



RAISING GOOD MEN

to end GBV, crime and fatherlessness.



RAISING A GREAT NATION

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WORD FROM THE CEO



Father A Nation was founded in 2010 on a simple yet profound belief: If we can heal men, *we can heal South Africa.*

Fifteen years later, I am more convinced than ever that there is no greater nation-building imperative than restoring and equipping men to be good fathers, partners, mentors, citizens and role models who stand against all forms of abuse. Do this and we will change the trajectory of our country! That is why all of our programmes are aimed at building good men who love, serve, protect, provide and who use their strength only for good. Such men will stop abuse in its tracks and build a safe and prosperous future for all.

Since we started with our first intervention 15 years ago in Bophelong in the Vaal, we have had the privilege of running programmes in all nine provinces of South Africa. We've worked in taverns, informal settlements, hostels, schools, colleges, universities, taxi ranks, prisons, malls and street corners as well as corporations, government departments and places of faith. The stories of changed lives, and in some cases, saved lives, continue to keep us inspired.

We are profoundly grateful to our funding partners, without whom this work would not be possible. Our largest supporter over recent years has been ABInBev, whose partnership with us on the *#NoExcuse for Abuse* campaign and *Champions for Change* programme has borne tremendous fruit across South Africa. We also express our heartfelt thanks to our other key supporters over this period whose contributions have enabled us to expand our reach and deepen our impact in truly remarkable ways. Thank you Ford Foundation, the GBVF Fund, the Danish Embassy, Sun International, Biggi Brands, Standard Bank, ABSA Bank, Mukuru, Deal or No Deal, Hitachi Energy South Africa, Mountain Reach, Price Waterhouse Cooper, Airlink Cleaning Services and numerous individuals such as Ingrid Jonker from Middelburg who faithfully makes a monthly contribution.

A huge thank you to our team, who will always be our greatest asset. We are fortunate to have a group of men and women on our staff who are driven by a passion to make a difference and build a safe and prosperous nation for all. Working in the NPO sector dealing with the devastating issues of fatherlessness and GBV requires a lot of grit, determination and emotional resilience and we are blessed with a team that possesses these qualities in abundance.

South Africa is home to some of the deepest, kindest, wisest, most compassionate and resilient people in the world. We are privileged to walk this journey with them in communities, classrooms, boardrooms and streets across the nation. It is with great pride and gratitude that we present this summary of our work to you, our valued stakeholders. Thank you for standing with us in building a safe, just and flourishing South Africa, one good man at a time. This report covers the work of Father A Nation for the two-year period ending 28 February 2025.

Craig Wilkinson
Founder and CEO

OUR MISSION

FAN'S PURPOSE:

To raise a generation of good men who will build a safe and prosperous South Africa.

HOW DO WE ACHIEVE OUR PURPOSE:

We target fatherlessness, gender-based violence and crime by healing and equipping men to be good men, nation builders, fathers, mentors and role models who use their strength only to love, serve, protect and provide and to stand against any form of abuse.

WHAT DOES IT LOOK LIKE ON THE GROUND?

We run powerful, transformational programmes with men and women, boys and girls in communities, schools, colleges, and organisations across South Africa.

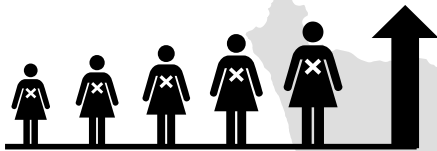
CONTEXT AND PHILOSOPHY

Father A Nation operates in the context of a nation which has some of the most troubling social issues in the world. South Africa is widely referred to as the rape capital of the world, and we have some of the highest rates of gender-based violence (GBV) anywhere.

Our murder rate stands at 34 per 100,000 people per year, seven times higher than the USA (4.8) and 37 times higher than the UK (0.92). We are also one of the most corrupt nations in the world. Estimates suggest corruption has cost South Africa more than R700 billion over the past 20 years.

60%

OF CHILDREN LIVE
WITHOUT A
PRESENT
FATHER



FEMICIDE **5X**  THE GLOBAL RATE

SA MURDER RATE

37X

HIGHER
THAN UK

CORRUPTION COST

**R700
BILLION**

IN THE LAST 20 YEARS



The overwhelming majority of this damage is being perpetrated by men.

Not emotionally whole and healthy men, but rather wounded men with a distorted view of masculinity.

TRUE MASCULINITY IS A POWERFUL FORCE FOR GOOD.

False, wounded masculinity is profoundly destructive. Wounded men either fail to use their strength and become passive, or they misuse their strength and cause harm to themselves and others. True masculinity loves, serves, protects and gives. False masculinity seeks to dominate, control and take. Because of our divisive history and deep socio-economic challenges, South Africa is home to **generations of fatherless, wounded, men** with false and often destructive notions of what masculinity is.

The evidence is clear. A survey conducted among 2,600 men in Diepsloot (aged 18–40) by Sonke Gender Justice in collaboration with the University of the Witwatersrand revealed that **56% admitted to either raping or beating a woman in the past 12 months.** Among these, **38% specifically admitted to forcing sex** and approximately **54% admitted to physical violence or threats against women.** Another study involving 1,130 young women in KwaZulu Natal found that **46% reported their first sexual experience as non-consensual.** These are horrifying realities happening on a massive scale.

46% REPORTED THEIR FIRST SEXUAL EXPERIENCE WAS **NONCONSENSUAL**
IN A KZN COMMUNITY STUDY

This is not a crisis that will self-correct. Wounded men raise wounded boys, who become wounded men, who in turn wound others. **We must break the cycle.** Our future depends on it.

One of the primary causes of destructive masculinity is fatherlessness.

Multiple studies point to the fact that the single greatest predictor of dysfunction in young people is

not poverty, race, or education, it is fatherlessness. **Fatherless children are significantly more likely to join gangs, commit violent crime, abuse drugs and alcohol, engage in early and risky sexual behaviour, commit or experience sexual abuse, suffer from depression and suicide.** It is safe to say that fatherlessness is the engine behind our most urgent social crises.

The clear and obvious solution is to heal, restore and equip men to be good men, fathers, mentors and role models. **To create lasting change, we must transform the hearts, minds, beliefs and behaviours of men.** This is what Father A Nation exists to do. And we are doing it, effectively, powerfully, and at scale. We run **proven, practical interventions** to dismantle destructive masculinity and stop GBV at its roots.

We operate from **three core convictions:**

- » **The answer to toxic masculinity is healthy masculinity.** When enough men live out a true, life-giving form of masculinity and hold each other to account, destructive behaviour drops.
- » **Teaching true masculinity helps fill the void left by absent fathers.** Our programmes equip men with an understanding of healthy masculinity that they never received growing up.
- » **Safe spaces for men to be vulnerable and supported leads to emotional healing and a reduction in harmful behaviour.** Giving men space to talk and process their emotions literally saves lives, reducing destructive behaviours like suicide, addiction and violence.

Good policing and prosecution are essential but not enough. If we are to be effective in reducing the incidence of GBV, **we need to heal the hearts and transform the beliefs of men.** This alone will change the way men behave at a broad societal level.

The passionate goal of Father A Nation is to prevent GBV from happening by restoring, equipping and inspiring men to be GOOD men, fathers, role models, partners and citizens.

OUR PROGRAMMES

Our range of programmes, material and interventions directly address the dire issue of gender-based violence (GBV), fatherlessness and destructive masculinity. These include:



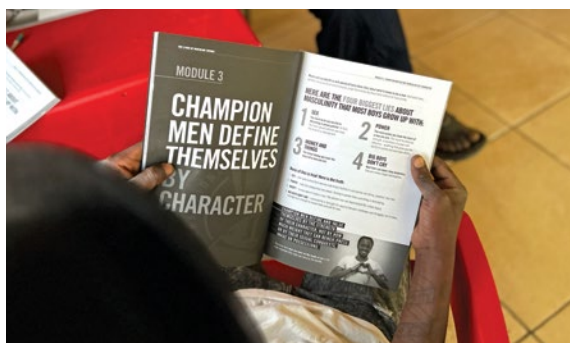
1. WORKSHOPS, DIALOGUES AND TRAINING SESSIONS

at schools, colleges, community centres and organizations in both the public and private sector.



2. **FREE ONLINE COURSES** IN FOUR DIFFERENT LANGUAGES

(English, Zulu, Sotho, Afrikaans) covering positive masculinity as well as understanding and overcoming GBV.



3. BOOKLETS AND TRAINING MANUALS

covering GBV, fatherhood and positive masculinity.



4. COMMUNITY-BASED EVENTS

ranging from sporting events to street activations, tavern interventions and community hall gatherings.



5. MENTORSHIP PROGRAMMES

involving community-based mentors actively engaged in mentoring men in their communities.



6. TRANSFORMATIONAL CONVERSATIONS WITH MEN IN COMMUNITIES

in small, facilitated groups called Bands of Brothers. These groups have proved life changing for many men and life saving for both men and women.



7. CORPORATE TRAINING AND WEBINARS

for staff on understanding and overcoming GBV at home, in communities and in the workplace.



8. SCHOOL & COLLEGE INTERVENTIONS

to teach boys and young men the principles of positive, healthy masculinity.



9. ADVENTURE-BASED CAMPS

for high impact personal transformation and training for men.

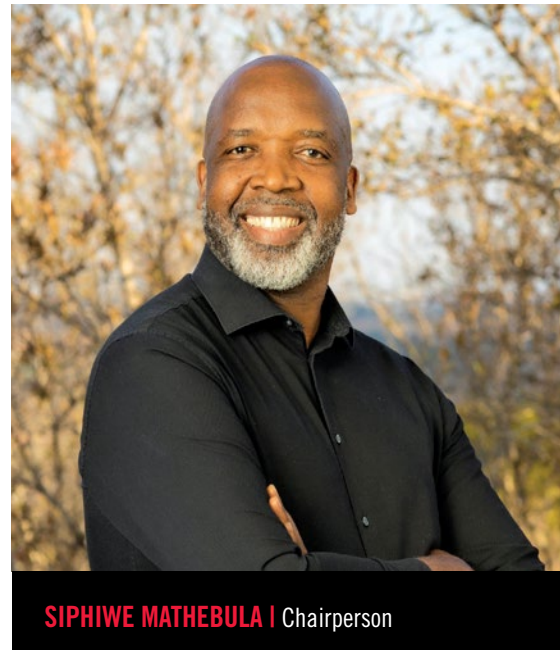


10. SURROGATE FATHERS

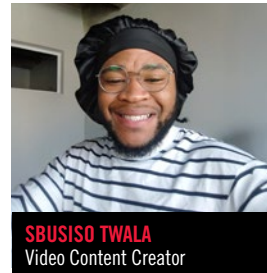
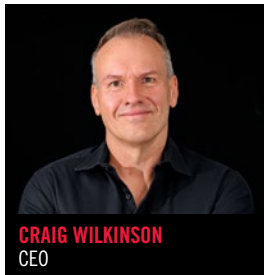
Equipping and mobilising men to become surrogate fathers to orphans and vulnerable children (OVC's) in communities.

OUR TEAM

DIRECTORS

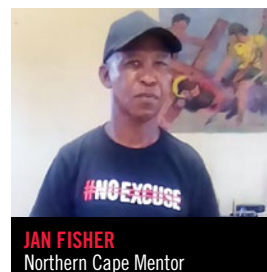
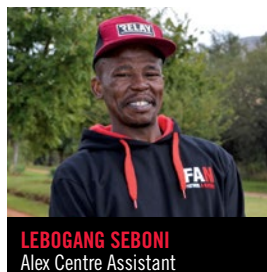


HEAD OFFICE STAFF



Craig, Zizipho, Themba and Sydney travel to schools, colleges, companies and communities to run programmes, conversations and training. In addition, we have a group of skilled facilitators and field workers we contract on a project-by-project basis.

COMMUNITY-BASED STAFF



Our full-time mentors form the backbone of our community-based activities. They are tasked with setting up and running community events, responding to helpline requests, taking men through the *No Excuse For Abuse* and *6 Pack of Champion Virtues* courses, developing partnerships with organisations involved in the community and running conversations with groups of men about positive, healthy masculinity and GBV.

TRAINING RESOURCES

There are three bodies of material which form the basis of our interventions:



1. NO EXCUSE FOR ABUSE

addresses gender-based violence (GBV). It unpacks what GBV is, the many forms it takes, why it happens, why men abuse, healthy vs unhealthy masculinity and the actions men and women can take to stand against it.



2. THE 6 PACK OF MASCULINE VIRTUES

— also called the '6 Pack of Champion Virtues' — presents the six virtues which are at the core of positive, healthy masculinity. This is designed to be the voice of the father that many men never had and teaches and inspires men to use their strength for good, not to be passive and never to be aggressive.



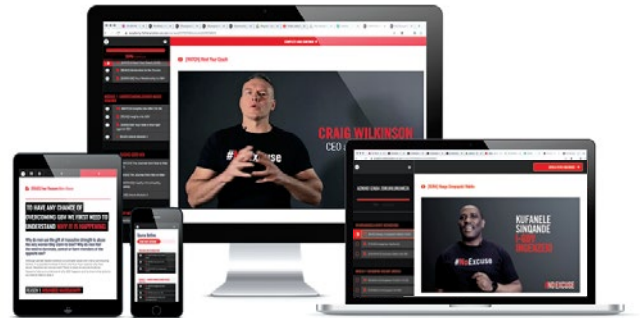
3. THE 12 DADVERBS

teaches men how to be excellent fathers. It unpacks 12 key actions that every father needs to take throughout his children's childhood to be the father that they need him to be.

Over the years we have developed this material, in partnership with Goodwilko, into a number of different resources which we make use of in our interventions:

NO EXCUSE FOR ABUSE

- » **Free Online Courses** in English, Zulu, Afrikaans and Sotho, each with an eCertificate on completion
- » **A5 booklet** – print and digital version in English, Zulu, Afrikaans, Xhosa and Oshiwambo
- » **A4 Workbook with Certificate** in English, Zulu and Afrikaans for running the course in physical workshops.
- » **Printed Certificate**
- » **A4 Facilitator's Guides** for courses
- » **Powerpoint Version** of course content
- » **Mini free online course** (15 minutes)



6 PACK OF CHAMPION VIRTUES

- » **Free Online Course** in English with an eCertificate on completion
- » **A5 Booklet** – print and digital version in English
- » **A4 Exercise Book** in English for men
- » **A4 Workbook** in English for school boys
- » **Printed Certificate**
- » **Powerpoint Version** of course content



FREE FROM ABUSE

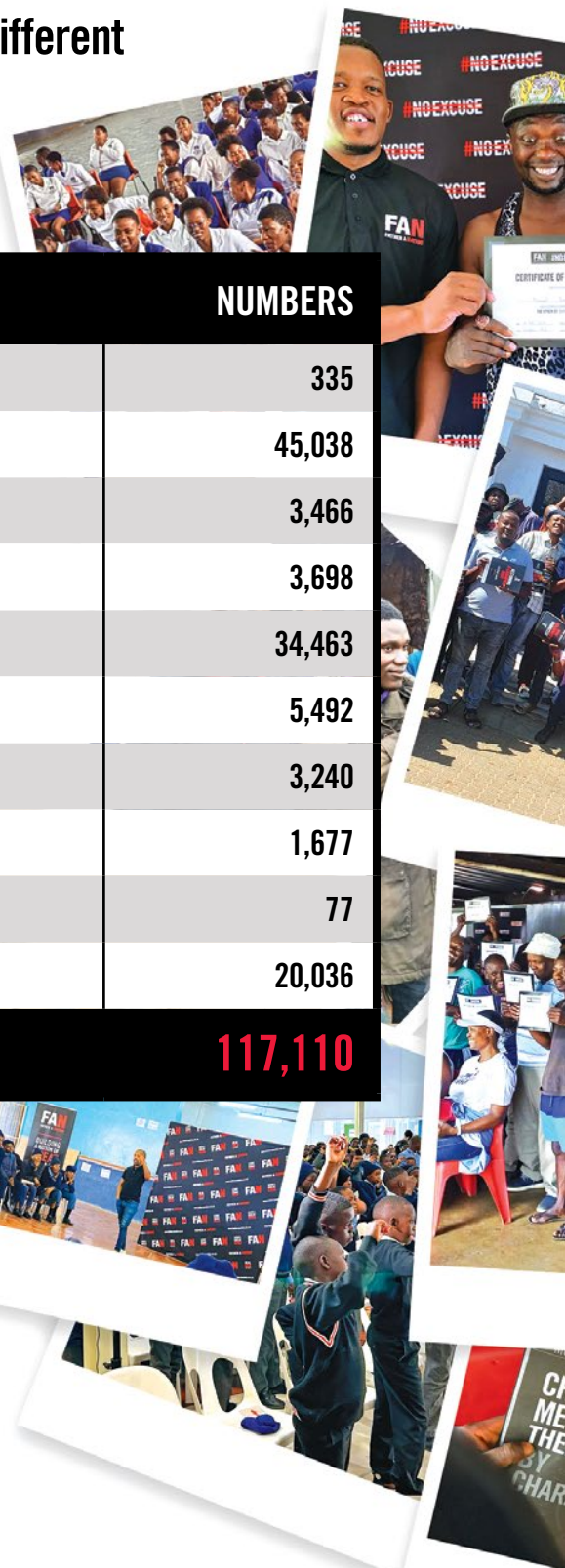
- » **A5 booklet** for girls and women in English



2023/24 IN NUMBERS

The following table provides a summary of the different interventions we carried out in 2023 and 2024, and the number of lives impacted by each.

INTERVENTION	NUMBERS
Community events and dialogues	335
Event attendance	45,038
Renew All vows	3,466
Bravest Thing interactions	3,698
Manual course completions	34,463
Online course sign-ups	5,492
Alex Centre activities	3,240
16 Day Tavern dialogues	1,677
Schools visited	77
School learners in attendance	20,036
TOTAL IMPACTED	117,110





2023/24 PROJECTS AND INTERVENTIONS

1. COMMUNITY EVENTS AND ENGAGEMENTS

During the two years ended 28 February 2025 our team was involved in 335 community events with a combined attendance of **just over 45,000**.

The events varied greatly in size, duration and level of engagement and were held in a variety of settings, from street corners to soccer clubs, taverns and community halls. At these events our mentors presented inspirational and challenging messages about

positive masculinity, fatherhood and overcoming gender-based violence.

We partnered with over 100 organisations from all sectors of society to make these engagements a success, including:

- » **GOVERNMENT DEPARTMENTS** such as Community Safety, Health and Social Development
- » **NGO'S** such as Anova Health, FAMSA and Bokamosa
- » **FAITH-BASED ORGANISATIONS** such as Scripture Union

WE PARTNERED WITH OVER 100 ORGANISATIONS FROM ALL SECTORS OF SOCIETY TO MAKE THESE ENGAGEMENTS A SUCCESS

We have had some high-level attendees: **Minister of Police, Bheki Cele, several mayors, police captains, DGs and other influential figures**. A highlight was Craig and Mentor Mamabolo was invited to be speakers at the **Men's Parliament** in Limpopo led by the **Speaker of Parliament** in the Limpopo Province. It was wonderful to see such participation and enthusiasm from men's groups from all over South Africa committed to ending GBV and growing a nation of good men.





BECAUSE OF THE WORK OF THE MENTORS FATHER A NATION'S MESSAGE AND PROGRAMMES HAVE BECOME **WELL KNOWN** IN THE COMMUNITIES IN WHICH WE OPERATE.

One example of how these events unfold is in Polokwane where we have a close working relationship with the **Capricorn District Municipality** which invites us to attend and address community events which they set up or are involved in.

Another is the **NGO Anova Health** who have opened centres around the country and ask us to present as a key partner at the launch of their centres.

In Alex, Charles has become a leading figure at any community event relating to **health, safety or community development**.

Because of the work of the mentors Father A Nation's message and programme have become well known in the communities in which we operate. Because these events are set up by other organisations there is usually no cost other than transport for our mentors and whatever material or merchandise we distribute. The organisation that sets up the event provides the venue, PA system and often some refreshments.

Our mentors are inundated with requests to participate in these collaborative events aimed at improving the lives of community members.





2. SCHOOL AND COLLEGE PROGRAMMES

Working with local education authorities and departments, law enforcement agencies, school governing bodies and community-based organisations, Father A Nation set up and ran workshops at 77 schools and TVET colleges in five different provinces reaching over 20,000 learners.



The majority of schools visited were in areas with high levels of social dysfunction such as **early teenage pregnancy, bullying, gangsterism, sibling-led households and gender-based violence**. A stark reminder of the harsh realities faced by learners at these schools was a plea from one of the schools to deal with the issue of boys at the school being hired as inkabis (hired killers). After visiting another school, we received a message from one of the grade 11 girls who said, "Afternoon. I would like to say thank you to one of your guys who saved my brothers from being killed by initiation gang violence and school violence".

WE HAD A PLEA FROM ONE OF THE SCHOOLS TO DEAL WITH THE ISSUE OF BOYS AT THE SCHOOL BEING HIRED AS INKABIS (HIRED KILLERS).

The response from educators and learners at the schools has been overwhelmingly positive, with many good reports emerging of improved behaviour.

Our lead facilitator for the school and college interventions is Sydney Madibo, a qualified high school teacher with many years of experience as a teacher and facilitator.



“I WOULD LIKE TO SAY THANK YOU TO ONE OF YOUR GUYS WHO SAVED MY BROTHERS FROM BEING KILLED BY INITIATION GANG VIOLENCE AND SCHOOL VIOLENCE”.

- Message from a female Grade 11 student



The primary funders for our schools programme in 2023 and 2024 were The Danish Embassy, The Ford Foundation, Standard Bank, Absa and Sun International. There is a strong demand for us to expand our schools programme and to return to the schools already visited and we are actively seeking funds to meet this demand. High school boys are at the ideal age and stage of life to learn about positive, healthy masculinity and the impact of these interventions will save many lives and families. Likewise, empowering female learners at high school age to recognise and stand against any form of abuse is a highly effective way of keeping young women safe from abuse.





3. GBV TRAINING

At the end of 2024 the total number of people who had signed up for the online version of either the *No Excuse for Abuse* or *6 Pack of Champion Virtues* course was 12,748 and the total number of people who had been taken through the course manually was 46,337. Combined this is a figure of **59,085** who have been equipped in the last 2 years to understand and overcome GBV!

Here is the breakdown from **2023 to 2024**

COURSE	TOTAL
ONLINE	12,748
#NOEXCUSE English	7,076
#NOEXCUSE Zulu	175
#NOEXCUSE Afrikaans	39
#NOEXCUSE Sotho	37
6 PACK	5,421
MANUAL	46,337
TOTAL	59,085

The manual training sessions normally take between two and three hours and are conducted in a wide variety of venues and settings such as **libraries, community halls, street corners, soccer fields tents, churches, colleges, taverns, municipal facilities, hostels, companies and NGO facilities.** Delegates are generally provided with refreshments, a training manual and a certificate on completion. The dialogue at these sessions is inevitably rich, animated and healing.



One of the many highlights of 2023 was **being asked by high level Zulu ndunas** to conduct training in hostels throughout the Gauteng region.

These hostels are generally considered **hotbeds of GBV and other forms of violence** and it has been gratifying to see the impact that the training has had on men and their hunger for more. Training in the hostels will continue throughout 2024.

ANOTHER HIGHLIGHT HAS BEEN GETTING THE GO-AHEAD FROM THE AREA COMMISSIONER OF CORRECTIONAL SERVICES TO RUN TRAINING SESSIONS IN PRISONS IN LIMPOPO. AND IN CAPE TOWN VICTOR PIKE HAS STARTED RUNNING TRAINING SESSIONS FOR NEWLY RELEASED PRISONERS IN THE AREA.



We were also asked to take 90 men at a shelter for homeless men in Pretoria, called 'Changing Lives Projects', through the 6 Pack course. Men from all walks of life made up the audience and it was very heart-warming to experience their pride and delight as we handed out certificates to them.



We have worked with several companies to encourage their staff to take the online course by creating a unique company branded URL giving access to the courses.

IN ONE ORGANISATION WE RECEIVED FEEDBACK THAT A MAN WHO HAD PLANNED TO TAKE HIS LIFE CHANGED HIS MIND AFTER COMPLETING THE 6 PACK COURSE.



4. TAVERN DIALOGUES

Facilitating dialogues in taverns has proved to be one of the more challenging and rewarding interventions we run. Led by Zizipho Mtswi and Sydney Madibo, these conversations are always **lively, highly participative and sometimes quite shambolic.**

One of our core strategies and beliefs is to go to where the problem is and taverns are certainly the epicentre of much violence and abuse. The men who frequent taverns are often seeking escape and dealing with tremendous challenges in their lives. These are the men we love to work with and help. We teach them that even if unemployed they can still be good men, that escaping into alcohol and other addictions only makes matters worse.

We have found a genuine hunger for this type of interaction and the dialogues and teaching often provide men with an outlet not found elsewhere and a fresh, healthy perspective on masculinity and manhood.



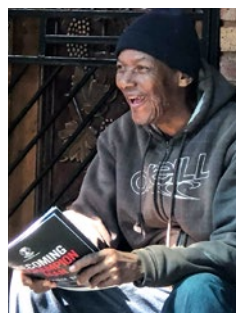
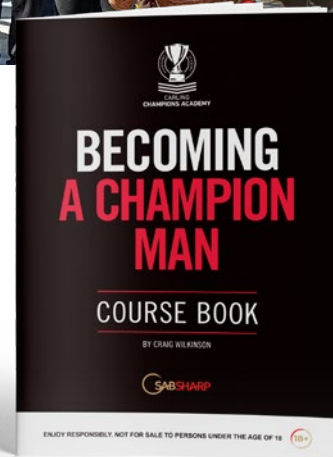
WE TEACH THEM THAT EVEN IF UNEMPLOYED THEY CAN STILL BE GOOD MEN, THAT ESCAPING INTO ALCOHOL AND OTHER ADDICTIONS ONLY MAKES MATTERS WORSE.





5. CHAMPIONS FOR CHANGE

One of the highlights of 2023 was being asked by ABInBev to run a programme in the Tshwane district addressing binge drinking and GBV. We designed a training manual and ran **43 one-day workshops for 2,204 men in 43 taverns**, teaching responsible drinking and positive masculinity.



The intervention, which included a life changing weekend camp for selected men from Ga Rankuwa, was a great success with many lives impacted and an independent report recording a statistically significant shift in attitudes towards and understanding of binge drinking.

Some of the highlights of the intervention were:

- » The high level of engagement and enthusiasm of participants.
- » The hunger from participants and the community for this kind of intervention.
- » Love of the content by the participants.
- » The tavern owners' support.

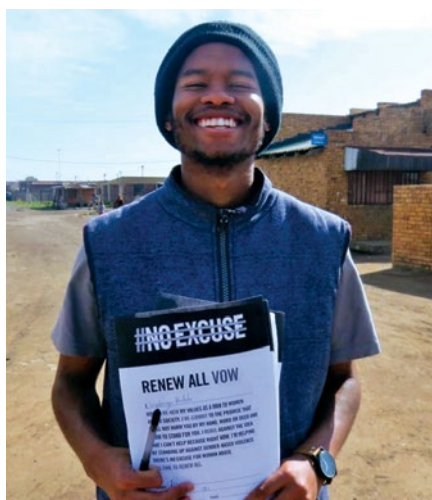


6. RENEW ALL VOWS

The 'Renew All' vow is a pledge to stand against **any form of abuse**.

It states: *"I vow to renew my values as a man to women and to society. I re-commit to the promise that I will not harm you by my hand, word or deed and I vow to stand for you. I rebel against the idea that I can't help, because right now, I'm helping by standing up against gender-based violence. There's no excuse for woman abuse. It's time to renew all."*

In communities around Gauteng, Cape Town and the Northern Cape, our mentors engaged with men in conversation about GBV and positive masculinity before asking them to sign the pledge as a **public commitment** to stand against any form of abuse.



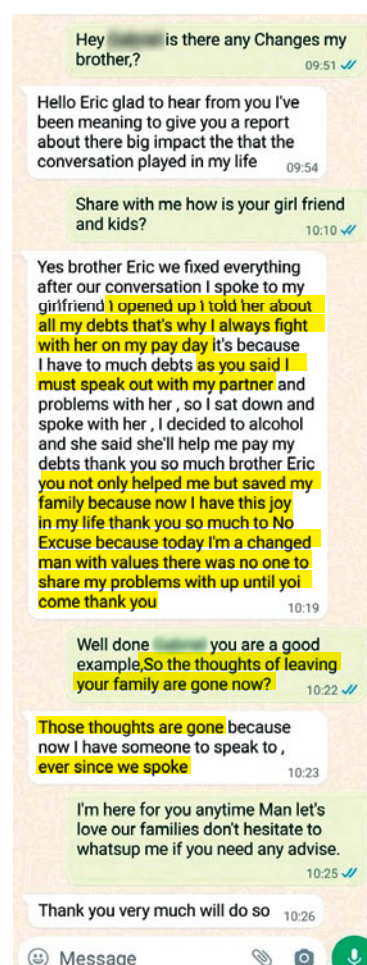
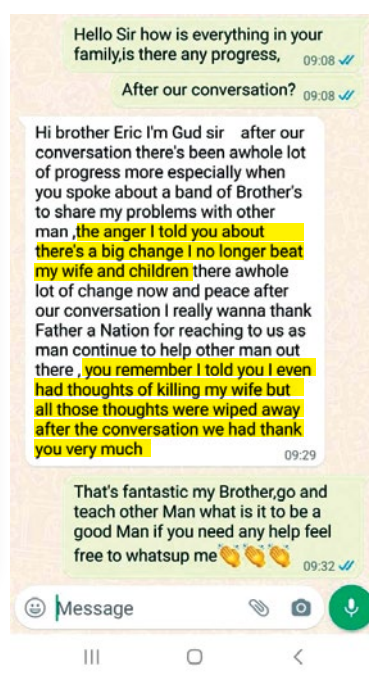
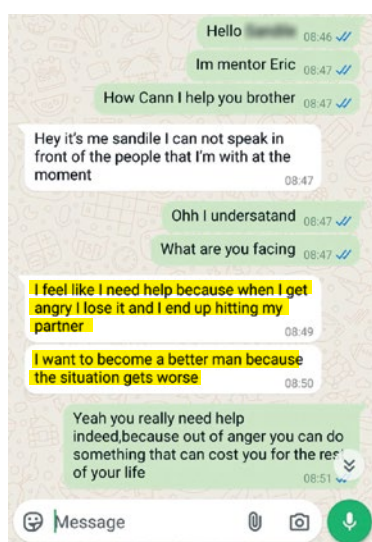
7. BRAVEST THING HELPLINE

The Bravest Thing campaign was started by Carling Black Label during the COVID lockdown to provide a safe, private way for men to reach out for help from a brother via WhatsApp messaging.

Men send a message to a toll-free number requesting assistance and these messages are distributed among our mentors who make contact and provide support, mentoring and referrals.

The men reaching out for help present a wide range of needs: **from feeling depressed or suicidal, to girlfriend/wife cheating on him, anger issues, being abused or abusive, traumatic childhood experiences, looking for a job (quite common) and complicated family stories and dynamics.** At times the call is a one-off and at other times an ongoing mentoring relationship develops. Where needed the mentor will refer them for professional support – either lifeline or some other appropriate support like a local social worker. There have been some good stories of successful referrals resulting in the caller receiving excellent help and support.

Below are a few examples of interactions between one of our mentors and men who reached out for help.



“I EVEN HAD THOUGHTS OF KILLING MY WIFE BUT ALL THOSE THOUGHTS WERE WIPED AWAY AFTER THE CONVERSATIONS WE HAD”



8. ALEXANDRA #NOEXCUSE CENTER

The Alexandra #NOEXCUSE centre is a brick and mortar centre located opposite the infamous Madala Hostel in Alex.

Sponsored by CBL, it was officially opened on 8 December 2021 and is managed by Charles Mphephu who is assisted by Lebogang Seboni. Lifeline has two counsellors based at the centre, offering counselling and support to victims of GBV. Charles and Lebo run training sessions, community dialogues and mentoring interventions from the centre as well as community outreaches away from the centre.

**DURING 2023 AND 2024
3,240 PEOPLE PARTICIPATED
IN ACTIVITIES HELD AT
THE CENTRE. IN ADDITION,
COMMUNITY PROGRAMMES,
EVENTS AND OUTREACHES
REACHED OVER 10,000 PEOPLE.**



The centre has grown in its impact and influence and we have partnered in some way or another with over 30 organisations in the Alex community.

One valuable partner is **SAPS and their GBV desk**, another is **Alex FM Community Radio Station** on which Charles has a regular slot talking about **#NOEXCUSE** and the work being done at the centre.



THERE ARE MANY SUCCESS STORIES FROM THE CENTRE, SOME OF WHICH LITERALLY INVOLVE LIVES BEING SAVED. HERE ARE JUST THREE:

37-year old Sboniso Ntuli came to the centre on the 18th of March because he wanted to kill his girlfriend and her new boyfriend.

Sboniso Ntuli's girlfriend had taken out a protection order against him and was keeping him away from his child. He tried going to the Police and he did not receive any help which led to him wanting to kill his girlfriend and her boyfriend. Charles mentored Sboniso, referred him to Lifeline for counselling and got the Police, Social workers and Court officer involved. The case was resolved peacefully. **Sboniso is grateful to #NoExcuse for intervening and stopping him from committing a crime.**

23-year old Happyness Ndlovu came to the centre for help as her boyfriend had been abusing her and locking her in a room for 3 months whenever he left for work.

He threatened to kill her if she should share this with anyone. Charles got SAPS involved and lifeline provided counselling for her. The Police took Happyness to the Mbombani Shelter for abused women and she also filed a protection order against the boyfriend. A case for abuse was opened at Alex SAPS and the boyfriend was arrested.

Bongani came to the Centre on the 28th of February to get help because he was having suicidal thoughts.

After he had a session with Charles, he attended the conversations and has decided to quit doing drugs and check into rehab. Charles also referred him to Lifeline for counselling and he also took him to a rehab Centre in Riverpark.

SBONISO IS GRATEFUL TO #NOEXCUSE FOR INTERVENING AND STOPPING HIM FROM COMMITTING A CRIME.



9. 16 DAYS OF **ACTIVISM**

Our team is always in demand during the annual 16 Days of Activism which runs from 25 November to 10 December.

This year was no exception with our team speaking at multiple events as well as hosting dialogues in 14 taverns in Gauteng and the Western Cape. The dialogues lasted an average of 90 minutes and engaged men in lively conversation about GBV and positive masculinity.

A TOTAL OF 1677 MEN PARTICIPATED, AN AVERAGE OF 46 PER TAVERN WITH ATTENDANCE RANGING FROM 32 TO 62 MEN.



10. PSL TRAINING

Through our partnership with Carling Black Label and their sponsorship of the Carling Cup we were tasked with developing a programme for the Professional Soccer League (PSL).

The purpose of the programme is to equip and inspire the players and staff of each of the 16 PSL teams to understand and live with positive, healthy masculinity, enjoy good mental health, be excellent role models and be Champions in the fight against GBV.



To do this we developed a customised personal development manual called *“Become A Champion On and Off the Field”* for the teams including key elements of the 6 Pack of Champion Virtues, No Excuse For Abuse, and material on maintaining good mental health by Sabelo Gumedede.

Each team will be taken through the training programme in 2025, and the goal is that the individual players will **use their influence and following to amplify the #NOEXCUSE message to a large audience of fans** and inspire broad based action amongst South Africans to speak out and stand up against abuse.

Alongside are pictures taken at the Champions for Change press workshop in KZN where members of the press were taken through the Champions for Change course by FAN facilitator Themba. Ambassadors for the cause, Happy Jele and Bernard Parker, handed out certificates.



PARTNERSHIPS



Partnering with like-minded people and organisations in the communities in which we operate enables us to greatly increase the scope and impact of our work.

Over the years we have built up a substantial list of partnerships ranging from government departments and municipalities to NGOs, CNOs and faith-based organisations. These partnerships don't generally provide financial support but have enabled us to reach a great deal more people at a fraction of the cost by providing a range of support and in-kind assistance.

Here is a list of organisations we have partnered with (in alphabetical order):

- » City parks
- » Clinics
- » Community Centres
- » Community Policing Forums (CPF's)
- » Community Radio Stations
- » Department of Agriculture and Rural Development
- » Department of Cooperative Governance & Traditional Affairs
- » Department of Employment and Labour
- » Department of Health
- » Department of Social Development
- » Faith Based organisations
- » FAMSA
- » Gender Commission
- » Independent Electoral Committee (IEC)
- » Justice Department
- » Men's forums
- » Municipalities
- » National Education, Health and Allied Workers' Union
- » National Men's Parliament
- » National Youth Development Agency
- » NGO's
- » SA National Aids Council (SANAC)
- » SA Police Services
- » SABC 1
- » Schools
- » Social workers
- » South African Council of Churches (SACC)
- » South African Democratic Teachers Union (SADTU)
- » South African National Council on Alcoholism and Drug Dependence (SANCA)
- » Street committees
- » Taxi associations
- » Traditional & Religious Leaders
- » TVET Colleges
- » Universities
- » Ward Councillors
- » Youth Centres

MEDIA EXPOSURE

SOCIAL MEDIA

Our talented and passionate creative director keeps all of our social media platforms buzzing with rich and carefully crafted content.



13.9K FOLLOWERS

9.1K FOLLOWERS

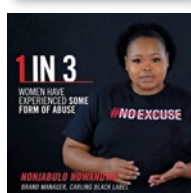
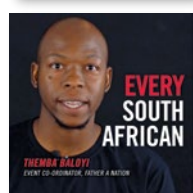
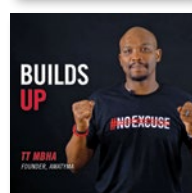
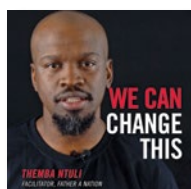
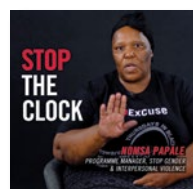
2.3K FOLLOWERS

1.7K FOLLOWERS

POST W/ HIGHEST ORGANIC VIEWS 2023-2024: **95K**

Over and above usual social activity, we ran a few of small focused paid campaigns in 2023:

- » To promote community events to boost attendance
- » Women's Month campaign for *No Excuse for Abuse* course sign-ups – Facebook targeted individuals; LinkedIn reached corporates, HR, and universities.
- » Drove online course sign-ups during 16 Days of Activism with motivational clips from the new **#NOEXCUSE short course** on Instagram and Facebook.



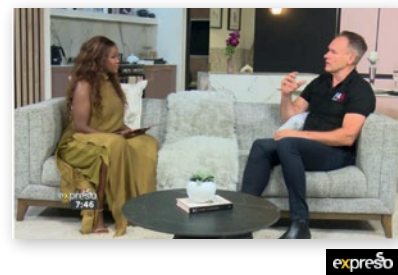
TRADITIONAL MEDIA PR

Members of the FAN team are often asked to give interviews live on air.

On top of organic publicity and appearances throughout 2023 and 2024, during important news cycles such as **16 Days of Activism, Human Rights Day, Youth / Father's Day** and the release of the **National Crime Stats**, we worked with our PR partner, Scoop Communications, at a reduced NGO rate. The response and interest from the media in the work we do, and the resulting exposure, is always nothing short of remarkable.

MEDIA	2023	2024
TV INTERVIEWS	4	11
RADIO INTERVIEWS	11	32
PRINT PUBLICATIONS	21	8+
ONLINE ARTICLES / VIDEO STREAMS	42	55+
ESTIMATED POTENTIAL REACH	4,000,000+	7,000,000+
ESTIMATED PR VALUE	R3,500,000+	R12,000,000+

TV interviews included **Expresso Morning Show on SABC 3, ENCA, Newzroom Afrika and SABC news**. A 2024 highlight was the **#TuesdayTakeover takeover on SAFM** as part of the 16 Days of Activism campaign, where the FAN team took over as DJs / hosts for a Tuesday evening slot and engaged listeners in dialogue on GBV and men's mental health. A full list of all the publications and interviews is available if needed.



TRADITIONAL AND LOCAL MEDIA

Father A Nation and #NOEXCUSE continues to be featured organically in various national and community news and media platforms from time to time, as well as with our ongoing media partnerships.



EVENT POSTERS

A small sample of some of the posters we send out to create awareness for various events.

FAN FATHER & NATION
PRESENTS
200 MEN MARCH AGAINST GBV

CHAMPION MEN GO THE DISTANCE.
Stand up and take action! Join Father A Nation for this powerful march and workshop to help stop gender-based violence and femicide in Nyanga.

FACILITATOR: MR. VICTOR PIKE, FAN MENTOR

FROM: SHOWCO Nyanga
TO: Nyanga Police Station
DATE: Wednesday, 28 August 2024
TIME: 10:00 - 13:00

More details and RSVP: Mr. Pike 083 200 7227

#NOEXCUSE

INDEXCISE BROOKETS
POWERFUL MEN'S DIALOGUE
COURSE WITH CERTIFICATE SAME DAY

CALLING ALL MEN OVER 18 IN TEMBISA.

Are you up for a challenge?
Do you want to be a better man?
Do you want to improve your life and community?

JOIN US FOR DYNAMIC TRAINING AND MEN'S DIALOGUE:
The Six Virtues of Positive Masculinity
Responsible Drinking
Get equipped with powerful knowledge that will change your life. Don't miss this powerful workshop to equip you to be a Champion Man!

FACILITATORS: SYDNEY MADISO & ZIZPHO MTWESI, FAN MENTORS

PLACE: Engadini in Tembisa
DATE: Saturday 13 May 2023
TIME: 12:00

More details: Sydney Madiso at 083 512 8491 or Sydney Madiso at 081 966 2410

FAN FATHER & NATION
FAMSA
aware.org

INDEXCISE BROOKETS
POWERFUL MEN'S DIALOGUE
COURSE WITH CERTIFICATE SAME DAY

CHAMPIONS PLAY FOR CHANGE.

5-A-SIDE SOCCER TOURNAMENT ENTERTAINMENT AND PRIZES

GO FOR GOALS, NOT GUNS.
Get equipped to stand against GBV and violence with Champion Man training. Join us and strike a goal for your community!

FACILITATOR: MR. VICTOR PIKE, FAN MENTOR

PLACE: Opposite Mamelodi Police Station, Tloane Street
DATE: Saturday 16 September 2023
TIME: 09:00

More details and RSVP: Mr. Pike 083 200 7227

FAN FATHER & NATION
SABSHARP

BECOME A CHAMPION MAN
COURSE WITH CERTIFICATE
REFRESHMENTS PROVIDED

FAN FATHER & NATION
#NOEXCUSE

ZINSIZWA PHAKAMANI
TIME TO UNLEASH THE CHAMPION IN YOU!

Join us for a powerful anti-GBV dialogue on Positive Masculinity.

PLACE: Main Hall, Westhof College, Randfontein
DATE: Tuesday, 14 May 2024
TIME: 12:00-14:00

More details and RSVP: Mr. Pike 083 200 7227

#NOEXCUSE

FREE INDEXCISE MERCHANDISE
REFRESHMENTS PROVIDED

FAN FATHER & NATION
PRESENTS
JAZZMEN AGAINST GBV

EMPOWERING MEN'S WORKSHOP:
Get equipped in the fight against gender-based violence in your community.
Don't miss this powerful workshop with Father A Nation (FAN) and #NoExcuse to equip you to be a Champion JazzMan!

FACILITATOR: MR. RATHABENG MAMABOLO, FAN MENTOR

PLACE: Musogea Bar Lounge Polokwane
DATE: Sunday 21 July 2024
TIME: 10:00 - 17:00

More details and RSVP: Mr. Mamabolo 079 926 9230

#NOEXCUSE

INDEXCISE RINGS, BANGLES AND BROOKETS
POWERFUL MEN'S DIALOGUE
COURSE WITH CERTIFICATE SAME DAY

CHAMPIONS ACADEMY
BECOME A CHAMPION MAN

JOIN US FOR A LIFE CHANGING EXPERIENCE WITH THE CARLING CHAMPIONS ACADEMY AND FATHER A NATION FREE 1-DAY TRAINING SESSION ON:

1 POSITIVE MASCULINITY
2 RESPONSIBLE DRINKING
3 12 CHALLENGES TO TRANSFORM YOUR LIFE

PLACE: [Blank]
DATE: [Blank]
TIME: [Blank]
CONTACT: [Blank]

FAN FATHER & NATION
SABSHARP

FREE HAND OUTS
CERTIFICATE OF COMPLETION
LUNCH INCLUDED

ENJOY RESPONSIBLY. NOT FOR SALE TO PERSONS UNDER THE AGE OF 18

BECOME A CHAMPION FOR CHANGE

JOIN FATHER A NATION AND #NOEXCUSE FOR A LIFE CHANGING GBV AND POSITIVE MASCULINITY DIALOGUE.

PLACE: Ekurhuleni East TNET College Hall
DATE: Friday, 6 December 2024
TIME: 12:00

RSVP: sydney@fatheranation.co.za or 081 966 2478

FAN FATHER & NATION
Standard Bank

FREE TRAINING WITH CERTIFICATE SAME DAY
COURSE WITH 10 OPEN RINGS AND READY TO BE PART OF THE SOLUTION!

FAN FATHER & NATION
PRESENTS
THE IMPACT OF POSITIVE MASCULINITY IN THE FIGHT AGAINST GBV.

100 MEN WORKSHOP: Learn the Six Virtues of Champion Masculinity and get equipped in the fight against GBV in your community.
Break the cycle of silence. Don't miss this powerful workshop with Father A Nation to equip you to be a Champion Man.

FACILITATOR: MR. RATHABENG MAMABOLO, FAN MENTOR

PLACE: Dikwane Tribal Authority Hall
DATE: Thursday 23 March 2023
TIME: 09:00 - 15:00

More details and RSVP: Mr. Mamabolo 079 926 9230

#NOEXCUSE

FREE INDEXCISE RINGS AND BROOKETS
COURSE WITH CERTIFICATE SAME DAY
GATEKEEPING PROVIDED

FAN FATHER & NATION
#NOEXCUSE

CHAMPIONS GO THE DISTANCE

Men of Alex, stand up and take action against gender-based violence. 5km Healthy Lifestyle Fun walk. **THEME: #NOEXCUSE for Abuse.**

FROM: HELEN JOSEPH WOMEN'S HOSTEL, 4TH AVENUE CLINIC
TO: ALTREX SPORTS
WEEK: 23 MARCH 2023
TIME: 7:00AM

DRESS CODE: BLACK
ENTERTAINMENT: WILL BE PROVIDED
For more information contact Charles Mphahlele on 072 968 7666

FAN FATHER & NATION
SABSHARP

TESTIMONIALS

VIEW ONLINE



Testimonies of lives changed and saved inspire us to keep on going and never give up. We know that the stories we do hear are the tip of the iceberg of the full impact that is being made.

Many stories go unheard and unspoken and, in many cases, they are of such an intimate nature that it would be improper to capture them. On the following pages and at the links below, are just some of the testimonies from men and women whose lives have been positively impacted by FAN's interventions.

VIEW AND HEAR SOME OF THE 2023 TESTIMONIALS ONLINE BY VISITING

www.fatheranation.co.za/testimonials-2023

WATCH AN OVERALL TESTIMONIALS REEL BY VISITING:

www.fatheranation.co.za/testimonialreel

“I was so touched by your programme #NOEXCUSE. It opened my eyes and made me realize there is no excuse to abuse a woman which is what I was doing to my partner for a couple of years. After the #NoExcuse programme I regret ever doing that to my partner so I am making a commitment that I will not lay my hands on her like that again. Please sign me up to be part of the Champion Men so that I can help other men.”

- Elroy Botha, Gugulethu

“I am grateful to the #NOEXCUSE people for reasoning with us and showing us a better way of living our lives. To be honest I used to beat my wife, but now I know better. I used to drink a lot but now not as much, I used to smoke a lot also. Since they had the talk with us, because of their talk and their advice, my life is now better. I am also trying to help others too now. Thank you.”

- Anonymous

“I am troubled because my father has been physically abusing me for a very long time. I tried to get help from social workers, but there was no solution until Father A Nation intervened by bringing life-changing programs to the Nyanga community. They created a platform for me to speak out, and I thank the FAN mentor who is still following up on my situation.”

- Luyanda, Nyanga

“Today’s session really helped me a lot as man because I didn’t know where to go and who to turn to. Today we were enlightened and were made aware that we as men, when we have problems in our households we can come together with other men and try find solution, instead of hitting our women and having anger issues.”

- Kadiaka Mothapo

“I no longer beat my wife and children. There is a whole lot of change and peace now. I really want to thank Father A Nation and #NoExcuse for reaching out to us as men, and continue to help other men out there.”

- Anonymous

“I was staying with my partner, but have decided to move out my place because she plotted to get me arrested. I found her sleeping with another man in my house – she planned it because she wanted me to beat her so that she can report me to the police, so that I can get arrested. If I got arrested she would be free to do whatever she wanted. I did not do as she was expected me to do, but instead I just keep quiet until she confronted me and asked me why am I quiet after what she did. I answered by telling her that am moving out and I want her to remain in the house with the property I bought with my hard work. I am working, I have also been doing side hustling so that myself and my partner could have a good life. I once thought about killing her, but because I have learned a lot in my training with Father A Nation facilitated by Mr. Tembe at Protea South informal settlement, I managed my anger and used my mind. Right now I can control myself and I wish my other peers could get such training.”

- Neo Maseremul, Protea South informal settlement

“I grew up being a violent person, due to me being raped at a very young age by my mother's brother. I could'nt control my anger and bitterness, so I tended to take it out on my mom and sisters a lot. But when I started my counselling sessions with Mr. Pike, he showed me that what happened to me was never my fault. It took some time for me to realize and control my anger which I'm still working on, and I can proudly say, I'm no longer who and what I used to be before, thanks to #NoExcuse / Father A Nation, keep up the good work, we men do need these kind of men who lead by examples in the community.”

- Anonymous

“I have so many good things to say about #NOEXCUSE against women and child abuse. I see only positivity in what Mr. Tsheko and others are doing – for me it’s a really good thing. Going house to house and talking to men like me. I too was an abuser, but today the way they did it by coming to us and mentoring us, I now have a happy family. I thank them for what they did for me, I thank them for what they did for us, the way they spoke and the way they mentored us is a good thing. Thank you.”

- Christopher Serumula

“I would like to thank #NOEXCUSE, my husband was abusing me a lot so much that we were always fighting, even the kids were always frightened at home.

We were fighting over a lot of things, he would even want to have sex with me by force. But ever since he joined #NoExcuse he has changed a lot. He is now my husband that I am able to live with, there’s even joy now in the house. I am truly thankful.”

- Mrs. Khubeka

“My brother, Sibusiso Ntonganga had anger issues and alcohol abuse. Since you’ve been mentoring him, I’ve seen a huge change in his life, he manages his anger and is not consuming too much alcohol, as you know he used to verbally abuse me and his nephews. Things have changed all thanks to you and the programme, he’s a sound man if I can say, however there’s still room for improvement. You’re a star Mr. Pike, how I wish you’d continue doing the excellent job that you’re doing.”

- Thabo Disawane, Thabet TVET College

“I would like to take this moment to thank you for the change you made in my life. May God bless and protect you, I used to beat up my wife but I don’t anymore, we now live in peace. Thank you.”

- Anonymous

“I was one of those men who were abusing women. I had a problem with the anger so Mr Victor help me a lot by **telling me how to manage my anger how to avoid a situation where I get angry and I end up beating my wife,** he helped me a lot by telling me that most of the time I must avoid an argument – they are so many ways which he has helped me avoid an argument with my women, so as I stand here today, I am a changed man. Mr Victor gave me the #NoExcuse ring and bangle, so these days every time I get angry I look at them and I remember the conversation between myself and Mr Victor, and I end up not doing a bad thing which I normally do. So looking forward, I thank you very much for the campaign and programmes – they have changed and impacted my life in a positive way. I’m looking forward to seeing more. Men are changing through this powerful programme! Thank you very much #NoExcuse!”

- Andrew, Tambo Village

“I had been in this emotionally abusive marriage for 12 years, and felt helpless and a failure to my kids as this was affecting them too. Little did I know that the light would shine upon me. My husband and I entered the Father A Nation programme and learnt that there are better ways to deal with our issues/problems. After attending the programme I am thinking of giving my marriage a second chance. Please keep up the good work your doing.”

- Belukazi, Khayelitsha

“One of the men who attended our event in April, Bulelani Toni, stood and confessed how he has been trying to commit suicide because he feels rejected and unwanted since he was baby. This resulted in him turning to gangsterism. He has chosen to walk away from such life and be the man he was born to be, so he is currently being mentored by the #NoExcuse mentors.”

- FAN Mentor

“I had a problem that I was beating my wife. Mr Kgomo¹so then came into my life, he spoke to me and even sent me some booklets reading material on GBV. Now I am very fine and don't have problems, I'm happy and I would encourage that a lot of people see people like Kgomo¹so. To help them with their problem. ”

- Anonymous

“I learnt to love and respect my partner and my kids. I learnt to protect them as I am their strength. I learnt how to be a good father and an example to my community. The course taught me to fight against GBV in my community. ”

- Godfrey, Eldorado Village

“I would like to thank #NoExcuse for being able to solve the problems that we were facing at home. Since my husband has started joining this group, he is now able to do household stuff because we were always fighting, even hitting me if I had a suggestion, he was not able to communicate with me, he would just ignore whatever I said. Now we are able to communicate and fix any problem. **He doesn't hit me anymore, we now communicate there's laughter and it's nicer at the house now.** ”

- Mrs. Zondo

“One of the men shared with his group that after the camp he had planned to go home and end the life of his ex-partner and the children. This was a watershed moment for him. As he sobbed, uncontrollably, men in the group rallied around him and held him. One of the senior community members offered for him to stay in his home while he mentored him and help with his healing. ”

- FAN Camp Facilitator

“I had been in an abusive relationship for 10 years. I was insulted and beaten up. I was quiet about it. The only person who knew about the situation was my first born son. One day he came to me with a cell number and he said

these people will help us. I said I don't want to talk to strangers about my situation. I thought I would degrade myself by telling anyone. So I continued to stay quiet about what was happening. But I finally decided to text the number. At the time I didn't know who I was talking to, so I said hi, but after he responded I remained silent for some time and didn't respond. Then on another day I decided to check my messages then I saw a text from Kgomo¹so. He told me he can help me and he would like to talk to me. But I thought to myself that *this guy is "crazy" (sukela keng ka English).* I don't want to talk to anyone about this. Only me and my son will know about this. **But the abuse continued and I realised I would end up dead.** I needed to ask for help. At first I lied that I was a man because I felt he would judge or ridicule me. But in February this year I spoke to him and told him about the kind of life I was living. Then he asked if that was the kind of life I want to continue living. So I told him I do want to stay with my partner but only if he gets help. Because even if I leave him he would do the same things he did to me to his partner. He said if I can gather the courage to talk to him I should try and tell him to ask for help. I thought *this guy wants me to go to the same person I said abuses me and confront him. Won't he kill me?* So I eventually spoke to him. I told him I don't like the way we are living together. I said, please take time and evaluate how you treat me. He took weeks to respond. But when he did he told me he can see where he was wrong and said he wants to change. He asked me to help him. Then I told him there is a guy who can help you from an organization called FAN. I gave him Kgomo¹so's numbers and told him to call when he is ready. So he contacted them. Afterwards he came to me and said he was having mixed emotions about how he was treating me and that he wants to change. He asked for my support and now he is a changed man. I would love to thank Kgomo¹so for helping me gather the courage to talk to my partner and helping us. Because now we live in peace. We do have minor arguments but it never gets physical. So I would like to thank Kgomo¹so. **He is really a changed man I can even leave him with our kids.** I have a good man and I have Kgomo¹so to thank for it. ”

- Anonymous

FINANCIAL

Father A Nation is completely reliant on donations to run our programmes. We are working hard at growing a broader base of donors to ensure sustainability and reduce the risk of over dependence on any one funder.

To keep our overheads to a minimum we maintain a small, focussed team and take on resources on a project-by-project basis. **We have remained debt free throughout our history and it is our strong policy to only ever operate on funds that are already secured.** For the year ended 28 February 2025 we raised just over R5 million from 10 corporate donors, 1 government funded donor and a few individuals. **Corporate donations accounted for 89% of total funds generated, the government sponsored GBVF Fund made up 10% and individual donors just under 1%.**

FAN is a registered Public Benefit Organisation and provides Section 18a certificates to donors.

We use **Sage Online Accounting** to manage our accounts and an external accounting firm, **Nsuku Accountants (Pty) Ltd**, to compile our financial statements and ensure compliance with all the requirements of the Companies Act and SARS. **PricewaterhouseCoopers (PWC)** has agreed to be our official auditors on a pro-bono basis.

89%
**CORPORATE
DONATIONS**

10%
**GBVF
FUND**

1%
**INDIVIDUAL
DONORS**

**A HEARTFELT THANK YOU TO OUR INCREDIBLE DONORS AND SPONSORS OVER THE YEARS.
YOU ARE THE LIFEBLOOD OF OUR ORGANISATION!**





www.fatheranation.co.za