

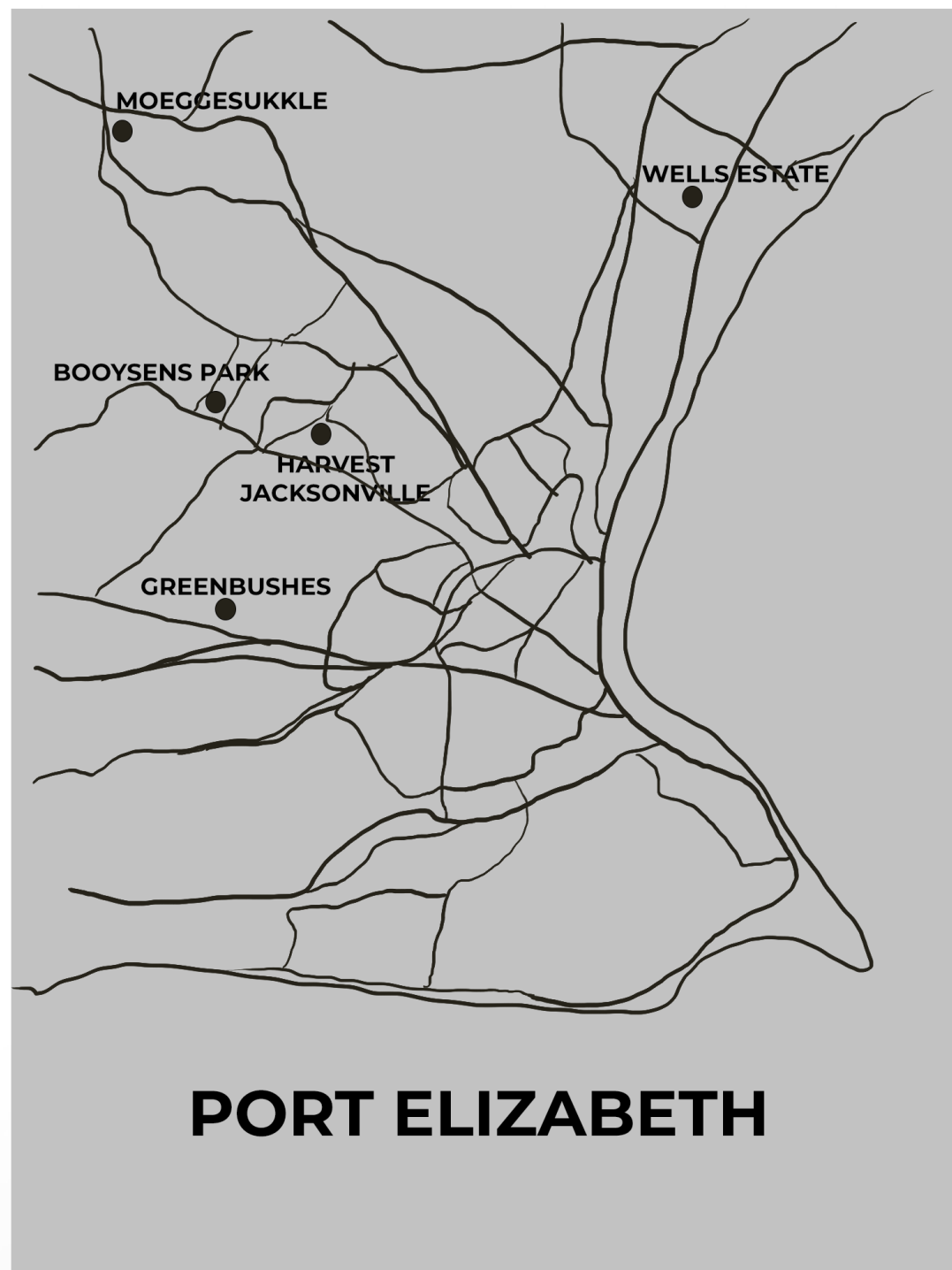
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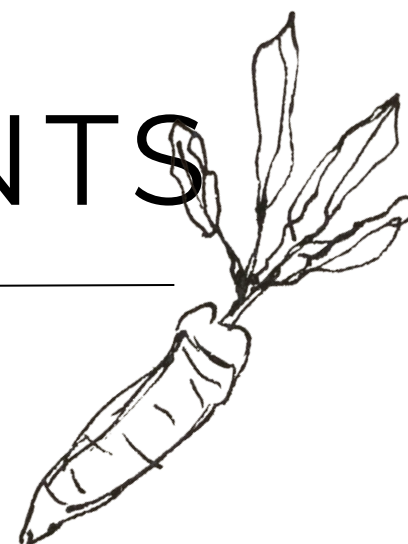


PHOTO BY: DIANA

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Moeggesukkel

Moeggesukkel ("tired of struggling") is one of six Community Kitchens and is located in Rosedale, Uitenage. The project is run by a team of strong minded individuals who are working to mobilize and empower the community. Their initiatives are interactive, community-based and sustainable through fostering the viable assets of the community. However, despite the heavy health burdens of the community and the social and environmental injustices, the Moeggesukkel project has not yet gained the recognition it deserves for the enormity of its accomplishments. Therefore, Moeggesukkel's goals and achievements shall be highlighted from the perspective of their collaborators, Nelson Mandela University and Ikhala Trust. The Moeggesukkel Community Kitchen initiatives are used to create their own, sovereign environment. There is a shift of resources to focus on the local and indigenous context of food and management. One such initiative is the Chicken Pyramid that includes steps to enact food security. These steps decipher what needs to be done, who is responsible, what is needed and by when the project needs to be done. Another initiative is the Baking a Cake project that includes deciphering the input, activities and output of a certain project as a 'recipe' for success. These systematic approaches and initiatives promote health and healing, particularly in response to the adverse environmental effects on the youth. The Chicken Pyramid and the Baking a Cake process is also applicable to vegeta

Cake process is also applicable to vegetable gardening, a project that has started around the Moeggesukkel household. For example, the project includes identifying a piece of land followed by weeding, cleaning, levelling the ground and soil preparation before planting the seeds and maintaining the garden. The harvest collected is the output to feed their families. This does not only give sustainable solutions to the food crisis in the community but also stimulates critical environmental and social analysis. The garden is especially used to stimulate and inform the children of Moeggesukkel. To empower the youth, a child care programme is enacted every Tuesday and Thursday. As a Community Kitchen, the programme includes homemade food. There is Soup, Veggies and Special Maize Meal or Samp for Tuesdays and Soup, Veggies and Vetkoek or Rice for Thursdays. The pedagogical agenda firstly includes a prayer followed by teaching the children their names, where they stay, counting, the alphabet, colouring, drawing and puzzles. Finally, before the children rest, the Community Kitchen members read them a story. The stories are sponsored by ILDA (Interchurch Local Development Agency) and are delivered to Moeggesukkel by an agent of the church. The project participants and project leaders are devoted to the safety and wellbeing of the children and are loving and kind to their community. This adds a humanitarian dimension to Moeggesukkel that is second to none and essential to change their community for the better.

"The project participants and project leaders are **devoted** to the **safety and wellbeing** of the children and are **loving and kind** to their community."



Moeggesukkel's golden star, Luvuyo Bokwe, has responded to the community's degradation and unhygienic and unhealthy living environment with positivity and rigour. Bokwe urges and encourages the community to join the Community Kitchen so that there can be a synergetic flow of energy into environmental and social growth. So far, The Community Kitchen includes five households and Bokwe continues to grow Moeggesukkel through inviting and urging other households to join their Community Kitchen. It is only through the power of the whole community that social and environmental revitalization can be accomplished. However, Bokwe has informed us of his struggle with threats from the community. Many people believe that the Moeggesukkel project is governmental, has ulterior motives or is dividing the community. This suggests that the project requires cultural and social sensitivity to their catalytic initiatives. Bokwe explains that he has two children and "how can I [he] watch TV when my [his] darling is playing outside in the rubbish?". This is Bokwe's drive to go further and push through the social and environmental injustices with the Moeggesukkel members. This strength is a vehicle to success. The collection of this information happened through the process of semi-structured interviews with Moeggesukkel, Ikhala Trust and Nelson Mandela University. It clearly connects participants through building skills around cooking and growing food and caring for the children of the community. Moreover, Moeggesukkel's health promotion discourse shows that their educational and community based components enable learning that can disrupt settled understandings of social and environmental injustices. These happenings are not site specific to only Moeggesukkel, but are enacted with an urgency that is parallel to their circumstances. Findings indicate that successful design, production and adoption of community-based systems are possible, but the structural challenges of poverty, inequality and distrust may inhibit diffusion and more profound processes of social learning. The local adoptions of Moeggesukkel must urgently be combined with wider initiatives and increased recognition so to develop further social and environmental growth.

Luvuyo: 065 721 4584

"how can I [he] **sit and watch TV** when my [his] darlings are **playing outside in the rubbish?**"



BooySENS Park

The BooySENS Park Community Kitchen is a place that offers a sense of safety to anyone that enters it.

Located in Gqeberha, BooySEN Park, Bethelsdorp at exactly -33,854107,75. 460890. Where it is run by Mrs Mantombi SweetY John and her other eight volunteers. It has a small veggie garden flowing around her house in figure L. Consisting of on-ions, beans, chillies, beetroot and many others that are the source to the creation of her delicious food. There is even a secondary source of veggies at the community garden by BooySEN Park Secondary School, which is funded by Ikhala Trust.

This kitchen has been around since 2012 where the goals of its creation has been to help the surrounding community. By feeding the kids and teaching them essential life skills from reading to traditional dance. Another thing Miss Jones teaches the kids is how to prepare the soil in order to plant the veggies and all the steps after that. Mrs Mantombi SweetY John is still not content on what she has done. She wants to start teaching the kids how to make clothes, but the issue of lack of equipment makes these goals even harder to achieve. Sadly, she still has to borrow equipment to even work in the veggie gardens to this day.

The surrounding community has benefited even further by noticing and copying what she has done. You will notice this by just walking around in the community and you will see small green gardens in most of the surrounding properties.

This place isn't just a source of food for those who need it, but it is a place of love and care. Mrs Mantombi SweetY John and her volunteers are the loving grandmas of the community, which thanks to them they have made such a positive impact on the lively hood of the children and the community that surrounds it.

Contact Details: Mantombi SweetY John at 0782205006

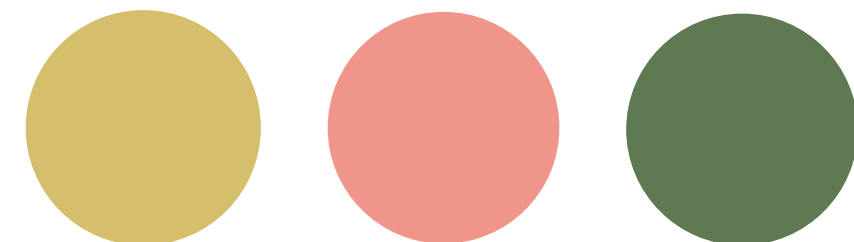
"This place isn't just a source of food for those who need it, but it is a **place of love and care.**"



PHOTO BY: JADE WILLIAMS



PHOTO BY: SHUAIB



Wells Estate

In Wells Estate, there is a township to which a series of discouraging statistics can be attributed. In the Wells Estate township, 47.6% of people experience an absence of income, 80% of people rely on social grants, and 82.4% of people are unemployed. This leads to an issue of food security as can be seen through the statistics which show that 77.4% of people are severely food insecure, 13.4% are moderately food secure, and 3.05% are mildly food secure. Only 6.1% of people are food secure and even of that number, some still occasionally go to sleep without food. This data was collected by Dr Busisiwe Lujabe and her colleagues after she moved to Wells Estate to conduct research for her postdoctoral thesis. She conducted this research to establish a participatory process that would create a better sense of the residents of Wells Estate and their needs. This research eventually became geared towards designing solutions that would improve the food security of the community. The way she saw it, it was not just a matter of self-fulfilment and education, it was a matter of humanity. In collaboration with Ikhala Trust and the Nelson Mandela University Hubs of Convergence, there is a Wells Estate-based Non-Profit Organisation called Yizani Sakhe that aims to address the problem of food insecurity within the community. “Yizani Sakhe” is a call to action that translates to “come and build together”. As such, they have managed to secure the support of

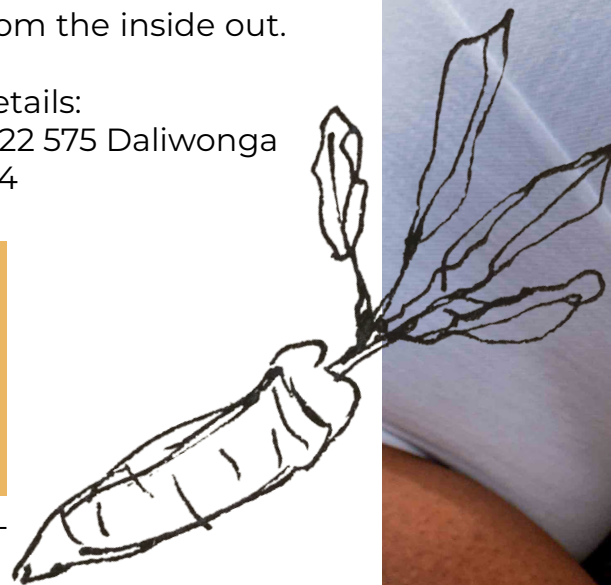
farmers, entrepreneurs, the government, academics, as well as the community itself. While the initiative of the NPO is crucial, they do face their fair share of challenges. Yizani Sakhe comprises about 12 people working to feed upwards of 500 people from the community daily. Most of these people are women, with a few men, and almost no youth engagement due to drug use and criminal activity. In addition to these difficulties, the organisation must contend with issues ranging from interpersonal conflicts with the people that they serve to climate change and water shortages. Their main struggle, however, seems to be that not enough people are aware of what they are doing and as a result lack the human resources to extend their reach. In conversation with Ms Lindilwe, Mr Malibongile, Mr Mcebisi Msila, and Mr Daliwonga from Yizani Sakhe, we asked them why they do what they do? What drives them to keep going in spite of the odds? The answer is simple: Luthando.

Love, Compassion, Empathy, Mercy. They could no longer see what was going on around them and do nothing, despite being in similar situations to many people in the community. Yizani Sakhe is a love-inspired imperative that seeks to transform the community from the inside out.

Yizani Sakhe Contact Details:

Mcebisi Msila: +27 834 922 575
Daliwonga Danster: +27 673 853 444

“Love
Compassion
Empathy
Mercy.”



**“sustainable practices
as well as passion
for helping the
community”**

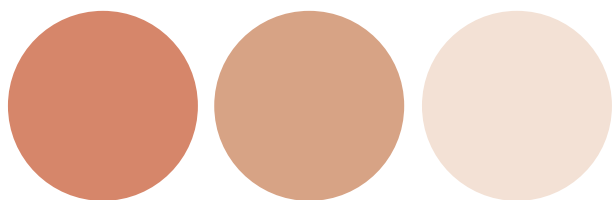
Harvest

— Jacksonville Bethelsdorp —

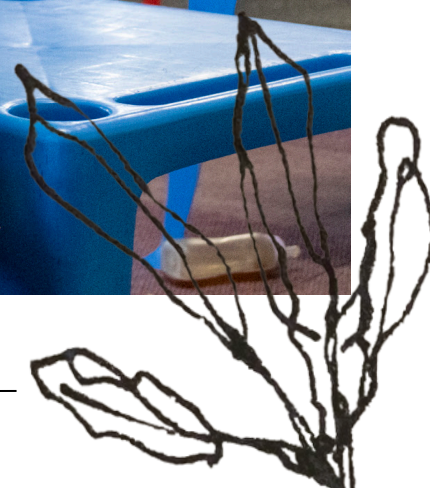
The Harvest Community Center is located near Bethelsdorp in Gqebera, Eastern Cape. Harvest Community Project Initiative, which was established Jan 2004, is an HIV/AIDS awareness Organisation and currently serve the Jacksonville, Timothy Valley, Frans Valley, Ext 32. The big community in the Northern suburbs, where poverty and other well known social and family dis-functions results. Therefore requiring of them to work extra hard to raise funds, in order to achieve their goal. The Harvest Community Center is a multi-purpose organisation that aims to meet the various needs of their community. Their main objective is to put in place an Orphanage – dubbed “The Harvest Kids” that will oversee, facilitate and introduce wellness programs to the disadvantage communities. They also have plans to create a vegetable garden in the future to supply food for everyone. This facility will serve as a One-Stop-Shop Wellness Centre to ± 70 underprivileged kids, which will provide shelter and a mix of health care and social care to education and training, as well as advocacy and community development. They currently have a wooden and iron building that they extended and upgraded as best as they could and now serves as a Multi Purpose Centre since 2004, providing care for ± 60 Edu-Care / Pre – School Children on a daily basis, support to those infected / affected by the HIV/ AIDS pandemic, HIV/ AIDS Training, Youth Development Workshops, School outreach campaigns, Youth Camps, Feeding Scheme every Tuesday & Thursday for 300 residence e.g. (kids & adults) in Jackson-

ville, Ext 32 (160 residence, kids & adults). Mama (founder) and her husband saw a great need in the rural and impoverished community and wanted to make a big difference to better it. They have church services every week, twice a week as well as home based initiatives such as carers and crafts (beading, sewing and crafts and equipping people to create an income for themselves in the future). The carers and staff at the Harvest Community Center are hardworking and caring people who would like to make a difference in their community and to watch them grow from crippling situations such as poverty and unemployment. Additionally, they also provide counselling to Abusive & Abandoned Women, Old age programs & nutritional meal every Wednesday to 30 Elderly people (ages 55 – 87) This organisation looks into the needs of our underprivileged (poor to the poorest – no income) children. Mama (founder) and her husband have been working and establishing the centre since 2004 and work along side a number of colleges who help them with everyday tasks in the community centre. In the future, they are looking at and planning on developing a vegetable garden in order to provide the community with fresh and healthy food. Community gardens increase access to fresh better quality foods, help reduce food expenses, and improve food security for those who most need it. With their sustainable practices as well as passion for helping the community, the Harvest Community Center will be touching many lives and giving everyone a piece of hope.





PHOTOS BY: HARRIET



Greenbushes

— Kuyga —

The COVID-19 crisis laid bare the precariousness of the livelihoods of so many billions of people worldwide. Mandela University's response to the crisis was manifold and sought to shift its intellectual and other resources towards initiatives which would not only respond to some of the most urgent issues, but also make a contribution to building resilience for the longer term. The latter is what underpins the collaboration between Mandela University, Ikhala Trust and six community groups around Gqeberha, Kariega and George. Following on from a number of food parcel distribution drives in 2020, the University looked towards building sustainable food relief through the vehicle of Community Kitchens. The Community Kitchen is a fairly new concept that has seen some attention during the pandemic as a re-imagining of the Soup Kitchen concept – the latter often associated with charitable hand-outs and long queues, which, while alleviating hunger, is not the most empowering of experiences. In contrast, the Community Kitchen is distinguished by a response to a need within a community by members of that community themselves. Instead of more well-to-do outsiders arriving to 'help the poor,' the Community Kitchen occupies a more solidaristic, empowered space – highlighting the assets and resources that already exist within the community. It is centered around food, one of our most pressing needs, but also a powerful connector that can be used to strengthen community relationships, explore a community's diversity of cultural traditions, and even build food sovereignty. The Community Kitchen is thus indeed an empowering concept, however the Mandela Uni and Ikhala Trust teams noticed

that the deep value of this work was not adequately communicated in the few pictures and reports available. This led the Hubs of Convergence team to reach out to the Departments of Photography and Graphic Design to consider a mutually beneficial collaboration in which students would gain a subject for study, and the HoC, Ikhala Trust, and most importantly, the Community Kitchens themselves, would gain images and design work that better communicates the work they do. Seen through the lens of Mandela University's Vision 2030, this collaboration signifies an important moment of converging key areas of the university's work: Teaching and Learning, and Engagement. For the Hubs of Convergence, this is no less than an opportunity to explore what it means to be a university in service of society. Adjacent to Cape Road lies an expanding, self-reliant, active community hidden behind the tall trees of Greenbushes and an extensive brick wall. Our journey starts here, in Kuyga. With dogs running around freely and children playing with their friends, the residents of Kuyga are lively and teaching themselves the importance of self-empowerment through developing their skills and knowledge. As we arrive at Shelly Canzibe's home, one was warmly greeted by Shelly herself (who runs the Kuyga Community Kitchen), Unathi Meslane and a Reverend belonging to All Saints Anglican Church – both of whom form part of the Ikhala Trust. After indulging in some fresh apples soaked in water, we received an overview of the community tour that would proceed, including a visit at the Daffodils' creche and seeing how the Ikhala Trust and Kuyga Community Kitchen work hand-in-hand to actively bring





while teaching residents significant life skills to become independent individuals without sole government reliance. Our short walk to the creche allowed us to view the desired plot that Canzibe wants to expand the Kuyga Community Kitchen on – it also stands a stone throw away from the creche. It is here when we notice all the vegetable and herb gardens that most houses have, including Canzibe. These self-made gardens help with food nourishment and ensures that everyone is eating organically or as the Reverend says, “It’s something else to give them food, but if it does not have any nutritional value, we are just wasting our time”. The enriching and sustainable practices come into play, and everyone fully embraces it. Focusing on the needs of the Kuyga residents and what they possess – skills and knowledge – is the fundamental focal point of Ikhala Trust, Kuyga Community Kitchen and the Hubs of Convergence in association with Nelson Mandela University. Our tour proceeded with a visit to the creche and viewing a dress-up ceremonial wedding performed by two children and witnessed by other children. As we made our way through the street, we spoke to Bulelwa Patikala, a resident in Kuyga. Proving that the community is sustainable, Patikala has two massive vegetable and herb gardens consisting of a peach

and apple tree, a water tank, and recycling bin. Other houses we passed also had a similar set-up. Walking up a slight hill, behind some houses sit three churches: St Johns, Zion, and Old Ethiopian Church. Making our way back to Canzibe’s house, where the Kuyga Community Kitchen is held, other women who help in assisting preparing and serving the food, are there with eager children waiting patiently for their food. Before food is served into their individual lunchboxes, Meslane ensures that all the children are neatly presented and have clean hands – a practice done to teach little children manners and to look after yourself. Something great that Kuyga residents do amongst themselves is seed sharing – enabling everyone to have access to nutritional food. It is evident that after spending just a few hours at Kuyga, that its residents are optimistic, kind and free-spirited people. The practices that everyone partakes in proves that when people come together for good reasoning, life changing things take place – no matter how small these changes are.

Unathi Meslane (Ikhala Trust): 063 871-7335

Shelly Canzibe (Kuyga Community Kitchen): 073 518-3515

“It’s something else to give them food, but if it does not have any **nutritional value**, we are just wasting our time”





PHOTO BY: DIANA LENDRUM

i t h e m b a

stories of resilience

