

August 2026

What's news?



When we strengthen a mother, we strengthen a family. When we strengthen a family, we change a child's future.

Issue 007

Vol. 002

Dear Friends of Project Hope

August has been a month of little moments.

In the Valley of 1000 Hills, where the mountains stretch across rural KZN and life can be hard, these little moments matter.

But together, we are changing lives.

One child. One mother. One family at a time.

When a Mother Grows, a Family Grows

In Embo, our mamas gathered around the beading table again. Under Mommy Sino's gentle guidance, beads are becoming bracelets and beautiful jewellery.

But they are becoming something else too.

Confidence. Independence. Hope.

In KwaNyuswa, another group of women completed a special order of South African flags and have already begun making beautiful earrings for an online store ahead of Heritage Day.

We love watching these women discover what their hands can do. Because when a mother earns even a little income, it can mean a little more food on the table, a little more dignity, and a little more hope for her children.

And you can be part of that.

Every time you buy something from our Shop of Hope (<https://shopofhope.co.za/>), you are not simply buying a bracelet or a pair of earrings. You are helping a mother turn her skills into an opportunity.

Planting Hope

Outside, Babongile has been busy in the vegetable garden, teaching our mothers how to prepare the soil, sow seeds and care for seedlings.

There is something beautiful about watching a garden grow in a place where so many families know what it means to go without.

The garden is teaching us that good things take time.

You plant. You nurture. You wait. And you hope.

We are now looking for people who would like to help us prepare the garden for the months ahead. A bag of compost, a packet of seeds or a small contribution towards the garden may seem simple—but it helps us grow something that can ultimately put fresh food onto family tables.

And if Babongile has her way, the wild bush bordering the garden may soon be getting some attention too!

<https://projecthope.org.za>



Email: support@projecthope.org.za

When Someone Notices

Sometimes, all it takes is for someone to notice.

This month, we met a little girl with infected sores across her head. She had already faced more hardship than any child should.

We got her to a doctor. She received the medicine she needed. And then something beautiful happened.

Someone noticed her.

Someone heard her story, saw her little face, and decided that she mattered.

She now has a very special sponsor who has chosen to walk alongside her.

Her journey is only beginning, but she is no longer walking it alone.

Her sponsorship means nutritious food, healthcare, warmth and support. It means someone is watching over her future and cheering her on.

Most of all, it means she now has another person in her corner quietly saying:

"I see you.

You matter.

I believe in you."

And sometimes, that is where hope begins.

There are other little children in our programme still waiting for someone to choose them.

Could that someone be you?

A monthly sponsorship is one of the most powerful ways to walk alongside a vulnerable child and help provide the consistent care they need to grow and thrive.



When Someone Notices

We are walking alongside a little boy who, on paper, simply doesn't exist.

When we first began helping him, we understood that he had no birth certificate or official documentation.

We thought the journey would be about helping him establish his identity.

But as we started asking questions, we discovered something we hadn't expected.

His mommy doesn't have documentation either.

So before we can help this little boy get his birth certificate, we first have to help his mother prove her own identity.

That means DNA testing involving his mommy and her brother, and beginning the long process of establishing that she, too, has a legal identity.

It is complicated. It is slow. And for a family living in rural KZN, navigating a system like this can feel overwhelming.

But we will walk it with them.

Because behind every missing document is a real person.

A mommy.

A little boy.

A family who deserve to be recognised.

Every child deserves a name, an identity and the opportunity to access the rights that come with it.

We Hear You, Mommy



Sometimes, the most important thing we can give a mother is someone who listens.

One of our little girls has been experiencing epileptic seizures for years. Her mommy had been asking for help, but for so long, it felt as though no one was listening.

So when she joined our program, we listened.

We gave her a referral letter and sent her to the clinic with the confidence that comes from knowing she wasn't standing alone.

This time, her mommy was able to speak up for her child and advocate for the care she had been asking for.

Her little girl has already had blood tests and scans at Marianhill Hospital and is due to return on 21 September for further care.

But getting children to hospital is not always simple when families live in rural communities.

There is transport.

There is fuel.

There are long journeys and appointments that can mean an entire day away from home.

A contribution towards transport costs can help us get a child to the appointment they desperately need.

It may be the difference between another missed appointment and finally getting answers.

"She's Stupid."

And then there is another little girl whose story broke our hearts.

She had been told to leave school because she was "stupid."

We were appalled.

A child should never be made to feel that she is stupid simply because she may learn differently or need additional support.

Once again, we listened to her mommy.

A local GP generously assessed her and wrote a referral letter to RK Khan Hospital.

She is due to be seen on 22 September for a full assessment, including her ears, eyes and occupational therapy needs.

We can't wait to understand what is making learning difficult for her –and, most importantly, to help find the right school environment where she can be understood, supported and given the opportunity to thrive.

Because sometimes a child doesn't need someone to tell her she can't.

She needs someone to ask:

"What do you need?"

And sometimes a mother doesn't need another person to tell her to wait.

She needs someone to say:

"We hear you, Mommy. We believe you. And we'll walk with you."



Caring for Those Who Care for Everyone Else

Our mothers spend so much of their lives caring for everyone else. This month, Telviva's KZN branch reminded them that they deserve to be cared for too, generously blessing our mamas with toiletries. PineHaven Retirement Home sent beautifully knitted toys for our children. Lauren Smith and the team at MPVR sent Jars of Hope. And our wonderful friends at Westville Pre-Primary sent an incredible 174 Jars of Hope. Each jar, each toy, each gift carries the same quiet message: "You have not been forgotten." There is no small gift when you are standing beside a family who needs you.



A Bear, a Book and a Little Message of Belonging

At a community market in Cape Town, we met Mercy, whose beautiful knitted animals have captured our hearts.

From 2027, we hope every new Project Hope child will receive a little knitted bear, a book and stationery when they join us.

A tiny gift carrying a very big message:
You are loved.

You matter.

You belong.

Mercy is also using this little project to support her own child, making every bear even more special.

We would love to build our stock before the January 2027 rush.

A contribution of R320 towards "Mercy" will help us order these beautiful handmade animals while supporting another mother and her child.

One little bear.

Two families touched.

A whole lot of hope.



Little Things Worth Celebrating

August gave us plenty of reasons to smile.
Two of our little ones celebrated birthdays.
Our Embo Lead, Zinhle, proudly received her certificate after completing a play-based learning course.
And two Shop of Hope orders meant our mamas could earn something from the beautiful work of their hands.
These are the moments we hold close.
A mama smiling because someone listened.
A child getting the medicine they needed.
A teacher holding her certificate with pride.
Beads becoming an income.
A hospital appointment becoming a possibility.
A little knitted bear becoming a reminder that someone cares.

This Is Project Hope

Sometimes people ask what Project Hope does.
The answer is difficult to put into one sentence.
We feed children.
We take them to clinics.
We fight for birth certificates.
We help mothers find ways to earn.
We support teachers.
We plant gardens.
We celebrate birthdays.
We hold hands.
We listen.
We show up.
Because in the Valley of 1000 Hills,
hope is rarely one big thing.
It is a hundred small things.
A warm meal.
A doctor's visit.
A bag of compost.
A jar of food.
A bracelet made by a mother's hands.
A knitted toy.
A school referral.
A sponsor who says yes.
A community that refuses to look away.
This is how change happens.
Quietly.
Patiently.
One little life at a time.



How You Can Be Part of the Story



You don't have to do something huge to make a difference.

You can sponsor a child and walk alongside them month after month.

You can help with transport costs so a child can reach a hospital appointment.

You can contribute R320 towards Mercy's knitted bears and help welcome a new child into Project Hope.

You can donate a bag of compost or seeds for our community gardens.

You can fill a Jar of Hope and help put food on a family's table.

You can donate pre-loved clothing to our Shop of Hope.

Or you can simply share our story with someone who might want to become part of it.

Every act of kindness travels further than you think.

Please contact Sara if you would like to help in any way: support@projecthope.org.za

Thank You for Walking With Us

As spring begins to arrive in the Valley, we are reminded that even after the coldest season, things grow again.

Our gardens will grow.

Our mothers will grow.

Our children will grow.

And so will Project Hope.

Thank you for every time you have chosen to stand beside a family you may never meet.

From our little corner of rural KZN, surrounded by the beautiful hills we call home:

Ngiyabonga.

Thank you for helping us remind every child and every mother that they are seen, they are valued, and they are not alone.

One child. One family. One little moment of hope at a time.**

With love,

The Project Hope Team

