

Waves for Change

2015 Annual Summary

Waves for Change

February 2016

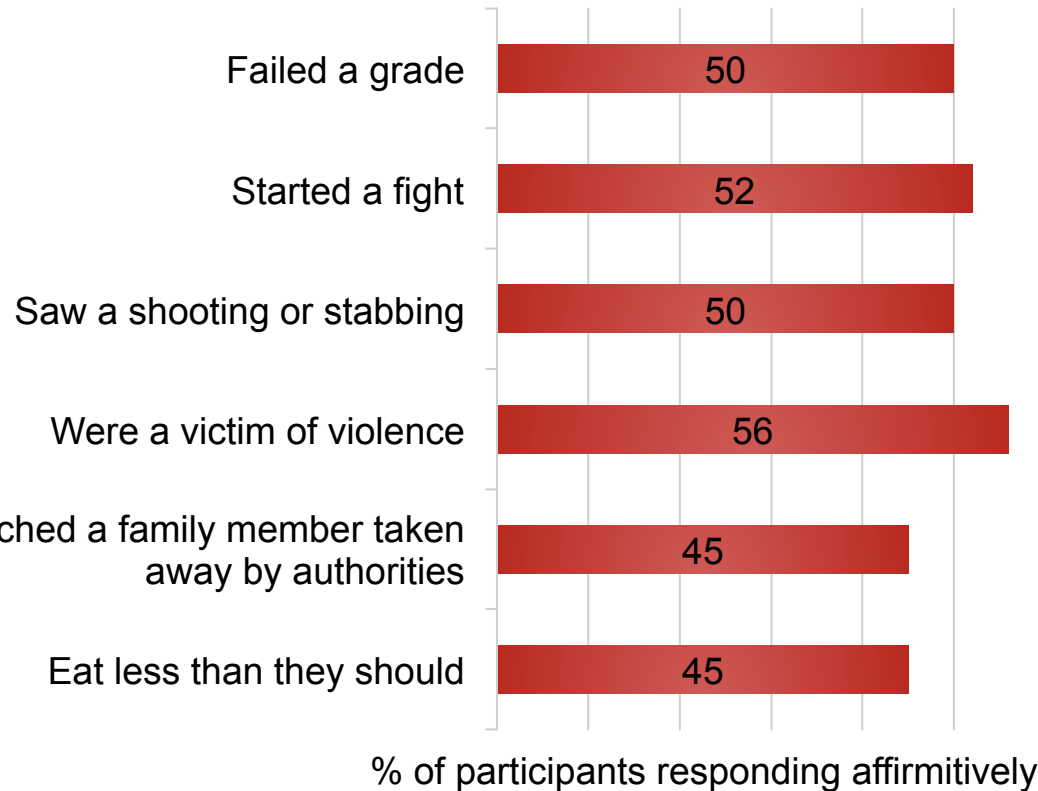


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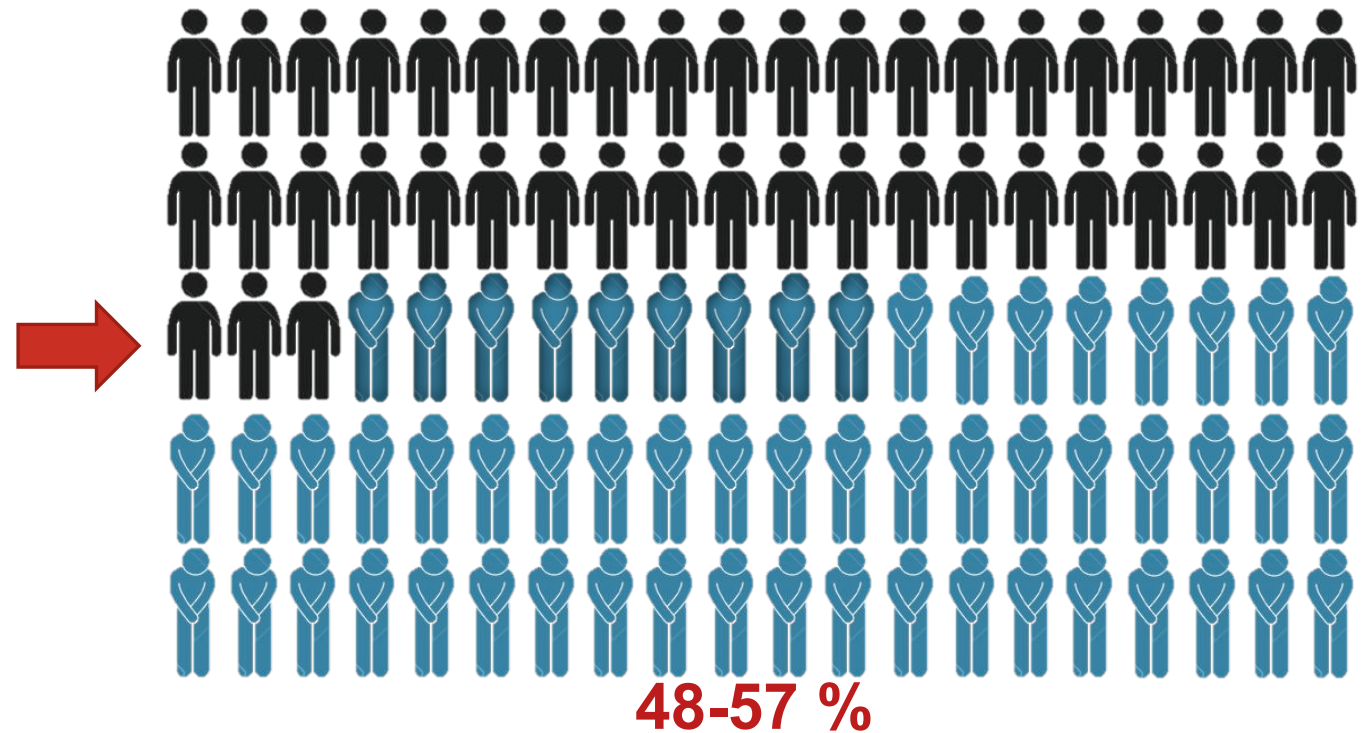
- What's the Challenge?
- Making Waves – W4C in 2015
- Where W4C is headed next

Violence, Poverty & Neglect traumatising SA's youth and limiting life prospects

Poverty, Violence & Neglect...



...lead to emotional and conduct problems



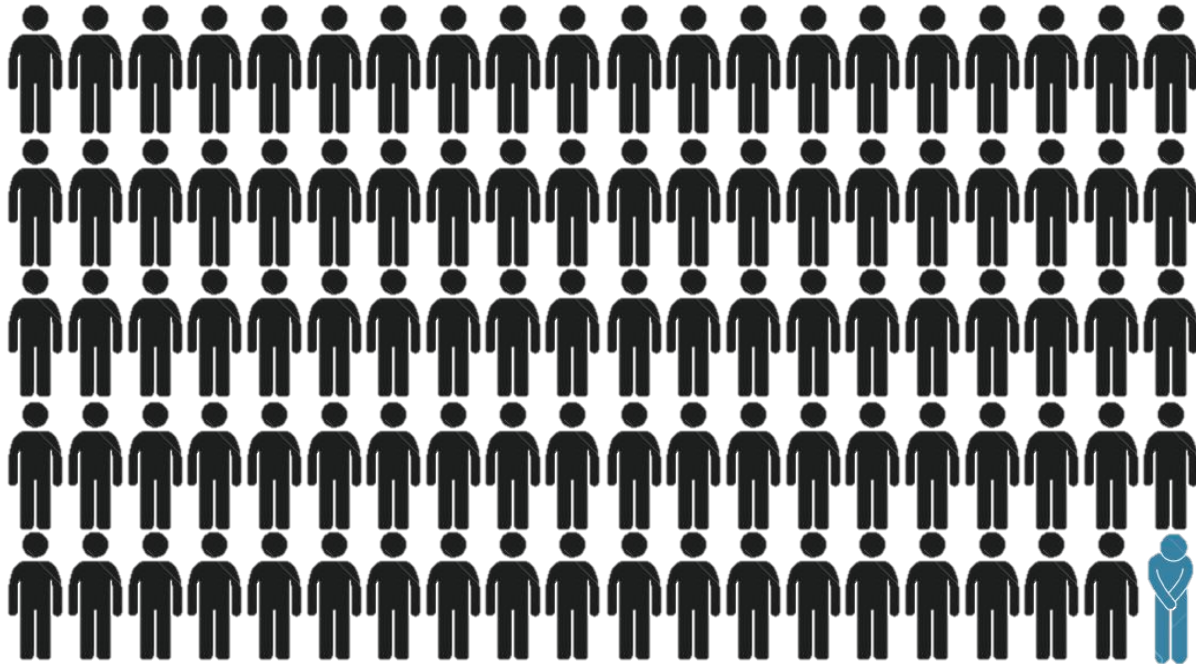
Emotional Symptoms & Conduct Problems:

“22% of youth (from W4c target communities) are diagnosable with post-traumatic stress, 32% with dysthymia and 7% with depression²” Dawes, Ward, Matzouloulos 2013

Traumatised youth have limited access to psychological support and aren't attracted to existing programmes



Only 1% of South Africa's mental health staff are allocated to youth¹



US provides 5x the rate of mental health facilities for youth compared to South Africa⁴



Limited Access to psychological support at school:

- At W4C partner schools 1:30,000 social workers to learners.
- <5% of schools have resources to provide psychological support.²

Existing services not appealing to at-risk youth

"In Western Cape 2015, 50 000 learners attended flagship (government) programmes. 153 after-care facilities; 40 youth hubs; 4 youth cafes and 56 community centres; 100 city libraries and dozens of NGOs. Very few have positive outcomes. The problem was not provision of services but young people's willingness to use them."³

Youth need new programmes they choose to attend capable of addressing emotional vulnerabilities



Experts agree on key components of a successful after school program

Programme must be 'cool'	Presence of a mentor that commands respect but does not 'rule'	Access to difficult and risky tasks
Creation of a Safe Space & access to nutrition	Create opportunity to learn new skills	Access new opportunities and / or work
Succeed at difficult tasks and be recognised	Opportunity to learn and reflect	Create a strong sense of belonging

W4C covers all of the key components and more

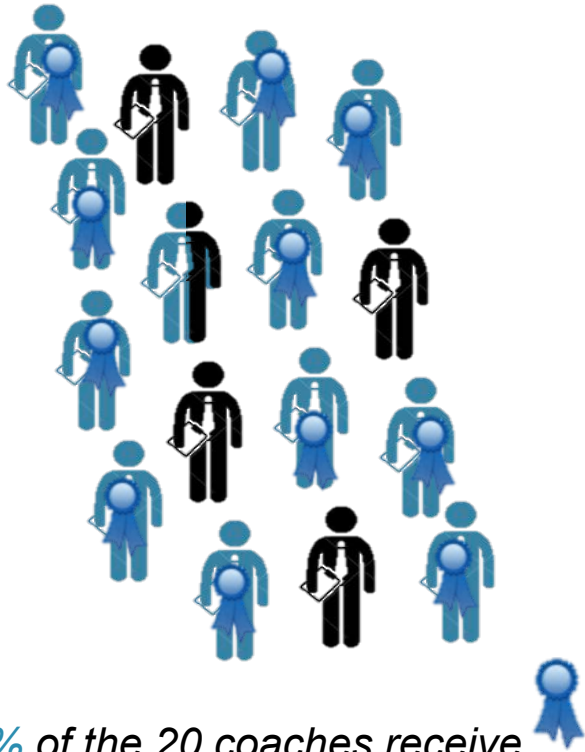
- **Surfing:** New to townships. Challenging, encourages introspection, rewards persistence and opens doors to employment in tourism and lifesaving. Proven to improve wellbeing of Military Veterans, Disabled Youth and Youth with Learning Disabilities globally.
- **W4C Beach Centres (Shipping containers)** child friendly spaces youth choose to attend and leverage unused resources in ocean-side townships.
- **W4C Service**
 - Community outreach to attract most at-risk youth
 - Skills Training, Resources & Mentoring to mobilise community coordinators
 - Surf instruction PLUS
 - Psycho-social services (support groups, counseling and W4C 'psychoeducation')
 - Competitions & lifesaving training
 - Parent and Teacher support groups

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Working with coaches, teachers, and parents W4C improved the prospects of 200 at risk youth in 2015

20 community coaches across 3 townships trained and mobilised



90% of the 20 coaches receive "great" to "amazing" responses from participants

40 teachers trained to refer 250 youth



80% of teachers report seeing improvement in W4C participants

140 homes visited to evaluate service.



74% report improvements in behaviour & attachment to school

87% of 200 youth engaged were considered 'high-risk'



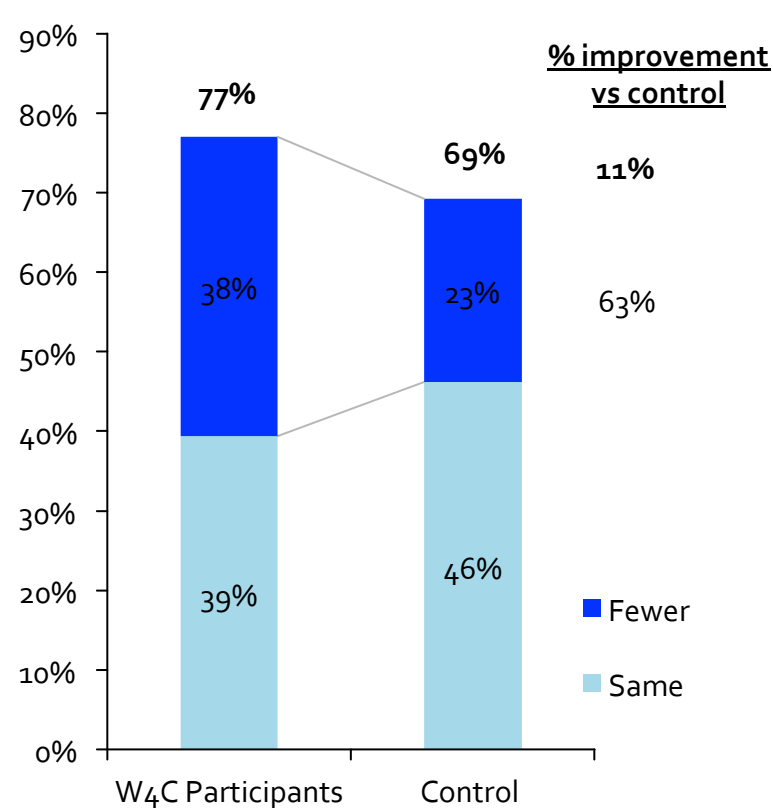
70% remained in programming for 1 year +

Independent study shows W4C participants experience fewer fights and traumatic events while improving agency

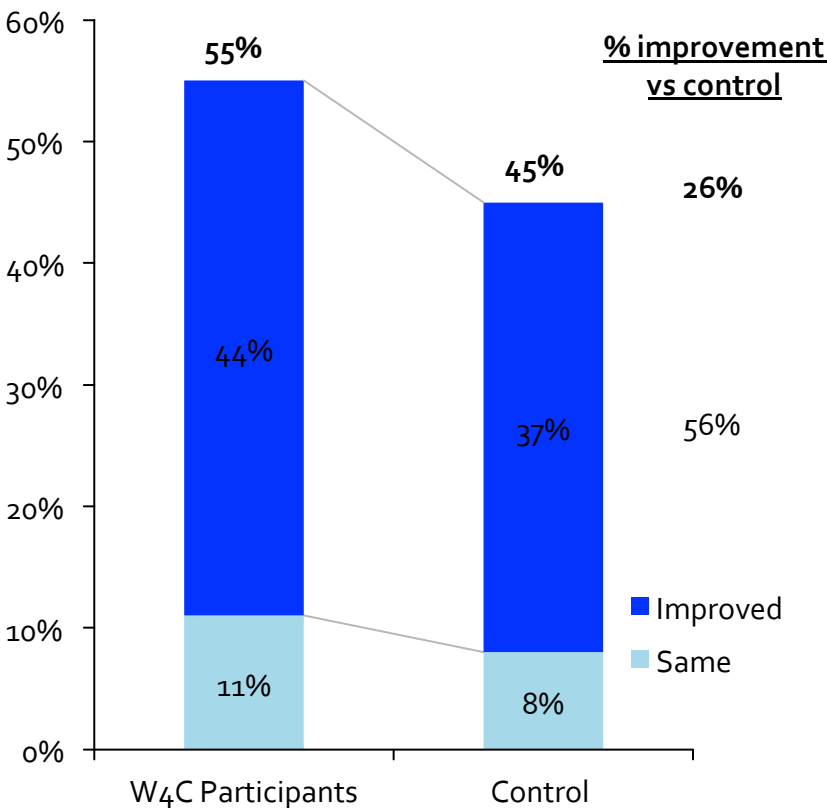


Participants in W4C Vs. Participants not in W4C (Sample 140 participants split to Treatment & Control groups)

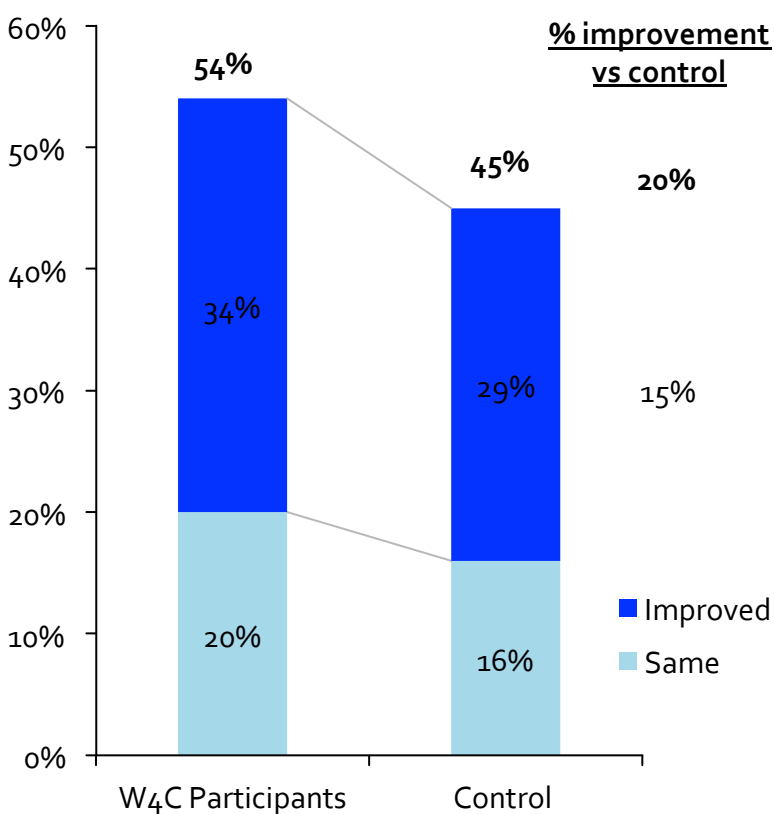
Treatment improves 63% over control for
STARTING FEWER FIGHTS



Treatment improves 56% over control for
IMPROVED FUTURE PROSPECTS



Treatment improves 20% over control for
DECREASED TRAUMATIC EVENTS

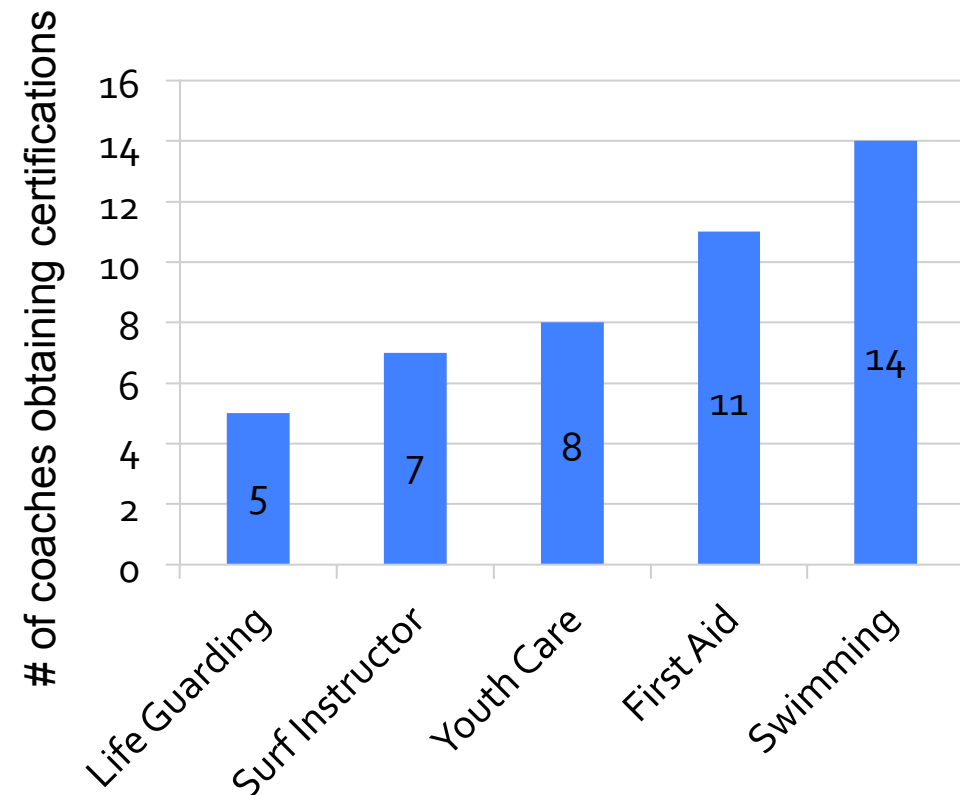


Source: 2015 W4C Randomized Controlled Trial (140 responses);
University of Cape Town Monitoring and Evaluation Program

Parents and participants agree, investing in local employees enables growth in youth



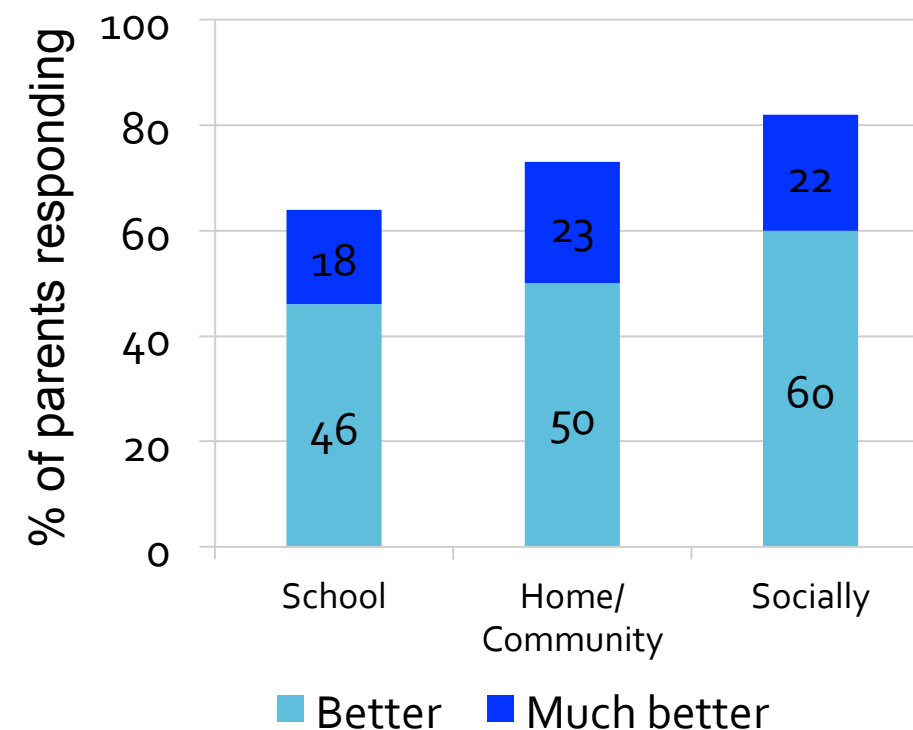
20 community coaches earn
45 external certifications in 2015²



90% of coaches
receive 'Great' or
'Amazing' scores
directly from
participants³;

50% of parents
cite coaches as the
main contributor to
participant
improvements

Majority of parents report growth of
participants at school, home, and socially¹



Source: 1. Parent interviews (n=40) 2015; % of parents responding to participants level of improvement from 'much worse' to much better

2. UCT Coach development assessment of 16 coaches, # of qualifications received through W4C program

3. Parent and participant interviews attributing participant changes and participant coach assessment (n=150); 65% attributed the change to surfing

2015 brought further validation through new media and partners

Numerous features across international media

Proud to receive awards and support from foundations

THE INDEPENDENT
ON SUNDAY



ALJAZEERA

NATIONAL
GEOGRAPHIC

TRACKS
THE SURFER'S BIBLE

SABC

theguardian



WINNER BEST AIRLINE AFRICA
SAWUBONA
YOUR FINE COPY

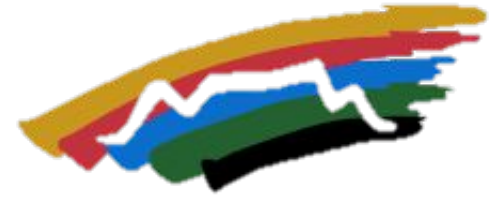
DGMT
THE DG MURRAY TRUST



Murray
& Roberts



BEYOND
SPORT



CHILDHOOD

WORLD CHILDHOOD FOUNDATION
FOUNDED BY H.M. QUEEN SILVIA OF SWEDEN



npr

surfer
THE ORIGINAL SINCE 1960



THE SUNDAY TIMES

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- Who W₄C reached
- Making Waves – W₄C in 2015
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In 2016 W4C will expand to reach more youth, sites, and partner NGO's



- Improve training & recruiting of Cape Town Staff to deliver best in class programming
- Grow number of participants attending Cape Town sites by 50%
- Augment Cape Town beachside infrastructure
- Mentor 1 surf and 1 non-surf programme to adapt and incorporate W4C curriculum & M+E tools
- Seeding of new walk-in W4C site in South Africa and beyond
- Develop of sharing network to plug partner organisations into W4C programming, and grow influence and impact of curriculum and research.