



ANNUAL REPORT 2025



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

Human-centred • Ethical • Youth-focused

MESSAGE FROM THE CHAIRPERSON

By Rejoice N. Maphosa



The year 2025 reminded us that mental health work is not about quick answers, loud campaigns, or perfect solutions. It is about presence, listening, and walking with young people through uncertainty.

As a Foundation, we encountered young people who were academically capable yet emotionally exhausted, spiritually engaged yet silently anxious, socially connected yet deeply lonely. What they asked for was not fixing but understanding.

Not instruction, but safety. I am proud that the Shekinah Legacy Foundation chose to respond with humility and integrity.

Our programmes prioritised dignity over numbers, ethics over urgency, and long-term care over short-term visibility. This Annual Report reflects an organisation that is growing carefully, responsibly, and compassionately.

I extend sincere gratitude to our Board, partners, creatives, therapists, volunteers, donors, and the young people who trusted us with their stories. Together, we are shaping spaces where healing is possible.

Rejoice N. Maphosa

Chairperson, Shekinah Legacy Foundation



“Promise me you’ll always remember: You’re braver than you believe, stronger than you seem, and smarter than you think.” – A. A. Milne

MESSAGE FROM THE PATRON

Dr Stanley Maphosa



As Patron of the Shekinah Legacy Foundation, I have had the privilege of witnessing the courage, vulnerability, and resilience of young people from different backgrounds and countries. Behind academic success, social media smiles, and outward confidence, many young people are carrying invisible burdens of anxiety, loneliness, grief, trauma, and uncertainty about the future. Their struggles are real, but so is their capacity to heal, dream, and thrive when given the right support. The work of the Shekinah Legacy Foundation is built on a simple but powerful belief: that every young person deserves to be heard, supported, and given an opportunity to flourish emotionally, socially, spiritually, and creatively. Mental health is not a luxury. It is a vital part of human dignity and an essential foundation for education, leadership, healthy relationships, and community wellbeing.

During 2025, I have been encouraged by the Foundation's commitment to ethical care, creativity, and innovation. From youth dialogues and digital mental health campaigns to therapy referrals, creative arts initiatives, and international partnerships, the Foundation has continued to grow with humility and purpose. The stories shared in this report remind us that transformation often begins quietly: with one conversation, one act of kindness, one creative expression, or one young person finding the courage to ask for help. I am particularly proud that the Foundation remains committed to inclusivity, serving young people from diverse backgrounds without fear, favour, discrimination, or proselytising. This openness, combined with strong governance and transparent stewardship, positions the Foundation to make an even greater contribution in the years ahead.

I extend my heartfelt appreciation to our Chairperson, Board Members, partners, therapists, creatives, volunteers, donors, and supporters who continue to invest their time, expertise, and resources in this important mission. Most importantly, I thank the young people who have entrusted us with their stories and journeys. As we look ahead, I invite individuals, communities, organisations, and partners to join us in building a future where mental wellbeing is embraced, stigma is challenged, and every young person has the opportunity to live with hope and purpose. Together, we can create a legacy of healing that extends far beyond our generation.

INTRODUCTION & CONTEXT

The Shekinah Legacy Foundation operates at the intersection of youth mental health, creativity, faith-aware engagement, and ethical support systems. While awareness of mental health has grown, access to safe and trustworthy support remains uneven, particularly for young people navigating stigma, confidentiality fears, and cultural misunderstanding.

In 2025, the Foundation focused on consolidating its work, strengthening systems, and responding to what young people themselves identified as most important: safe spaces, creative expression, and professional care delivered with dignity.



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.

SHEKINAH LEGACY FOUNDATION NARRATIVE REPAIR

Changing the Story. Changing Lives.

OLD STORY	NEW STORY
Mental illness is weakness	Mental health is part of being human
Real men don't cry	It is okay to feel and seek help
Suffer in silence	Talk. Connect. Heal
I am alone	We heal in relationships
Asking for help is failure	Asking for help is courage

OUR NARRATIVE

- Seen.
- Heard.
- Supported.
- No one should suffer alone.

HOW WE LIVE THIS NARRATIVE

1. Safe Spaces

Young people deserve places where they are understood.

2. Creative Expression

Music, storytelling and creativity inspire healing.

3. Professional Care

Ethical and confidential mental health support.

4. Hope

Healing is possible.
Talk. Connect. Heal.



“You are the one thing in this world, above all other things, that you must never give up on.”
— Lili Reinhart

PROGRAMME HIGHLIGHTS FOR 2025

In 2025, the Shekinah Legacy Foundation implemented its work through three integrated programmes: Education and Awareness Creation (EAC), Access to Therapy (A2T), and Hope Amplification (HA). The year focused on measurable engagement, ethical strengthening, and sustainable system-building.

Program 1: Education and Awareness Creation (EAC)

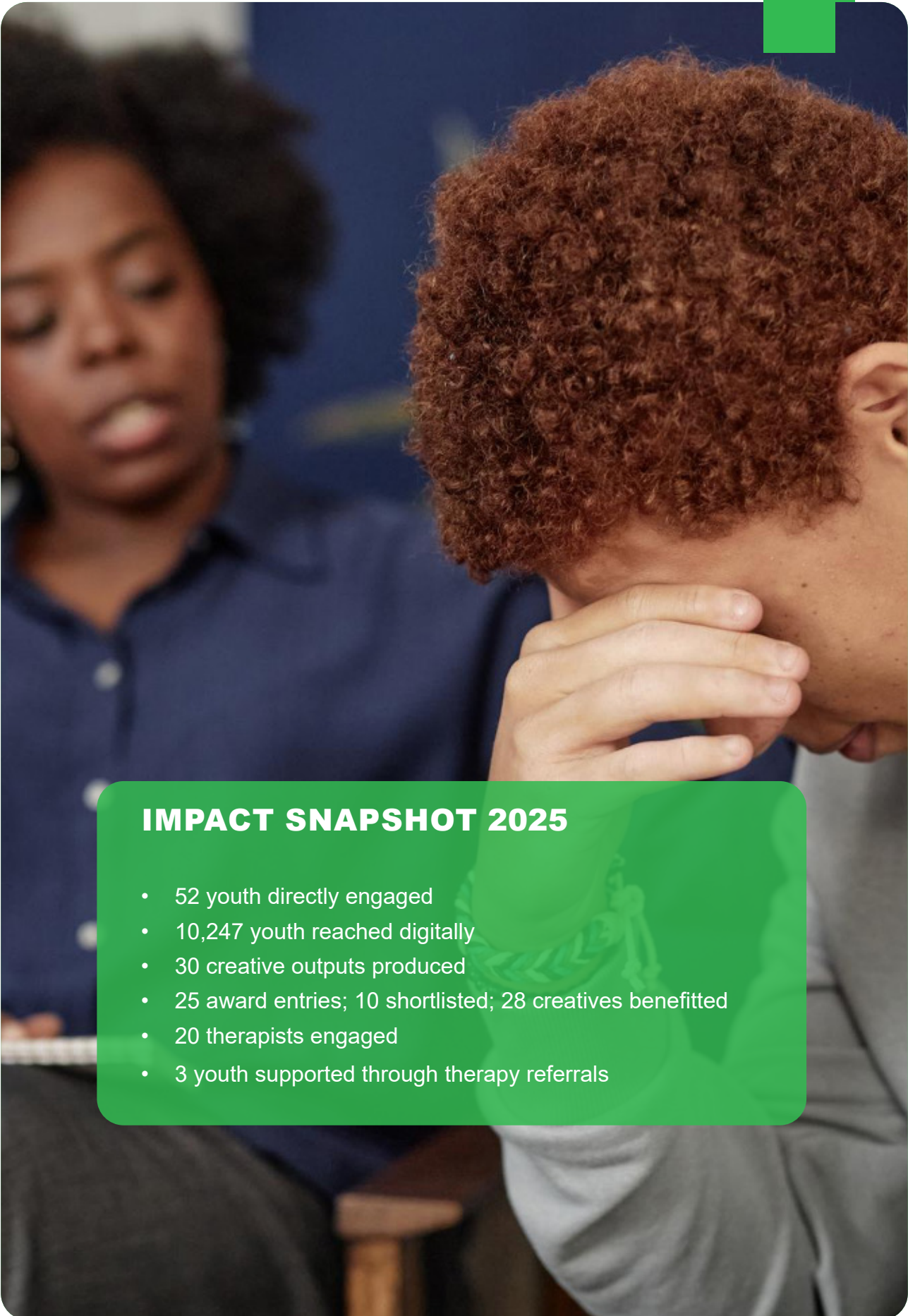
In 2025, the Education and Awareness Creation programme directly engaged 52 young people through facilitated dialogues and structured safe-space discussions. Topics included anxiety, loneliness, academic pressure, identity struggles, faith expectations, relationship challenges, and barriers to help-seeking. Sessions were grounded in lived experience rather than clinical terminology, allowing participants to engage openly and without stigma. The Foundation produced 12 monthly comic videos in collaboration with Stumbo Comics and shared 365 daily mental health reflections inspired by Masiviwe across social media platforms. These initiatives collectively reached 10,247 young people during the year. During Mental Health Month, the Foundation collaborated with Masiviwe to produce one documentary-style video on the lived experience behind the formation of the Foundation, reinforcing authenticity and stigma reduction.

Program 2: Access to Therapy (A2T)

In 2025, the Access to Therapy programme engaged 20 registered therapists and counsellors aligned with trauma-informed, confidential, and ethical practice standards. Three young people were supported through confidential therapy referrals — one in South Africa, one in Zimbabwe, and one in Australia. The programme addressed barriers such as confidentiality fears, stigma within faith communities, and isolation among diaspora students. The Foundation prioritised depth of care, safeguarding, and professional integrity.

Program 3: Hope Amplification (HA)

The Hope Amplification programme integrated creativity into mental health advocacy. In 2025, 30 creative outputs were produced across music, spoken word, podcasts, humour, and visual storytelling. The Mental Health Creatives Awards received 25 entries, shortlisted 10 creatives, and recognised one overall winner, with 28 creatives benefiting through visibility and affirmation. Board Member Ms Buthisizwe Lindy Moyo represented the Foundation at the Living Together Institute in Italy, speaking in the session titled “Youth on the Frontlines: Democratic Resilience and Civic Renewal in Southern Africa.” This engagement laid the groundwork for a 2026 Memorandum of Understanding to support student activists across Southern Africa.



IMPACT SNAPSHOT 2025

- 52 youth directly engaged
- 10,247 youth reached digitally
- 30 creative outputs produced
- 25 award entries; 10 shortlisted; 28 creatives benefitted
- 20 therapists engaged
- 3 youth supported through therapy referrals

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.

LEGAL STATUS, REGISTRATION & COMPLIANCE

Shekinah Legacy Foundation is a registered Non-Profit Organisation (NPO) in the Republic of South Africa.

NPO Registration Number: 283-078 NPO

The Foundation is compliant with the requirements of the Department of Social Development (DSD) and submits annual narrative and financial reports in accordance with statutory obligations. Governance oversight is provided by a duly constituted Board of Directors, ensuring fiduciary responsibility, ethical stewardship, safeguarding compliance, and mission alignment.

The Foundation operates transparently and maintains proper financial records, programme documentation, and governance controls to ensure accountability to beneficiaries, partners, and donors.



“Being able to be your true self is one of the strongest components of good mental health.”

— Lauren Fogel Mersy

CONTACT US

Official Website: <https://shekinahlegacyfoundation.org.za>

Therapist & Counsellor Registration Portal: <https://shekinahlegacyfoundation.org.za/signup>

Instagram: <https://www.instagram.com/shekinahlegacyfoundation/>

WhatsApp Channel: <https://whatsapp.com/channel/0029VabOcn08PgsJ23RZsi1V>

DONATE

South Africa (Primary Account)

Bank: First National Bank (FNB)

Branch: Westgate Branch, Johannesburg

Account Name: Shekinah Legacy Foundation

Account Number: 63032436205

E-Wallet / Cash Send: 078 276 5288.

ZIMBABWE SUPPORTERS

Ecocash Wallet (USD): Siphilile Ngwenya

Mobile Number: +263 772 636 926

GLOBAL SUPPORTERS

Official GoFundMe: <https://gofund.me/3638fca8>



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