



## Pebbles Project Trust

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### PEBBLES PROJECT CLOUDS FOUNDATION – PROGRESS REPORT JULY 2016



| PROGRAMME  | OBJECTIVES   | PROGRESS   |
|--|--|--|
| <p data-bbox="73 153 421 185"><b>OUTDOOR PLAY AREAS</b></p>   | <p data-bbox="696 153 1267 288">To provide stimulating and educational outdoor environments to 9 ECD centres. To maintain the upkeep of the outdoor play areas that were erected during 2014 to 2015.</p> <p data-bbox="696 328 1182 392">To assist children to practise and master emerging physical and gross motor skills.</p> <p data-bbox="696 432 1200 496">To assist children with cognitive and social development.</p> <p data-bbox="696 536 1267 711">The long term goal is to provide each ECD centre with a sensory outdoor play area which will include pathways to explore, hills to climb and roll down, water features, sandpits, scented plants and rocks to climb.</p> | <p data-bbox="1290 153 1599 185"><b>New outdoor play areas</b></p> <p data-bbox="1290 193 2152 400">During this time period the jungle gym at Kid’s Kingdom in Muizenberg was erected. Construction has also started for the jungle gym at Remhoogte. Another proposal was sent in for a jungle gym at Lwandle and has been approved. The children and teachers are eagerly awaiting their new playground. After the completion of the Remhoogte project, Lwandle and Delheim’s jungle gyms will be erected.</p> <p data-bbox="1290 472 1653 504"><b>Muizenberg playground before</b></p>  <p data-bbox="1290 975 1630 1007"><b>Muizenberg playground after</b></p>  |

## NUTRITION PROGRAMME



## ECD PROGRAMME

The goal of the Nutrition programme is to provide each ECD child attending a wine farm ECD centre (approximately 300 children in 2015) with a nutritious breakfast and lunch to ensure they are receiving optimal nutrients through a healthy weekly menu plan.

Specially prepared meals will be bought in bulk, delivered to each ECD centre where the staff will serve it. This system reduces the workload of the ECD centre staff and also reduces the potential for food to become spoilt or used beyond best-before dates.

## ECD PROGRAMME PROGRESS

We are happy to announce that the two ovens have been installed and are working great. Macbrothers have helped us every step of the way with installation, consultation, advice as well as training the staff at Shiloh on all the features so that they can use the ovens efficiently.

The kitchen manager at Shiloh, together with the nutrition programme manager have been testing various baked meals and converting some of the original stews into baked meals. The programme has implemented five new baked meals, those being; cottage pie, macaroni and cheese, a pilchard pasta bake, chicken pie and the traditional South African dish of bobotie. The smaller ECD children (6 months - 2 years) will continue to receive stews as it's easier for them to eat and digest.

The programme continues to provide additional support and food to those children who are underweight and at risk. Together with the Owethu Clinic and the Pebbles Project social workers, the programme is currently working with five families whose children are severely underweight, as well as one family whose child is severely overweight. Socio economic problems such as poor attendance at the ECD centre, no money for food at home/on weekends, alcohol abuse etc. play a major role in the children not gaining weight.



## ASC PROGRAMME

The goal of the nutrition programme for the After School Clubs (ASC) is to provide 300 school going children with a cooked lunch and a fruit or yogurt snack daily. It is the same menu for the ECD and ASC centres which is made and bought in bulk and delivered to the centres.

For most of the children these will be the only substantial meals of the day and are guaranteed to be meals that will provide 100% of the nutrition that they require to grow and learn.

## ASC PROGRAMME PROGRESS

The ASC learners are thoroughly enjoying the new variety and quality of the baked meals while still receiving their daily vitamins and minerals.

The programme has met with Eikendal ASC to assess the impact of the baked meals and if the new meals have changed the attitude of the learners towards the nutrition programme. The feeding times and logistics were also discussed with the teachers at this centre to further improve the everyday running of the nutrition programme.

The senior class at Flenterskloof ASC attend art classes every Monday at a studio in Stellenbosch. The nutrition programme makes provision for this by providing a sandwich and fruit package so they don't miss out on lunch when they are away from the centre.

During the June school holiday programme, provision was made to provide all the ASC learners with a sandwich, fruit and yogurt snack for lunch every day. The programme also provided popcorn and hot chocolate for the learners to enjoy on the cold winter days while watching their favourite movies hired from the mobile book and DVD library.

Thank you for your generous funding for our programmes.

Estee du Toit – General Manager

Rachel Ward – Nutrition Programme Coordinator

The Pebbles Project Trust

July 2016

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