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# A QUANTUM LEAP IN OUR IMPACT IS ABOUT TO UNFOLD

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Annual Review  
2023-24

one to one  
children's fund  
transforming lives

# OUR MOST SIGNIFICANT MILESTONE YET

Dear One to One family,

It fills me with great pride and gratitude to introduce this year's annual review, celebrating our most significant milestone yet in our mission to create lasting, scalable impact that can transform the lives of children and young people in South Africa and the UK.

At the heart of our work in South Africa lies our flagship Enable Programme, which has seen remarkable growth. Our dedicated and growing team of Mentor Mothers has delivered vital door-to-door healthcare and education to 1,000s of children and families in remote communities. These remarkable women have tirelessly brought critical health services to children and families across some of the most remote and underserved communities in South Africa.

We take pride in breaking barriers, and with our new Mobile Health Clinic we are able to reach the most inaccessible last-mile communities, ensuring that no child is left without healthcare and support.

Technology is driving the future of healthcare and I am delighted that our investment in the development and deployment of our innovative mHealth app is driving our growth by facilitating training, recording, oversight, and continuous improvement of the Enable Model. This technology not only enhances the quality of care, but also builds a scalable framework that can be adopted across the Eastern Cape, South Africa and beyond.

While our direct services have had a profound impact, the true potential lies in scaling and replicating our model across Africa, starting in the Eastern Cape. Through our cross-sector partnership with the Department of Health, over 3,000 government Community Health Workers are on course to be trained in our Mentor Mother methodology, laying the foundation for widespread, sustainable change that is embedded in the healthcare system. The replication of our model means an exponential growth in impact.

None of this would be possible without your unwavering support. Your generosity and belief in our mission have turned an ambitious vision into reality. As we look to the future, we remain committed to expanding our reach and impact. With your continued support, we are confident that together, One to One will touch the lives of many more children and young people, by reaching hundreds, if not thousands, of communities where every child can thrive.

Thank you for being part of this incredible journey.

Warm regards,



**David Altschuler**  
One to One Chair





# SCALING UP TO A NEW LEVEL: THE 100X LEAP

This is a pivotal moment for One to One: the moment we can increase our impact by more than 100 times. We now have the opportunity to take the proven success of One to One's Enable model and scale up to benefit families across the Eastern Cape.

We currently have 35 Mentor Mothers, each delivering services to around 100 mothers and children, thereby supporting up to 3,500 people altogether. Our proven impact has opened up a partnership with the Eastern Cape's Department of Health (DoH) to significantly scale the Enable methodology. The DoH will train their 50 Master Trainers in our Mentor Mother methodology and our modules on Play Learning for children under 5, who will cascade this knowledge down to the Community Health Workers (CHW). In the Eastern Cape, there are a total of 3,000 CHWs, each of whom has a caseload of 100-150 clients. Excitingly, this means that the Enable model could reach as many as 300,000 to 450,000 people.

One to One will have an in-house training team and a training curriculum in line with DoH priorities, and quality control will be ensured through monthly visits and refresher training.

We know how successful Enable is and how it transforms lives. We are about to transform up to 100 times more lives.

## FINANCES

This year has been outstanding for fundraising at One to One, with deeply generous support from our supporters, partners, and community.

Our partnerships with a number of substantial and generous trusts and foundations have continued and grown over the past twelve months, especially within South Africa, accumulatively contributing a valuable £1.39m to our income.

Our events and campaigns have driven both increased contributions and deeper engagement, empowering us to expand our impact.

In November 2023, Dualities, our London art exhibition featuring four young South African female artists, successfully blended creativity with purpose. Expertly curated by Susan Ansley Johnson, in partnership with Undiscovered Canvas, we celebrated the dual challenges and triumphs of women in South Africa, aligning with our mission to empower women as agents of change.

Our annual Triple It campaign for World AIDS Day 2023 raised over £217,000, with every £1 donated being tripled by a small number of private donors.

Our Stardust Gala Dinner was still in the planning stages during 2023-24 financial year, but we secured £20,000 towards what would become a record-breaking total of over £370,000, raised in response to a shining and joyful presentation of the work. Many thanks to David Thompson for his extraordinary support in organising the event.

Additionally, this year saw a variety of personal campaigns in support of One to One, including sponsored

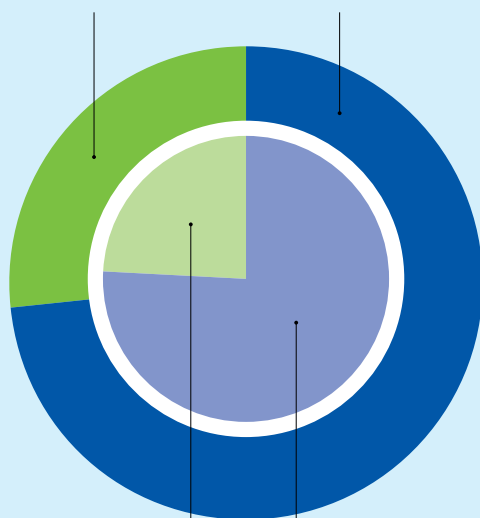
sporting events combined with gifts in lieu of birthdays and anniversaries which contributed to vital funds.

We are deeply grateful for the continued kindness of all our supporters, and look forward to updating you as we continue to grow and provide life-saving and life-changing programmes to communities who need them most.

In 2023-24, just 8% of our annual spend was invested in fundraising and events costs, and for every £1 we spent, we generated an incredible £16 in return. Meanwhile, almost 84% of our spend went directly to support our projects. The impact of that investment is detailed elsewhere in this report.

Donations and events: £498,061

Institutional Fundraising: £1,387,537



Unrestricted income: £452,700

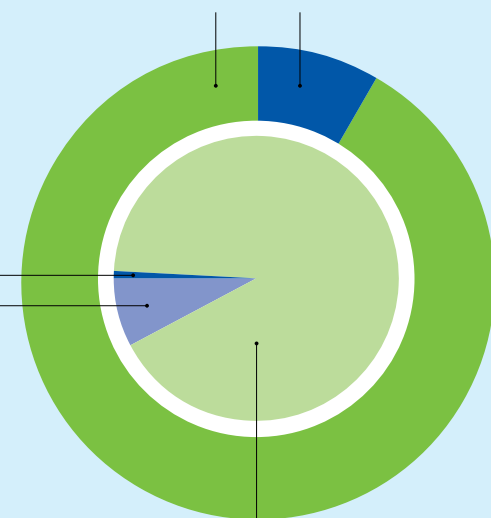
Restricted income: £1,432,898

TOTAL INCOME 2023-2024  
£1,885,598

Charitable activity: £1,273,822

Fundraising activity, inc events: £116,680

Governance: £14,016  
FX gains/losses: £95,783



Project funding: £1,164,023

TOTAL EXPENDITURE 2023-2024  
£1,390,502




# THE ENABLE MENTOR MOTHERS



In South Africa, half of child deaths occur within the first month of life and 24% of pregnant mothers are HIV positive. The Enable solution is simple: integrated, door-to-door, health interventions by trained Mentor Mothers, providing access and referrals to clinics and hospitals.

The Enable programme targets the most vulnerable – expectant mothers and children up to the age of five – through household visits. One to One empowers local women, equipping them with skills and knowledge to provide life-saving interventions. They walk for many kilometres a days to provide regular visits to monitor their clients' health, provide support and advice and, if further medical care or drugs are required, refer them on to a clinic.



**50%**   
of child deaths  
occur within the  
first month of life

**24%**   
of pregnant mothers  
are HIV positive

# ENABLE YOUTH PROGRAMME




This programme builds on our ground-breaking Better Together partnership for young people living with chronic illnesses, at Groote Schuur Hospital, which has recently been published in the Journal of the International AIDS Society.

375 out of 2,130 Mentor Mother clients are young mothers, HIV continues to be a serious challenge and opportunities for young people are limited. Chronic poverty and food insecurity is severely affecting the life chances of the young people in the project.

Our Youth Champions play a vital role in supporting adolescents to access sexual and reproductive health (SRH) services, promote life skills, and enhance adherence to treatment through resilience-building activities.

Our Programme Coordinator and Social Worker provide crucial psychosocial support through home visits, with most referrals focusing on social protection needs such as obtaining IDs and social grants, and addressing issues like domestic abuse and neglect.

In the past year, activities included regular community engagement sessions, sports tournaments, and a Youth Month event dedicated to disclosure and teen pregnancy.

**18%**   
of the Mentor  
Mothers' clients are  
adolescent mothers

**540**   
Our Youth Champions have  
reached 540 adolescents,  
including 439 with chronic illnesses



**1,600**   
total caregivers trained

# ENABLE PLAY LEARNING

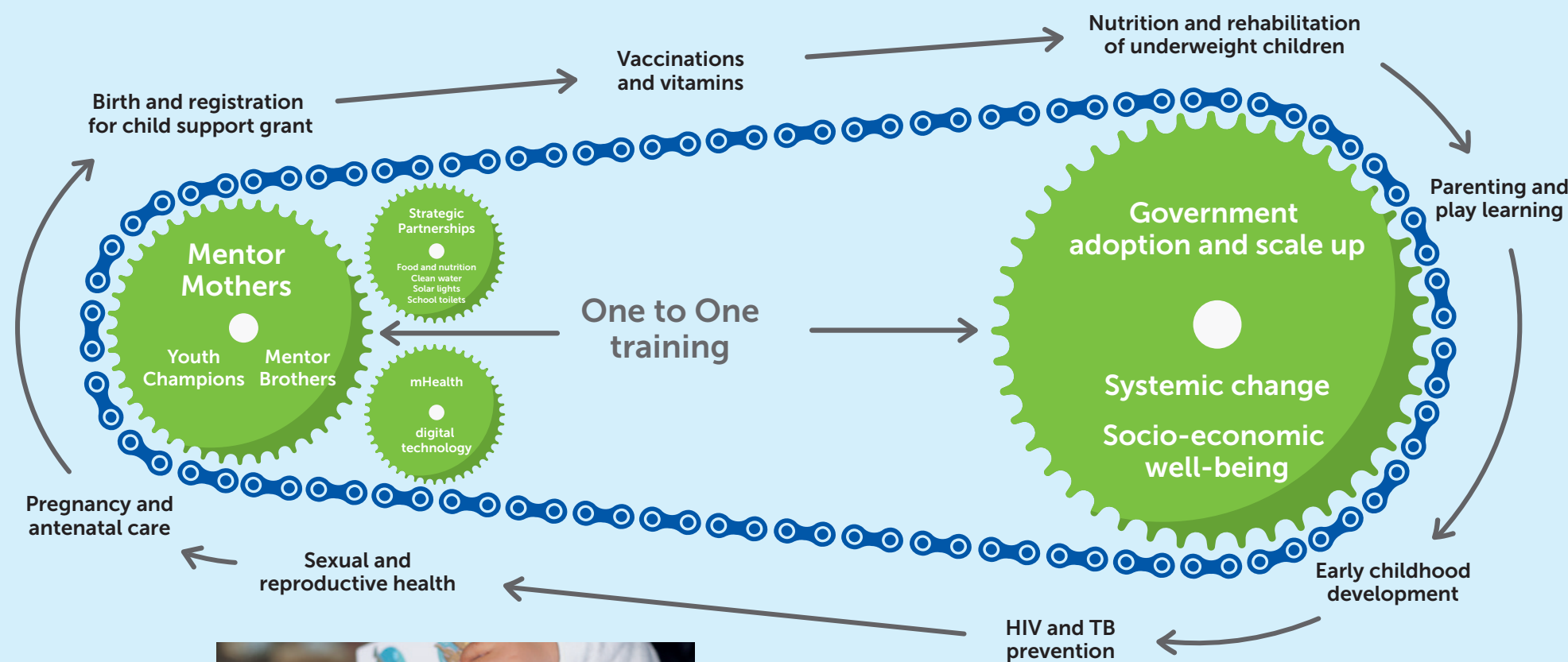


The Enable Play Learning (EPL) programme aims to enhance caregiving skills and literacy among caregivers of young children. The responsive caregiving sessions cover essential topics such as self-esteem, recognising the uniqueness of children, establishing connections, and strategies for building resilience and managing stress. The literacy sessions are equally productive, utilising books to explore themes such as vocabulary building, making connections, understanding numbers and comparisons, and discussing relationships and emotions.

Our most recent cohort positively impacted 600 caregivers and their children through weeks of sessions focused on parenting, literacy, and toy-based learning. This brings the total number of caregivers and families who have been trained in our methodology to 1600.



# THE LIFE- TRANSFORMING, LIFE-SAVING ENABLE MODEL



# THE ENABLE MOBILE CLINIC

The Enable Mobile Clinic is now up-and-running and traveling to last mile communities that are currently inaccessible even to our Mentor Mother network. Alongside direct medical care, it imparts vital knowledge and equips communities with the necessary skills and resources to address holistic community health and wellbeing.

The mobile clinic is delivering services to 80-120 people each day. It operates Monday-Thursday and is visiting 20 communities each month. The mobile clinic visits community events, and has already provided services to over 2,000 men, women and children.

Within this one mobile clinic, people can be tested, initiated onto ART (HIV treatment), collect their ART and receive access to counselling and support.

**2,000**    
The mobile clinic has already  
provided services to over 2,000  
men, women and children



# MENTOR BROTHERS

Ten dedicated Mentor Brothers have been reaching out to men in our catchment areas through both group sessions and individual engagement. To date, the Mentor Brothers successfully engaged 2,250 men across 17 villages.

The results of the programme are evident in the increased male involvement in household responsibilities, improved communication with children and partners, enhanced relationships with spouses, and a notable reduction in drug and alcohol abuse.

**2,250**  **17**   
Successfully engaged 2,250  
men across 17 villages



**With special  
thanks to**

4 Daughters Charitable Trust  
Barnett & Sylvia Shine  
Charitable Trust  
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Laura Tomlinson  
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Mishcon Family  
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Community Grant  
The Ridgeback  
Charitable Trust  
Rob & Jackie Ellert  
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