah to carry forward, to future years, a healthy reserve, in the form of Deferred Income, set out in the Balance Sheet below.

## Audited Financial Statements

for the period 1 April 2007 to 31 March 2008

### INCOME STATEMENT

	Income	Expenses	Nett
ADMINISTRATION (Incl.Mvela Shares)	6,705,401	666,983	6,038,418
FUNDRAISING	391,448	402,269	-10,821
HOUSING	408,657	409,378	-721
STELLENBOSCH (incl Renovations)	147,773	167,477	-19,704
ASSISTED LIVING WOODSTOCK	562,770	451,793	110,977
PRIMARY HEALTH CLINICS	207,103	217,712	-10,609
COMMUNITY CENTRES - Woodstock	65,811	54,642	11,169
Khayelitsha	129,019	144,777	-15,758
PGWC PARTNERSHIP Khayelitsha	895,595	878,362	17,233
OTHER INCOME (Interest & Maagdenhuys)	103,759	0	103,759
	<u>9,617,336</u>	<u>3,393,393</u>	<u>6,223,943</u>
<b>NET INCOME EXCLUDING MVELA SHARES</b>			<u><b>27,702</b></u>

### BALANCE SHEET AT 31 MARCH 2008

	2008 R	2007 R
<b>Assets</b>		
Plant and Equipment	87,987	119,980
Accounts Receivable	151,076	71,541
Mvela Shares (Valuation at 31 March 2008)	6,196,241	0
Cash and Cash Equivalents	1,642,840	665,826
<b>TOTAL ASSETS</b>	<u><b>8,078,144</b></u>	<u><b>857,347</b></u>
<b>Liabilities</b>		
Borrowings (Office Equipment Rentals)	13,308	
Accounts Payable	181,965	121,507
Deferred Income	1,225,897	281,844
	<u>1,421,170</u>	<u>403,351</u>
Medical Reserve	25,000	25,000
Building Reserve	150,000	170,965
Accumulated Funds	6,481,974	258,031
	<u>6,656,974</u>	<u>453,996</u>
<b>TOTAL LIABILITIES</b>	<u><b>8,078,144</b></u>	<u><b>857,347</b></u>