

S o H k

SCHOOL OF HARD KNOCKS

ANNUAL REPORT: 2023

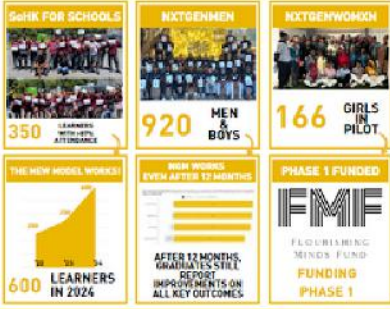


OVERVIEW

The tracking of a range of behavioural, social and, where necessary, the provision of personal, specialised, mental health support, provided by experienced professionals.

SoHK's Nation programmes - *NxtGenMen* and *NxtGenWomxn* - are at different stages, but across these programmes, our monitoring and evaluation data indicates robust impacts on self-awareness, emotion regulation and mental health. Importantly, in the case of *NxtGenMen*, our data indicates ongoing impact, a full year after participants completed the programme, with a significant positive impact on attitudes towards gender, gender equality, and gender-based violence.

2023 IMPACT HIGHLIGHTS



HELLO FROM THE TEAM

INTRODUCTION

SoHK FOR SCHOOLS

NXTGENMEN

NXTGENWOMXN

FINANCES

HOW TO DONATE

THANK YOU

OVERVIEW (2023 IN A NUTSHELL)

In 2023, the School of Hard Knocks has worked with over 1 400 people, and has been able to create real impact with these individuals and with their communities: Through SoHK's programmes, which combine sport and mental health interventions, our team has helped our participants be better placed to realise their potential.

In 2023, SoHK's flagship programme, SoHK for Schools, reached more learners, more often, working with 350 high school learners on a weekly basis. Over the course of the year, SoHK's coaches formed trusted relationships with these learners. These relationships underpinned the teaching of a range of behavioural and coping skills and, where necessary, the provision of additional, specialised, mental health support, provided by experienced professionals.

SoHK's NxtGen programmes - NxtGenMen and NxtGenWomxn - are at different stages, but, across these programmes, our monitoring and evaluation data indicates robust impacts on self awareness, emotion regulation and mental health. Importantly, in the case of NxtGenMen, our data indicates ongoing impact, a full year after participants completed the programme, with a significant positive impact on attitudes towards gender, gender equality, and gender-based violence.

2023 IMPACT HIGHLIGHTS

SoHK FOR SCHOOLS



350

LEARNERS
WITH >87%
ATTENDANCE

NXTGENMEN



920

MEN
&
BOYS

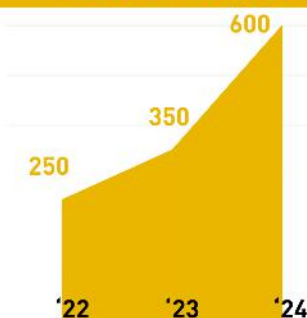
NXTGENWOMXN



166

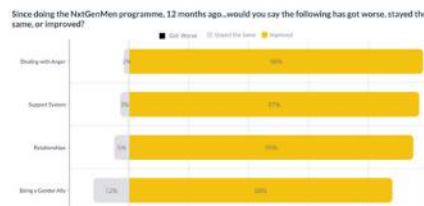
GIRLS
IN
PILOT

THE NEW 'WHOLE GRADE' MODEL WORKS!



New model increases participation, allows >70% growth, to 600 learners

NXTGENMEN WORKS EVEN AFTER 12 MONTHS



AFTER 12 MONTHS,
GRADUATES STILL
REPORT
IMPROVEMENTS ON
ALL KEY OUTCOMES

PHASE 1 FUNDED



FLOURISHING
MINDS FUND

FUNDING
PHASE 1

OVERVIEW

HELLO FROM THE TEAM



Our annual report pays testament to the impact that the hard work and commitment of the SoHK team has had in 2021. Across our three programmes, SoHK's coaches work with boys and girls, men and women, helping these participants to be better placed to realise their potential, to be better placed to address the trauma and mental health challenges that they face. Personally speaking, it is a great privilege to be involved in this work, and to be part of this empathetic and dedicated team, who inspire me on a daily basis.

While we are proud of what we have been able to realise this year, we recognise the increasing need for mental health support in South Africa, and that this requires that we expand our programming, while maintaining (or increasing) the high standards that we have set. We need to grow in the coming years, sustainably, and intend to ensure that, however many people we are reaching, our organisational values of excellence and empathy shine through.

INTRODUCTION

SoHK FOR SCHOOLS

NXTGENMEN

NXTGENWOMXN

FINANCES

HOW TO DONATE

THANK YOU

HELLO FROM THE TEAM



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While we are proud of what we have been able to realise this year, we recognise the increasing need for mental health support in South Africa, and that this requires that we expand our programming, while maintaining the high standards that we have set - or, hopefully, by raising the bar even higher. We intend to grow sustainably in the coming years and ensure that, however many people we are reaching, our organisational values of excellence and empathy shine through.

The SoHK delivery team is fortunate to have been supported by a dedicated and thorough Board of Directors, each of whom willingly volunteers their time. This commitment is deeply appreciated. And, of course, none of work would be possible without the support we receive from our partners and funders. We are appreciative of every contribution, and we take seriously our obligation to use the donations that we receive efficiently and effectively, to realise real change in our societies.

A handwritten signature in black ink, appearing to read 'Jon Hunter-Parsonage'.

Jon Hunter-Parsonage

OVERVIEW

HELLO FROM THE TEAM

INTRODUCTION

THEORETICAL FRAMEWORK

The *Attachment, Regulation and Competency* (ARC) framework is a flexible, components-based intervention developed for individuals who have experienced complex trauma, along with their caregiving systems.

ARC's ultimate goal is to support individuals in effective engagement in the world, in a manner that is empowered and future-oriented, rather than focused on survival.



SoHK FOR SCHOOLS

NXTGENMEN

NXTGENWOMXN

FINANCES

HOW TO DONATE

THANK YOU

The School of Hard Knocks seeks to use sport and mental health interventions to improve the life outcomes of people in South Africa. We seek to help people, particularly those who would not otherwise have access to mental health resources, address the trauma that they have experienced, aiming to bring about meaningful social change and to help people to be better placed to realise their potential.

We recognise that trauma, on a macro and a micro level, is endemic in South Africa, for a range of reasons

This impacts different communities and individuals in different ways

Failure to address trauma can cause the intergenerational transmission of trauma, poverty and other struggles

SoHK seeks to address trauma by:

- Creating a safe space that encourages sharing, learning and support
- Providing access to mental health resources
- Deconstructing gender norms that contribute to harmful behaviours

OUR VISION

A South Africa where people are better able to fulfil their potential and be active citizens, by understanding and addressing trauma.

OUR MISSION

Our mission is to increase access to evidence-based mental and emotional wellbeing interventions through sport, with the intention of bringing about meaningful social change.



dialogue

The MTN Awards for Social Change 2021



WINNER

WINNER

Hollard. SPORT INDUSTRY AWARDS

FINALIST

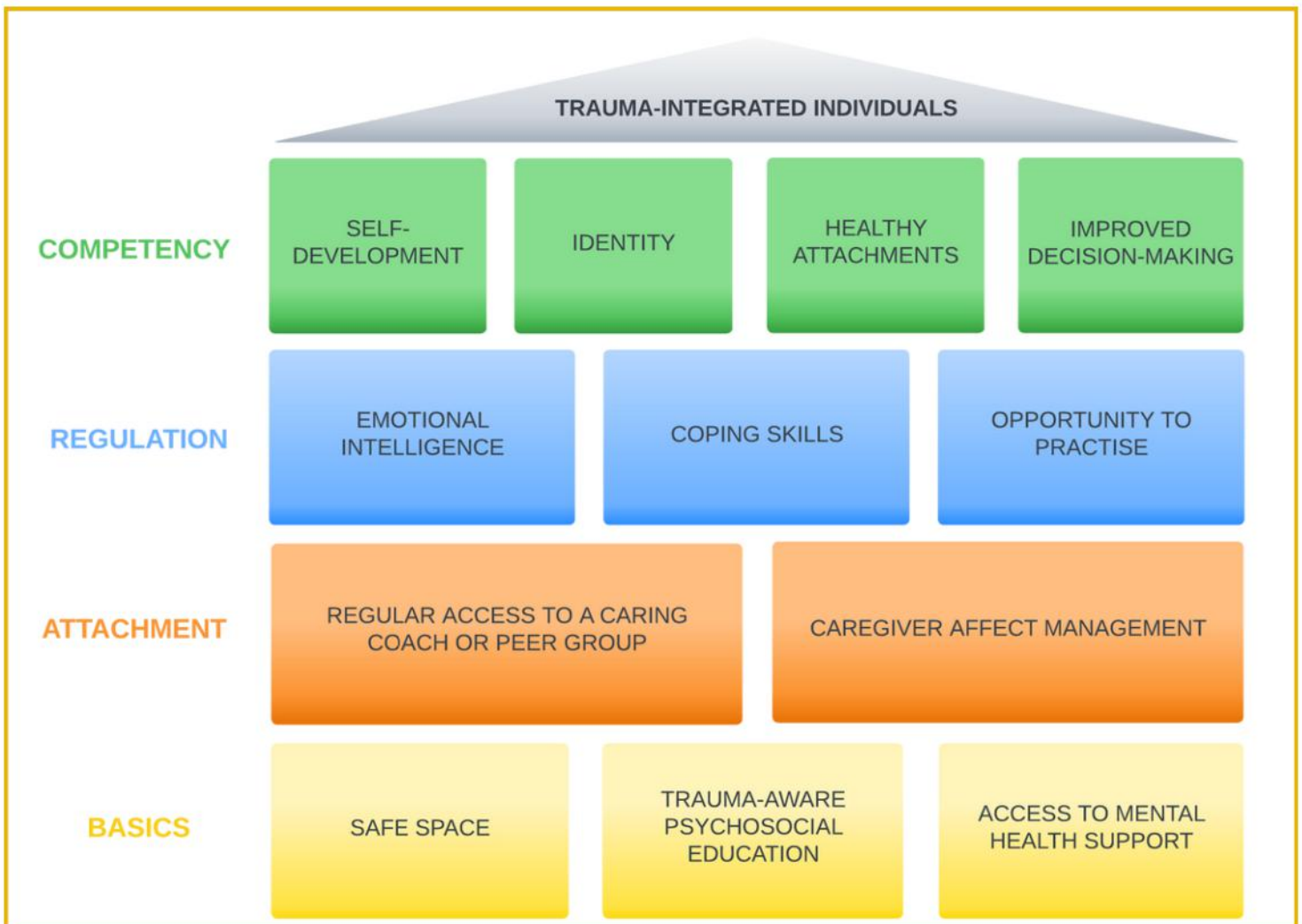


“TACKLING TRAUMA TOGETHER”

THEORETICAL FRAMEWORK

The **Attachment**, **Regulation** and **Competency** (ARC) framework is a flexible, components-based intervention developed for individuals who have experienced complex trauma, and their caregiving systems.

ARC’s ultimate goal is to support individuals in engaging effectively with the world, in a manner that is empowered and future-oriented, rather than focused on survival.



SoHK for Schools

A year-long programme embedded in no/low fee schools, aimed at providing underserved learners with adult support, lay-counselling and behavioural interventions, all of which are intended to improve their mental wellbeing



In 2023, SoHK for Schools partnered with 5 schools based in Cape Town CBD

NxtGenMen

NxtGenMen is a 6-session intervention aimed at reducing violence perpetrated by men - and, in particular, to reduce violence against women. Aimed at men and boys, the programme promotes healthy masculinity and introduces coping strategies to improve emotional distress tolerance.



In 2023, SoHK delivered NxtGenMen in 3 ways:

① Direct delivery

② Training partner organisations to deliver NxtGenMen

③ Overseeing partners delivering NxtGenMen

NxtGenWomxn

NxtGenWomxn is our new programme, currently in its pilot phase. The programme provides adolescent girls and young women with the mental health resources to better deal with the challenges they face. To date, the programme has worked with **160+** women and girls.



After a successful pilot phase in 2023, SoHK is ready to roll-out phase 1 of NxtGenWomxn in 2024

OVERVIEW

HELLO FROM THE TEAM

INTRODUCTION

SoHK FOR SCHOOLS



"The grade 7 teachers all comment on how the whole vibe of the grade has changed, they are calm and more in control of themselves."
Ms Isaac, Principal,
Harold Crease High

"We have seen a remarkable difference across the entire grade, and the teachers agree, undoubtedly, that is all due to SoHK."
Ms Manning, Deputy Principal,
Good Hope Secondary High

Dwain was always early to sessions, and made sure to encourage her friends to attend. After learning about "Box breathing" as a coping mechanism, she became very outspoken about how she has used it successfully to counter many anxiety-provoking situations. This led to more and more participants trying it out, and also to reflect on how it was helping them to be more calm. At the beginning of the year, she did not have any school accolades, but at the end of the year, she proudly came to tell the coaches how she has been awarded various awards and badges.



Desandre joined the programme just wanting to play touch rugby. He was not interested in any of the emotional wellbeing or life skills aspects. His life goal was to become a "drug lord". Throughout the year, he became more engaged, eventually seeking out coaches to have pitchole therapy to discuss difficult things he was dealing with. He also showed strong

NXTGENMEN

NXTGENWOMXN

FINANCES

HOW TO DONATE

THANK YOU



S o H K

SCHOOL OF HARD KNOCKS

FOR SCHOOLS



SoHK for Schools is SoHK's flagship project. Through a 26-week programme, spanning the school year, SoHK's trained coaches build relationships with the learners at no-fee or low-fee schools located in and around the Cape Town CBD, providing psycho-social support and a range of coping strategies to improve the mental health and long-term outcomes of SoHK's learners. The programme provides additional professional support to participants in acute mental health situations.



THEORY OF CHANGE

ASSUMPTIONS

Based on research we have conducted or have incorporated from other programs we make the following assumptions:



OUR ASSUMPTIONS UNDERPIN 3 PILLARS OF THE SCHOOLS PROGRAMME

THE SAFE SPACE

SoHK seeks to create an emotional safe space that is supportive, fun and gender sensitive, where people are heard, and are treated with respect



THE HARD KNOCKS

Physical challenges create the platform for behavioural change - when physically challenged, and emotionally supported, our participants are better able to learn new information and explore new ideas.



THE CARING ADULTS

When children feel cared for, it enhances feelings of safety, well being and belonging. At every session, there are five coaches, who, over the course of the year, build deep relationships with the learners.

THESE PILLARS HELP US TO REALISE THE GOALS OF THE PROGRAMME





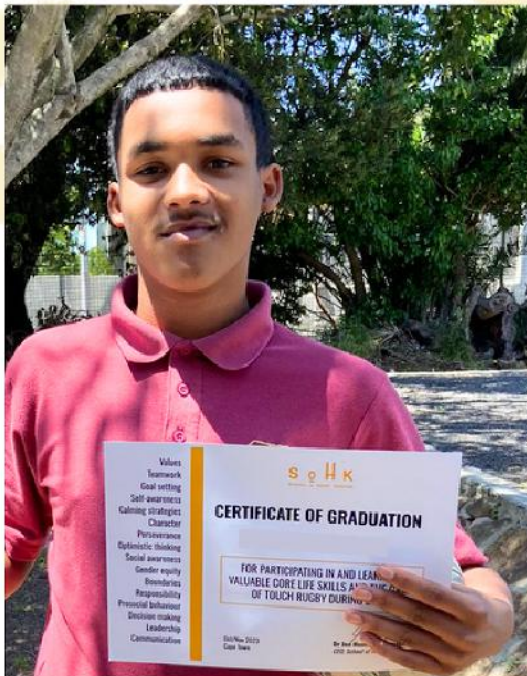
“The grade 9 teachers all comment on how the whole vibe of the grade has changed, they are calm and more in control of themselves.”

-Mr Isaacs, Principal,
Harold Cressy High School

“We have seen a remarkable difference across the entire grade, and the teachers agree, undoubtedly, that is all due to SoHK.”

-Ms Monnig, Acting Principal,
Good Hope Seminary High School

Oka (pseudonym) was always early to sessions, and made sure to encourage her friends to attend. After learning about “box breathing” as a coping mechanism, she became very outspoken about how she has used it successfully to counter many anxiety-provoking situations. This led to more and more participants trying it out, and also reflecting on how it was helping them to be more calm. At the beginning of the year, she did not have any school accolades, but at the end of the year, she proudly came to tell the coaches how she had been awarded various awards and badges.



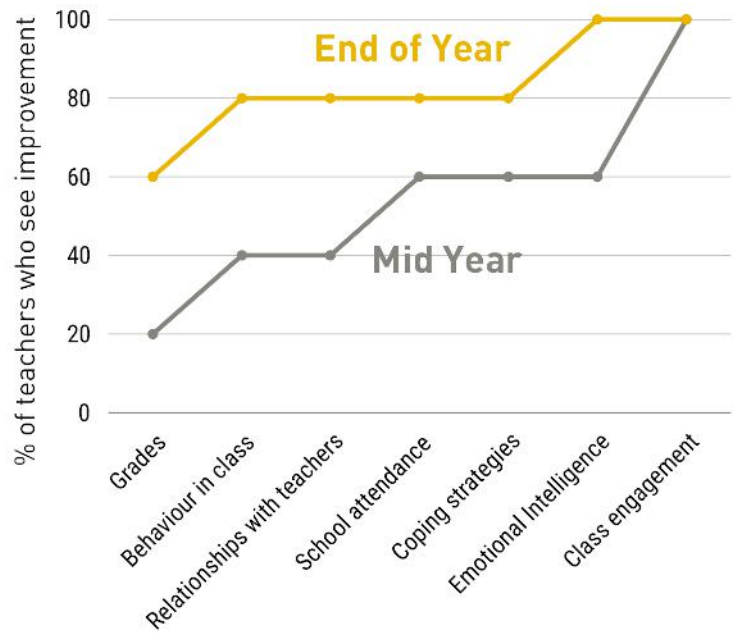
Kai (pseudonym) joined the programme just wanting to play touch rugby. He was not interested in any of the emotional wellbeing or life skills aspects. His life goal was to become a “drug lord”. Throughout the year, he became more engaged, eventually seeking out coaches to have pitchside therapy to discuss difficult things he was dealing with. He also showed strong leadership potential and became a motivator and ambassador for the SoHK programme in his school, assisting us in transitioning the school to the new model in 2024, where SoHK will work with the entire grade 9 cohort. He is now determined to finish school and is no longer interested in becoming a drug lord.



2023: 71%
2022: 35%

	2023	2023 vs 2022
# of learners	350	↑44%
# of sessions	278	↑47%
dosage	87%	↑36%
1:1s	8023	↑1000%
Teachers Trained	74	
Parents reached	213	

"As an educator, have you noticed improvements in any of the following?"



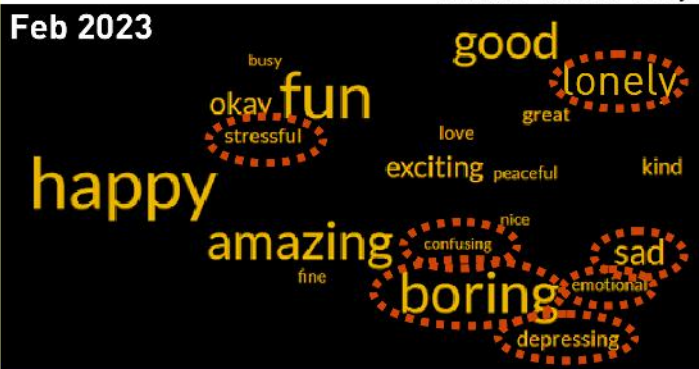
"Describe yourself/your life in 3 words"

Participants were asked to describe themselves in 3 words.

At the beginning of the year, in the TOP 20 MOST FREQUENT WORDS, 7 were **negative**.

At the end of the year, are all positive.

Feb 2023



Nov 2023



"What have you learned at SoHK this year?"

How to have better relationships

97%

How to calm down

83%

Knowing when and how to set boundaries

81%

Knowing myself better

80%

How to make better decisions

80%

How to set goals

79%

Learning about gender equality

79%

0 20 40 60 80 100



Offering SoHK for Schools to all learners in a grade reduces stigma and improves attendance and engagement. Previously, the sessions were 'opt in' or participants were placed in the programme by educators.



Educators are eager to have the opportunity to learn more about trauma and its impact on learners, and more opportunities for this should be created.



The ongoing and reliable presence of SoHK coaches across the entire school year encourages learners to share more deeply - many important disclosures were made in the second half of the year.

SoHK FOR SCHOOLS: 2024 TARGETS



600

participants in SoHK for Schools' programmes

15600

total hours of contact time

2400

pitchside therapy sessions

Caregiving systems:

50%

growth in active engagement with participants' caregivers

10

Teacher trauma awareness workshops, aiming to reach at least 80 educators

OVERVIEW

HELLO FROM THE TEAM

INTRODUCTION

SoHK FOR SCHOOLS

NXTGENMEN

Activities
The NextGenMen programme, a rigorously tested gender transformational content aimed at promoting more positive masculinities and coping strategies, led by trained facilitators.

IMPROVED COPING STRATEGIES

IMPROVED RELATIONSHIPS WITH SELF AND OTHERS

REDUCTION IN PERSONAL AND COMMUNITY VIOLENCE AS A RESPONSE TO CONFLICT

Improved physical, mental and emotional wellbeing

Greater support for gender equality and non-violent attitudes

Positive change in the adoption of equitable gender roles.

NextGenMen as a pillar and active stand for gender equality and against VAW/GBV



NXTGENWOMXN

FINANCES

HOW TO DONATE

THANK YOU



NXT GEN MEN

NXT GEN MEN

Across the world, narrow notions of masculinity present an obstacle to the realisation of gender equality, and harm both males and females. The present-day crisis of masculinity manifests differently across different societies, but is clearly observable in South Africa, where there is a vast chasm between some of the most progressive gender legislation in the world and the violent reality on the ground - a reality that has traumatic, and often fatal, consequences for individuals (male and female), families, communities and society:



>50% of murders of females in South Africa are committed by intimate partners

85% of murder victims in South Africa are male, as are 70% of assault GBH victims

Studies indicate that 1 in 4 men in SA has admitted to having committed rape

In 2019, 13 774 people in SA were recorded to have taken their own lives - 10 861 of these were male

Theories as to the particular dimensions of the crisis in South Africa are multiple, but many of these theories engage the deep-seated, ongoing gender inequality and an enduring 'hypermasculinity', which prizes aggression and strength, and which has a strong presence across communities in South Africa.

NEED

Men, in South Africa and around the world, need to be exposed to an approach to masculinity that enables men to engage with women as equals, and with programming that provides men with cognitive and practical skills that equip them to stand against violence. NxtGenMen seeks to answer this need.

NXTGENMEN AIMS TO ENGAGE MEN, INDIVIDUALLY AND COLLECTIVELY, TO BRING ABOUT CHANGES IN ATTITUDES TOWARDS GENDER AND MASCULINITY.

THE PROGRAMME AIMS TO HAVE A DUAL IMPACT:

- 1) REDUCING VIOLENCE AGAINST WOMEN AND GIRLS; AND**
- 2) IMPROVING MALE MENTAL HEALTH.**

Assumptions

- By creating a safe space where men can engage with sensitive and difficult topics, NxtGenMen allows men to challenge themselves and each other.
- By working through difficult material together, men create connections within a group, enhancing trust and the willingness of participants to be honest and vulnerable with each other, able and willing to provide support for one another, and to talk about feelings that they would not normally express.
- They feel heard and can exchange resources on how to cope better with life challenges.

Activities

NxtGenMen, a rigorously tested gender transformative programme aimed at promoting more positive masculinities and coping strategies, led by trained facilitators.



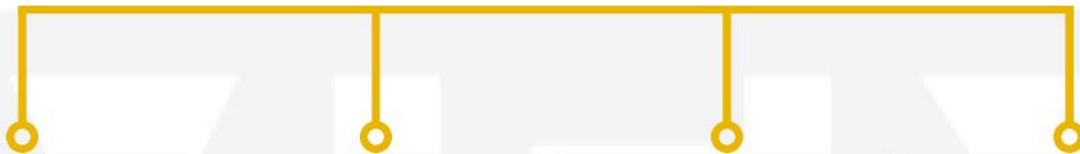
IMPROVED COPING STRATEGIES



IMPROVED RELATIONSHIPS WITH SELF AND OTHERS



REDUCTION IN PERSONAL AND COMMUNITY VIOLENCE AS A RESPONSE TO CONFLICT



Improved physical, mental and emotional wellbeing

Greater support for gender equality and non-violent attitudes

Positive change in the adoption of equitable gender roles.

NxtGenMen act as allies and actively stand for gender equality and against VAW/GBV



DIRECT DELIVERY

OVER THE YEAR THE SoHK TEAM DELIVERED NXTGENMEN TO VARIOUS GROUPS OF MEN AND BOYS, OVER MULTIPLE DAYS



NXTGENMEN LITE

A ONE-DAY SPORTS TOURNAMENT WHERE EACH TEAM IS ACCOMPANIED BY A NXTGENMEN FACILITATOR WHO RUNS THE NXTGENMEN SESSIONS BETWEEN MATCHES

TRAIN-THE-TRAINER

IN APRIL WE TRAINED 33 MEN FROM 15 ORGANISATIONS TO DELIVER NXTGENMEN TO THEIR OWN BENEFICIARIES



INDIRECT (PARTNER) DELIVERY

THE PARTNER ORGANISATIONS WHO ATTENDED THE TRAIN-THE-TRAINER PROGRAMME IN APRIL DELIVERED THEIR OWN NXTGENMEN PROGRAMMES





To embed the NxtGenMen programme in the teams with which we worked, and in the surrounding communities, we ask the teams to nominate Champions. These are men who are willing to attend additional training on conflict resolution, community resource mapping, and lay counseling. Champions then act as a local resource who community members can reach out to in times of crisis.

The Champions are also invited to attend SoHK's 3-day facilitator workshops, after which they are eligible for part-time employment as SoHK NxtGenMen facilitators. To date, 15 of the original NxtGenMen cohort, from 2022, have become trained facilitators and have assisted on our NxtGenMen Lite and School Holiday programmes.

Bavuyise Pingo, a NxtGenMen Champion and trained facilitator was invited to discuss his NxtGenMen journey from participant to facilitator on Zibonele FM, reaching more than 140 000 listeners.

Bavuyise is an example of a young man, dealing with a lot, who needed a safe space to explore alternative ways to cope. He grew from a frustrated young person, with violent tendencies, into a true ambassador for the NxtGenMen programme.

Bavuyise has been able to earn money working as a NxtGenMen facilitator in Khayelitsha and surrounding areas.



920

Men and boys attended sessions

17

Partnerships created with other organisations

405 799

Reached through Advocacy Campaign

NXTGENMEN HAS PROVEN EFFECTIVE IN A RANGE OF COMMUNITIES

% OF PARTICIPANTS WHO REPORT SUSTAINED IMPROVEMENTS ON KEY OUTCOMES AFTER 12 MONTHS:

COPING (SELF-REGULATION)

98%

RELATIONSHIPS

95%

GENDER ALLYSHIP

88%

MENTAL HEALTH

86%

50% OF MEN SHARED WHAT THEY HAVE LEARNED WITH OTHER MEN AND BOYS

WE SEE REDUCTIONS IN KEY ATTITUDINAL STATEMENTS IN PRE VS POST DATA:

67% ↓

"A man can hit his wife if she won't have sex with him."

71% ↓

"It is right for a man to beat his wife if she is cheating."

97% ↓

"If someone insults a man, he should defend his reputation with force."

87% ↓

"A man using violence against his wife is a private matter that should not be discussed outside the couple."

100%

OF PARTICIPANTS WOULD RECOMMEND THE PROGRAMME TO A FRIEND

**STEP UP
STAND UP
SPEAK UP**

**NXT
GEN
MEN**



Men engage deeply on ideas of gender, gender equality and behavioural change when they feel they are in a safe space.



The success and growth of the NxtGenMen programme is reliant on ensuring that the programme is located within people's communities - in terms of physical location and in terms of the NxtGenMen facilitators deployed.



Potential NxtGenMen delivery partners may be formally affiliated with other organisations, or may occupy informal positions of influence in their communities - SoHK should be open to working with a range of partners.

NXTGENMEN: 2024 TARGETS

1200

Participants in SoHK's NxtGenMen programmes

40

Partner organisations trained

1600

Boys and Men reached through partner organisations



Through its own programming and by training partner organisations, SoHK aims to have nearly 3000 men and boys attend NxtGenMen programmes in 2024

OVERVIEW

HELLO FROM THE TEAM

INTRODUCTION

SoHK FOR SCHOOLS

NXTGENMEN

NXTGENWOMXN



FINANCES

HOW TO DONATE

THANK YOU

NXTGEN WOMXN



Findings from a recent study, led by researchers from the University of Cape Town (UCT) and the South African Medical Research Council (SAMRC) showed that the COVID-19 pandemic and related restrictions severely impacted the mental health of adolescent girls and young women (AGYW) in South Africa. Half of all mental health problems have their origins before age 14 and 75% by age 24, making early prevention and promotion essential. In the latest UNICEF South Africa U-Report poll, 65% of young people stated that they had a mental health issue of some form but did not seek help - and even if they wanted to seek help, the treatment gap in South Africa is 92%: fewer than 1 in 10 people living with a mental health condition in South Africa receives the care they need.

In 2022, our partner schools were reporting to us that they were experiencing higher levels of self-harm, substance abuse, teenage pregnancy, and suicide attempts than ever before. There was an urgent need to develop a shorter, focused intervention for adolescent girls. After consultations and focus groups with topic experts, the School of Hard Knocks created a 6-part, evidence-based curriculum - NxtGenWomxn.

NxtGenWomxn is a trauma-informed programme centred on dialectical behaviour therapy

Trauma-informed programmes, organisations, and systems realise the widespread impact of trauma and understand the potential paths for recovery; recognise the signs and symptoms of trauma and respond by fully integrating knowledge about trauma. Trauma-informed interventions have been shown to effectively reduce symptoms of PTSD, depression and anxiety.

Dialectical behavior therapy (DBT) is an evidence-based form of cognitive behavioural therapy for children, teenagers and adults who experience significant trouble managing their emotions, thoughts and behaviours, with proven effectiveness in numerous RCTs.

NXTGEN WOMXN

THEORY OF CHANGE

6
DIALECTICAL BEHAVIOURAL
THERAPY (DBT)
& TRAUMA INFORMED-
BASED
CURRICULUM SESSIONS
DELIVERED BY
TRAINED FACILITATORS

↑ IMPROVED
SELF
AWARENESS

↑ IMPROVED
SELF
REGULATION

↑ IMPROVED
GOAL
SETTING

→ IMPROVED
EMOTIONAL
WELLBEING

NXTGENWOMXN: PILOT PHASE

For the pilot phase we trialled a range of delivery models with different partners.



6 x weekly
workshops



3 x monthly
workshops



3-day
holiday
programme



2-day
holiday
programme



SoHK will continue trialling the different NxtGenWomxn models, building up a fact base to better inform the shape of the programme going forward

NXTGENWOMXN: RESULTS



166

Girls have attended sessions

24

Sessions have been delivered

4

Partnerships created with other organisations

1

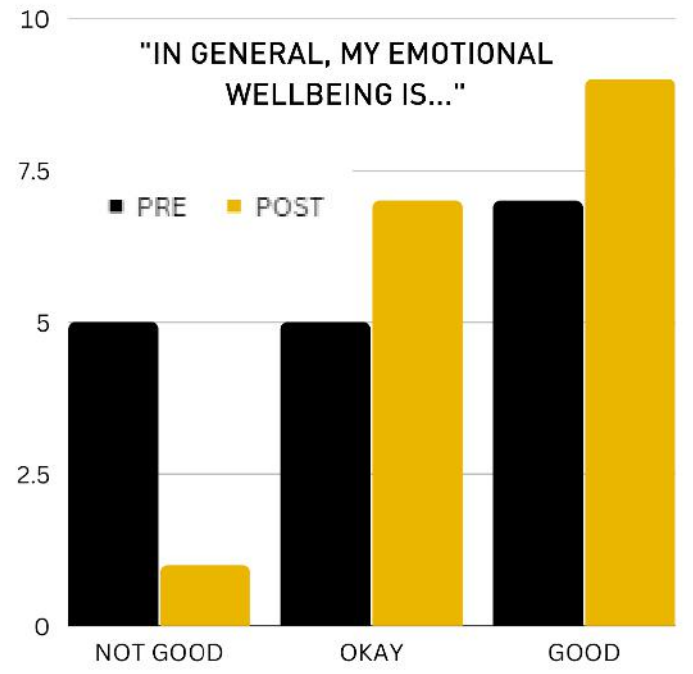
Funder committed to a first phase roll-out

“ I have learnt so many tools to help me with my emotions and anxiety ”

88% REPORTED IMPROVED EMOTIONAL INTELLIGENCE

71% REPORTED IMPROVED SELF REGULATION

71% REPORTED IMPROVED DISTRESS TOLERANCE



“Violet (pseudonym) was struggling a few weeks ago. She was dealing with a lot at home and was aggressive and crying a lot and withdrawn. During this programme we have seen her grow, take charge of her emotions and even step up as a leader in her team.”

Badgers Football Academy Coach



“THIS PROGRAMME IS SO NEEDED. GIRLS ARE DEALING WITH A LOT AND DON'T ALWAYS KNOW HOW TO EXPRESS THEMSELVES IN HEALTHY WAYS.”

SCHOOL TEACHER AND COACH

NXTGEN WOMXN





Education about mental health needs to start with education on emotions. To date, at the start of the programme, participants frequently struggle to identify basic emotions.



Be cautious not to pathologise normal emotional processes and responses. Not every emotional reaction warrants professional intervention. Use terms like anxiety and depression sparingly. Content needs to be age-appropriate.



Facilitators need to be trauma-aware and the delivery team should be supported by a mental health professional, as sensitive disclosures, that require specialist knowledge, do occur.

NXTGENWOMXN: 2024 TARGETS

500

Participants in SoHK's
NxtGenWomxn
programmes

10

Partner organisations
trained

500

Girls and Women
reached through
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Through its own programming and by training partner organisations, SoHK is aiming to enable 1000 girls and women to attend NxtGenWomxn programmes in 2024

OVERVIEW

HELLO FROM THE TEAM

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SoHK FOR SCHOOLS

NXTGENMEN

NXTGENWOMXN

FINANCES

SOHK: 2022/23 FINANCES

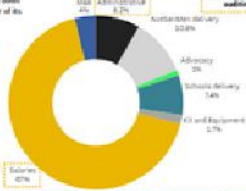
Per 2022/23 Audited Financial Statement

Overall Budget

R2 425 377

SoHK received a clean financial audit in 2022/23 as it has in every year of its existence.

SoHK's budget is largely concentrated on salaries, as ensuring that we have sufficient staff, in the form of our trained coaches and mental health professionals, to provide the support that our participants need.



Administration costs are kept as low as possible, and cover our office space, insurance, bookkeeping and auditing.

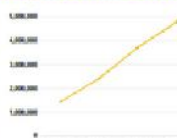
YEAR TO DATE: 2023/24 FINANCES

Anticipated budget

R2 717 200



SoHK's 2023/24 budget is anticipated to be R2 717 200. This is an increase of R291 823 on the 2022/23 budget. The increase is due to the anticipated increase in the number of participants and the anticipated increase in the number of staff.



HOW TO DONATE

THANK YOU

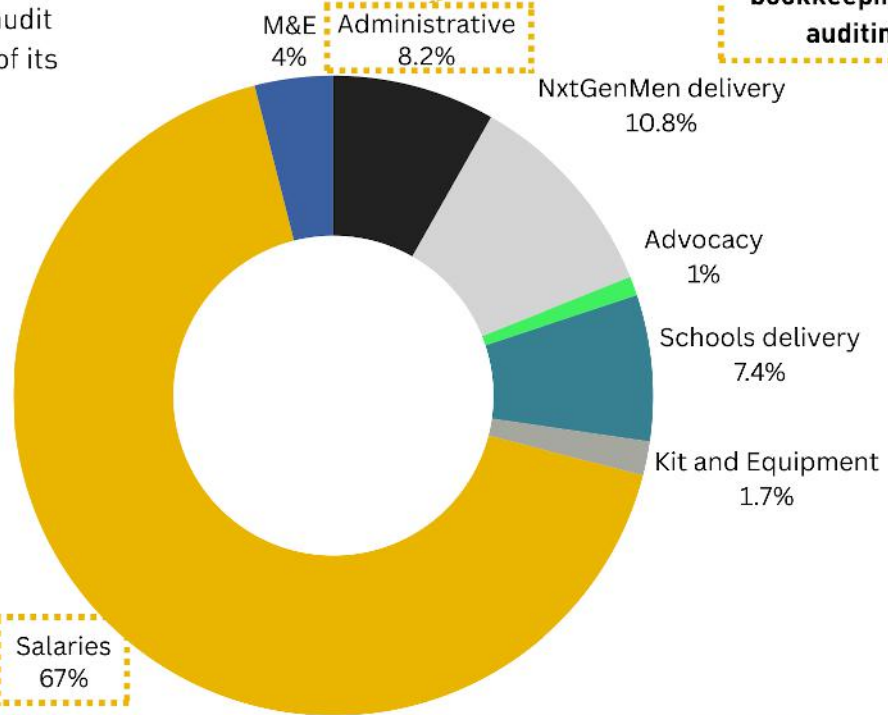
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Administration costs are kept as low as possible, and cover our office space, insurance, bookkeeping and auditing

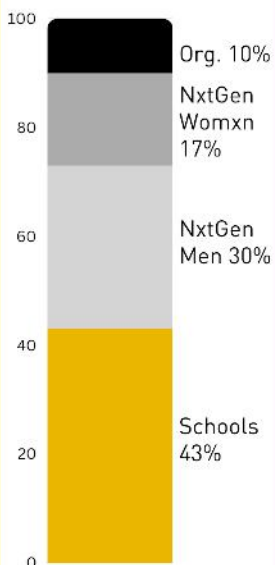


SoHK's budget is largely concentrated on salaries, on ensuring that we have sufficient staff, in the form of our trained coaches and mental health professionals, to provide the support that our participants need.

Salaries
67%

YEAR TO DATE: 2023/24 FINANCES

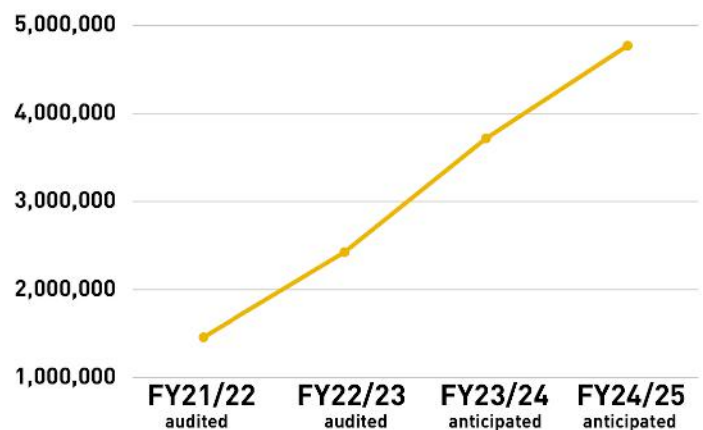
Anticipated budget
R3 717 200



SoHK's current financial year ends at the end of February 2024. We are on course to fall within our budget, which is fully funded.

Since FY22/23, our budget has increased substantially, reflecting the expansion of our schools programme, the growth of the NxtGenMen programme and the introduction of NxtGenWomxn.

This growth in organisational budget has not diluted our commitment to realising impact with each intervention, or to making effective and efficient use of our financial resources - at approximately R4000/per participant annually in our schools programme, and R600 per participant per programme in the NxtGen programmes



FY24/25 will bring an additional growth in our budget, as we seek to expand our footprint even further - we expect to realise the same, or greater, impact, and to reach more than 6000 people across our 3 programmes.

Efficient approaches to the rollout of NxtGenMen, working closely with partner organisations, will significantly reduce the per person costs, while our increased understanding of the Schools and NxtGenWomxn programmes will realise additional efficiencies, helping us to reach more people, at a lower per person cost.

SoHK for Schools: Costs

R2 178 800*

Total cost to provide a full year of mental health and sport programming to 600 participants at no/low fee schools in Cape Town

R140

cost per participant per session

R3631

the cost of one year of programming and additional support for one participant

R4200

the cost of an hour-long session, for thirty participants, covering all overheads and staffing

R109 200

the total amount to provide a full year of programming to one squad (30 participants)

NxtGenMen: Cost

R1 402 800*

Total cost of the NxtGenMen programme (providing mental health support and gender transformative anti-GBV programming to 3000 men and boys)

R78

cost per participant, for each session (5-6 sessions per programme)

R37 408

a one-day NxtGenMen programme, for 80 men or boys

NxtGenWomxn: Cost

R849 200*

Total cost of the NxtGenWomxn programme (providing mental health support and tools to 1000 girls and women)

R849

cost per participant per programme

R67 920

a one-day NxtGenWomxn programme, for 80 women or girls

Note: per person costs in NxtGenWomxn are higher, as the programme is in its pilot phase for 22/23 - scaling will increase efficiency after the pilot phase, and costs will be similar to those of NxtGenMen

* These amounts reflect our projected costs across the calendar year for the programme, and includes all project related overheads

OVERVIEW

HELLO FROM THE TEAM

INTRODUCTION

SoHK FOR SCHOOLS

NXTGENMEN

NXTGENWOMXN

FINANCES

HOW TO DONATE

THANK YOU



SPONSORS ONE SESSION OF SPORT & MENTAL HEALTH SUPPORT

TALK TO YOUR COMPANY ABOUT SUPPORTING US AS A CORPORATE SOCIAL RESPONSIBILITY INITIATIVE. WE PROVIDE 18A TAX CERTIFICATES

SPONSORS A CHILD'S SPORT COACHING & MENTAL HEALTH SUPPORT FOR A YEAR



Given Gain

CAF
America

HOW TO DONATE

Many elements make our programmes work; from providing sanitary products to paying our valuable coaches. Here are some ideas of how you can help us keep making mental health support accessible.



R140

CSR

R3631

SPONSORS ONE CHILD FOR ONE SESSION OF SPORT & MENTAL HEALTH SUPPORT

TALK TO YOUR COMPANY ABOUT SUPPORTING US AS A CORPORATE SOCIAL RESPONSIBILITY INITIATIVE. WE PROVIDE 18 A TAX CERTIFICATES

SPONSORS A CHILD'S SPORT COACHING & MENTAL HEALTH SUPPORT FOR A YEAR



Snap here to pay



<https://www.givengain.com/cause/schoolofhardknocks>

SoHK has been assessed and approved by



OVERVIEW

HELLO FROM THE TEAM

INTRODUCTION

SoHK FOR SCHOOLS

NXTGENMEN

NXTGENWOMXN

FINANCES

HOW TO DONATE

THANK YOU



We are able to continue making a valuable difference because of many local and international donors and partners.

Thank you to everyone who supports us, trusts us, work with us, and believe in what we do!

📷 Thank you to David Blough for sharing photographs of sessions on his recent visit.



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