

OCTOBER 2024
Programme Report

NKOSI

ECD NUTRITION PROJECT

HERD TRUST
HOEDSPRUIT ELEPHANT REHABILITATION and DEVELOPMENT

JABULANI
EST.1956
A SOULFUL SAFARI EXPERIENCE

WELLSPRING

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The project objective is to focus on the need of vulnerable children by providing necessary nutrition for normal physical growth and mental development. Including education of the value of nutrition for children and care givers.

The Nkosi Nutrition Program is essential to support a selected community of the Hoedspruit area to overcome the ravages of the 'Silent Death' of children through severe malnutrition.



Establishing a local footprint of trust.



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THE NEED

It is not overstating, to say that there is a growing crisis among many families with children in the informal settlements in Limpopo, specifically those in the Hoedspruit area.

"***Recently 11 000 children were admitted for treatment*** *of Severe Acute Malnutrition (SAM) in local hospitals – and this figure does not include the reality that most children with SAM have very little access to formal treatment centres. As a result, it is estimated that as many as 151 798 children bear the burden of SAM in fringe areas of cities in South Africa*[1]*, more are fighting for their lives in hospital today".*

([1] - 2020 Child Gauge – Feb 20, 2021 – Siyabonga Kalipa)

The Nkosi ECD Nutrition Project is a bulwark against severe malnutrition and a way to create an early warning system in ECD centres; so that when we identify children that are under nutritional strain, we can support them.

With your support, we started the Nkosi ECD Nutrition Project in the Hoedspruit area, in centres of need, a gratefully accepted commitment to the social challenges that accompany poverty and the ongoing effect of Covid lockdowns on the economy.

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Wellspring NPC, with the support of ***the HERD TRUST*** *and* ***JABULANI*** identified children at risk in in HOEDSPRUIT at Jameyana Primary School.

The process necessary to set up the Nkosi Programme for ***the HERD TRUST*** *and* ***JABULANI*** was started in 2022. The school received resources for feeding the children at the beginning of 2022. The programme still feeds these children and was extended in 2024 to include another grade as well as remaining with the children already in the program.

THE HERD TRUST

CORPORATE SOCIAL INVESTMENT (NKOSI BAR NUTRITION) PROGRAM

The nutrition project aligns with the core values of the HERD TRUST…

The human community ("Human Herd") we find ourselves part of, are even more important than the very precious animals we provide sanctuary and sustenance for.

To this end, we support the most vulnerable of our community…. Children at risk of malnutrition and poor health, due to the consumption of foods with insufficient nutrition. This gives them a better chance at a healthy academic future.

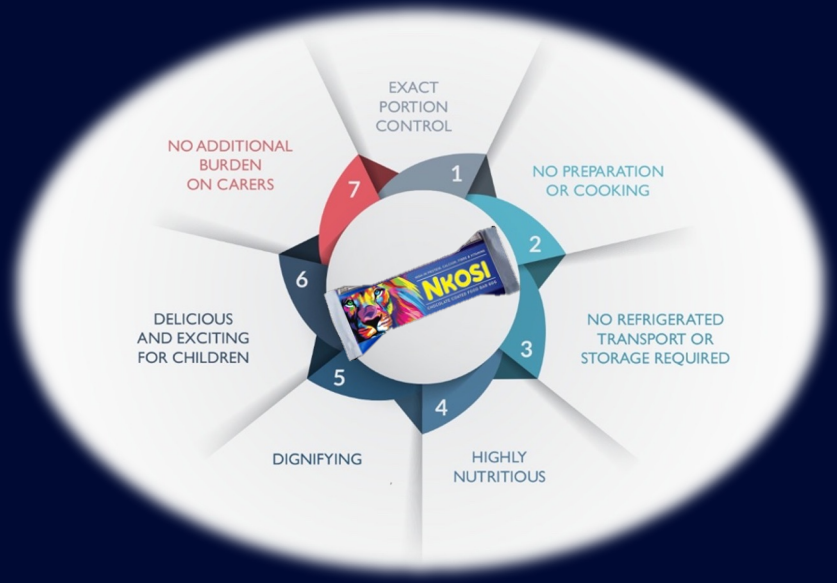
Caring for animals, is not a job to them, but a calling, and they step in as our elephants' "human herd" to help them, from the initial rescue operation, to feeding and monitoring them, as well as stepping in swiftly when they're in need. Our carers lovingly nurture and protect our elephants around the clock to ensure their wellbeing. *And so, we choose to love and nurture those young children most at risk in our community.*

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2860 Learners currently benefit from the Nkosi Programme (Nationally) throughout the year.

570 000 meals per year



Wellspring Nutrition Projects by Province

Eastern Cape
Hoedspruit - Limpopo
Alexandria - Gauteng
Kathu - N orthern Cape
Somerset West - W Cape

A cohort of ECD Learners, adopted into the Nutrition Programme supported by Jabulani Lodge and the Herd Trust, have been fed three times a week with a nutritious NKOSI BAR.

2022	***2023***	***2024***
18300	*35500*	*18100*

A total of ***71900*** *NKOSI BARS*

Of the many children participating in this nutritional program,135 young learners have been tracked for a period of 18 months in terms of changes in their physical attributes (Anthropometrics).

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On behalf of parents, principals and teachers at Jameyana Primary School, that have benefitted from your generosity, we thank God and take this opportunity to thank the team at ***the HERD TRUST and Jabulani*** for working so passionately with Wellspring (NPC) to create a nutritional safety net for so many vulnerable children.

Thank you being part of the Nkosi Nutrition campaign and for the wonderful difference that you have made in the lives of the participating children for the past 3 years that you have supported this critical project.

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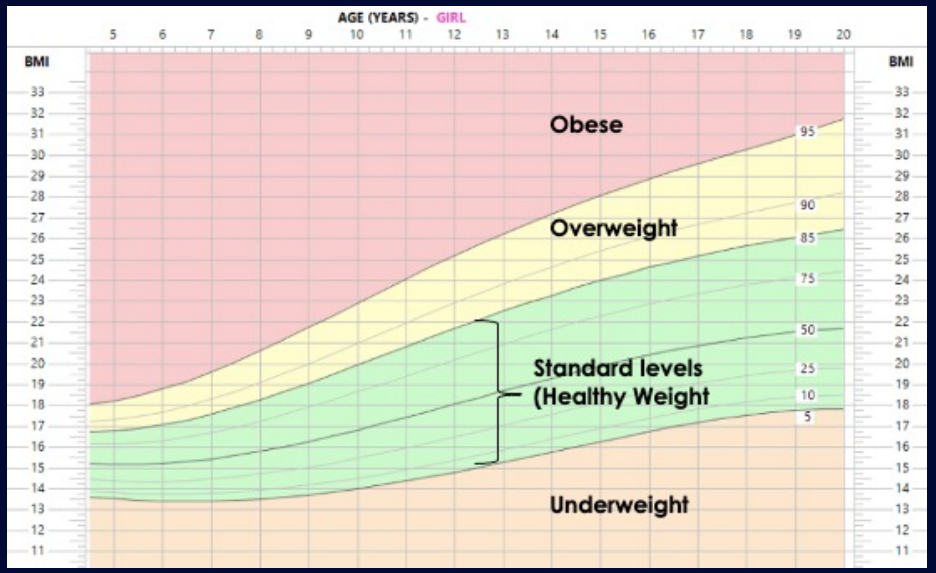
VALIDATED EMPIRICAL EVIDENCE OF NUTRITIONAL IMPROVEMENT

Our Nkosi Programme has provided validated, empirical evidence that, for most children who get the proper nutritional value from the programme (continuously and consistently during attendance at school) that the BMI scores improve dramatically to standard levels for their age and physical and mental health improves and can be stabilised.

(BMI is one of the Clinical Health measures we track through Anthropometric records of each child we can measure through the Nkosi Nutrition Programme.)



Anthropometric Measurements



Mapping World Health Organisation BMI Standards by Age

The aim of measuring BMI is to move the individual's BMI Scores to the HEALTHY WEIGHT ZONE through proper nutrition – not hunger relief



GIRLS -18-MONTH ANTHROPOMETRIC (BMI) ASSESSMENT

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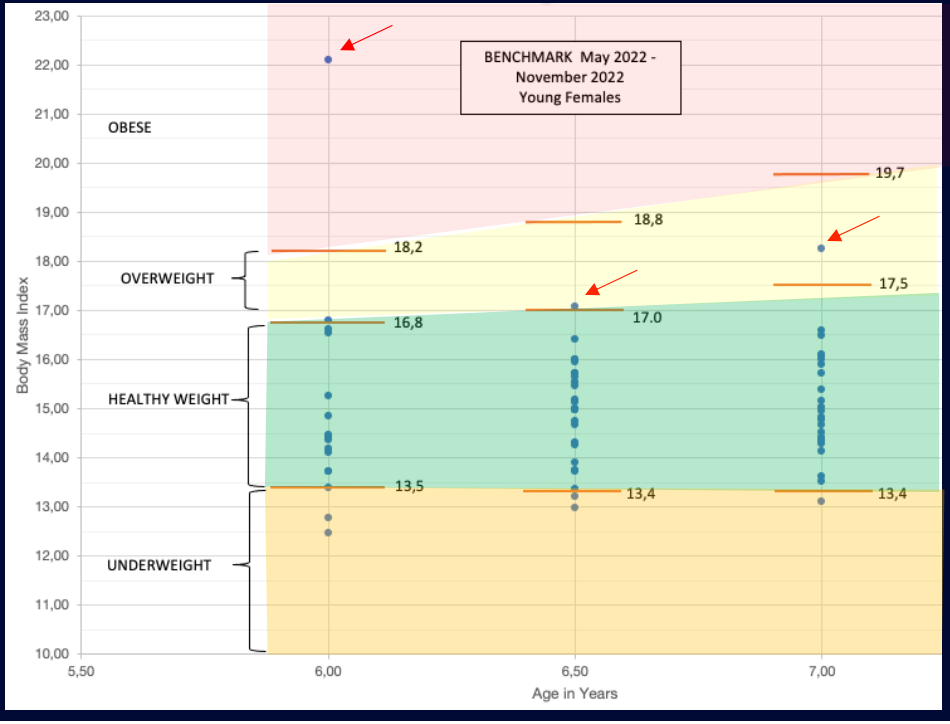
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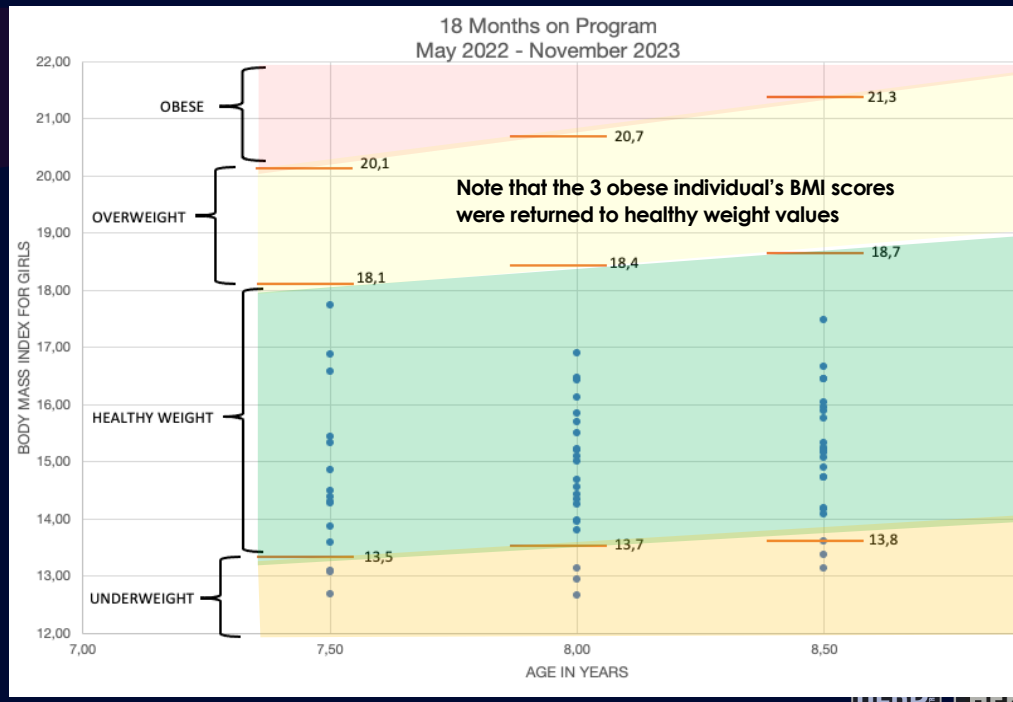
of measured female learners were stabilised in the HEALTHY weight zone.

	May-22		Nov-23	
	BENCHMARK	GIRLS	18 MONTHS	
3,5%	2	OVERWEIGHT	0	0,0%
10,5%	6	UNDERWEIGHT	7	11,9%
		IMPROVED BMI (UP)	31	52,5%
		IMPROVED BMI (DOWN)	21	35,6%
75,4%	49	UNSTABLE		
100,0%	57	MEASURED	59	100,0%
112,3%	65	COHORT	59	103,4%
		DROP OUTS	8	
		NEW LEARNERS	2	

The blue dots on the graph below indicate the BMI of single individual female learners, for the specific age (indicated on the x axis).

Traditionally, the young female's BMI scores vacillate and change significantly relative to those of young males, as traditionally young males are better fed than girls in their homes, and their metabolic rates differ.





BOYS -18-MONTH ANTHROPOMETRIC (BMI) ASSESSMENT

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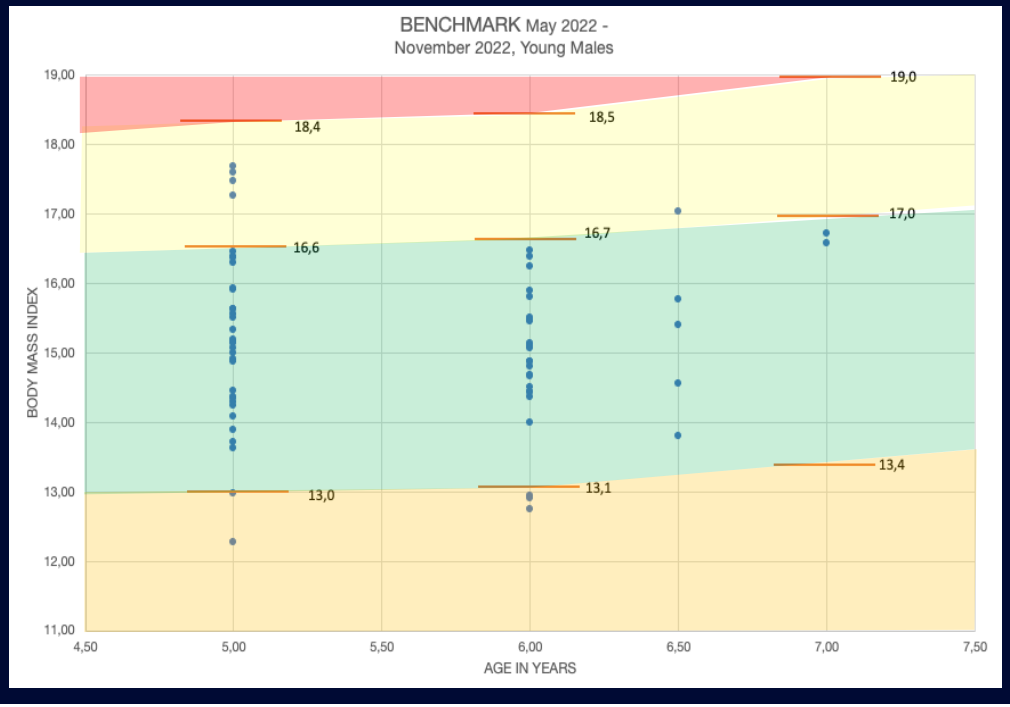
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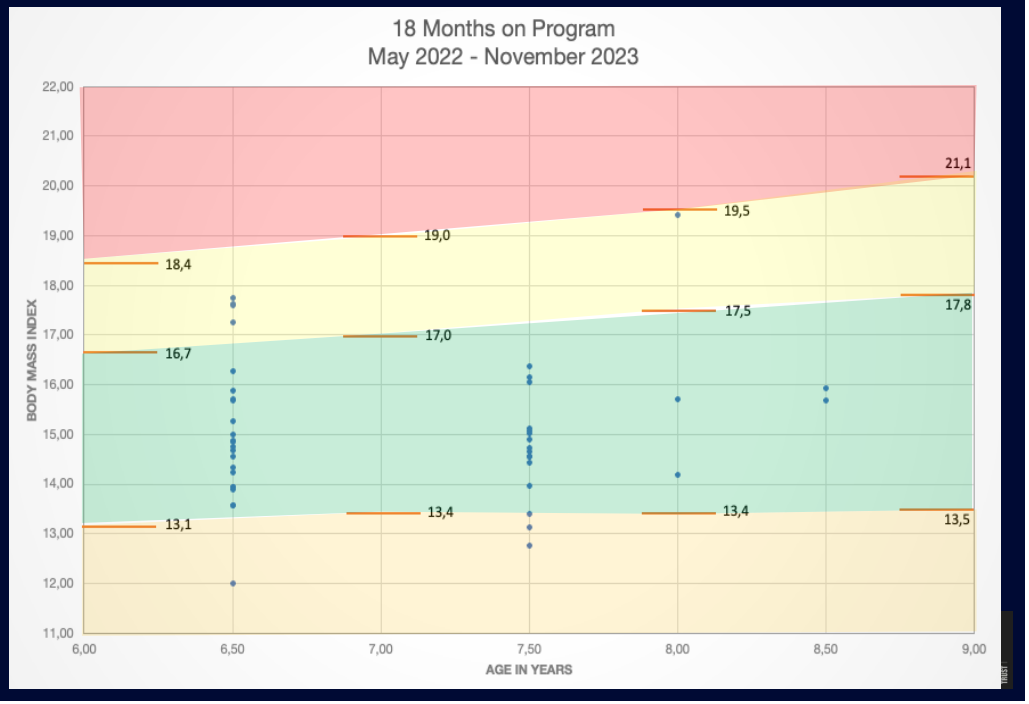
of measured male learners were stabilised in the HEALTHY weight zone.

	May-22		Nov-23	
	BENCHMARK	BOYS	18 MONTHS	
5,8%	4	OVERWEIGHT	4	6,8%
5,8%	4	UNDERWEIGHT	3	5,1%
		IMPROVED BMI (UP)	17	28,8%
		IMPROVED BMI (DOWN)	35	59,3%
88,4%	61	HEALTHY (UNSTABLE)		
100,0%	69	MEASURED	59	100,0%
111,6%	69	COHORT	59	103,4%
	5	DROP OUTS	15	
		NEW LEARNERS	2	

The blue dots on the graph below indicate the BMI of single individual male learners, for the specific age (indicated on the x axis).

Young male BMI scores do not change significantly, relative to those of young females, as traditionally young males are better fed than girls in their homes.





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There has been an observable positive change in an ECD learner's classroom performance and behaviour across all the regions for the duration of the programme (2020-2024).

A ***good*** to ***significant improvement*** has been recorded by ***23*** Principals and more than ***30*** Teachers at the ECD institutions participating in the Nkosi Programme survey.

- An improvement in energy, concentration, and attendance of learners at participating schools
- An overall improvement in the wellbeing of learners to apply cognitive learning skills
- An improvement in the ability of learners to concentrate and engage meaningfully at school
- An improvement in the quality and frequency of the nutrition that they receive at school

… thereby improving their overall school performance.

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Comment from a Traditional Leader:

"Nkosi bar has played the biggest role in feeding our children.🌻Some parents don't afford to pack snack for their children, so at least children get Nkosi bars at the centre and it happens to be their favourite bar. We are very thankful to you for always supplying the bars at our centre.

I strongly believe that the Nkosi Nutrition Programme has improved the health of our children – and the attention they are able to give in class… Thank you".

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"Your hand has reached out to a child to give them the gift that will protect their future…"



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Comments from Beneficiary Schools:

"I would like to extend a heartfelt thanks to our Nkosi Nutrition programme funders....

They been so generous ❣️🥲🙏... We appreciate all you do for us...your generous gesture has surely shown me the favour of God is a blessing.. God bless you ❣️🙏🌻🤍".

Comment from a participating School Principal:

"A Big thank you to all of you who made a difference in our children's life's .😘..Thank you for your generosity.. love.. and above all your commitment towards us . The children love the Nkosi Bars and you can see the excitement on their face when they get them. So Thanks again to each and everyone.

The Nkosi Nutritional Programme has resulted in our children having loads of energy to see the day through ..🙏🙏❤️..God Bless🙏"



HERD

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NKOSI BLUEPRINT

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The platform the Nkosi Program has created, can be utilised in a way that can bring numerous positioning, marketing and thought-leader opportunities for internal and external use.

Contact us to find out more about integrating your CSI Strategy, BBB-EE Scorecard Activities and Community Outreach programmes to optimise your Social Investments and create lasting and meaningful relationships with your employees and the community – using the "Nkosi Blueprint" – a collaborative and integrated approach to Strategic Corporate Social Investment.

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No excuses – just solutions – to provide hope

- **Our project partners** ensure that the product arrives on time and at the right place in the right quantities….
- ***Our processes*** are administered and improved by our administrative partners and volunteers.
- ***Sustainability of Impact*** on Learners is measured and collated regularly through our database and research partners, to provide statistical records for monitoring social impact, progress and performance records for sponsors.

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CE&R Consulting

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Joe Niemand

Mobile: 083 256 1323

Presentation by Barend van den Berg
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