

SMALL THINGS FOUNDATION

YEAR 2023

IMPACT REPORT 2023

IMPACT & FINANCIAL REPORTS



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A WORD FROM THE DIRECTOR

Its been quite a year since the Small Things Foundation took on its first social upliftment project, The Local Surf Lounge Academy.

The Small Things Foundation was started as a means to effect social change in our neighbourhood, with a special focus on improving the lives of disadvantaged children and young adults.

At the start of 2023 LSLA founders Shuan Solomans & Shane Lentoer approached me to help find a way to keep their club open, they were facing desperate financial challenges and the club's closure was a constant threat. The project was well known in Muizenberg and problems seemed solvable, so the timing was right for our partnership.



Together the 3 of us have formed a strong management team, supported by our dedicated Youth Leaders, each teaching and uplifting the collective, and over just a year we have made some remarkable successes which you can read about in this report.

The Local Surf Lounge Academy is a unique, self-funded safe-space for the youth from the impoverished Cape Flats settlements adjacent to Muizenberg. Keeping the kids off the streets, and away from the gangs is our primary goal. Surfing & positive mentorship are the key tools we use to achieve this, building resilient young adults who will create positive change.

“What the Local Surf Lounge provides to the poorest kids of our community is astounding, the positive impact is seen every single day, watching them playing in the waves.”

- ASHLEE DE WET,
COMMUNITY ACTIVIST / ISM



Some statistics about our community problems;

- One in five young people reported having experienced some form of sexual abuse in their lifetimes, and this was true of both boys and girls.
- One in three young people reported experiencing being hit, beaten or kicked by an adult caregiver as a form of physical abuse.
- A total of 16.1% of young people reported experiencing being scared or felt really bad because grown-ups (adults) in their life called them names, said mean things to them, or said they didn't want them as a form of emotional abuse.
- One fifth of respondents reported experiences of having to live in a home that was broken down, unsafe or unhealthy; and when his/her parents did not care if he/she was clean, wore clean clothes, or brushed their teeth or hair.

In light of the above, what's happened at Local Surf Lounge Academy in 2023 has been successful in achieving these goals, helping these young people to be safe from violence, building self-belief, and ultimately making the right choices that can lead to a happy life and employment opportunities to climb out of the poverty cycle.

Through many kind hearts we have brought the club into a (short term) improved financial position, which in turn has allowed us to focus more on improving systems and infrastructure in the back half of the year, as opposed to total focus on fundraising to just survive another month.

We couldn't have done this without you, dear supporters! From every little R100 subscription to some jaw-dropping larger donations, our motto of "if we each do a little, alot can be done" is ringing true, and ultimately making a difference in these kids lives.

We are very excited about 2024, with some big projects in the pipeline. Lets go!

JAMIE NYE

DIRECTOR



IMPACT AT A GLANCE

We measure progress through a number of mechanisms. Baseline assessments using Quantitative and Qualitative data sets to measure the personal wellbeing of beneficiaries. Attendance registers to record participation of Youth served, and Youth Leader retention.



CHILDREN SERVED

3674



MEALS COOKED

3340



SURF LESSONS

1128



JOBS CREATED

13

CHECK OUT THE PROGRAMS IN DETAILS BELOW

THEORY OF CHANGE

Inputs >	Safe Space (clubhouse)	Surf & Fitness (physical)	Wellness (nutrition, hygiene)	Skills Development (workshops, employment)	Mentorship (positive role models, counselling)
Outputs >	<ul style="list-style-type: none"> * Reduced exposure to gang violence * Sense of belonging * Increased discipline * Improved self-worth 	<ul style="list-style-type: none"> * Fun * Healthy * Ocean awareness * Competitions * Job opportunities 	<ul style="list-style-type: none"> * regular hot meal daily * clean body, clean mind * clean clothes 	<ul style="list-style-type: none"> * develop new skills * preparation for employment 	<ul style="list-style-type: none"> * platform to express issues * receive support & guidance * making positive lifestyle choices
Impact >	Child Safeguarding	Healthy lifestyle	Physical wellbeing	Create employment	Pro-social behaviour



A young boy with short dark hair is smiling broadly, looking towards the camera. He is wearing a black wetsuit with a purple patch on the shoulder. He is holding a blue and white surfboard vertically. The background is a blurred indoor setting with warm lighting and some equipment.

85%

come from the Capricorn Park
informal settlement

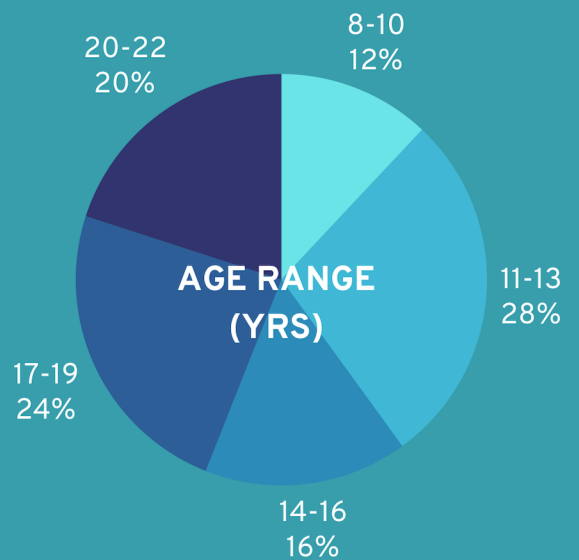
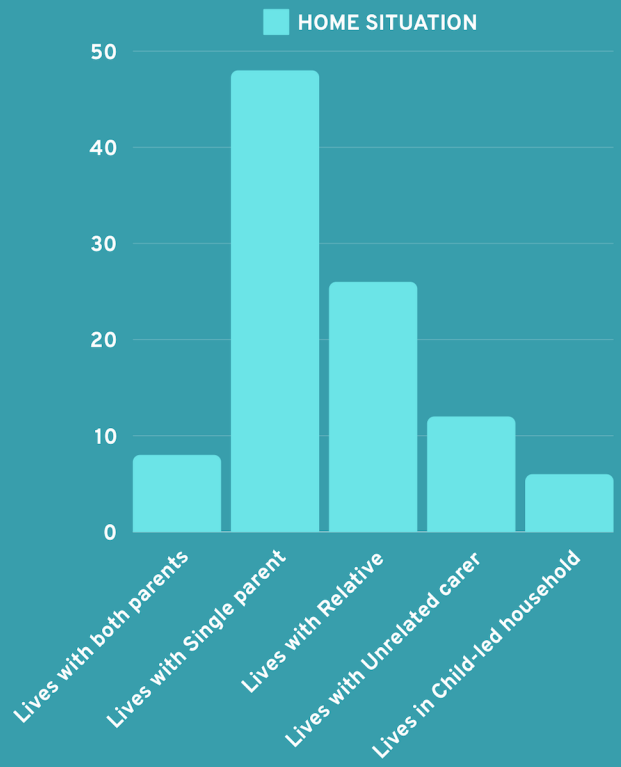
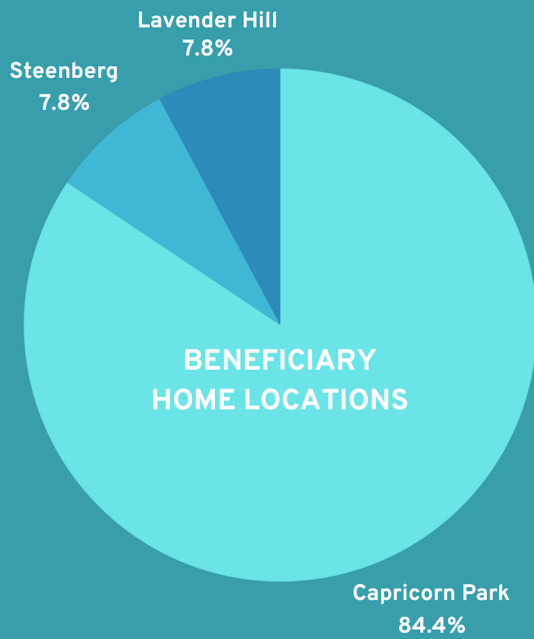
72%

of our beneficiaries have been in our
program for more than two years

OUR BENEFICIARIES

The youth that we serve at our centre come from the disadvantaged neighbouring communities, within a 6km radius. The youngest are 8 years old and the oldest 21, and are predominantly male. The children are by-nature very streetwise, and either walk in groups, or skateboard to reach the project each day.

Sadly many of our beneficiaries have suffered some sort of abuse, often from care-givers, and this is why our programs are so important in helping to deal with their traumas and build them up to be resilient, capable and confident young people.



OUR BENEFICIARIES

As part of a scientific study, we cooperated with a sport scientist from the Institute of Sports Science at the Christian-Albrechts-University in Kiel, Germany

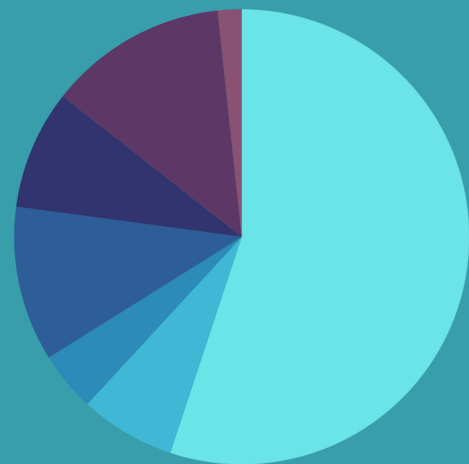


WHAT DO YOU LIKE MOST ABOUT LSLA?

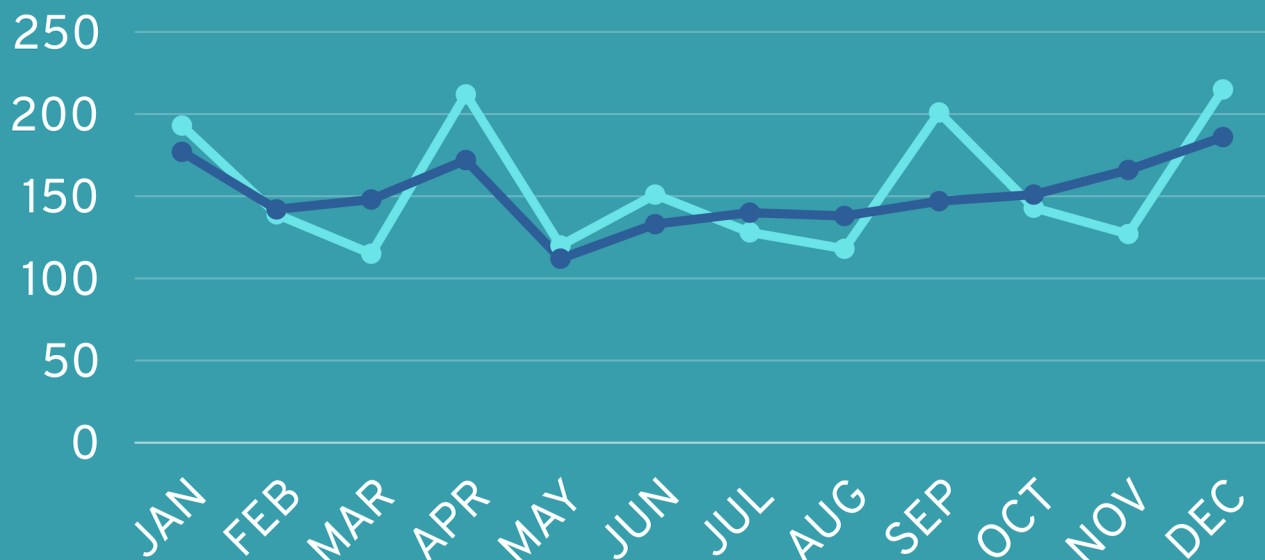
- Research question: "Could the LSLA adventure education program promote the well-being of children and adolescents with increased vulnerability (Vrygrond Community, SA)?"

Study design:

- Questionnaire survey at two time points (pre-post design)
- Explorative method by written interview. n=12 (n=1 female, n=11 male)
- Age range between 10 and 17 years (M=14, SD=1.89)
- **Increased well-being of the participants of the LSLA could be observed**, which can be considered statistically significant (p=.022; d=.655).
- By qualitative measure, **fun experience and positive outlook could be presented as the most important components.**



ATTENDANCE





PROGRAM 1 - SAFE-SPACE

Our primary program is **Child Safe-guarding**, providing a safe-space where at-risk youth feel welcome, valued & included. Our aim is to provide a healthy alternative to life on the streets. Key aspects of this program aside from surfing, is a focus on Nutrition (the meal we offer is often the only solid meal of their day) and Personal Hygiene where we provide toothbrushes, check nails are cut, wash clothes (as this is often not happening at home). The club is managed by the team of Youth Leaders, overseeing all general operations and acting as role models to the younger members. Our Management team conduct regular check-ins with all beneficiaries to assess personal issues, and mediate where possible with families.

YOUTH ATTENDED



3674

Average 12/day, with a 55% increase on weekends and school holidays

MEALS



3340

6 days week. * lower than attendance due to lack of funds Jan-Mar

SURF SESSIONS



156

Team surf sessions with Seniors coaching Juniors

FITNESS SESSIONS



37

Beach runs, swim training, surfboard paddle training, yoga, stairs sprints



FIELD TRIPS



11

Kalk Bay harbour, Save Our Seas centre, Mountain walks, Table Mountain cable car, Dangers Beach



PROGRAM 2 - YOUTH LEADER MENTORSHIP

Our second program is aimed at our Senior beneficiaries (15 yrs +) where the youth who are committed and show promise are **given responsibility** to assist with operations. Key areas are surf lessons for the Juniors, looking after surf equipment, meal preparation, general maintenance & upkeep, plus acting as a **role model to the younger members**. We currently have 6 Youth Leaders enrolled in the day-to-day operations.

With our Youth Leader program we focus on **Mentorship & skills development** (through workshops & training) to ready them for adult life. We assist them to find work as Surf Coaches, Contest Judges & event ground crew, earning an income which often trickles back to their families. Our aim is to guide these young adults to become capable, self-sufficient members of society, overcoming the adversity they have grown up with

A major challenge we face here is that all Youth Leaders commit their time as unpaid Volunteers, 5-6 days/week, without any financial remuneration (aside from surf lessons) due to our minimal budget. This is remarkable for young adults to willingly taking on this role, devoting their time to the project. We dearly want to secure the funds to be able to start paying a basic wage to each of them for doing such great work, and to retain them instead of losing them to the tempting allure of gang-life that they face everyday.



YOUTH LEADERS



6

all volunteers

SURF LESSONS



156



972

Inhouse / Juniors External / Clients

SKILLS WORKSHOPS



9

CV writing, surfboard repair, cooking, painting, carpentry, office administration, social media marketing, photography, video editing

JOBS CREATED



13

Surf coaching, Surf contest judging, Surf contest Ground crew, Driving





PROGRAM 3 - SURF CONTESTS

A unique aspect of Local Surf Lounge Academy is a push towards competitive surfing. Through our partnerships with Surfing South Africa & Cape Town Surfriders, we are proudly progressing Transformation in amateur surfing in South Africa. We train & enter our most talented surfers in all the local & national competitions. This builds discipline, provides a goal to focus on, and can open opportunities for sponsorships and a career in surfing.

Despite the obvious challenges, our youth have done exceptionally well over the last few years, with multiple Provincial colours attained and 5 members making the SA team. We have won contests, both individual and team events, and this year are proudly sending a Senior to represent SA at the International Surf Association Longboard championships in El Salvador.

SPECIAL ACHIEVEMENTS 2023



SA CHAMPS

3

Buso, Liam & Tai flying to J-bay to compete

INTERNATIONAL

1

Buso representing SA at ISA champs El Salvador

WP COLOURS

3

Liam u12, Tai u16, Jean u18

COMPETITION WINS

2

Tigers Milk Classic, Surfpop Groms



SPECIAL IMPACTS OF THE YEAR

While every young person who stays in our program has a huge impact, these are some of the other highlights also achieved in 2023



INSPIRE THE YOUTH

We hosted an inspirational evening of talks and films with local surf heroes who also came from challenging backgrounds, showing the kids that anything is possible!

THE FREEDOM ROWER

A brave man from Pretoria decided to row across the Atlantic, solo! Choosing us as his charity to row for. Peet raised an astonishing amount of money that literally saved us from closing down, and accomplished something incredible in the process



CHULU MAKES THE 'ZAG

Surf magazines are hugely important in surf culture, and it was an awesome thing to get one of up & coming stars Jean 'Chulu' Morris getting some recognition inside the ZigZag magazine.

LELE GETS A HOME

Head-coach Lele plays a big role in what we do, and when we heard things were so bad at home he couldn't go there, and was often sleeping on our couches, we built him a small home of his own on the club property



WE DID ALL THIS WITH VERY LITTLE BUDGET, IMAGINE WHAT WE COULD DO WITH BETTER FUNDING!

SPECIAL IMPACTS OF THE YEAR



ITS A SIGN

For too long people didnt know where 'The Lounge' was, until our friends at Ornate Signs stepped in and sponsored a beautiful, high impact sign to be our club frontage on the Main road. Now you cant miss us!

WHAT'S A LOUNGE WITHOUT A COUCH

A Swiss shaper Niko felt like 'Shaping for Something' and shaped a surfboard in his chalet in the Alps, ran a fundraising drive with all his crew, and brought the board down to our club, donating it and the funds. We were able to buy a full lounge set of couches that have made the place so much more comfortable.



JETSETTERS

3 of our boys made the team to go to SA Champs in J-Bay, and thanks to WP surfing they were flown up there, experiencing flying in a plane for the first time in their lives.

TABLE MOUNTAIN ADVENTURE

Courtesy of our friend & supporter 2BESales a big group was given the chance to explore the city's iconic Table Mountain, hiking up the slopes and riding the cable car down. A 1st for every single one of them.



INDIVIDUAL SAFE SPACES

We built a set of lockers for each regular member to keep their belongings, wetsuits safe. For many they cant keep things at home, and so having this small, secure space has been a big deal. Thanks to RIGroup Noordhoek for making this happen.

WE DID ALL THIS WITH VERY LITTLE BUDGET, IMAGINE WHAT WE COULD DO WITH BETTER FUNDING!

2023 FINANCIAL REPORT

INCOME	(ZAR)
FUNDRAISERS	376250
MONTHLY SUPPORTERS	84628
PRIVATE DONATIONS	77332
TOTAL INCOME	538210
EXPENSES	
CLUB RENTAL	141876
SALARIES	0
ELECTRICITY	14500
FOOD SUPPLIES	18792
KITCHEN	3007
VEHICLE	4790
EQUIPMENT	7647
MAINTENANCE	16821
CLOTHING	7000
FIELD TRIPS	4475
TOTAL EXPENSES	218908
BALANCE TO RESERVE ACCOUNT	319302

NOTES ON FINANCIAL REPORT

Fundraising has been a major theme this year, and we are very proud of the positive strides forward that have been made through various fundraising, networking & partnerships. We started the year with a negative balance, and by the end of the year have not only covered our basic operating expenses, but have a positive balance in reserve to cover survival basics through next year. That in itself is amazing.

But its **important to note, we have been running a limited program due to available funds,** and to reach 100% we would need to triple our funding. 70% of this years funding came from The Freedom Rower, and this was a one-off.

The financial goal for the year was simply to keep the program running and not close down, and that has been achieved. But there is much more needed to make a bigger & more sustainable impact, especially;

- **salaries for staff** (currently all are volunteers)
- **improved meal options** (currently its a basic meal, would love to add more fresh ingredients)
- **field trips** (to make these a monthly experience)
- **skills workshops** (so much scope to bring in different facilitators)
- **equipment upgrades** (wetsuit and surfboard repairs)
- **facility upgrades** (kitchen and office)



PROGRAM COSTINGS

Below is a table showing what our ideal program funding situation would look like. Not only would it make our safe-space program sustainable, but also create permanent jobs for 8 young people. All aspects of our program would be greatly improved, from better nutrition, to not having to use broken equipment, to greater opportunities for social development of our beneficiaries. With or without, we will keep fighting and providing for these young people who really deserve a chance.

Input costs for LSLA per month	Per training workshop/per day	Total of 25 training workshops/permonth
Facilitation (no budget) @ R300 x 8 staff	R2400	R60000
Materials and resources	R750	R18750
Participant travel allowance	R1000	R25000
Food and hygiene	R1000	R25000
Total	R5150	R128750





IT TAKES A VILLAGE...

We are very proud of the work we have done so far with such minimal resources, and acknowledge there is still much to do.

We are seeking partners to help us reach our dreams, and take this project to greater heights. If you think you could help us, reach out.

If we each do a little, alot can be done!

Thanks for reading our report!

BECOME A SUPPORTER >
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SMALL THINGS FOUNDATION NPO (REG 297-207)
13 YORK RD, MUIZENBERG, CAPE TOWN, ZA
WWW.SMALLTHINGSFOUNDATION.ORG
+27 72 118 3213
JAMIE@SMALLTHINGSFOUNDATION.ORG

