WAVES FOR CHANGE
#surftherapy

2016 Impact Report
Waves for Change (W4C) Theory of Change: Action Sports & Mentoring promotes mental wellbeing

<table>
<thead>
<tr>
<th>The Challenge: Millions of children from violent &amp; unstable communities experience trauma without access to emotional support (1 school social worker: 30,000 children)</th>
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<tr>
<td>Repeat Stressful Events</td>
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<td>Absent Caregiver</td>
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<td>Psychological challenge</td>
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<td>Risk behavior &amp; decreased life chances</td>
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<th>Evidence/Impact*</th>
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<tr>
<td>W4C youth experience 8+ per year vs developed world average of 5 per lifetime</td>
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<td>W4C youth conduct problem rate 60% vs world average of 2-10%</td>
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<td>$25,806: Est. annual social/economic impact per child with conduct challenges</td>
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<th>The Answer: Connect youth to caring adults, new peer groups, provide opportunities to succeed at challenging tasks &amp; learn new coping skills.</th>
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<td>Succeed at challenging tasks</td>
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<td>Caring Adult</td>
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<td>Coping Skills</td>
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<td>Positive self-identities and adopt healthy / pro-social behavior patterns.</td>
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*World Health Organization Prevention of Mental Disorders: EFFECTIVE INTERVENTIONS AND POLICY OPTIONS
The Waves for Change (W4C) Model

**Mission Statement**

W4C provides child-friendly mental health services in communities where mental health services are under-resourced & stigmatised. By providing safe spaces, access to consistent caring adults, weekly Surf Therapy sessions, and through connecting with parents and teachers, W4C helps young people from volatile backgrounds develop skills to regulate their behavior, build healing relationships and make positive life-choices.

**W4C coaches** are trained in surf coaching, lifesaving, child & youth care work, job readiness and are mentored by mental-health professionals.

Coaches conduct weekly home visits & monthly parent workshops

Coaches provide direct support to children

W4C participants receive 2-8hrs of surfing & mentoring per week & a home cooked meal

Teachers refer kids who would most benefit from W4C

Coaches conduct weekly school visits & twice annual teacher trainings

Parents receive additional information to support children
In 2015 we conducted 2 third-party evaluations in partnership with the University of Cape Town (UCT). The evaluators determined that the W4C model is plausible and should have the desired effect if delivered as intended.

The following recommendations were made for improved programming in 2016:

- Improve attendance/dosage
- Improve female attendance
- Simplify the curriculum
- Improve internal monitoring
- Address gaps in staff roles and diversity
- Increase support to coaches
In order to improve attendance we developed a caseload system. This meant that each child in the W4C programme is assigned to a coach.

Coaches conduct 1:1 sessions, home visits and follow-up on poor attenders.

Caseload performance is factored into site and coach performance reviews.

Results*:
- Attendance has grown across all 3 sites.
- Drop-out has reduced to 20%
- Of those who dropped out 30% have returned to the programme.
- 264 children have attended regularly from Feb-Nov. Our target was 250.

*W4C attendance registers, 2016
We learnt that girls felt scared to walk to the beach and also nervous to surf with the boys.

W4C listened to their voices and implemented the following:

- Girl-only sessions were introduced at two of three sites.
- To ensure safe access to the program, the organisation now uses bicycles donated by Global Bike through Beyond Sport and coaches now accompany the girls to the beach site.

This has resulted in female attendance growing from 13% to 28%*

“Surfing makes us strong on the OUTSIDE and on the INSIDE”
- W4C Focus Group data, 2016

Results*:
- Female attendance has grown from 13% in 2015 to 28% in 2016.

*W4C attendance registers, 2016
We learnt that our curriculum was too long and too complicated. The curriculum designer reviewed it, focused on key concepts that align with our mission statement and runs for 2 cycles.

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<th>Feb</th>
<th>Mar</th>
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<th>June</th>
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<tr>
<td>Wk 1</td>
<td>Intake</td>
<td>Session 4: Floating</td>
<td>Session 8: Peer Coach</td>
<td>S 17: Power Object</td>
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<td>S 17: Power Object</td>
<td>S. 17: Power Object</td>
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<td>Session 7: Peer Coach</td>
<td>Session 11: Take 5</td>
<td>S. 20: Post Test</td>
<td>Curriculem repeats existing kids remain in programme</td>
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<td>Session 3: Floating</td>
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Results*:
- Our target was for 75% of children to attend 75% of sessions. In fact, 85% have attended at least 75%.

*W4C attendance registers, 2016
To improve monitoring we hired a full-time Monitoring & Evaluation Manager. She implemented a new real-time monitoring system. She also trained site managers and assistants to capture data remotely.

Results:

✓ W4C now able to track implementation, in real-time, and can respond to programmatic challenges as they arise.
✓ Can action 1:1 sessions and home visits for participants with poor attendance and can refer individuals to the in-house social worker if necessary.
✓ Improved MEL system is also being used to improve the management of the program. W4C now sets attendance, 1:1, home visit and self-assessment targets for their coaches. These help monitor the quality of service delivery and implementation.
Gaps in staff roles and diversity addressed in 2016

The evaluations found that the organisation lacked staff in key positions and lacked cultural diversity (most management positions were filled by white foreigners). By early 2016 the organisation had formed an interdisciplinary (ID) team to manage programming, formed entirely of trained SA healthcare workers.

Results: The ID team is currently 100% South African consisting of 2 black males, 2 black females, 2 coloured females, and 1 white female. They meet weekly to reflect on the quality of programme delivery. W4C SA Programming is entirely SA owned!
Increased support to coaches in 2016

All our coaches are from the same volatile communities as our children and are therefore exposed to the same conditions. Through their caseload they are also exposed to reports of traumatic events. We now provide them with a weekly debrief session, access to a registered counsellor and trauma counselling certification.

Results*:

✓ 63% of our coaches “LOVE” their work; 26% “ENJOY” their work; 11% “DON’T MIND” their work
✓ 95% of coaches say W4C has improved their skills/qualifications
✓ 89% of coaches say W4C has improved their professionalism
✓ 83% feel like their ideas/input is valued
✓ 90% of coaches are satisfied with their team’s performance
✓ 68% of coaches are satisfied with their manager’s performance
✓ 45 External qualifications were obtained by our coaches in 2015/2016

*W4C coach surveys, Nov (2016)
How W4C coaches described their work in 3 words*...
Highlights of our 2016 work*

- 92% of our participants say they feel happier and more confident
- 83% of our participants say they have learned more ways to calm down when they feel angry, sad or scared
- 75% of our participants’ caregivers see improvements in behaviour and school performance
- 98% of our participants rated their coaches as GOOD or AMAZING

- 321 homes visited
- 264 children attended regularly from March - Nov
- 65 teachers trained

- 56% of children say they talk to a W4C coach when they are upset
- 91% of children say they “ALWAYS” feel safe at W4C

- 42 children who didn’t know, now know how to escape from a rip current.

*Data collection from attendance registers, coach self-assessments & caseloads, child interviews and surveys, caregiver interviews, teacher training surveys, 2016

2 new sites! We have secured funding to open new sites in Port Elizabeth and East London and have recruited a new site manager in Khayelitsha!

“Since W4C, there is a decrease in crimes committed by school going children”

– Kuyasa Primary School Teacher
New caps and certificates for participants!

Children at all W4C sites received branded caps and certificates of completion at their year-end party. They have now completed their W4C ‘Course’ and will join W4C weekend surf clubs that provide additional mentoring and connection to opportunity…’
Masi Weekend Surf Club Members make history!

W4C graduates & members of our Masiphumelele weekend surf club made history in 2016 by becoming the first lifeguards from Masi township to serve at Fish Hoek beach. W4C weekend surf clubs provide graduates of W4C Surf Therapy courses with access to ongoing training and connection to new opportunities. Read the full story at: http://www.iol.co.za/false-bay-echo/news/masi-boys-break-new-grounds-in-lifesaving-7186299
Global Exposure: Freedom Riders Documentary

A team from the **Australian Broadcasting Corporation (ABC)** visited us in 2016 and created an amazing documentary which follows the stories of Apish, Noncedo and Likho, learning about **life in South Africa's townships and surfing's transformative rise**. The documentary aired on primetime TV in Australia, at the WSL J-Bay pro and at film festivals in South Africa, raking up thousands of views! You can view the documentary on our homepage [www.waves-for-change.org](http://www.waves-for-change.org)
Global Exposure: Media, Awards & New Partnerships

Numerous features across international media

Proud to receive awards and support from foundations

200,000+ documentary views

2500 Instagram followers

7000 Facebook followers
Recommendations from our beneficiaries for 2017

- Finding donations for children's clothes, food parcels.
- Finding a way to help children with their homework.
- Improve disengagement plan for graduates.
- Have an Open Day to attract and inform potential participants and caregivers of W4C.
- Improve safety for children who walk to the sites.
- Be flexible but listen to coaches when they voice concerns about programme changes.
Goals for 2017

- **Grow Cape Town** programme (from 250 to 400 participants)
- **Launch new sites** in Port Elizabeth, East London and Harper (Liberia)
- **Develop community of practice** to share learnings with Sport & Therapy organisations worldwide
- **Complete a third party evaluation** of W4C’s impact on stress & health responses

**Improve Coaches & Programme** performance:
- 85% caseload completion
- 80% of children attend at least 75% of W4C sessions
- 100% of children ALWAYS feeling safe at W4C
- 100% of children say they would talk to a coach if they are upset
Questions or comments?
Interested in knowing more or collaborating with us?
Know of any conferences we could be part of?

Please visit or contact us on the following:

Facebook: https://www.facebook.com/WavesforChange/
Website: http://www.waves-for-change.org/
Freedom Riders Documentary: http://www.waves-for-change.org/freedom-riders/

info@waves-for-change.org
+27(0)21 788 2910
Main Road, Muizenberg, Cape Town, South Africa

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