



Malashe

FOUNDATION

Dignity is a right, not a privilege.

Founded by

Siqhamo Malashe

A Letter From Our Founder

When people ask me why I started the Malashe Foundation, my answer is always the same: because I believe dignity should never be determined by circumstance.

Growing up in Makhaza, Khayelitsha, I witnessed the quiet realities that many people never see. I saw young girls miss school because they could not afford menstrual products, families forced to choose between basic hygiene items and daily necessities, and individuals carrying invisible burdens with remarkable resilience. Those experiences shaped my understanding of leadership and taught me that real change begins when we choose to act rather than look away.

The Malashe Foundation was founded with a simple but powerful purpose: to restore dignity through health, hygiene, education, and community empowerment. I believe that something as simple as a hygiene kit, reusable sanitary pads, or a community workshop can create lasting change by restoring confidence, protecting education, and giving people the opportunity to thrive. As the saying goes, little by little, a little becomes a lot. Through compassion, commitment, and collaboration, small actions can create extraordinary impact.

This Foundation is about more than providing essential resources, it is about restoring hope. Every initiative we undertake is guided by the belief that every person deserves to live with dignity, regardless of their circumstances. While the challenges facing our communities are significant, I remain inspired by the resilience, strength, and kindness I see every day. Together, we can transform challenges into opportunities and hope into action.

*I invite you to join us on this journey. Whether you support us through partnership, volunteering, advocacy, or generosity, you become part of a shared mission to build healthier communities and brighter futures. Together we can **care, share, and repair**, ensuring that dignity is not a privilege for a few, but a right for all.*

Thank you for believing in our vision and for helping us create meaningful, lasting change.

— Siqhamo Malashe, Founder

About the Malashe Foundation

The Malashe Foundation is a community-rooted non-profit established in Makhaza, Khayelitsha, Cape Town, South Africa. The Foundation was born from personal witness; from seeing, every day, the quiet struggles of girls who miss school because of their periods, families who cannot afford basic soap, and new mothers who lack the supplies needed to care for their newborns.

Founded by Siqhamo Malashe, the Foundation is driven by a deeply held belief: dignity is not a privilege, it is a right. The name Siqhamo means gift or fruit in isiXhosa, and the Foundation embodies that meaning: a gift to a community that deserves more, with the hope that community empowerment will grow into lasting fruit.

"Siqhamo means gift or fruit. I want this Foundation to be a gift to my community, and I want my community's response to be the fruit that grows from it."

— Siqhamo Malashe, Founder

Grounded in the ubuntu philosophy, the understanding that a community which cares for its most vulnerable members is a community that thrives, the Malashe Foundation works at the intersection of health, hygiene, education, and human dignity. Every programme the Foundation runs is designed not as a handout, but as an act of solidarity: a recognition that no girl should have to choose between her education and her health, and no family should have to go without the basics of clean and healthy living.

Vision & Mission

Our Vision

A South Africa where every girl, woman, and family, regardless of where they live or how much they earn, has access to the health, hygiene, and dignity they deserve. Communities where no girl misses a single day of school because of her period, and no family goes without the basics of clean and healthy living.

Our Mission

The Malashe Foundation exists to eliminate period poverty and hygiene poverty in underserved communities by providing free, sustainable hygiene resources, facilitating culturally grounded health education, and supporting mothers and families with the tools they need to thrive. We work with communities, not just for them, to build lasting dignity from within.

Core Values

Everything the Malashe Foundation does is guided by six foundational values:

UBUNTU

We are because we are together. Our work is rooted in the collective spirit — when one person suffers, we all suffer, and when one rises, we all rise.

DIGNITY

Every person deserves dignity. We treat our beneficiaries not as recipients of charity, but as rights-holders who deserve respect, care, and full access.

EQUITY

Period poverty and hygiene poverty are not inevitable — they are inequalities we can and must address. Our programmes are designed to reach those most left behind.

EMPOWERMENT

We do not create dependency, we build capacity. From sanitary pad distribution to home-language health education, we equip communities to sustain their own wellbeing.

CULTURAL PRIDE

Our health education is delivered in home languages. Our approach honours the culture of communities while advancing the rights of its people.

ACCOUNTABILITY

Every donation collected, every pack distributed, and every rand spent is documented and reported transparently to our donors, partners, and community members.

Our Focus Areas

The Malashe Foundation concentrates its work across three interconnected areas of need, each addressing a distinct but related dimension of dignity and health in Makhaza.

1. Period Dignity

Period poverty is one of the most invisible yet devastating forms of poverty in South African communities. When girls cannot afford sanitary products, they are often forced to miss school during their periods, and with each missed day, they fall further behind academically, increasing the likelihood of dropout over time. Beyond the academic cost, the inability to manage menstruation safely and privately also carries a heavy toll on a girl's confidence and sense of dignity.

The Malashe Foundation provides free sanitary pads to girls and women in Makhaza, reducing the financial burden of menstruation and ensuring that a girl's education is never interrupted by something as natural as her period. This work is carried out in direct partnership with local schools, meeting girls where they already are.

"No girl should miss a single day of school because of her period. That is not just a health problem — it is an education problem, an equality problem, and a human rights problem."

— Siqhamo Malashe, Founder

2. Community Hygiene & Health

Hygiene poverty; the inability to afford basic products like soap, toothbrushes, toothpaste, and deodorant, is a silent crisis in many low-income communities. Poor hygiene can lead to preventable illness, school absenteeism, and social exclusion, compounding the everyday challenges families in Makhaza already face.

The Malashe Foundation assembles and distributes hygiene packs to families in the community, while delivering culturally grounded health education at Health Awareness Events, so that communities understand not just what to do, but why it matters for their health and wellbeing.

3. Maternal & Infant Care

New mothers in under-resourced communities often lack access to the basic supplies needed to care for their newborns in the critical first days and weeks of life. Without support, this can leave both mother and child more vulnerable at an already difficult and demanding time.

In partnership with Matthew Goniwe Clinic, the Malashe Foundation identifies new mothers and provides Mama & Baby kits, including nappies, baby care products, and maternal hygiene items, ensuring that the first days of a child's life are met with dignity and care, delivered discreetly and confidentially through the clinic itself.

Our Programmes

The Foundation's work is delivered through four core programmes, each targeting a specific dimension of period, hygiene, and maternal poverty in Makhaza. Beneficiary numbers below reflect the Foundation's current active drive.

Programme 1: Pad for Purpose

Free distribution of disposable sanitary pads to girl learners, delivered in direct partnership with local schools. This drive is being carried out in partnership with Chris Hani Secondary School, reaching the school's girl learners directly on campus, in coordination with school staff, so that no girl has to miss class or travel elsewhere to access what she needs.

All products for this programme are purchased in bulk to keep costs as low as possible, allowing the Foundation's limited funds to stretch further and reach more girls per drive.

Detail	This Drive
Target Beneficiaries	654 girls (Chris Hani Secondary School)
Key Deliverable	Disposable sanitary pads distributed, attested by sign-in sheet and photos
Frequency	Quarterly distribution drives

Programme 2: Hygiene Packs for Families

Assembly and distribution of hygiene packs; soap, toothbrushes, toothpaste, and deodorant, to families in the community. Packs are assembled by the Foundation and distributed at a dignified, community-run Health Awareness Event, where families can collect their pack alongside access to health education.

Detail	This Drive
Target Beneficiaries	100 families (Health Awareness Event)
Key Deliverable	Hygiene packs distributed, attested by count records and photos
Frequency	Quarterly distribution drives

Programme 3: Mama & Baby Kits

Targeted support for new mothers through the distribution of Mama & Baby kits. Community health workers at Matthew Goniwe Clinic identify qualifying new mothers, and kits are delivered through the clinic itself, ensuring the process remains fully dignified and confidential, without any public distribution event for this particularly sensitive group of beneficiaries.

Detail	This Drive
Target Beneficiaries	30 families (identified by Matthew Goniwe Clinic)
Key Deliverable	Mama & Baby kits distributed, attested by clinic records and photos
Frequency	Quarterly distribution drives

Programme 4: Health Awareness Workshops

Community health education workshops delivered in home languages, covering menstrual health, personal hygiene, and maternal care. These workshops are held alongside the hygiene pack distribution, so that families leave not only with essential products, but with a clearer understanding of the health practices behind them.

Programme Budget & Cost Breakdown

All products for this drive are purchased in bulk from a wholesale supplier to minimize cost, applying a standard 20% bulk-purchase discount off retail pricing throughout.

Pad for Purpose — Chris Hani Secondary School

Beneficiaries: 654 girls. Assumption: 3 packs of disposable pads per girl, covering approximately one school term.

Product	Retail Price	Bulk Price (20% off)	Quantity	Line Total
Disposable Maxi pads (8-pack)	R24.99	R20.00	1,962 packs (654 girls × 3)	R39,240.00

Initiative Subtotal: R39,240.00

Mama & Baby Kits — Makhaza Clinic Partnership

Beneficiaries: 30 families, identified by clinic health workers.

Product	Purpose	Retail Price	Bulk Price (20% off)
Newborn nappies (starter pack)	Daily baby care	R180	R144
Baby wipes	Hygiene	R40	R32
Baby soap/lotion (fragrance-free)	Newborn skin care	R60	R48
Disposable maternity pads (2 packs)	Postpartum recovery	R50	R40
Baby blanket or onesie	Warmth/dignity item	R80	R64
Cost per kit		R410	R328

30 families × R328/kit = R9,840.00

Initiative Subtotal: R9,840.00

Hygiene Packs — Health Awareness Event

Beneficiaries: 100 families.

Product	Bulk Price	Quantity	Line Total
Bar soap (175g)	R15.99	100	R1,599.00
Toothbrush (basic)	R12.00	100	R1,200.00
Toothpaste (basic, small tube)	R20.00	100	R2,000.00

Product	Bulk Price	Quantity	Line Total
Deodorant roll-on	R27.19	100	R2,719.00
Cost per pack: R75.18			

Initiative Subtotal: R7,518.00

Combined Product List (Full Procurement Shopping List)

Product	Unit Bulk Price	Quantity Needed	Line Total
Disposable Maxi pads (8-pack)	R20.00	1,962 packs	R39,240.00
Newborn nappies (starter pack)	R144.00	30 packs	R4,320.00
Baby wipes	R32.00	30 packs	R960.00
Baby soap/lotion	R48.00	30 units	R1,440.00
Disposable maternity pads (2 packs/kit)	R40.00	30 sets	R1,200.00
Baby blanket/onesie	R64.00	30 units	R1,920.00
Bar soap	R15.99	100 units	R1,599.00
Toothbrush	R12.00	100 units	R1,200.00
Toothpaste	R20.00	100 units	R2,000.00
Deodorant roll-on	R27.19	100 units	R2,719.00

Final Total — This Drive

Initiative	Subtotal
Pad for Purpose (654 girls)	R39,240.00
Mama & Baby Kits (30 families)	R9,840.00
Hygiene Packs (100 families)	R7,518.00
GRAND TOTAL	R56,598.00

Note: transport, printing (sign-in sheets), and event costs (venue, refreshments for the Health Awareness Event) are not included in this figure — this is product cost only.

Organisational Structure & Governance

The Malashe Foundation is structured to ensure clear accountability, community-centred leadership, and transparent operations.

Leadership

Role	Name	Responsibilities
Founder & Director	Siqhamo Malashe	Overall strategy, stakeholder relations, donor outreach, project management
Volunteer Team Lead	Cllr Lucky Mbiza (Ward Councillor)	Community mobilisation, distribution logistics, event coordination

Accountability & Transparency

The Malashe Foundation maintains full accountability to its donors, partners, and community beneficiaries. All distributions are documented through attendance registers, pack count records, and photographic evidence. Project outcomes are reported to all key stakeholders at the end of each programme cycle.

Communication & Outreach Strategy

The Malashe Foundation reaches its community and stakeholders through a multi-channel communication approach combining digital outreach with grassroots community engagement:

- Social media — awareness campaigns on Instagram, Facebook, and TikTok
- Community networks — WhatsApp-based outreach through the Ward Councillor's established community networks
- Institutional outreach — communication through local churches and Matthew Goniwe Clinic
- Stakeholder reporting — formal acknowledgement of all sponsors in all communication materials
- Public reporting — presentation of programme outcomes to the Foundation's stakeholder group at the end of each programme cycle

Our Commitment

A Foundation Built on Community

The Malashe Foundation is not an organisation that works on behalf of communities from the outside, it is an organisation that grows from within communities, shaped by the lived experiences of its founder and driven by the spirit of ubuntu. We do not bring solutions to our people. We build solutions with our people.

Every sanitary pad distributed, every hygiene pack assembled, every new mother supported, and every workshop facilitated is a statement: you matter. Your health matters. Your dignity matters. And we, as a community, are going to make sure you have what you need to thrive.

The Malashe Foundation is committed to growing its impact, deepening its partnerships, and expanding its programmes to reach more families, more girls, and more mothers across Cape Town — one act of dignity at a time.

The Malashe Foundation
Cape Town | South Africa
Founded 2026 | Founder: Siqhamo Malashe