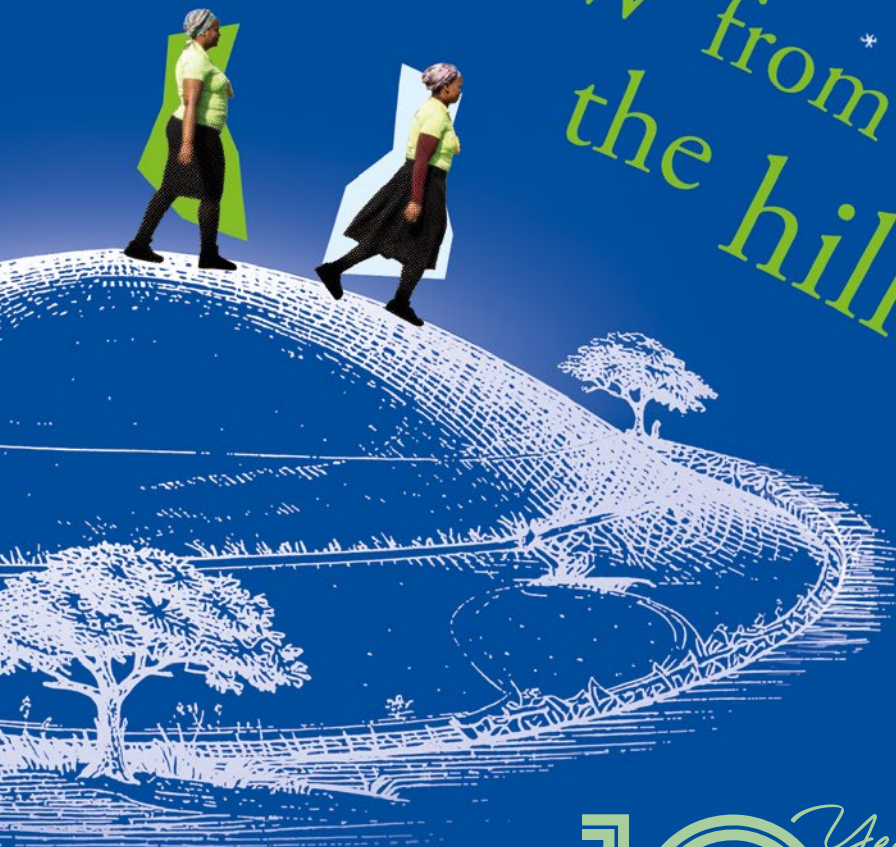


ANNUAL REVIEW

2024 – 2025

Our view from the hill



10 Years
one to one africa
Transforming lives

Twenty five years ago, we began our journey with a vision that every child, no matter where they are born, should have the opportunity to survive and thrive within a healthy, vibrant community.

Now, as we reach our 10th year in Africa, we take another pause on the hillside; time to reflect, to honour the children and communities we have walked with, and to look ahead at the hills that still rise before us.

It has been quite a journey. We've crossed deserts and mountains, figuratively and literally. From the trauma-affected zones of Kosovo and Israel/Palestine to tsunami-struck regions of India; supporting refugees from Afghanistan, Syria and Ukraine, to standing alongside local communities in South Africa, where our HIV response began.

In those early days, we worked with AIDS orphanages and clinics in the Western Cape to provide life-saving antiretrovirals to children. Today, we celebrate something once thought unimaginable: all babies born in some of the most impoverished rural areas of the Eastern Cape are HIV-negative.

But our work has never only been about survival, it has always been about thriving. We have held true to the belief that the most sustainable and effective solutions come from communities themselves. That belief is now fully realised in the form of our Mentor Mothers and, more recently, Mentor Brothers and Youth Champions: empathic, capable individuals with lived experience who now lead the way forward.

The journey is far from over. In fact, we now stand at the very inflection point we always dreamed of:

OUR MODEL IS PROVEN. OUR PARTNERSHIPS ARE IN PLACE.

We are poised to scale across the Eastern Cape, with the potential throughout South Africa, and across sub-Saharan Africa.

The hills ahead may be steep, but the view from here is magnificent. I warmly invite you to join us in climbing the next, most critical hills together with our South African leadership that will sustain the work that we have built together into the future.

Sincerely,



David Altschuler
Executive Chair

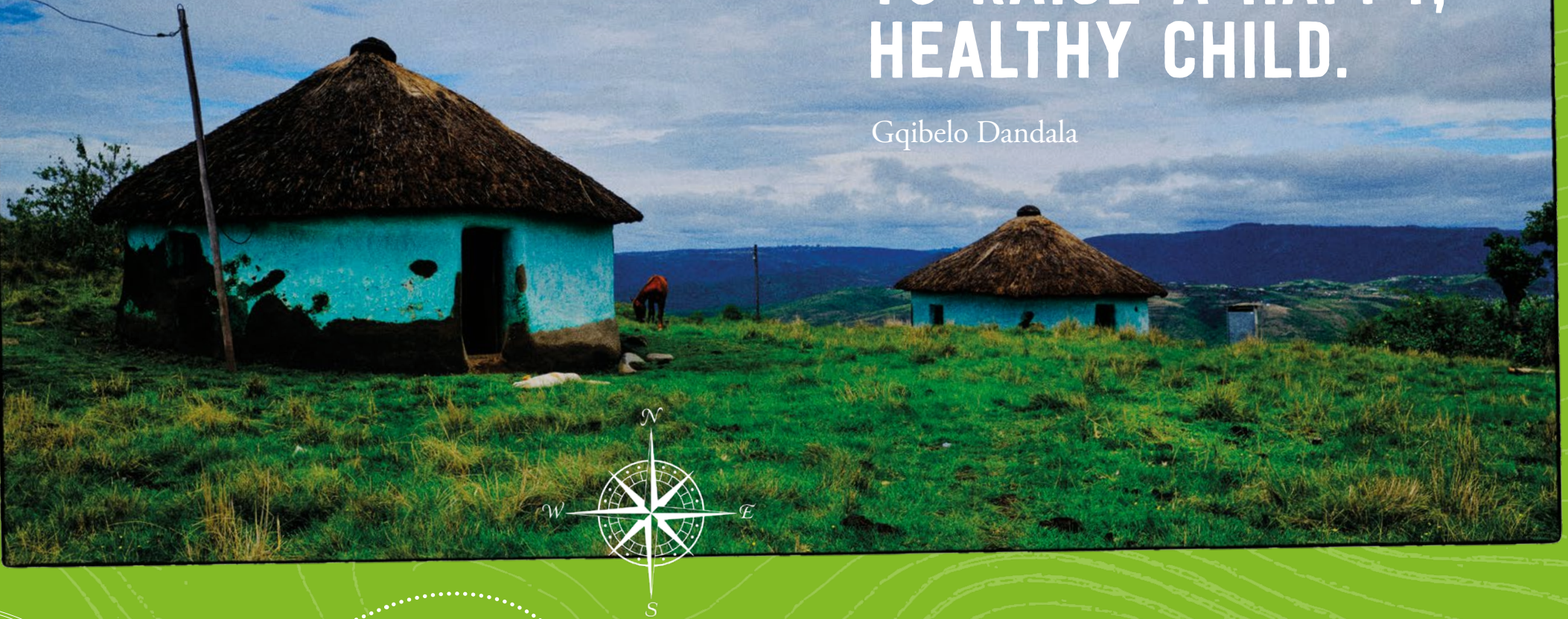




“ ”

IT TAKES A VILLAGE
TO RAISE A CHILD,
BUT IT TAKES A
HEALTHY VILLAGE
TO RAISE A HAPPY,
HEALTHY CHILD.

Gqibelo Dandala



FUNDRAISING INITIATIVES

One to One's supporters, partners and wider community were deeply generous again this year, with total income rising to R31.6m - enabling significant investment to grow in our life-changing programmes in South Africa. Thank you to all who gave and raised these vital funds.

R31.6m

TOTAL INCOME

We were especially delighted by the successful return of our flagship gala event, **Stardust**, which generated a record-breaking £370,000. Our heartfelt thanks to the incredible stars who performed, including many of our own ambassadors and patrons, as well as all those who helped us design and deliver the event, contributed auction lots, provided sponsorship or hosted tables.

This sparkling effort not only brought in life-changing funds but also re-energised our generous and inspiring community of donors and advocates. We are excited to share that **Stardust is back on 14th June 2026** - please get in touch to find out more.

As always, we were blown away by all those who undertook personal campaigns to raise funds for our work, often in lieu of birthdays, anniversaries and thank you gifts. Special thanks to Trevor Gruzin who ran the London Marathon for us in 2025 and heroically set the pace for a team of four runners next year.

**"ENKOSI NGENKXASO YAKHO -
IKHANYISELA IKAMVA."**

**("THANK YOU FOR YOUR SUPPORT -
IT LIGHTS THE FUTURE.")**

THANK YOU TO EVERY DONOR,
PARTNER, AND FUNDRAISER WHO MADE

THIS POSSIBLE - YOUR GENEROSITY IS

HELPING US REACH MORE CHILDREN AND
FAMILIES THAN EVER BEFORE



1

MENTOR MOTHER PROGRAMME

For many families, their OTO journey begins at home, when a Mentor Mother knocks on their door. These trusted women bring essential health services directly into the home, supporting expectant mothers through pregnancy, birth, and early childhood. They ensure babies are tested at birth, link families to health facilities, and help households strengthen their food security with parcels, seedlings, and vouchers. Our Mentor Mothers form the foundation of trust that underlies the success of One to One.

4,000+
mothers and children
supported with vital care

93%
of children fully immunised

100%
of babies born to HIV-positive
mothers tested negative at birth

300
families received food parcels,
seedlings for gardens, and vouchers



3

BABY UBUNTU

Some families face additional challenges when raising children with disabilities or developmental delays. Baby Ubuntu ensures they do not walk that road alone. Through peer support, group sessions, and home visits, caregivers find strength in shared experience and learn practical ways to provide their children with dignity and care.

NEARLY 700
caregivers across 29 villages
supported through group
sessions and home visits

Families built resilience
through food gardens,
nutrition support, and
community solidarity



5

ENABLE MALE ENGAGEMENT PROGRAMME

A family's wellbeing is shaped not only by mothers but by the involvement of men. Mentor Brothers create spaces for fathers, partners, and sons to engage in open dialogue about health, gender-based violence, fatherhood, and HIV. By reshaping harmful norms and promoting shared responsibility, men become active participants in family life and allies in building safer, more stable communities.

400
men engaged across 10 areas

Partnerships with traditional
leaders strengthened advocacy
for positive masculinity and
men's health

Community dialogues on
fatherhood, health, HIV, and
gender-based violence



2

ENABLE PLAY LEARNING

As children grow, families are supported to take the next step with our Enable Play Learning programme. Here, caregivers are equipped with skills to nurture cognitive, emotional, and social development through play and learning, even where formal early childhood centres are absent. Practical parenting sessions, toy-based activities, and nutrition support help caregivers create environments where children can thrive in their early years.

600
caregivers supported
with parenting and early
learning skills

Partnerships with the
Department of Agriculture
opened opportunities for
expanded nutrition funding

50
caregivers joined International
Play Day to learn about play
and development



4

ENABLE YOUTH PROGRAMME

Needs shift as children enter adolescence, and so does our support. The Enable Youth Programme helps young people living with, or affected by, chronic illness to stay healthy, stay in school, and build brighter futures. Youth Champions, themselves peers from the community, mentor and advocate for adolescents, helping them access services, re-enrol in school, and develop leadership skills.

800
adolescents participating in
activities to build life skills

500
adolescents received seedlings
for food gardens

5
adolescents returned to school,
8 entered tertiary education,
many more accessed IDs, social
grants, and support

6

MOBILE CLINIC

When more specialised services are needed, families are referred to our Mobile Clinic, which travels to the most remote areas where there are no clinics and even Mentor Mothers cannot reach. Here, children receive immunisations and nutrition consultations, mothers register pregnancies, and households access TB and primary health screenings. With five staff members on board, the clinic ensures that care extends beyond the immediate visit, offering follow-up and education that strengthen community health systems.

20
Over 20 village areas reached

NEARLY 1,900
people reached in first full
year of service

928
primary healthcare screenings

535
childhood immunisations
delivered

1,329
TB screenings conducted

367
nutrition consultations provided



ENABLE PLUS



Launched in 2024, Enable Plus is our three-year partnership with the Eastern Cape Department of Health. It aims to integrate the Mentor Mother Enable Play Learning models into the government's Community Health Worker training framework. For 10 years, One to One Africa has journeyed with children, families, and communities living at the last mile. With Enable Plus, we have reached a new milestone; moving from community-level innovation to province-wide transformation.

At its heart lies a simple but powerful idea: that every household visit, every health conversation, every small act of care can be multiplied when governments take proven models to scale.

This year, we trained the first cohort of Master Trainers from eight sub-districts in our methodology. The next phase will see clinic staff, the Outreach Team Leaders and Health Promoters, and hundreds of CHWs trained and supported. The training curriculum is co-designed with government, a monitoring and evaluation framework ensures accountability, and a customised mHealth app keeps data in the hands of the Department of Health. Together, they will reinforce a system where care begins at home and extends to the clinic.

The Enable Plus training curriculum is designed around three core components, each rooted in One to One's evidence based approach to improve Community Health Worker (CHW) child and maternal health delivery:

1

THE MENTOR MOTHER MODEL

Grounded in peer support and maternal health, this component trains and empowers local healthcare workers to serve as guides and advocates for expectant and new mothers in their communities. The model promotes trust, improves maternal and child health outcomes, and builds resilience within households.

2

EARLY STIMULATION

Recognizing the importance of the first 1,000 days of life, this component trains CHWs to support caregivers in promoting cognitive, emotional, and physical development in young children through simple, home-based activities.



3

MHEALTH APP INTEGRATION

Technology is a key enabler in the Enable Plus program. The use of a customized health app enhances data collection, improves decision-making, and ensures real-time support and monitoring for CHWs on the ground.

Enable Plus is more than a programme.

It is the bridge between community innovation and national policy, between small-scale pilots and systemic change. It is the natural next step in our journey: walking further, with government and communities by our side, so that lasting health and dignity can reach hundreds of thousands of families across the Eastern Cape and beyond.

STRENGTHENING GLOBAL COLLABORATION FOR MATERNAL, CHILD, AND ADOLESCENT HEALTH

Our journey does not end in the Eastern Cape. The lessons we learn in last-mile communities inform and inspire conversations on global stages, where policies and partnerships are shaped. This year, One to One Africa shared its experience and vision at key international forums, ensuring that the voices of rural families are heard in spaces that influence health systems worldwide.

This included hosting a panel at the **United Nations as part of United Nations Women's Commission on the Status of Women (CSW) 69**, in partnership with the South African Permanent Mission to the United Nations, the South African Departments of Health and Social Development, and the United Nations Population Fund (UNFPA). In addition, our Programmes Manager represented One to One at the **AIDS Impact Conference in Casablanca**, bringing insights from our Male Engagement programme into dialogue with peers across the continent.



GLOBAL WORKING GROUPS

We continued our active role in the Global Alliance's Pillar 1 Working Group driving leadership, funding and action towards ending AIDS in children by 2030, and in the Child Health Task Force, a global network dedicated to developing equitable, integrated health programmes for children aged 0–19, in alignment with the Global Strategy for Women's, Children's, and Adolescents' Health (2016–2030). These global platforms have shaped our programmatic direction and reinforced the importance of local voices in global health conversations.

NEW LEARNING TOOLS

In partnership with Digital Medic, Lwala Community Alliance, and Philani Maternal, Child Health and Nutrition Trust, we launched the Caring for the Sick Child course: an open-access, digital training designed to equip Community Health Workers (CHWs) with the knowledge and skills to identify early signs of common childhood illnesses and take timely action to prevent severe illness and death. We are currently integrating this digital content into our in-person CHW training sessions and using it for refresher training with Mentor Mothers.



INTERNATIONAL CONFERENCE
& THOUGHT LEADERSHIP



RESEARCH

Research and evidence guide our every step at One to One Africa, helping us learn from experience, strengthen our programmes, and share insights with the wider global health community. This year, we advanced several important studies with our university and NGO partners.



FOR MORE INFORMATION, SCAN HERE.

ENABLE PLAY LEARNING (EPL) EVALUATION

PARTNERS: Stellenbosch University's Institute of Life Course Health Research.

DESCRIPTION: We completed the first-ever qualitative evaluation of our Enable Play Learning programme, assessing how well it strengthens caregivers' knowledge, attitudes, and practices around early childhood development.

ACHIEVEMENTS: Completed 15 focus groups and caregiver interviews with analysis and transcription finalised.

NEXT STEPS: Collaborate with Stellenbosch University to analyse results and present at 2025 conferences.

ADOLESCENT PROGRAMME

PARTNERS: Internal analysis (Better Together Last Mile programme).

DESCRIPTION: Retrospective study of ~900 adolescents across three cohorts, combining programme data with qualitative interviews.

ACHIEVEMENTS: Building evidence on how peer-led support affects disclosure, health behaviours, and resilience.

NEXT STEPS: Complete data analysis and qualitative fieldwork in late 2025.

MASANA YOUNG MOMS STUDY

PARTNERS: Stellenbosch University's Institute of Life Course Health Research.

DESCRIPTION: Study on access to and retention in HIV/sexual and reproductive health (SRH) care for adolescent mothers living with HIV.

ACHIEVEMENTS: Conducted interviews, workshops, and youth-led sessions fostering peer connection and psychosocial support.

NEXT STEPS: Complete further interviews and analysis in 2025, with final results expected mid-2026.

MALE ENGAGEMENT PROJECT

PARTNERS: Stellenbosch University's Institute of Life Course Health Research.

DESCRIPTION: A Knowledge, Attitudes and Practices (KAP) survey exploring men's views on health, gender roles, caregiving, and gender-based violence.

ACHIEVEMENTS: Provided new insights into men's views on health, gender roles, caregiving, and gender-based violence, providing valuable insights into social norms that influence family wellbeing.

NEXT STEPS: Conduct an implementation study in 2025 with interviews of Mentor Brothers and clients.

DIABETES SCREENING STUDY

PARTNERS: Stellenbosch University's Centre for Global Surgery.

DESCRIPTION: Pilot of community-based diabetes screening conducted by Mentor Mothers through household visits and referrals.

ACHIEVEMENTS: Generated valuable insights into management of chronic disease management in rural areas.

NEXT STEPS: Finalise quantitative and qualitative analysis by end of 2025 and share recommendations with government partners.

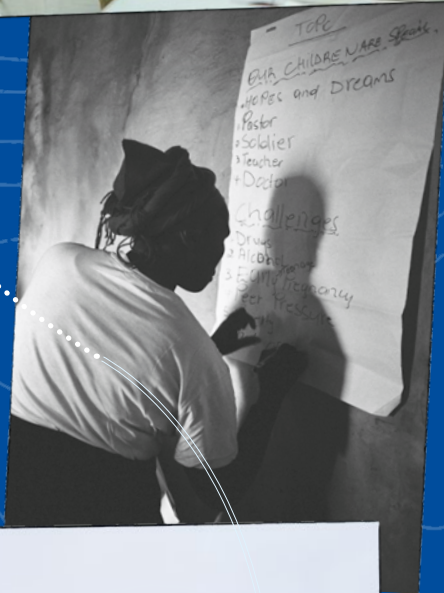
CHIME (COMMUNITY HEALTH INTERVENTION THROUGH MUSIC ENGAGEMENT)

PARTNERS: Perinatal Mental Health Project (PMHP), University of Cape Town.

DESCRIPTION: Innovative project using local music traditions to address perinatal mental health challenges.

ACHIEVEMENTS: Early results show promise for culturally rooted, community-driven mental health interventions.

NEXT STEPS: Continue analysis and share findings at upcoming conferences and webinars.



FINANCES

TOTAL INCOME 24-25

R31 611 053

Of total income, what are the sources?

DONATIONS FROM
OTHER SOURCES

R12 879 902

DONATIONS
FROM OTOCF

R18 028 000

Of total income, what was restricted and what was unrestricted?

RESTRICTED

R25 844 942

UNRESTRICTED

R5 062 955

TOTAL EXPENDITURE 24-25

R28 292 955

Of total expenditure, what was governance costs, what was fundraising activity and what was programme costs?

FUNDRAISING

R1 288 289

GOVERNANCE

R50 321

PROGRAMMES

R21 702 270



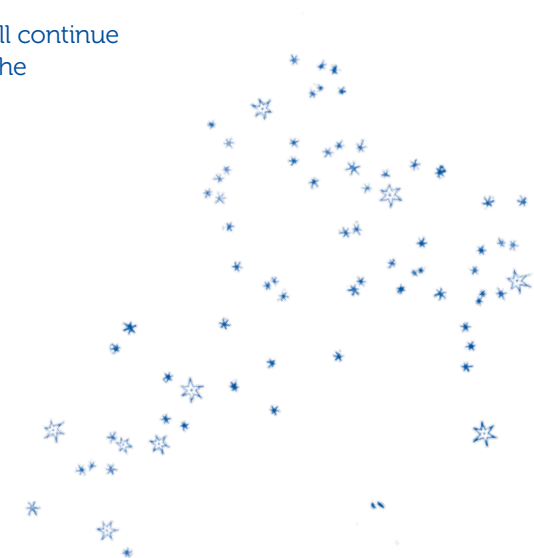
As we celebrate One to One Africa's 10th Anniversary, I am filled with gratitude and pride.

- To our remarkable UK and South African Trustees, who have walked alongside us with wisdom.
- To our extraordinary staff teams in both the UK and South Africa, whose commitment inspire me every single day.
- To the resilient children and families we are privileged to serve, who remain our greatest teachers and motivators.
- And to our donors, who believed in us from the very beginning, and continue to do so.

Ten years is a milestone. Together, we will continue to build hope, resilience, and impact for the communities we serve.



GQIBELO DANDALA





WITH SPECIAL THANKS TO:

D G Murray Trust

Nelson Mandela Children's Fund

ViiV Healthcare Positive Action
Programme Grant

Mthatha Women's Support Centre

Department of agriculture

Dept. of Basic Education

Dept. of Social Development

Ibis Reproductive Health

South Africa BRICS Youth Association
(SABYA)

Schmidt Family Office (SFO)

Book Dash

Little Sun Foundation

Healthy Living Alliance (HEALA)

Hope Worldwide South Africa

Vitamin Angels

Perinatal Mental Health Project,
University of Cape Town

Institute of Life Course Health
Research, Stellenbosch University

Department of Social Development

Philani Maternal, Child Health
and Nutrition Project

And hundreds of other generous individuals and organisations
who continue to walk with One to One on our important journey.

Trustees

David Altschuler (Chair), Jenny Altschuler, Dr Lillian Cingo, Kristy Evans, Justice
Johan Froneman, Patience Mahachi, Rudzani Mulolwa, Jonathan Penkin.

OUR THANKS





Inspired by Mandela's legacy, we have discovered the secret that after climbing a great hill,
one only finds that there are many more hills to climb.
We have taken a moment here to rest, to steal a view of the glorious vista that surrounds us,
to look back on the distance we have come.



SCAN TO DONATE

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