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01. Adolescent Mental Health is Everybody's Responsibility

Dear Friends and Supporters,

I am thrilled to present to you Waves for Change's Chairman's Letter, reflecting on the remarkable work accomplished throughout 2022. It is with immense pride and gratitude that I share the profound impact our organization has had on the lives of children and communities along South Africa's coastline.

When most of us think about children's mental health, we are often unaware of how dire the circumstances are for children living in poverty and how these circumstances affect not only their daily lives but also their future prospects. **Poor mental health is projected to cost the global economy \$6 trillion annually by 2030¹ with more than 80% of the global mental health burden occurring in low-middle income countries².** This is a horror stat, but it still doesn't accurately reflect how challenging daily life is for children like those who are W4C programme participants.

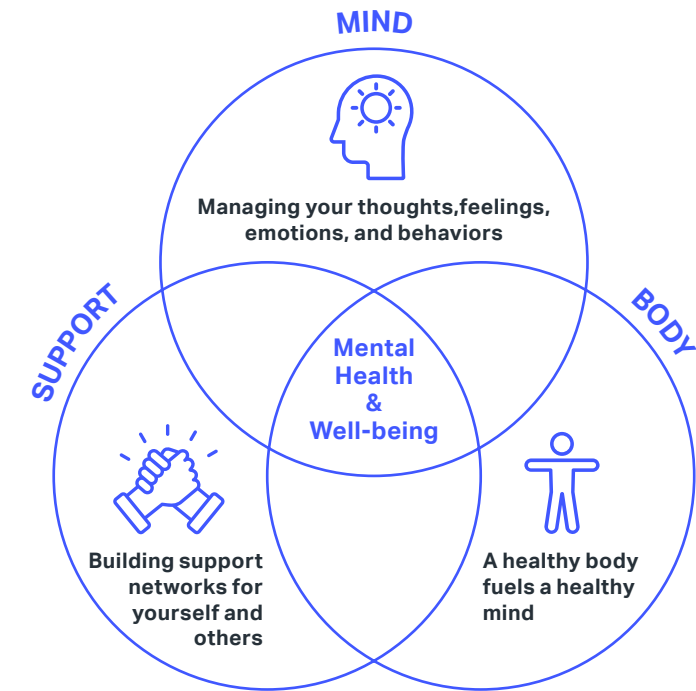
Children growing up in the townships where W4C works can experience up to eight traumatic events per year. Children growing up in countries like the UK and the USA might experience five such events in a lifetime. This constant exposure to trauma creates a toxic stress response.

There is a growing body of evidence that

children and young people growing up in chronic poverty in South Africa are experiencing Toxic Stress at pandemic levels. The 2021 Mental State of the World report identified South Africa as the lowest-ranked country based on mental well-being.

Our Children require us to act decisively to support their development. Over the past year, W4C has continued to implement award-winning, evidence-based programmes at 5 beach sites along the SA coast, with quantifiable results. We have witnessed first-hand the power of surf therapy, and evidence-based mind-body practices to help children cope with the weight of the trauma and stress they experience at pandemic levels.

Throughout 2022, our dedicated team tirelessly worked to provide life-changing opportunities for children most in need. With the support of our generous donors and partners, we were able to train and employ 43 South African youth as Surf Therapy coaches. These remarkable individuals served as beacons of hope and inspiration, guiding our participants through their transformative journeys. With a powerful cohort of trained coaches, we could expand the number of children with Autism Spectrum Disorder (ASD) who attend our focused morning



sessions during school hours, and include adolescents who were identified as having behavioural challenges, who could benefit from our Surf Therapy programmes. In total, our Surf Therapy programmes reached 2 280 children from 43 communities, and improved their ability to self-regulate, and form positive social connections.

We also expanded the number of organisations we partner with in our drive to increase the number of organisations that use sport as a vehicle for mental health support. With our partners, we have refined a package of training and curriculum products that are helping more and more organizations mobilise coaches, mentors and teachers in extremely vulnerable communities. We're thrilled to see greater adoption and referencing of these tools by partners including UNICEF, United for Global Mental Health and Grand Challenges

Canada. We're excited to have started discussions to formalize our partner training model with the provincial South African government in 2023 and beyond.

None of our accomplishments would have been possible without the unwavering support of our incredible donors and partners. Your belief in our mission has been the driving force behind our success. We extend our deepest gratitude to you for your invaluable contributions, whether through financial support, sponsorships, expertise or spreading the word about our work.

Thank you for your unwavering support and for being a part of the W4C family.

Warm regards,

Bongani Ndlovu
Chairman, W4C

"Due to historical neglect and underinvestment in mental health, generally, there are serious gaps in prevention and care for children and adolescents in South Africa. These gaps often lead to gross human rights violations that rob children and adolescents not only of their quality of life, but also life itself."

**- Advocate Bongani Majola,
Chairperson of the Human Rights Commission.**

¹ [https://www.thelancet.com/journals/langlo/article/PIIS2214-109X\(20\)30432-0/fulltext](https://www.thelancet.com/journals/langlo/article/PIIS2214-109X(20)30432-0/fulltext)

² <https://unitedgmh.org/sites/default/files/2021-07/Philanthropic%20Finance%20Report.pdf>

02. Letter from Our Founders

In 2022, the UCT Child Gauge found that 9/10 children in need of mental health support in South Africa go without. In Khayelitsha, a township close to Cape Town where we house one of our largest Surf Therapy centres, an estimated population of 1.4m+ people have access to one psychiatric hospital, 5 mental health nurses at community clinics and counselors at an estimated ratio of 1:10,000. We urgently need to increase the number of organisations able to provide early prevention/promotion mental health services.

For many years we've seen the battles young people face, and we've been finding new ways to make mental health support fun, equitable and accessible in countries such as South Africa. We now know that toxic stress can be moderated through early interventions that improve the attachment of children to more caring adults. Sport is a fantastic way to bring people together in non-threatening and engaging environments that put us all on the same level. If we're looking for new ways to foster caring attachments between people, Sport is one way we can do this.

We're incredibly proud that more and more children are accessing our Surf Therapy programmes in South Africa, and that more

and more schools, clinics, social workers and hospitals see our service as a genuine referral option. In communities where there are so few options, we're proud to be seen as a solution.

We're also encouraged by the early results of our partnership programmes in Somalia and Sierra Leone, where we've been training partner organisations to use Sport as a tool for mental health promotion and prevention. With our partners we've created two simple products that are helping more and more sports organizations globally harness the power of sport and play for mental health promotion. We've produced a coach training guide, allowing coaches to understand why sport is such a powerful tool, and simple coaching tips to harness the natural qualities sport has for mental health promotion. We've also produced a growing compendium of games and activities (a curriculum) that coaches and teachers around the world can use to transform their sports fields and classrooms into forums for healing. These guides will shortly be available for download via our website, with additional supporting content to follow in the years ahead (see page 12 for more of these tools).

Nelson Mandela famously said 'Sport has the power to change the world'. We know that one solution to the vast treatment gaps that our children encounter are more educated and capacitated sports and after-school programmes. Thanks to the generous support of our partners, we now deliver award winning Surf Therapy programmes to 2,500 children every week, and we're training and supporting an ever growing network of sports and after-school programmes globally.

A special shoutout and thanks to our incredible coaches. Without you, the health needs of children from violence burdened communities would not have the help they need. You are true changemakers and massive assets to your communities. We salute you!

Thank you for believing in us. We hope you enjoy our report.

Tim Conibear, CEO and Founder & Apish Tshetsha, Child Protection Lead & Founder

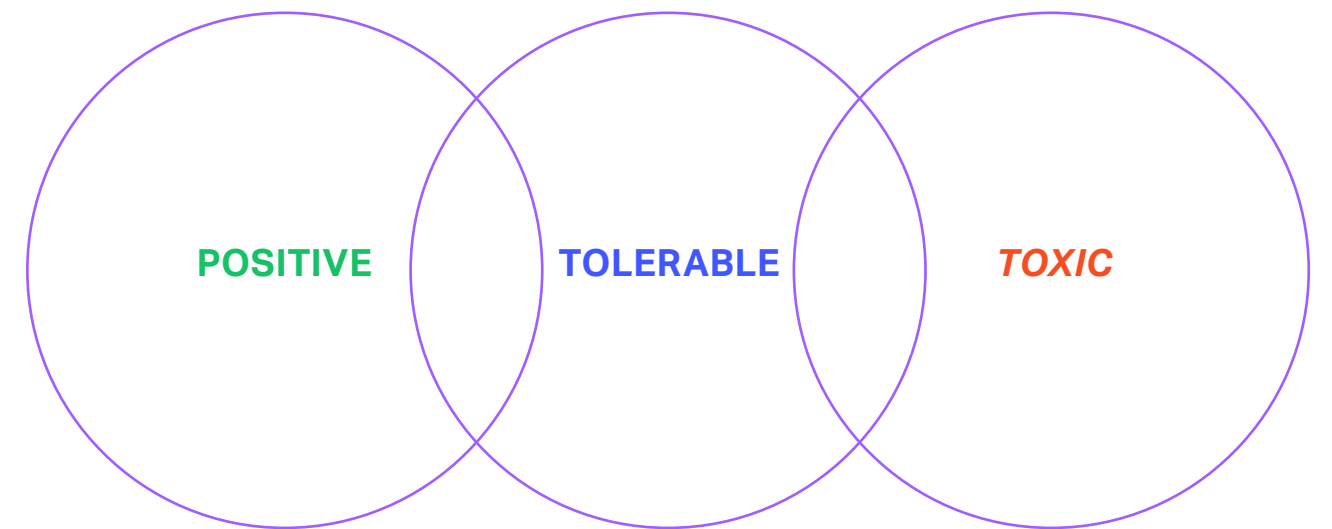


Tim Conibear



Apish Tshetsha

WHAT EXACTLY IS TOXIC STRESS?



Brief increases in heart rate, mild elevations in stress hormone levels.

Serious, temporary stress responses, buffered by supportive relationships.

Prolonged activation of stress response systems in absence of protective relationships.

Toxic stress is caused by the repeated and prolonged activation of the sympathetic nervous system (SNS) and the hypothalamus-adrenal (HA) axis. Common stressors include repeat exposure to violence, a lack of basic needs and restricted access to caregivers. Toxic Stress wears away at children's nervous systems. It reduces children's ability to control their behaviour, emotions and thoughts. This makes it difficult for children to control emotions such as anger, to sustain focus and to set goals for the future. In the longer term it significantly increases risk for a wide range of teen-onset illnesses such as substance addiction, anxiety, and depression. It also contributes to children dropping out of school, and teens struggling to enter the employment market.

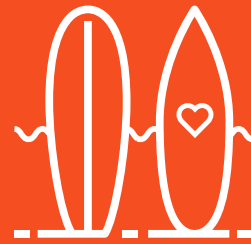


03. Our Impact In 2022

Incubated and refined over 12 years, W4C has developed a child-friendly, culturally appropriate, community based adolescent mental health prevention/promotion service which is evidence based and effective at reducing toxic stress.

W4C programmes are based around five key programmatic pillars, designed to accelerate new caring attachments and improve self-regulation skills.

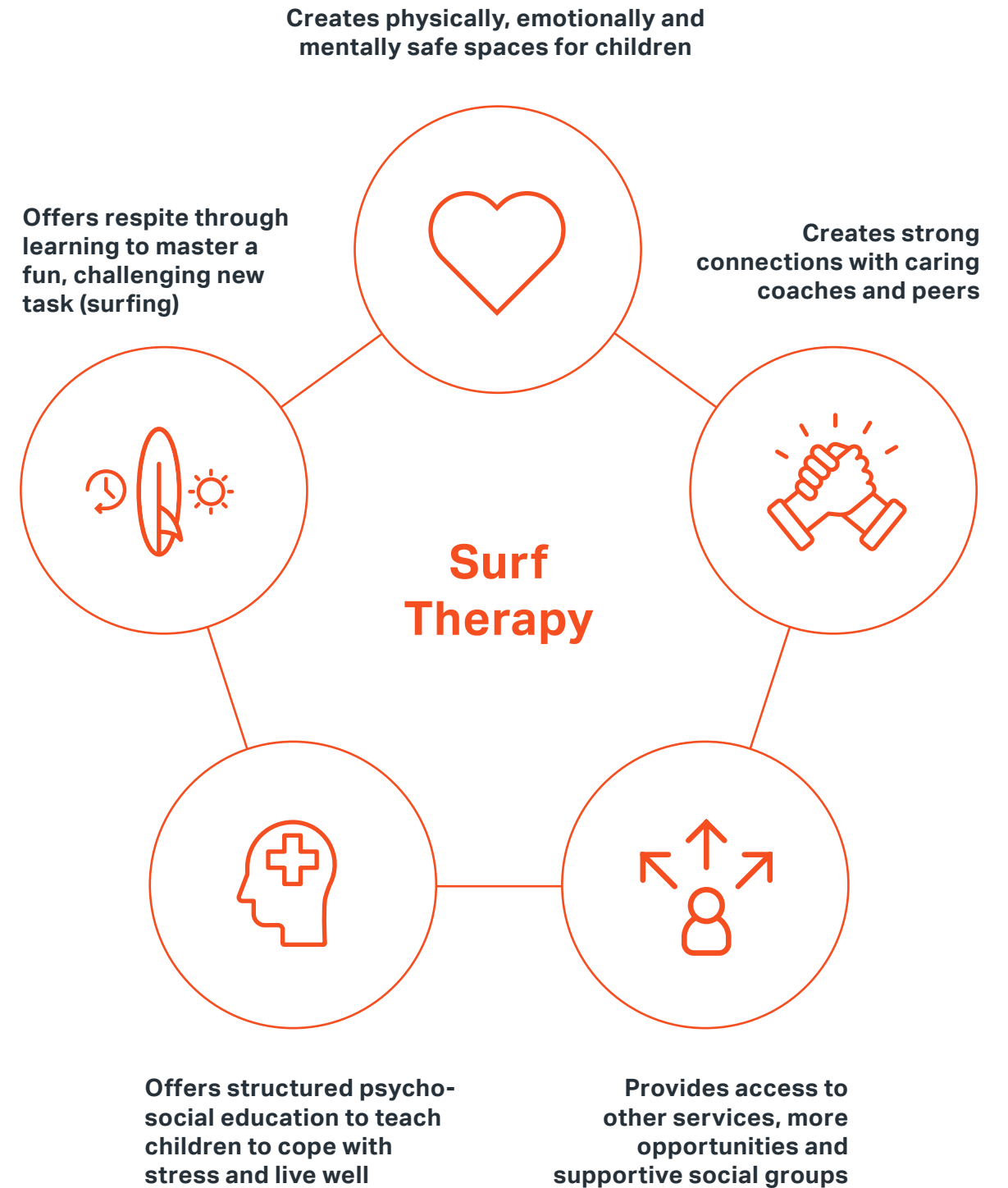
W4C's 5 Pillar Method has been co-designed with young people living in South Africa and other Low Middle Income Countries and is tailored for trauma-based contexts and the unique mental health needs of communities living in multidimensional poverty.



ABOUT SURF THERAPY

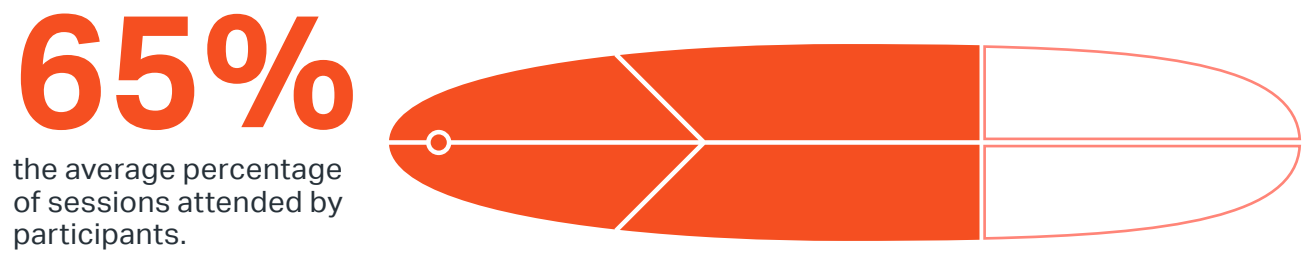
Coaches are trained to use an adapted learn-to-surf programme to help children form new social attachments and learn new self-regulation skills. Each year 43 trained coaches deliver once-weekly Surf Therapy sessions to a population of 2,500 children.

- Research shows that interventions that focus on improving interpersonal relations and emotion regulation are consistently associated with overall effectiveness in toxic stress reduction and associated symptoms.
- W4C Surf Therapy programmes are delivered at five W4C beach hubs.
- Children are referred to the programme by organisations within the health, education and social development sectors, within a 10KM catchment zone around each hub.
- Children receive one Surf Therapy session per week for 10 months before joining an after-care pathway that offers one surf therapy session per month.

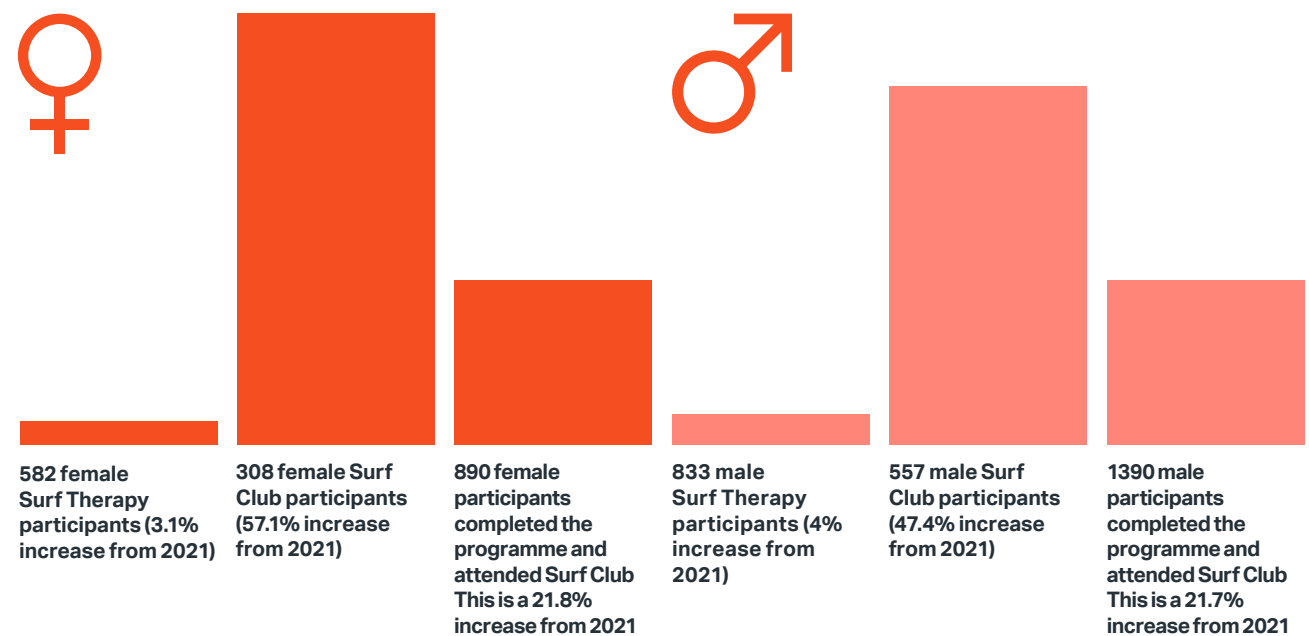


Well-being is not only the absence of illness, it is the ability to contribute to our community, cope with normal changes in life, make healthy connections and live productively.

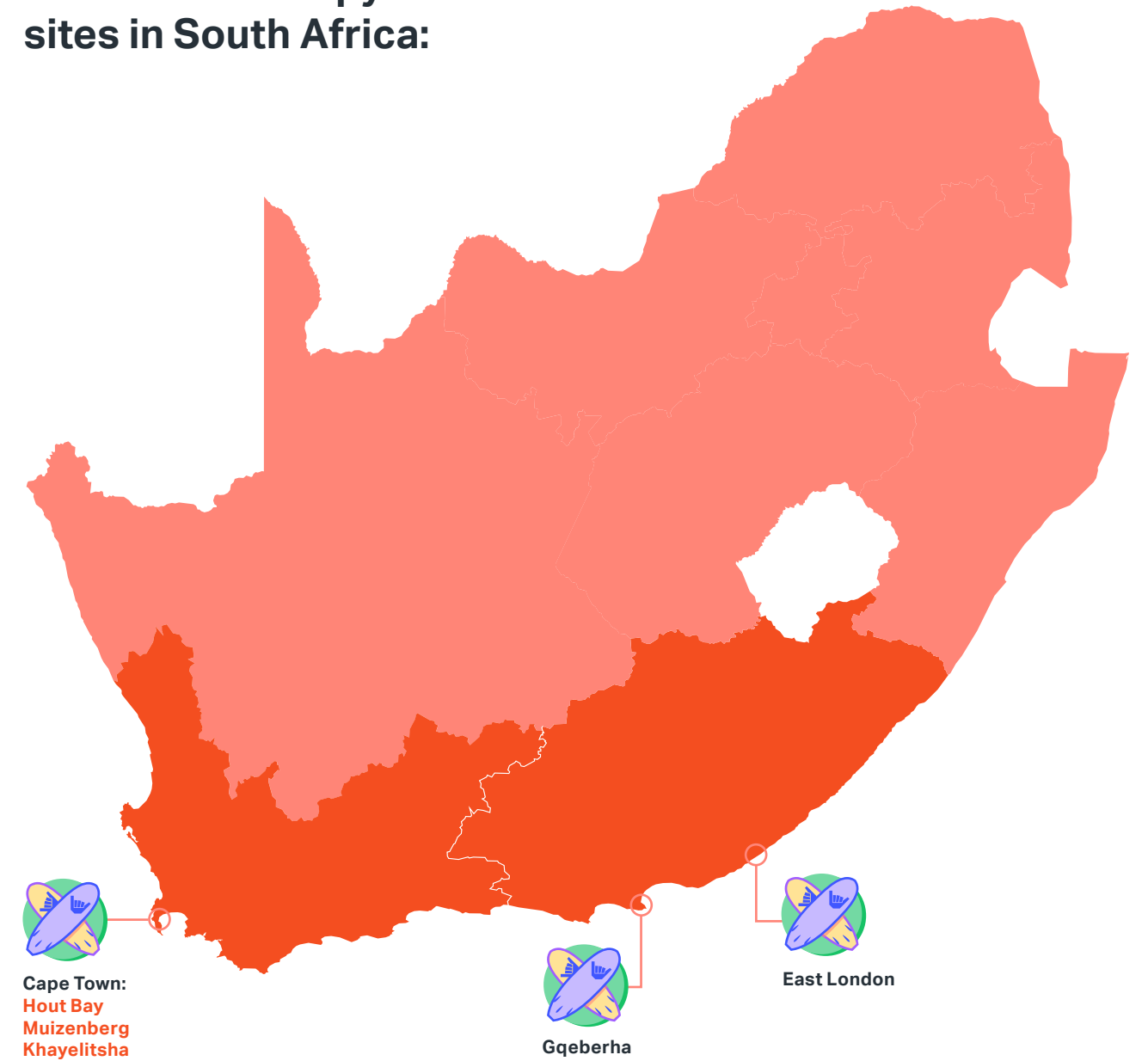
03.1 Surf Therapy results in 2022



Increase in participation



W4C Surf Therapy sites in South Africa:



WHAT DOES SCIENCE SAY ABOUT THE W4C 5 PILLAR METHOD?

A 2022 external evaluation of Surf Therapy executed by The New School (New York) used several validated measures to assess the physiological health of young people (to assess mitigation of toxic stress), their ability to regulate emotions and ability to form new protective social relationships. The study made a firm recommendation that Surf Therapy be included in interventions looking to improve children's resilience and recovery from Toxic Stress.

03.2 Programme benefits:



The headline outcomes from our 2022 data is that W4C children show:



Improved resilience to trauma and experience relief from Toxic Stress



Increased sense of interpersonal closeness (W4C outcomes paper, submitted for peer review)



Reduction in risk taking & sensation seeking behavior (W4C outcomes paper)



Children who attend Surf Therapy experience negative emotions with less intensity, less often than children who don't attend Surf Therapy (W4C MERL Data)

"One participant had a wetsuit that had broken zips at the ankles, making him feel uncomfortable. The other participants in the group all unzipped their wetsuits at the ankles to look like him."

- W4C site manager on how the W4C culture of "protect, respect, and communicate" guided the behaviour of the other participants.

"Last year a participant had issues with drug abuse and issues at home. He chose a broken shell (from the beach) to describe himself. He found the beauty in it by saying that the inside looked like a staircase, and that represents how he can climb the stairs to achieve his dreams."

- W4C Coach observing how Surf Therapy helps participants to feel hope about themselves and their future.

Teachers from referral schools reported observing improvements in their pupils in terms of self-confidence, responsibility, focus and concentration, self-awareness, fondness for engaging in learning, interpersonal engagement, and discipline, particularly in terms of their behaviour. Teachers and other partner liaisons expanded on why pupils and beneficiaries look forward to Surf Therapy:



"They are being treated with kindness and respect, and no one looks at them with the label they are used to."



"They are more open to trying new things, seeing themselves grow over a period of time in the surf lessons."



"They get excited about their achievements, and we use that motivation in therapy and academic sessions."



"They're becoming proud of themselves about their achievement, as many of them never thought they'd ever get on a surfboard, let alone catch a wave surfing."

Parents and caregivers of Surf Therapy participants have reported observing improvements in many of the daily challenges their children experienced. These included negative outside influences, violent behaviour, demotivation, coping with adversity, isolation, bullying, forming positive peer connections, and many more.

04. Towards Greater Inclusivity:

PROGRAMMES TO SUPPORT CHILDREN WITH AUTISM SPECTRUM DISORDER (ASD) AT MULTIPLE BEACH SITES



We value inclusivity and aim to effectively meet the needs of growing neurodiverse participants. In 2022, we extended our ASD programming from 85 to 93 participants in Surf Therapy and Surf Clubs. Children with ASD are referred to us from some of the poorest schools in surrounding communities, key government departments and community health role-players.

93

ASD children participated in Surf Therapy and Surf Club, an increase from 85 participants in 2021.

"I have seen an improvement in (name withheld) social skills. He is making friends, and talking to other people besides his brother."

- Teacher of a child with ASD who regularly attends Surf Therapy.
(person's name removed for privacy purposes)

"A participant who wouldn't speak during sessions was able to point at the "happy" face on the coach's arm band and say "Happy!". All the coaches were so surprised and happy as it was his first time speaking at a session."



05. About Our Coaches



Coaches are men, women, and non-binary people aged 18-25 years old, who are based in the local communities in which the programmes run. They speak local languages and understand cultural nuance and sensitivities.



Coaches receive specialised, accredited training including Water Safety, Child Safeguarding (power, gender, consent), and how to effectively and sensitively work with children that have Autism Spectrum Disorder (ASD).



Coaches learn specific transferable soft skills which improve their preparation for formal employment, in addition to deepening their ability to respond to mental health needs within their community. These skills are: responsibility, time keeping, managing groups, problem-solving and responsibility (reporting their sessions). These are learned by delivering the programmes.

"I got involved with W4C at the age of 12 years old as a participant. After I matriculated, I got the opportunity to become a Junior Coach for two years, becoming a Senior Coach in 2022. I am now a caring adult who is trying to make a positive change in other children's lives. I am a role model and mentor to the kids in our programme. I love working with every single child and being able to witness the change within them."

- Amber Fredericks, 2022 Senior Surf Coach at W4C.

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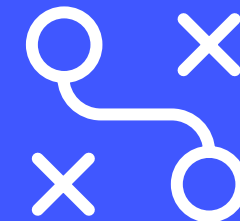
hours of training completed on W4C specific topics

265

hours of training which is accredited or provided by external service providers

285

hours of debrief sessions with trained psychologists



IMPROVED COACH EDUCATION EMPOWERS COACHES TO:

1. Create meaningful connections for participants.
2. Create physical and emotional safe spaces for participants.
3. Deliver consistent and FUN activity-based programmes.
4. Implement play-based psychosocial curriculum into their work.
5. Refer participants or elevate special cases to local health and well-being support organisations such as hospitals or social workers.
6. Identify and follow-up with programme dropouts.
7. Access regular personal support and improve their own well-being.

"I have seen the biggest improvement in Coach (name withheld for privacy) since he joined the Laureus mentorship programme. There has been major growth and maturity. He has become a proactive leader in the team"

- W4C Site Manager on how mentorship grows our coaches.

"Coach (name withheld for privacy) had a group of children he was teaching pair-floating (to build trust). He was so empathetic and patient which led to other participants helping each other learn to float."

- W4C Site Manager on how modelling positive behaviour for participants leads to improved peer connections.

"I want to be a coach like you one day."

- Surf Club participant from Mfesane to one of his coaches, highlighting how much of a role model a coach can be.



Image:
Midyear coach training 2022
Noordhoek

06. Innovating in preventative youth-led community healthcare:

WORKING IN PARTNERSHIP FOR LONG TERM CHANGE

Over the last three years we have worked with partner organisations to design, test and share guides and training programmes that help organisations intentionally use Sport to launch mental health interventions for vulnerable youth. With our partners, we have developed a coach training course, a coach's guide and a growing compendium of sport for mental health curriculum activities

Our tools & curriculum are available in print and digitally, with a dedicated, responsive whatsapp channel



"When I joined Elman Peace I found the meaning of happiness, because I found safe space , fun activities, and people who loved me."

Elman Peace Participant

With primary pilot sites in Freetown (Sierra Leone) and Mogadishu (Somalia), we trained cohorts of youth coaches to use these tools, and launched sport for mental health programmes for vulnerable young people in their communities.

The results of these pilots were extremely encouraging:



90% satisfaction ratings for training



Coaches understand, and feel, that their current work can be part of the solution



Interviews & case studies show coaches move from a pathologised understanding of mental health to a normalised understanding of mental health

Following training, coaches increase focus on:



Integrating social & emotional learning techniques to their work



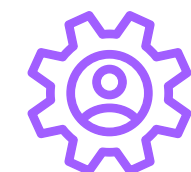
Building social connections



Building safety



Child interviews show coaches create programmes that are safe, fun & protective.



Case studies show children adopt self-regulation and social skills learnt at programmes into other areas of their lives.

06.1 About the Cape Town Network



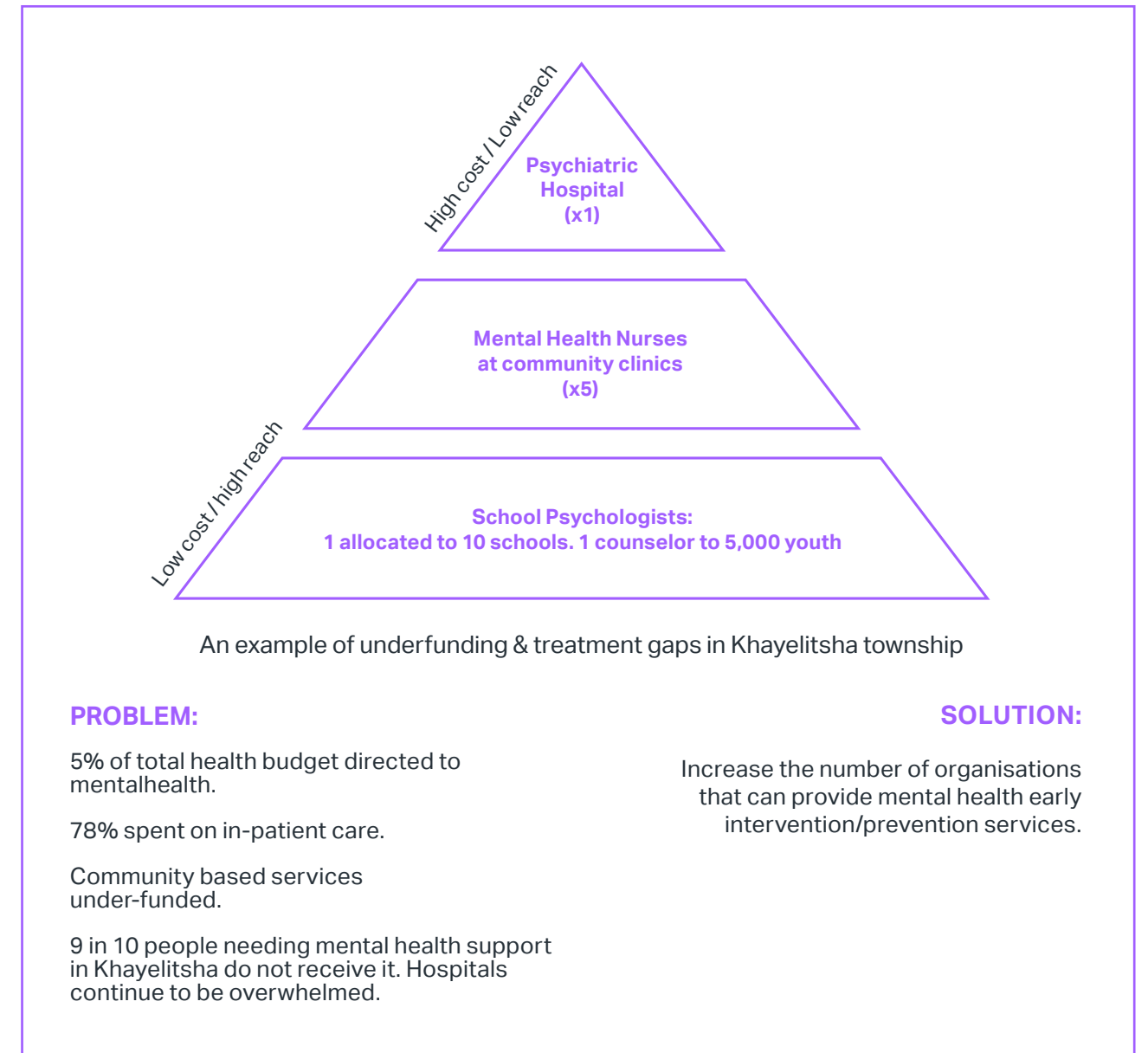
In 2022, we launched a third pilot site in Khayelitsha Township, South Africa. We provided training and support to 44 community coaches (including women and non-binary people), employed by 9 partner organisations. These coaches used a range of sports to engage children including soccer, dancing and basketball to reach just over 1,500 children.

Thank you to the partners who participated in our pilot:

- Sentinel Ocean Alliance
- Coolplay
- Gary Kirsten Cricket Foundation
- Ikasi Soccer School
- JAG Foundation
- Hoops 4 Hope
- Zip Zap Circus
- Amathuba Collective
- Educo Africa

In 2023 we will continue to expand our partner networks and will conduct an external evaluation of our partnership approach in Khayelitsha and one other international location.

KHAYELITSHA TOWNSHIP POPULATION +/- 1 MILLION



By training networks of caring coaches, we create a groundswell of responsive caring adults. When partner coaches remain in the service from years one to two and beyond, the skill transferral and knowledge acquisition of less experienced coaches is improved. They become more likely to recommend the service and remain champions of the programme within their community.

07. Research and Advocacy

In 2022 we continued to build upon years of robust research to underpin our advocacy work and inform programme improvements. We published 2 papers, leveraging programme data we collected with the help of the New School and UCT. And we developed a learning brief that documents the impact of toxic stress on young people and how programmes including our five pillars can moderate Toxic Stress' impact on young people. We also held our learning event in Cape Town, engaging the leaders of the Department of Health, Social Development and Culture and Sport to grow awareness of Sport's value as a cost-effective health intervention. Our research, these learning briefs and the learning events helps to increase referrals to our Surf Therapy programmes and increase the number of local partners requesting training and support.

Thank you to our research partners:



We're grateful to our research partners who guided our work and gave us the opportunity to participate in their studies on adolescent mental health in South Africa.

2 Papers Published

Nov 2021	Behavioral and Biological Indicators of Risk and Well-Being in a Sample of South African Youth	Journal of Child & Adolescent Trauma
May 2022	Surf Therapy for Risk and Social Connection (Submitted for Publication)	Journal Psychology Sport & Exercise

2 Number of studies to which W4C contributed:

USAID's Youth Power 2 MHPSS Guide.¹
W4C was cited as a best practice model for Youth Mental Health and Psychosocial Support: Considerations for Violence Prevention, Peace, and Security

The Alive project with The Wellcome Trust and KCL -
part of a 5 year study looking to better understand the impact of poverty on mental health, and design programmes to interrupt.

9 Conferences at which we presented

3 W4C employees researching topics for their Master's degree and PhD which are relevant specifically to W4C work

https://www.youthpower.org/sites/default/files/YouthPower/files/resources/4%20MHPSS%20PULLOUT%20VIOLENCE%20PREVENTION_edit_OCT11.pdf

08.

Our Tech Story:

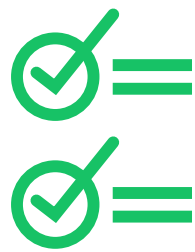
IMPACT VERIFICATION USING TECH

In the realm of social impact and philanthropy, measuring and verifying the true impact of initiatives is essential. Donors, investors, and stakeholders seek tangible evidence that their contributions are making a difference in the lives of those they aim to serve. This is where Teampact emerges as a transformative tool.

To speed up data collection, analysis, and response time we invested in technology at an early stage of our programme development. Teampact is an output and outcomes monitoring system developed by W4C. The use of tech allows us to use dashboards which increase transparency and improve accountability to all stakeholders (partners, donors, programme teams). It allows programmes to:



Track and verify real-time, longitudinal, individual attendance at scale.



Survey individual participants at scale, in real-time. This allows programme leaders to sense-check participant satisfaction at programmes and intervene where needed.



Assess outcomes at scale: Allows programme leaders to collect pre and post-test data across thousands of children.

Teampact is a transformative platform that empowers us to verify and communicate our social impact effectively.



09. Finance & Governance

Finance:

Our current economic climate has been challenging for most businesses. Inflation and interest rates threaten real income. Despite the increasing interest and inflation rates, in the past year we have managed to secure 32% growth in donor funding. This has allowed us to curb the risk of the economic downturn by allowing us to create a reserve policy of 3 times operating expenditure. We deployed over 85% of our budget in the last financial year.

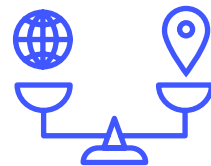
Key Highlights:



Our budget spend has grown by about 15% over the last two years which has been met with a growth in our funding pipeline.



Dowling Waves Change: We have a reserve policy that covers 3 times monthly expenditure to ensure the sustainability of our programmes.



W4C remains financially stable despite the changing global and local economic landscape.

Financials		
Income Statement	2023	2022
Donations	R19,701,159	R14,969,098
Programme expenditure	-R17,974,855	-R15,646,225
Investment Income	R1,408,632	R1,075,705
Surplus	R3,134,936	R398,578

Balance Sheet	2023	2022
Fixed and Intangible Assets	R849,792	R1,032,362
Donations received in advance	R13,254,214	R8,975,199
Reserves	R5,490,131	R4,252,225
Total Assets	R19,594,137	R14,259,786

* Annual Financial Statements extract



"We continue to appreciate strong donor support, which has continued despite significant challenges. This has enabled us to continue to provide essential mental health services, bringing about change that transforms and impact that lasts."

Fiona Masuku, Financial Director, W4C

Governance:

W4C is led by a management team of development specialists who have experience in both the corporate and NGO sectors, locally and internationally. Our coaches are trained and we enact internationally recognised Child Protection standards. With a track record of impact, robust governance practices and solid financial management structures and excellent fiscal management protocols, W4C is a trusted next generation adolescent mental health NGO working in both the Western and Eastern Cape of South Africa, with a head office in Cape Town. We have received clean, professional audits year on year since inception and we have proudly maintained Level 1 BBBEE status.

10. Donors & Sponsors

A MASSIVE THANK YOU TO OUR DONORS, SPONSORS AND PARTNERS. WE COULDN'T DO IT WITHOUT YOU!

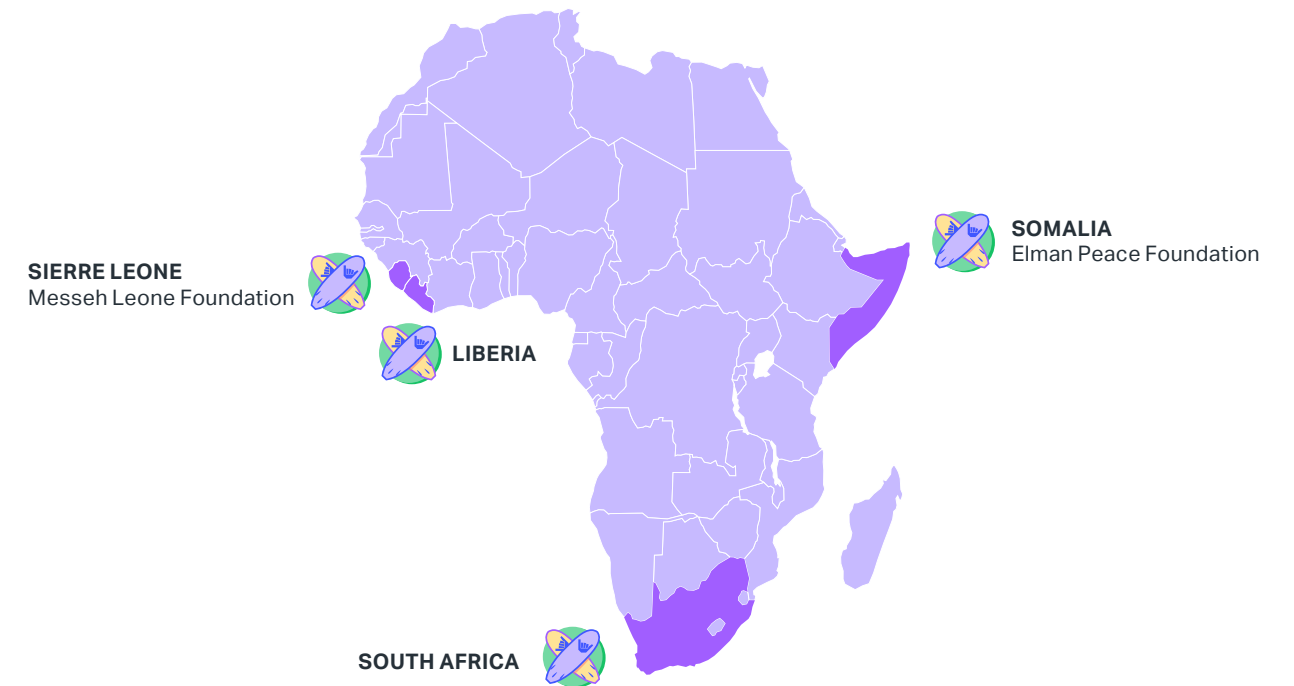
Organisations

Active Foundation
 Capital One
 DG Murray Trust
 Edu Africa
 EJ Lombardi Trust
 Empower
 Fly Fleet
 Good Day
 Grand Challenges Canada
 Grassridge Wind Power (RF) Pty Ltd.
 Jannie Mouton Foundation
 Joan St Leger Lindbergh Charitable Trust
 JUJU Surf Club
 Klaff Family Foundation
 Kings College London (KCL)
 KYC
 Laureus Global (SOL Foundation)
 Laureus SA

Lesedi
 MAID
 Mercedes Benz
 NEXT Foundation
 Nichols PLC
 Old Mutual Insure
 Community Trust
 Orange County
 Orygen
 Paddle Battle
 Plakkies
 Rolf-Stephan Nussbaum Foundation
 SACAP
 The Big Wave Company
 The Fondation
 Philanthropy Initiative
 with Employees of
 Allan Gray (RF) NPC
 Philanthropique NEXT
 The LunchBox Fund
 The Windfall Foundation

Tias Arms
 UCT
 UNICEF
 Wellcome Trust
 WISE Philanthropy
 World Childhood
 Foundation
 Zappistore

W4C Surf Therapy and Partnerships sites



Individuals

More than 200 individuals supported us in 2022. Thank you so much!

A massive thank you to the following people designed and implemented bespoke fundraising campaigns with us:

Jess Meinere - *Sharing the Wave*
 Knysna Marathon Fund
 Racer
 Lizi Morley - *Ironman Fundraiser*
 Must Love Hills Runcrew
 Nik Rabinowitz and Friends Comedy Show
 Remembering Roger Pardoe
 Paddle Battle
 Surfteember

In Kind

Thank you to the wonderful organisations which supported us with in kind donations:

CaPEST
 Casareccio
 Chapmans Hotel
 City of Cape Town
 Deep Heat
 Dunes
 Folk Cafe
 Grumpy Snacks
 Halle Project
 Incredible Connection
 Kalk Bay Modern
 LabourNet
 Lucky Fish
 Made in my camera
 Mami Wata
 Massimos
 Moore and Crew
 Nik Rabinowitz

Now Boarding
 NSRI
 Oakhampton - Greg
 Olympia Cafe
 Postocino
 Reef
 SACAP
 Spur
 Swimma
 The Trauma Centre for Survivors of Violence and Torture
 Tigers Milk
 Traffic Brand
 VANS
 Waltons
 Wetsuit Warehouse

11. Where to next?

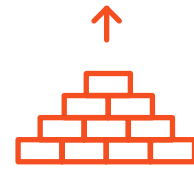
In 2023 - 2025, W4C will:



Expand its mental health work in geographic clusters to reach more children, embed the method with coaches and provide the supportive environment implementing partners need to effectively deliver a proven coaching method.



Continue to deliver high quality Surf Therapy programming at 5 beach sites in South Africa.



Continue to build on its robust evidence base and 12 years of experience to serve children and adolescents with appropriate mental health programming.



Support government and existing community based organisations who are already using physical activities to incorporate mental health practices into their work.



Community-based mental health interventions for adolescents in Sub-Saharan Africa can be transformative, providing them with the support and resources they need to improve their mental well-being. By harnessing the power of community engagement, these interventions offer a holistic approach that considers cultural contexts, promotes resilience, and fosters a sense of belonging and connectedness, ultimately paving the way for brighter futures.

Donate to: W4C Surf Therapy NPC

Investec Bank Limited | Branch code: 580105

Electronic account number: 40005074278

SWIFT/BIC code: IVESAJJXXX

087-106-NPO, CIPC reg number 2021/396273/08



W4C Surf Therapy NPC

PBO Number : 9300778401

NPO: 087106

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