

Institute for Healing of Memories

Newsletter April 2021



The work of healing of memories is making a meaningful contribution in the communities and the organisations we are working with. This is evident in the responses and requests we are receiving from individuals, organisations and communities. As the COVID 19 pandemic rages on the Institute is challenged to work within the protocols of the pandemic to keep our staff volunteers, facilitators and the individuals and communities we work with safe. Despite these challenges it has become clear that we need to continue to respond in creative ways that address the need of the individuals and communities. COVID 19 has placed the spotlight on mental health. It would not be unreasonable to suggest that at no time has the importance of mental health been the talking point in diverse sectors of society on multiple platforms, including social media. As the Institute we welcome this beaconing consciousness that is normalising the conversations that allow us to explore not only mental health but linked to this spiritual and moral injury that profoundly impacts the human experience.

As the COVID 19 restrictions in the country eased, the in person healing of memories workshops resumed in the three provinces we have our offices, Gauteng, KwaZulu Natal and Western Cape Province.



In Gauteng the first workshop focused on the healing journeys of women from Alexandra and Tembisa communities. The women shared powerful stories of pain and perseverance. Working with women affected by GBV is one of the key vulnerable groups of people we work with.

In KZN their first workshop was with another group of vulnerable, marginalised and ignored people we work with, people living with disability and albinism. It is a group of people who are particularly invisibilized by society. The group expressed deep gratitude to being listened to, heard and treated with dignity.





In the Western Cape Province, a healing workshop with young people was the start of their programme. The young people shared their anxieties, their hurts and hopes and dreams for themselves and that of their families. The impact of COVID 19 on the educational and vocation prospects of young people came sharply to the fore. The increase of violence in the homes during this time has created unimaginable pain and hurt.

Since last year our youth facilitators and the young people in the communities has been under severe pressure. The likely would of them hurting themselves has become a real risk.

As South Africa continue to battle the scourge of GBV we hosted our first healing of memories workshop in KZN. This is a necessary step in our strategy to assist men on their healing journey. To create a safe space for men to tell their story and confront their demons.

The men were appreciative of the opportunity to share their story and be vulnerable. The popular saying “hurt people, hurt people”, deeply resonates with the stories the men shared and confirmed the importance of working with men.

In the Western Cape workshops were also held with communities affected by gangsterism and violence. Human Rights groups earlier in the year expressed grave concern about the increase of “child-on-child” violence. This situation is a reflection on the deepening crisis of a very violent society where children are exposed to multiple levels of violence on a day to day basis.

Our work with people infected and affected by HIV/AIDS are ongoing. The workshop we hosted in KZN and Western Cape was predominantly attended by women. Whilst the attention has shifted to other sectors of society the stigma experienced by woman infected seems no less acute than during the height of the pandemic. For many of the woman it is a lifelong burden they carry.





On the 17th December 2020 there was a devastating fire in the Masiphumelele community in the Western Cape Province, The residents have been left destitute as they struggle to rebuild their lives. The IHOM is providing ongoing emotional and psychological support to some of the victims of the fire as they deal with the ongoing struggle to survive.



Ongoing support

The healing of memories workshops are followed up with the Second Phase workshop, focused on how to deal with anger, overcoming hatred and struggling with forgiveness. A number of these workshops were held in Cape Town and KZN over the last four months.

A number of participants have also been referred for one on one counseling. Since the beginning of this year more young people have participated in these counselling sessions related to suicide ideation, exposure to environmental hostilities, COVID 19 related grief, loss and anxieties. In our process we encourage people to form support groups where they can continue to be healers of each other.

To enable the IHOM to respond to the growing demands IHOM Earlier this year we signed an MOU with SACAP (The South African College of Applied Psychology) for placement of interns to support with counselling and psycho-education for the support groups we work with. They are supervised by a registered counsellor. We welcome Farhaanah Samsoodien (right) and Nompumelelo Cangci (left) to our team.





IHOM is partnering with a number of social justice community organisations to support their efforts in strengthening their communities with the necessary tools and information to build their capacity. This brought the realisation for the need of a psycho-education training that would enable community leaders to be active participants in healing their communities.



The training was residential and took place over three days. It was participatory with a variety of activities that provided participants with skills and knowledge to contribute to their ability to support their children and young people in their communities. It addressed pressing issues on how to deal with grief and loss not only as an outcome of the COVID 19 pandemic, but as a generational impact of systemic injustices. It provided participants with tools to listen and provide feedback to each in ways to support their healing.

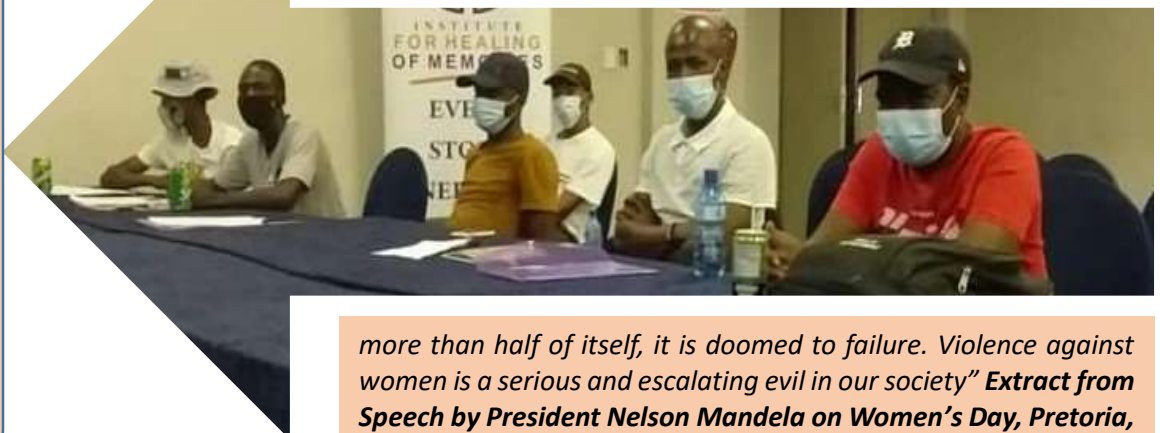
Working with men and community healing



Since the beginning of this year IHOM has implemented three “Healing journeys of men”, trainings. The trainings took place over three days in Cape Town, Durban and Johannesburg. The participants included community partners, young men from our Restoring Humanity youth development programme and military veterans.

The purpose is to prepare a group of community facilitators to support the “Men’s Imbizo” and “Boys to Men” programmes of the Institute. The training aimed to through transformative approaches to violence and healing contribute to a safer community. It further set out to explore issues of patriarchy, anger, violence against women and children and the historical and socio-economic drivers of violence. In addition, it explored practical steps and strategies of healing from violence.

“As long as women are bound by poverty and as long as they are looked down upon, human rights will lack substance. As long as outmoded ways of thinking prevent women from making a meaningful contribution to society, progress will be slow. As long as the nation refuses to acknowledge the equal role of



more than half of itself, it is doomed to failure. Violence against women is a serious and escalating evil in our society” Extract from Speech by President Nelson Mandela on Women’s Day, Pretoria, 9 August 1996

#thehandsofmen

Tarsisio M Nyatsanza

The background to violence against women & children indicated that violence by men has tended to be accepted and even condoned throughout human history. Examples highlighted included the Roman Empire law that gave a man life and death authority over his wife and the 18th century English common law that gave a man permission to discipline his wife and children with a stick or whip no wider than his thumb – hence the "rule of thumb" prevailing in England and America until the late 19th century.

By extension, in (South) Africa through colonisation & imperialism the same scenarios obtained. Violence against women and children is now a deeply entrenched patriarchal culture that encourages and rewards male domination. Boys and men are more likely to use violence to keep this dominant position. While the generality of society denounces violence, aggressive men are systemically made 'heroes' and masculinity is often equated with violence perpetrated towards women and children.

The traditional model of masculinity seems to encourage the practice of men displaying an aura of daring and persistently aggressive culture especially through films, television, music videos, song lyrics, t-shirts messages and even through advertisements that portray violence as normal. This invariably generates and provides the irreversible contexts, sites and scenes for the denigrating, sexually exploitative and eroticisation of the female body as well the perverse and paedophilia tendencies. As such, these various media *de facto* and unfortunately do set the stage for actual violence against women and children.



The #thehandsofmen media campaign continue to build momentum. It is a threat that run through all the programmes of the institute as we strive to make our contribution toward the eradication of violence against women, children and femicide. With human trafficking on the increase, it is imperative that we do more to place the spotlight on this inhumanity toward women and children in particular. A series of webinars will be hosted in the coming months to address these issues.

Restoring Humanity ~ youth development

The Restoring Humanity programme is active in three provinces of South Africa. Each of the provinces is developing their programme guided by their local capacity and the stage of their development .

In KZN the focus is on developing facilitators to implement the programme in communities. They meet regularly to learn more about the intergenerational trauma of the country, on identity and present day challenges facing young people.

Gauteng hosted a Restoring humanity facilitator training earlier in the year. Facilitators learned more about the RH pedagogy, developed their facilitation skills and consolidated their plans for the year.

The 'Boys to Men' project will continue their radio show with the Alexandra community radio station. In addition they are working with some of the family members of the Mamelodi Massacre of 1985 to create a musical performance in remembrance of the victims.



In the WC facilitators organised workshops with children in their communities during COVID 19 lock down. Helping the children to process their experiences.



The WC team is involved in an intensive process of working with facilitators and youth from their communities to develop a youth exhibition, "thehandsofmen". After a number of workshops exploring the content of the exhibition they are now conceptualising the end product.



Exhibition opening 16 June 2021. Follow the RH FB for updates

Healing the wounds of History ~ Military veterans



A healing of memories workshop facilitated by the founder of the IHOM, Fr. Michael Lapsley was held in KZN in April. It brought together veterans from four different military formations, uMkhonto we Sizwe, APLA, Azanla and SADF. The process of bringing the military veterans together are hard work. They have no reason to trust IHOM or each other. Their personal histories are one of betrayal by political allies, government and in many instances their comrades, family and friends. The stories shared at the workshop was a witness to the killing fields in KZN during the apartheid years.



Our work with military veterans and family members and communities affected by apartheid crime is part of your commitment to healing our past and making a contribution towards reconciliation in the country.

In the WC an IHOM military veterans' committee has been established to assist with supporting the healing journeys of the veterans. Prof Simphiwe Sesanti listened to the challenges of the veterans their plans and dreams. He acknowledged their commitment to build a better society and encouraged them on their journey. In KZN a group of military veterans came together to discuss how they can contribute to healing the wounds of history. Affirming that the journey start with the commitment of each individual to take the first courageous step toward healing.



Africa Programme



In the first quarter of this year the Africa programme co-ordinator managed to visit Namibia, and participated in a healing of Memories workshop at the Maria Regina Oblate Conference Centre in Döbra. With 40 participants and 7 facilitators in attendance, it was quite a challenge to ensure the necessary safety measures relating to COVID19 are in place to keep everyone safe.

For three days IHOM facilitated a healing of memories workshop in Harare, Zimbabwe. The workshop was offered in partnership with Aqua Healing and the International Order of St Luke. A second phase workshop was hosted, on 23th to 25 October 2020 at the Foundation for Farming in Zimbabwe.



"I am Matthews Msiska from Act Alliance in Malawi. It was wonderful to add my experience, knowledge, ideas and insights, regarding the healing of memories through the mini workshop conducted online on 5th and 6th 2021 March that emphasized the emotional and spiritual understanding and interpretation of the past. The facilitation was good, methods applied were fantastic and the content was thrilling. Looking forward to your continued support as my colleagues and I are planning to roll out the Healing of Memories program in Malawi."

The Institute working jointly with I am Zimbabwe, youth organisation and Aqua Healing organised a workshop with a group young people on Gender based violence. The group was composed of boys and girls from I am Zimbabwe Organisation, situated in Mbare. [#thehandsofmen](#)



Healing of memories Training



After postponing the annual International training twice last year it finally took place from the 12th to 18th of April this year. The training, “Introduction to the Healing of Memories” took place in Stellenbosch Cape Town. Participants came from South Africa, Namibia, Zimbabwe, Ghana, Angola, Malawi, DRC and Lesotho. The focus of the week was to understand and practice the methodology of the healing of memories workshop. A visit to Robben Island and participating in a community dialogue in Delft on GBV formed part of the week long programme.

Under the leadership of the Fr. Michael ongoing facilitator training for healing of memories workshops are taking place. Gauteng has been a priority as the office in that province is fully operational, implementing all programmes of IHOM. Online training and coaching of the facilitators has developed a strong core group in that province. A facilitator upskilling workshop was also held in Cape Town.



Welcome to our new Board members



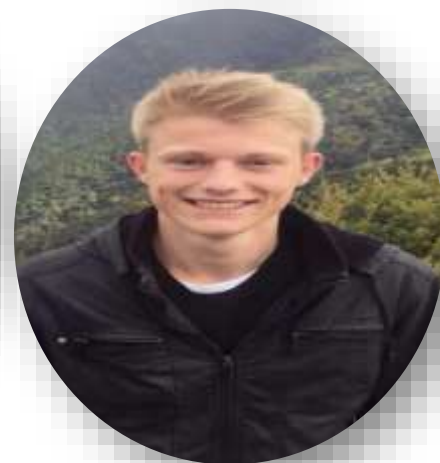
Mamosilo Dumisa is an accounting major who has applied her accounting expertise both in the corporate sector, in the Church environment, and in the Non-Government Sector. She holds a BCom (Accounting) degree from the National University of Lesotho. She also holds a Management Development Programme from the University of Durban-Westville. She also holds a Certificate for Commercial Property Practitioners, offered jointly by the University of Pretoria and SAPOA .

website
healing-memorie.org



Ntombi Langa is married to Ken and has two children, Thabz (32) and Thabang (20). Ntombi has over 30 years experience in the Human Capital Environment. She has worked in financial services, manufacturing, electronic and print media industries. Her experience has spanned across the private and public sectors as well as NGO/community environments. The size of the organizations where she has worked range from small medium sized locally based organizations, to large multinational global players.

Babalwa Alven is a social worker. In 2021 was offered a position at the Department of Social Development at their Athlone office in Cape Town. Previously I was based at St Nicholas Home in Sophia Town. I mainly worked with children from the ages 5 - 18 years. I provided psychosocial support and therapy on a weekly basis as well as connecting with statutory organizations and other relevant stake holders.



Marcus Schaefer. Born to a German dad and Irish mum, I grew up across Europe. In 2009 I found myself in South Africa. I started my bachelor's degree at Rhodes University in Makhanda in 2014 and majored in Law, Economics and German. I then did a post-graduate LLB before moving back to Cape Town to join Fairbridges Wertheim Becker Attorneys for my articles.

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Banking details

Institute for Healing of Memories
Standard Bank, Mowbray Branch
37-39 Main Road, Mowbray, Cape
Town, 7700

Branch code: 02-49-09
Account no: 075133164 (Marketlink)
SWIFT code: SBZAJJ

Western Cape Province

5 Eastry Road
Claremont, 7708
P O Box 36069
Tel +27 (21) 6836231/35

KwaZulu Natal

20 Diakonia Avenue,
Diakonia Centre,
Durban, 4001
Tel + 27 – (31) 3010419

Gauteng

Regus (Centre 4322)
21st Floor, 222 Smit Street,
Braamfontein 2001,
Johannesburg
Tel: + 27 10 005 4534