

Cape Mental Health 2010 Beyond Philanthropy



Give with the



but give smart!

A donor's reason for giving smart

I am sure every donor has a story. In my case Cape Mental Health was the only institution to keep at it and finally help a woman who lived on the sidewalk on the Oswald Pirow bridge for months and months when no other body I approached was willing to help, or gave up.

She was a difficult customer and convinced she had to stay at that spot waiting for someone.

That happened many many years ago; just one of the lives you touched.

A loyal CMHS donor who chooses to remain anonymous ■

A Message from the Director

Dear Friends of Cape Mental Health

We believe that charitable giving can change lives - and the story of Hulene Gordon in this newsletter will testify to how various donors and supporters have impacted on a single life. When donors give to effective non-profit organisations, the results can be rewarding for all involved.

But how can donors give from the heart, but also 'give smart'? How can you make sure you choose effective causes to support? On what grounds should you make your giving decisions?

Philanthropy has come a long way from when people gave out of a sense of duty or gave generously simply on impulse. Cape Mental Health's loyal supporters have, by and large, moved beyond philanthropy. Whilst you are passionate about our cause and inspired by your personal connections with us, you are also careful about where your money, skills and time go.

You know that your investment in Cape Mental Health will generate a social return that is measurable and real. You know that our organisation prospers because of strong leadership, clarity of vision, sound management structure, operational capacity, an ability to manage financial risks, and a proven track record of effective service delivery.

Our loyal supporters have seen Cape Mental Health transform over the years, emerging as a leading organisation in the field of mental health care services - not only nationally, but also internationally.

Thank you for helping us to move beyond philanthropy. Your contributions have heartened us, sustained us and challenged us to be the best we can be.

We hope that this newsletter will speak to the discerning donor and provide a range of giving opportunities that will enable you to respond with your heart and your 'smart'.

*Ingrid Daniels
Director ■*



♥ Cape Mental Health ♥
Accessible, enabling & innovative mental health care

People sometimes respond to the birth of a child with Down syndrome as if it were a tragedy. But the story of Hulene Gordon shows us what a difference a loving home, appropriate medical care, and opportunities for personal development can make to the quality of life and longevity of a person with Down syndrome. It is thanks to the love and care provided by her own family and by her extended Cape Mental Health family, that Hulene survived to the advanced age of 55, having lived life as fully as possible.



A tribute to Hulene, from Carol with love



I have been honoured to know Hulene Gordon for the past 14 years and, in this time, she contributed tremendously not only to my professional development, but also to my personal growth

At birth it was discovered that Hulene had Down syndrome or, as she called it, 'Down Some Road'. The doctors at that time did not have much hope for her and, according to her brother, they had predicted that she would probably not live beyond her second birthday. But Hulene defied the odds - not allowing disability to define who she was.

In recent years Hulene aged rapidly, and had to contend with age-related challenges, such as difficulty in walking, poor eyesight, and early onset of Alzheimer's Disease. At times I thought she also had a hearing problem, but soon realised she had 'selective hearing'. But somehow these limitations did not stop her from greeting each day with joy.

Hulene had an immense capacity to love - she shared a very special bond with her brother; she loved Garden Cottage, the care workers, her social worker, and the other residents. She loved attending Athlone Training Workshop, she loved the trainees, the supervisors, and the General Manager. And we knew she loved them all, because she told them so over and over again.

She also loved other things in her life: her colouring books and crayons, her tea-and-biscuit in the evenings, the rings on her fingers, nice clothes, and huge sunglasses - she loved food, especially from KFC, and she also developed a taste for sparkling wine.

Hulene felt quite strongly that the rights of people with disabilities should be upheld, and would become extremely upset when she saw something she perceived to be unfair and would speak up about it, expecting prompt results. On one occasion a Cape Mental Health bus that was conveying the residents and care workers on their annual holiday broke down along the road. Hulene was very upset and demanded to speak to the Director, Ingrid Daniels - she wanted to tell Ingrid that it was not fair that the bus had broken down, especially as they were all 'mentally handicapped' and should not have to stand, waiting, at the side of the road!

Hulene reminded us time and time again that we need to listen to people with mental disabilities and ensure that we do everything in our power to uphold their rights. She will continue to live on in our hearts and memories.

Carol Bosch, Senior Social Worker and Garden Cottage Coordinator ■



Garden Cottage ... making a success of life

Cape Mental Health acknowledges the various funders who have invested in Garden Cottage and enabled us to create a real home for the eight women with intellectual disability who live there.

The Momentum Fund invested R200,000 over a two-year period in Garden Cottage, ensuring that we can share in their philosophy of self-belief, especially for persons with mental disabilities. This level of funding for a modest residential project is almost unprecedented!

Other funders who have contributed substantially in recent years to the operational costs of the programme include: the Department of Social Development, the Community Chest of the Western Cape, and the State Street Foundation (State Street Southern Africa).

The residents also look forward, every year, to clothing donated by the Suburban Clothing Guild, and to the contribution of the Trinity Janes (Meadowridge Presbyterian Church) towards their end-of-year celebration.

The long-awaited upgrade to the bathroom has been made possible by the State Street Foundation, and the new flooring and various items of furniture are thanks to the loyal support of the Inner Wheel Club of Claremont. A tumble-drier kindly donated by Lewis stores has been a much-needed acquisition for the winter.

There are community members such as Mrs Rose September and Mr Joseph Davids whose voluntary service has made a world of difference to the lives of the women who call Garden Cottage their home.

We thank you all for investing so generously in the well being of Hulene, Caroline, Chantal, Maggie, Dawn, Heidi, Cathy and Cheryl. ■



About Down syndrome



Named after John Langdon Down, a British doctor who first described the condition in 1887, Down syndrome is also known as Trisomy 21 because of the extra number 21 chromosome that causes delays in physical and intellectual development. Instead of 46 chromosomes from parents' genetic material, the baby has 47 chromosomes.

The exact cause of Down syndrome is currently unknown. What we do know is that it is not related to race, age, religion and socio-economic status, and is one of the most frequently occurring chromosomal disorders.

The incidence is estimated to be one in every 1000 live births in developed countries and one in every 650 live births in developing countries.

Women over the age of 35 are at a higher risk of having a child with Down syndrome. Nevertheless more than 80% of children with Down syndrome are currently being born to

mothers under the age of 35.

Babies with Down syndrome do look slightly different to other babies and can usually be identified by certain typical features, such as low muscle tone, double-jointedness, small skin folds on the inner corner of the eye, a flat facial profile, broad hands with short fingers, short stature, hearing defects, vision problems, congenital heart defect, and sometimes gastro-intestinal tract abnormalities. Not all of these traits are found in every child with Down syndrome.

People with Down syndrome also display a wide range of abilities in physical and cognitive areas of development, with the majority falling in the mild to moderate range of intellectual disability.

For more information, visit the website of Down Syndrome South Africa: www.downsyndrome.org.za ■



Did you know?

The National Lottery Distribution Trust Fund (NLDTF) relies on funds from the proceeds of the National Lottery, and its allocation of funding is governed by the Lotteries Act.

The Minister of Trade and Industry, on the recommendation of the industry experts in the relevant Distributing Agency, makes the policy that guides the allocation of funds to beneficiaries.

According to the National Lotteries Board, the sum of R1.869 billion was paid out to 2,285 beneficiaries in 2009/2010. R471 million alone was allocated for projects linked to the 2010 World Cup event, whilst R88 million was granted to the Trust for Health Systems and Planning for the procurement of HIV Testing Kits and TB Prophylaxis.

Since the year 2000, Cape Mental Health has received a grand total of R10,164,540 from the NLDTF, which has made an enormous impact on the lives of thousands of children and adults with mental health needs and mental disabilities. ■

The National Lottery Distribution Trust Fund... responding to the needs of the most vulnerable

Children with severe intellectual and physical disabilities deserve professional care and educational opportunities to ensure that they grow and reach their full potential. Their needs are real and immediate, especially when they live in disadvantaged communities where poverty, lack of resources, unemployment and a host of social ills present real threats to their survival.

Cape Mental Health provides an accessible and affordable day care and skills training programme for 180 children with severe intellectual and physical disabilities at four special education and care centres in Athlone/Bonteheuwel, Guguletu, Mitchell's Plain and Khayelitsha. The aim of the programme is to increase the level of independence of the children, enhance their self-esteem and quality of life, and ease the burden of care that rests on families and caregivers.

The impact of our work with children with severe intellectual disability reaches beyond the confines of our centres. Counseling, support groups, advocacy initiatives, community contact, training programmes (such as our Learning for Life programme) and awareness raising campaigns (such as Intellectual Disability Awareness Month in March) help change attitudes towards children with disabilities, and promote their inclusion in society.

The National Lottery Distribution Trust Fund (NLDTF) made a significant contribution in the 2009/2010 financial year to our centres with a grant of R330,606 for transport costs and for staff salaries.

For the children to gain the full benefit of the skills training programme, they need reliable, safe and affordable transport between their dwellings and the centres. Cape Mental Health therefore runs a fleet of five school buses, with specially modified seats, safety belts and harnesses. This service is very costly, so the support of the NLDTF comes as an enormous relief to us and ensures the programme's ongoing success.

It is also important that we have a trained and competent staff base that understands the needs of children with disabilities and the importance of early childhood development, and has the compassion and patience to work with children at their own pace. A seemingly simple task such as feeding a child requires specialised knowledge of feeding techniques and processes such as chewing and swallowing.

We offer a comprehensive training and development programme for the staff at our centres, focusing on programme activities, individual evaluation of children, programme planning, caring for the carers, communication skills, and team building. Investment in staff recruitment and thorough orientation and skills development result in improved levels of care and training afforded to the children.

Staff salaries remain a significant cost, and the support of the NLDTF ensures that we can afford to employ a skilled and experienced work force.

Thank you, the NLDTF, for your invaluable support! ■

Share your Milestones with us

Do what our loyal friends Esje du Toit and Tom Boardman did when they celebrated milestone birthdays!

On your birthday or any other important occasion, ask your friends and family to make a donation, in lieu of gifts, to Cape Mental Health Society.

Contact Sandra Ellis at Tel 021 4479040 or email sandra.ellis@cmhs.co.za for our banking details. ■



Use our Cleaning Services

Need someone to do gardening (mowing, planting, trimming, removal), cleaning (carpets, upholstery, window cleaning, office cleaning), or car washing (interior & exterior, washing & drying, tyre polishing, rims, and vacuuming)?

Contact Thomas Bezuidenhout or Stéphan Pretorius at our Siyakwazi Integration Cleaning Company for information - Tel 021 638 3143 or email integration@trainingworkshops.co.za. ■

Join us at the Cape Town International Kite Festival



Over 20,000 visitors are expected at the kite festival on 23 & 24 October, including some of the biggest names in kiting in South Africa and the world, who will be showing off their magnificent kite creations.

With kite-making, kite-flying, food stalls, kiddies' rides, a full programme of entertainment and an eclectic craft market, this is family entertainment at its best.

The festival will be open from 10:00 to 18:00 each day and takes place on the lawns surrounding Zandvlei, Muizenberg. There will be

lots of parking and easy access by train (False Bay or Muizenberg stations).

Entry is just R15 for adults and R5 for children. All profits go directly to Cape Mental Health to support our mental health care services for people in disadvantaged communities.

For more information contact Tel 021 447 9040 or visit the Cape Mental Health website: www.capementalhealth.co.za. For sponsorship opportunities, please contact Shameemah Wallace at Tel. 021 697 3566. ■

Leave a Bequest

Update your will and remember Cape Mental Health when you do so. For advice on bequests, please contact Ascencia Tebbutt at Tel. 021 447 9040 or email her at ascencia.tebbutt@cmhs.co.za. ■



Order our Products

Our service-users make beaded items (e.g. keyrings and badges with logos), as well as handmade paper products (e.g. writing paper and gifts boxes). Call Tel 021 4479040 and 021 447 7409 respectively to place orders. ■



Buy our Garden Pots

Visit Garden Pot Centre in Athlone to see our amazing range of cement pots, window boxes, balustrades, benches and tables. Contact Russell Jones or Calvin Isaacs at Tel 021 638 3143 for more information. ■



Volunteer your Services

Volunteer your services by contacting Birgit Schweizer at Tel 021 447 9040 or email birgit.schweizer@cmhs.co.za.

Mr Joseph Davids of Heideveld volunteers regularly at Garden Cottage by helping to collect the residents' medication from the Heideveld Community Health Clinic. He also helps arrange medical appointments for them as required.

Mrs Rose September had a son with intellectual disability who attended Athlone Training Workshop. After her son had passed away, she maintained contact with Cape Mental Health and in recent years she has befriended the residents of Garden Cottage, gathering Christmas gifts for them and inviting them to social gatherings.

Cape Mental Health offers community-based services throughout the greater Cape Town area and we need volunteers with big hearts and a variety of skills.

We look forward to hearing from you. ■

On-line Auction

Bid on a range of exciting and affordable items in support of Psychiatric Disability Awareness Month in July.

Fountain House SA (a project of CMHS) is hosting an on-line auction on its website from 1 July to 20 August.

Please visit www.fountainhouse.org.co.za, go to "Click here to register" and you're set to go!

Should you need assistance, please email Colleen Lester at colleen.lester@cmhs.co.za or contact her at Fountain House Tel 021 447 7409. ■

Our Wish List

You may be able to help us with the following items on our wish list:

- ♥ Good second-hand clothing, especially for children
- ♥ Children's toys, e.g. wooden blocks, puzzles, hardboard books, balls, crayons
- ♥ Wool
- ♥ Blankets
- ♥ Fans
- ♥ Heaters
- ♥ Garden furniture set
- ♥ Garden umbrella
- ♥ House paint
- ♥ White boards
- ♥ Office chairs
- ♥ Two-drawer filing cabinet

Please understand that we do NOT have the funding to repair broken items, so items in good working condition would be greatly appreciated.

If you are able to donate any of these items, please contact Lindy Graham, at Tel. 021 447 9040 or email lindy.graham@cmhs.co.za. ■



Support Casual Day on Friday 4 September 2010

Laugh a little, give a little! Wear your frown upside down, give everyone a reason to smile and support persons with disabilities!

Last year the national Casual Day campaign raised R17.7 million for people with disabilities in South Africa.

Stickers are available at R10 per sticker - please place your order with

Colleen Lester at colleen.lester@cmhs.co.za or contact her at Fountain House Tel 021 447 7409. ■





Many things can wait.
Children cannot.
Today their bones are being formed,
their blood is being made,
their senses are being developed.
To them we cannot say 'tomorrow.'
Their name is today.



Gabriela Mistral, Chilean poet, 1889-1957



Building Beyond Walls

Children with severe intellectual and physical disabilities lie close to the heart of Cape Mental Health and it is their rights and needs that shape our services.

The plight of 60 children currently attending our centres in Athlone and in Guguletu has prompted us to embark on a capital project to provide them with a specially designed, new building on land that the organisation owns in Heideveld.

The Bonteheuwel centre operates from rented accommodation in Athlone - the building is not suitable for children with severe disabilities and there is no garden in which the mobile children can play.

Our Guguletu centre, on the other hand, is deteriorating, despite costly efforts to constantly repair the old prefabricated buildings and their roofs and floors, especially in the wet Cape winters.

The new centre will be a modern and inspiring facility, offering four properly equipped classrooms, a playground for those sunny days, and Snoozle rooms for snoozling sessions between children and their careworkers, providing opportunities for bonding and for multi-sensory stimulation.

The toilet facilities will suit the needs of children with disabilities, whilst a kitchen and laundry will facilitate the running of a school feeding scheme.

The building will also boast a suite of rooms that will be leased out to community

professionals in order to generate a regular income.

This new 'best practice' centre will promote community involvement and open many opportunities for the development of community members, parents, volunteers and students.

By being available after hours and in school holidays, the centre will also be used for service-provision to over-21s with intellectual disability and for community support groups for mental health care users.

In partnership with the National Lottery Distribution Trust Fund (NLDTF) that has awarded a grant of R5 million, the Anglo American Chairman's Fund that has promised R2 million, and the support of other prospective funders, we will be able to build a centre that will greatly enrich the lives of the children, their families, the staff, and the greater community.

And if the work being done by architect Robyn Millenaar of Margie Walsh and Millenaar Architects and the project team is anything to go by, the new centre will capture our dreams for these children, and become a symbol of disabled children's rightful place in society.

As the building takes shape in the months ahead, we will be building something that goes far beyond brick walls.

We will be enhancing the future of children who most deserve our love and care. ■

The importance of Self-Advocacy

The perception that persons with intellectual disability are unable to speak for themselves or make informed decisions, results in their being treated as 'perpetual children'.

They are robbed of opportunities for greater independence by parents and service providers who make decisions on their behalf, based on the assumption that they are acting in their best interest.

People with intellectual disability need to be involved in decision-making that determines the course of their lives. ■

Trolley race fundraiser at TWU

A Shopping Trolley Race at Training Workshops Unlimited Workshops (TWU) on 18 March 2010 was a win-win situation for trainees with intellectual disability, with different teams pushing shopping trolleys and collecting a number of items along the way!

The race was enormous fun for all concerned, whilst also raising awareness of the fact that people with intellectual disability are equal South African citizens with equal rights.

"Too often persons with intellectual disability are regarded as dependents and not consumers in their communities. By using shopping trolleys in this race, we are making a statement that they are adults, should be allowed to make their own choices, and have a say in what their money is used for," explains Santie Terreblanche, the General Manager of TWU.

"To ensure continued sustainability, TWU relies on fundraising events like this trolley race to complement its income, while providing the trainees with enjoyable recreational opportunities. Each trainee was asked to raise R60 by getting the support of family and friends."

A special word of thanks and acknowledgment goes to Elite Supermarket in Gatesville for lending two shopping trolleys to TWU.

The race was a great success and everyone had enormous fun.

And the winner is ...

On Saturday 10 April 2010, TWU hosted the final inter-workshop race at Athlone Workshop, where the teams from the different workshops competed against one another. It was a festive event with a brass band, various stalls, and refreshments on sale. Even the staff took part and tested their trolley driving skills (with varying success)! Trainees from the Retreat Workshop proved to be the worthy winners.

The total raised through this event amounted to R15,789. Abubaker Pretorius and Thembi Nkosi (both trainees at Mitchell's Plain Workshop) shared the prize for the trainee who raised the most money. In addition Mitchell's Plain Workshop won the prize for the workshop that raised the most funds, and all the trainees and staff from this workshop were amply rewarded with ice cream for their efforts. ■



Training Workshops Unlimited (TWU) is a job and skills development programme. It consists of five multi-programme training centres, a training school, the Siyanceda Youth Service programme, and the Siyakwazi Integration Cleaning Company. TWU provides a training and career path for 651 adults with intellectual disability from disadvantaged communities who are at different levels of functioning.

Defence tactics against Tik onslaught

Educators in the Western Cape are reporting an increase in the number of learners behaving violently and struggling to learn because of drug abuse.

To bring home the message that there are alternatives to using drugs, Cape Mental Health invited 50 learners from Voorbrug High School in Delft, together with 50 learners from Eerste River Senior Secondary, to learn more about the services provided by Cape Mental Health and the dangers of drug abuse.

A two-hour long programme, hosted by Eerste River Secondary School, included a presentation on the services provided by Cape Mental Health, a guest appearance by Mrs Ellen Pakkies, various challenges for teams of learners (ever heard of the marshmallow muffle and the cheese curl challenge?), and a presentation by the Kleinvele Police on drug abuse.

“Statistics indicate that drug abuse among the youth is escalating daily and many families struggle to access support services. Cape Mental Health focuses on drug-induced psychosis because we are faced on a daily basis with youth suffering from psychosis as a result of drug abuse”, explains Nadine Williams, CMHS Social worker.

Giving drugs the boot

The highlight of the day, however, was undoubtedly a visit by players from the Cape Town based soccer team, Santos Football Club, and the team manager.

Learners were invited to participate in soccer challenges under the guidance of PSL players: Tyren Arendse, Wayne Arendse, and Eleazar Rodgers. These representatives of the “People’s Team”, as Santos is known, scored a hit with the learners and showed them that sport can be a powerful alternative to drug and alcohol use, and has the ability to change their circumstances.

Tyren Arendse, a local hero who grew up in Eerste River, motivated the learners to concentrate on their school work and to believe in their dreams. “Anything that you want in life is possible to achieve; if you put in everything that you have to get it, you will be successful. In schools I know there are many temptations like drug use, but it is not a way out.”

On a lighter note, the Santos players organised a competition between the two schools featuring three aspects of soccer – tapping, heading and striking. The schools each chose three representatives and player Eleazar Rogers demonstrated these skills to the avid learners.

The competition reached an exciting climax when a shootout was necessary. The host school, Eerste River Secondary, won, and were rewarded with a SANTOS soccer jersey signed by the whole PSL squad.

The three players then did an autographing session/photo-shoot for all the pupils and everyone was presented with a SANTOS keepsake of the occasion. The club was also presented with a certificate/diploma of appreciation by Cape Mental Health for its efforts in making the event such a success. ■



Tragedy of Tik babies

Research done by the University of California Los Angeles (UCLA) has found that methamphetamine (Tik) is even more damaging to a foetus than Foetal Alcohol Syndrome (FAS).

Exposure to tik in utero reduces the size of the region of the brain essential for learning and memory, motor control, and punishment and reward functions.

This could result in a generation of young learners experiencing serious developmental problems.

Source:
www. allafrica.com ■



Global Women - Uplifting Mind & Body

by Cathy Williams of On Course Communications

Women kites will be showing off their kite-making and kite-flying skills at Africa's biggest kite festival - the Cape Town International Kite Festival - on 23 and 24 October.

In celebration of the theme of this year's festival, Uplifting Mind and Body, they will inspire thousands of children and adults with their kite creations, whilst also raising funds for Cape Mental Health's mental health care services.

Special guest kites at the 2010 festival will include American kites Susan Gomberg and her husband, David, two of the most widely-travelled kite fliers in the world. Together they own Gomberg Kite Productions International and, flying their creations at 20 to 30 international events each year, they have more than 100 international kite festivals in Europe, the Far East and the Middle East under their belts. Susie and David have visited South Africa six times, and are the patrons of the festival.

From the Natal Midlands, Nadia Sampson was first introduced to kiting when she met her future husband, David. "David's enthusiasm soon rubbed off and when we married I became a part of Hi-Fly Kites."

A real highlight for Nadia at our festival is the pre-festival community fly in Khayelitsha township's Peace Park for children with intellectual disability from Cape Mental Health's Imizamo Yethu Special Education and Care Centre.

Eva Panjaitan from Jakarta, Indonesia, will be a newcomer to our festival. As a young girl, Eva started her lifelong love affair with kites by flying fighter kites. She makes all her own kites and mainly flies large inflatable kites, but is also an accomplished 'trick' kiter.

Eva is passionate about children and recently hosted a workshop in flood-stricken Jakarta to teach children the beauty of making and flying their own kites.

Another loyal friend to Cape Mental Health is Petra de Back from Switzerland, who first attended in 2008. Inspired by a friend whose two children have a mental disability, she organised a kite festival at a school for children with special needs. When she asked other kite flyers for help, she met Bernhard Dingwerth, and since then the two of them have attended several international kite festivals together.

"I'm an autistic person; I have been diagnosed with Aspergers syndrome. Flying together with special needs kids has a very special meaning to me - I've been a special needs kid myself." ■

The wow factor

I started off right at the bottom, learning all the intricacies of kite-making, and how to fly all the different models.

That's why I enjoy the big display kites so much - they really are fun to make and fly - they have such a wow factor to them. I always get a kick out of the reactions kids have to these really big kites.

Nadia Sampson ■

