



Cape Mental Health

Annual Report

1 April 2005 to 31 March 2006

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SECTION A

1. Details of the organisation

1.1 Organisation name: CAPE MENTAL HEALTH SOCIETY

1.2 NPO Registration Number: 003 – 264 NPO

1.3 The twelve-month period this report covers:

1 April 2005 to 31 March 2006

1.4 Contact persons:

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1.7 The Organisation's Office Bearers

Name	Office bearer title	Work or home address	Telephone	ID Number
Mrs Shona Sturgeon	Chairperson	8 Blackheath Rd Kenilworth Cape Town	021 6504222	4502030071089
Mrs Jennifer Septoe	Vice Chairperson	2 Sunbury Rd Heathfield Cape Town	021 7129087	4509290105085
Mr Alan Crisp	Treasurer	12 b Livingstone Rd Claremont Cape Town	021 6833588	4712105102087
Ms Hombakazi Zide	Committee Member	29 Mendelsohn Road Mandalay Cape Town	021 4423600	5908120761084
Mrs Phoebe Gerwel	Committee Member	22 Jasmyn Street Belhar Cape Town	021 9523279	4901090097085
Mrs Tracy Fortune	Committee Member	1 st Floor, Horizon House 15 Pepper Street Cape Town	021 4223413	7103210207085
Ms Aretha Folding	Committee Member	74 3 rd Avenue Welcome Estate Cape Town	021 638 4301	7612300065088
Mr André Roux	Committee Member	13 a 8 Parow Park 5 th Avenue Parow Cape Town	021 9301531	59102005114080
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Mr David Lotz	Committee Member	Herold Gie Attorneys 8 Darling St Cape Town	021 4644700	4005275056088
Mr Ken Sturgeon	Committee Member	8 Blackheath Rd Kenilworth Cape Town	021 6504222	440511076082

1.8 The Organisation's staff as at 31 March 2006

Job Title of staff member	Gender	Race
Asma Achmat – Social Worker	Female	Black
Mumtaz Allie – Social Worker	Female	Black
Hajiera Andrews – Care Worker	Female	Black
Bhidini Basodi – Driver	Male	Black
Faisal Bawa – Assistant Training Instructor	Male	Black
Marilyn Baynes – Care Worker	Female	Black
William Bevu – Driver	Male	Black
Nomvula Bomali – Care Worker	Female	Black
Carol Bosch – Social Work Manager	Female	Black
Alida Botha – Rehabilitation Worker	Female	White
Xoliswa Buqa – Care Worker	Female	Black
Deon Buys - Assistant General Manager	Male	White
Elizabeth Chaplin – Social Worker	Female	White
Madosini Chubeka – Care Worker	Female	Black
Kay Cikizwa – Social Worker	Female	Black
Waradia Cogill – Training Instructor	Female	Black
Rodney Cohen - Administrative Officer	Male	White
Lorraine Cupido – Training Instructor	Female	Black
Michelle Cupido - Training Instructor	Female	Black
Parveen Dalvie - Fundraiser	Female	Black
Gwendoline Daniels - Ass. Training Instructor	Female	Black
Ingrid Daniels – Director	Female	Black
Theresa Daniels - Clerk	Female	Black
John Daries – Workshop Manager	Male	Black
Valerie De Klerk – Training Instructor	Female	Black
Marga De Villiers - Clerk	Female	White
Nomavenge Diko – Care Worker	Female	Black
Ntombentle Dlokovu - Receptionist	Female	Black
Nomawethu Dotwana – Care Worker	Female	Black
Gillian Douglas – Psychologist	Female	White
Ferial Edwards – Clerk	Female	Black
Sandra Ellis – Donor Development Manager	Female	White
Ayesha Fakier – Care Worker	Female	Black
Faldelah Fillander – Social Auxiliary Worker	Female	Black
Marion Ford – Job Coach	Female	Black
André Goldshtein – Maintenance Officer	Male	White
Denise Grobelaar – Programme Manager	Female	White
Pauline Groepes – Training Instructor	Female	Black
Lee Grusd – Social Worker	Female	White
Tessa Heiberg – Rehabilitation Worker	Female	White
Sharon Hendricks – Workshop Manager	Female	Black

Nomaneli Hlangu – Care Worker	Female	Black
Nomalungelo Hlutwa – Training Instructor	Female	Black
Jeanine Hundermark – Psychologist	Female	White
Calvin Isaacs – Workshop Manager	Male	Black
Cecilia Jackson – Training Instructor	Female	Black
Faranaaz Jacobs – Social Worker	Female	Black
Joan Jansen – Care Worker	Female	Black
Mary-Anne Jonkerman – Social Worker	Female	Black
Josephine Joubert – Training Assistant	Female	Black
Sharon Kelderman – Training and Assessment Off.	Female	Black
Ekin Kench – Programme Manager	Female	White
Nomthandazo Kente – Care Worker	Female	Black
Shaheeda Khan – Social Worker	Female	Black
Lynette Klein – Clerk	Female	Black
Celiwe Kom – Social Worker	Female	Black
Nolufefe Konco – Care Worker	Female	Black
Gadija Koopman – Deputy Director	Female	Black
Lorraine Lamberts - Care Worker	Female	Black
Caryn Lomberg – Rehabilitation Worker	Female	White
Kariema Lowe – Fundraiser	Female	Black
Anthony Luthuli – Workshop Manger	Male	Black
Godfrey Luyt - Training Instructor	Male	Black
Thami Majodina – Care Worker	Female	Black
Nancy-Jeanne Malgas – Rehabilitation Worker	Female	Black
Zandile Mamfanya – Social Worker	Female	Black
Susan Mason – Psychologist	Female	White
Esterline Martin – Social Worker	Female	Black
Pumza Mbanzi - Housekeeper	Female	Black
Stella Mbwana – Administration Manager	Female	Black
Isabella Mcetywa – Training Assistant	Female	Black
Ntombesintu Mcimeli – Training Instructor	Female	Black
Nosiko Mdekazi – Supervisor	Female	Black
Lindelwa Mesheck – Care Worker	Female	Black
Nomakwezi Mhlawuli – Care Worker	Female	Black
René Minnies – Programme Manager	Female	Black
James Mkalipi – Job Coach	Male	Black
Lorenza Mkaza – Rehabilitation Worker	Female	Black
Simon Mngomeni - Assist	Male	Black
Mary Mohapi – Training Instructor	Female	Black
Mtutuzeli Monakali – Driver	Male	Black
Fundiswa Moni – Care Worker	Female	Black
Claudine Morta – Recruitment Officer	Female	Black
Nombongo Mpateni – Care Worker	Female	Black
Churchill Mqingwana – Job Coach	Male	Black

Fungiwe Nkatu – Rehabilitation Worker	Female	Black
Shamila Ownhouse – Job Coach	Female	Black
Charmaine Parker – Care Worker	Female	Black
Lucinda Pelston – Programme Manager	Female	Black
Joy Petersen – Care Worker	Female	Black
Nomqondiso Pietersen – Care Worker	Female	Black
Laura Petersen – Care Worker	Female	Black
Nobandla PHEME – Cook	Female	Black
Kathy Plessie- Care Worker	Female	Black
Stéphan Pretorius – Project Manager	Male	White
David Rae – Finance Manager	Male	White
Zukiswa Raisa – Social Worker	Female	Black
Megashni Reddy – Social Worker	Female	Indian
Samantha Reinders – Rehabilitation Worker	Female	White
Kulthum Roopen – Social Worker	Female	Black
Gwendoline Rosen – Supervisor	Female	Black
Amanda Roux – Social Work Manager	Female	White
Lucinda Saal – Care Worker	Female	Black
Shavonne Samaai – Ass Training Instructor	Female	Black
Igshaan Samsodien – Driver	Male	Black
Wilma Samuels – Training Instructor	Female	Black
Birgit Schweizer – Programme Manager	Female	White
Andreas Selela – Housekeeper/Messenger	Male	Black
Sheila Selfe – Social Work Manager	Female	White
Nokothula Shabalala – Psychologist	Female	Black
Gail Shapiro – Social Auxiliary Worker	Female	Black
Leylanie Shunmugan – Clerk	Female	Black
Steven Sityo – Social Auxiliary Worker	Male	Black
McPherson Skota - Driver	Male	Black
Salie Slamong – Workshop Manager	Male	Black
Siân Smit- Social Worker	Female	White
Keith Snyman – Training Instructor	Male	Black
Godfrey Swart - Driver	Male	Black
Ascencia Tebbutt – Bequest Liaison Officer	Female	White
Santie Terreblanche – Programme Manager	Female	White
Brigitte van der Berg – Secretary	Female	Black
Arthur van der Merwe – Training Instructor	Male	Black
Marla van der Merwe – Occupational Therapist	Female	White
René van Wieling – Social Worker	Female	Black
Fiona Van Wyk – Rehabilitation Worker	Female	Black
Hettie Venter – Social Worker	Female	White
Jennifer Walters – Clerk	Female	White
Chesna Zietsman – Social Auxiliary Worker	Female	Black

1.9 Services provided by the Organisation:

Cape Mental Health Society provides a comprehensive, holistic, pro-active and enabling mental health service to all in the Western Cape.

Our goals are to:

- improve the **quality of life of people** with intellectual disability (mental handicap) or psychiatric disability (mental illness) and that of their families
- create an **enabling environment** for service-users that offers options, not solutions
- recognise change and **learning potential** in everyone
- adopt a caring, **humanitarian and moral approach** to our work, our staff and our service-users
- initiate and **develop appropriate services** and facilities for people with mental disability in consultation with them and the community
- reduce the incidence of intellectual disability and psychiatric disability in the community by the **dissemination of information**
- provide information and **raise awareness** about intellectual disability, mental illness and the promotion of mental health in the broader community
- engage greater **service-user (consumer) involvement** in service delivery
- embark on a more vigorous, visible and inclusive **advocacy programme** - mobilising the community, service-users, staff, and other organisations
- foster **collaborative relationships** with internal, external and collegial partners for service-delivery and research

2. The Organisation's major achievements over the past year:

Chairperson's Report

We look back over the past year with great pride and admiration at the achievements and success of the different programmes at Cape Mental Health. The past year has seen development, consolidation and progress in a number of areas as we continued to invest in the lives of people with mental disability and their communities.

Our contribution to social development and transformation, to create a home for all in the Western Cape, is huge and can be quantified based on the financial, physical resource, human capital and direct investment made in the lives and communities of our service users.

It is recognised that even though South Africa has one of the most exceptional Constitutions in the world, with sound legislation promulgated since 1994 to support the Bill of Rights, poverty and unemployment remains high amongst people with disabilities. Reports from the Department of Labour on Employment Equity and Skills Development highlight the failure of current strategies to significantly achieve the disability employment targets. Unemployment is high in the population of persons with disability resulting in greater dependence on State and family. The inadequate provision of social security and limited employment support has contributed to increasing poverty. Within the disability sector, people with psychiatric conditions are the most marginalized and face greater discrimination and competition to access employment opportunities.

It is in this context that we continue to provide comprehensive, holistic and proactive mental health services and remain committed to challenging socially restrictive and discriminatory practices to ensure that any form of human rights violations are opposed in the strongest terms.

Last year we focused on Transformation through Social Investment. As we look back over the past year and reflect on the investment by social partners we are able to identify the impact that these relationships and investments have had on staff, service users and communities in dire need of social assistance.

During the 2005/2006-year we strengthened relationships with our North-South partners to creatively seek solutions to address equity difficulties faced by people with disabilities and promote greater access to employment. The theme of our Annual General Meeting focuses on the North-South Development Dialogue – a dialogue that has built additional capacity and skills of our staff with the aim of investing in employment initiatives for persons with disability.

The past year has seen growth and expansion in the north-south partnerships in Sweden and Germany. The north-south development dialogue has resulted in three Swedish Exchange Programmes and six German Exchange Programmes in 2005-2006 benefiting nine staff members who travelled abroad and returned to implement various projects back in South Africa.

Social development dialogues with our northern partners have ensured investment returns by impacting on skills enhancement of our staff as well as employment opportunities creating additional best practice models in South Africa for persons with mental disabilities.

Powerful dialogues, which go beyond “workshops” and “talk shops”, are required within our country to bring about critical and speedy redress for those living with a disability.

It is in our humanity that we see potential in others – sometimes it is others less fortunate than ourselves.

Shona Sturgeon
CHAIRPERSON

A comprehensive review of the objectives and achievements of the past year will be presented for each of the organisation’s programmes:

SOCIAL DEVELOPMENT SERVICES

The Social Development Department provided social work services to 2,552 people during the past year. The service operates actively in all the communities of the Western Cape, but mostly in the disadvantaged and poverty-stricken areas where gangsterism, crime, HIV/ AIDS, drug abuse, child abuse and many other social problems are located.

It is within these communities that our social workers have had to implement an integrated social development model of projects to address the social difficulties that further impact on their mental health. Social workers not only provide specialist mental health counselling, but actively implement food security programmes and job creation initiatives, such as Beadability, for instance, to address high unemployment and poverty.

Rural Outreach programmes aims to support other NGO’s in their management of persons with mental disability where mental health resources are scarce and lacking. In the absence of mental health specialists and inadequate services at community level, individuals living in outlying rural areas are most affected by de-institutionalisation and devolvement of care to primary level facilities that lack the infrastructure, staff and resources.

Objectives planned for the year under review

- To improve knowledge and understanding of mental disability and to assist people in the Western Cape with access to services, resources and opportunities.
- To equip families with the skills necessary to cope with a mentally disabled family member and to improve the quality of care of people with mental disabilities.

- To improve the management of money and budgeting to promote self-reliance of people with mental disabilities.
- To develop skills to cope with the stresses of daily life.
- To improve insight, strengthen coping skills and promote responsible self-reliant behaviour of people with mental disabilities.
- To help families cope more effectively with the challenging behaviour of people with mental disabilities.
- To provide trauma debriefing for people who have been traumatised.
- To administer disability grants to prevent exploitation and ensure that the grant is used for the benefit of the client.
- To provide clients or their caregivers with an opportunity to generate income.

Achievements for the year under review

- Cape Mental Health's social work services rendered counselling services to 2,552 people (1,924 index clients) during the year. The caseload was made up of 54% of clients with an intellectual disability, 33% with a psychiatric disability and 13% experiencing emotional adjustment problems. The gender breakdown appeared to be fairly even overall with 48% male and 52% female, and only varied substantially in the programme dealing with emotional adjustment disorders, where the distribution was 61.5% female and 38.5% male.
- Carer support groups which focus on the mental health of carers/parents and issues related to disability, were initiated and are running for carers in Manenberg, Mitchells Plain, Grassy Park and Bonteheuwel, and for parents of pupils at Mary Harding School.
- Five life skills groups were initiated and now run in Rocklands, Lentegeur, Philippi, Manenberg and at the Lady Michaelis CHC. These groups, for people with intellectual disability or psychiatric illness, focus on social skills and building the capacity of the service user so as to improve their functioning and ability to live in the community.
- A support group for people with anxiety and depression also runs at Head Office. This group provides mutual support and techniques for coping with anxiety and depression.
- Opportunities for income generation continued to be provided by Beadability and food gardens in Mitchells Plain and Manenberg. Additional poverty alleviation funding has been acquired so that more food gardens can be initiated in the next financial year.
- Approximately 110 service users' disability grants were administered during this period in an effort to prevent exploitation and abuse in the community.

Beneficiaries of the programme

The social work service benefits all service users with mental disabilities who are unable to pay for services privately. During the year under review close to 3,000 service users received assistance either in individual counselling or in a group setting.

SEXUAL ABUSE VICTIM EMPOWERMENT (SAVE)

Our Sexual Abuses Victim Empowerment Programme (SAVE), the only one of its kind in South Africa for women with intellectual disability, continues to address inequities in the availability and access to the legal justice system for women and children who have been sexually abused. The programme aims to ensure that people with intellectual disability who have been sexually abused receive redress and justice.

During the period under review, 78 psycho-legal assessments for complainants of sexual abuse were completed. Cases are referred to us from all areas in the Province. Court preparation, family counselling and support, training of prosecutors and SAPS is ongoing and strengthens the partnership to ensure that any form of human rights violation is dealt with and greater protection is ensured for the victim or survivor of these atrocities.

Objectives planned for the year under review

- To provide assessments to 55 people with intellectual disability who are complainants in sexual abuse cases for psycho-legal purposes.
- To provide support and court preparation for people who have undergone psycho-legal assessment.
- To network, liaise with and provide training for prosecutors and police.

Achievements for the year under review

- During the period under review 78 psycho-legal assessments for complainants with intellectual disability in sexual abuse cases were completed. The psychologists received 22 subpoenas to appear in court to provide expert testimony.
- Twenty-nine of the complainants (37%) were under the age of 16 at the time that the abuse took place. Seventy-three of the complainants, 94%, were female and five, 6%, were male. Thirteen of the complainants, 17%, were not from Cape Town, but from other areas of the Western Cape, such as Wellington, Wolseley, Paarl, Moorreesburg, Prince Alfred Hamlet, Riebeek West, etc.
- More assessments than planned were completed as the psychologists' time was increased during the year due to the pressure of the waiting list. The fundraising target for this programme was exceeded which made this possible. Some funding was secured from the Human Rights Foundation at the end of the year and this will continue into part of the next financial year.
- Social workers continued to provide support to clients who were assessed in the SAVE programme during this period as well as to some of those who had previously been assessed.
- Two prosecutor/police training workshops were undertaken during the year at the request of the Department of Justice. One was for prosecutors at Wynberg Court, which was attended by approximately 10 prosecutors; the other had 32 participants who were prosecutors from Goodwood, Mitchells

Plain, Khayelitsha and Cape Town courts and members of FCS Khayelitsha. The feedback received was very positive.

Beneficiaries of the programme

Complainants with intellectual disability have access to justice with the support and assistance of psychologists in the SAVE programme. These cases would not be prosecuted unless the complainants undergo assessment by SAVE. All the beneficiaries in this programme are largely from disadvantaged areas in the Western Cape.

The SAVE programme is based on respect for people's human rights, i.e. the right to justice for all. It is empowering as it provides an opportunity for people with intellectual disability to pursue justice. It also builds their capacity in terms of knowing their rights and that they do not have to be subjected to abuse. Often families feel responsible for the abuse as they feel that they did not protect their child sufficiently and their capacity for coping with the after affects of the abuse as well as future management is improved.

CORPORATE SOCIAL WORK

The Corporate Social Work programme provides mental health services to companies who select to outsource their Employee Assistance Programmes. Funds derived from this programme are used to cross-fund our community programmes where service-users are unable to contribute towards the cost of the service provided.

Objectives planned for the year under review

- To provide an on-site counselling programme for Independent Newspapers, Cape Town.
- To provide an on-site counselling programme for Pick 'n Pay, Cape Town.

Achievements for the year under review

- Four hundred and twenty-five (425) people were counselled at Independent Newspapers and Pick n' Pay.
- A 16% increase was achieved over the previous year.
- Two additional Pick n' Pay stores have been added and we presently provide counselling services at 27 of their stores

Beneficiaries of the programme

The company pays for the counselling service. The beneficiaries are thus employees of Pick 'n Pay and Independent Newspapers who cannot afford to access these services privately. Service-users from poorer areas in the Western Cape are secondary beneficiaries of this programme as funds generated are used to cross-subsidise other services offered by the organisation.

SPECIAL CARE CENTRES

Last year we reported on the challenges that we faced concerning the cost and maintenance of our aging buses that weave through the townships to pick up the children each morning. Once again, our partners came to our rescue and thanks to the National Lottery Distribution Trust Fund and the Rolf-Stephan Nussbaum Foundation we were able to purchase three new Mercedes-Benz buses, two at Imizamo Yethu Special Care that accommodates 90 children with severe and profound intellectual disability and one bus for Ethembeni Special Care Centre. With much celebration and relief the children are transported in safety and comfort. Even though these buses are fitted with tracking devices, the increasing challenge is the security and safekeeping of the buses that have become a target with the increase in hijackings and vehicle theft.

Objectives planned for the year under review

- To present a planned developmental day programme for 180 children during school terms
- To provide daily transport for the children to and from the centre.
- To provide a meal and a snack every day for each child.
- To provide training to all staff members.
- To organise small fundraising events in the respective communities.
- To support and network with the Western Cape Forum for Intellectual Disability around The Right to Education campaign

Achievements for the year under review

- We provided a daily programme for 180 children, which included individual and group activities, aimed at providing each child with the opportunity to achieve his or her greatest potential.
- We provided transport for 180 children to and from the centres daily. This objective was achieved despite the impact of crime (hijacking of a vehicle) and the exorbitant fuel costs.
- We offered a meal and a snack to 180 children daily. Many of the children attending our centres come from very poor families and the nutritious meal we provide forms an important part of their day.
- We afforded training to all staff members in: Professional Behaviour, Making Toys from Scrap, Understanding Budgets, the Employee Assistance Policy of Cape Mental Health Society, Managing Children with Difficult Behaviour, Learning by Doing, Project Management and Managing Aggressive Behaviour.
- All four centres successfully organised at least one fundraising event per term, which aimed not only to raise funds but also to involve the parents in the running of the centre and to build the profile of the organisation in their respective communities. The events included a karaoke evening, collection lists, raffling a weekend-away for two, modelling by the children and selling boerewors rolls.

- Special Care Centre coordinators attended all meetings relating to the “Right to Education Campaign” facilitated by the Western Cape Forum for Intellectual Disability.

Beneficiaries of the programme

One hundred and eighty (180) children with severe and profound intellectual disabilities and their families from Cape Town’s poorer communities benefited from the Special Care Programme in the past year. Children were transported to a day centre where they were presented with a structured day programme. This allowed the parents to find employment or have a few hours of relief in the day, knowing their child is safe, well cared for and learning skills for improved functioning.

TRAINING WORKSHOPS UNLIMITED (TWU)

Training Workshops Unlimited celebrated 25 years of service delivery for adults with intellectual disability. Looking back over the years, our workshops have undergone a great amount of growth and transformation. They have evolved from a protective workshop to creating five different facilities accommodating 465 trainees in skills development and capacity building programmes with the view to providing a range of employment opportunities appropriate to the functional ability of the trainees.

The Siyanceda Youth Services Project is registered as a National Youth Service Programme funded by the Umsobomvu Youth Fund and aims at accommodating 40 youth with intellectual disability to bridge the gap between “protective” and open labour market employment. The project is in its second phase and has the distinction of being cited as a ‘best practice’ model for the sector.

During the past year, Training Workshops passionately and with great vigour continued to explore other initiatives which would provide greater employment opportunities for person with intellectual disability. Through the North-South partnership a Business Plan for an Integration Company has been developed and is providing several exchange programmes for knowledge and expertise sharing and development.

The Department of Education has also contracted with Training Workshops Unlimited to provide training to the ELSEN Schools in Sexuality and Awareness for learners with intellectual disability.

These active and vibrant initiatives aim to increase access to employment for persons with intellectual disability. The focus at the Workshop is clearly on the ability of the person with an intellectual disability rather than focusing on the disability. Where possible, our service-users too have the right to access employment opportunities.

Objectives planned for the year under review

- To provide skills development programmes in Life Skills, Work Skills, Entrepreneurial Skills and training in HIV/AIDS and Sexuality Education to adults with intellectual disability.
- To provide Life Skills Training to 196 trainees who are lower functioning adults with intellectual disability.
- To provide a Work Skills Programme comprising structured lessons and contract work for 249 higher functioning adults with intellectual disabilities.
- To present an entrepreneurial venture where 25 trainees will receive training and an opportunity for income-generation.
- To present a training programme on HIV/AIDS and Sexuality to 465 adult trainees with intellectual disabilities
- To facilitate enclave employment opportunities for 20 adult trainees with intellectual disabilities
- To facilitate open labour market placements for 8 adult trainees including the support of a job coach.
- To present a community outreach programme for 30 adults with intellectual disability providing Life Skills training, leisure time activities and respite care to their caregivers.
- To facilitate a networking, advocacy and publicity programme promoting the training programmes at the Training Workshop as well creating public awareness of the needs of people with intellectual disabilities.
- To provide a National Youth Service Programme for 40 trainees in career skills training and job placements in partnership with the Umsobomvu Youth Fund.

Achievements for the year under review

- One hundred and ninety-six (196) trainees benefited greatly from an interesting, stimulating and appropriate Life Skills Training Programme.
- Two hundred and forty-nine trainees (249) benefited from a Work Skills Programme through participation in structured lessons and practical training.
- Twenty-eight (28) trainees participated in an entrepreneurial venture by receiving training and support to purchase soap powder from the Training Workshop and to sell it at a profit in their neighbourhoods.
- All 465 trainees at the Training Workshop participated in an HIV/AIDS and Sexuality Education as part of their structured training programme.
- The 249 trainees in the Work Skills Programme participated in manufacturing and sub-contract work. The income generated contributed to the sustainability of the programme and enabled trainees to supplement their income.
- Twenty trainees (20) participated in enclave employment opportunities at a variety of placements. Enclave employment provides people with intellectual disabilities with opportunities to gain exposure to the open labour market with the security of protective employment support.

Simultaneously employers realise that people with disabilities can take up employment in the open labour market

- Employment in the open labour market was secured for 9 trainees. The recruitment of trainees in the open labour market is largely initiated by employers following public education talks on the radio and by the distribution of information about the Training Workshop. The placement of trainees in the open labour market is facilitated through work place assessments, matching suitable trainees with jobs, preparing the trainees and their families for the placement. Staff at the Training Workshop also assists trainees with contracts to prevent exploitation of the trainee.
- The community outreach programme was offered in three communities with 34 adults with intellectual disability participating.
- Publicity for Training Workshops Unlimited was achieved through presentations on local radio and in the print media. Advocating on behalf of people with intellectual disabilities was achieved through representation on various forums for people with disabilities.
- Forty trainees participated in the Siyanceda National Youth Service Project. Each participant received training in an accredited Hygiene and Cleaning course where after suitable employment in the open labour market was identified for each participant. It is envisaged that trainees will earn a living wage and no longer be dependent on social security.

Beneficiaries of the programme

Four hundred and sixty-five (465) adults with intellectual disabilities benefited by the development of their personal and employment potential through structured day programmes, opportunities for socialisation and income generating opportunities. Caregivers and families of these adults were supported through information and training as well as the respite care provided.

FOUNTAIN HOUSE

Fountain House is the only programme of its kind in South Africa and has been recognised by the Office of the Status of Disabled Persons as a 'best practice' model.

Fountain House actively implements the four life areas of psychosocial rehabilitation (living, socialising, learning and working) through the different programme activities. Over three hundred members with mental illness continue to benefit from the activities and initiatives. Members are actively involved in the daily running of the programme.

A key objective of Fountain House is to provide a safe and secure environment for members to develop work and social skills to enhance their capacity and independence, and to assist with reintegration in different life areas.

This programme has been fortunate to benefit from the north-south dialogue with Sweden to investigate starting a social co-operative in South Africa. Within the disability sector people with psychiatric conditions are the most marginalized and

face greater discrimination and competition to access employment opportunities. The social co-operative initiatives aim to provide employment options where people with mental illness can benefit economically.

Objectives planned for the year under review

- To plan and implement a work-ordered day programme where members receive "on-the-job" training in a variety of skills through their participation in the activities of three work units at the centre.
- To assist members to access employment and or income generating opportunities such as the Transitional Employment Programme (TEP), Observatory Street Cleaning Project and participation in the Mayor's Fair.
- To plan and implement education and training activities to assist members to gain greater insight into their mental illness.
- To present poverty alleviation initiatives such as: offering balanced, nutritional meals at a low cost and providing opportunities to buy clothing at a reduced rate.
- To provide a social and recreational programme to members of Fountain House, who otherwise do not have access to leisure activities. This was done through monthly social events, birthday parties, weekly art classes, walks and an annual holiday

Achievements for the year under review

- An average of 113 members each month had access to social and work rehabilitation services and, in so doing, improved their relationships and work-related skills.
- Twenty-two (22) members gained access to employment through the Transitional Employment Programme (TEP).
- The Observatory Street-Cleaning project provided work for at least 4 members each month. As a result of the restriction placed on their earning capacity by the rules governing their receipt of a disability grant, members worked for a limited number of hours only and were paid R300 a month.
- Two members secured employment in the open labour market upon completing their TEP placements.
- Twelve educational talks were presented with an average attendance of 23 members. Topics presented included: The Mental Health Care Act, Accessing the Mental Health Review Board, Stress & Anxiety and The Crisis Care Plan.
- Two 10-session cycles of Work Skill courses were attended by an average of 10 members per course. The course includes: job hunting, CV writing, interview skills and dealing with difficult situations in the work place.
- Eleven monthly member meetings (Mega meetings) were held during the year with an average attendance of 21 members. This meeting structure is the forum where members give feedback to the staff on the programme.
- A fundraising committee of 6 members assisted with phone calls, letter writing and faxing in the Fountain House fundraising initiatives.
- Twenty-five members participated in the strategic planning of the programme in January 2006.

- The catering unit served meals for an average of 20 members per day.
- Eight social events were held during the year. These included an annual holiday to Stellenbosch, trips to Robben Island, outings to Ratanga Junction Theme Park and the beach.
- Art classes were attended by between 6 and 12 members a week. An art exhibition was held at Fountain House to exhibit the art produced by Fountain House members.

Beneficiaries of the programme

Three hundred (300) people with mental illness benefited from the social and vocational rehabilitation programme at Fountain House. In the programme members were exposed to a work environment where they could access opportunities to learn different work skills. They also gained experience in the business processes inherent to the work environment and learnt how to interact socially in the work environment. Members worked alongside trained rehabilitation workers, through an action-learning process. Members thus contributed to the effective running of the programme and increased their confidence, self-esteem and sense of worth.

RAINBOW FOUNDATION

The Rainbow Foundation continues to provide community-based psychosocial support to reduce relapses and the rate of re-hospitalisation. The project consists of sixteen community-based groups that aim to equip service users in the community through skills training, psycho-education, modest income-generating projects, development of support networks and monitoring of mental health state.

Community-based groups operate in the following areas: Gugulethu, Khayelitsha, Maitland, Philippi, Grassy Park, Athlone, Brooklyn, Woodstock, Elsies River, Goodwood, Manenberg, Observatory, Kraaifontein and Strandfontein. Group meetings are either held weekly, bi-weekly or once a month. Groups meet in community facilities such as civic centres, library halls, clinics and cultural centres.

The North-South dialogue through the Swedish Exchange Programme will make it possible for members to benefit from social co-operative initiatives.

Objectives planned for the year under review

- To plan and facilitate 16 psycho-social rehabilitation groups for persons with a psychiatric disability in the City of Cape Town Metropole.
- To provide media exposure and an awareness of the psycho-social rehabilitation programmes to increase membership at the psycho-social groups.
- To maintain networking and liaison with role-players in the mental health field and the disability sector.
- To provide income generating and capacity building opportunities for people with psychiatric disabilities.

- To provide social support and opportunities for social recreation for people with psychiatric disabilities.
- To provide support to families of individuals with a psychiatric disability.

Achievements for the year under review

- The programme presented 11 weekly and 4 bi-weekly groups and 1 monthly psycho-social group to a total of 122 service users.
- Eighty-nine (89) new referrals were received as a result of media exposure and awareness.
- Programme staff attended meetings with the Mental Health Programme staff of the Department of Health as well as meetings with the Western Cape Network on Disability.
- Sixteen (16) service users were employed to do quality assurance surveys at local hospitals for the Department of Health.
- 2 newsletters were compiled and distributed to all service-users in the Rainbow Foundation.
- Computer and work skills training was presented to 16 service-users in the Athlone and Goodwood areas.
- We arranged social outings to Robben Island, the Aquarium, the V&A Waterfront, Ratanga Junction and an end-of-year function for service-users.
- We presented 3 Family Workshops for caregivers of service-users.

Beneficiaries of the programme

One hundred and twenty-two (122) people with mental illness benefited from the psycho-social rehabilitation programme of the Rainbow Foundation. Service-users are all from disadvantaged communities in the greater Cape Town area.

CAPE CONSUMER ADVOCACY BODY (CCAB)

South African legislation, particularly the Integrated National Disability Strategy, recognizes the rights of people with disabilities and serves to protect the dignity of all mental health service users.

CCAB is an advocacy body for adults with a psychiatric disability who daily face the challenges of stigmatization and the lack of resources. This initiative enables consumers to be empowered and to have their voices heard about consumer issues in pro-active manner.

Consumers or service-users that belong to CCAB recognize the importance of advocating for themselves in terms of improving the quality of their lives.

Objectives planned for the year under review

- To assist CCAB committee with group meetings.
- To assist CCAB committee with increasing membership of the group.

- To provide individual support and capacity building programmes and opportunities for group members.
- To facilitate effective communication between CCAB and service providers in the mental health field.
- To ensure CCAB representation on forums in the disability sector.

Achievements for the year under review

- During the past year 10 General Meetings, 22 Executive Meetings and 1 Annual General Meeting were held.
- Twenty-eight (28) new referrals were made to CCAB.
- The CCAB executive committee underwent training in computer skills, report writing, leadership skills and presentation skills.
- CCAB provided regular updates on its activities to organisations in the mental health field locally and internationally.
- Monthly notices and updates were sent to service users in the Cape Town Metropole.
- CCAB representatives attended meetings of: Cape Mental Health Society Board, SA Federation for Mental Health, Western Cape Network on Disabilities and Disabled People South Africa.

Beneficiaries of the programme

Consumers of mental health services in the Cape Town Metropole were CCAB beneficiaries.

LEARNING FOR LIFE

Learning for Life continues to implement creative and innovative training and learning opportunities specialising in the early childhood developmental disabilities area and working closely with schools and NGO's in organisational development.

This awarding-winning programme received full accreditation with the Health and Welfare Seta on 04 December 2005. As a result of this a Health & Welfare Task Team has been established to co-ordinate training and development initiatives in the organisation. Short courses on Fetal Alcohol Syndrome (FAS), sexuality and intellectual disability, carers in adult residential facilities, continue to be in great demand.

Objectives planned for the year under review

- To develop a strategic plan for the Learning for Life Programme
- To submit the Learning for Life course for full accreditation at NQF Level 4 with the Health and Welfare Seta.
- To review and restructure the course fees to ensure financial sustainability of the Learning for Life Programme.
- To fulfil the requirements for application as a Training Assessor with the Health and Welfare SETA.
- To form a task team of trainers in the organisation to ensure compliance as a training provider with the Health and Welfare SETA.
- To continuously explore training opportunities.

Achievements for the year under review

- A strategic planning meeting was held with the senior management of the organisation and staff of the Learning for Life Programme. All aspects of the programme were evaluated and the strategic plan that emanated from this process provides the guidelines to develop internal and external training opportunities. The training opportunities will ensure the financial sustainability of the Learning for Life Programme.
- Full accreditation status as a training provider with the Health and Welfare SETA was awarded on 4 December 2005.
- Having conducted research on the cost of training, the course fee structure for the Learning for Life Programme was adjusted to ensure financial sustainability of the programme. Provisions have been made to provide discounted fees to students who are unable to afford full fees. Students who experience financial difficulties are assisted with referrals to the Vera Grover Bursary Fund.
- The Programme Manager, Ekin Kench, successfully completed training as a Training Assessor. Application for registration as a Training Assessor was submitted to the Health and Welfare Seta.
- A task team of trainers was formed to address internal training of staff of the organisation. The task team will collaborate with the Employment Equity Forum of the organisation with a view to forming a training committee.
- A partnership with De Beers Trust Fund is currently being explored for Learning for Life to provide training in under-resourced communities in the Northern Cape. Partnerships with other Training Providers are also being sought. The possibility of forming a training partnership with the Early Learning Resource Unit is under discussion.

Beneficiaries of the programme

The Learning for Life accredited course will offer training opportunities to students who may not have had access to formal Education and Training Opportunities. Staff members at 10 Special Care Centres for children with severe and profound intellectual disabilities have benefited from training on Managing Emotional Challenges.

Training in Foetal Alcohol Syndrome, sexuality and intellectual disability and disability awareness brought added skills and knowledge to teachers in under-resourced communities, carers in a residential facility for adults with severe and profound intellectual disabilities.

PUBLIC EDUCATION AND AWARENESS & VOLUNTEER PROGRAMME

Public education and awareness raising programmes continue to promote awareness through the media. The print media and radio are used to promote mental health and destigmatise mental disability.

Volunteers from all over the Western Cape and many international volunteers have been trained and supported to provide additional capacity within the organisation. Their contribution has had a profound impact on services throughout the organisation. We salute them for their commitment and dedication.

Objectives planned for the year under review

- To compile and distribute an Internal Newsletter during Intellectual Disability Awareness Month, Psychiatric Disability Awareness Month and Mental Health Awareness Month.
- To plan and facilitate awareness raising activities for community members during Intellectual Disability, Psychiatric Disability and Mental Health Awareness Month.
- To liaise with radio and print media to raise awareness in communities during Intellectual Disability, Psychiatric Disability and Mental Health Awareness Months.
- To publicise the organisation's events and activities on radio stations and in the print media.
- To plan and implement a School Mental Health Awareness Programme at one high school.
- To form a partnership with the Safer Schools Programme of the Western Cape Education Department to make the schools' programme more accessible to schools.
- To facilitate workshops and presentations on mental health on request to community structures and organisations.
- To develop and distribute fact sheets on mental health in communities in the Western Cape.
- To plan and present a workshop on Schizophrenia for community members on National Schizophrenia day in July 2005.
- To participate in activities to acknowledge International Day for People with Disabilities. This to be done in partnership with the Western Cape Network on Disability.
- To screen, select and train volunteers.

- To plan and host a Volunteer Appreciation Event for all the organisation's volunteers.
- To plan and implement fundraising activities to meet the Public Education programme's own fundraising target of R500.

Achievements for the year under review

- Three internal newsletters were compiled and distributed during the year. The distribution of the newsletters coincided with the three campaigns viz: Intellectual Disability Month, Psychiatric Disability Month and Mental Health Awareness Month.
- The following awareness raising activities were presented to community members in the Western Cape:
26 Mental Health Talks, distribution of 6,020 pamphlets, sale of 60 posters to community organisations, 12 exhibitions, 12 radio interviews and coverage in 15 local and regional newspapers.
- A Mental Health School's Awareness programme was presented at Wynberg Boys' High and Wynberg Girls' High Schools.
- We presented a schools' programme to the Safer Schools Programme of the Western Cape Education Department as well as to WOZAGROW, a community schools' programme
- Twelve volunteers were screened, selected, trained and placed at various programmes of the organisation.
- We secured R1,500 in fundraising events. This exceeded the target by R1,000.
- We participated in the International Day for People with Disabilities in December 2005 in Vredenburg in the Western Cape. An exhibition of the organisation's work was mounted.
- The team successfully hosted a Volunteers' Appreciation Ceremony for the Organisation's volunteers. The ceremony was attended by 44 people
- The presentation of an awareness workshop on National Schizophrenia Day was postponed until 2006. The planned activity was postponed as a result of time constraints and shortage of human resource capacity in the Public Education Department.

Beneficiaries of the programme

The public education programme raised awareness around mental health issues and reached large parts of the Cape Town Unicity through the print media such as the Career Times, Die Burger, Metro Burger, Plainsman, TygerBurger and The Southern Chronicle. Awareness-raising programmes were also broadcast on radio stations like Bush Radio, CCfm, P4, Radio Helderberg, UCT Radio and Voice of the Cape.

KIMBER HOUSE

Kimber House is an independent residential facility for 11 men and women who have been diagnosed with severe psychiatric conditions. The prolonged side effects of mental illnesses, such as schizophrenia and bipolar mood disorder, have resulted in their disabilities. Research has shown that a safe and secure home environment limits relapse in people with severe mental illnesses. The dehospitalisation of people with mental illnesses, and the move toward community-based care necessitates the provision of a residential facility like Kimber House.

Objectives planned for the year under review

- To provide a safe, secure, comfortable, supportive and affordable home environment to 11 men and women with severe mental illness.
- To provide skills development and capacity building in independent living to the residents and to encourage full participation in all aspects of independent living.
- To facilitate increased social involvement through organized house events and accessing social & recreational activities in the community.
- To provide a management plan for each resident to limit relapse.
- To provide education and training relating to the management of mental illness to ensure that residents have the knowledge and skill to manage their disability.
- To provide skills development in employment, through participation in the prevocational training activities programme at Fountain House.
- To encourage residents to become economically independent by assisting residents in accessing employment opportunities such as Fountain House's Transitional Employment Programme, income generation opportunities and independent employment options.

Achievements for the year under review

- Residents successfully managed the tasks of daily living, which included general housekeeping, menu planning, budgeting, shopping and cooking.
- Monthly house meetings were held where residents were assisted with goal setting, improvement on coping mechanisms, conflict resolution, and collective decision-making regarding issues that affects all the residents in the house.
- Residents participated in the selection of a new resident.
- Participation in social activities was limited with only one social event being organised. Members appear to be reluctant to become involved in social activities in the community.
- Two residents regularly attend the weekly life skills group and participate in the vocational programme at Fountain House.
- Two social work students held weekly life skill groups with the residents for three months. The theme of the groups was "Social skills for communal living".

- Individual management plans were compiled for each resident.
- Counseling with individual residents included: reapplication for Disability Grants, living with housemates whose health is declining as a result of their HIV positive status, para-suicidal and impulsive self-harming behaviours of a resident, and the disruptive behaviour of fellow residents.
- Two residents were placed in the Transitional Employment Programme of Fountain House
- Two residents are currently employed in the open labour market.
- One female resident participates in the income-generation beading project of the organisation

Beneficiaries of the programme

Kimber House provides affordable housing to eleven individuals who are unable to secure accommodation as a result of their disabilities.

GARDEN COTTAGE

Garden Cottage is a group home that provides a residence for women with intellectual disability who have been abused or neglected and are unable to live with their parents and families or live independently. Very often parents have passed away and siblings do not have the skills or space to care for their siblings. The home provides a safe haven for these women and encourages them to develop to their full potential and sets out to meet their social, emotional and vocational needs.

Objectives planned for the year under review

- To provide supervised accommodation, including the provision of balanced meals and the monitoring of health and hygiene to 8 women with intellectual disability.
- To provide a social programme where the residents' social and recreational needs are met. This includes outings, birthday celebrations and an annual holiday.
- To encourage residents to participate in the Self-Advocacy programme in the Western Cape co-ordinated by the Western Cape Forum for Intellectual Disability
- To provide Life Skills training in tasks of daily living.
- To implement a family re-integration programme with the residents' family of origin
- To plan and implement fundraising activities to meet Garden Cottage's fundraising target of R5,000.00

Achievements for the year under review

- The residents continued to benefit from an excellent service provided by the careworkers. The residents are healthy and one resident who in the past had frequent epilepsy seizures has been seizure-free for the past year.
- While birthday celebrations continued, the residents also benefited from other social activities. Their annual camp to Villiersdorp was a success and the residents reportedly had a great time. Residents also enjoyed a train trip to Simons Town, a trip around the Peninsula as well as a boat trip. Residents attended various other activities at their respective churches and other community groups.
- Two residents are attending the Self-Advocacy groups as opposed to only one in the past. These residents give feedback to the other residents at the Cottage.
- Residents completed a self-defence course. Residents were taught various self-defence techniques and at the end of the course it was encouraging to see the impact this had on their self-esteem.
- Residents continued to have ongoing contact with their family members with most of the residents going to their families for the Easter and Christmas holidays. Two newsletters were distributed to families and Garden Cottage also hosted a social event for families. Some residents also spent weekends with their families and attended family celebrations.
- The fundraising target of R 5,000.00 was not reached, as not all planned fundraising events were financially successful. Hosting a “Ladies’ Night” in partnership with a local primary school raised an amount of R3,000.00.

Beneficiaries of the programme

Garden Cottage provides safe and secure accommodation to 8 women with intellectual disabilities who have been neglected by their families. The benefits of this programme are evident in the way in which residents are developing an awareness of themselves. Their confidence has grown and their personalities developed so that they are not just seen as a group but as individuals within a group.

3. Important meetings held by the organisation for the past year:

3.1 List of meetings held during the past year:

Type of meeting	No. of meetings held
Annual General Meeting	1
Special General Meeting	None
Management Meeting	11
Board Meeting	4
Executive Meeting	11

3.2 Date of the Annual General Meeting

The Annual General Meeting of Cape Mental Health Society was held on 17 August 2006. This was within the time period stated in the Constitution.

3.3 Special General Meeting/s

No Special General Meetings were held during the past year.

3.4 Changes to the Constitution

No changes were made to the organisation's Constitution during the past year.

SECTION B

FINANCIAL REPORT

Overview

The Society's financial year covers the period 01 April 2005 to 31 March 2006; MGI Bass Gordon was retained as the Society's auditors. The audited financial statements were approved by the Executive Committee and are attached to this report.

1. The Organisation's income and basic accounting details:

- 1.1 Accounting Officer's Name:** Mr David Rae
- 1.2 Accounting Officer's Address:** Cape Mental Health Society
18 Ivy Street
Observatory
Cape Town

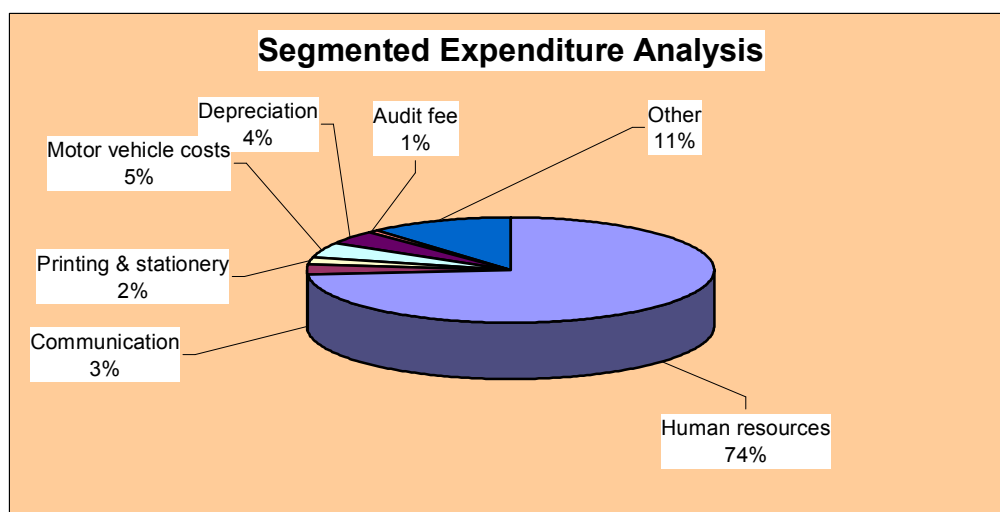
1.3 Organisation's accounting practices:

The organisation's accounts are prepared on a monthly basis and presented to the Management Forum as well as the Executive Committee of the Organisation.

1.4 Approval of the Accounting Officer's report and annual statement:

The Accounting Officer's report and annual statement of accounts have been approved by the Organisation's Office Bearers.

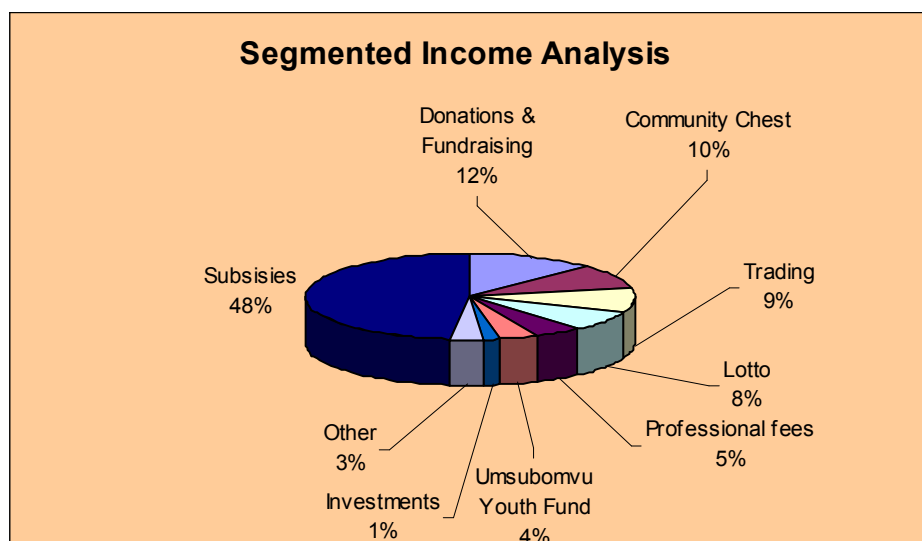
1.5 Annual Expenditure



1.6 Sources of income

Sources of income 2005/2006	Amount (R)
Subsidies	5,027,483
Donations and Fundraising	1,291,539
Grant - Community Chest	993,900
Grant - National Lottery	800,000
Grant Umsobomvu Youth Fund	423,548
Net Trading Income	938,101
Professional fees	494,510
Interest and dividends	145,161
Other	323,987
Total	10,438,229

1.7 Income Analysis



1.8 Staff responsible for raising income from donations and fundraising:

Our fundraising was done by:	
Full-time staff member/s	√
Part-time staff member/s	√
Volunteers	√
Outside person/company for fee or commission	
Other	

Summary

The Society posted a small operational surplus of R10, 903 during this financial period compared to a deficit of R15, 974 in the previous financial year. Income from operational activities for the year totalled R10, 438,229 representing an increase of 10.6% over the previous financial year.

Subsidies of R 5,027,483 (48% of total income) were received from the Provincial Government of the Western Cape's Departments of Health and Social Development; this equates to an increase of R266, 799 or 6% over the previous year.

Donations and fundraising increased by 9% to R1, 291,539 (12% of total income). Mention must be made that this was achieved by the Society's own Donor Development Department.

Once again our largest independent grant contributors are the Community Chest of the Western Cape who allocated R993, 900 (9% of total income) and the National Lottery Distribution Trust Fund who allocated R1, 000,000 of which R800, 000 (8% of total income) was allocated to the 2005/2006 financial year.

The balance of R200, 000 in accordance with the grant agreement was allocated to purchase two vehicles for Training Workshops Unlimited and Social Development Services. These vehicles were purchased in the 2006/2007 financial year. The Society is most grateful to these funding partners for their generous contributions that play a significant role in this Society's sustainability.

Sponsors and Corporate Support over R 50,000

We are most grateful and acknowledge with gratitude the many individuals, family trust and foundations, sponsors and corporate institutions that continue to help with the funding of the Society.

Donations, grants and subsidies of R50, 000 or more received in the 2005/2006 financial year include:

- Anglo American Chairman's Fund
- Allan & Gill Gray Charitable Trust
- City of Cape Town
- Community Chest of the Western Cape
- Provincial Government of the Western Cape Department of Health
- Provincial Government of the Western Cape Department of Social Development
- The Foundation for Human Rights and the European Union
- Frank Robb Charitable Trust
- Momentum Fund
- National Lottery Distribution Trust Fund
- Rolf-Stephan Nussbaum Foundation
- Syringa Trust
- Themba Lesizwe and the European Union
- Umsobomvu Youth Fund

Thanks to the ongoing support of these sponsors, Cape Mental Health was able to continue funding its projects and to provide a service to those with mental health needs, and those with mental disabilities (both intellectual and psychiatric).