

How to Guide



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How to Support Orphans Facing
Poverty and Economic
Vulnerability



Dear Mining Co. Team,

A heartfelt thank you for your generous sponsorship of the "How to Support Orphans Facing Poverty and Economic Vulnerability" guide.

Your support makes it possible to share practical, accessible tools that empower case workers, parents, and community members in mining areas to assess needs, connect families to vital grants like the Child Support Grant, and access job training opportunities.

By backing this resource, you are directly strengthening families, reducing child poverty, and building brighter futures for vulnerable orphans in our mining communities. Your commitment truly makes a lasting difference.

With sincere gratitude, The Impilo Child Services Team



How to Support Orphans Facing Poverty and Economic Vulnerability

A Simple Guide for Case Workers, Parents, Teenagers, and Community Members in Mining Areas.

Many children in South African mining communities become orphans because of illness like HIV/AIDS, mining accidents, or parents moving far for work. Poverty makes life hard – little money for food, school, or clothes. But there is hope!

Small steps can bring big change. This guide uses ideas from UNICEF (social grants help reduce child poverty), WHO (mindfulness calms worry), and South African laws like the Children's Act (every child deserves care and support).

We add easy tools:

- Positive thinking (from Cognitive Behavioural Therapy – CBT) to change negative thoughts.
- Kind words (from Neuro-Linguistic Programming – NLP) to build confidence.
- Mindfulness (deep breathing) to stay calm.

You can do this – one step at a time!



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ROADMAP TO COMMUNITY DEVELOPMENT



STEP 1: TALK AND LISTEN WITH CARE



**STEP 2: CHECK HOUSEHOLD
NEEDS SIMPLY**



**STEP 3: LINK TO GOVERNMENT
GRANTS (LIKE CHILD SUPPORT GRANT)**



**STEP 4: PARTNER WITH MINING
COMPANIES FOR JOB TRAINING**



STEP 5: BUILD STRONG MINDS EVERY DAY

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Step 1:

Talk and Listen with Care

1. Sit with the family or orphan. Listen without judging.
2. Start calm: Take 3 deep breaths (in for 4 counts, out for 4). This mindfulness helps you and them feel peaceful.
3. Ask gently: "What is hardest right now?" Listen fully.
4. Use positive words (NLP): Say "We can find ways to make things better" instead of "Things are bad."



Step 1:

Talk and Listen with Care Why Step 1 Matters

As a case worker in mining communities, Step 1 is the foundation of everything that follows. When families or orphans are facing poverty, they often feel ashamed, hopeless, or defensive. Starting with calm, non-judgemental listening builds trust quickly, without it, people may hide their real struggles, and you won't get an accurate picture of their needs.

Sitting with them and listening fully shows respect and humanity. It tells them: "You matter, and I am here to help, not to judge." This simple act reduces fear and opens honest conversation.

Taking three deep breaths (4-in, 4-out) is a quick mindfulness technique recommended by the World Health Organisation. It calms your own nerves and models calmness for the family, lowering tension in what can be emotional discussions.

Asking gently, "What is hardest right now?" invites them to share in their own words, helping you identify the most urgent priorities.

Using positive, hopeful language (drawn from NLP principles) shifts the mindset from despair to possibility. Instead of reinforcing "Things are bad," saying "We can find ways to make things better" plants seeds of hope and encourages cooperation.

When case workers rush into solutions without this step, families often disengage. But when you start with genuine care and calm presence, people feel seen and supported. This makes them far more likely to accept help with grants, job training, or other steps, leading to real, lasting change for the children.



Step 2:

Check Household Needs Simply



1. Look at basics: Is there food every day? School fees paid? Safe place to sleep? Clothes and medicine?
2. Make a simple list together:
 1. Food and water
 2. School and books
 3. Health care
 4. Adult work or income
3. Think positive (CBT): If they say, "We have nothing," reply "We have each other – let's find help."

Step 2:

Check Household Needs Simply

Why Step 2 Matters

As a case worker in mining communities, Step 2 ensures you get a clear, accurate picture of the family's situation before jumping to solutions. Poverty here is often complex, linked to job instability, migrant work, or loss of breadwinners – so skipping a proper needs check can mean missing critical issues and offering help that doesn't fit.

- Focusing on basics (daily food, school fees, safe shelter, clothes, medicine) keeps the process simple and non-overwhelming, especially for low-literacy families or stressed orphans and caregivers.
- Making a simple list together involves the family directly. This builds ownership – they feel part of the plan rather than just recipients – and uncovers details you might otherwise miss.
- Using positive CBT framing (e.g., responding to “We have nothing” with “We have each other – let's find help”) prevents hopelessness from shutting down the conversation. It shifts focus to strengths and possibilities, keeping everyone motivated to move forward.

This step turns vague “poverty” into specific, actionable priorities. With a clear list, you can confidently link families to the right support – grants, mining company programmes, or food aid – leading to real improvements in the child's wellbeing and family stability.



Step 3:

Link to Government Grants
(Like Child Support Grant)



DEPARTMENT OF SOCIAL DEVELOPMENT

CHILD SUPPORT GRANT



1. Look at basics: Is there food every day? School fees paid? Safe place to sleep? Clothes and medicine?
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 1. Food and water
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3. Think positive (CBT): If they say, "We have nothing," reply "We have each other – let's find help."

Step 3:

Link to Government Grants (Like Child Support Grant)

Why Step 3 Matters

As a case worker in mining communities, Step 3 turns the needs identified in Step 2 into immediate, sustainable financial relief. In areas where income is unstable – due to mining accidents, HIV/AIDS-related losses, or absent migrant workers, the Child Support Grant (CSG) offers a dependable monthly income that covers essentials like food, school costs, and healthcare, directly tackling child poverty.

- Highlighting the grant payment per month and its basis in South African law (supported by UNICEF research showing grants significantly reduce child poverty and improve nutrition/education outcomes) educates families on their legal rights, building trust and empowerment.
- Explaining simple qualification rules (citizenship/residency and income thresholds – always verify at SASSA for updates) helps you quickly assess eligibility and avoid false hope.
- Guiding the straightforward application process removes barriers for low-literacy or overwhelmed caregivers, making access realistic and encouraging follow-through.
- Using positive, affirming language (NLP-inspired): Phrases like “This grant is your right – it will help feed and school the child” instil hope, reduce stigma, and motivate action.

This step provides reliable government-backed support that no short-term aid can match. It stabilises households, protects orphans from deeper vulnerability, and complements later steps like job training for long-term independence.



Step 4:

Partner with Mining Companies for
Job Training

1. Many mining companies have community programmes (skills training, jobs, or small business help) to support families.
2. Contact the mine's community office or CSR team. Ask about adult training (sewing, gardening, security jobs). Help caregivers join: Fill forms, prepare for interviews.
3. Build hope (CBT): Say "Learning new skills opens doors – you are capable."



Step 4:

Partner with Mining Companies for Job Training

Why Step 4 Matters

As a case worker in mining communities, Step 4 focuses on long-term economic empowerment. While government grants (like the Child Support Grant) provide immediate relief, sustainable income comes from skills and jobs. Mining companies in South Africa are required by law (under the Mining Charter and Social and Labour Plans) to invest in community development, including skills training and employment opportunities – making them valuable partners for stabilising orphan-headed or vulnerable households.

- Highlighting company programmes (skills training, jobs, small business support) educates families on existing resources, reducing dependence on aid and building self-reliance in areas hit by job losses or migrant labour disruptions.
- Directing contact to the mine's community office or CSR (Corporate Social Responsibility) team makes the process practical and accessible, turning abstract opportunities into real steps.
- Assisting with forms and interview preparation removes barriers for caregivers who may lack confidence or experience, increasing success rates.
- Applying hopeful CBT language (e.g., "Learning new skills opens doors – you are capable") counters feelings of helplessness common in poverty, boosting motivation and resilience.

This step complements short-term grants by creating pathways to lasting income, reducing orphan vulnerability, and fostering stronger, more independent families in mining communities.

IMPiLO The logo for IMPiLO features the word in a colorful, hand-drawn style. The letters are: I (red), M (blue), P (green), I (cyan), L (magenta), and O (yellow). Small white human figures are integrated into the letters: two inside the 'M', one inside the 'I', and a silhouette of a person jumping above the 'O'.

Step 5:

Build Strong Minds Every Day

1. For stress from poverty: Teach simple mindfulness – sit quiet, breathe deeply 5 minutes daily. "Notice your breath – let worries pass like clouds" (WHO recommends for mental health).
2. Change thoughts (CBT): If someone thinks "I'll never get out of poverty," ask "What small win have we had?" Focus on strengths.
3. Speak success (NLP): Use words like "You are strong" or "Better days are coming."



Step 5:

Build Strong Minds Every Day

Why Step 5 Matters

As a case worker in mining communities, Step 5 addresses the emotional toll of poverty that often undermines the practical gains from earlier steps. Financial support like grants or job training is essential, but chronic stress, anxiety, and hopelessness – common in areas affected by job insecurity, family loss, or migrant labour – can erode motivation and lead to poor decision-making or relapse into vulnerability.

- Teaching simple daily mindfulness (e.g., 5 minutes of deep breathing with the cue “Notice your breath – let worries pass like clouds”) follows World Health Organisation recommendations for managing stress and improving mental health, helping caregivers and orphans stay calm and focused amid daily hardships.
- Applying CBT techniques (e.g., reframing “I’ll never get out of poverty” to “What small win have we had?”) shifts negative thought patterns to strengths-based thinking, building resilience and sustaining effort towards long-term goals.
- Using positive NLP-inspired language (e.g., “You are strong” or “Better days are coming”) reinforces confidence and hope, countering despair and encouraging proactive behaviour.

This step ensures that financial and practical support translates into lasting wellbeing. By fostering strong minds, families and case workers become more resilient, protecting orphans from cycles of poverty and creating sustainable, hopeful futures in mining communities.

You are making a real difference!

By linking to grants, jobs, and calm minds, orphans get a brighter future.

Share this guide, together, mining communities grow stronger.

For more help, contact us!



<https://impilo.org.za/contact/>

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