

Life Righting Collective

THE HEALING POWER OF WRITING

# THE CASE FOR FUNDING THE LIFE RIGHTING COLLECTIVE



# OUR *WHY*

## THE CASE FOR FUNDING THE LIFE RIGHTING COLLECTIVE

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South Africa is a country still reckoning with generational trauma, systemic inequality and invisible suffering. While policy and advocacy remain critical tools for transformation, the **emotional and psychological repair** needed at an individual and community level is often ignored.

*"Writing is not therapy. But it is therapeutic."*

**The Life Righting Collective exists to fill this gap.**

We offer a non-medical, low-cost, human-centred intervention that helps people make sense of their lives through writing.

Through our life writing programmes, people process grief, rewrite harmful narratives, build self-worth and rediscover connection. The impact reaches far beyond the individual. It strengthens families, workplaces and communities. We believe storytelling is a birthright, not a luxury. We bring it to those who have been silenced.

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# OUR *DIFFERENCE*

## WHAT MAKES OUR WRITING COURSES DISTINCTIVE

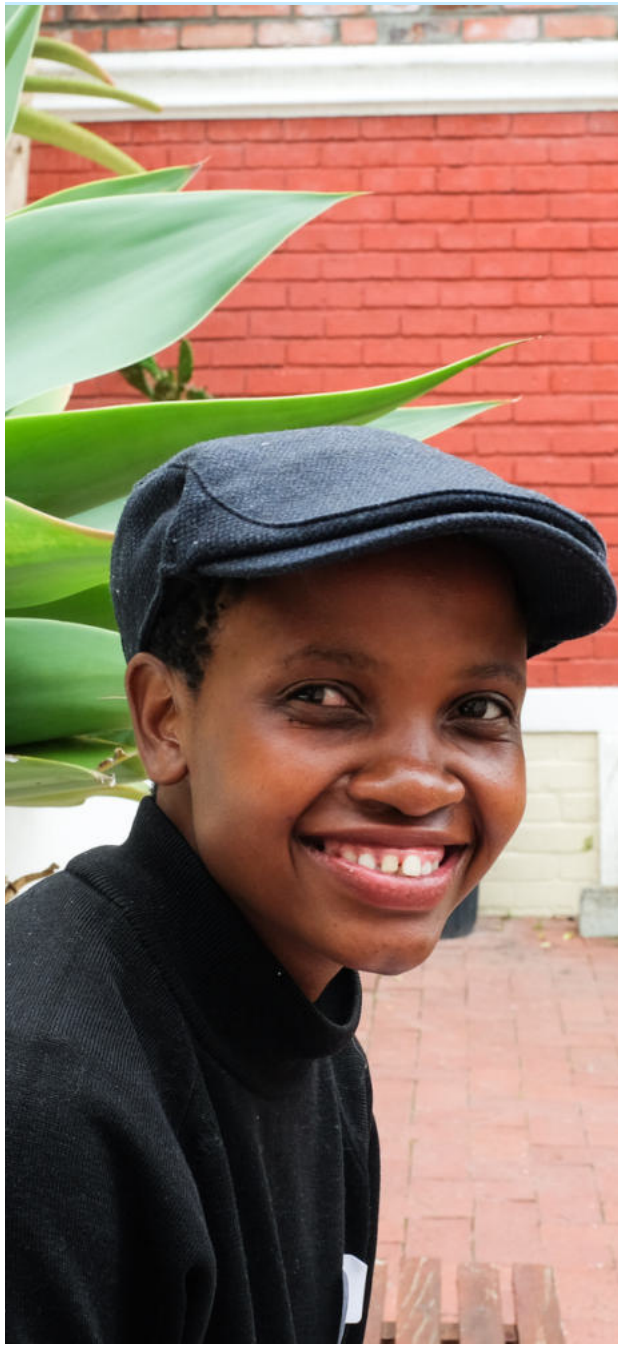
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We are not here to churn out polished manuscripts. We are here to help people live better lives by giving them the tools to make sense of their own stories and hold space for others.

*"This course made me feel less alone: sharing was good for me."*

| Other Writing Courses | The Life Righting Collective |
|---|---|
| Skill or craft focused | Healing and self-awareness focused |
| Often expensive and exclusive | Sliding scale access with donor-subsidised places |
| Individual gain: publishing, career, fame | Collective impact: inclusion, compassion, belonging |
| Writing as an art or business | Writing as a mental health and social repair intervention |
| Western-centric, English-dominant | Multilingual, diverse, South African, socially conscious |

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# OUR *SOLUTIONS*

## THE CHANGE WE MAKE: HOW WE SEEK TO HAVE AN IMPACT

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**The Problem**: South Africans live in a society marked by trauma, inequality and emotional isolation. Traditional systems of support (mental healthcare, social services) are often inaccessible, under-resourced or culturally inappropriate.

***Our Long-term Impact:***
*A more compassionate, resilient and literate society, where stories heal, rather than divide.*

**Our Intervention:** The LRC offers facilitated life writing courses, retreats, online workshops, mentorship and publishing opportunities. These provide:

- A safe space for reflection and expression
- The tools to construct and deconstruct personal narratives
- Creative literacy, not just language literacy.

**The Change:**

- Individuals become more confident, emotionally grounded and connected
- Diverse stories are published and circulated, promoting social cohesion
- Participants are often transformed into facilitators, multipliers of impact.

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# OUR *PROJECTS*

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## WHAT WE OFFER: OUR PROGRAMMES & FUNDING TARGETS

*Total Investment Required*
***R528,770***

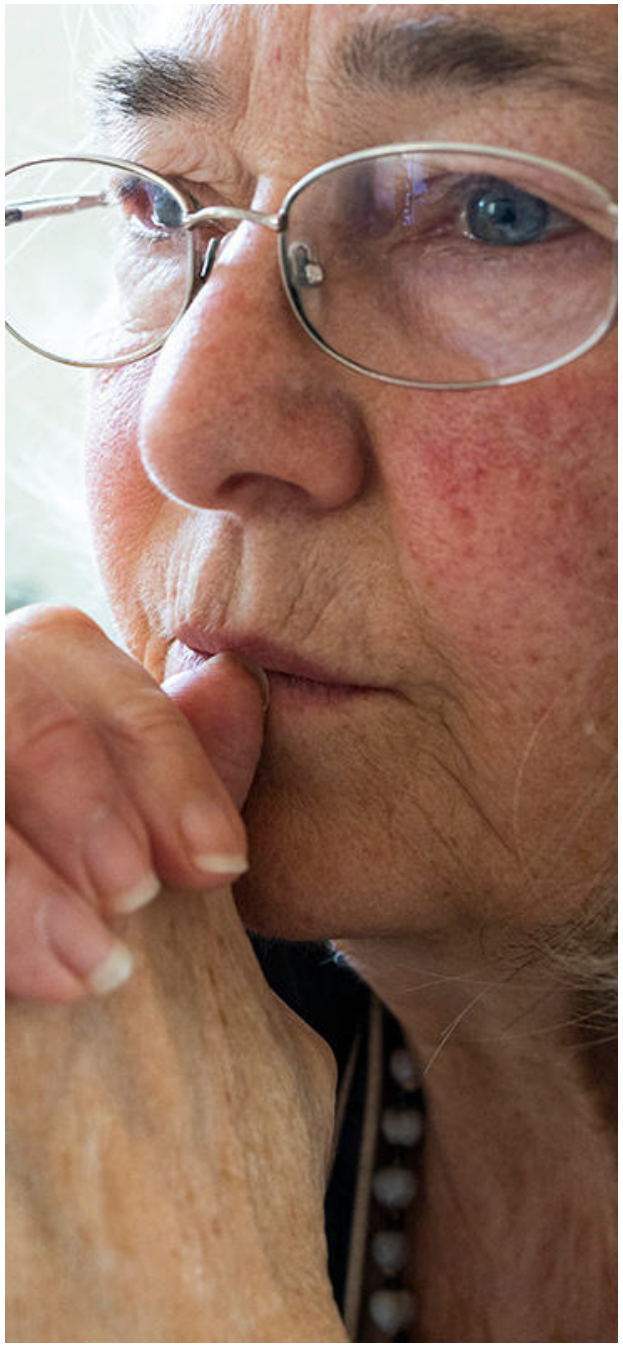
**Writers' Way 2025**
Predominantly online course series (six workshops) designed to deepen writing practice, build community and reach, as well as generate income for the LRC. **Funding Needed: R46,920**

**Anthology 2 (Print & digital)**
Publishing diverse South African voices from our course alumni, ensuring representation, preservation and national dialogue through storytelling.
**Funding Needed: R167 000**

**How to Self-Publish (Pilot Course)**
Empowering previously silenced voices with tools to independently publish and share their stories. **Funding Needed: R14,850**

**Core Operating Costs**
12-month runway to fund administration, team coordination, digital infrastructure, monthly in-person writing courses and outreach/marketing.
**Funding Needed: R300,000**

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# OUR *BENEFICIARIES*

## THE PEOPLE WHO BENEFIT FROM OUR PROGRAMMES

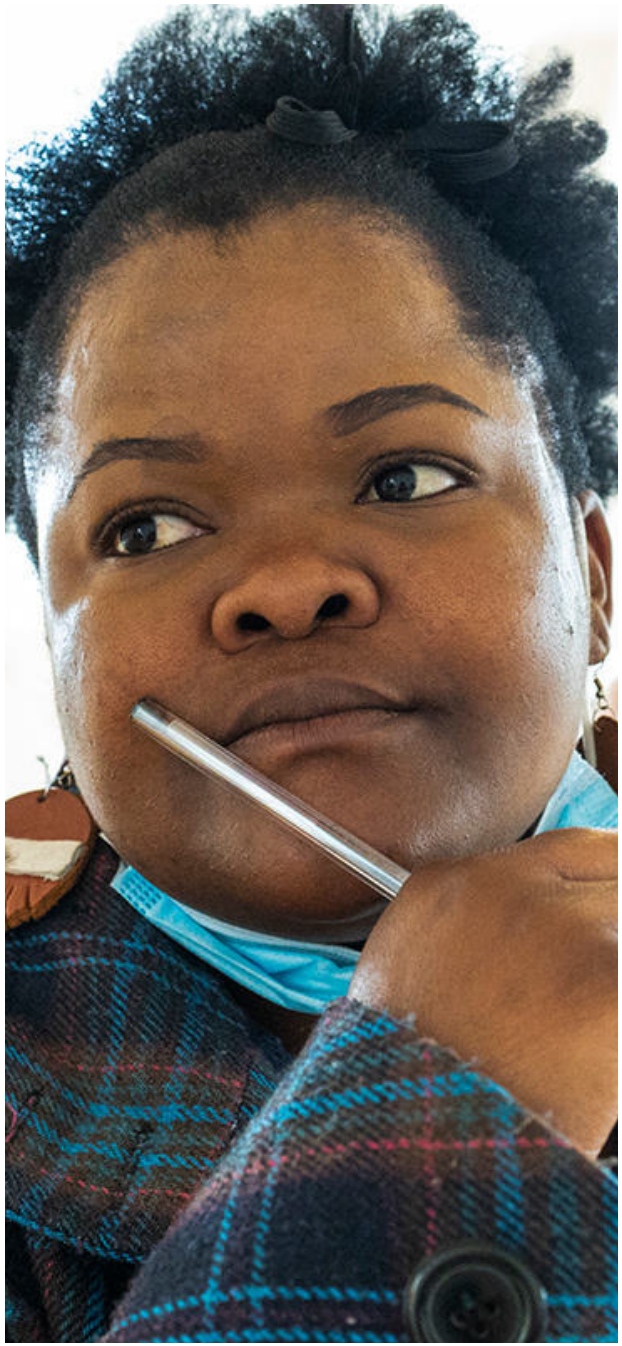
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- Survivors of violence and abuse
- Unemployed or underemployed youth and adults
- People dealing with mental health challenges, including caregivers
- Specific marginalised or vulnerable groups: the queer community, the disabled, artists, pensioners
- NPO staff and community workers seeking resilience tools
- HR departments looking for employee engagement debriefing tools.

*"Meeting others who are also out on their edge, going deeper and exploring new ways of being in the world. I got courage from their courage."*

**Our workshops are inclusive by design, accessible via subsidised rates and facilitated by trained writers and wellness practitioners.**

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# OUR *MONEY AIMS*

## WHY FUND US: OUR CURRENT FINANCIAL REQUIREMENTS

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- Our financial runway is limited to 4 months (as of June 2025)
- Demand for our workshops and collaborations is growing
- We have a tested model with research-backed outcomes and testimonials
- We have proven lean, community-based delivery can work
- We are ready to scale but require operational stability to do so.

*"I got to turn my heartbreak into art and gain power over it. I was surprised to find that we are all the same despite the differences."*

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# OUR *PROOF OF IMPACT*

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## HOW FUNDERS CAN HELP EXPAND OUR SCOPE & REACH

- Over 400+ course participants across South Africa
- First anthology published and reprinted (1000 copies): **This is How it Is** (with new one pending)
- Peer-reviewed validation: research study in the British Medical Journal
- Alumni feedback and documented personal transformations - see Testimonials,
- Funded collaborations with educational institutions, NPOs and community groups.

## HOW FUNDERS CAN HELP

- Fund a full programme or one of our funding targets (e.g. our second Anthology or the Writers Way 2025)
- Cover our monthly operational costs for a set period
- Sponsor places for participants from under-resourced communities
- Match-fund public donations or contribute to marketing costs
- Invest in scaling our model digitally and nationally.

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# OUR *CONTACT* DETAILS

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**visit our website here:**
www.liferighting.com