

Transcripts

Project Meeting

15/07/2023

Nqobile: Hi guys, how are you doing?

Sizwe: Fine.

Nqobile: I heard you guys were having a fun day. [Insurance company] was here. That's amazing. I think I should start by just, I guess, apologizing that we not all of us are here. Mahlatse told me that there's something at home, so she could not come. Jennifer has been quiet. I am not sure when last you guys saw her or interacted with her at the centre.

Sizwe: Yes, so. We don't know.

Nqobile: It's been a while, hey?

Sizwe: 'Cause what I know, like, she's at school.

Nqobile: Okay. I think I'll just need to contact her and confirm that is she still able to be a part of our group or not 'cause it doesn't seem like it. And then Palesa did tell us that she went to church today. Kabelo, as we just said, is not feeling too well. So that's the challenge for now. But I just felt, 'cause obviously we've been postponing these sessions and you guys are here, I didn't want to feel like I will say again let us postpone seeing that we can probably start. Is that something you guys are okay with? Can we? 30 minutes, I think at most? We'll just discuss and then we'll take it from there. Is that fine Koketso?

Koketso? Yeah, it's okay.

Nqobile: So the purpose of today's meeting, as I said on the group, is to start identifying a problem that we feel the youth in Mamelodi are struggling with, and then just start exploring what we can then try and address in that sense. I think we'd started in the first session we met – the challenges you guys were already raising. So the purpose for today's meeting was to just identify some of those pressing concerns we feel young adults in this community are faced with, and then the next session will then be like the more, okay, so what can we actually do then to start addressing these particular challenges. So that's that. I don't know, have you guys given some thought to this. Have you thought of something so long?

Koketso: Yes. About that thing, mental issue thing, like, as I've mentioned that actually, teenagers mostly who are actually going through a lot but they are afraid to come up and like consult with professionals. 'Cause I heard about, let me just say, almost 10 people who I know that they are going through some kind of a depression or are going through depression, anxiety,

and they couldn't go through like therapy sessions and stuff like that. I'm failing to understand why can't they do that. So I think maybe, like, they could get psychological education, psychological education on how to dealing with such matters. They could maybe get help and get out of that, that situation.

Nqobile: Yeah. What do you think Sizwe?

Koketso: So I think maybe if they cannot reach out to, to a mental health institution, maybe we could bring mental institution to them. So yes.

Sizwe: Yes. I also support the fact that we should educate them more about mental health.

Nqobile: Absolutely. And I think I appreciate what you guys are saying because one of the things we have a challenge with in our community is what we call mental health literacy. I think you have come across that Koketso that a lot of us in our community don't really know much about mental health so if we think about it, if at that foundation already, we don't have much know-how around mental health to begin with, what is depression? Is it something that I can be diagnosed with? When I do have it, where do I go? Then we have quite a big problem. So I really appreciate that suggestion Koketso. And I just want to ask you then in that sense, where would you say the key starting point would be? 'Cause you identified quite a few things, education being one of them, I think I'd call it psychoeducation, being the first thing. But you also touched on a bigger issue – access to those services.

Koketso: Yes.

Nqobile: Where do you feel we can start tackling this at this stage?

Koketso: Since well personally I've worked with different stakeholders, we can actually like bring them in. After bringing them in, because I've worked with [Organisation for Education], sexual what-what of young people, and then [Programme A] which also, which is also the, the upper hand of that [Organisation for Education], so maybe if we could add mental health because like I feel like they are mostly of the, most of the, government is mostly focusing on drug, drugs, pregnancy, and all those stuff but they are not actually attending to mental health of young people. So if we could add into that thing, then we make it one, I think maybe we can come up with a solution. Because like mobilizing young people, like, especially, let me specifically say students, is something which I can do like in just one phone call I can fill up a hall.

Nqobile: Great. I like that. You are already tapping into the resources we can actually use. You actually went a step above where I thought we were which is quite great and it always helps when we have connections. 'Cause you've already mentioned quite a lot of organisations you have contact with which I really appreciate. And then I just wanted to ask you guys something.

Remember we'd said we'd like to work with young adults, so guys between, from 18 at least. Do you feel that's still fair Koketso, or would you feel that you have the reach for guys below that age?

Koketso: I don't know because on my end I worked with like students who are in high school in particular. I have never worked with like people above that.

Sizwe: Yes, I think we should start also with the younger people so that, if let's say, a young child wants to see a social worker and they usually they can't say that I have this problem, so that they can they speak to that social worker that it is like this and this and this. So if they, we can target them more, they know that okay sharp now they will be able to ask for help that okay how to deal with this. 'Cause yeah, we can also take the older children but I think we should start with the younger children, especially in high school.

Nqobile: I am thinking about it, and obviously more than me, you guys have a lot more experience working with students. You do it on a weekly basis and you've also said you have quite a lot of experience as well with students. Let me take it, I'm seeing my supervisor on Wednesday as I said to you guys earlier. Let me raise this with her 'cause initially we were thinking that we'd be tackling young adults, guys from 18 years, much like you guys in this group. We are from 18 and above. So we'll just see but it shouldn't be that big a problem 'cause it's not like we are saying those guys that we'd be helping are going to be part of this research group, no. It's just extending that initiative to them, if I'm understanding correctly. So that's fine. Are we on board with this mental health initiative? Mental health psychoeducation point or do you guys want to identify one or two more suggestions or ideas? 'Cause I'll need to post this on the group for the other guys to, to also share their own views as well.

Sizwe: I think the idea is still fine.

Nqobile: You think this is fine, neh? 'Cause again if we think about it, it also seems like to me, this is quite a big issue, I feel. And it can be broken up into smaller bits as well. 'Cause again as Koketso you identified, we are looking at education here, like limited education around mental health. We are looking at access as well. So how can we actually bring about these services in our communities? But there are other issues too I think beyond and above that. I-prevalence of mental health conditions in our community as we speak, you know. So I think I, I also find this quite interesting, you know. So for me too, I think it's something we can attempt to address in some way. I don't want to jump above what we were intending to do for today 'cause I said we are mainly going to be identifying the problem and what we'd like to tackle. So if we all agree with that, I think it's fine. Something I just also wanted to say is, and I think I touched on it the last session, it's so interesting because mental health is affected by so many

factors in our community already. So if we think about it, the high levels of unemployment, the crime that we are facing in our communities, substance use, violence, all of those things, all of them actually factor into what we are talking about now. It's actually what's influencing, sorry, or influencing our mental health. So when we think about it in my mind, this is actually the crux of the issue and all the other issues that we could have identified actually then contribute to this big thing that we are talking about.

Sizwe: Yes.

Nqobile: I don't know if you guys about the, what is it called? By [Government official]? This initiative that they started, was it in June sometime for youth unemployment?

Sizwe: Oh. "[Name of Initiative]"?

Nqobile: That there's only 8000 posts but they got like over 1.2 million applications. I was shocked, 'cause I'm like that actually shows you how many people there are who are not employed in our communities and we only have 8000, you know, posts available. So there's that as well. Many of us are wondering, you know, where can I go? I need to get a job but there's only so much that the government can also provide, which ultimately affects mental health. So I appreciate your inputs you guys. There isn't much more at this stage 'cause the other guys are not here. So I think I'll first need to obviously post on the group what we spoke about and then hear what their take would be as well, if that's okay. Do you have any other thoughts or suggestions? No? Koketso you are also good with where we are now?

Koketso: Yes.

Nqobile: Okay. And then another thing, 'cause we have already touched on it. You already mentioned some organizations you feel we could potentially bring on board to assist with this, and those are people you are in contact with, you said, you have a connection with?

Koketso: Yes.

Nqobile: And then you were also thinking of a more like mental health-based organization or?

Koketso: Those people are not, there's none of them like with mental health, so that's why even when I started the organization, I just figured out what can I do like, I saw that, okay, fine, I know different stakeholders, but none of them is actually focusing on mental issues. So that's why I decided to start with dealing with mental issues of young people. So yes, there's no one. Mostly, it's [Organisation for Sexual Health B] dealing with drug abuse and substance abuse and then the rest are dealing with teenage pregnancy and then there is [Programme A] it's dealing with young people like specifically, then even [Programme B] and then the rest, [Organisation for Education] which is in schools, [Civic Organisation A] is also in schools,

[Organisation for Sexual Health A] is in schools. I forgot other organisations but we can bring in [Government Structure]. We can bring it.

Nqobile: Absolutely. Do you mind just sharing a bit more about your organization?

Koketso: My organization it's actually like trying to find solutions. It's the same, it's the same thing as what we are doing here. Like trying to find solutions on how to help young people in dealing with depression, anxiety, and all sorts of afflictions. So, yes, what we are trying to do is that we saw, actually personally I saw that there's, there are young people who are struggling with mental health as I've mentioned. So I decided that okay fine let me start an NPO. When I wanted to start it, then they told me that they want three, yes three directors, that's when I invited people to come and help, to come and help me. I got those directors. We were, we are five. And then so there's, there's still, we have sent out the, we have registered it but we are still waiting for the feedback from the [Department].

Nqobile: Okay. But that's quite some progress. I am smiling because I am appreciating how much passion you have for this. I think I'm just realising that. I appreciate that Koketso. And if the guys would also feel much like we have agreed that this is something they would also want to invest their time in, I think we have good potential you know, to make quite a positive contribution. But what I will then do you guys, I will speak with Prof., my supervisor, on Wednesday, and then I'll just ask her about what we are talking about, that we might, we are looking into students, so guys who might be under 18. And then mobilizing that group, I think that's the word that you used. So mobilizing that group of young people. Something interesting also came up from what you said Sizwe. You said something about, especially 'cause this group are people who use social media a lot.

Sizwe: Yes.

Nqobile: I'm just wondering around us also potentially tapping into that space, using that as a resource in some way, especially as these are people who are mainly glued to their screens. They may not, well, know where to go or where to seek for mental healthcare, but they are on their phones, actively so. So I don't know, I'm not the best with like tech stuff or things, but I think it's something for us to also think about in some way.

Sizwe: Yes.

Nqobile: Around social media, the impact thereof, or like, I don't want to say awareness campaigns and things but, I don't know, I think there's also potential there in some way. But, I think that's all from my end at this stage. If the guys were here as well, I think we would have obviously agreed on a particular challenge we want to address. But since they are not here, we'll wait a little bit 'cause then the plan for the next session as I was saying was to then discuss

how we'll move beyond having identified the problem, so the steps that we will take, who we need to speak to, and all of that stuff. We'll have to park that for now, I'm sorry guys. How do you feel? You know, concerned about how things are going now or?

Sizwe: I'm sure it's like the year thing so we'll, when we are still trying to figure out what's happening. But if everyone goes on board neh for one session, they'll come back again, yes.

Nqobile: Koketso?

Koketso: About what?

Nqobile: How you are feeling about how things are going so far with this group?

Koketso: I think, I think, like honestly, personally, I like everything that I do. Whenever I feel like, okay fine, let me make an example with the organization which I am, which I am actually planning to start. Like, at first, we had to draft a constitution. There had to be like everyone. So, only two showed up on that day. And then we actually did about two pages. On that two pages, only half a page was necessary, so we had to start all over again. And then, I did everything by myself. I was like, let me do this and then give it to them and tell them, what do you, what do you think about this whole thing. Okay, then, after I did that, I gave it to them. I was like this is the constitution which is needed. They told me that okay. Then they agreed after I produced it to them. This is what, this is what is needed, so where can we fix. So, hence I'm saying, what you are saying is that since well we've discussed here, we just gonna, we just gonna tell them in the group and say, this is what we've discussed. What can we improve in here or what, what is it necessary? They'll come up with their points, so.

Nqobile: Okay, alright. That's all I wanted to hear. 'Cause the last thing I would want, I don't want you feeling like, how do I put it? 'Cause you guys are investing yourselves in this, I don't want you feeling like, I don't know, you are no longer as fueled or motivated because of these external factors. But if you are still okay, and if you are still, you know, willing to see this process through, I am quite happy and really grateful. I think on my side then guys we can probably end the meeting here, a lot earlier than we would have expected, but I think we have covered the background for today. I'll just give feedback to the guys by Monday perhaps and then we'll just see how that goes, if anything. That's it from my end.

Project Meeting

5/08/2023

Nqobile: Alright, hi guys. There's notepads. You can just have a pick at which one you like and a pen. (inaudible). Just slightly, we can't close it fully because it locks. Alright, we started a bit later today. I wasn't aware that you had a programme before then, but hopefully, we won't take too long. I think we have lives to get back to on a Saturday, so I won't take too long. Thank you guys for coming. Koketso as I said has gone. He wasn't able to join us. I can't find Kabelo, so I can't reach him. And then Jennifer no longer able to be a part of this group. I communicated with her, so she's no longer able to join.

Maybe just a bit of an update on what we spoke about. So the last time I was here we met with Sizwe and Koketso. I sent on the WhatsApp group the conversation we had and what we decided on at the time, mainly around mental health, trying to raise more awareness, creating a lot more knowledge around the community, more access basically to mental health services. And then after that Saturday, I met with my supervisor on the Wednesday. I also shared feedback on that, what she was suggesting that maybe we should choose a certain mental health issue to focus on, for example, depression, anxiety, whatever we decide to focus on. And then she also gave me some interesting pointers in addition to that. If we think about it, issues like substance abuse in the community, those would also speak to depressive conditions. So what do we do when we are feeling quite depressed and quite low? We want to self-medicate by using alcohol, by smoking, yes. So all of that kind of relates to that.

And then something interesting that she raised that I wanted to share with you guys is, in addition to whatever intervention we also think about, it's also going to be quite interesting that we think about like self-help strategies as well, especially because we aren't always able to access psychology or go to a counsellor so what can we do for ourselves? What can we tell the people we are going to be targeting this intervention for to do for themselves? Simple examples, exercising, having an active lifestyle, reaching out when you need help, or knowing who to contact. Those are all important things. One last thing, I had a, there was a webinar we were attending at work. And one of the guys who were presenting interestingly enough was [Mental Health Organisation]. Are you guys familiar with [Mental Health Organisation]? The [Mental Health Organisation]. Yes. They shared some really interesting information that I wanted to actually share with you guys. One of the things they actually said was, if ever there is a need

in the community, right, if ever we need them to come to, for example, a certain school, we could actually reach out and ask them to come speak to the guys or to come give a certain presentation which was really amazing, because when I think about it, that could potentially be one of our interventions, perhaps. Because we are trying to raise more awareness around mental health, so I just wanted to share that with you guys. And the other things they were sharing, they were just talking about how adolescents in particular in South Africa, when we look at that particular age group, those are the people who are most at risk of ending their lives, right, so of dying by suicide. We are working with a very like at-risk population as we would call them. So, yeah, contact [Mental Health Organisation], ask what resources are available to your community. So we could actually also say to them, look, we are based in Mamelodi, what can you guys possibly assist us with and then they can see how they help.

That's all from my side. Oh, and then the other thing, they said they also have what they call a "mental health care pack" which I found quite interesting, so like I think resources that can also help you if you need something, or like, things like that. So [Mental Health Organisation] is in our bag I guess as one of the resources we can tap into. That's that from my end. Anybody who would like to add anything? Views on what we have spoken about so far?

Sizwe: Me neh I actually don't have anything but neh it depends on the group, yes. The thing, what I notice right most of us we know depression, yes so the thing that I saw that most of the kids at school neh, they like that, okay me I'm okay knowing very deep down that when they get home, like especially in their comfort zone, and maybe in their room, they'll be like no. You find that you see someone, someone posts statuses that no, I actually I want to end my life. You ask why? They will say nah, I'm fine, still fine. Also, are you okay? No, I'm fine. Everything is okay, but you can see that this person, when they are with people, yes, the smile or the laughter he or she is like faking it, but when they are in the house, you know that, okay the person the moment they sit by themselves alone thinking that okay what's happening, the things that trigger them then start and then they think, they have negative thoughts about life and everything. That's what I've also noticed.

Lerato: But that's the reason why she said that we should look on how we can overcome the certain problem that we are facing. So like as you are saying that, a person might act happy and all that, but when they get home, that person is sad, back to their depression place, or whatever. But we have to look to a place where we find solution for that thing, do you get what I'm trying to say? 'Cause yeah, it's easy for us to say yeah, a person will act like this and that and that but

we are not bringing any solution to that, so that's our work to do solution for, like to have a solution for that thing.

Nqobile: And then you smile at each other!

Lerato: But like what I mean, what I'm thinking is like, as we are speaking now, we could maybe, what can I say, have suggestions or solutions that can help people who have depression, you know 'cause if we are saying that, okay, okay our main target is high school kids who are depressed and all that but the point is, how are we going to help them? How are we having impact on their life? How are we changing whatever that is happening in their lives?

Nqobile: Absolutely.

Lerato: So what we have to do now is to think of things that are, like as you said, that having an active life, you know, having an active life, attending like at any organization and do whatever it can like easily help you to get like, to get rid of depression, to get rid of stress and all that, to forget bit by bit, not fully obviously 'cause you can't just go to sleep and completely you forgot whatever that you are having. But having a social life can even help to improve people who have depression. Not a social life, but an active life, like helping the community and doing all that.

Nqobile: I agree with you, and I think if anything it creates I guess, a sense of purpose, like I'm doing something, I'm contributing something positive and meaningful. And you also said something quite important, it actually reminded me what I should have also said at the start was, what the plan for this particular meeting is. I mentioned it on WhatsApp that I think we identified a particular issue we'd like to focus on, so in this particular session, yes, we need to then start brainstorming around how we can then go about tackling this particular issue and then create a sort of timeline for ourselves 'cause I don't want to keep you guys here forever and ever amen. 'Cause there's a lot of things that we might need to do, even in the years to come, but I think we just need to have a bit of a, like a timeline that we just demarcate for ourselves that by this time, we need to have reached this point and all of that. So thanks Lerato for that. I've shared some ideas from my side as I was saying what my supervisor also suggested. I think we've done quite a bit already – identifying an issue. Are you guys all happy with saying we will focus on depression?

Lerato: Yeah, yeah.

Sizwe: I think so.

Nqobile: Okay, we are all good with that. I think then at this stage, maybe the conversation can also just go to us thinking about resources that we can tap into, that we can access to help us with this project. 'Cause we need to have a clear sense of who do we speak to, who, where

can we go, you know, to get this moving. It's good that we are talking about these things, but what other help can we enlist, what resources can we use in the process. Something Sizwe mentioned the last time we met was, for example, social media, especially because we are working with young people. And that's where most of their lives are, so I just want to hear how you see that suggestion and if maybe that's one of the things we can use.

Lerato: Yeah.

Palesa: That's great. I was just saying that's great because I think it's going to reach a lot of people if we use social media other than word of mouth because, yeah, a lot of teens are on social media. So yeah, that's a good idea.

Mahlatse: Me I wanted to say that the sense of an awareness within the community. We, we most of the time talk about depression and everything, but not a lot of people really understand. Like, what is it? And also, when we don't really understand it, we will not know where to go as well for it. We don't know what they are feeling. Someone like your friend could say, a person is like I want to kill myself, and you are like, are you fine? Like, I am fine. So, they, maybe they are not aware of their state or maybe they are, but they also don't know how to reach out. So maybe if we can have in one of our things, or yeah plans, a sense of understanding, getting out there, letting people know this thing is this, it can happen to anybody. And, we can actually also give examples of TV shows, like do you remember so and so so that because even media they are trying to bring these topics out but we are observing it as if it's a [TV character] thing. [TV character] is like this, or whoever is like this. And then once we observe it in the media, we sort of like close our books, forget about it.

We forget that even me, I might have been like this, like this person that they are portraying. You know in TV most of the time they portray a lot of GBVs a lot of times and then we observe observe observe then it ends there. But I know, 'cause at the end they'll tell you, they'll write numbers like [Mental Health Organisation]. If they are trying to portray something about depression, they will put [Mental Health Organisation] and all the other things. If it's gender-based they'll put your [Organisation for Support] and all of those things to show that okay, this situation is not right, this is who you contact. So with us as well we need to get to a point whereby we just talk to the people and tell them this is this. Depression you can also get it as you are young. That is what I was saying in the voice note that our parents as well, not all of our parents are that understanding. As a young child, what are you depressed about? There's food in the fridge, there's everything that you need. No one is shooting bullets at you. You are not carrying 'dompas'. Do you know, do you even know what is depression? You don't know

what you are crying about. You have everything. So even that sense of awareness in the parents because we say we are focusing on adolescents, right? So adolescents are also being affected by the parents, also being affected by the community, they are also being affected by their own peers. So if there's that sense of awareness that anybody can have that thing. I remember someone was telling me that like even a child can have depression and I'm like ah, for what? And then when they explained it I was like, oh, oh, makes sense. So yeah, the sense of awareness to people even on social media 'cause we are going to use social media. Let's get to the point that this is depression and it can happen to anybody. And then later on, then we can say this is where you go. For instance, when you were saying that [Mental Health Organisation] can come. I know there's [Mental Health Organisation], I know I can call them and cry, but I didn't know that we can call them in such spaces and say come and talk to us about one two three. I didn't know that is possible. So, yeah, it's step-by-step. Get to people knowing that this is our, this is depression, it can happen to us as youth. You as a parent support this person in this manner. You as a community, support this person in this manner. You as peers, support this person in this manner. And also, we cannot carry each other's, there's burdens you cannot carry. Support them how, one two three four. When they need an ear to listen, you can listen. Sometimes people just want people to listen to them. They don't want solutions, they just want someone to listen, actually, not just, like, listen and listen attentively. Not just hear, but actually listen and understand. So yeah, that's my take on the whole.

Nqobile: I appreciate that. Is there someone who wants to add something or? I just want to comment on that as well. Thank you so much for that. You know what I'm thinking now? Social media, fine. Would the plan then be, given what we are talking about, what we also spoke about the last time when we met was, mental health literacy. That's going to be the biggest, I think, aim of this project, right? We are trying to create an understanding of this particular mental health condition. We'd call that mental health literacy. So, like psychoeducation more. And I like what you were saying, exactly that. You were actually speaking like my supervisor, she was like people also need to know, but what is it, you know. How do I feel when I have it? But how do I know that I have this particular thing, but also understanding depression is quite like, we could say, for example, diabetes, right? 'Cause we are trying to debunk the stigma that is around mental health conditions. So I was thinking then you guys, could this platform we are thinking of, social media, for example, be the way through which we can then educate, right? Are we thinking possibly around creating, I'm not sure, be it a Facebook page, be it a certain account, where we can get other young people to follow? One where there's going to be like, resources uploaded in there? Links to certain websites

‘cause I was thinking as you were talking Mahlatse, we could even attach the contact details for [Mental Health Organisation] on that particular page. So if you are feeling like this, or if you are not sure what’s going on, contact this particular number. Do you get what I’m trying to say? Around what particular approach are we thinking? Social media, in what sense? A Facebook page, resources online, or what are we actually aiming for here?

Sizwe: For the, this thing, for the social media platforms neh, it needs that like we have, instead of just, let’s say we created a Facebook page, actually we need people so that they can see what’s happening, to follow, and to check out the resources that we have. But one thing I know neh, also the thing I do, if let’s say I’m just scrolling through social media neh, if something bores me, I don’t even take time to read what it’s all about. I just pass to see, to find what I want to see. I think that in order for us, like for the social media to be really really successful, we need to also to influence people like personally, that okay sharp, this is what we have and then now, also if you need more information okay and we are not around, here is a Facebook page or our Instagram page you can visit, it’s for free. The numbers are there if you feel like this. ‘Cause if like we are just doing it just on social media or online, I don’t think that many people will see that okay what are we trying to do ‘cause I also like think of you telling me about [Mental Health Organisation], [Mental Health Organisation] oh what depression is, ah, I just pass you see.

Nqobile: Okay.

Lerato: That is true. ‘Cause I was thinking neh that only like, if only we are not using social media, we also have talks. Maybe school talks or organization talks should come to [Youth Centre] speak to the kids, or go to schools speak to the kids like telling them, what is depression, this and this and that, this and this and that, and then you can go on social media for more information like Sizwe said. So talks will help. Also talks will help.

Nqobile: Okay.

Mahlatse: Maybe if we identify schools. You were speaking about substance abuse. We identify schools where most of those cases are prevalent. Like where there is a lot of kids who are busy with drugs, alcohol. Those schools that are problematic. Those are the ones where we should go to for regular talks. And then link them also on social media. Let’s not focus on that school where it seems like everything is okay. Pick that school where there is low performance in every class because most of the time such schools...[University] is not going to come to such a school and recruit people for varsity applications. So at least if we are going to..., we can have a variety. We can have a school that seems like it doesn’t have problems, not that there is such a school. And then we can have that severe school. We can have a school with, maybe a

best performing school. Obviously, they might also have issues there. We can also talk about like that, for me. Then we can have something like there's like [Youth Centre]. And media again, we have a relationship with, what is it, [Radio Station]. Let's talk there as well. So it shouldn't just be Facebook. Not everybody has...

Lerato: Facebook.

Mahlatse: Even if you have Facebook, not everybody will go. You don't have Facebook? So radio as well. That's something that we can, we can... And then to answer your question about whether it's a page or what, we can have a page 'cause then once we have a page, when we are talking, when we are on radio, we let them know also of our page and everything.

Palesa: okay. With that, I was also thinking, 'cause this, we can also use WhatsApp I think, neh. After that maybe create a poster and share it with our church members because there are kids at church confirmation class, youth kids. And then we can go there or invite them to come then have some talks with them.

Nqobile: I like that idea because we are broadening the reach in all ways possible. So like physical, immediate conversations and then broadening that through WhatsApp. Thank you for joining us.

Kabelo: Sorry I'm late.

Nqobile: Thank you for making it. I will just brief you quickly on what's been happening before you came in. I've been sending messages on WhatsApp. I think you've been reading those as well. So in this meeting, we've identified the issue. We'll focus on depression as the mental health issue we'll try tackle in some way. So now we are talking about resources we can tap into, or things we can actually do to address the issue we are talking about. So they've been talking about having talks at schools, for example, right. And then having, as we were saying, a Facebook page or on WhatsApp chats and things like that to spread more information around depression. So we are just there now.

Kabelo: Okay.

Mahlatse: You are reminding me of something when she said WhatsApp groups. When we go to those schools, when we go there tell whatever, maybe step into the self-help part whereby we ask them to also form their own mental group whereby they have those exercises times. Say, no guys start an exercise club, start a yoga club, start a talk whereby you have a 15-minute debating session or just a talk how you are doing session. Let's have those initiatives at school. Let's have a moment whereby during maybe our, what is it, Life Orientation, during our Life Orientation classes, let's talk about how do you feel. How are you feeling today? Maybe we can have that, in a weekly thing. So when we go to the schools and talk, let's not just talk talk

and then go, come back two months later, talk. Leave them with something that they can start by themselves and then that's where the self-help thing comes in. Then when we come back, we talk, or whoever comes and talks, we bring someone else to talk like your [Mental Health Organisation] and everything, psychologists and blah blah blah, they know that there's something that's already happening. And then within that group in the school, we are probably going to maybe like, the Life Orientation teachers, or whoever teacher they feel comfortable with then we know that they have a contact within themselves, with your [Mental Health Organisation] and everybody else. Yeah, 'cause then they themselves, if there is a, 'cause there could be an emergency that requires them specifically, they don't have time to be exercising or anything. They try that, it's still not working. Their problem is getting worse. Then go to your [Mental Health Organisation]. It doesn't have to be through so and so. They have a direct link as well. Maybe we can ask [Mental Health Organisation] for such a relationship. Can you have, who are they working with around our area to liaise. Yeah, I don't know.

Nqobile: Any idea or addition to that? Anything you are thinking? What I'm realising is, I think we have quite a few ideas of what we'd like to do and how we can get it done. I don't want to talk too much. I was thinking then, I think we've identified quite a few things. It's also going to be quite important as we said earlier to create some timeline of some sort. So by when do we want this particular thing to have been done, or when are we hoping to? So that, 'cause it's quite great to talk and to have this conversation, but, so we also need to just move a little bit. I'm forgetting something I wanted to actually say. Ah flip, it's okay. It'll come back. Are you guys okay if we can maybe move on to that? We can brainstorm around when a particular thing can be, oh, what I wanted to just ask of you guys, I think it's also going to be quite important for us to identify who will be active in doing some of these things that we are talking about.

I think we know in group contexts, we won't all be involved or be able to do one thing. So I think if we can delegate. If, for example, there is someone who is tech savvy and like a social media geek, that would be quite great. Like somebody who knows that they are quite like knowledgeable around that. I'm not that person unfortunately, but it would be great if there is somebody who can say, okay, I can try and get the wheels turning on the social media matter, for example. Whatever page we'd like to create and then somebody else saying, okay, I can try and go out and identify schools we can possibly speak to. I can say at this stage, I can start communicating with the station. I can start communicating with [Radio Station]. They already are aware by the way of this initiative, of this project. So I can just revisit that conversation and

ask how they can assist us. If somebody would like a slot maybe at some stage, or somebody would like whatever other way they can help us with, I will task myself with that. Any?

Kabelo: Well, I think I can delegate myself into dealing with appointments and making sure that all the schools we can access and have a slot.

Nqobile: Okay, at schools? What area are we looking into? We are at West now. Are we also thinking of Mamelodi East 'cause we also need to think logistics for ourselves. Where will it be easier? Look at schools here at West instead of?

Sizwe: Yeah, we can start at West and if we are okay, we can expand more schools, then we will go to East. 'Cause since in any case this is our core ground where we all meet. What I am saying for me is, since this is our core ground where we actually meet, like let's start where we are surrounded knowing that if, let's say, there are things that we should like maybe, the, if let's say we are going to schools and we need, there are handouts or something, we know that we can put them here we know that they'll be safe. Unlike okay, someone please take this home 'cause tomorrow we are going to East, like for instance I stay at East. Maybe we say we are going to [School C] 'cause [School C] is close to my house, we say okay Sizwe here, take this. What if it happens that my mom doesn't know what's happening then decides to take and she burns them. So, you see? It's better like find schools that are around [Youth Centre] knowing that whatever we have that we are supposed to bring to them, at least if we put them here like before ahead, we know that okay we are still going to find it here, you see.

Nqobile: Okay. That's fair.

Kabelo: Fair enough.

Nqobile: Much like you, I stayed at East, I'm a lot more familiar with that side so you guys will just advise where we can start. We are obviously looking at, we are talking about high schools here.

Sizwe: Yes.

Nqobile: I'm not too sure. But, another thing I was just thinking about, the guys who come here for the tutoring programme, already.

Sizwe: Yes, the time, that suggestion that I raised that how about instead of starting to social media straight, like we should have influence on people personally just because I know that my relationship with the learners here, is very strong. Cause most of them they prefer that I come to them. If they say they want help maybe like with a subject I don't do myself, they'll call me to call another tutor. So if I were to say guys, let us sit down like this, here's something let's talk about it, I know they are going to listen to me that okay yes. I don't know, I don't want that maybe I'm shutting out other tutors, but I know that if I were to say guys let's do this,

they will do it, you see. So when I said the time when I suggested the personal things, I was saying let's start with [Youth Centre] knowing that if they are actually are interested, they will go back to their schools that yoh chommie, at [Youth Centre] we did this and this and this. don't you want to be part of this 'cause I notice you did this and this and this, you see? Yes.

Lerato: True that.

Mahlatse: Definitely, we will start here.

Nqobile: Yeah, I was thinking that you guys, are already working with, you know, students. So, there's quite a lot that we've identified. What's the next step at this stage? What are we actually going to be looking at? So maybe on my side I can start and say, when I speak to Naledi (pseudonym for branch coordinator), when this year starts, I did indicate that we are looking into this becoming nothing that is concluded any later than around October, at most, maybe November. So maybe if we can just work with that in mind for like the meetings, the discussions, ne-intervention. But obviously it doesn't mean when we finish with that the intervention also just falls part. It continues and I'd still like to obviously continue interacting and engaging with that. But I am saying for these like physical, formal engagements like these. I think I would like to us to look at perhaps October, November. It's a bit of a tight time, but it will also depend on your availability, on like how often can we start meeting. Something I, I was talking to you the last time I was here Lerato that if there would be any possibility of meeting outside of Saturdays, you guys can say if it's not going to work at all, 'cause I'm assuming there are certain days when you wouldn't be here?

Sizwe: Yes.

Lerato: We are not here everyday.

Nqobile: But then again it would depend on your availability outside 'cause you obviously have commitments outside of that. So I would like to ask that we discuss that. It will help us I think with moving a bit more with this. Then the second thing my supervisor also suggested, depending on how you guys would feel, we don't always have to meet physically. For some of these meetings, we could have like virtual meetings. Be it on WhatsApp or Zoom, or whatever, depending on how you guys would feel about that. I think it will make things easier somewhat, if anything.

Sizwe: For this part whereby let's say, starting to create awareness, we can like, since in any case we know that Tuesday and Thursday, for us, for most of us, it's a guarantee we'll be here. We can just like okay, the students that we know that okay, like those we got to know them on a personal level, we can start with them to ask that, okay, do you know what depression is, do you know what types of depression are there, you see we start there to gather data. So that

maybe when we meet okay now, since now before maybe we are starting with personal sessions that this thing we take them as a group so that we speak with them. We know that at least this individual like this, maybe that okay they think something like this and this. And this individual, what do they have in common? Okay, sharp, maybe next week Saturday we say okay [Youth Centre] should organise let's say they do a workshop for us. When we get there we say okay what's depression? You find that that person who says actually there's something called depression, it exists nah, you see. So I was thinking that maybe since actually Tuesdays and Thursdays we know that we will be here, we can like, okay, my friend, what's up? Yeah, I wanted to ask if you know such and such and what kind of knowledge do you have about it? We will gather data from different people, their views.

Kabelo: To also add, I think it's best if we also speak about consistency, we must also, what can I say? I can say that we ourselves we are a branch and it's very important that we have sub-branches. Like for example, let's just say tomorrow we go to [School B], when we get to [School B] we go on with our programme of action and then after concluding it, we should at least have our own team of scholars. Even when we are not there at least they have their own sessions. But then there'll be someone who'll be supervising like an L.O teacher maybe during those kinds of periods that at least, okay we are having our own group during that period, or their free period they meet and they have those engagements so that even when we are not there, it is such that the session also, what does it do, it continues on their side.

Because I am also looking at if ever we say we go to a school to a school, and then we come back and we say we are going to another school, we might end up finding that we spent a long time having not gone because of we are trying to cover everything. And with our capacity this side, it doesn't allow us to cover everything and then make sure that also, what do they call it, the programme of action we have, it becomes more sufficient to each and everyone of them. So I was thinking about the importance of having those sub-branches within those schools that we will be addressing that okay, after addressing we might call an SMT meeting with the management of the school. We are having what, a school-based, SBST, I forgot, but it is the one that deals with the well-being of students. So if ever we could actually get them, sit down with them and tell them we are having this kind of a programme that we are running and that it works in this manner. So when we are out at least, we would like to have a delegate from inside the school so that even if maybe they are in a session and then no one, may they want answers one cannot actually provide, then that's when we can say okay, you can directly come

here to our session or I don't know how. But I believe that we are just getting the idea of what I'm trying to point in what direction.

Nqobile: Okay.

Kabelo: School-based support team.

Nqobile: I think it's a support team, yeah. Okay, I hadn't thought that far about the SBSTs that there actually would be those, I don't want to say committees, but there are people who are dedicated to that. And the other thing I was going to say, thank you for raising that because to me it also created a sense of, we don't want to feel as though we are just hopping around schools but we don't actually know what impact we are having. So, yes, having a sense of following-up but also getting people to possibly carry that thing on in the school itself. Thank you for raising that. But I think as we were saying, the starting point at this stage would be here at home, the Tuesdays and Thursdays that, you know, you guys are here.

Mahlatse: And Saturdays.

Nqobile: Yes, but you guys are very busy then, I understand. But, yeah, I think that's that. What did I want to say as well? Oh, okay, and then just amongst ourselves now within the group, 'cause it starts with us ultimately, our own understanding of depression. How comfortable we would be to answer questions around depression. If somebody comes to you and says, yoh, Palesa, I have been really tearful lately, I've been feeling so tired, I haven't been doing the things that I like to do, you know. Thina ourselves, how comfortable are we, 'cause I think it starts there more than anything. You guys will tell me if maybe you would like us to obviously send some updates on our own group. Like a bit of a depression whatever thing, like what is it actually? How do we understand it clinically, psychologically? What does it speak to? What are the things that can contribute to it? I would be more than happy to try and assist with that.

Sizwe: Yes. That would be useful.

Nqobile: 'Cause it starts here in actuality.

Sizwe: What I have noticed neh, is like someone can like, okay, how are you? Are you okay? Then someone is still no, I am not fine. Okay, let's talk. But neh, let's say that person who is coming out it's opening a wound. But now the thing is, after opening the wound, the person cannot actually help to heal it or to bandage it okay, sharp, to say sorry you see in the right manner? You find that okay sharp, I'm telling you something personal and then the only thing that you have to say it's, oh, I see I'm sorry, you see. For that person actually wanted something, not just for you to listen but maybe give them an advice to say okay if this situation is like this, maybe try to do this and this, maybe it will change. Unlike when someone is done telling you

you just say, oh, eish, I'm sorry, I will be there for you. Even saying I will be there for you, you know that you won't be really really there you just say to comfort her in that moment, you see. So I know that people have the tendency of opening up wounds but fail to close them up. So I think for this thing that you tell us like the guidelines to say okay if let's say okay, one person comes with a situation like this, maybe this is how to approach it and able to help the person. Yes.

Nqobile: Sure, I will absolutely do that, and follow up to what you were saying, if somebody does come to you, we will also need to know as a group where we refer them to.

Sizwe: Yes.

Nqobile: So if sometimes we see that yoh, this is somebody who might you know end their life or this is somebody who is really struggling, where can they go. While I was starting with this last year, I was, yoh guys, it was actually quite sad. I was going around clinics. I also went to [Hospital], I was at [Clinic 1], the two [Clinics], I was just around trying to get a sense of, but where do people go in [the community] when they need help. It is difficult because it's not as easy as we were saying. Psychologists aren't readily available all the time. But even so, if there's somebody who is experiencing something here, I think it would be, is it [Clinic 2], the one by the hall? [Clinic 1]?

Kabelo: Yes, it's [Location of Clinic]?

Sizwe: [Location of Clinic].

Kabelo: [Location of Clinic].

Mahlatse: [Clinic 1]. The 24-hour one?

Kabelo: Yeah, that's the one.

Nqobile: It means it's this one. I think that's where, there are psychologists there. So I think just identifying amongst ourselves, do we actually know where these guys can go to when they say they have a certain challenge? So maybe we start there as well in this discussion. 'Cause sometimes we will deal with quite urgent situations. I think as we are saying, [Clinic 1], yes, it's [Clinic 1], there are psychologists there, so if somebody does feel they may have a need to go speak to someone, they can go right. They won't be turned away. When you are there to seek help, you can't be chased away. You can at least try. And then we also spoke about [Mental Health Organisation]. Sometimes you can just give them, yeah, I'll share on our WhatsApp group, I'll share their number. They are always available. It's 24/7. They actually also have a WhatsApp chat thing. So there's a number you can call. There's also a WhatsApp chat you can start. So I'll also just share those two resources with you guys. We are moving already with where can we actually ...

Mahlatse: Is [Programme F] also in the equation?

Nqobile: I would think so. I just haven't encountered them as much.

Mahlatse: There's a suicide one. Suicide and depression they are related to each other.

Nqobile: It's related. Let's also explore that.

Sizwe: Sometimes depression can lead to suicidals.

Nqobile: It's related. Let's also explore that option. So we have [Programme F]. We have [Mental Health Organisation]. I will share their contact details. And then we have, so if somebody does come to you as we'll start now already, hey, at [Clinic 1] they do offer such and such a service but if you struggle there, what can you be doing in the meantime. What else am I thinking about? Yoh guys my mind today. It's fine. I think we've said quite a lot. So it will start with me as well just on our WhatsApp group. Depression, you know, how can we understand it, how do I know if I'm feeling depressed possibly and all of those things. And then sharing the contact details. The school matter I'm assuming will follow. But can we maybe try and be active already around identifying them already. Just think about schools that are quite close already that we could access. And then, what I just wanted to also say, in the event that we are able to have online sessions or meetings, please do communicate with me if you would appreciate a certain amount of data or something like that because obviously it's related to the project. So we can assist with that if we are going to have virtual meetings. But as I also said for the guys who may need assistance with, if we have to meet physically, the transport matter, please just also let me know. We can organise that as well so you don't have to use your own funds to come here. I think that's all I have for now on my side you guys.

Mahlatse: Can I add 'cause, we spoke about lack of psychologists and the only place that's there it's [Clinic 2]. Did we ever think about churches? Because churches, one of the priorities is to help with, they call them lay counsellors so maybe we can just put it upon ourselves to figure out the churches that are around here, what are the services that they can offer for free. Because then if I'm talking to someone and then she lives here and then [Clinic 2] is there, if maybe there is a church here that offers such things maybe we can put it upon ourselves if there is a church next door where we know granny goes to that church there and just ask, what are the services that this church offers. Do we just pray and come back and fire fire or? Like we spoke about, I know our Catholic churches they do confessions. I'm not as deep in Catholic. What, besides confessions? Is there another session that they have whereby they come and talk? And how open are they for the public? So if we know about that, maybe, instead of saying someone go and run, go to all the way to [Clinic 2], and then they are going to talk about money, transport and all of those things. Because we are going to be talking about our kids

here. So if we also know the churches that are around here that can assist, it can also be a form of their where to go for help. Because we are from the hood, we should take it upon ourselves to research those churches.

Nqobile: Thank you for that. I was also thinking that, it's a pity he's not here, NGOs around as well. Koketso mentioned there's quite a few that he mentioned the last time. I'll just revisit that conversation we had. But there would also be certain, just as you were asking about [Programme F] by the way. There should be, I would hope, you guys, certain branches that are quite close in Mamelodi still even if they don't necessarily tackle like mental health issues, but those are places where young people can go. I'm from Orange Farm, for example, I would know we have a centre, amazing work that they do, much like you guys here. [The ECD Centre]. People know they go there for like skills development, for all of those things. Just as we were talking about what you were saying Lerato about the active lifestyle, being out and about in the community, we'll also need to know that, hey, do you know that there's for example, in Orange Farm it was called, do you guys know [Programme E]?

Sizwe: Yes.

Mahlatse: There is actually [Programme D] even here.

Nqobile: Amazing. Do you guys know of this and this? If you have questions about such and such, you can actually go speak to, you can go to this particular place. So I think let's broaden our own knowledge of resources they can actually use, it will help quite a lot. So organisations as well around the area. They already know about [Youth Centre] which is incredible. So also just broadening that to mental health or spaces that can more so tackle issues on that. I don't know, what do we think? NGOs around as well. And then, I think we've covered quite a bit of ground. So these are the things we are looking into. I'll just provide a bit of a summary of what we are hoping to do. So we spoke about, we identified the issue, depression and then we were just exploring ways we can start tackling it somewhat. One of the first few things we spoke about, the young people here at [Youth Centre]. On Tuesdays and Thursdays when you guys are here, initiating those conversations, talking to them, and all of that stuff. And then, we also spoke about the station, [Radio Station], communicating with them somewhat and seeing how they can assist. We've identified churches as well. Getting more information around the services they can provide, the lay counsellors and is it open to the community more broadly. NGOs to tap into as well, like getting young people involved. And then I also said on my side, I will share like information on obviously depression, and like the clinical stuff, perhaps and then the contact details for [Mental Health Organisation], WhatsApp and telephonic. Kabelo you spoke about assisting with schools and things like that. Around which sides do you stay?

Kabelo: Well, both West and East.

Nqobile: Okay, that helps us as well. So you know I think about both places. But we will start I think around 'cause it's closer to all of us. I'll also just look. Can I ask that we, is anybody able, or should I speak with Naledi? How can we know about the other NGOs that are close to us?

Sizwe: We can also use aus'Naledi to find out.

Nqobile: Please.

Mahlatse: There's a forum.

Nqobile: Okay. I hope I'm not forgetting anything. Oh yes, the questions that I just asked of you guys. What are your thoughts on that? Possibility of meeting outside of Saturdays and then the virtual meetings instead of physical meetings?

Kabelo: Support that.

Sizwe: For me.

Kabelo: Definitely.

Mahlatse: Online is nicer.

Nqobile: It would be better. But honestly, shame, I think it will make things, It's not going to work for you?

Lerato: Easier.

Tumelo: Not for me.

Mahlatse: WhatsApp, not Zoom meetings.

Tumelo: I like physical meetings.

Mahlatse: You like to see us?

Tumelo: Yeah.

Nqobile: That's fair. We won't do it all the time, we'll just change or switch between, depending on what will work better. 'Cause I was thinking in terms of it can be a bit tough I think having to come and all of that. Is there anything you guys wanted to check or ask or clarify? Not at this stage neh? Oh, yes, what I wanted to kindly ask of you guys. Please just send regular updates on the group on how things are going on your side. We've spoken about quite a lot so if somebody said oh, I went to, or I bumped into an old school friend from what is it, what's the school you spoke about at East? The school you mentioned?

Sizwe: Oh, [School C].

Nqobile: So for example I know [School D] that's why it's on my mind. Like, I saw an old school friend from this school, he said he'll just find out for me, or hey, by the way, I was at church and I... Please just post such things so we get a sense of how we are going and where

things are moving. Timeline though. We said around October or November. So we'll also just need to talk about, please you guys, the frequency of our sessions. When we met the first time we said we were going to meet at least twice a month.

Sizwe: Twice a month, yes.

Nqobile: Do you feel if we continue with that, we should still do?

Sizwe: I think let's say we still continue. But let's say twice in a month physically and then maybe in between, virtually. If let's say I know that maybe we came in the first week of the month, then that two weeks you will say ah man, maybe the week after the meeting you will say let me chillax knowing that the next meeting is at the end. Then maybe the week that's approaching the week that we are going to meet, that's where you'll be like, eish, I had to do this. If let's say we had our first meeting for the month on a Saturday, then you know during the week it's like, okay, on Tuesdays, updates, I don't know maybe we can, I don't know what to call it. But like it will be something like a daily report to say okay today, even though I didn't do much, but at least then today I met with someone and they said this. Maybe let's say your conversation has ended, I will check for you and you exchange numbers, it's fine.

At least we know that okay, if let's say you find that Lerato okay, she's looking, she found NGOs that I know, [Organisation for Sexual Health A]. Maybe I also spoke to them. Lerato also spoke with them, you find that we spoke about the same thing. And then they at [Organisation for Sexual Health A] tell themselves that they are two different people you see. And then when we get here, maybe let's say Lerato gave them such and such information that okay we will do this, and then I gave them my version of the information she gave them The other group will deal with Lerato and the other group. When we call them, you find that when they meet they say but what's actually happening, why didn't you tell us you are same group. So I think daily reports saying Lerato reports I met with such a group, and then I also say I did. Then this is what came up. Then we know that we will not confuse them on the other side that we are one group so that whatever they have they add it on one thing.

Nqobile: Just the importance of updating each other, I guess. We all know where we are. You find that Kabelo goes to a certain school, I also follow and I didn't know that you went there. One last thing you guys. Palesa shared something earlier, an idea that she had around a challenge we can focus on. Childhood trauma. Experiences. Nods around the room. We can also obviously understand that a lot of the reasons why we can present with these conditions, your depression, anxiety, it comes from our traumatic backgrounds. So I think if we can integrate it with that. It's also going to be in what I try to share with you around depression,

how that can come about, traumatic experiences you know, tough daily experiences, what we are exposed to, violence in the community and all those things. They can impact our mental health quite severely. So thank you for that Palesa. I just wanted to raise it so the guys are also aware. I think that's that on my end. But I would like to ask, I know I've said it before, but if there's anything that you would need like as I was saying for the virtual meetings, if ever you will need assistance with data for connection or anything like that, or anything related to the study, please let me know. Transport as well, it's not easy to get here at times. Please communicate so you don't feel like you are carrying that burden by yourselves, this is for a collective purpose, this particular study. I appreciate the time that you've made, I really do. I don't take it lightly. I will send updates as I always do. I'll send a brief update of what we spoke about, where did we conclude, so the other guys are aware. And then I'll also share what I've been saying with the depression and contact details.

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Nqobile: We will just give it a few seconds. Let me just message him 'cause we may need to drop this call and start again. Okay, I have just sent him a message, you guys. Just wait a little bit.

Tumelo: Can anyone hear me? My speaker is low, I can't hear you.

Nqobile: Yes, we can hear you. We can hear you.

Tumelo: Okay.

Nqobile: Let me see. Okay, I think maybe we can just start so long then he can join where he is able to. For the sake of time, I sent him a message so, when he has read it he should be able to either join or say he can't. I think I just wanted to firstly check in with you guys. How are you? Just maybe indicate how you are doing I think for these first few minutes. I'd like to hear how you guys have been keeping. Can you guys still hear me?

Kabelo: Yes, we can hear you.

Nqobile: I was just asking how you are doing. If you could just share how each of you guys is doing for these first few minutes.

Kabelo: Well, I'm fine. I was even part of this programme whereby, what can I say, the citizens of Mamelodi, they found themselves actually engaging in activities within their own and then trying to go away from many things such as the things causing depression. That's what I can say from my side.

Nqobile: Thank you so much Kabelo for sharing that. I really appreciate it. Anyone else who would like to share?

Koketso: There's nothing much I can say. I am actually fine. That's it.

Nqobile: Alright, thank you Koketso. It's good to hear that you have been doing okay.

Palesa: I am also good. Can't really complain. It's just, I've been feeling a bit sick and drained. But nothing major, I'll be okay. I hope everyone is doing good as well.

Nqobile: Sorry about that Palesa. Really hope you'll feel better very soon. And thank you for still joining the meeting. You didn't have to, especially because you are not feeling too well. But we'll try to keep it as short as possible. Thank you for joining us still. Do feel better soon soon. Tumelo, are you able to tell us briefly how you are doing?

[Silence]

Nqobile: Tumelo, are you still with us?

[Silence]

Nqobile: It seems like he can no longer hear us now. Do you guys have any idea what is happening? So, I am saying something that he does not seem to be picking it up. I don't know whether or not it's a network issue or what but he is not responding but he is still on this call. Tumelo?

[Silence]

Nqobile: It does not seem like he's able to hear. Lerato as well. The line was ringing but it did not go through. And then Sizwe as well hasn't picked up yet. I'm just going to maybe ask because there's like, well, maybe four of us now. Tumelo doesn't seem to be able to hear or respond. Do you guys feel that we can still continue because I was worried about not having as many people join this session today. Do you feel we can still try and continue? Who else just joined? No no no, it actually just dropped now. There are three of us left, well four. What do you guys feel? Do you feel that we should try and continue with this meeting, or would it just be better maybe if we attempt for a physical meeting because it seems to be a struggle with this meeting?

Koketso: I am not sure about that.

Nqobile: I am struggling to hear you a little bit Koketso. Were you saying you feel we should continue or you feel we shouldn't cause there's actually three of us left now. It's yourself, Palesa, and I. I think Kabelo also struggled with his connection, so it dropped. So there's just three of us left now by the way.

Koketso: I don't know.

Nqobile: I think it is the network.

Koketso: Let's find out.

Nqobile: You know what I think I should actually do, I will just give each one of you guys a private call just to check where we are all standing. I think that will work slightly better. I think we are struggling with this group call. So I will phone you each individually just now then I'll just hear a lot clearer. Oh, he's back. But I'll just end this call and then I'll just phone each one of you guys individually. Hey Kabelo? Okay you guys. I'll just end this call and then I'll phone you each individually just now very briefly and then we'll decide on the way forward then if that's fine.

Palesa: Okay, no problem.

Individual phone call with Kabelo:

Kabelo: Well, currently, I am at the community hall. So, I'm with young children, basically the youth. One thing that I have actually come across is that we are having some people who are actually trying to fight this thing of depression and other societal issues or mental illnesses by actually putting in some sort of efforts into engaging with their peers and also making it a point that each and every time they are doing things they do in a social way. So, what I see here basically is people actually engaging one another. People assisting one another, supporting one another, and I feel that is one of the ways in which whenever we can say we are considering such programmes, we should actually include such things as sporting activities so that tomorrow they must understand, no actually, they themselves, they will understand the importance of engaging one another, assisting one another and everything. So in my side, that is one thing that I have actually observed.

Nqobile: That's great. I agree with you. You are saying you are with children at the community hall, neh?

Kabelo: Yes, I will even send you pictures after the call.

Nqobile: Argh, sweet, sweet. Okay, not a problem. And then how are we doing so far with identifying schools in the area that we could possibly have talks at?

Kabelo: Yes, me on my side, I did actually identify some schools and then I have some few learners who are actually suffering from this thing. So, after I have seen I think on Facebook, WhatsApp that you wrote as Sizwe, I had some difficulties when it came to me engaging our youth because of I knew that at some point, there'll be where I cannot actually offer or actually give them the proper guidance to actually go through and actually find a proper assistance, a professional assistance by the way. So what I was actually doing on my side is that I was actually giving out details to say that, okay, we are having one thing that we call [Mental Health Organisation] and they are actually helping us in dealing with 1,2,3,1,2,3. So here is the numbers and I think it's proper to actually engage with them. Because of I was scared that they were, there would come a point whereby there are some questions even I myself I cannot answer and it then it will actually give a different perspective to that child to say that okay, you see even these people who want to assist us, they don't have answers for those kinds of questions. Then automatically, it seems like whatever that I'm going through, there shall never be an answer for that. That is why I was just giving them contacts. Contact this number and try to find assistance. And if ever during your activities you don't actually find anything, talk to me and I will try to actually assist at my level to get proper assistance. That is what, that is what I was doing from my side.

Nqobile: Yeah. That's a lot Kabelo. Thank you so much. And I think that's what I was saying on the group after Sizwe, you know, raised some of his challenges, that it's also going to be important for us as you have been doing to tell them, but if you are feeling this way, who can you speak to, you see. And [Mental Health Organisation] obviously would be one of those organisations. So thank you for suggesting that. I think it's a very important step that you've taken. And then, what did I want to say as well? I was also just thinking then, in terms of, okay it's fine I'll phone them individually just to check how, you know, how are they doing with the things we spoke about. But I wanted to check, one of the concerns that you raised the last time on the group was that you felt that we were not doing things, how do I put it, collectively neh, or that it seemed like we were not, yes. What was that concern at the time? Can you just let me know perhaps now that we are speaking by ourselves?

Kabelo: Yes, my concern is that like, we would be, we would be in a meeting neh and then we would get that maybe, let's just say, as a collective, in total we are 10, and we would have eight who are part of the meeting. And then now when we get onto WhatsApp, we get the other two responding that it's best we do this and that because of this is where there actually it's progressive and so on. So mina I found it as a problem because of I understand that if ever the two were not present, they are to come back and adopt whatever we have adopted from the beginning and we move with, and then they suggest after that. Because of one thing I am seeing to be quite honest is that if ever we move in this fashion, we won't have any progress. We will forever have meetings. We will forever be there but then not actually changing the situation. Because of I believe that this project it's also, it's only about changing the situation into a better situation. So when a person comes, let us do this, I found it as a problem, that, okay, did you first acknowledge that you were not part of the meeting at first, and then when we sat and spoke as a collective you were not there, we spoke like this. So it's important that when you come, give solutions to actually better the decisions that we've taken before. Do you understand? That's why I try by all means that even though I'm at, I'm at East, I don't even bother I just walk, get to that meeting because of I don't want to seem as if like I'm becoming a burden because of on my side, I want to see that kind of a change happening in our community. Our community are suffering, and brutally so, to be quite honest.

Nqobile: No, I hear you Kabelo. And thank you so much for sharing that. I think I appreciated that view when you shared it on WhatsApp. It is very important, you know, the sense of being on one page, you see, so that it does not seem like we are doing different things or that we are not really pushing the same agenda, if that makes sense. So, thank you so much for that. And I think what's going to be important is also from my side, you see. I think just continuing to

share what we speak about in our meetings so that everyone reads those minutes and we all know what we spoke about, where we ended, and what's the way forward. You see?

Kabelo: Yes.

Nqobile: So thank you so so much for that. I think at this stage let us continue on the basis of what you've just been saying to me now. Please do continue perhaps identifying schools, looking about. But also, as you've been doing, sharing this information on who the young people can speak to. [Mental Health Organisation] as I shared with you guys is one of them, but also around. You are at 5 now, right?

Kabelo: Yes.

Nqobile: At [Clinic 2] we do have psychology services, right, if I'm not mistaken.

Kabelo: Yes.

Nqobile: Yeah. So I think that's another place we can possibly direct them to as well. If somebody presents to you with, you know, like depressive symptoms, or someone says I don't know where to go, that's another place we can refer them to.

Kabelo: Okay.

Nqobile: Anything else you wanted to share?

Kabelo: Currently, I think on my side, I am covered. I will hear from the rest how things went on their side.

Nqobile: Okay no, that's fine then. Thank you so much. Sorry about the data issue. Goodness, I thought that was your number.

Kabelo: Not a problem because of at least, I was with my friend so, he had data, so I asked him. Never mind. It's fine.

Nqobile: I wonder then now who got the data.

Kabelo: No, I think it will wait for me to do a sim swap.

Nqobile: Oh okay, it will work as like, a, oh okay.

Kabelo: Yes.

Nqobile: Then it's not lost hey?

Kabelo: Yes, definitely, definitely.

Alright, not a problem then. Thank you so so much Kabelo. We will talk. I'll just send a text on the group to see when we can meet maybe at the branch.

Kabelo: Okay, no problem, let me take pictures and send them to you.

Nqobile: Thank you so much. Enjoy your weekend neh.

Kabelo: Thanks, thanks, not a problem.

Individual phone call with Palesa:

Palesa: Hi

Nqobile: Hi, hi Palesa..

Palesa: Yeah, I am okay.

Nqobile: I was just phoning as I said I would because we struggled with that WhatsApp group call earlier.

Palesa: Connection, yeah.

Nqobile: Yes, and the other guys were actually not able to join. So, I just thought I should just check in individually. I just wanted to just get a sense of where you've been, challenges, concerns, or anything you just wanted to share with me, if you have anything, by the way.

Palesa: Like, in general right, personally?

Nqobile: Yeah.

Palesa: I've been okay. Just, yeah, I don't know, a bit overwhelmed because of, yeah, I don't know what. I think I'm stressing too much, I don't know about what. But yeah, it's something I'm working on. Hopefully, I'll be okay, yeah. And, what else? Oh, I just wanted to also tell you that in terms of physical meetings, I won't be available for the next coming months because of going to school.

Nqobile: Okay.

Palesa: So yeah, but I'll be able to join meetings virtually and all of that.

Nqobile: Okay.

Palesa: But I've been okay. I've been living, just grateful, but yeah. Taking it one day at a time. I just hope you are also good.

Nqobile: No no no, I'm okay. I'm okay. But look, it does seem like there's been quite a lot happening on your side, you know. That sense of being overwhelmed. Is this something you are able to share, talk about, if not with me, have you spoken to someone perhaps? Are you getting the support you need?

Palesa: I think I will send you a message when I get home.

Nqobile: Okay, you are more than welcome to do that. And if there's anything I can possibly assist with, you are more than welcome to let me know as well.

Palesa: Okay. No problem. Thank you.

Nqobile: Let me not take up too much of your time. I know that you said you are not feeling too well as well. I really hope you'll get better.

Palesa: Yeah, and I'm still braiding my hair.

Nqobile: Shame, you are still busy?

Palesa: Eish.

Nqobile: Alright. I hope you'll get better Palesa. We'll speak then on WhatsApp.

Palesa: Okay, thank you.

Nqobile: Alright. Enjoy your weekend then. Sharp.

Palesa: Same to you. Bye.

Individual phone call with Tumelo:

Nqobile: Hello

Tumelo: Hello

Nqobile: Hi, how are you?

Tumelo: I'm alright, how are you?

Nqobile: I am alright. Look, we struggled on WhatsApp. I couldn't see whether or not you can hear us 'cause you just went quiet. So I think maybe it was a network problem.

Tumelo: Yeah, network service, it was not working alright. But I checked, it's okay. When I try talking, y'all couldn't hear me.

Nqobile: Yeah, we couldn't hear. It's fine. I just wanted to check individually. So I phoned you individually neh, just to hear if you had anything to share on how things have been going on your side with the project or anything that you just wanted to share.

Tumelo: Yes, oh. I should give you insight?

Nqobile: Yes, if you can.

Tumelo: Oh. Right now I left my book at home. I'm not home right now.

Nqobile: Okay. Okay. But, is there anything though that's been happening so far on your side? Anyone you've spoken to or anything like that?

Tumelo: Yeah, I tried speaking to this other student at school. She didn't give me insight 'cause her statements were not valid to what I have been asking about mental issues, depression, yeah. She said she's not dealing with any type of thing. So, yeah. It's been a struggle.

Nqobile: Okay, no, that's fine. You saw that, the screenshots I sent on [Mental Health Organisation] neh and the contact details on WhatsApp?

Tumelo: Yes.

Nqobile: Yes, so if there's...

Tumelo: So I should refer them to that organization?

Nqobile: If there's someone who says to you, yes, they are feeling quite depressed or they are feeling quite suicidal, I think that's one of the resources we can direct them to – the number that I sent to you and then visiting their website and things like that. Yes, we can just share

those with them so long. I was also thinking, we spoke about [Clinic 2], the clinic in [community], right? There's also psychologists there. Uh?

Tumelo: Oh, there's psychologists?

Nqobile: Yes, yes. There at [Clinic 2] the clinic in [Location of Clinic]. That's another area we can direct them to if they need the service. So, yeah.

Tumelo: Okay.

Nqobile: Okay that's fine then Tumelo, I'll send a text on WhatsApp perhaps to just ask when we can actually meet, perhaps at the centre 'cause we struggled with the online meeting.

Tumelo: Okay.

Nqobile: Alright.

Tumelo: I could hear, the problem, I could hear y'all neh but I don't think y'all were hearing my, my voice.

Nqobile: Yeah, we couldn't really hear you as much. I think it was the network.

Tumelo: Network?

Nqobile: I think so. But that's fine. You did get the data, neh?

Tumelo: Yes, I did.

Nqobile: Okay then, not a problem. That's fine Tumelo. Enjoy your weekend. We'll speak on WhatsApp.

Tumelo: Okay. Thank you.

Nqobile: Sure. Bye.

Tumelo: Sharp.

Project Meeting

9/09/2023

Nqobile: Sorry,

Sizwe: Data Science.

Nqobile: Okay. This is what you are studying?

Sizwe: Yes, this thing, online course. It's too much, yoh.

Nqobile: Yeah, well done, but sorry that you are doing the most.

Sizwe: It's something like, you see, in a week they give you a lot of work. And every day, there's an assignment that you need to write. But it's fine, just that eish, the pressure.

Nqobile: Yeah, okay. And do you feel supported, people you can ask for help, or anything?

Sizwe: Yeah. I do. Most of them. The other tutors are here, we are doing the same thing so I can also refer to them.

Nqobile: Great. I'm glad.

Kabelo: On my side, what I can just say basically is that, most of, I can say, 89% of my time, especially, I can say actually is roughly involved around politics. So even though whenever I speak of reality, at some point, it will have that attachment as in politics. Why are you saying that? I've been actually going through a stage whereby I've been actually losing a mass of support. And then it has come to a point whereby it's either I had, we are calling it a revolution right, I had to sell the revolution just to be safe or I have to do what is right and end up losing even the benefits of it. But then, as time went by, I actually chose to not go with benefits and everything and then when I was taking the other side, it was difficult at first for me to move up and keep up with also the pressure and everything but ever since I've been pushing bit by bit, it then came to a point that everything started to make sense in terms of having the support coming out. I'm busy with one two three one two three and we want to offer this kind of assistance, this kind of help whereby it also led me to a point of actually having a room of engagement with the leadership of Mamelodi and Tshwane in terms of [Civic Organisation B], the civic organization of the community. So I'm directly dealing with also them. Then also yesterday I got a call. There's this other project. It's an NPO organisation, I'm just waiting for them to send me documentation to stating these are the requirements that they will need because of it will not actually be different from the programme that we are having now.

Yona it is going to focus mostly on males, especially these young boys in terms of actually grooming them and assisting them where needs be. So I was actually appointed as the head. I

will be directing the youth of Tshwane. So, I will be actually responsible to make sure that you know that we as males we are having excessive things in schools, then automatically it means that I will be the one who is responsible to make sure that, especially boys smoking, we are not going to be there to judge them to say you must not smoke. But then we must first start by understanding the reasons behind them smoking. Because of, I believe that cutting of a tree does not solve the problem but then actually reaping it off from the roots, we will never find that tree again. That is one thing on my side that I can say I've been actually busy with. Academically so, based on these school-related things, I've been actually just applying and then, it's a good thing you are seeing yourself applying whereas you are even qualifying. So yeah. I've been just putting some applications there and there to actually, you know, as much as you want to be on that side, even academically, you must be there. The mind needs that toughness. It's not easy. It will be actually difficult even for you to comprehend some of the things that will be actually be busy with. The pressure is also important as long as you can handle it. So, on my side, I think that's just the brief of what has been happening.

Nqobile: Thank you for that.

Mahlatse: You've been busy.

Nqobile: Very busy. Incredible work. Keep it going.

Mahlatse: Definitely. Me? Work has been keeping me busy. And also my private stuff 'cause I have an NPO then I have to juggle the NPO and my work. And my personal life, 'cause I have to have a personal life. But I've been juggling. This week I have been stressed. I'm over that. I recovered. I was very stressed this week. Everything was just stressing me. Work was stressing me. There was a lot of workload, but I recovered. I managed. I talked to someone. I'm better.

Nqobile: Glad to hear that. Obviously, to all of you guys, any kind of support that you feel we can provide, we are here for that. I think besides this project and all else, this group is also here, as I said at the start, to empower you. So anything that you feel you may need support, that's why I was asking you at the start, do you feel supported? Is there something you may need help with? Things like that. So thank you for sharing that. I've been fine. Busy as well. Work has been hectic, as always. Presentations upon presentations. I was presenting just yesterday on a case. Presenting again on Tuesday but I'm submitting my report on Monday so it's constantly those expectations that we have to meet. Everyone can, I think, attest to that. But we are surviving. I like saying that. We are just surviving. Alright. If you guys are good, we can maybe just touch base on what's been going on. We haven't met in quite some time physically. We spoke virtually. The meeting couldn't happen as I said to you, but I just called the guys

individually. Two weeks back we spoke with Kabelo, Koketso, the guys who were able to speak. So I just heard from then what's been going on. So I'll just touch base. I didn't manage to speak with you then. I know you had some difficulties with your phone and shame, it was just a mess. Same with you Mahlatse. You've been quite busy, you said, so we were not able to speak. How have things been going on your side?

Sizwe: The thing is, with the learners now neh, just like asking questions about how do, what they know about depression and mental health you see. Those questions didn't just like, it started as in like okay, I want to find out more, how do you know? They actually started being like, some were like kind of emotional you see. You find that the person now explains that depression is this and this and this. Now the person, now you can see finds out that, actually, I thought I wasn't suffering but the way Sizwe is explaining it, I'm also dealing with this thing, you see. So now, someone, especially on the girls you see, you speak with her and the person now starts crying, you see.

So for me as well, for the past three weeks, it was an emotional rollercoaster because you will be speaking to someone and you trigger emotions. The things is okay, sharp, maybe you can relate to a problem, but the way I got through that situation, I wouldn't advise someone to okay, do this. 'Cause the time I was, I also suffered from depression, it wasn't like I had support or anything. So since I'm all alone, for me to survive or get out of this thing, I did this thing of saying okay now I'm ignoring everything. I'm being ignorant. I couldn't say that okay, since I'm related, you also being ignorant because I know that being ignorant sometimes, I've created this thing to say now I'm becoming an overthinker, every situation even though it's just small, I'm overthinking it now you see. The problem is small but I make it big, even someone just joking with me you see. If let's say you joked about the wrong thing, let' say maybe someone said someone passed away you see, I will take it seriously. Now, that thing, for me, overthinking now has led me to have trust issues you see. Yes, so, that's how this thing is with the school kids now. And then also, last week Saturday, there was, I forgot who it was, but they came to do a presentation about mental health. So, I managed to talk to one of their guys. He said these two weeks he will be busy but from next week we can speak with them. They just go to schools to talk about and how, if let's say you are feeling sad, what you should do at least you see and imagine how you want to feel, that kinds of exercises.

Nqobile: That's great. Thank you for that. Sorry that it's been quite heavy for you. I know you shared with us on the group what's been happening that, look, I've been doing this and this, asking some of the guys these questions, but it's been emotionally over burdensome for you.

But I wanted to encourage you again you guys that as I said, I did make contact last year with [Mental Health Organisation]. So they are very much aware. So if any of you need that kind of assistance, please do reach out. I can connect you with them. There's a lady that I reached out to and we can just speak privately about that. Thank you for raising that, there's somebody we can just speak to when the time comes. Anybody else? Okay, anyone else who is able to share any feedback so long?

Kabelo: On my side, I actually took some self-introspection. You know one thing I actually see it as being important is that as much as we are saying charity begins at home, as much as we are also here, before we can be here, I must be here first. Then I understood from also your statement that even though I might be capacitated to actually assist a child in actually saying okay you are going through this, but then you can do this and that and that, only to find out that no man, I'm also actually affected but then I was not aware that I am actually affected by such a thing. I'm having some mental dimensions whereas I can say they've been there for quite some time but I was not actually aware up until I sat down and saw that no man, why am I reacting in this manner. Why, if ever now I talk this way, others will react this way but then my reaction is going to be different from the rest. Then I see that there's some sort of research I must actually do only to find out that no, on my side as well. I'm supposed to be also the one who phones [Mental Health Organisation] to say you know eish I'm going through this and this and that. But then I found also myself in a space that I cannot just, I don't want to actually contact those people. I cannot speak with them because of I'm seeing it as a telephonical to say maybe this person cannot relate.

So it got me to a point of saying that, how about, one of the good days, if ever it is possible for them to actually even come on the ground, we actually by ourselves, we can organise perhaps one of them comes perhaps we have a session with them directly so. So that even us whenever we are going there, I believe that we also need that emotional intelligence whenever we'll be dealing with such things. And I believe that the way Sizwe put it, some of us whenever we are going to hear that, we'll be the ones crying and which is not supposed to be the case by the way. We are the ones who are supposed to show that no man, as much as you are going through this, at least this is the way in which you can better the situation. This is the way in which you can curb that illness and everything. But then I've seen that we at some point we are the ones whom are actually, I can say that, we also need that assistance at first before we can go and say let us go and assist the others. So the thing I saw and is one of the things in which I have refrained from actually engaging in those matters with people to say no man, you know one

two three, this is how it goes. Why is it when you are talking about feelings, you speak with so much anger? It shows that there's something, then the child starts to pop out that no, it's because of perhaps I was raised by granny, I was raised in the streets, my life has never been good from the day I was born and then now whenever those things I become in a point like some of the things I can relate and I have not dealt with them. Then now I also become a victim.

As much as I saying I'm trying to heal that person's wound, mine opens up. We both cry. So it's the thing that made me at least from the programme to say, let me just wait and I will wait just a physical session to say how about we have them here. Maybe we can even put it as a way of saying that it's a launch. Maybe we launch ourselves with them being present. Even it can be from morning perhaps up until afternoon dealing with those issues. Because at the end of the day, before we go out there, we must. We can never go to war without any proper training or any of the points. We really need that also on our side. So it's something that I wanted to raise. After Sizwe spoke about this project, it also got to me in a certain way. But then, also, I'd like to thank you. The efforts I've seen that you portrayed there also gave me that space to say look Kabelo before you do that, it's important you look at one two three one two three one two three. I managed to reach this conclusion because of the work that you put in. So if ever you were doubting, just know that everything was in hand hence I can say such, understand?

Sizwe: Thanks.

Nqobile: Thank you for that. I think it's taking me back to one of the first few things we spoke about. Are you okay? It's taking me back to one of the first few things we spoke about to say the biggest thing is going to be, and I like using this word, empowering ourselves first because then when we do that, we can then empower others. I think it does need to start there. We can't. We need to equip ourselves first before we can do that to other people. And that's why we were saying it's better for us to share resources amongst ourselves first, right. So, trying to understand, for example, what is depression? What is [Mental Health Organisation]? What resources do you have?

The, what do you call it, those were screenshots from the presentation I sat in with [Mental Health Organisation] that I sent to you guys on WhatsApp. I'm not sure if everyone was able to see those. A bit of the information on like depression, suicide in young adults and things like that. That's why, 'cause we were thinking it's better if it starts with us so that you can be in a better position to firstly identify it in yourself if there's something like that and then it makes it easier for you to see it in somebody else. But also knowing what to say and what to do in those situations. So thank you for saying that. It is very important 'cause it starts with us.

Absolutely. I agree with you guys. I'll maybe just share this on the group sometime. Maybe think of other ways then that we can do that. I know you were suggesting an idea now about, were you talking about [Mental Health Organisation], so having a meeting?

Kabelo: Yes. In terms of, how can I put it, maybe having that session. Also, I forgot this one, also seeing that as much as we can sit down and have those sessions, as time goes on, as things they used to happen, we cannot apply old things on new times. I am actually suggesting that also during the programme, there's also this game by the way that I've seen. It has always been trending whereby maybe this class, all of us will be like at the back and then there will be just blocks blocks and then we'll say come one step forward if you've gone through one two three one two three. You know it right? I believe also that, in a fun way, but we can also be able to identify within ourselves that no man, such things, we are going through such, we want such. So by ourselves we can actually be able to support one another. Without you directly telling me that you are going through that, definitely I'll be knowing and see that you are lacking on on such. I will even come in to aid without you asking for help. Like for example, a person can become pushy whereas they want most of the assistance. Maybe like currently, I know that I'm stuck. I stay at Skierlik, I will just keep quiet. After this programme, I'll say you know what, I'll just walk there whereas if ever I know if I could have said it, I could have received assistance. But then not everyone will have it within themselves to say let me ask for assistance. At some point, some others will feel that maybe they'll be looked down upon. The mind has this nasty expectations.

Society has groomed us to have an expectation from such and such. So that is why we don't want to find ourselves stooping to some levels. Society has trained us which is something I believe right now it is one thing we are trying to fight in terms of the mental health problems. So the thing I wanted to at least raise, maybe some of the ways in which we can be able to identify problems and be able to deal with them without even raising them. I wasn't aware I was going through that up until I saw it. Why there's so much of a difference. Then I started making my own research and I've seen that I need one two three one two three one two three one two three. Hence, I'm trying to recover as well. And I believe that making it fun, not like it's a serious session. Everyone must be in suits and formal. As if you'll be eaten or kicked out, but then at least, everyone to be comfortable to say whatever it is within their hearts and minds. Because of, we are here to repair, I believe. That's one thing I wanted to raise on my side.

Nqobile: Thank you for that.

Mahlatse: So, I was just doing research on what things churches do. And then, I didn't find much but I found organizations that are linked somehow. Like, there's [Foundation]. They usually handle cases of rape. So I figured maybe people should know about that. Some people, their depression is linked to being abused. So if maybe they could go there, they would also be seeking help. And then we have your [Substance Use Programme]. They deal with rehabilitation and I thought that's a nice place to also go to if you feel like going there. There's also, [Substance Use Programme] and [Programme G] they are almost doing the same thing.

Nqobile: [Programme G]?

Mahlatse: Yes. [Programme G] is a bit broad, so if you go to [Programme G], the stigma will not be that much compared to, I'm seeking help at [Substance Use Programme] becoming means I'm an addict or something like that. But they do help other things. The main focus is addiction. And it's literally just here.

Sizwe: [Location]?

Mahlatse: By Moretele Park, next door. So if it's someone who's here and then [Programme G] has two branches, they are opening two branches now. They have a home home and then they have a home at us. So they have a home at [Area], there by [Area] and then there's [Location of Clinic]

Kabelo: Oh, it's 5.

Mahlatse: Yeah. And by [Location of Clinics] where they are, they also next to, they are close to a place called [Community Development Centre] which is social workers and everybody that can help which is not so far, you are saying [Clinic 2]? So it's literally on the same road, but [Clinic 2] is here but on the other end it's your [Programme G] and [Community Development Centre]. So the people around that area there, they have basically, help. I don't think they know about it, but yeah. And then I also looked into activities that you can do like your bikers club, your fitness club, and I also realized that there's literally a lot of those places where you just meet and then read a book and we play soccer. So I thought maybe those are good places as well because you are going through something, you are not ready to talk about it. Maybe if you are surrounded by people doing something that you kind of love, it will sort of lighten up the load as well. I realized that there's a lot on those. We do have a lot of these things. And then with the men, I met a guy who does [Organisation for Youth Support]. With [Organisation for Youth Support], they take boys every weekend. They do life skills courses basically and it's free. When they are there, obviously, we get to talk about these things. We do activities and everything that can ease the load so I heard about that one as well. Then what was the other one? The other one is the social workers and the thing. I've met two churches. I

haven't gone to all the churches 'cause there's so many. Two churches say that they provide those services. They can come for counselling one-on-one and everything. So yeah, that's what I found.

Nqobile: That's a lot.

Mahlatse: But with the churches, I was sceptical because you know, the stigma towards churches. So I figured maybe they will be more keen to go to organisations than to go to a church.

Nqobile: And also, I think, acknowledging different religious affiliations as well. But for people who would identify as Christian and who would be comfortable, then absolutely, that is an amazing resource for them. Thank you so much. I wasn't aware of what a lot of the organisations you spoke about. That is very incredible. I think when time goes, argh I'm so happy, I think as time goes, part of what we'll need to do including [Mental Health Organisation] and the contact details I've shared with you guys, we will need to have something like a resource guide of some sort that we can just give to the people that we are working with. Even if we print something or we share something on social media. But I'm just hoping at some stage we can list some of those resources, the venues, and contact details. I think it will really help, you guys.

Kabelo: Definitely.

Nqobile: I don't think people know about not even a quarter of what you were mentioning Mahlatse. That's quite incredible. I'm sure we would have received more feedback from Palesa on the churches but she's busy with her own course in Joburg.

Koketso: I'm not sure what you were talking about.

Mahlatse: [inaudible]

Nqobile: Just on how things have been.

Koketso: I heard Kabelo talking about something like we are trying to help other people but we are also going through such. For me, for me the reason why I've always wanted to do this is because listening to people talking about their problems, I know it's weird, but it's therapeutic to me. Like, it makes me feel better. It makes me think of their, it makes me think less of my problems and more of theirs. Yeah, and honestly speaking I didn't know anything about this thing of [Mental Health Organisation] up until I did research and I found out this is what they are doing. And also, I just remembered, there's this thing at town where they offer free counselling. I think it's next to [Department].

Kabelo: [Offices]. [Location of Offices].

Koketso: Yes. [Location of Offices].

Mahlatse: In Joburg?

Koketso: No, here.

Kabelo: No, [Location of Offices] [Location of Offices].

Koketso: Yes, where they offer also free counselling. So I wanted check if should the people go there or they can come. But those ones you can call them, book an appointment with them and say this is the number of people that we have, they don't have transport. They need counselling. They can come and do those counselling. Yes, there's not much on my side.

Nqobile: No, that is a lot. That's the thing. With this project, I don't want you guys downplaying your contributions. Any little bit of information will go a long way. I think I want you guys to remember where we started where we were saying one of the biggest problems we have is mental health literacy, right? There isn't much known either about resources or about these mental health conditions. So you guys sharing as much as you are sharing now about, oh, there's such and such a place, oh there's this and this person we can speak to, that's already putting us a step ahead, I'll be honest. So I appreciate that. I was just wondering then from this stage, what are you guys feeling about, so we spoke about a lot of things the last time we met it was a pity you were not able to join us then but I did share some feedback on WhatsApp. What are you guys thinking should be our next step now? Remember we said we need to develop a project plan and be clear about what exactly are we doing. One of the big things we spoke about was identifying schools and then having [Mental Health Organisation] come and have a school talk with the learners. Another thing we also spoke about though was working with the learners here at [Youth Centre]. So where are we and what kind of intervention are we hoping to implement? What would you guys feel we can do from this stage?

Sizwe: Okay, for the kids here at [Youth Centre] neh, they trust me. There's taking them one by one speak with them, they are fine with it. There was this one Saturday I tried to get them together as a whole to create a group of some sort so that we can talk but I don't know if it was me or it was the environment or it was them, what can I say, it was not like that successful, or the way I hoped. By the time everyone left, everyone was upset with each other. On Tuesday when some came back, they were no longer speaking to each other. Perhaps like maybe I created something, I don't know what I can call it, division amongst me and them or amongst them. When they came back on Tuesday, it was like the ones who were in the group are no longer clashing well, you see, there's that bad energy between them, you see. I'm not sure if it was me who was at fault, that maybe I did something wrong or what. But there were others who came to me to tell me that the way I did things, I came and just said let's go sit in the hall together and talk like this. You should at least tell us okay what to expect, you see. But I was

at fault because okay I arrived since they were not doing anything and I took them and said let's go and we just jumped to say okay we are talking about depression and all that you see. And also, most in Grade 10, there are some learners who are like willing to help me in this project to say okay Sizwe, since you are doing this about this thing, let's help you to get more. So one of them goes to JK. She said she will speak with other kids to see who of them would be interested. But since we spoke, she hasn't come back to [Youth Centre]. I don't know what's happening, but yeah, it's like that.

Nqobile: Okay. Thank you for that. I think what I just want to share while we are on that, I don't want you placing so much blame on yourself, okay? The thing I didn't mention is that even when we work with patients, right, for example, we have what we call stages of change neh? So, for a patient for example who comes to therapy, they have to be at a certain phase. We talk about precontemplation, contemplation, and the other stages. You get somebody at a certain point where they are ready and willing to engage in certain conversations, or they are ready for that kind of change. So sometimes we find people in a position where they are not ready, for either that kind of conversation or to even tackle some of those challenges. So sometimes it's not on you. It's on the next person and where they are in their own process of change. I just wanted to share that with you. So that's that with [Youth Centre]. Thank you for taking on that, starting that initiative here already. What are your guys' thoughts then about the school talk? The sooner we can contact [Mental Health Organisation], the better, 'cause we can imagine how much of a demand there is for them across the country. I'm just thinking if I need to start initiating that conversation or contacting them, it will be better if it happens as soon as it can. What are you guys feeling?

Kabelo: In terms of the date, I don't believe that it can be said that we'll be having an issue. The only thing that we on our side we can actually do is that, today is Saturday, what I can do is that if ever we are not ready to explore to schools, I can make an appointment whether it's on [School A] or [School B] during this week. I can say that before Wednesday or Tuesday, expect feedback. Also now, it is the best moment we can use. Why am I saying that? Matriculants have started with their trial examinations.

Nqobile: It's that time.

Kabelo: So basically most of the teachers their focus is on matriculants whereby they are leaving those other ones unattended. So I believe this is one of the best times we can actually devise this. So what I want to do is that before Tuesday 10am, we will be knowing between [School A] and [School B], which school we'll be actually addressing. Or I can even actually give that feedback also tomorrow, but I want to be 100. But then by tomorrow or Monday

10am, we will be knowing which school we will be actually dealing with. So I will just try to push it so that at least it's not class-to-class but then it becomes, even if we can get a hall, get them inside a hall and actually give out this initiative to all of them in a hall.

Nqobile: Okay, that's fine. No pressure. As and when you can give that feedback, that's fine. I think when you approach them, approach them from the line of saying would they be interested in, or would they have a space for that kind of project. You see? To see where they are standing. Is it something they'd be interested in then we'll take it from there. But you'll approach those two schools then hopefully.

Kabelo: Also on that, why am I actually also confident in saying that by Monday? It is because of whenever I was visiting those schools, they were saying that you can see what is happening to these students. So, I was going there under the umbrella of [Civic Organisation A]. So me being there they were saying we are having these issues and everything. But I'll be going there to say that as much as we have been having this initiative, whenever we have been coming here, we are not going to come under any political cap. We are going to come here as a responsible citizen of the community and to assist. But then that one I can also actually assure that anytime from Sunday, Monday, I'll be actually having a go-ahead to say sharp-sharp.

Nqobile: Okay, that's great. thank you for that. You will just let us know. You will fill us in. Are you guys on board with that?

Mahlatse: Just some clarity. Are we going to go to the school with [Mental Health Organisation]?

Nqobile: That's what we are hoping to do. Remember part of the resources they provide us with is, they are able to provide school talks on mental health challenges. So, we can utilize them as one of our resources. But I like your question because in the event that it is not possible for that to happen now, what can we be doing? I'm just trying to think. Because we are trying to empower ourselves firstly, I would think as time goes, who knows, we might actually be in a position to possibly offer that talk as well.

Mahlatse: Because I think, is it [Programme F] or [Programme E]?

Sizwe: [Programme E].

Mahlatse: Even [Programme F]. They almost do the same thing. Just in case [Mental Health Organisation] is overwhelmed.

Nqobile: Thank you for that. Alternatives.

Mahlatse: The one that you call. Yeah, it's [Programme F] that you call when you have issues.

Nqobile: Also the guy that you spoke about.

Sizwe: Yes.

Mahlatse: The one who came here as well.

Nqobile: The guy you spoke about. Thank you for that. I think there's a lot more organisations we can.

Sizwe: Plus on that Saturday they thought this is an actual school so when I said no, these are learners from different schools, [School A], [School B]. When we mention [School A], was like, he's been wanting to go to [School A] 'cause people say they are afraid of [School A], I don't know why. He said he wants to challenge it.

Nqobile: Okay, that gives us a lot.

Mahlatse: I think we should maybe try that.

Nqobile: I like that. Can we then do this? Can I kindly that we do this? I will try contact [Mental Health Organisation] but I think we should get the ball rolling because it's not like we'll contact them today and they are available next week. It will take some time so the sooner we can start contacting them, the better. I task myself with trying to reach out to [Mental Health Organisation] so long. Sizwe, because you've had some contact with the guy you were speaking about, you said he said you can contact in the next two weeks 'cause they are still busy?

Sizwe: Two weeks, yes.

Nqobile: Maybe we can task you with that. Kabelo you will be approaching the schools and things like that. Anybody who would like to contact the other organisations?

Mahlatse: I'll try [Programme E].

Kabelo: I was about to say that.

Nqobile: Either of you guys.

Mahlatse: Either of us.

Nqobile: Koketso, is there anybody you can assist with, if you can, contacting?

Koketso: I will see that.

Nqobile: That's fine. The first time we met, there were a lot of organisations you spoke about.

Sizwe: Your [Organisation for Sexual Health A].

Koketso: Those are the stakeholders which deals with education plus innovative. Sis'Thandi (pseudonym), the [Adviser], Director. Who else? [Organisation for Sexual Health B].

Mahlatse: Even [Organisation for Sexual Health B]?

Nqobile: They are affiliated?

Mahlatse: They are affiliated [Organisation for Sexual Health B] and [Programme C]? We must try that one.

Nqobile: I am reminding you because you mentioned that you have connections. So we need to use your connections.

Koketso: I have their numbers. I can communicate with them. But those ones, they want us to have like an actual programme with students so that we can teach them and stuff like that.

Nqobile: That's fair. That's fair.

Koketso: Maybe if we can find out a date and find a venue so that when I talk to them, I could ask them their availability. They are always available actually. That's their job.

Mahlatse: Isn't it actually what we need? 'Cause then after talking about such things, maybe if they can also assist in this programme, specifically on the line of depression and other things that are closely related. It could actually help.

Koketso: Others are dealing with sexual stuff. Others are dealing with HIV/AIDS. [Organisation for Sexual Health B] are dealing with drug abuse and [Organisation for Sexual Health A] are dealing with.

Nqobile: [Organisation for Sexual Health A]. Is it not HIV?

Sizwe: [Organisation for Sexual Health A] basically deals with youth unemployment, HIV, GBV.

Nqobile: That's a lot. I appreciate what I'm hearing. And I think you are onto something Mahlatse maybe if I can just jump there already. Might be jumping the gun, but in terms of sustainability now of this intervention. Yes we can do this, we can have the school talks, we can get these organisations on board, but I think I'd like us to just also start thinking beyond that point. So how are we going to ensure that this intervention has effects that go deeper and broader beyond that one day where the organizations speak with the school children. I'm just trying to think along those lines already. We want it to continue having an effect somewhat. But I think part of what will help is continuing to have connections with these organisations so we know that further down the line when there's another need for a talk on a different topic maybe, we can bring them on board. Maybe we start depression okay, anxiety, whatever condition that we are addressing, in this case, depression. And then as time goes we bring those other organisations on board. You mentioned something that I appreciated. Other conditions like your substance use, GBV, all of those things can contribute to, and they are related to that. I think, let's keep them, what is it called, as part of our resource list.

Kabelo: On that one, this thing can be in the sense of a point of saying that you find maybe we went to [School A] come back after four months and so forth. To keep it constant, I believe as much as we'll be taking it to our schools, how about whenever we take it to schools, we take it more of a launch?

Nqobile: Okay.

Mahlatse: A what?

Kabelo: More of, of us launching it to say we are having such. Remember by the time we'll be approaching the schools, already we must have all stakeholders being on board. Saying like okay it's us, it's maybe [Organisation for Sexual Health A], [Programme A], [Organisation for Sexual Health B], [Programme E], [Programme F], all the stakeholders whenever they are present and they are all on board. When we go there, it's a launch to say that we are having such. Yes it will be that one day talk but then to us, it must be a launch. To say that as much as we'll be doing it in the school, whenever they are having that pressure or need to actually come and actually try to find solutions in their lives or in their journeys, they must actually direct themselves here. From what time to what time, they will find us being available. If ever they come here maybe let's just say Sizwe is here and he is tutoring maybe it comes to a push, maybe it gets a little heavier then Sizwe knows that I can try, send it on the group we are having people from such and such a place and the things they mentioned. And then either maybe some of us will be able to rush here to assist. Others can also assist virtually so. And then we can also go as far as having, maybe even stakeholders by the way. If ever we'll be communicating with them to say okay a child comes and tells us about drugs saying he's suffering and cannot deal with it, they will know that we can communicate with [Organisation for Sexual Health A] and those stakeholders who'll provide a relevant guidance. These cases this is how we are dealing with them and everything. Remember, we'll be sending it inside the group. The little information that you get that we'll be presenting as much as us we'll be on the group, we'll be able to say no one two three one two three one two three can assist best. That way we can be able to keep it, keep the train moving without waiting for us to come back after three months to talk to them because we must understand they are going through these things each and every day. Even now they are going through that. So us actually being, maybe sitting and we talk to them, assist best, if it means we must even go back to their respective schools, we also go back there.

That way we will be able to actually assist. Because even the schools they are having a policy which actually stipulates that whenever maybe a child they are not mentally fit to be at school and so forth, maybe they are being referred somewhere counselling. As we speak right now, I forgot but I will go back have my proper research, there are social workers. They are having social workers right now whom are currently deployed in some of the schools in Mamelodi. You will see when you get into the school, there's that white container. That white container it

contains two of them within our schools. Even though they may be there to assist, but then I don't believe also that the school is well aware of the need of actually taking them to assembly, being there talking to the children so that whenever the children are going through such, they just come to that office, close the door, speak, and then the child leaves. But then, the children never get in there because of that stigma facing them and everything. But I believe if we say when we get there those are also one of the purpose that we must actually join to say you are also here at school and if ever you feel like something is much difficult or heavy, you'll be able to direct those students to say go to, if you are at [School A], just go straight there or go to [Youth Centre] and say you want such and such an office then we'll be able to come. So that way we have created that connection within all these schools without us actually being there physically so. Hundred percent. So that is one thing I want to suggest.

Nqobile: Thank you for that.

Sizwe: Actually, basically we must sort of like maybe, what can I say, create like a business plan of some sort whereby whatever project we do, we know that stakeholders are on board before we like actually now we are going to school.

Nqobile: Yes.

Sizwe: So basically, we need to have like sort of a business plan to propose to them.

Nqobile: I hear you. And that's why we were saying when you pitch it to the schools so long, it's a matter of obviously inviting them and saying would you be interested in something like this while we are also trying to contact these stakeholders and to get them on board first. You see? That's why we already just said I'll be contacting so and so, Koketso and Mahlatse, and Kabelo, and you'll be contacting that guy. What's the name of the organization he's from?

Sizwe: I forgot but I know that they are also at [Institution] doing research.

Nqobile: Oh, okay.

Sizwe: Yes. I forgot. It's J something.

Nqobile: That's okay, don't worry. As long as you have the contact details.

Mahlatse: JCP?

Sizwe: Something like that. Let me go check 'cause they left papers about methods of helping yourself to become in a better mood. Let me go check.

Nqobile: Don't stress. You can just send it on WhatsApp later. Don't worry about doing it now. That's our game plan for now you guys. And then the other thing, referral networks. Sorry I'm just pushing this idea so much and that's why I was sharing [Mental Health Organisation]'s contact details so long because while we are talking with these young people, in the meantime we need to be giving them these resources. They need to have these contact details, but who

should I speak to, where can I go so long? Can I just kindly ask if there's a way, I know we've been doing it by word of mouth, so if there's a young person who's struggling you can say, okay do you know about this organization? Contact, this number, here's an email address. Is there a way you guys, or a platform or something where we can create, as I was saying earlier on, some kind of list of these resources that we've gathered so long that they can contact? And then have that posted somehow or have that somewhere? I'm just trying to think if there's a way we can do that so long. I'm thinking more so around referrals now so that they actually know who they can contact so long where then can go to if they need that kind of help.

Kabelo: On my side I'm basically suggesting that as much as we know that the children, as in, we'll be dealing with actually members of the community, but in dominance it will be young people. So we must actually be aware of how do we find young people first of all. Young people they are full in social media. So if us having that platform on social media, maybe we are coming today to have that programme we have called ourselves we are having a session today, we get there, we will not actually be speaking about how we will be running this project but then we'll be actually speaking with them in how best we'll be dealing with it. We'll be in that movement to say now we are work. Having posters, having it circulating on social media, WhatsApp statuses, Facebook page, whereby we are having that all information. You must understand that also, whenever we go to that school, we also must actually tell them that if ever maybe you are afraid and don't want to come, here is a page, how you get in, how to contact those people. And then they'll be able to find it and also whenever we are having programmes, let's just say, today we are meeting, maybe on Wednesday we've released a poster on that page. Maybe because I'm afraid to call, I'm afraid to do something, let me go to that programme that they'll be there. Some of them wouldn't just actually come but then if they see a programme of some sort, that's where they'll be pushed because of social media has too much of an influence on young people nowadays. That can be at least one of the ways to draw them closer.

Nqobile: I'm with you on that one. And I was actually thinking then, I was thinking because of the reach that this particular resource has, and we've spoken about it, but I think this is also where we can ask for their help. [Radio Station] has quite a huge following. They have quite an active online presence as well, like Facebook and things, and WhatsApp sometimes. I think I should, I think that could be one of the resources. I think everyone is in agreement. So I will reach out and make contact with Mr Pule (pseudonym), the station manager at this stage and see how he can support us. By the way they are aware of this project. They've been, like from the start 'cause I sought their support from the beginning to get young people who are interested to take on the study. So it's been on-air for some time. I'll just speak to him, and see how we

can do it. But we would appreciate, I think, maybe if they could assist us with posting. We'll obviously do, I'll take a bulk of that work to create that list of resources, starting with your [Mental Health Organisation], your [Organisation for Sexual Health A], organisations like that and their contact details. And then just kindly ask [Radio Station] if they can assist. We'll decide on the frequency, even if it's maybe twice a month, or whatever while we are still starting out for them to post for us maybe at a certain time so that that resource list circulates on their Facebook page or on their WhatsApp, whatever the case could be. Was there another way you guys could feel it could have more, I'm losing my English, is there another way besides what I'm suggesting, beyond what I'm suggesting, is there another?

Mahlatse: And once we have that poster, we can also share it with, 'cause I know with [Youth Centre], they have a group chat for the learners, so we can just the office to share it in there as well.

Nqobile: Great.

Mahlatse: The community groups we have as well. That's another way as well for me besides [Radio Station].

Nqobile: I think that could be our go-to. I will take that on. I mustn't forget, but I'll listen to our conversation again. So, it's my contacting [Mental Health Organisation] to try and see if they can, if they are available to come to Mamelodi to have a school talk; contacting [Radio Station], Mr Pule, to see how they can assist us with this online posting situation; creating the resource list of like your [Mental Health Organisation]. If you can kindly share Koketso, the organisations that you spoke about? Maybe and their contact details. Same with you Mahlatse, the ones you spoke about so I can just compile so long. Or anybody else who has any other organisations, please, so I can just start compiling that resource list for us. I think we are covering significant ground, you guys. It may not seem like a lot, but, there's a lot that we don't know in our communities. I didn't know some of the other organisations you were mentioning. If I didn't know, somebody else did not know, so thank you so much you guys. I appreciate this. We'll push then with the school talk. Last question from my side, is this the biggest, what do you call it, is this the intervention that we are looking at. Because remember when we started this project, I was just saying to you guys, we are working together to develop an intervention. Is this the intervention we are sitting with? So having this kind of school talk with the organisations? Creating those relationships? Are we fine with that, are we comfortable with having that as our core intervention?

Mahlatse: And small groups, discussions. So if those organisations can help us with small group discussions, or if they offer therapy as well. Like group therapy, that would also be nice. Because talking in an assembly, so if we can just have small groups.

Nqobile: After that.

Mahlatse: Especially because some organisations said they do a programme. So if we could get that as well. 'Cause I'm assuming it works with small groups.

Nqobile: Yes, I agree with you.

Kabelo: I wanted to raise this thing. I don't know, I'm just starting to say it now. Basically, it's coming to me in the form of saying that we can become the connection between the young people and the community at large and also these organisations, these other organisations. So for us, I think it's best if ever we don't have, how can I put it, we don't have all, we don't have this all organisations, stakeholders actually being with us with one foot on the forefront. But we can have some being present. Why are am I saying that? Judging from the way things are, it might even take us longer than expected to actually have all this stakeholders being present. Like for example, the one that you just mentioned who said two weeks, the other would also say two weeks, the other would also say two weeks and then we might end up actually being busy chasing after them and deviating a little bit from what is it, our main focus. Because I believe that the main core of, the reason why we started this was actually for us to actually intervene. To say, eh bra, we are having such; eh bra, why are you going through this if there's such; eh bra why are you hungry if there's bread right here. I believe that has been our vision from the get-go. Not to say come, come, stand here. But then for us, we can become a direction to say, oh, I think drugs, what do they call it? [Substance Use Programme]. No, we don't need politics. You need to go to this shop. So I believe, I'm just trying to give out a direction. Thina we can, we must be there to just give a direction, not to actually put everything. I think it's also important that maybe we can have, for example, just [Mental Health Organisation] be here for whenever we are having that talk. In terms of reference, we can be the ones who are actually working it out to drive it. It mustn't come from them. I'm just actually giving it out from my own perspective.

Nqobile: I hear you. And I think it links to what we were saying. Are you okay?

Sizwe: Yes, I'm okay.

Nqobile: It links to what we were saying earlier on around, in the meantime, what are we doing, right? So we are not going to sit on our laurels and just waiting for these organisations to respond to us to say, okay guys, here's a date, we are willing to help you out. And that's why I think I was saying the push for me at this stage is these referral networks. That we have that

list that we've compiled to say, if there's a young person who comes to you and they have this and that challenge, or if we amongst ourselves here amongst us we need that kind of assistance, we know who to contact. That to me is a huge part of the intervention. Like, knowing where can I go, who can I speak to when I'm struggling with this particular challenge. I think that's a huge bulk of the intervention as well. So I think in the meantime that's what we are pushing to do. I'll just send a text on the group early this coming week to just give an update to the other guys on where we are standing, what's going on, and when we are expecting some responses. But I think from my side, this was a fruitful discussion. When would you guys be able to meet again? Be it virtually or physically. I think it's better if we discuss it now. I know you said you are not available mid-September.

Mahlatse: Next week.

Nqobile: So this coming Saturday you are not available? What are your guys' openings this September? Two weeks' time?

Mahlatse: Can we have a virtual one somewhere next week whereby we discuss.

Nqobile: To see what's happening, where we are standing neh?

Sizwe: For me, anytime.

Kabelo: Mina on my side, I will suggest that those who can actually make it can come and those who can't can attend virtually so. Because of, I want this this thing of us actually not having a session and go back to a group before we can actually move with what we've discussed. We must actually, maybe I wasn't there, I bring up an excellent idea which everyone were agreeing with but then it will actually compromise some of the things that we've discussed earlier. So if ever some can't attend physically so, at least they should join virtually so that everyone must be updated to say even though Sizwe they haven't written what he said but then I heard him saying. Because of as much as we are sharing this information there's something that when I sit down and listen to it, I might get something that, whereas when you are sitting and type it, you might not actually mention it which to me might be important.

Nqobile: That's fair. Sometimes I just type down the main points. Okay. That's fair.

Mahlatse: Next week.

Nqobile: This coming Saturday. But we'll discuss it kahle over WhatsApp if that's okay. But if you guys say you'd be open to that, I'm happy. And again, as I said the last time, if you need any kind of assistance for that, obviously virtual meetings are not data-free so you'll just kindly indicate if there's a need for assistance with that. Something I almost forgot to say as well, for the calls you guys need to make, please also indicate if you'll need help obviously with airtime. This is project-related so this can assist with that. You don't need to make the calls from your

own means. So just let me know if there's a need for that, please. I think we can end things off here.

Project Meeting

30/09/2023

Nqobile: I think we can start you guys. Today is just really about talking through how the process has been going. I think you have been seeing our messages on WhatsApp. There's quite a bit we've tried to do, but maybe I'll just start with giving you an update of what's been happening 'cause you haven't been able to come. We decided to have a school talk with [School A]. Kabelo did go two weeks ago and the principal was keen. He was willing to come on board with that. He's just waiting on us, I guess, to indicate when that could be, but before then we obviously need to know [Mental Health Organisation], when they would be available to provide that school talk. I was in charge of that, so organizing communication with them which I did as I was telling Koketso earlier. The lady responded to me and she said she would just like to get my personal number so we can just talk a bit more about it. I think that's a positive step. That's the first aspect done. And I think it's actually going to be our main intervention. Just having that organised for the students at [School A], having [Mental Health Organisation] come through and obviously educating them about mental health, depression more specifically.

And then, on the other side, we are also thinking of compiling a list of resources neh so that young people know exactly, like if I'm feeling depressed, if I'm feeling suicidal or whatever is going on, who can I actually speak to? Those are the messages you were seeing on the group from Koketso and Mahlatse with the different organizations. I'm in charge of compiling that list. Luckily, I have everything. I was also just showing him earlier, I didn't know there was [Programme H] that exists. That is where families can contact if they need any health or social support services, so I was quite happy about that. And then I also saw at work there's [Department]. They assist with any substance-use related difficulties and all of that, so there's quite a lot, many of which I had no idea about which obviously says something about what other young people in this community might not know. That's a round-up of what's been happening over the past few weeks. We've come quite far, I think, in my view. Having to obviously come together and get these stakeholders on board. That's where we've been really. We are right in the middle of the implementation of our intervention. I'm not sure if you have any questions or comments on that or anything you wanted to add or critique.

Lerato: So, about the school talks we spoke about, I was there when we spoke about school talks and all that, so I just wanted to know, based on school talks, do we have people who are going to come to school and speak to the kids or us guys are responsible to speak to the kids?

Nqobile: That's a great question. We are hoping the organization, [Mental Health Organisation], that I was talking about, can come on board.

Lerato: I see.

Nqobile: One of the services they provide is that. Coming to schools and educating them and talking to them. But I like your question because we are actually hoping that, we don't want it to be a once-off, we obviously want the programme to be sustainable in some way. So maybe through that service [Mental Health Organisation] would have come to [School A], they would have spoken to the kids, but we'd also be equipped in our own capacity. Maybe as time goes, if the school has another need for a school talk, we are in a position to probably go back to the school and maybe address the learners if possible. I think it's something we can just look into.

Lerato: And also giving visits. I think it'll be okay because if we give visits and then if people want to talk or something like that. 'Cause I remember this other time, I went to [School A], so I remember this other time they had social workers to come to school to speak to us and all that. So they would like come to school every Tuesday and if you feel like you want to speak to them or something, you would go to the library and speak to them. So I'm saying that, the way you are saying is the aim behind is not what you want to do, but you want to plant something that grows. So I'm saying that maybe going there once a month or twice a month, that will be great. And we can do a routine among us. [Mental Health Organisation] can speak to them, but we can do a routine so that if they need something or they need us, we are there to help.

Nqobile: Great. Thank you for joining us. I like that Lerato. I think this is the whole point of the intervention to make sure that it's not like we are just going there for the sake of it. But then how are we following up with them. And I'm actually thinking, I want to run this idea past you guys. The list of resources that I'm talking about will obviously be distributed online, so the [Radio Station] platform. I spoke with someone who's had contact with the station and they'd be willing to assist us, so it will be posted on their Facebook or whatever active channel so that's fine. But, how about, we'll obviously speak with the school, that very same list depending on how appropriate it would be for certain ages if it's like high school students, we can also ask the principal or whoever the SBST, whoever is involved in the school, if it would be possible even if it's in a poster format even if at some point in the classroom, they can also just plug that for the students to be aware.

Lerato: Sure.

Nqobile: ‘Cause we’d also need a way then for the students to also know, you guys can reach out to these people even if we are not there to talk to you about.

Lerato: Yeah, that’s actually good.

Nqobile: I think we can expand the list we are talking about.

Koketso: The school has notice boards so maybe on the notice board there could be a poster or we could ask [Mental Health Organisation] to come and post us so that when we visit schools, so that they can leave that poster with their contact details and stuff.

Nqobile: Great.

Lerato: But, also, like being there physically maybe once or twice would help. ‘Cause sometimes, even the posters, kids won’t even watch those things. I know, I’ve been there. You won’t even want to read them, ‘cause you want to come, I will read it later, you know. So even going there will be like a good thing to do.

Nqobile: Okay, thanks for that. We are obviously running ideas past each other. Tumelo, do you have anything to share?

Tumelo: Not that much. I’m currently behind with what’s going on basically.

Nqobile: Would you like me to track you a little bit? Okay, that’s fine. So, we decided to have a school talk the last time we met. Kabelo went to [School A]. He spoke to the principal. The principal said great, it’s fine, we can actually have that with you. So we do have a school that we will be working with neh. On my side, I had to reach out to the [Mental Health Organisation]. That’s the [Mental Health Organisation]. That’s an organization that is like, obviously mental health driven. They come to schools sometimes to give wellness talks and things like that. I made contact with them. There’s a lady who said, great Nqobile, give me your personal number and then we’ll continue the conversation. So that’s where we are. It seems quite positive now. And then on the other side of things, we are thinking of compiling a list of resources. I think you saw those messages on the group, Koketso and Mahlatse who were sharing some contacts. I am then going to compile a list of all of those organisations and then they will be posted on, we are going to use [Radio Station] ‘cause they have an active social media presence. We are going to use them to distribute that list. We are also thinking of availing that at [School A] in some way too, so that’s our main intervention at this stage. ‘Cause that’s the phase we are at in this discussion. We’ve identified problems we wanted to solve. We’ve settled on depression. We’ve kind of looked at what we can do, resources that we have. So right now, it’s implementation that we are sitting on which is great. I think we’ve moved, if anything.

Tumelo: So, with the resources, are those companies or?

Nqobile: So it's mainly organisations around the community. For example, your, please remind me of some of them Koketso on your side?

Koketso: [Organisation for Sexual Health A], [Organisation for Sexual Health B], [Organisation for Education].

Tumelo: Are we collaborating with them or like looking at like something like that?

Nqobile: Good question. I think at this stage, it's more so just a matter of letting the young people know that these organizations exist and you can reach out to them if you need them.

Tumelo: Are we creating awareness?

Nqobile: Yes. It's part of, remember what we said at the start, mental health literacy 'cause people don't really know. If I have a substance use issue which could be driven by depression. If I am feeling suicidal, who do I speak to, so we just want people to be aware of who they can speak to. I like your question though. The one organization we will be collaborating with at this stage is [Mental Health Organisation] because they can then come and talk to the learners at [School A]. But I think as time goes if we are able, as Lerato was saying, if we keep following up with the school, we might get another organization to do a presentation on something different. Maybe if it's substance use or if it's, you know? So that's how we'll mainly be working as time goes.

Tumelo: Okay.

Nqobile: Great. If you also happen to know any organization, same with you Lerato, anything that hasn't been posted on the group, hit me up. I'll just add and then I'll give myself a deadline of, if I don't hear anything from anyone, I think mid-week. This coming week that list should be up and running. Everything else will follow but I'll obviously update you guys on how my conversation with this lady goes from [Mental Health Organisation]. Any major challenges that you guys have encountered in the process? Kindly share, please, have you encountered any difficulties in the process or what do you think we may struggle with as time goes?

Tumelo: Right now, I am going to start looking at these resource people, I don't know that they call it, agencies.

Nqobile: Can you just speak up a little bit?

Tumelo: I don't know what they are called these people.

Nqobile: Organisations.

Tumelo: Oh, organisations. So right now I'm going to think about that, like searching for one. While we talk to them about, how do I say it, about depression and them opening up to

you, eish, so I feel like I'm carrying their burdens. They feel relieved, but I then carry their load, so eish, it's very difficult.

Nqobile: Plus, with? What did you say now?

Tumelo: The difficulty that I'm saying.

Nqobile: You can speak to me a bit more if you'd like, I don't know just speak to someone on your own side, if that's okay.

Tumelo: I'll come to you.

Nqobile: Koketso, what are your thoughts? What challenges do you think we might encounter in the process 'cause we need to plan ahead if something happens, if we hit a stumbling block. Then, what do we do to address that?

Koketso: I'm not sure if we are going to have any problems because we will be working with professionals such as you and those people from [Mental Health Organisation] who will actually be helping because they are well trained, they are conscientized about everything. So, I don't think we'll have any problems while we are moving with them.

Nqobile: Okay, that's fine. Thank you for sharing that. but if anything does come up, we'll try to address it as best as we can. I think on my side, one of the challenges I can maybe foresee is in terms of when we'll get responses from these people. This is to say, sometimes we are depending on people to respond to us and to offer us their services. I think sometimes you get that delay in, like, when people can respond to you. Is everything fine? We were just talking about some challenges we are thinking, you know, we might come across. Koketso was saying he can't really identify any now because we are working with professionals so that will help quite a lot. I was just saying on my side, I think my concern would be a potential delay in the process because at the end of the day, we are relying on external people, right, to come and help us. So yes I'm communicating with this lady, yes, she is showing interest, but sometimes you would wonder and hope that it doesn't take as long. 'Cause now [School A] is also waiting for us, I guess. So we just, having to bring ama-stakeholder, you know, on board and having them work with you in that way, I think that might be quite difficult. But following up on my side and on your guys' end as well if possible, I think we should be fine. But again, realistic timelines are quite important. I think, 'cause Kabelo was saying, it's prelims now neh, or they are done?

Lerato: Yeah, they are done.

Koketso: The schools are closed.

Nqobile: The schools are closed until October.

Lerato: They are done they are waiting to write the finals.

Nqobile: Okay, so it actually gives us time. The kids are on holiday. They are breathing at home a little bit, right?

Lerato: Only for a week.

Nqobile: But I think it gives us some time then to make sure that whatever we try to do we are ready so that when the last term of the year starts, we can organise a date. That's actually what Kabelo said, that we are looking into the new term either way 'cause they were wrapping up now and the kids were writing exams, okay. I think this gives us something to work with. So that's that you guys. I'm not sure if there's anything else you wanted to highlight in the process. Reflections?

Lerato: Nah.

Nqobile: Not really, hey? I'm seeing some exhaustion as well. I'm seeing it. It's okay. I think if there's nothing else, we could keep it at this. I just want to kindly ask that you share any and everything on the group. I've really appreciated that communication on WhatsApp so that we know where we are standing at any given point. Nothing will be silly. Nothing will be stupid. Nothing will be too much. Anything that you can possibly share or ask, I'd really appreciate it. I'm really grateful that you guys have continued to invest in this process. I really am. I really appreciate it. Making time on random Saturdays, reading WhatsApp messages that come at awkward times in the day sometimes. Thank you. We are getting there. I think we are almost there. After this, we have, at most, four more sessions to go. We've actually had six meetings together. Seven, if we count the virtual one that we had because we also met at that point with some of the guys, the time I phoned the guys who were able to. But I think we are looking at three four meetings at most. When, let me see, it's 30th today, it's the end of September, what's the next date you guys would feel we can meet? Remember we are supposed to meet at least twice a month. Next week will not be possible, I would assume. Can we try and make it in two weeks' time?

Koketso: It's not a problem.

Nqobile: Can we try?

Lerato: I'm not sure neh, but if I'm not able to come, like, you can call me so I can listen virtually. But I'm not sure yet.

Nqobile: It's okay. That's fine. But let's just leave it open for ourselves. And then the virtual meeting story, I think I'm trying to get it to work, but I'm realising it's quite difficult. Sometimes it's the network, I'm realising. Sometimes, yes, if there's loadshedding. But it's fine, I'll think about it a bit more. Let's just sit with two weeks' time from now. A lot would

have happened between that time actually so the next time we meet we will update each other. Thanks, you guys. I think that's that.

Nqobile: And what I'm thinking I'll actually do, when I've compiled the list, even before I send it to the station, I will just share it with you guys first so you can just check it and see if there's anything you maybe want to add 'cause I may have missed some stuff. So when I've done that by this week, I will send it to you first. Please look out for your messages on WhatsApp so you can just quickly check for me. If anything else comes up that you want to add, please let me know. Okay, I'm actually thinking, no, I'll speak to Zinhle (pseudonym for branch assistant) about it. It's fine. But yeah.

Project Meeting**14/10/2023****Individual call with Koketso:****Nqobile:** Hi, how are you?**Koketso:** I'm well, how are you?**Nqobile:** Do you have about two minutes?**Koketso:** Yes.

Nqobile: Okay. Shame, firstly, sorry neh that we couldn't meet in person. But you saw how the group was yesterday. I wasn't sure if people are able to make it or not. And I obviously need to prep, so that's why I always ask sometimes how many of us are coming so we can organise food and things like that. So I didn't know on time this time.

Koketso: Okay, I get it.**Nqobile:** How are you?**Koketso:** I'm okay, and you?**Nqobile:** Just okay.**Koketso:** Yeah, I'm fine.**Nqobile:** You sound a bit tired though.**Koketso:** I sound what?**Nqobile:** A bit tired.**Koketso:** I was busy with schoolwork.**Nqobile:** Argh man, how is that going?**Koketso:** Slowly but surely.**Nqobile:** Getting there.**Koketso:** Yeah.**Nqobile:** Schools are open, oh yeah, it was school holidays. You opened on, was it Tuesday?**Koketso:** Yeah.

Nqobile: Yeah, shame man. There wasn't much Koketso as you would know because you were in the meeting that other week. I just wanted us to discuss the way forward concerning the feedback that I got from the organization. So what I was just asking you guys is, given what I've just said, did you manage to listen to the voice note?

Koketso: Yes, I did.

Nqobile: So given what she was saying, I mean that lady from [Mental Health Organisation]. What were your thoughts? Do you feel that we should still push or continue with this school

talk? Try and get what she wants from the school. The letter, the numbers and all of that? Bearing in mind that they are short-funded from what she says. They are not doing too well financially. So we don't even know when they could come to [School A]. What were your thoughts? Do you still feel that this is something we need to try still, or should we look at another intervention? I'm not sure.

Koketso: I think we should do both. Keep on trying pushing this thing of [Mental Health Organisation] and looking at other organisations which can intervene on this matter. I don't know what's on your mind.

Nqobile: I agree with you. Yeah, I agree with you because the other thing, at least now they know right that we have a need like that. We've communicated with them. The challenge now will be going to [School A] and just speaking to the principal or whoever can help us with that letter stating that as [School A] we would like [Mental Health Organisation] to come speak to us, these are our numbers blah blah blah. But I'll hear what Kabelo says 'cause he's the one who approached the school so I'll just hear what he thinks in that case.

Koketso: Okay.

Nqobile: But what did you think about that response, though? That feedback from them?

Koketso: Honestly speaking, from what I saw on that response, it means that there are going to be delays and we are not sure, I think maybe this thing is going to start next year because right now, by the end of October, I'm definitely sure that learners are going to be writing and there won't be any time. So, I think we should just prepare for next year January.

Nqobile: Yeah, or even February hey. 'Cause the other thing, when the schools close and teachers have to prepare for the year, for coming back, and all of that stuff.

Koketso: Oh yeah.

Nqobile: But we'll see. It's not a train smash because the biggest thing for us remember was trying to think of an intervention as a group. Developing that, right, and then, as for the actual intervention itself, if that happens at a later stage, that's still okay. The biggest thing is how we have been trying to implement, you see, trying to develop that particular intervention. But I'll also just speak to my supervisor and let you guys know if she has any thoughts as well.

Koketso: Okay.

Nqobile: Was there anything else on your side that you had questions about, that you wanted to check or share?

Koketso: No, I have nothing on my side right now.

Nqobile: Okay then, that's fine. Thank you for making the time.

Koketso: Thank you.

Nqobile: Have a good one, bye bye.

Koketso: You too.

Nqobile: Thanks.

Individual call with Sizwe:

Nqobile: Hi, I'm well. How are you?

Sizwe: I'm well.

Nqobile: Yoh, it's been a while.

Sizwe: Yes, thing is, school is keeping me busy now. I don't have time for this thing, to get some air.

Nqobile: Yeah shame, I can imagine hey. I was wondering whether you are okay, things, are they just too busy for you, so.

Sizwe: I'm alright, just that this thing, the course I've enrolled in does not give me time to be flexible, you see. 'Cause every week, there are assignments that are due so I have to focus on them.

Nqobile: Are you managing though?

Sizwe: Yes, I'm managing.

Nqobile: Okay, I'm happy to hear that. I'm happy to hear that. Is there anything that's been concerning you, that's been worrying you that you want to talk about?

Sizwe: Not really at the moment. I'm still okay.

Nqobile: Okay, okay. I'm happy to hear that then. I'm not sure if you have a moment, I won't take too long. But I think a bit of an update from my side on where we are with the guys 'cause you haven't managed to come. As I said on the group, remember we were talking about [Mental Health Organisation] and having a school talk at [School A], neh?

Sizwe: Yes.

Nqobile: So I spoke with that lady blah blah blah, and as she was saying to me, it might be a bit more difficult than we thought it would be neh, because they will need to get a letter of some sort from the school saying that they would like to have the talk and then we also need to have specific numbers. So they know how many Grade 8s there are, how many Grade 9s there are, things like that.

Sizwe: Okay.

Nqobile: And then she was also just saying to me it might take a bit of time because they do not necessarily have enough funds at this stage so that's the situation they are facing. The reason why I wanted to meet today was just to discuss the way forward given that, that is, are

we still going to continue with this or do we need to think of another intervention. I was not sure where everyone stands with that.

Sizwe: Okay, I did not think of it like that. I am not sure how we can think about it, but let me also maybe, when I see a solution on my side on what we can do, I will get back to you.

Nqobile: Not a problem, I'd appreciate that.

Sizwe: Yes. Not a problem.

Nqobile: But besides that, there was nothing else on my side. We are pushing. We've come quite far. There's quite a bit that we've managed to do. I actually just need to share with you guys, remember the resource list I said I was going to send?

Sizwe: Yes.

Nqobile: So I just need to share that with you guys before I speak to [Radio Station] to post it on their socials and stuff but I'll do that and then you guys will tell me if it's fine, if there's anything I need to add.

Sizwe: Okay. It's not a problem then.

Nqobile: Do you have anything to ask or to say besides all of this?

Sizwe: For now, I'm still alright.

Nqobile: Okay, be alright then. All the best with everything.

Sizwe: Thank you. You be alright too.

Nqobile: Thank you so much. Take care man.

Sizwe: Yes.

Nqobile: Sharp sharp.

Sizwe: Thank you. Sharp sharp.

Individual call with Kabelo:

Kabelo: I'm alright. How are you?

Nqobile: It's Nqobile.

Kabelo: Oh oh, how are you?

Nqobile: I could hear. You sounded confused as to who on earth is this? I'm alright. I'm alright, how are you?

Kabelo: I'm alright, how are you?

Nqobile: I'm alright. Do you have two minutes to chat?

Kabelo: Yeah.

Nqobile: Look, I was worried the last time ‘cause you wanted to come to the meeting, and then when I tried to contact you, I’m not sure if you were on the way or what happened. What was going on then?

Kabelo: Basically, we had an outage at home..., by the time my cellphone was low.

Nqobile: Oh, shame.

Kabelo: And then, do you remember when I told you that I was planning to come but then I considered that I wouldn’t have money for transport to actually before I conclude this side. Eish, there were a lot of things especially in a short period of time that I had to fix here and there around for two hours. That is why I did not get back to you to say, ah, it would be like I’m making excuses.

Nqobile: Shame, I’m sorry about that. Are you okay though?

Kabelo: Yeah. I’m alright.

Nqobile: It’s okay, not a problem at all. Did you manage to listen to the voice note on the group that I sent on Thursday or Wednesday? I don’t know.

Kabelo: Thursday?

Nqobile: When did I send it? Yeah, that one about [Mental Health Organisation] and the school talk?

Kabelo: I have not done so...

Nqobile: Okay, not a problem. So, the main thing, I spoke to the people from [Mental Health Organisation]. Remember ‘cause you went to [School A] so I said I would speak to [Mental Health Organisation], yes, to hear if they can give the school talk. So the lady I spoke to said, fine, the biggest challenge they have at this stage is that they are a bit short of funds, neh, and there’s quite a lot of schools that are on the list for that. But the other thing with them is, we would need to get a letter from [School A] to say that they would want the school talk by [Mental Health Organisation] and to also give numbers, so how many Grade 8s are there, how many Grade 9s are there, things like that. And then she also said to me the other thing the school will need to be aware of is that they don’t go like to assembly, they don’t go to assembly for the talk. It’s like a class-by-class thing to the point where they may have to take the entire day ‘cause they need to start from Grade 8s right through to Grade 12. So it might be quite disruptive for the school so they’ll need to prepare that on their, like their timetable or something, right.

Kabelo: Okay.

Nqobile: Those were the main main main things but she said given where things are and the fact that we are at this time of the year, chances are, we might even have this happen next year

if anything. But the sooner I can try to get the details that she wants, the letter that she wants from the school, then we can see if the process can be pushed, you see.

Kabelo: Yeah, yeah.

Nqobile: So those were the main things.

Kabelo: Yes, on that one neh, I can make it possible to get that letter in which those people from [Mental Health Organisation] can get there. So, I don't know. Just give me up until Tuesday and then I will deliver a letter.

Nqobile: Okay, thank you Kabelo. I'd appreciate that. Just get back to them and tell them that we've spoken to the organization neh, and then they explained one two three. You can maybe just listen to the voice note as well so you can have all the details the lady shared.

Kabelo: Okay no, it's not a problem.

Nqobile: I'd appreciate that. Then you'll let me know if you'll need any help, you know mos.

Kabelo: Yes. Surely, by Tuesday you'll be having the details and the letter from the school because of, at some point, before the children start writing, they really need that kind of a talk to happen. So it won't be something they were going to take it but it is going to disadvantage them. But, it is there to assist. And remember that whenever we are talking about a disruption, if they do it class to class, it won't be that much of a disruption since well not all the children will be coming out or anything.

Nqobile: I didn't think of it like that. Yeah.

Kabelo: Others will be learning whereas they will be busy with those ones. When they are done, then those ones, they go to other ones. Basically, it's them saying that for Grade 8 can we have at least one and a half hour knowing that they've covered those classes. Grade 9, can we have one and a half hour and then they will know how their schedule, one and a half hour, can be exercised, where and where they will stretch so that it becomes possible because of at the end of the day, it is important for that kind of a talk to happen. Since well it must prepare them when they go, when they come back to go write they will know what state they will be writing in. Because of, it's important, if ever their state is not right, it's going to actually become detrimental even to their results. Others will get in and panic and everything and which will actually make them, to do what, to lose this thing.

Nqobile: Yeah, yeah. No, I hear you Kabelo. And I was thinking though, sometimes it might happen that maybe they want to see them at the same time. 'Cause that lady said they bring a lot of lay counsellors so there will be like a group of them in numbers, so it means maybe two will be the Grade 8s at the same time while others will be seeing the other grades. So it's possible that it might be at the same time. But those are details that will follow, it's fine. It's

not the biggest thing. I just wanted to ask you though while we are on that, do you still feel that we are okay with, with trying this intervention still or should we look at another option or something like that at this stage?

Kabelo: For now, I think what we have it's sufficient enough and it's okay because of if ever we extend it whereas we have not made any moves it might make things too much complex, you get me. But for now, I will suggest that we stick to what we have and use what we have. After we have done this thing, there will be progress here and there, we will do it because of, you must understand that whatever that we are going to do, everything that we explain, that we speak about, has to be based on a report of something, right? So that is why I suggest for now we move on with what we have, and then as time goes, we will see okay one two three we might extend this way, or one two three let us do it this way. Then in that way, we will be able to do it.

Nqobile: Alright then, that's fine. I'd appreciate your help then. You and I will communicate a lot closer 'cause we are the ones contacting the relevant people. So, we'll keep in touch. Let me know how it all goes neh?

Kabelo: Okay, not a problem, not a problem.

Nqobile: Okay. Thank you so much. Have a good one.

Kabelo: Same to you.

Nqobile: Thank you. Bye.

Kabelo: Sharp sharp.

Individual call with Mahlatse:

Mahlatse: I'm fine. I'm just tired, but I'm fine. On your side?

Nqobile: I'm just fine. Tired as well, but quite okay. There wasn't much necessarily neh. I just wanted to talk about the, did you manage to listen to the voice note I sent in the week?

Mahlatse: I haven't. I haven't.

Nqobile: You didn't manage. So it was just some feedback from [Mental Health Organisation]. Remember the last time we spoke I was going to obviously approach them to ask about the school talk, neh. So I did that and the lady I was speaking to just highlighted a few things to me. Firstly, she said we'd need a formal letter from [School A] to actually say we as a school would like you guys to have the talk with our learners blah blah blah, and then she also wanted specifics. So the numbers per grade 'cause what they do is, they don't have an assembly talk. They go grade by grade, class by class, right. And then the other thing she was saying is, we also need to take note that [Mental Health Organisation] is, well in terms of the school talk

budget they have a bit of a funding challenge at this point neh. And there's quite a lot of schools already that want the school talk. So we might have to look into next year, if possible. But, the sooner we can try and get this information to her, the better. So there's still that possibility that it can happen as soon as possible. But we just need to get that stuff, I mean that information to her.

Mahlatse: Okay, since they are talking about a budget, isn't it better to focus on a specific grade 'cause I'm assuming maybe they bring based on the number of people. They bring volunteers based on the number of people?

Nqobile: Yeah. They say they have lay counsellors neh and they normally prefer to just go, that's just how they operate. They prefer to do it that way, grade by grade 'cause they want to have a bigger impact. They want to engage with the kids as much as they can.

Mahlatse: Yes. It's actually a good idea.

Nqobile: And then the other thing she said we'd need to note, for the school especially is that it might be a bit disruptive to their timetable because it might take quite some time in the day 'cause obviously it involves the entire school you see if they go grade by grade and things like that. What else did she say? But those were the main things. I just wanted to get your thoughts on that. Do you still feel we can try and push with this intervention or should we be thinking of something else in the interim, I don't know?

Mahlatse: I think we should push but also try something else. And then the other thing, the other thing I was thinking was, maybe we might get a, I don't know how quick we can get a letter for the school.

Nqobile: Yeah.

Mahlatse: But we can also try getting a letter for them to come to [Youth Centre] straight because some of the learners are from the school.

Nqobile: Yes, yes, yes. I'll just have another chat with her. And just on that, in terms of the letter, sorry, I just have some feedback. I spoke to Kabelo earlier.

Mahlatse: Something is wrong. Please say that again.

Nqobile: I was saying I spoke to Kabelo earlier, neh.

Mahlatse: Mhm.

Nqobile: Yes, and he was saying he will approach the school. So he will go sometime this week to obviously speak with them about the letter and stuff. So we'll just hear from him how that goes.

Mahlatse: Yes, yes, yes.

Nqobile: So at least there's that.

Mahlatse: I'm okay with it. I'm okay with it.

Nqobile: Okay. Is there anything you had on your side? Concerns, questions, or suggestions? I don't know.

Mahlatse: No. I had nothing besides us trying to approach [Youth Centre] as well. And then the other thing, remember that organization I sent you screenshots, pictures of?

Nqobile: Yes.

Mahlatse: I contacted them and then they say that they go to schools already.

Nqobile: Oh.

Mahlatse: And then I ask them which schools. They haven't really responded to me 'cause I asked them can we please have you guys to come to a school in Mamelodi. And then they said no, we already have. So the communication is very bad with those people. I'm going to try and give them your, I'm going to try and give them their number so that we can try on both sides.

Nqobile: Okay, that would work. But that would be helpful hey.

Mahlatse: Mhm. So that we can have as many teams as possible.

Nqobile: You see? Cause if they also do talks, that would be really amazing. Yeah, it's fine, you can just maybe share their contacts with me and I can also try on my side.

Mahlatse: Mhm. The issue with the grade as well because they are saying we are disturbing the timetable, when we try and focus on one grade, then that means we could go on during the times when they have your L.Os and things like that.

Nqobile: Yeah.

Mahlatse: Yeah, 'cause these things fall under L.O.

Nqobile: Actually. Yeah. Okay, that's fine. Let's see how far we get. Let's hear from Kabelo in the week and then I'll also be contacting that organization that you found.

Mahlatse: Okay, thank you. Thank you. And I apologise. I hardly check your WhatsApp or respond.

Nqobile: No. It's okay. It's okay.

Mahlatse: Or respond. I'll respond in my head.

Nqobile: No, it's fine. I understand. There's a lot happening. I appreciate the time you made though hey.

Mahlatse: Thank you very much.

Nqobile: Alright. I'll hear from you then. Sharp sharp.

Mahlatse: Alright.

Individual call with Lerato:

Nqobile: Hello.

Lerato: Hello.

Nqobile: Hi, how are you?

Lerato: I'm good. Yourself?

Nqobile: I'm well, thank you. I was just phoning as I said I would to just check where you guys are, how you are doing, but to also ask about the voice note that I sent on the group? Have you managed to...

Lerato: Did you what?

Nqobile: Have you managed to listen to the vn?

Lerato: The vn that you sent on the group?

Nqobile: Yeah.

Lerato: Yeah, I did. I was asking if like, 'cause I thought we were meeting today.

Nqobile: It wasn't possible. I think I sent that message yesterday remember that it was a bit of a, the responses were a bit delayed. So I was hoping we would have had an idea earlier so I can prep on my side and all of that. That's why I was just thinking I'll just call you guys individually and then we'll just touch base that way. Please don't tell me you went?

Lerato: I didn't.

Nqobile: Okay.

Lerato: Like thing is neh, I live far. I told you I live far. I live ko..., like it's far from here so every time we have like meetings or anything, I come this side, my grandmother's side. So I did come to my grandmother's side but I didn't go to [Youth Centre].

Nqobile: Oh, shame. Sorry about that.

Lerato: No, it's fine. No problem.

Nqobile: I'm really sorry. That voice note that I sent, I was just checking are we still good with trying to push with that intervention given everything that I said, the fact that it might happen next year, the stuff that we need from the school, blah blah blah, or should we be thinking of something else so long, right. I don't know what your thoughts were.

Lerato: Can you hear me?

Nqobile: You are breaking a little. You are still there?

Lerato: I'm going around looking for network.

Nqobile: Okay. Okay.

Lerato: Can you hear me now?

Nqobile: Yes, I can hear you. Did you get what I asked before we broke off a little?

Lerato: I didn't hear you properly but I heard you were saying that the intervention might happen next year.

Nqobile: Yeah. We might have to look into next year because she was saying they have a challenge with funding at this stage but there's also a lot of schools that want the talk. And at this time of the year you can imagine, there's quite a lot happening as well. So it was just one of those. But she said, look, we just need to send her a letter from [School A] so the school will need to say...

Lerato: Saying that they agree.

Nqobile: Yes, and that they want the talk. And to also give them actual numbers per grade because the talk is not an assembly talk. They don't have all the children sit at once. They go class to class.

Lerato: They will go to classes.

Nqobile: Yes, cause they want to engage with all the children as well. What do you think about that?

Lerato: It's a good idea. I love it. For me it's the same. Going to assembly and going to the classes. So even though we go to the classes, it's still okay.

Nqobile: So it sounds like you want us to obviously continue with this and see where it takes us neh?

Lerato: Yeah.

Nqobile: No, that's fine. I've also spoken to Kabelo because he's the one who went to [School A] remember?

Lerato: Yeah.

Nqobile: So he said he's also good with going back and then just speaking with whoever he needs to speak to, to try and get that letter and to also ask for the numbers that they want. And then I'll obviously communicate with the organisation when he has that info.

Lerato: Okay.

Nqobile: Yeah. But other than that Lerato, there was nothing hectic for now that I wanted to discuss or just talk about.

Lerato: Okay.

Nqobile: On your side, do you have any questions, concerns, ideas?

Lerato: No, I don't have any questions for now.

Nqobile: Okay. Alright. Not a problem then. Thank you for making the time. I really appreciate it.

Lerato: Thank you.

Nqobile: Have a good one.

Lerato: Same to you. Bye.

Nqobile: Sharp. Sharp.

Project Meeting

11/11/2023

Mahlatse: This guy misunderstood me.

Sizwe: Who?

Mahlatse: The [Organisation A].

Sizwe: Misunderstood you? Did you also call them?

Mahlatse: No, I wasn't asking them to lead around this. I was asking them to help when we have talks to facilitate those talks. So I think he was thinking we are inviting and that's why I was thinking this person knows us, maybe I must call him.

Nqobile: Yeah. Okay, but before we go into the project what what what, can we just check with where everyone is, how have you guys been doing, non-project related?

Sizwe: It's been hard. School is draining. Eish, you can't balance school and life, it's demanding.

Nqobile: Are things getting better or worse now that we are in November?

Sizwe: For now I can say it's getting better because next week, the whole of next week, I'm on recess.

Nqobile: Can we swap places?

Mahlatse: November.

Sizwe: Recess.

Mahlatse: Your school is nice.

Nqobile: This time.

Mahlatse: I'm thinking you are going to say you are doing exams.

Nqobile: It's the opposite.

Sizwe: Next week it's our exams.

Koketso: I thought I am finished with exams [inaudible].

Sizwe: We are in recess then after next week on the 20th, we are coming back then we will close again on the 15th.

Tumelo: 15 of December?

Nqobile: No, but you won't go on the 15th. It's a holiday. [Government Representative] said it's a holiday. But otherwise, you are fine? Okay.

Tumelo: It's a holiday in the holidays.

Mahlatse: It's already holidays.

Nqobile: I know right, but the politics right now. I was very upset, but it's fine.

Mahlatse: I was so bored.

Tumelo: I thought it was on the working days when he was saying that.

Mahlatse: No, it's on a Friday.

Sizwe: It's on a Friday.

Mahlatse: There's a holiday on the 15th. Everybody was already going on holiday. Is it an official, is it going to be an every year thing?

Nqobile: I doubt, I feel like it's just for this year.

Sizwe: Once off. Unless also the Proteas to win the final.

Tumelo: What's the name of the holiday? It's just a holiday.

Mahlatse: It's a rugby holiday.

Nqobile: Is it not the Wednesday 'cause he spoke on the Tuesday, right. But he could have said okay, look, Wednesday or whatever take the day off. Anyways, it's fine. Anyone else who can share how they have been doing?

Koketso: School and work at the same time. There's exams on the side but also busy with work as well. Hence that's why when you asked me being quiet in the group, I've just been stressed about balancing the two. Now I'm done with exams.

Nqobile: Yay, exciting! Well done. You probably don't have the results yet but I think you should acknowledge that you managed. You sat down. You wrote. You did what you were supposed to. You should be proud of yourself.

Tumelo: I'm just going through challenges, that's all. There are difficulties at home.

Nqobile: Sorry about that. Thank you for coming still, for showing up. I appreciate it.

Mahlatse: I'm exhausted. Work is exhausting. I realise in this moment that I'm exhausted. I would really like a day off. I end up getting the feeling of, there needs to be a gap between Sunday and Monday. There's a lot.

Nqobile: It is a lot. But also, when we think about it, the year is ending. So it's that end of year fatigue that people are experiencing.

Mahlatse: It's that. Plus every week there's something. It's this, that, that. So I've been looking at the calendar. Literally the whole of November. I can't wait for December. Just rest. I'm going to be lazy. I'm not even planning on having that thing of December. I'm just going to wake up and rest.

Nqobile: You don't have to.

Mahlatse: And just rest. And waste 24 hours in resting because I'm exhausted.

Nqobile: That's fine.

Mahlatse: I feel that tj, I'm exhausted. You know when you are supposed to wake up but you feel like you need an extra hour. I'm exhausted. Work and that's it.

Nqobile: You are managing? You feel like you are managing?

Mahlatse: No, it's demanding. It's exhausting but it's not exhausting. If I complain to certain people they'll be like that what's exhausting about this, but it's exhausting.

Nqobile: Okay. I was just asking if in between all of that, are you managing? Do you feel like you are still coping with those demands?

Mahlatse: Yeah, I'm still coping. I just need a day to sleep. I'm that person. Three hours or five hours of doing nothing can just build me up. I think after this I'm just going to go home and rest. 'Cause I was supposed to go somewhere but when I was on my way here, I was like I'm cancelling that thing.

Nqobile: Thank you for showing up then right given how tired you are. I appreciate it.

Mahlatse: I was like I've already RSVP'd, let me go, cancel the other thing and come here.

Nqobile: Thank you. We'll try not to take too long because if I'm being honest with you guys, and I should maybe just start by saying this. First things first, thank you to each and every one of you. Honestly, for continuing to be committed. Yes, there's been busy times. I picked up over the last few weeks, there was a lot that was going on. There was a bit more silence but I understood where it could have come from. But I don't take it lightly that we are still sitting here as a group. It could have easily fallen out a while back. So thank you to each and every one of you. I really appreciate it. If there could be another way I could thank you guys, I actually would do that. But we'll talk about it towards the end. I don't think today's meeting will be long because, and I'm directing this to you as well Mahlatse, thank you so so much over the past few weeks I think, contacting those organizations, giving us ideas on what we can do moving forward. I think you've really placed us quite far, so thank you. That's why then I was thinking, and I had told you that I met with my supervisor that time and she was actually saying no no no, actually you could work with the young people that you already have, and it's something you've been suggesting to us all this time. Even you Sizwe. So I'm just thinking then, maybe moving from this point: two things, with the organization that you said would be willing to work with us, are we still considering doing something with them or can we just try and work out something amongst us and have a talk here at the branch?

Mahlatse: Which one?

Nqobile: Is it [organisation A]?

Mahlatse: [Organisation A]. Oh, the one that he gave feedback on.

Sizwe: [Organisation A].

Nqobile: Where are we on that?

Sizwe: Oh, okay. [Organisation A] basically since, I spoke with them on Saturday. I don't know if it was on my side or on their side via WhatsApp message like, it's only one tick. Call, doesn't get through at all. But when I spoke with them on Saturday, I was like they are interested to, to help us to get like more people and also, actually they have like a podcast of their own. So they said they couldn't mind bringing up on their podcasts and also on their social media. And they said they would also like to join our meetings to see what's happening. I was like okay, I will call you when will be having a meeting, he's like no problem, he gave me numbers. Also, for the [Organisation B], they overheard me speaking to them, so they also said they are interested to be a part of this, to help since they are also doing the, trying to deal with schools whereby to promote school guidance. They also say okay, since, maybe like it can be also an alternative to say, if a child is having challenges maybe after having a talk maybe they just go to freshen up their minds, something like that. Those from [Organisation B] the problem is, they took my numbers saying they will call, yes.

Nqobile: That's where we are neh?

Sizwe: So far nothing yet.

Nqobile: Mahlatse, is this also the group you were talking about? The ones you say they also do like media-related stuff?

Mahlatse: Yes, that's the one.

Nqobile: It was so nice when I saw that.

Mahlatse: I think it was them. Then Community..., those ones.

Nqobile: We both struggled.

Mahlatse: The minute I feel like we are getting somewhere then...

Nqobile: We hear something different.

Mahlatse: Different. Like what do you guys do, what exactly? Because even with [Organisation A], the reason why I approached them is because they posted something regarding school talks and mental health and it's somewhere in [Area]. And then I ask them, how do you guys go about doing this? What do you guys do? And then I was like, would you guys be interested to go to certain schools as well? It's the same thing as [Organisation C]. They said that. And then eventually, 'cause we said we are working with [School A], I asked them, is [School A] part of these schools? And they said yes. And then I wanted them to explain to me what do they do so that I can know that if we need this and this help, we go to [Organisation C] for this. If we need this help, or this organization for this. And then, so that if we are having talks, if we are going to have a talk about this, then maybe they can lead us or

whatever. And then we ask them, please address such and such a matter. That's what my thinking was. Because we said we are going to do talks. So I wanted them to clarify what they do so that I can pick on, okay, I think I like the whole package or I like this one and this one. Or maybe we don't like it at all. So it was them. With the [Organisation A] they also said something like that. And then now it seems like they want to, just sort of like make this thing known. It sounds like that. They are trying to make it known, there's this thing. Whereas I was thinking since they say they do talks, they will bring speakers 'cause there was a point where they were talking and they were like I can organise speakers for you. And then I thought, okay, maybe I should, that's when I asked what exactly must I tell them. What kind of speakers must I ask from them. With them, it's a good organization to keep very close by because they are in touch with other organisations so it would be nice to actually kind of like clarify what we want from them, all of that.

Nqobile: Okay.

Mahlatse: They seem to have a lot of connections. I've been seeing [Organisation A] in different spaces.

Nqobile: Do you guys have any thoughts or contributions to that? Ideas?

Tumelo: I think I can communicate with [Organisation B].

Mahlatse: [Organisation C]? [Organisation B]?

Tumelo: [Organisation B]. 'Cause I have access. I can talk to them if that's possible.

Mahlatse: Please do. You would also let them know that we are the same group basically.

Tumelo: Yeah, I will tell them that.

Mahlatse: 'Cause then they might think, oh, they are another group.

Tumelo: I will talk to them and Sizwe. [Asked for Organisation A numbers from Sizwe]. Then I will take it from there.

Nqobile: Okay.

Koketso: I'm good with school talks. Thought this thing is not going to happen anytime soon, right. Since this time it seems like it's going to happen sooner, so there are people. Remember that mental health is not something which is closed, but it's something which is broad. The cause of them it's drugs, sexual things, teenage pregnancy, HIV/AIDS and all sorts. So, I don't know, because there are a lot of organisations which does school talks which I know. So, I thought maybe if we can agree on one date and after agreeing on one date, after agreeing on that date, and then we call those organisations and tell them this is what we are going to do and this is how they can present themselves on this programme. I don't know.

Nqobile: Thank you. I was thinking of something, and you guys can let me know neh? The main thing that I'm worried about now, you guys also having December to yourselves, right. So this being a resting period and so forth. So at this stage where I am, I think we do need to be winding down and closing up. And luckily, this is our eighth meeting together so we've pushed quite a lot which means if we think about it, we only really have three more meetings left. And where we are, we are at implementation. We've spoken about the intervention that we want. We are very clear on what it is we want to do. It's just getting it to happen now and that's where we are. Related to what Mahlatse has been saying and what my supervisor also said and what you guys are also touching on, I am thinking, we will need to spearhead this intervention. I wouldn't mind I think, with the little that I know in the field and where I'm based and things like that, perhaps possibly if we can have, we'll need to speak to the people here at the branch if they would be open to that because we already have students coming in, right. If we could organise as our group here, organise the talk ourselves for them if that is fine.

So, actually doing this ourselves as a group. We obviously know that we are interested in addressing depression specifically, so it will have to be just a matter of preparing a bit of a workshop, if that makes sense. Like what you sent on the group, that video that you, the Facebook video that you sent. I liked that. I was like, look at that, and it's actually young people talking about anxiety, depression, blah blah blah. So I am thinking, we should maybe think about working something out ourselves. And then those organisations, what we can then say to them, your [Organisation B], your [Organisation A], whoever those organisations we have close to us, what we can just maybe ask for, for them, if they are just able to just come on the day, if they are willing to and able to, right. Just so they will have visibility as well. So that young people can also see that, oh, there's these organisations. And if they can, they can also speak with them about whatever it is they wish to speak to them about. But if anything, the core core thing, let it be us, I think, organizing the talk and doing it ourselves. I think we are in a position to do that.

Sizwe: Okay, so, I don't know. I think [Organisation B] neh, I think it's like every after two weeks or one week, they will have their meetings here at the branch. So I think if I can speak to aus'Kopano (pseudonym for branch representative) to say that okay, or I can tell them to invite them maybe as [Youth Centre] to say on this day we are hosting an event. And then they will send letters to invite the school children to the parents to say on this day, yes. So I think for [Organisation B] and [Organisation A], I think for them it might be easy for us to get in touch if we use the connection with [Youth Centre].

Nqobile: Great.

Koketso: I was just saying, through the resources of [Youth Centre], we can use them to grab those learners so that they could come. As you can see right now, only a few learners are coming. But if we could tell them that there is a talk at [Youth Centre] which is talking about this and that, they are going to come. The reason why they are not coming these days I was thinking because they are writing. Some are doing difficult subjects.

Mahlatse: I think it's a good idea. We are going to festive season and if we are looking at the children here that is our target audience, some of them come here to, it's an escape for them from some other problem at home. So they are not necessarily dealing with the problem at home. They come here just to escape. So if we can have such an event, it will also help them to sort of try and figure out how to deal with it 'cause now it's going to be them and the family or them and that problem every day and [Youth Centre] will not be there to form an escape. Now at least they have [Youth Centre] to go to and then if they will come all the time, they know I am going to see tutor so and so. He is going to be nice to me. He is going to actually notice me and ask me and talk to me and whatever. So if we have some event somewhere now, it will be good. We just need to know what are we covering for the day. And invite all these stakeholders.

Nqobile: I agree. Are you guys okay, I mean with the approach that we are thinking of? The organisations can just come to support and to just be a part of the event, but to not lead the event?

Mahlatse: Yeah.

Nqobile: 'Cause we can do it ourselves. And if you guys are okay with that, again with the little that I know in the space, in the field, in practice, for now, I could cover a bulk of the presenting, of the, I don't want to say emceeing, but just leading that conversation with the young people if that's okay and then we'll just divide it amongst ourselves to say who can cover maybe this aspect. You mentioned something about causes earlier on, so who can address this aspect, then who will introduce the topic, who will talk about resources that they can go to. So we can structure it quite nicely to say each person, if you are comfortable, has something to also say.

I think it has potential to be really great I think on the day. And then the reason why, I have to be accountable, I have not yet sent you guys the resource pack, I have it as a PowerPoint thingy 'cause I was trying to create it myself. I was then thinking, if we are going to have such an event, we can maybe just have printouts of that to give and distribute to the young people. And

then they can then share those. Can even take a photo of it, post it if you'd like but I was thinking let's rather just have it as physical handouts on the day of the event. So they will have them and they can share with others and plug them on their own walls. Cause I remember we were thinking that if we send them to the school, but now the school option is out, I think we've established that 'cause we tried but it didn't work. That time we were saying even if we were to plug them on the school what-what, what are the odds that people will see them. So now if they have them themselves individually, and, okay I'm getting a bit too excited now, I think we can also just have a bit of a like, as [Mental Health Organisation] would do it, like a bit of a resource pack as well for them. I'll think of something that we can put in like packs that we can give them. Like maybe, you know journaling, give them a bit of a notebook or so with a pen 'cause journaling can also help if you are feeling quite stressed. That resource pack and resources listed in there. Maybe something cute as well, like, a quote or two that they can read and remind themselves of. Something like that. I'll do a bit more thinking and then I'll obviously have to organise that.

Sizwe: Okay.

Nqobile: Oh, yes, I think now the last thing then would need to be dates. So what exactly are we looking into? When can this event be? 'Cause when we speak to the branch, they'll also need to have an idea of when exactly we are hoping for this to happen, even those organisations will need to know.

Sizwe: Yes. So, with the branch, I don't think they'll have a problem 'cause nothing is really happening or anything they have planned to do. Yes, the only thing they have just this week and next week is like, what do they call it, what do you call this? I forgot what they call it. But sort of a workshop of some sort whereby just to prepare the children for the exams. Yes, that's all. There's nothing, an ongoing event that's going to happen anytime soon or not that I know of. So I can, maybe on Monday I will come to the branch and talk to aus'Kopano (pseudonym for branch representative) and ask her what's the schedule for this month.

Nqobile: Please.

Sizwe: 'Cause I know December, basically, anytime from then they are closing.

Mahlatse: We close when schools close.

Koketso: Even [Youth Centre] closes.

Mahlatse: Yeah. That's what I'm saying. I was saying [Youth Centre] closes when schools close. The 25th of November is a date to look at. And the week after that it's the 1st of December.

Tumelo: I hear it's Black Friday and stuff.

Mahlatse: It's Black Friday? The 25th is a Saturday.

Tumelo: It's a Saturday?

Mahlatse: Yes. I'm thinking of Saturdays.

Tumelo: Oh, Saturdays.

Mahlatse: Isn't it we can't say during the week 'cause people are at school? They are the target audience. And, I don't know, I don't think midweek is, what if we end late? What if we think it's two hours then it's three hours, and it's midweek? We are saying next week and that week there's something? The next one is the 25th. Or the, is it the 1st or the 2nd?

Nqobile: But it seems like it's going to be the 2nd, the 2nd of December.

Mahlatse: Yeah.

Nqobile: So either the 25th or the 2nd of December and that would be the last available... Actually, we only have two options then available. We only have two Saturdays available.

Sizwe: 25 and the 2nd?

Nqobile: Possibly.

Sizwe: I'll try and talk to her and hear what she says.

Mahlatse: I'll just ask about those two days, if we can have them. Then if we know for sure that we can have them, then I can start sending out the letters. They can start communicating with them. We have an event on the 25th, and then as it nears, then they'll remind them again that we have an event on this day.

Nqobile: Would they still be coming then on those days? I mean especially the 25th of November. Would there still be learners in the centre?

Sizwe: If it's like that, most of them would have finished writing. Maybe we do an event to say even though when you are done, it will be that sort of social event to say okay now, everyone can chill, enjoy, you see. So maybe like sort of like a closing event at [Youth Centre] but also bringing this up to say before we actually close for [Youth Centre], then it will be like this.

Mahlatse: They'll still be here. They'll still be there. They'll be finishing off writing. The 25th is the last week to finish off writing 'cause then the following week is December and it's marking. Marking happens the first week of December and then they must be done. By done I mean the [Department] must already have the marks for all the grades. If they'll still be here,

Nqobile: Then we are good.

Mahlatse: Yeah. Maybe if they are still writing, they are writing like one last paper. I'm talking about Grades 8 to 11. Even Grade 12s, they'll still be writing as well. I don't think they are the target market because Grade 12s, they belong to their schools with all of those extra Saturday classes and all of those things.

Nqobile: Yeah.

Mahlatse: But then I think, I think when we invite, 'cause if we are concerned about numbers, I don't know, maybe we can ask them to bring a friend, if we are concerned about that and if not, then it'll just be us.

Nqobile: Okay. Whoever is available. I think still, it won't take away from the impact that this can have. We always say sometimes, even if it's that one or two people who come, something can be done possibly 'cause the whole point is for them to then share that information with other people in their circles, you see. So let's work with those. You'll assist us with communicating with aus'Kopano (pseudonym for branch representative) then we'll hear either the 25th of the 2nd of December which obviously means then in this time there needs to be crazy planning on my side as well. The presentation and then writing up information and seeing how we can distribute it amongst ourselves for the activation, the presentation.

And I liked what you were saying Mahlatse earlier around this being a very important time for us to have something like this heading into the festive season. A lot of kids probably become a lot more stressed and depressed when they have to go home. I think school keeps us so busy, so occupied, then when you have to confront a lot of things at home. You are at home the entire time. A lot of stuff is happening. A holiday season is not always the nicest for all kids, I think we know that. Some are going back to homes where parents are abusing alcohol, where they have been beaten up and things like that. So I think it's great timing that we have. I'm just crossing my fingers that it does work out. And then that will be us done. At least if we can do that intervention and then we'll just reflect on it even if it's over the phone.

Mahlatse: Anyhow. Any way, it's fine.

Nqobile: Yeah. Is there anything else on your side, you guys? Or you are alright with where we are and we'll take things from here?

Sizwe: Yeah. I think we will be able to do it.

Nqobile: Okay. We've pushed. I know it's taken a lot. There's also been moments when, I think for me, it has felt quite difficult because there is so much we wanted to do. We had these plans and ideas, but things just were not working out, you know. The NGOs we were trying to reach out to, the schools, shame Kabelo went to; [Mental Health Organisation] that I was contacting only for them to tell us listen we are also underfunded and now we want all of this information from you. But we needed to have all of that information for us to get here, right? So, thanks. Appreciate you guys for all your contributions. So let's take things from here. We've got this. One last push and then that's that. Okay. Good?

Mahlatse: Question.

Nqobile: Yeah.

Mahlatse: Do we need catering for the day?

Nqobile: I would think so. I would think so. It's something that I'll also need to think about, but it will be tricky because if I don't know the numbers, it becomes more difficult.

Mahlatse: With that, I think we can ask some of them to help.

Nqobile: Those very organisations as well.

Sizwe: I think also, if let's say we get [Organisation B] to be on board with this neh, I know that every time when there's something happening, they always bring something. The last time when we had an event whereby [Organisation B] they had goody bags. So I think that they, if we can, this thing that we are also going to need assistance with catering, I think we will be fine.

Nqobile: Okay. Yeah. Let's be, what can I say, try to prep as much as we can for all of those things. Thank you for raising that. Then I'll need to be grinding as well on my side with prepping the presentation and looking at old notes from whatever point as well in varsity. Okay, thanks you guys. Let's just push and then communicate as you've been doing on the group as well and we'll take it from there. Alright, that's that.

Focus Group Discussion

10/01/2024

Nqobile: I don't take it lightly. I think I have said this to you guys, you know. You've remained invested, and I really appreciate that. We have had our struggles, we know that. We had a lot of things we wanted to get done. We have been talking to different organizations, [Mental Health Organisation], going to [School A], and all of those things, many of which could not really happen at the time, but, we did quite a lot in December, I would feel. And I do not want us to overlook all of that. The purpose of today is what we call a focus group discussion. Now we have had the process right from last year early on to December this past year when we were actually trying to get stuff out on the internet, Facebook, whatever you name it. So now, all that we are to do today is to just talk through that – some of your experiences, how you have found the process, how you feel it has contributed to your wellbeing, if it has. So, I will just run through a list of questions I have as part of the focus group discussion. But before that, would you guys like us to just discuss or establish some ground rules for this discussion first, before we proceed. What ideas do you have?

Lerato: What ideas do we have for this?

Nqobile: What ideas do you have for this discussion? So things like respect each other, each other's' opinions, those kinds of things, because we are having a formal discussion.

Mahlatse: Respect each other's opinions.

Palesa: Listen to one another.

Sizwe: I also think like, all the rules that we basically have throughout the process, I think they still do apply. If someone has something to share, we must listen.

Nqobile: So things that we have been doing all along, right?

Sizwe: Yes.

Nqobile: Giving each other the space, time, respecting each other's opinions, and things like that. We will start off with the first question. If I can just remind you guys what this process has been about. We started coming together at [Youth Centre], that is where we met obviously through Naledi (pseudonym for former branch coordinator), God bless her. The whole point of this was to get you guys together to identify challenges that young people in Mamelodi are facing right, and to try and think about how we can contribute, right? Just to kind of remind you guys what you have done: We have had all of these meetings last year.

We started by identifying challenges like your high unemployment in Mamelodi, the crime that we are exposed to as young people, violence in our community, childhood trauma, some of those that we identified, social media and the influence that it can have. I remember you guys also mentioning those things. Then we moved on to talking about some of the resources we

have in our community. You kept on mentioning some NGOs that you have some access to, remember? Sizwe as well, Mahlatse, we even identified like churches and other spaces where we can say young people can get some help from. We then moved on, for those of you who were able to, you had the interview as well on [Radio Station]. We did not talk about how that was, but we will talk about it a bit later. And you guys did so great, thank you and well done. We also had that, and then we created a resource pack that I shared with you guys. You will just also tell me who of you managed to distribute that on your social media platforms, right?

And then we obviously created the video right at the end that has also been posted. I will also share some feedback with you guys on what the stats on that video have been. I think my partner shared this this morning, so it reached about 784 people or so – the reach of the video and there has been some reactions. I will share that on the group – the stats from that particular video. I am also keen to hear from the guys who managed to post on their pages what the feedback has been, but we will get to that. Does anyone have anything to add on what I have just said for now? Okay, not yet. So, the first question that I would like to ask you guys is, how would you say the process of developing this intervention has been for you? Anyone can go.

Lerato: Okay, I will start. So, this whole process neh, like, the way we have managed to help people like, to go to [Radio Station] station, and those who posted on social media, it has really helped a lot for, like, the Mamelodi people. So I feel as though it is like a good experience for us to, like, really pe and make people aware of this thing, you know. So, I really had a great experience with this project that we have been doing.

Palesa: Okay, I also feel like it was really good because it also gave me a go-ahead to like act out of my comfort zone because I am normally closed in. So for me to like actually talk, touch on various serious topics and all of that, it really means a lot to me. And also, the team that we were working with is also good. I would not, yeah.

Sizwe: Also for me, this project it helped me to be aware of, but also it helped me on a personal level. It helped me on a personal level whereby I also myself, I also managed to be aware of myself, how to react in situations and how to feel in certain way and not let my emotions or my thoughts overcome me. And also, the people who are like, also, encouraging, or trying to help, I saw a different impact on them on how now they are, how they are living their lifestyle compared to how they have been, yes.

Koketso: Okay, from my side, it really helped me a lot as a person who was actually in a process of helping these young people psychologically, helping them to find the mental, mental health assistance. It really helped me because it showed me, it actually, it was an eye-opener

for me to get to know about different stakeholders, people who knows about this thing. Also, for my brand actually. For branding myself, it actually helped because I can clearly say right now that it helped me to actually, how can I put this thing, on how to tackle this issues. On how to build myself personally, my confidence, and all those kinds of stuff, yes.

Nqobile: Happy to hear that. Anyone else?

Tumelo: I feel like this project we have been dealing with has been a big benefit to my community because at my community, we are experiencing a lot of gender-based violence on a daily basis. And I think this project will help me to focus on, 'cause in my household there is a lot of gender-based violence going on. So I am thinking of tackling that and helping out my community with that. So this has created a big focus on tackling that mostly, so, that is mostly what I want to say.

Nqobile: Thank you. Thank you guys, I appreciate that. Second thing I just wanted to check, and please be as honest as you can be here, right. In the process, what were some of the main challenges that you experienced?

Lerato: So, okay, this project started in the middle of the year, like March, April, somewhere there, so already we had plans for this year because we did not know about this project upcoming, you know. So already, from my side, I was like busy with some of the things. So it was really a struggle when it comes to meeting up, being that active. I was active, but not that active, because I was busy with some of the stuff that was on with, during the year. So that was one of the struggles that I have met that I did not like, fully bring my time, you know, because of the things that I was busy with on the side, yeah.

Sizwe: Also for me neh, it's like you know when you have that stamina whereby you can tackle everything at once. So as for me I would busy do, okay it's [Youth Centre] volunteering then I also joined this and there were other projects I was doing. So when there was a certain time whereby it came like, all of them needed me in one day, so you are supposed to make calculations like I am sacrificing this for today, and knowing that you also need to focus on school while you also need to do the research, like around the community. So for me it's like, basically, managing my time with all the things I was doing. That was mostly the challenge that I really found along the process.

Mahlatse: For me, it's time management. And also, I feel that a lot of stakeholders did not really understand what we are trying to do and everything. So having to, the back and forth trying to find people that could help us. For me that was the biggest challenge. Eventually we got people at the end whereas we have been trying to get people to, to work with us. So, yeah, that was my challenge.

Nqobile: I totally hear you. Anything else that you feel we struggled with in the process?

Lerato: Yeah, and like, okay sharp. People know me as a energetic person. I speak a lot and all that, but sometimes, for me to bring up ideas, it was like, it was like a bit of a problem. I was asking myself, will they listen to me, is my, my idea valid, you know, and some of the things? So yeah, that was also a struggle to me because I couldn't like, open up. But as time goes, goed on, I was like, okay, maybe I should try opening up. So at first, I was like very shy to bring up ideas and all that. So that was the second struggle that I met during this process.

Koketso: How about you?

Nqobile: Yeah, I think, look, much like you guys have each said, one of the biggest things for me as well, much like Mahlatse said, was trying to get stakeholders involved. How much time it took, right? And even when they did say we are interested, there would be so many more loopholes for us to get through. For example, when I kept on contacting the, [Mental Health Organisation], right, and they would say, yeah, sure, we are interested, but eish, resources on our side, or eish, time this time that. So it made things quite hard, but also, their understanding as to what exactly it is we are trying to accomplish and then having them come on board to support that particular initiative. I think one thing I'll also just mention to you guys is, it may not seem like it to you, but you brought a lot of ideas forward. I think you were able to contribute. You were able to share what your thoughts were, challenges that you identified, NGOs that you came up with in the space. So for me, if anything, you guys, you did a stellar job at that. We wouldn't be sitting here if none of that was done. So, yeah, just something I wanted to say to you. Is there anyone who would like to say anything? Some of the challenges, obstacles we had other than the ones that we mentioned now?

Palesa: Well, for me, again, with commitment. It just felt like since I was away, just like, I don't' know, I was mostly like overwhelmed by a lot of stuff as well. And like dealing with mental health issues and now, you are also here, you also can't function as well. You are like, what's going on, you know. So yeah.

Nqobile: Yeah. That's another big one. And it's something Sizwe also touched on earlier on, right, that the process itself also took something of you and it also required something from you as well. And that's why I also said to you guys at the start, as and when you need any kind of assistance, you could reach out right, if anybody needs some form of help. Because we did have that kind of support from [Mental Health Organisation] as well to say if any of us in the group may be struggling with something, we can reach out. I think I shared, when I first sent you guys emails, I also shared that document with the contact details, but I just wanted to share that with you guys. If there's nothing else, we can move on to the next question. The third

thing, and you guys touched on it a little as we were discussing here. How would you feel, as part of what we have been doing, how would you feel or say the young people in our community have benefitted from this particular intervention.

Lerato: Please repeat.

Nqobile: How do you feel the young people in our community have benefitted from what we were doing as a group?

Koketso: Have been what?

Nqobile: Have benefitted from what we have been doing as a group?

Lerato: Like benefitted from whatever we were doing.

Sizwe: So, for me, since I know like the people who I reached out and managed to get track of their progress, for me actually it makes me proud that I actually accomplished something that actually not benefitted myself but someone else. So, for me, this project basically, even though, it started as a small group, and little by bit it's still expanding. Because now I know that if I manage to help you. On [Youth Centre] now they basically call me the psychology of the branch, so because like you know the things whereby neh you actually start to talk with someone neh and then that someone started to cry and be like, actually, I needed that. Then someone else saw that and was like, Sizwe, why did you make her cry? And I was like, no, we were just talking, and now she is fine. So now the person now gets more comfortable to come to you and be like look Sizwe this is what's really happening, this is what's really happening so can you please help or assist in a way. So for me that actually makes me proud. Yes.

Mahlatse: I think they have that thing of, a sense of, they are not alone. They know that there is someone. By you talking to them, they have that thing that, I can go to whoever and talk about one two three four. I am not alone and another person might also be experiencing the same thing. I might think that I am dying. I might think that, you know, whatever problem that I am facing, I am the only one going through it. But through talking, I feel like they have seen that, no, I am not alone in this problem and I can come out from this problem.

Nqobile: Absolutely.

Lerato: And we must be ready for this year guys. We must like put more impact.

Sizwe: Just a heads-up neh. Thursday, I think [Youth Centre] is having, they are having a matric week. And then on Thursday there is a slot for mental health awareness.

Nqobile: Oh nice!

Sizwe: So I don't know if maybe we should also come and interview.

Nqobile: This Thursday? Tomorrow? Oh, hectic.

Sizwe: Yes, tomorrow. I saw the timetable today.

Mahlatse: As in tomorrow?

Sizwe: Yes, as in tomorrow.

Mahlatse: When did they, oh, they sent in the group?

Sizwe: Yes, they sent it in the group. I saw the timetable today.

Nqobile: Argh man, I wish we had heard. What kind of, is it some programme, workshop, what is it?

Sizwe: Yeah, the, the for the mental things, mental awareness. It's like a workshop. Yes.

Mahlatse: We can also just ask for a slot to maybe ask the questions. Ask them how did that session benefit them so that we know maybe in the future what is lacking in these mental health topics.

Nqobile: Nice. Thanks for letting us know. I think that's something to think. What time is it? When does it start?

Sizwe: Let me check.

Nqobile: Who's the branch coordinator now again?

Sizwe: It's Kopano (pseudonym for branch representative). It's from 11h00 to 11h45.

Nqobile: It's a short session.

Mahlatse: The mental health slot or the whole thing?

Sizwe: For the workshops. The workshops are on Thursday.

Nqobile: Okay. Do we know who is coordinating it? Who's coming? What NGOs?

Sizwe: Tsietsi (pseudonym for NGO coordinator).

Koketso: I think Tsietsi is the best person to talk to or aus' Kopano.

Sizwe: We are not sure, 'cause also today I just went there just to check how things go then I came here. I didn't spend time, to, yes.

Nqobile: Is there anyone who would be interested to also join or be part of the workshop?

Koketso: I will be there.

Palesa: Yeah.

Tumelo: When? Tomorrow?

Sizwe: Yeah, tomorrow.

Nqobile: If you manage.

Sizwe: Oh yeah, by that time I will be at school.

Nqobile: You won't manage neh?

Sizwe: Yes, I have a morning class tomorrow.

Mahlatse: I didn't know about this. I could have came.

Koketso: I also saw it. I forgot.

Nqobile: We were just talking about how we feel this has benefitted young people. So the sense of not feeling alone, that there are other people who might be going through what you are going through. But I think for me as well, without jumping the gun a little bit, but I think one of the things we have tried to do is to let them aware, just bring awareness to them in terms of the resources that there are in their community. We find some of them didn't even know for example that there is such a thing called [Mental Health Organisation], or there's such a thing called this and that that I can go to when I need help. We mustn't take that for granted as well in terms of how much that could have assisted too. You alright? We were just wrapping up on that last question. Quite similar to what I've just asked you, one of the questions I asked before, what would you say you guys have learnt from this process? Some of the skills you would say you have developed, individually so?

Lerato: So, as we've said, usually when people speak about mental health illness, our parents will just say, ah, depression is a White person thing, you know. So I've learnt, myself, I've also learnt, cause to me, I didn't really believe that like mental health illness, it's like, it's a real thing 'cause it never happened to me. So obviously if something never happened to you, like you are most likely to judge like, a person who has that thing. So it opened an eye on me to, to like show me that these things really happen. People are out there like seeking for help. So this process has helped me to know that these things are real and people out there need help for this thing. So it opened an eye for me.

Sizwe: For me, I found out that there's basically many types of depression not the depression that we know that when someone is just feeling down and what. Also like the ones that like when someone just decides to post negative things on social media or anything, so, I also discovered that that's part of depression or affects mental health. So, I found out also I was the one who is suffering from that. But through this programme basically, I also managed to, how to deal with it and also have emotional intelligence of myself. Yes.

Palesa: I also have the same thoughts as Sizwe to say, we got to learn about many aspects to depression. It's just not only classified as one type. And on how to deal with it when you kind of see the signs within yourself, within yourself that's like leading to depression or anyone around you, so, yeah.

Nqobile: Nice. Good to hear that. Did this come from the video specifically, or was it even before we did the video?

Palesa: Before.

Sizwe: Before.

Nqobile: Okay. Anyone else?

Koketso: I think from my side, personally I thought mental health it can only be, you can only be helped or get assistance from people who are from maybe the department of health, from psychiatrists, people who are coming from there only. But as we were doing researches, we found out that different stakeholders like [Mental Health Organisation], there's this other one I forgot its name which is also helping. And through [Mental Health Organisation], you can also just type the number. It's free, you can dial them and call them and they will help you through the phone. So yes.

Nqobile: Yeah. Glad to hear that.

Koketso: By finding that, I know that I can refer just anyone. They won't tell me that no, I don't have airtime. It's a call, toll free number which you can use to call. So yes.

Nqobile: And it also helps. Nami I was quite happy Koketso as part of our research process when we were like collecting data on organisations, institutions, it was quite good to me to see there's toll free numbers, right? We won't always have airtime or data to contact these institutions so it was quite great. And remember we even looked at, for instance, substance abuse helplines, gender-based violence helplines, child abuse, all of those other issues related to mental health challenges. So I was quite happy to also see that myself. I think we also saw, one thing that I was also quite relieved and pleased with was that there actually are organisations close to us as well. I think I saw, is it [Programme G], right, that also speaks specifically to those challenges. I don't know if you guys also noticed, but we decided to also add [Youth Centre] as part of the list. Can anyone guess why that was? Inasmuch as it doesn't specifically tackle mental health, I felt it should be included in there.

Sizwe: Yes, since [Youth Centre] basically, our focus group, basically it's like automatically, since we are organization that was formed throughout [Youth Centre], so basically, it's us when we say [Youth Centre].

Nqobile: That's exactly why, yeah. So I felt it should be there because we have these young people, us, here, who have thought about this thing, so if anybody needs some information, they can hit anyone of us up, right? Did you give your number away?

Lerato: We didn't know what to call ourselves at the radio station.

Nqobile: She didn't get, argh shame, I think she misunderstood a little bit.

Lerato: And we were like, we were just like, we are from [Youth Centre].

Palesa: She asked multiple times.

Koketso: We are just a group from Mamelodi.

Nqobile: I remember hearing that and I was like oh no man.

Mahlatse: Why is she asking us these things?

Lerato: And she asked us twice.

Nqobile: I think she misunderstood because I made it clear that no no no, it's not that we are an NGO, we are coming from a certain organization, trying to come together to focus on certain challenges, mental ill-health, blah blah blah. And then I think in her mind she just had, oh you guys are an NGO. You guys handled it well.

Mahlatse: But I think adding [Youth Centre] into that thing also, not just that because we came together for this thing, saying that you can go to [Youth Centre] to do 1,2,3,4. When they get there, they will be obviously be tutored. But because [Youth Centre] in itself has these other, like, all these talks that they do, it can be a source or a place for them to come for help. Not just because we came. But they can go there and get something.

Nqobile: I like that. And I think you guys also mentioned at some point that [Youth Centre] also works quite closely with other NGOs, right? Exactly. One of them was, the time we were organising our school talk, who said, I was confusing, not Herbert (pseudonym for NGO representative), there was one of those NGOs you guys said would, they would be willing to come on board and also help us with the talk.

Mahlatse: [Organisation B].

Sizwe: [Organisation B]. Yeah, it was [Organisation B] and [Organisation A].

Nqobile: So exactly that. It's a gateway as well to accessing other organisations as well. You guys have lowkey answered this, but maybe you can just touch on it again briefly. Whoever is comfortable to answer this, for those who have answered you don't have to, just different people maybe. How would you feel this process has influenced your own wellbeing, on a personal level? For those who have touched on it, you don't have to again, but for others, you are more than welcome to.

[Silence]

Nqobile: We'll just give it some time. Okay, if there's nothing, we can move on 'cause you guys have touched on it.

Mahlatse: I was thinking. I was trying to think and say it in another way.

Nqobile: It's totally fine 'cause you guys did touch on it. How do you think this process can be improved, right? So if we were to have a redo of some sort of this process, how can we improve it?

Koketso: Okay, since now it's still January, it's still January and some of us have, we are having a good relationship with principals, we can talk to them and have school talks. And maybe also invite other stakeholders. For it to be, to be, to be, what's this word, for this thing to get to, English guys, for this thing to be productive, I think we should also call out other

stakeholders which are dealing with the, kind of the same thing which we are doing. Or maybe it will be easier if we start it at [Youth Centre] where there are fewer learners, maybe on Saturday, then we have our programme then we give them those handouts you talked about and then they will know what to do whenever they are going through such things.

Nqobile: Thank you for that.

Mahlatse: I agree that if we were to, like that, start with [Youth Centre] 'cause they are already there. And also sit down with, actually bring those stakeholders and sit down with them and so that they can have a clear understanding in the beginning before, because there used to be those back and forths and things. So if we could just sit down with them and say, this is what we would like to do, what would you like to bring into the table, or what do you want to add, which, what do, so that we know this one is doing that, this one is doing that, that one is doing that. And then, we can have like a clear understanding. And then, also, with, if we were to go a school, it would be nice if we go at, look at times. Sometimes when you go to a school during exam times, they are more, they were reluctant as well like the other school, they were ready and then they realized, oh, it's October, it's matric time, we need to focus on them. So if we were like now it's January, things like towards the end of the term, they are done writing but they are still there. Teachers are busy marking so there's a bit of a time there as well. And then usually at the beginning they don't want, they don't want people because they are still trying to, you know, get into the dive of the school and everything. So if we could just in the beginning of maybe a term, tell them that we would like to come. Is such and such a date okay? Having us also have thought about maybe exams and stuff like that. Yeah, so that's me.

Palesa: Or maybe like sort of establish a routine. I don't know if it's going to make sense, where it's like if we like, pick maybe four schools that's literally going to be our baby for like the year. We do regular check-ups and all of that, so yeah.

Sizwe: Since now we have basically have the whole year to ourselves, how about maybe also we create our like daily schedule, our schedule for this year. Be like, okay, since maybe like as she said like four schools including [Youth Centre], maybe let's say in our schedule we know that we talk to [Youth Centre], [Youth Centre] is free on these weekends then we include ourselves that on this particular day, we are going to have our workshop there with the learners. Maybe on another week or months so we going to other schools. Maybe like constantly, something that we continue doing like throughout the whole year. That's what I was also thinking.

Nqobile: Anyone else? Any other thoughts? Not yet neh? Okay. So one thing I am also picking up, one thing I am also picking up from what you guys are saying is, and you also touched on

it in your interview on [Radio Station], is it would be ideal for this to continue. For us to also venture into certain spaces, but to obviously keep this group active. That's also my wish. Inasmuch as we may have met last year for a certain purpose obviously, but I do still feel there's so much potential for this, right. Still keeping contact, still trying to work on these things. I think it really can do a lot. Before we move on to the next, second last question, I actually wanted to check with you guys. We created that resource pack "who can I go to when I need help?" You once mentioned something like distributing that in the, like at [Youth Centre] itself. Would it help, I can try to get a few printouts. Maybe if I can meet with one of you or actually come to the centre at some point, just have a few copies left at the centre just for people to take with them or to actually just post somewhere if they'd give us that permission.

Mahlatse: They will give us permission.

Sizwe: We can do that. Since, I'm not sure, since like tomorrow, like, maybe send it out today then maybe I will send it to Tsietsi to say print out for additional package for the, tomorrow's workshop.

Nqobile: I think it would help.

Lerato: And because we are basically MI, I think we should like bring some and then we will distribute them to MI 'cause MI has a lot of students.

Nqobile: What's the best way we can do that because I have a soft copy, I haven't printed out hard copies.

Koketso: There are printers at MI and [Youth Centre]. There is a printer at MI.

Lerato: But they won't allow us to use it. [Youth Centre] is like friendly to us because we are [Youth Centre] people. Unless we talk to Dikeledi (pseudonym). But I was thinking you do them at [Youth Centre] and then we distribute them at MI.

Koketso: No problem.

Lerato: We will sort it out.

Nqobile: Which we have on our WhatsApp or should I send you an email?

Sizwe: It's fine, any way is fine.

Nqobile: Okay, that's fine. Thank you guys. Second last point, what are some of the resources, right, from the start of the process to this point, that you guys made a lot of use of or that you found quite useful in the process?

Tumelo: Resources?

Nqobile: People, organisations?

Mahlatse: I think [Radio Station] was very useful.

Lerato: [Youth Centre].

Mahlatse: [Radio Station] and yeah, [Youth Centre] as well. But for me [Radio Station] was, it's something that we need to actually develop a good relationship with them so that we can keep on going there again.

Nqobile: Okay, the last thing. Just speak up if you can. In what ways do you feel you can use some of the skills and lessons you have learnt in the process in the future? So how will this benefit you in the future, whatever you have learnt, and skills you have developed?

Mahlatse: I think that I should become that person who speaks about these issues, maybe at home, make people at home aware in whatever spaces that I go to. If I can sense that no man it looks like there's an issue of mental health, they don't really understand this. Because I have that knowledge, I must be that person to talk at home, at school, in any place that I find myself. I must just talk.

Sizwe: For me neh, I think like, since now, basically the learners call me their psychologist, so I think I am also going to embrace that journey. If possible, maybe try to make a, to make a, have a degree. Maybe do a short course. Maybe just to be like on the safe side unlike maybe saying that no you are busy taking people on a personal level now. I don't know if it could be a crime, but just to be on a safe side, maybe do a short course on being a psychologist. Just, you see, maybe so that I can help out more than like I am now.

Nqobile: You find it interesting.

Sizwe: Yes, I find it very interesting.

Nqobile: I can tell.

Palesa: I think creating safe spaces within our friendships, our families, our communities. For people to actually like, feel comfortable talking to us about such issues. And yeah.

Nqobile: Anything else? Any last thoughts?

Mahlatse: I don't think he knows the question.

Tumelo: I don't know the question.

Nqobile: We were just asking, the last thing neh, in what ways do you feel the skills you have learnt or the lessons you have learnt in this process will be used in future? So how are you going to use what you have learnt in this process in future?

Tumelo: I think this thing will be beneficial for upcoming, what would I say, in future. For me or people in the future?

Nqobile: For you.

Mahlatse: He did answer this question.

Tumelo: I think like, since we have the contacts and stuff. I think like as long as I know where to contact when I overcome like, I face a type of situation. I know like who to contact, who to like, something like that.

Nqobile: I think that's that with our formal questions. Do you want to add something?

Mahlatse: No, I am just saying he did answer when you were talking about in your home, you are going to try change that.

Nqobile: Alright I think that's that with the formal stuff. Thank you, guys. I'll just stop the recording.