



MILNERTON HIGH SCHOOL

Care and Dignity

2025 IMPACT REPORT

Thank you for the opportunity to share a summary of the work of *MHS Care and Dignity NPO*, which launched in 2023.

An official non-profit had been a pipe dream for many years, and it was a proud moment when the dream was realised through the support and commitment of funders, willing hands and open hearts.

BACKGROUND:

It was during COVID lockdown (and even before!) that Angela Snyman, a teacher at Milnerton High School, and a small group of parents identified the importance of offering assistance to learners and their families going through tough times. Lockdown tipped the scales as so many needs came to light.

The launch of a registered NPC in 2023 offered the structure upon which to build ideas and commitment on a larger scale. With financial backing comes a boldness to step out with purpose and to make a difference in the lives of learners and their families. This enabled the team to plan, respond to immediate needs and not rely totally on the generosity of parents.

All funds received from donors and events are administered to help lighten the load and lessen the stress of hardship (with dignity). As one witnesses the daily impact of poverty and unemployment amongst parents, so the focus is to help provide for basic and school needs as families navigate their way through rough waters.



The original team seen here with Mrs Tutu, the wife of the late Archbishop Desmond Tutu and supporter of MHS Care and Dignity



CORE PROJECTS:

The **3** core projects provide **family food hampers**, **toiletry hampers** and **breaktime lunch** (a sandwich, fruit and treat).

1. Food Hampers – MHS contributes a budget for non-perishables per month, which is supplemented by donations of perishable items from parents, friends and food donors on a weekly basis. This is then topped up with extra budget from MHS Care.

By the end of 2025, the project served **28 families monthly** with approximately **600 food hampers** provided to families during the year.



Milnerton High School Care and Dignity "NPC"
Reg No: 2023/650193/08 **PBO Reference No:** 930078634 **Income Tax Reference No:** 9126282285
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2. Toiletry Hampers – items are donated weekly by individuals who serve this project on a roster basis. Once full packs are made, these are gifted to families together with their food hampers. **61 smaller** toiletry hampers and **70 large** hampers were provided in 2025.



3. Breaktime Lunch – 60 sandwiches, fruit and treats are provided daily, Mon-Fri by individuals who serve on a roster basis. Approximately **12 000 lunches** filled hungry bellies in 2025 – nourishing bodies and minds, thus helping learners to focus during the school day. Meals vary from sandwiches, hotdogs and wraps to sometimes even pizza! In Winter, soup and rolls are a regular favourite. The beneficiaries are always excited to receive what's on offer each day.

SUPPORT PROJECTS:



The **Bereavement Support** project was launched when it became evident that there is support needed for learners having lost a parent or sibling. This involves a visit to the family and providing a meal, card and small gift from MHS and MHS Care. A small gesture of compassion goes a long way in acknowledging the pain and loss so many of our learners experience.

2025 saw the launch of a support project that has been on MHS Care's heart for a long time, when the need for a holistic approach became evident. A **Counselling Support** service was launched in August, offering learners the opportunity to speak to a counsellor that offers their time on a pro bono to MHS Care beneficiaries and families weekly. This has made a remarkable difference to the wellbeing of learners and continues to increase impact of both School's and MHS Care's partnership and intervention covering a host of counselling requirements. In December an additional counsellor came onboard which will therefore add much needed capacity.

In addition, the need for a dedicated **counselling room** was identified, to facilitate more efficient support. School offered the perfect space for this purpose which has since been reconstructed and beautified through the generosity of the School Governing Body, MHS and amazing sponsors. There are many plans in place for this project that will enable MHS Care to facilitate a multi-disciplinary approach to the needs of our learners and their families.

SUSTAINABILITY:

As part of the strategy to become sustainable, MHS gifted the NPO with **522** items from the school's previous clothing bank in 2023, soon aptly renamed **UniShop**.

Operating from a dedicated space above the Theatre Hall, UniShop is open once a week. It is run and administered by a volunteer parent who is assisted by the dedicated members of the MHS SAS Society (Service Above Self). Their commitment to UniShop has earned this project overwhelming success, serving as an important income source for MHS Care's projects.

Great effort is dedicated to encouraging matrics and other learners to donate their preloved uniform items. 2025 saw bags of donations brought into stock, including **750** items from matrics on the last day of their final exams! All items are washed and repaired to their former glory, before taking their rightful place on UniShop's rails.



A group of volunteer menders and sorters help each year to prepare the preloved uniform items, in time for visits by Grade 8 learners and parents. This is a huge undertaking which happens at the end of each year as we bid matrics farewell and welcome new learners to MHS.

To date, **2 422 (new and reloved)** items have been sold and **193** items gifted to learners-in-need, allowing them to wear their MHS uniform with pride and dignity – cleaned, repaired, pre-and-reloved! To add to the convenience of the shopping experience, new items such as PE clothes, scarves, socks and badges have been added to stock, to support a one-stop shopping experience for parents.

Not only does UniShop raise valuable funds for MHS Care, it also provides items at no cost to learners in need, and it enables parents to outfit their children at a fraction of the price! Promotional clip [here](#)



MHS Care Tuck launched in 2024, making drinks and snacks available at some school events. This year's events included the week's show run of *Beat It*, the Spring Thrift event, the MHS Art Exhibition and PAT Music Assessments, as well as special Gr 8 UniShop days. Not only do these

projects allow for connections with MHS families, but also generate much-needed income, all of which is dedicated to MHS Care projects.

Ongoing **fundraising** is paramount to the future of MHS Care. 2025's festivities included a *Spring Thrift Sale* as well as a *Lucky Draw* and donations raising a total of **R31 265**.

In addition, a food drive hosted by *Milnerton Preprimary School* raised 730 food items which restocked the MHS Care pantry from floor to ceiling! The ongoing support received from MPPS has made a long-lasting impact on the food hampers supplied to families.



WITH SPECIAL THANKS:

2025 has seen the addition of many new Donors – both financial and product/service related which has allowed MHS Care to extend its assistance to beneficiaries even further.

We acknowledge and offer special thanks to individuals and organisations that support MHS Care, and encourage you to support them too: Counsellors Anduraine Lindique and Nazlie Philander, Cape Panel Beaters, Den Anker Restaurant, DGB Developments, Design2Web.Site, Dr Marius Coetsee Orthodontist, Dental Surgeon Dr. Juanne van der Walt, Espresso Bakery, Home is where the Cake is, OrganiKaroo, Florstore OnTrend, Kevin Phillips Optometrist and Rich Meats.



Thank you to our lucky draw prize donors: Adendorff Machinery Mart, Andrew's Boutique, CRC, ex Linea Furnitures, Gemelli, Ina Paarman's Kitchen, Linda Brink Physiotherapy, ex Linea Furnitures, Making Faces, Mantelli's, Nails of Note, OrganiKaroo, OvenBoys, The Tutoring Station, ShedShed Creations and The Cape Milner.

We extend a special thanks to all 2025 financial donors, individuals that have gifted us with their time and expertise and all volunteers who served on the project rosters. Without all these combined efforts, MHS Care would be only a dream and not the reality that it is.

THE FUTURE:

Each year MHS aims to meet another need within its holistic approach. This year will be no different as it builds on Its Counselling Support project, with plans to launch a mentorship/coaching programme.

Increasing the network of *food products, services and monetary donations* is an ongoing focus. MHS Care is SARS registered and allows for the issuing of Section 18As, which offers some encouragement to business owners. The website accommodates various platforms for donations including EFT, direct donations and recurring debits. More information is available on www.mhscare.org and the [Donate](#) button.

2026 will see a renewed focus on increasing the *volunteer base, parent awareness and involvement, as well as the expertise of industry professionals*.

Milnerton High School Care and Dignity NPC comes from humble beginnings, but its dreams are big and growing each year. It is a privilege to offer some relief to those who need a 'hand-up' until they get on their feet, and a honour to help learners by having the basics covered while they reach for the stars! And of course, the real reward is leaving behind a legacy that will live on for many years to come. We honour and appreciate the support of the network of parents, friends, service providers, our dedicated donors, MHS and the Board. For more information or if you would like to become a product, service or financial donor, get in to touch via info@mhscare.org. We look forward to you reaching out to any of our team.

With thanks from the MHS Care and Dignity team.

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