

2018 / 2019 ANNUAL REPORT

**Life
Righting**
Co//ective

THE HEALING POWER OF WRITING

REPORT CONTENTS

Executive Summary

Section 1: Hear from the Team

- Our Mission
- Letter from the Board
- Meet the Executive Committee
- Letter from the CEO
- Support the Life Righting Collective

Section 2: Updates From This Year

- Launching our first anthology
- Brand and marketing
- NPO and PBO Registration
- Heroic Membership
- Who is Benefiting?
- Life Righting Courses
- Course Feedback
- NPO and PBO Registration Update
- Facilitator Training
- Key Learnings

Section 3: Financials

- 2018 / 2019 Financial Statement
- 2018/2019 Summary of Income and Expenditure
- Fundraising Report

Section 4: Thank you

- Donor Appreciation
- Ambassadors of the Life Righting Collective

EXECUTIVE SUMMARY

The Life Righting Collective first saw the light of day in early 2017 when Dawn Garisch and Lucy Alexander were discussing how to offer life writing courses to more sponsored participants and how to share the extraordinary writing coming out of the courses with a wider audience - both with a view to addressing South Africa's woundedness.

Within no time, Giles Griffin had joined us with his marketing and branding experience; Johan Jordaan had not only accessed us foundation funding from the Beatrix Jordaan Trust, but was also assisting us financially on the Exco; Nina Geraghty had offered her services in the social media arena and Linda Kaoma had come onto the Exco to help with administration. The LRC was taking shape and in that year, several fully sponsored courses were run across the country and the seeds of an LRC anthology were sown.

That foundation year and the two that have followed have been huge learning curves. Our courses have reached more people and our first anthology, *This is how it is*, came into being in May 2018, since when it has sold gratifyingly well. Indeed, it is now almost sold out again after its second print run. In that time, we have also trained two new facilitators and expanded the number and type of courses we run.

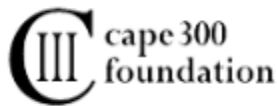
Through it all we have discovered exactly what it is we are doing and why - and, more importantly, how we might do it better. So despite being entangled in a fair bit of red tape along the way, the LRC has forged on, successfully running its workshops, gathering stories and sharing them online.

EXECUTIVE SUMMARY (cont.)

For much of this we have to thank both the LRC members who were published in This is how it is, and the many more published on our website: www.liferighting.com. Several more assisted in myriad ways behind the scenes. We have also been supported by our publishing partners, Jacana. And we have been so grateful to attract the support of two other grantmaking bodies: The Amani Harmonic Foundation and the Cape 300 Foundation.

If you have not read our anthology, please do contact our super-efficient administrator, Terry Ayugi, who will be able to sell you one at a reduced run-out cost of R220.

The Life Righting Collective has now set its sights on a second anthology, to be published later next year. Please continue to support us and watch this space...





SECTION 1:

Hear from the team

LIFE RIGHTING COLLECTIVE MISSION

The Life Righting Collective is a membership organisation as well as an NPO. We run courses for anyone who wants to learn to write about their experiences. Our approach promotes self-discovery, self-recovery and more effective communication. We raise funds to make courses available to those in need of sponsorship and to provide platforms for these life stories to be published. We seek to reduce discrimination and promote mutual understanding by enabling our beneficiaries to share their experiences.

LETTER FROM THE BOARD



**PHILIPPA
KABALI-KAGWA**

Chairperson



**ZULEIGA
ADAMS**

Outreach



**SIMON
SEPHTON**

Finance

We are honoured to be involved with the Life Righting Collective and its important work in healing through writing. This first full-year report comes at a time when societal tensions in South Africa are particularly present to us all in the wake of the gender-based violence epidemic that lies heavy at the heart of South Africa's woundedness.

In a move characteristic of the Life Righting Collective's commitment to social justice, the organisation has launched a workshop aimed at men entitled "The shadow within". The first workshop will run in February 2020 and we hope it will be repeated and, in its own small way, contribute further to the LRC's healing vision, mission and values, as illustrated by its existing courses and publications, reported on later in this document.

Apart from its governance and fiduciary role, the board is charged with ensuring the organisation's focus meets its declared constitutional objectives and addresses the over-arching imperatives of social inclusion, transformation and community healing, as set out in its constitution. We have no doubt about its commitment to these goals.

However, in this context, the Life Righting Collective has met some bureaucratic challenges in its first full year of operation. Indeed, it took more than a year to register the organisation as a non-profit. Thankfully, the LRC now has both an NPO and a PBO number. It is not, however, as yet registered with a Section 18A certificate from the South African Revenue Service, to assist donors with tax deductions. We will report - and, indeed, celebrate - this when it is complete.

LETTER FROM THE BOARD (cont.)

We are blessed with an EXCO that has a passion to continue the LRC's work, volunteering much of its time. We are extremely grateful to Dawn Garisch, our tireless CEO, and to EXCO members Giles Griffin, Johan Jordaan, Linda Kaoma, Lucy Alexander and Nina Geraghty for their ongoing efforts.

Special mention must be made of Lindsay Wright and Lucy Alexander, the latter of whom sadly resigned from the EXCO earlier this year; but still remains a stalwart volunteer to the organisation. Their commitment to battling the red tape necessary to register the LRC as an NPO and PBO deserves our particular thanks. Terry Ayugi, our administrator, must also be mentioned for her untiring ability to learn new things, pick up old things and juggle the two together.

We very much look forward to helping the LRC team to broaden its reach

and produce a further anthology in the coming year. The healing power of writing is sorely needed in our country: please support our work in whatever way you can.

A handwritten signature in dark ink, reading 'Philippa Kabali-Kagwa' in a cursive script.

PHILIPPA KABALI-KAGWA

CHAIRPERSON OF THE BOARD

MEET THE EXECUTIVE COMMITTEE



**DAWN
GARISCH**

CEO



**JOHAN
JORDAAN**

FINANCE



**LINDA
KAOMA**

ADMINISTRATION



**GILES
GRIFFIN**

MARKETING



**NINA
GERAGHTY**

DIGITAL MEDIA



**TERRY
AYUGI**

ADMINISTRATION

LETTER FROM THE CEO



DAWN
GARISCH

As the Board report indicates, the past two years, as well as this first formal financial year, have been challenging and exciting for the Life Righting Collective (LRC). And the year to come promises yet more excitement. As this is the first formal annual report of the Life Righting Collective's work as a registered Non Profit Organisation (NPO), it seemed appropriate to record how the organisation came to be.

The idea for the LRC grew out of the memoir or life writing courses I had been running since 2010. The approach is designed to help people write about their experiences in an innovative and positive way. This produced several valuable outcomes. Through exploring creative ways to put their stories down on the page, participants grew less anxious and more curious. Many were able to finish unfinished business, or to change the way they see themselves or their circumstances.

They became better equipped to communicate what they felt and thought, not only to other participants, but also to themselves. They found out things about themselves that they didn't know they didn't know. This included how effectively they could write.

We have now embarked on pioneering research into this approach and its effects on mental health with the University of Cape Town Department of Public Health. The results are being analysed and we hope to share a full report at the beginning of 2020.

For some time I had been thinking about how to offer the resource to more sponsored participants as an initiative to help address the systemic woundedness of our South African society. In the same vein, I also felt strongly that much of the extraordinary writing and stories that come out of the courses needed a wider audience.

LETTER FROM THE CEO (cont.)

Reading about the lives and circumstances of our fellow South Africans can foster compassion and understanding, as well as help counter the assumptions we make about other people.

In my experience, there are profound shifts in perception when people from different social, cultural or religious backgrounds sit together and hear each other's stories. The American anthology *The Moth* was a model I thought we could use as inspiration.

I was discussing these dreams with Lucy Alexander at a follow-up writing gathering in early 2017 and she declared enthusiastically that we should raise funds to achieve these goals. Within no time, Giles Griffin had joined us with his marketing and branding experience; Johan Jordaan had not only accessed us funding from the Beatrix Jordaan Trust, but was also assisting us financially on the Exco; Nina Geraghty had offered her services in the social media arena and Linda Kaoma had come onto the Exco to help with administration.

“
Reading about the lives and
circumstances of our fellow South
Africans can foster compassion and
understanding, as well as help counter
the assumptions we make about other
people.”

LETTER FROM THE CEO (cont.)

This foundation year has been a huge learning curve. Through it all we have discovered exactly what it is we are doing and why - and, more importantly, how we might do it better.

Currently we have received funding from the Cape Tercentenary Trust and also from the Amani Foundation to help fund our work for this year, for which we are extremely grateful. We are proud to say that our small NPO has kept going for eighteen months without a major funder. We have done this through small donations, sales of the anthology and volunteer work. However, the Life Righting Collective depends upon finding solid sources of funding to consolidate and expand this valuable contribution to the health and well-being

of South Africans and our communities. If you know of any funding sources that might support our work, please do get in touch with me at dawn@liferighting.com. We would be delighted to hear your ideas.



DAWN GARISCH

CEO

SUPPORT THE LIFE RIGHTING COLLECTIVE

Funding enables us to sponsor places for those who cannot afford to pay course fees. It also allows us to meet the considerable cost of publishing anthologies so the moving and important stories that come out of our courses can reach a wider audience.

Donors are not only providing support for disadvantaged people to learn how to write their life stories and to get their stories published, they are also funding a life skills programme. It takes courage to say: 'This is who I am, and this is what happened to me.' Learning to write and communicate creatively and effectively develops a person's skills to live life more creatively and effectively.

Apart from anything else, funding keeps the LRC going – it helps to maintain all the behind-the-scenes infrastructure that is a basic necessity for any organisation to make its contribution. Much of what we have already achieved

has been through the gifting of people's time, energy and expertise, either freely volunteered or at heavily discounted fees. But the reality is that this isn't sustainable in the long run. So we would love your support in helping us be around for the long haul!

To give you some idea of the costs involved and the kinds of things we require funding for to continue this work, see below:

- One place on a life writing course (includes administration): R2000
- Five copies of the anthology to be donated to a school or community library in need of sponsorship (includes production costs): R750


These are only guidelines. Please feel free to donate any amount, no matter how small. The following section will show you how you can help in more detail.

BECOME A SUPPORTER



popular!




Support us with a simple monthly donation:
<https://www.patreon.com/liferighting>




Support us by scanning
this QR code with your
Snapscan app



Make a direct bank deposit:
Absa bank
Branch code: 632 005
Cheque account: 40 9382 6013



Make a donation to our Paypal account:
<https://www.paypal.me/liferighting>



Support us via our GoFundMe page:
<https://www.gofundme.com/f/liferighting>



SECTION 2:

Updates from this year

LAUNCHING OUR FIRST ANTHOLOGY



Q: Why publish our first anthology: *This is how it is*?

A: To allow new South African voices to reach a broader audience so that we can get to know each other better and heal the wounds that divide us.

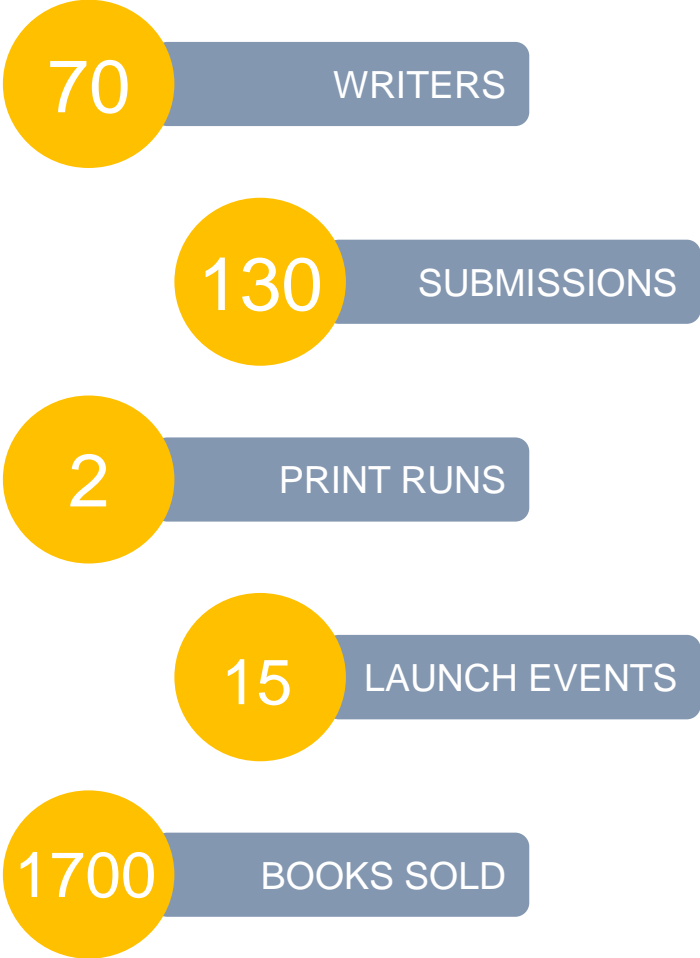
LAUNCHING OUR FIRST ANTHOLOGY

The highlight of the year in review was the launch of the first LRC anthology, This is how it is. We received over 130 submissions from about 70 members after two calls for submissions. The prose and poetry pieces then went through a selection process run by the Exco and a total of 55 pieces from 53 authors were selected for the printed book, and 20 pieces were selected for posting on the website.

Authors signed a contract which explained that we cannot pay royalties, but each writer received a copy of the anthology. They were also asked to help with marketing and distributing the book. Fifteen free copies

have been given to under-resourced schools, NGOs and libraries.

In April 2018 we approached Jacana Publishing to help us with marketing, distribution, proofreading, design and printing the anthology. The end result was very pleasing. The bright red cover, paired with elegant typography and layout, resulted in a bright, bold and professional finished product. Suddenly, incredibly, the LRC was in print.

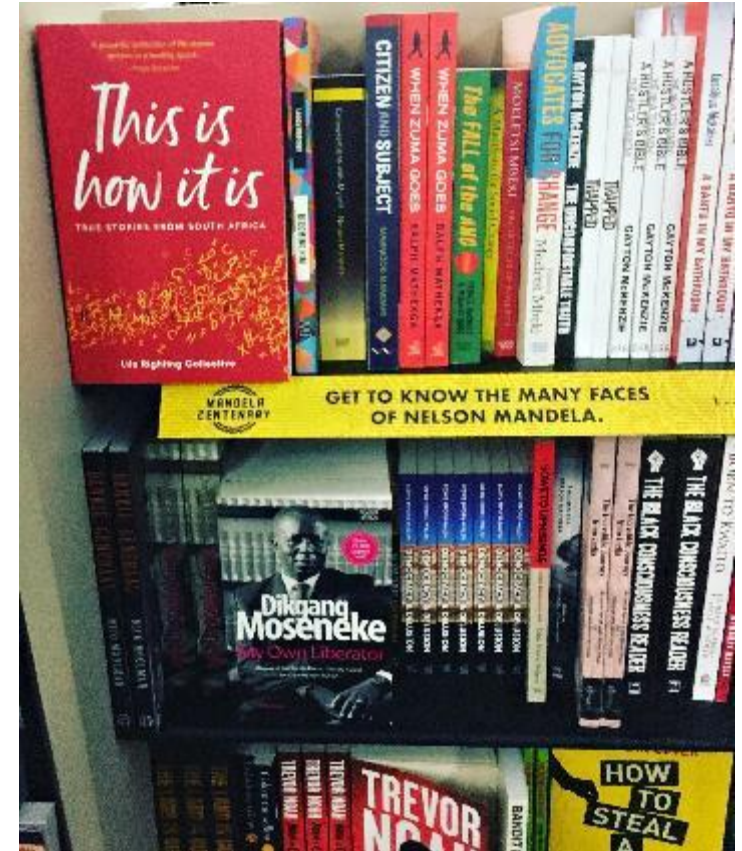


LAUNCHING OUR FIRST ANTHOLOGY (cont.)

The launch date for the book was May 2018. We had a total of 15 launches throughout the country, including three in Cape Town, one in Johannesburg, one in Barrydale and one in Port Elizabeth. These began in June 2018: a full list of interviews and launches follows below. We also launched the book at the McGregor Poetry Festival in August 2018, where we took a bevy of 12 LRC poets to promote the book, joining four other LRC member poets to create a

wonderful LRC presence at the festival.

Reviews have been positive, from the earliest personal responses to our June 2018 launches through to the most recent review in the South African Medical Journal in February 2019, with several other reviews in between. Sales followed, with our first run of 1300 books selling out in four months. A second run of 500 is now almost sold out..



This is how it is dominates a Canal Walk Exclusive Books display

LAUNCHING OUR FIRST ANTHOLOGY (cont.)



HOW WE LAUNCHED *THIS IS HOW IT IS*

- Interviews on Cape Talk, Fine Music Radio and Hashtag Radio in June 2018
- An article by Ambre Nicholson posted in the People's Post in July 2018
- Cape Town launches at the Crypt/Cathedral, Kalk Bay Books, Artscape's Woman Zone and Fishhoek Library in June, July and August 2018
- A Barrydale launch in July 2018
- A Port Elizabeth launch in July 2018
- A Johannesburg launch in August 2018
- Three poetry events at the McGregor Poetry Festival in August 2018
- An interview on Fine Music Radio's People of Note programme in August 2018
- Further Cape Town launches in Khayelitsha, Simon's Town and the CBD (City Library) in September and October 2018
- A review article in Country Life in November 2018
- A presentation in Parliament in November 2018
- Reviews in The Star and The Argus (Helen Grange) plus Business Day (Arja Salafranca) in September 2018
- A review in the South African Medical Journal (SAMJ: Janet Giddy) in February 2019)



1700 visits per month



904 page likes



124 followers



188 followers

ONLINE MEDIA ENGAGEMENT

BRAND & MARKETING

Early in 2017, we created a logo, together with a strapline that sums up what we stand for: the healing power of writing. This brand promise is central to what we aim to achieve with our courses and publications.

The website also took shape in 2017 and is a valuable tool to promote our work by attracting participants, buyers of the anthology and funding. We are in the process of deciding who will manage the various aspects of the website on an ongoing basis. Social media posts on Facebook, Instagram and Twitter have augmented both the website and our online member newsletters. As at November 1st 2019, we had 904 Facebook friends, 124 Twitter followers and 188 Instagram followers.

We have also done some targeted Facebook advertising for specific courses, such as the Knysna course we ran in May 2019. We also placed an ad in the African Small Publishers Catalogue.

The cost of this was covered by the additional participants it attracted. Specific course flyers, either promoting individual courses or a group of courses, have also been produced during the year under review by both our design agency partner, Design for Development, and internally.

Using outside design agencies has become too expensive and this has been discontinued. It is not clear if these flyers - digital and sometimes printed - have worked well. We will research their effectiveness further in the coming year.



LEARN TO WRITE YOUR LIFE IN CAPE TOWN

Today I begin...

The Life Righting Collective runs memoir courses for anyone who wants to explore life writing. When people connect with the birthright of creativity, they become inspired, curious and alive. By recording what it is like to be you, along with everything that happens to you - your dilemmas, struggles, pain and joy - you learn to connect to your creativity.

Writing your life story opens doors, making more sense of your life and helping you live less anxiously and more creatively.

"The course opened me to emotions I didn't realise I have and made me look at my life with a different eye."
- Motubabale

The course took me deep down into the very roots of my life experience.
- Helena

Dates	Event	Venue	Cost
Wed 1 to Wed 22 May Four Weds, 2pm - 8pm	Root: Writing your Way Back to Nature	Cape Town (various venues)	R 2 500
Fri 31 May to Sun 2 Jun 9am to 3pm daily	My Life as a Work of Fiction	Gardens, CBD	R 2 500
Fri 28 to Sun 30 Jun 9am to 3pm daily	Memoir Course	Table View, Cape Town	R 2 500
Sat 20 to Sun 21 Jul 9:30am to 3pm daily	Poetry Course	Cape Town, CBO	R 1 000

To book, please contact:
admin@liferighting.com

Life Righting Collective
The LRC teaches life writing and runs funds for sponsored memoir courses and publications. For more information, go to: www.liferighting.com

- 1 Liferighting
- 2 Liferighting
- 3 Liferightingcollective

BRAND & MARKETING (cont.)

Additional marketing materials created in the year in review included our business cards, a series of printed course promotion flyers (see above), a book-promoting bookmark which sells for R10 and a magnificent but moody 2.2m high pull-up banner, whose mechanism was donated to us by Derrick Fine, for which much thanks. We also produced a promotional video, which features on our Patreon fundraising platform. This was a significant labour of love from a vast group of volunteers including Anna Drinka, Lisa Kane, Jonathan Luies and Cian Small, who helped put together [the video](#).

We must also thank those who gave their time to speak for the LRC and its work on the video: Shuhoud Abader, Hani Du Toit, Robert Hamblin, Linda Kaoma, Charlotte Mande Ilunga and Desirée-Anne Martin. And then there are our budding podcasts, which still require the final touches (many thanks again to LRC members Lisa Kane and Jen Thorpe for their sterling work in this arena).

As is often the case with courses that are quite specialised and not easy to describe in print, the best form of marketing has always been referral, otherwise known as word of mouth. It is, however, dependent on those mouths being encouraged to spread the word. We do this in all our regular bi-monthly newsletters and at any book launch, promotional event or course that we can.

Ultimately, the potential to spread the word comes down to money - and, indeed, we have successfully increased our social media following by using paid Facebook advertising this year. This somewhat frustrating process has been painstakingly supported and assisted by our social media specialist agency, Barrk Media, to whom we owe a considerable amount of gratitude for their patience with us and the labyrinthine processes that seem to characterise any fiscal interaction with Facebook.

NPO & PBO REGISTRATION

Early on we drew up a constitution and applied to the Department of Social Development to take over the existing NPO, Culture Now. We initially thought this would speed up the registration process. Instead it caused complications, not least being that the DSD had apparently lost our application with all the original documentation. Due to Lucy Alexander's tireless work following up with the DSD, we did finally get registered, in our Life Righting Collective name, in April 2018 and are able to operate and raise funds legitimately now.

We have subsequently been informed by our pro bono tax consultants that it is no longer necessary to register as an NPO with the DSD before being able to apply for PBO (public benefit organisation) status with SARS, the latter of which would facilitate people to donate money to the LRC with a tax benefit. In this regard, an LRC member and tax consultant, Lindsay Wright, is generously helping us for no charge. The PBO number now exists as a tax break to the LRC, but the Section 18A tax status, which will allow donors to make their donations tax-deductible, is still a work in progress.

OUR HEROIC MEMBERSHIP

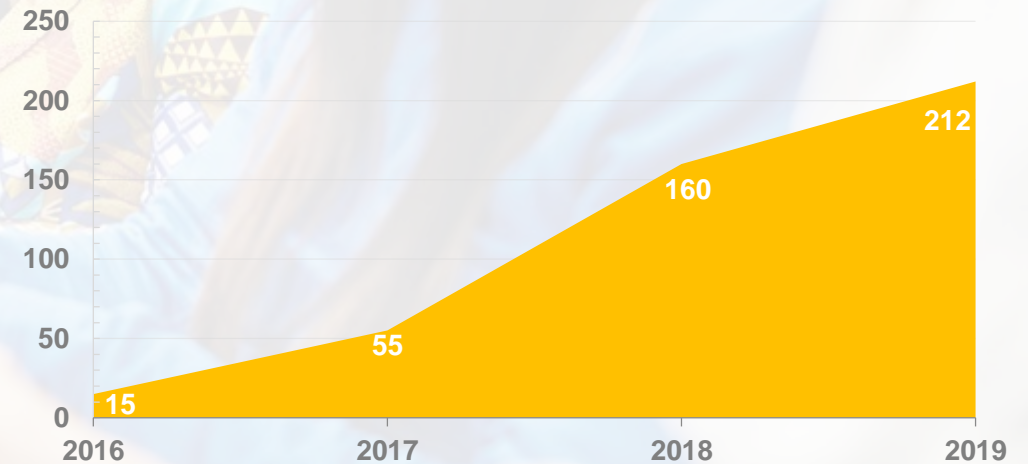
Of course, the core of who we are and why we exist at all is because of our LRC members. After setting up Mailchimp and getting the mailing list in order, thanks to Nina, Linda sent out an invitation for people who have done a course to become members of the LRC. Membership confers certain benefits – most importantly, it is a requirement for submitting work to be considered for the anthology and members get 10% off the cost of future courses.

Membership stood at 212 as at October 15th 2019. Whenever someone completes a course, they are invited to become a member. The numbers are steadily rising.

We send out quarterly newsletters to our membership and friends of the LRC, as well as interim mailings about events and courses. One example was the book launches for our first anthology, *This is how it is*; others include new course offerings and events such as our first Readathon.

In addition, we put out a call for dedicated LRC ambassadors during the year in review and were delighted to receive overwhelming support.

We are proud that over 50% of our members are actively involved in donating funds, time and services to ensure that the Life Righting Collective continues to make a positive impact in our society.



WHO IS BENEFITING?

Examples of the communities which have been beneficiaries of funded courses from the Life Righting Collective include:

- Community youth workers in the Karoo-Overberg
- Township residents in Port Elizabeth
- Immigrant & refugee communities in Cape Town
- Members of the LBG TIAQ+ community in the Western Cape

**Provinces where courses have
been run:**



LIFE RIGHTING COURSES

As this our first formal report, here is a brief overview of how the LRC has grown the footprint and reach of its courses to date.

2017 was the busiest year for life writing courses ever. We ran three fully-sponsored courses, as per the proposed budget – one in Barrydale for the Net vir Pret organisation, one in Port Elizabeth for township residents, organised by Shena Lamb, and one in Cape Town for mainly immigrant and refugee women, organised by Philomène Luyindula, who has completed several courses.

We also did one further course in the Western Cape (Barrydale) and one in the Eastern Cape (Port Elizabeth) for this year. In addition, we ran four life writing courses in Muizenberg, one residential course on a farm near Nieu Bethesda, one in Stanford, one for the Creativity in Business course at UCT and four weekend poetry courses, one of them in Napier. These were all mixed courses, meaning a mix of sponsored and paying participants, except for the one at the Karoo Art Hotel in Barrydale, which was residential and therefore more expensive.



An LRC course in action

LIFE RIGHTING COURSES (cont.)



Esme Goldblatt reads to the Woman Zone Artscape Follow-up Group

In **2018**, we ran twelve courses in total - mostly in the Cape Town area but also two in Johannesburg, one in Tonteldoos in Mpumalanga, one in Ixopo in Kwazulu-Natal, one in Kleinmond and one closed group in Paternoster for members of the LGBTIQ+ community working with Triangle Project.

There are written reports on all these courses – for details, please refer to Terry Ayugi, our administrator. Judging by the feedback, which you can find in the Course Review section on our website, we are achieving what we set out to do. And the generous feedback of course participants is evidence of this.

There were eleven memoir courses and one poetry course. The number would have been higher had we not spent much of the year preparing and launching the first LRC anthology, which saw the light of day in May 2018. Details of the publication and its launch programme appear earlier in this report.

LIFE RIGHTING COURSES (cont.)

In **2019, to Feb 28th year end** we ran an additional course at a favourite venue in Muizenberg, the Muze - which was fully subscribed and a great success - as well as one in Johannesburg. Since then we have hosted eleven additional courses, all over the country. These included two poetry courses run by newly trained facilitator Linda Kaoma and one memoir course run by our other new facilitator Giles Griffin. Further details of these courses will appear in upcoming reports, but we do want to mention our new My Life as a Work of Fiction course. Fictionalising one's story can help when topics are sensitive and distance or disguise is required for legal reasons. This course has also run successfully in Cape Town and Johannesburg this year.

In addition, we pioneered another new course this year, between January and March, namely the Editing or Book Completion course, which is designed for writers with a full manuscript (prose or poetry) that requires either structural or thematic input - sometimes starting at the beginning is the worst place to start. This course has proved so worthwhile that another one followed close on it and is still in progress.

For the financial year in review, we have therefore run twelve courses.



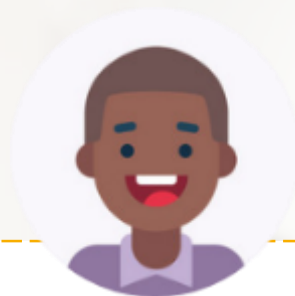
The Triangle Project course participants consider their work



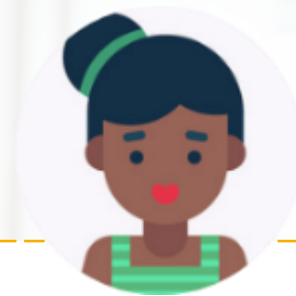
"The practice of creative writing, and specifically of poetry within this sphere, has had a consistent, profoundly therapeutic effect on my life, my physical and psycho-emotional well-being. It has also had a collective healing and transformational impact on the audiences, participants and collaborators with whom I, as a professional arts activist/applied arts practitioner, have engaged over many years."



"I enjoyed all the writing exercises as they showed me I have the potential to be a writer but I LOVED the excerpt readings and the balance of energies between the facilitators the most."



"Doing the course opened me to emotions I didn't realise I have and made me look at some parts of my life with a different eye. I've made a promise to myself not to stop writing from now on!"



"Other courses teach How to Write. This one teaches Why to Write. The psychic stimulus and ideas that spark the creative process. The camaraderie."



"The structure of the course was well thought out and effective, both day by day and as a whole. An unusual, highly effective and striking aspect of Dawn's facilitative work is her insistence that writing, memory and creativity are not simply to be found in the 'head', but are lodged in and distributed through the 'memory' to be discovered in the body itself. The course was enlightening, stimulating, moving and fun."

WHAT ARE PEOPLE SAYING ABOUT OUR COURSES?

FACILITATOR TRAINING



LINDA
KAOMA

Poetry Queen



GILES
GRIFFIN

Food King

It was essential that more facilitators were trained to run more courses. Training involves writing, editing, developing skills in self-awareness, conflict resolution and other meta-skills. We aim to have courses that are run in other South African languages.

Two people expressed interest in training as facilitators in 2018 – Linda Kaoma and Giles Griffin.

Both of them already had related skills and both have attended many courses and follow-up gatherings. Both are writers who write memoir. I developed the facilitator training course over a number of months, as they were available, and together we have written up a course guideline and gathered a bank of resources, including books and excerpts to use as illustration on the courses.

Linda's particular interest and skill is poetry so she has concentrated on running these courses, still with a life writing focus. To date she has run

three poetry courses for the LRC, while Giles has run one full memoir course at his home in Table View and co-facilitated the Triangle Project course in Paternoster. He is set to run a further memoir course in November 2019 and may assist in the Men's course we have designed as well.

Sadly, Linda has been extremely fortunate to be funded to study overseas from September 2019, so for the moment she is increasing her skills in a way that will be beneficial to the LRC. She is studying a Master's degree in Health Humanities at University College London. We wish her a huge and happy amount of luck in her endeavours and hope she will return inspired and motivated to take the LRC to even greater heights.

Issues like how the costs of training are covered still need to be negotiated. To date I have volunteered training time, while Giles and Linda have contributed time and skills to the organisation in exchange for their training.

KEY LEARNINGS FROM THIS YEAR

1

Groups with mixed participants work

Having come from a first year where funding allowed us to run fully-sponsored courses at no cost to participants, we have now sought to integrate sponsored and paying participants, as this ensures a mix of social class, race, age and gender. A founding principle of the LRC is that we need to learn to communicate across the things that seem to divide us, and that hearing each other's life stories helps us to understand that, despite our differences, we are all human beings who struggle with similar issues.

2

Groups with particular audiences and needs may arise

A caveat is that there might be some groups that might appear to be exclusive. For example, Linda had planned to run a course for black women to explore their experiences and attitudes to sexuality. We have run groups with the LGBTIQ+ community, where the group was gathered from an NGO's cohort of queer people of colour. We are planning, as indicated in the Board report, to run groups for men only. Furthermore, courses with participants from groups such as Alcoholics Anonymous and Al Anon would have to be anonymous and/or confidential, for instance.

KEY LEARNINGS FROM THIS YEAR (cont.)

3

We need venues with better access

We need more courses in venues that are central for easier access for participants who rely on public transport. Linda is exploring a venue in Langa, and some in central Cape Town. The venue at Maria's in Gardens, CBD, works quite well in this regard. We also need to consider disabled access as well - not all our venues are ideal in this regard.

4

Running groups for organisations should be pursued

We will also be approaching organisations who might want to run the course for their own employees or clients. For example, we have approached The Clothing Bank, an NPO that assists women to start their own businesses. The LRC writing course would help these women to grow self-esteem, confidence and communication skills, all of which are essential to be successful in business.

5

Administration of the courses requires radical streamlining

We will be using an online ticketing service to streamline course applications from next year, which will make booking easier to do and easier to track. Indeed, you can already book our courses on our website via the Quicket booking platform.



SECTION 3:

Financial Summary

SUMMARY OF INCOME AND EXPENDITURE

INCOME	SET UP	2018	2019
Donation income	R275,970.00	R13,550.00	R81,835.00
Self-generating income		R38,450.00	R248,717.00
TOTAL	R275,970.00	R52,000.00	R330,552.00

EXPENDITURE			
Cost of sales (printing books etc)		R200.00	R50,530.00
Advertising & promotions			R42,374.50
Administration work	R138,580.00		R47,150.00
Bank charges		R146.00	R2,565.00
Catering expenses	R11,700.00	R2,650.00	R10,822.00
Consulting fees		R1,040.00	
Facilitation fees	R36,080.00	R24,800.00	R116,615.00
General expenses			R764.00
Motor vehicle (fuel)			R500.00
Printing & stationery			R2,149.00
Travel & accommodation	R2,410.00	R780.00	R9,482.00
Venue hire		R4,940.00	R26,950.00
Website expenses	R23,550.00		
Publishing (anthology)	R63,650.00		
TOTAL	R275,970.00	R34,556.00	R309,901.50

Nett surplus / (deficit) for the year	R0.00	R17,244.00	R20,650.00
--	--------------	-------------------	-------------------

FUNDRAISING REPORT

Our main sources of funding for the 2018/19 financial year are detailed above. Additional fundraising was carried out as follows:

- An LRC member, Anna Drinka, who was a successful fundraiser in the USA for the Boy Scouts in Texas, helped us raise just over R8 000 via a crowd-funding platform.
- Another member Desirée Anne Martin, has helped us set up a Patreon campaign, which is slowly attracting monthly contributions to our project.

Going forward, we intend bringing out a second anthology in 2020 to generate funds and we have several members who have offered to approach established businesses to explore whether they are interested in funding the anthology or inviting the LRC to run team-building writing courses.

We will continue to apply for grant funding from the National Arts Council, the Arts and Culture Trust, the Lotteries Commission, the Cape Tercentenary foundation, the Bertha Foundation and the Anton Rupert

We are always open to fundraising suggestions. If you have an idea that you would like to share with us, please do contact Dawn or Terry via the following email addresses: dawn@liferighting.com and terry@liferighting.com.

Foundation. We will also be registered on the MySchool / MyVillage / MyPlanet platform by the end of October 2019.

At the upcoming Annual General Meeting, we will encourage members to assist by signing up friends and family to Patreon and MySchool and to come on courses. We also plan to encourage pre-order copies of the second anthology, as well as promote the purchase of the first anthology as Christmas presents.



SECTION 4:

Thank You

DONOR APPRECIATION

Below is a list of our donors for the 2018/19 financial year. Without them we simply would not be able to do the work we do. We are truly grateful for their support, whether financial or in kind: many people have given generously of their time and skills in various ways. A detailed list of LRC ambassadors - members who have given of their time, sweat and tears - is to be found in the following section.

Amani Harmonic Foundation

Banfield, Alec & Ina

Beatrix Jordaan Trust

Buchanan, Emily

Cape Tercentenary Foundation

Clough, Margaret

Eppel, Dinah

Fairall, Lara

Glenday, Katherine

Gosselin, Rene

Hart, Ronelle

Hilliard, Liana

Homer, Nancye

Jobson, Liesl

Kane, Lisa

Lamb-du Plessis, Shena

le Roux, Joa

Leighton, Suzanne

Solomon, Marc

Stubbings, Helen

Tennille, Norton

Woodhull, Jennifer

AMBASSADORS OF THE LIFE RIGHTING COLLECTIVE

The Life Righting Collective would not exist without the generous and free gifting of many people's time, energy, money and skills. We want to thank everyone who has contributed – and continues to contribute – to the life of this wonderful community organisation so that it grows and thrives.

- **Amani Harmonic Foundation** and the **Beatrix Jordaan Trust** – both headed up by LRC members who have done a course – for their major funding of the organisation
- **Ambre Nicholson** for writing a review on the Crypt launch
- **Anna Drinka, Desiree-Anne Martin** and **Doreen Gowens** for helping with fundraising
- **Anna Drinka, Jonathan Luies** and **Cian Small** for filming and editing a short video on the LRC for fundraising and to promote our work
- **Anne Townsend** for organising a course in Barrydale
- **Annemarie Hendrikz, Yvonne Sliep** and **Heleen Sliep** for organising a course in Kleinmond, and sponsoring participants
- **Arja Salafranca** for writing a review of the anthology and organising another
- **Beauty Bokwani, Nathan Festus, Lara Fairall, Robert Hamblin, Charlotte Mande Illunga, Nobesuthu Tom, Reini Adelbert, John Cartwright, Lorraine le Roux, Annette Snyckers, Kerry Hammerton, George Davis, Stephanie Safari, Peter Surtees, Norton Tenille, Leonora Lewis, Hermien de Vos, Floss Mitchell, Ronelle Hart, Lerato Lehlabathe, Mary Duker, Joa le Roux** and **Kathija Yassim** for participating in book events

AMBASSADORS OF THE LIFE RIGHTING COLLECTIVE (cont.)

- **Berenice Paulse**, senior researcher in parliament, for facilitating our seminar and selling copies of the anthology, and Beauty Bokwani and Hani du Toit for being available to speak in that forum
- **The Cape 300 Foundation**, for supporting us in our literary endeavours with funding for printing course promotion fliers and ongoing improvements of our website
- **Carole Bloch** for promoting our work and speaking at the Crypt launch
- **Charlotte Mande Illunga, Hani du Toit, Desiree-Anne Martin, Robert Hamblin and Shuhood Abader** for participating in the video to assist with fundraising
- **The Crypt** for providing a free venue for the anthology launch
- **Cynthia MacPherson** for her home as a venue for a poetry course
- **Cynthia MacPherson, Yvonne O'Connor and Esme Goldblatt** for running a book event at Fish Hoek Library
- **Derek Joubert** for organising a course with Net Vir Pret in Barrydale and providing accommodation
- **Dewald van Zyl**, our original logo designer, who brought the LRC to life and designed our stationery
- **Dinah Eppel** for assisting with administration, catering and venues
- **Emily Buchanan** for editing the anthology
- **Everyone who contributed writing to the anthology** and the website so that we can get to know each other better and take courage and be inspired
- **George Davis** for taking photographs at the Crypt anthology launch
- **Gertrude Fester** for offering fundraising ideas
- **Helena Wagener** for assisting with social media and writing blogs
- **Janet Giddy** for providing a venue for LRC meetings, for writing a review on the anthology for the SA Medical Journal and for participating in the Montague Book Festival

AMBASSADORS OF THE LIFE RIGHTING COLLECTIVE (cont.)

- **Janet Meintjies** for her home as a venue for a poetry course
- **Janice Behr** for organising an event at Tokai Library
- **Jason Jacobs** for organising the ASSITEJ writing course
- **Jean Luyt** for organising a course for mentors at GSH
- **Jen Radloff** for creating our beautiful Mascot and helping plan our first AGM
- **Joa le Roux** for coming all the way from PE to join the launch and reading her piece
- **John Cartwright** for helping with editing pieces for the website
- **Jonathan Luies** for crafting this very fabulous annual report presentation
- **Kate Wigley** and **Cleon Romano** for providing a course venue at Maria's restaurant in Cape Town
- **Katherine Glenday** for use of The Forge and for doing a mock-up of a potential cover for the anthology
- **Kathija Yassim, Beauty Bokwani** and **Net Vir Pret** for taking the principles of life writing into their work with young people
- **Lerato Lehlabathe** for being our best seller at over 70 copies of the anthology and for getting us an audience in parliament
- **Lindsay Wright** for her ongoing help with applying for PBO status from SARS to help us raise funds
- **Lisa Kane, Jen Thorpe** and **Jen Radloff** for their LRC podcast initiative
- **Loretta Sanderson** for offering to organise our next PE course
- **Lorraine Burne** for promoting book sales in Johannesburg
- **Lucy Alexander** for proofreading the anthology
- **Madoda Ndlakuse** and **Charlotte Mande Illunga** for being interviewed for the purposes of a fundraising campaign

AMBASSADORS OF THE LIFE RIGHTING COLLECTIVE (cont.)

- **Member donors** who have donated funds from R50 to R2000, some on a recurring monthly basis to sponsor participants on courses and festivals, including the McGregor Poetry Festival in 2018
- **Member FUG hosts** in Cape Town, Johannesburg, Knysna and PE, who have opened their homes to host follow-up gatherings (aka FUGs)
- **Member marketers** who have recommended courses far and wide
- **Marilyn Pigott** for organising two courses in Leysin, Switzerland and one in Stanford
- **Matthew Caretti** for facilitating a bulk purchase of the anthology
- **Nancy Richards** and **Beryl Eichenberger** for supporting our work at Woman Zone
- **Nancy Richards** for reviewing the anthology for Country Life
- **Nathan Festus** for organising a radio interview on CCFM and leading the charge for our recent Exclusive Books' Readathon
- **Noelle Koeries** for organising a book event at Woman Zone
- **Pat Garratt** and **Cynthia MacPherson** for representing the LRC at the Book Week event at Tokai Library
- **Paula Kingwill** of The Karoo Rest for sponsoring participants on the course on her farm
- **Phillipa Kabali-Kagwa** for performing at The Crypt launch and taking on the role of Chairperson of the Board
- **Philomene Luyindula** for recruiting writers for courses, being an incredible networker and being our Knysna organiser
- **Pregs Govender, Sara-Jayne King, Helen Moffett** and **Bongani Kona** for endorsing the anthology

AMBASSADORS OF THE LIFE RIGHTING COLLECTIVE (cont.)

- **Ronelle Hart** and **Arja Salafranca** for organising courses in Johannesburg, for participating in the Love Books book launch and for promoting our course
- **Ronelle Hart** for being our Johannesburg organiser, providing accommodation and being a book distribution centre
- **Rose Jackson, Lara Fairall and others** for offering lifts to courses, follow up gatherings and the MacGregor Festival
- **Rosie Campbell and her Design for Development colleagues** have helped us realise our brand and create some wonderful marketing material along the way
- **Ruth Goodman** and **Karen Anderson** for organising a book event in Barrydale
- **Sharon Peddie** for making a pedestal / container to transport our mascot safely to ensure the hairstyle remains unruffled
- **Shena Lamb** and **Mary Duker** for organising the PE launch of the anthology
- **Shena Lamb** for being our PE organiser, interviewing Madoda Ndlakuse and for providing accommodation
- **Simon Sephton** for his legal and publishing advice
- **Simon Smith**, the LRC web developer, who has generously contributed countless hours of behind-the-scenes work to keep our website up and running along with constant enhancements and updates; and even baking us a loaf of his awesome sourdough bread!
- **Steve Reid** and **St John Haw** for playing the piano at the Crypt launch
- **Sue Alexander, Jane Alexander** and **Theo Rossouw** for selling books at the Crypt launch
- **Sue and Richard Halley-Stott** for providing a course venue in their home in Johannesburg

AMBASSADORS OF THE LIFE RIGHTING COLLECTIVE (cont.)

- **Sue Soal** for her generous gift of facilitating the LRC executive committee to formulate a refreshed vision for structures and goals going forward
- **Those who donated sparkling wine**, refreshments and eats at the Crypt launch
- **Vonni Romano, Hani du Toit, Giles Griffin** and **Esme Goldblatt** for hosting FUGs in Cape Town
- **Zuleiga Adams** for inviting the LRC to UCT summer school.

Please let us know if we have erred in omitting anyone. Any oversight is a consequence of our old brains and not due to lack of immense appreciation.

THANK YOU!

THANK YOU

**Life
Righting**
Co//ective
THE HEALING POWER OF WRITING