



**SHEKINAH LEGACY  
FOUNDATION**  
Mental Wellbeing For Youth By The Youth



# Annual Report 2024

*Empowering Youth towards Mental Well-being and Support for Artistic Talents.*



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# Message from the Chairperson

By Ms. Rejoice Nozuko Maphosa



Dear Esteemed Donors, Partners, and Friends,

As Chairperson of the Shekinah Legacy Foundation, it is with deep gratitude and a sense of accomplishment that I present our 2024 Annual Report. This year, we have taken significant strides in promoting mental well-being among youth and nurturing deserving artistic talents. Your unwavering support has enabled us to expand our programs and reach more young lives in need of guidance, support, and hope.

In 2024, we conducted 12 impactful webinars, facilitated access to therapy for vulnerable youth, and supported young musicians in pursuing their dreams. Each initiative reflects our unwavering commitment to our mission of empowering youth and enhancing their quality of life. Behind every statistic lies a story of resilience and transformation. From a young adult overcoming depression to a budding musician launching their first album, these achievements are a testament to the power of collective effort and the strength of our partnerships.

As we look ahead, we aim to deepen our impact by forging new alliances, expanding our programs, and continuing to serve as a beacon of hope for the youth. Together, let us continue to inspire change, build resilience, and create opportunities for young people to thrive. Thank you for believing in our mission and walking this journey with us.

With heartfelt appreciation,

**Rejoice Nozuko Maphosa:** Chairperson: Shekinah Legacy Foundation



You don't have to control your thoughts. You just have to stop letting them control you. — Dan Millman

# Our Call and Aspirations



## Our Vision

Achieve mental well-being and quality of life through holistic support.



## Our Mission

Empower youth through mental well-being and talent utilization.

## Our Core Values

The Shekinah Legacy Foundation is guided by core values that shape its work and impact. Acronymic **RUDO**, the values include:

- i. Resilience
- ii. Ubuntu
- iii. Diligence
- iv. Obedience

## Our Target Population

We serve youth from diverse backgrounds without fear, favour, discrimination and proselytising. These include:

- i. Youth from all types of families.
- ii. Youth from executive and leaders' families (as vulnerable in a way)
- iii. Youth from other vulnerable communities.
- iv. Young musicians.
- v. At-risk young adults.

The emphasis is on inclusivity and broad impact.

# Progress Against Plans for 2024

In 2024, the Shekinah Legacy Foundation advanced its mission and vision through three impactful programs aligned with its core values: Education and Awareness Creation (EAC), fostering mental health knowledge and breaking stigma; Access to Therapy (A2T), ensuring vulnerable individuals receive the psychological support they need; and Hope Amplification (HA), inspiring resilience and empowerment through mentorship and community engagement.

## **Program 1: Education and Awareness Creation (EAC)**

In 2024, the Education and Awareness Creation (EAC) program became a cornerstone of the Shekinah Legacy Foundation's mission to enhance mental health literacy and empower young people. Through a series of 12 transformative webinars, the program reached approximately 1,200 youth from diverse backgrounds, creating a vibrant platform for learning, sharing, and growth. Each webinar was designed to tackle critical mental health topics, offering expert insights, actionable strategies, and personal testimonies that resonated deeply with participants. The program not only exceeded its initial target of 10 webinars but also achieved significant milestones in addressing mental health stigma and fostering resilience.

### **Key Features and Highlights**

#### **Global and Local Expertise**

The program hosted a diverse panel of experts, including mental health advocates, practitioners, and faith leaders, ensuring a well-rounded perspective on pressing mental health issues.

#### **Comprehensive Topics**

From understanding mental health and managing anxiety to building resilience and navigating grief, the webinars provided participants with tools to manage a variety of challenges.

#### **Actionable Insights**

Each session emphasized practical solutions, including self-care practices, workplace strategies, and coping mechanisms, empowering youth to take proactive steps in their mental health journeys.

#### **Personal Connection**

Speakers shared powerful personal stories, breaking down barriers and creating a safe space for participants to engage and seek support.



**“Your mental health is  
a priority.**

**Your happiness is  
an essential.**

**Your self-care is  
a necessity.”  
— Unknown**

## 2024 Webinar Series Highlights

1. **Understanding Mental Health** – Blessing Lulwama Masola, Blessings Foundation, Zimbabwe (20 April).
2. **Navigating Relationships** – Guguletu Shange, Ekhaya Foundation (18 May).
3. **Building Resilience** – Dr. Stanley Maphosa (21 June).
4. **Self-Care Practices** – Mhanqwa Jamela, Jamela Resources Consulting (20 July).
5. **Coping with Loss and Grief** – Ntombikayise Ncube, Godisinit Social Services (24 August).
6. **Managing Anxiety** – Fatima Haidari, Activist, Afghanistan (21 September).
7. **Mental Health in the Workplace** – Michel'le Donnelly, South African Mental Health Federation (19 October).
8. **Breaking the Silence Campaign** – Chantelle Muchaya, Garden of Healing Counseling Services (12 October).
9. **Mental Health Talk with lived experience**– Dr. Zwi, Christian Medical Doctor (19 October).
10. **Mental Health Presentation to the Gauteng Provincial Department of Education Subject Matter Specialists**– Thembaletu John Kumatana and Dr. Stanley Maphosa (24 October).
11. **Myths and Realities of Mental Health** – Bishop C.S. Tuturu, Harvest House International, Zimbabwe (23 November).
12. **Addressing Schizophrenia** – Sinikiwe Simbani, Mental Health Nurse, Educator, and Researcher, UK (14 December).

### Impact

The webinars collectively created a ripple effect of awareness and empowerment. Youth participants reported feeling more confident in addressing their mental health challenges, engaging in open conversations, and supporting peers within their communities. Many churches and organisations that were previously silent on mental health started to include that in their women, men and youth conferences or related activities. By integrating expert advice with relatable experiences, the EAC program set a strong foundation for fostering mental health advocacy among young people, ultimately contributing to a more informed and resilient generation.

## Program 2: Access to Therapy (A2T)

The Access to Therapy (A2T) program in 2024 was instrumental in bridging the gap between those in need and professional mental health support. The program focused on facilitating therapy referrals, providing individuals and families with access to essential counselling services. Through strategic collaborations with expert speakers and mental health professionals, the program ensured timely and impactful interventions for those seeking help.

## Program 3: Hope Amplification (HA)

The Hope Amplification (HA) program in 2024 focused on empowering young musicians and artists, providing them with the tools and platforms to amplify their talents and realize their creative potential. By offering targeted support and creating opportunities for exposure, the program nurtured resilience and confidence among aspiring creatives, paving the way for sustainable artistic careers.



## Key Features and Highlights

### Professional Support

A young musician was assisted in registering with the South African Music Rights Organization (SAMRO), securing legal protection for their work and enabling the monetization of their music.

### Collaborative Platforms

Partnerships with Radio Awakening gave the musician a platform to showcase their talent to a broader audience, inspiring other youth to pursue their creative dreams.

### Infrastructure Development

Plans for studio renovation and equipment upgrades were initiated, with a funding goal of R90,000. These improvements aim to enhance the program's capacity to support more artists in the future.

### Community Engagement

Four additional youth posted musical videos as part of the campaign on destigmatisation of mental health in 2024. This demonstrates the growing reach and influence of the program. Young people from South Africa, Zimbabwe and Cameroon participated actively in the campaign.

## Impact

The program's cumulative support has reached three musicians to date, with one receiving direct assistance in 2024. The broader impact lies in the encouragement of young artists to step forward, share their work, and pursue creative careers with confidence. With ongoing plans to improve infrastructure and resources, the Hope Amplification program is poised to expand its reach, fostering a vibrant and supportive ecosystem for young artists. Through these efforts, the Shekinah Legacy Foundation continues to ignite hope and amplify the voices of youth in the creative arts.

# Stories of Impact



## A. Youth Mental Health Awareness and Support

In a remote rural community, a 22-year-old battling severe depression found renewed hope through the Shekinah Legacy Foundation. After participating in a series of mental health webinars and accessing professional counselling through the Foundation's Access to Therapy (A2T) program, this individual experienced a transformative recovery. Inspired by their journey, they have become a mentor to other young people in the community, leading peer support groups and sharing their story to break the stigma surrounding mental health. Their courage has sparked a movement of open dialogue and collective healing within their village.

## B. Empowering Young Musicians

A 19-year-old aspiring musician realized their dream of launching their debut album in 2024, thanks to the support of the Hope Amplification (HA) program. The Foundation facilitated their registration with SAMRO, ensuring their music was legally protected and could be monetized. Through collaboration with Radio Awakening, the young artist's songs gained recognition on digital platforms, reaching audiences across the country. This success not only boosted their confidence but also encouraged other young artists in similar circumstances to pursue their creative goals with determination.

## C. Overcoming Stigma in Ministry Families

Growing up as the 17-year-old child of a church elder came with high expectations and immense pressure. Struggling to balance their identity with the stigma surrounding mental health in their religious community, they faced self-doubt and anxiety. The Foundation provided personalized support through counselling and mentorship, helping them rebuild their confidence. Today, they are a vocal mental health advocate, speaking out on the challenges faced by ministry families and inspiring others to seek help and prioritize their well-being.

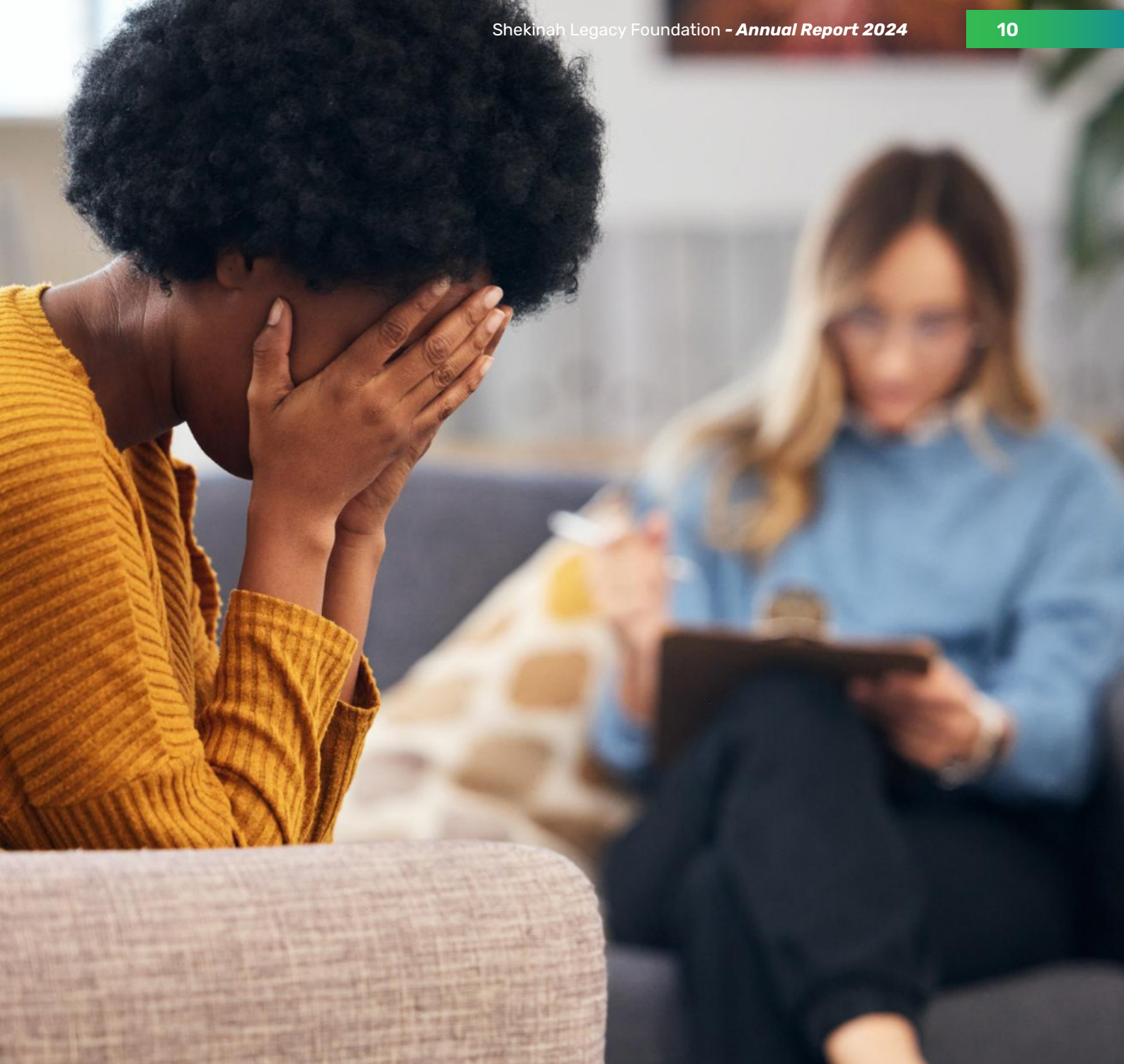
## D. Support for Vulnerable Youth

An 18-year-old from a vulnerable background, burdened by trauma, found hope and support through the Foundation's programs. After receiving trauma counselling through the Access to Therapy (A2T) initiative, they regained focus and resilience. This newfound strength enabled them to complete matric with distinctions, a remarkable achievement in the face of adversity. Pursuing a degree in social work from 2025, they are determined to give back by supporting other youth facing similar challenges, embodying the transformative power of the Foundation's mission.

## E. Corporate Youth Development

The child of a 23-year-old corporate executive struggled with burnout, exacerbated by the high-pressure environment they were exposed to. Recognizing the signs, the Foundation stepped in with a tailored intervention, including a referral to a counsellor and participation in awareness sessions. The support not only aided their recovery but also empowered them to become an advocate for mental health within corporate networks. They now actively promote wellness initiatives in their circles, using their platform to encourage others to prioritize mental health and resilience in demanding professional settings.

**Note:** Names and exact details have been removed to protect the identities of the people concerned.



It's okay to not be okay, as long as you are not giving up.  
– Karen Salmansohn

# Partnerships and Engagements

Partner Engaged	Comments
<b>Amber</b>	Funding application submitted; response pending in January 2025.
<b>EMPower</b>	Discussed partnership opportunities with their grantees.
<b>Masiviwe</b>	Added to the Masiviwe Mental Health Map; receiving monthly social media boosting messages.
<b>Heartlines</b>	Partnership discussions ongoing for 2025.
<b>Westgate Mall</b>	Space offered for showcasing youth musical talent; opportunity not yet utilized.
<b>Clearwater Mall</b>	Partnership discussions ongoing for 2025.
<b>University of Johannesburg</b>	Welcomed to exhibit services on campuses in 2025.
<b>UNICEF</b>	Referred to REPSSI; partnership discussions ongoing for 2025.
<b>Africa CDC</b>	Registered as a mental health organization in the database.
<b>CHABAHIVA Trust</b>	Funding application unsuccessful for 2024.
<b>Embassy of Bulgaria</b>	Proposal submitted for 2025 Official Development Aid; response pending.
<b>Life Church International</b>	Exploring opportunities for Christian mental health resources and counseling connections.
<b>Media Partners</b>	Khwezi FM, Hope Alive FM, Radio Awakening, Association of Christian Media (ACM).

# Get Involved

At the Shekinah Legacy Foundation, we believe that meaningful change begins with collective action. We invite you to become a part of our mission, whether as a volunteer or a partner, and help us make a lasting difference in the lives of young people. Together, we can amplify our impact, empower youth, and promote mental well-being across communities.

## **i. Volunteers: Your Time Can Transform Lives**

We welcome passionate individuals who are eager to make a difference. Whether you're organising inspiring events, facilitating life-changing workshops, or providing essential administrative support, your contribution will help shape a brighter future for the youth we serve. Volunteering with us means becoming a part of a dedicated team that is committed to creating lasting positive change in the lives of others. No matter your skill set or experience, your involvement will be valued, and together we will work to build resilience, raise awareness, and provide support to those in need.

## **ii. Partnerships: Join Us in Making a Bigger Impact**

We believe in the power of collaboration and seek partnerships with organizations, professionals, and institutions that share our vision for empowering youth and promoting mental well-being. By partnering with NGOs, churches, mental health professionals, studios, private companies, and government bodies, we can extend our reach and multiply the positive effects of our work. Together, we can create more opportunities for young people to thrive, access support, and have their voices heard. Whether you offer resources, expertise, or a platform, your partnership can help amplify our impact and change lives for the better.

## **Join Us Today**

Becoming a part of the Shekinah Legacy Foundation is more than just contributing—it's about joining a community of like-minded individuals and organisations who are committed to a shared goal: empowering youth and nurturing mental well-being. Reach out today to explore how you can volunteer or partner with us to make a meaningful and lasting impact. Together, we can build a future of hope and resilience for generations to come.

# CONTACT US

- I. Patron of Shekinah Legacy Foundation Phone Number: 0738254188
- II. Instagram: <https://www.instagram.com/shekinahlegacyfoundation/>
- III. WhatsApp Channel: <https://whatsapp.com/channel/0029VabOcn08PgsJ23RZsi1V>

## Donate

- a) GoFundMe: Support Here (Africa wide and International)
- b) Account Details for those in South Africa, Eswatini, Botswana

## Banking Details

Shekinah Legacy Foundation NPO  
First National Bank (FNB). Account 63032436205. West GateMall. Bank Code  
Swift Code: FIRZAJJ

- a) For Zimbabwe:  
Ecocash wallet (USD) 0772636926 to Siphilile Ngwenya

Thank you for your continued support in empowering youth  
and fostering mental well-being!



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