



# Cape Mental Health

**Annual Report  
1 April 2006 to  
31 March 2007**



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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 2006 to 31 March 2007

**1.4 Contact persons:**

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**1.5 Physical address:**

18-22 Ivy Street  
OBSERVATORY  
CAPE TOWN  
WESTERN CAPE  
7925

**1.6 Postal address:**

Private Bag X7  
OBSERVATORY  
CAPE TOWN  
WESTERN CAPE  
7935

## 1.7 The Organisation's Office Bearers

Name	Office bearer title	Work or home address	Telephone	ID Number
Mrs Jennifer Septoe	Chairperson	2 Sunbury Road Heathfield Cape Town	021 7129087	4509290105085
Mrs Shona Sturgeon	Vice Chairperson	8 Blackheath Road Kenilworth Cape Town	021 6504222	4502030071089
Mr Alan Crisp	Treasurer	12 b Livingstone Road 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 <sup>st</sup> Floor, Horizon House 15 Pepper Street Cape Town	021 4223413	7103210207085
Ms Aretha Folding	Committee Member	74 3 <sup>rd</sup> Avenue Welcome Estate Cape Town	021 638 4301	7612300065088
Mr André Roux	Committee Member	7 De Kloof Place Hugo Street Goodwood	021 592 0949	5910205114080
Alderman E.M. Harding	Committee Member	2 Fairways Beach Road Mouille Point Cape Town	021 4342763	2209250055089
Mr David Lotz	Committee Member	Herold Gie Attorneys 8 Darling Street Cape Town	021 4644700	4005275056088
Mr Ken Sturgeon	Committee Member	8 Blackheath Road Kenilworth Cape Town	021 6504222	440511076082

## 1.8 The Organisation's staff as at 31 March 2007

Job Title of staff member	Gender	Race
Andrea Abrahams - Occupational Therapist	Female	Black
Nadine Abrahams - Social Worker	Female	Black
Asma Achmat - Programme Manager	Female	Black
Mumtaz Allie - Social Worker	Female	Black
Hajiera Andrews - Care Worker	Female	Black
Buntu Baleni - Driver	Male	Black
Thozamile Banqani - Social Worker	Male	Black
Faisal Bawa - Assistant Training Instructor	Male	Black
Marilyn Baynes - Care Worker	Female	Black
Norman Blignaut - Maintenance Officer	Male	Black
Thozama Boni	Female	Black
Mfundo Bonongo - Driver	Male	Black
Charlotte Booysen - Training Instructor	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
Waradia Cogill – Training Instructor	Female	Black
Lorraine Cupido – Training Instructor	Female	Black
Michelle Cupido - Training Instructor	Female	Black
Gwendoline Daniels - Ass. Training Instructor	Female	Black
Ingrid Daniels – Director	Female	Black
René Daniels – Social Worker	Female	Black
Theresa Daniels - Clerk	Female	Black
John Daries – Workshop Manager	Male	Black
Faith de Klerk – Training Instructor	Female	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 – Fundraiser	Female	White
Donovan Esterhuizen – Assets Officer	Male	Black
Ayesha Fakier – Care Worker	Female	Black
Faldelah Fillander – Social Auxiliary Worker	Female	Black
Marion Ford – Job Coach	Female	Black
Monique Fray – Rehabilitation Worker	Female	Black
Denise Grobbelaar – Programme Manager	Female	White
Pauline Groepes – Training Instructor	Female	Black
Estelle Geldenhuys – Fundraising Manager	Female	White
Lee Grusd – Social 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
Russell Jones – Administration/Sales Officer	Male	Black
George Jongbloed – Training Instructor/Driver	Male	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
Nolufefe Konco – Care Worker	Female	Black
Gadija Koopman – Deputy Director	Female	Black
Rosa Krauss – Social Worker	Female	White
Lorraine Lamberts - Care Worker	Female	Black
Sedick Majiet – Fundraiser	Male	Black
Thami Majodina – Care Worker	Female	Black
Vuyani Mandla – Asst . Training Instructor	Male	Black
Susan Mason – Psychologist	Female	White
Esterline Martin – Social Worker	Female	Black
Sello Matloporo – Rehabilitation Worker	Male	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
Sakhumzi Mdemka – Social Worker	Male	Black

Zola Mekula – Training Instructor/ Driver	Male	Black
Lindelwa Mesheck – Care Worker	Female	Black
Nondi Mdyidwa – Rehabilitation Worker	Female	Black
Nomakwezi Mhlawuli – Care Worker	Female	Black
René Minnies – Programme Manager	Female	Black
James Mkalipi – Job Coach	Male	Black
Simon Mngomeni – Assistant Trainer	Male	Black
Mary Mohapi – Training Instructor	Female	Black
Mtutuzeli Monakali – Driver	Male	Black
Claudine Morta – Recruitment Officer	Female	Black
Nombongo Mpateni – Care Worker	Female	Black
Churchill Mqingwana – Job Coach	Male	Black
Nomfundo Ndum-Ndum - Supervisor	Female	Black
Buyiswa Ngewe – Social Worker	Female	Black
Shamila Ownhouse – Job Coach	Female	Black
Charmaine Parker – Care Worker	Female	Black
Bronwyn Petersen – Rehabilitation Worker	Female	Black
Joy Petersen – Care Worker	Female	Black
Laura Petersen – Care Worker	Female	Black
Corwyn Piers – Driver	Male	Black
Nomqondiso Pietersen – Care Worker	Female	Black
Nobundla PHEME – Cook	Female	Black
Kathy Plessie- Training & Assessment Officer	Female	Black
Stéphan Pretorius – Project Manager	Male	White
David Rae – Finance Manager	Male	White
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
Nomthandazo Salusalu – Social Worker	Female	Black
Shavonne Samaai – Ass Training Instructor	Female	Black
Igshaan Samsodien – Driver	Male	Black
Wilma Samuels – Training Instructor	Female	Black
Sharon Santon – Social Worker	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
Keith Snyman – Training Instructor	Male	Black
Kutala Soqaga – Care Worker	Female	Black
Ascencia Tebbutt - Fundraiser	Female	White
Santie Terreblanche- Programme Manager	Female	White
Thokazi Tyutu – Care Worker	Female	Black
Brigitte van der Berg – Secretary	Female	Black
Arthur van der Merwe – Training Instructor	Male	Black
Marla van der Merwe – Occupational Therapist	Female	White
Leanne Visser - Rehabilitation Worker	Female	White
Shameemah Wallace – Fundraiser	Female	Black
Jennifer Walters – Clerk	Female	White
Chesna Zietsman – Social Auxiliary Worker	Female	Black

**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 ORGANISATIONS MAJOR ACHIEVEMENTS OVER THE PAST YEAR:**

### **Chairperson's Report**

Looking back after my first year of office, I have now been challenged to select the highlights of the year – it is a challenge since there has been so many. I am honoured to be the chairperson of a dynamic and evolving organisation that aims to be relevant and responsive to the ongoing social development needs in the disability sector in South Africa.

Some of the achievements, which really stood out for me were in several areas, namely: -

- Service Development
- Service users
- Governance
- Partnerships
- Awards

The major events in the service development area were:-

### **Social Development Services**

Social development initiatives saw the growth in our comprehensive integrated service delivery approach in the following:-

- Active social work counselling services were rendered to **2200** people.
- **774** people received counselling through the Corporate Social Network.
- Food Gardens and Food Sustainability Programmes expanded.
- Income generating activities -Beadability gave hope and an additional income to support the meagre disability grants.
- Increase in support groups for carers, anxiety and depression, life skills and others.
- A needs analysis commissioned by the Department of Health to ascertain the unmet need in community –based services in preparation for the 2010 Health Plan.

### **Special Care Centres**

**180** children are accommodated at our four Special Care Centres in Guguletu, Athlone, Khayelitsha and Mitchell's Plain. Some highlights for the year were as follows:-

- A legacy left by Mr Peterson – a neighbour who was intellectually and physically disabled. He found great pleasure watching the children from Erika Special Care Centre from his front stoep and, even though he was both physically and intellectually challenged, he thought of those in a similar position.
- Ensuring that all centres have a snooze room to enhance sensory stimulation.
- Involvement of international volunteers contributed to the upgrade at Ethembeni Special Care Centre.
- Pro bona work by a group of architects to draft plans for our new special centre that will accommodate Ethembeni and Bonteheuwel SCC's.

### **Training Workshops Unlimited**

Five training workshops accommodate **505** adults with intellectual disability. The focus is on job and skills development of persons with intellectual disability. The Workshops aim to provide a range of employment opportunities to enable people with intellectual disability to function as equal citizens in their community. Some of the highlights were:

- First Trainee Committee was established to ensure trainee participation in the Workshops.
- Active Parent Committee at all Workshops meet on a quarterly basis.
- **40** trainees successfully completed the Siyanceda National Youth Service Programme in which they completed Hygiene & Cleaning NQF Level 1 training to enable them to find employment as commercial cleaners.
- Formalised and launched the first Integration Company for people with intellectual disability in South Africa.

### **Learning for Life (A Distance Learning Course)**

Some of the major achievements were:-

- Securing a strong partnership with Momentum Life who provided a grant to support our training initiatives and capacity building in the disability sector in resource-poor communities.
- LFL played an active role in the training and development of Cape Mental Health staff.
- Submission of the Workplace Skills Plan resulted in funding from the discretionary grant from the Health & Welfare Seta.

### **Psycho-social Rehabilitation**

**Fountain House** and **Rainbow Foundation** implement the four life areas of psycho-social rehabilitation, i.e., work, learning, socialising and living.

- **589** individuals had the opportunity to access these services while an impressive **14 079** contacts were made to render the necessary support and outreach.
- **Fountain House** has **4** prevocational work units to prepare members for the job market.
- The project actively supported members to access income generating opportunities to promote greater economic and social independence.
- Computer courses, Life Skills training and active social programmes are in place to support members.
- **Rainbow Foundation** has **16** Psycho-social groups functioning in disadvantaged communities.
- The programme supported members to access training, employment, recreational activities and mental health services.

### **Public Education and Awareness**

- A School Awareness Programme was launched at 2 primary schools.
- The team successfully facilitated an awareness workshop on National Schizophrenia Day.
- Successful programmes were implemented during intellectual disability, psychiatric disability and mental health awareness campaign months using radio, written press, presentations, exhibitions and information dissemination.

### **Resource Mobilisation**

The fundraising or donor development team successfully and creatively generated income from diverse income streams. New and innovative methods to generate income to ensure ongoing sustainability remain a priority. Donor liaison and sound relationships with funding partners were central to income generation for the team.

## **Service Users**

People with mental disability continued to play an important role in creating awareness and participating in the structures of the organisation. They were represented on the Board and actively advocated for the rights of persons with mental disability.

## **Governance**

In October 2006 the Department of Social Development engaged in a monitoring and evaluation process at the organisation and stated the following:-

“The assessment findings are positive. The organisation is governed and managed professionally with good human resource management systems and sound financial practices. The organisation needs to be used as one of the best practice models.”

## **Awards**

On 17 February 2007, the Sexual Abuse Victim Empowerment Programme received a **Silver Impumelelo Innovations Award** for the pioneering best practice model, which ensures access to justice for people with intellectual disability who are complainants of sexual abuse.

In conclusion I have learnt so much and seen our staff, volunteers, donors and partners give so much of themselves. Their sentiments are echoed in the saying below – profound words, which reflect the very essence of the organisation.

**“Never let others determine your limitations or capabilities.  
There are those that will say you are not smart enough,  
old enough, well enough or able....**

**Don't listen, for you can accomplish even in those tiny  
steps, gesture or smile. It is your ability that interests us not your disability.”**

*Jennifer Septoe*  
*Chairperson*

**A comprehensive review of the objectives and achievements of the past year for each of the organisation's programmes:**

### **SOCIAL DEVELOPMENT SERVICES**

The Social Development Department provided individual counselling and group work services as well as food security and income generating programmes 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.

Social workers in the Social Development Department use an integrated model of social work. This is a flexible model, which enables social workers to provide services that are appropriate to the particular community in which they work. A very comprehensive staff development programme was provided in order to ensure a high level of knowledge and skills. Increased networking with other organisations led to good cooperation with other organisations and, in some instances, partnerships in the running of particular groups and projects.

In applying the integrated model of social work, social workers not only provided specialist mental health counselling but actively implemented food security programmes and job creation initiatives, to address high unemployment and poverty. The department also administers the disability grants of 110 mental health service users in an effort to prevent exploitation and abuse in the community.

The Provincial Department of Health in the Western Cape contracted the Social Development Department of the organisation to conduct a needs analysis to ascertain the unmet need in the province for community based services for people with mental disability to facilitate planning for the department's 2010 Health Plan. This was a worthwhile important project and an effort to ensure that sufficient resources are provided for service users in the community, particularly as the plan includes a reduction of the number of beds in psychiatric hospitals and therefore further discharges.

The Department of Social Development's monitoring and evaluation directorate evaluated Cape Mental Health's social work services and provided very positive feedback regarding the type and quality of the service provided.

#### **Objectives planned for the year under review**

- Improve knowledge and understanding of mental disability and to assist people in the Western Cape with access to services, resources and opportunities.
- 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.
- Improve the management of money and budgeting to promote self-reliance of people with mental disabilities.
- Develop skills to cope with the stresses of daily life.
- Improve insight, strengthen coping skills and promote responsible self-reliant behaviour of people with mental disabilities.
- Help families cope with challenging behaviour of people with mental disabilities more effectively.
- Provide trauma debriefing for people who have been traumatised.
- Administer disability grants to prevent exploitation and ensure that the grant is used for the benefit of the client.
- 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 2200 people, (1866 index clients) during the year. The caseload was made up of 56% of clients with an intellectual disability, 33% with a psychiatric disability and 11% experiencing emotional adjustment problems. The gender breakdown appeared to be fairly even overall with 47% male and 53% 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, continued to run for carers in Manenberg, Mitchells Plain, Grassy Park, Athlone and a new group was initiated in Kensington.
- Five life skills groups are run in Rocklands, Lenteguur, Philippi, Manenberg and Bonteheuwel. 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. The life skills group that was run at Lady Michaelis Community Health Centre in Plumstead has now evolved into an education and awareness programme in response to community need.
- A support group for people with anxiety and depression was run at CMHS Head Office in Observatory. This group was aimed at providing mutual support and techniques for coping with anxiety and depression. A group dealing with grief and loss is run in partnership with another organisation in Plumstead.

- Opportunities for income generation continued to be provided by Beadability, a beading project and food gardens in Khayelitsha and Philippi. A number of staff members underwent training in establishing and maintaining food gardens and are thus in a position to extend this project.
- Disability grants for approximately 110 service users were administered during this period in an effort to prevent exploitation and abuse in the community.
- Social work services conducted a needs analysis to ascertain the unmet need in the province for community-based services for people with mental disability to facilitate planning for the Provincial Department of Health's 2010 Plan.
- The Social Development Department received very positive feedback regarding the type and quality of the service provided following an evaluation of its work by the Provincial Department of Social Development's monitoring and evaluation directorate.

### **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 3000 service users received assistance either in individual counselling or in a group setting.

### **SEXUAL ABUSE VICTIM EMPOWERMENT (SAVE)**

Our Sexual Abuse Victim Empowerment Programme (SAVE), the only one of its kind in South Africa for people with intellectual disability, continues to address inequities in the availability and access to the legal justice system for adults and children who have been sexually abused. The majority of the complainants in sexual abuse cases are generally women, however in our programme 11,6% of the complainants are men and boys with an intellectual disability who have been sexually assaulted. Forty-nine percent of the complainants are younger than 18 and 51% are over the age of eighteen with the youngest complainant being 8 years old and the oldest complainant 64 years old. Majority of the complainants (65,5%) are from the urban areas of the Western Cape but a marked increase in complainants from rural is noted.

During the period under review, whilst continuing to provide assessments for complainants of sexual abuse, staff in the programme also embarked on research in an attempt to identify deficits in the access to justice for victims of sexual abuse who are intellectually disabled. The pioneering work done in this programme was also acknowledged in the past year with a silver Impumelelo Innovations Award. The prize money will be used to promote this model as a best practice model and duplicate this service to other areas in the Western Cape thereby ensuring access to justice for people with intellectual disabilities who are complainants in sexual abuse cases.

The services provided in this programme include family counselling, court preparation, and the provision of an expert witness service during the trial and networking with the personnel at the courts and with SAPS personnel. Ongoing training is also provided to prosecutors and SAPS personnel in an attempt to strengthen 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**

- Assess 84 people with intellectual disability who are complainants in sexual abuse cases for psycho-legal purposes
- Provide support and court preparation for people who have undergone psycho-legal assessment.
- Provide expert testimony in sexual assault hearings in court.
- Network, liaise with and provide training for prosecutors and police.
- Conduct research to identify deficits in the justice system for people with intellectual disability.
- Attend the oversight committees at local magistrates' courts.

- Develop structures to facilitate the collection of assessment reports by the SAPS officers.

#### **Achievements for the year under review**

- During the period under review 86 psycho-legal assessments for complainants in sexual abuse cases with intellectual disability were completed.
- Clinical psychologists in the programme received 31 subpoenas for expert testimony and testified in 17 cases in court.
- The programme received a Silver Impumelelo Innovations Award for its pioneering work.
- Started research to identify deficits in the justice system for people with intellectual disability with funding from the Open Society Foundation.
- Social workers continue to attend the two oversight committees at Parow and Khayelitsha courts, which facilitate the flow of information from prosecutors, police and social workers and also allows for prompt follow-up when a problem arises at the courts.
- Structures were put in place to facilitate collection of reports thereby ensuring that SAPS collect reports timeously.

#### **Beneficiaries of the programme**

The beneficiaries in this programme are victims of sexual assault and their families who are assisted with access to the justice system in South Africa. 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.

### **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**

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

#### **Achievements for the year under review**

- During the period under review 744 people were counselled at Independent Newspapers and Pick n' Pay.
- A 57% increase was achieved over the previous year.

#### **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 in the organisation.

### **SPECIAL CARE CENTRES**

Our 4 special day-care centres continue to provide a developmental programme for 180 children with severe physical and intellectual disabilities, in the disadvantaged communities of Athlone, Mitchell's Plain, Guguletu and Khayelitsha. The programmes presented at the centres focus on developing the abilities of the child as well as building the capacities of parents in taking care of the children.

### **Objectives planned for the year under review**

- Offer a planned developmental day programme for 180 children during school terms
- Transport 180 children to the respective centre in the morning and take them home in the afternoon every day of school terms.
- Provide a meal and a snack to each child every day.
- Offer training to all staff members.
- Write an addendum of Special Care policies and operational guidelines for the CMHS Policy & Procedure Manual and familiarize the staff with these policies.
- Create a snoozle room for sensory stimulation at the Bonteheuwel and Ethembeni Special Care Centres.
- Plan and implement 4 small fundraising events in each of the respective communities.
- Host volunteers from Germany.
- Begin the planning and fundraising for a custom-built special care centre in Heideveld.
- Establish a building committee for the erection of a new centre to accommodate children from the Bonteheuwel and Ethembeni centres.

### **Achievements for the year under review**

- 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.
- Provided transport for 180 children to and from the centres daily. This objective was achieved despite the impact of crime as one of the buses was stolen from the centre in May 2006.
- Provided 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.
- Provided training to all staff members in: Policies and Procedures of the organisation, Programme Activities, Safety at the Centre, Team Building and Disciplinary Procedures.
- All four centres successfully organised at least one fundraising event per term, which aimed not only at raising 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.
- An operational guideline was completed and added to the organisations Policy & Procedure Manual.
- A snoozle room was completed at both Bonteheuwel and Ethembeni Centres. This facility allows staff to do activities in sensory stimulation on an individual basis with the children.
- Successfully hosted two international volunteers who shared their experience of working with children with intellectual disabilities in Germany.
- A building committee was established to oversee the planning and fundraising for a new centre to accommodate children from the Bonteheuwel and Ethembeni centres. These centres are currently operating from temporary premises.

### **Beneficiaries of the programme**

One hundred and eighty children from Cape Town's poorer communities were transported to a day centre near where they live and attended a structured day programme. This allowed the parents a few hours of relief in the day, knowing their child is safe, well cared for and learning some skills.

**TRAINING WORKSHOPS UNLIMITED (TWU)**

Training Workshops Unlimited (TWU), our job and skills development project for adults with intellectual disability in the ranges between severe and borderline, continued to provide a structured training and career path for the trainees at our 5 workshop training centres. These training programmes are specifically developed by our Training School to accommodate different levels of functionality and literacy. All the programmes are structured to facilitate active participation and development towards optimal levels of independence. The programmes range from respite care and stimulation to open labour market preparedness and employment support. The groundwork was also done to expand the range of our services to include an Integration Company as an employment option in the near future.

#### **Objectives planned for the year under review**

- Provide appropriate skills development programmes in life skills, work and career skills and open labour market preparedness, including HIV/AIDS and sexuality education to the following groups of adults with intellectual disability:
  - Provide 40 very low functioning trainees with supervision and care at 4 community venues.
  - Provide 176 Lower functioning trainable trainees with a structured Life skills Day Programme including training in self-care, basic work skills and leisure activities.
  - Provide 20 Medium functioning trainees with an: Advanced Life skills Programme including practical skills that can be used to earn an income to complement the disability grant. This included skills in cleaning, gardening, baby-sitting and car washing.
  - Provide 250 Medium to high functioning trainees with a Work skills programme. This included life skills, work skills, community skills and production training.
  - Registered a National Youth Service programme for 40 higher functioning trainees. The programme included career skills training, life skills training, practical service placements at community based organisations to practise their skills, open labour market preparedness training, job coaching, job shadowing, trial periods in employment, employment and follow-up support.
- Provide support and training to the parents/caregivers of the 505 trainees with intellectual disability in our care.
- Provide advocacy training and opportunities for trainees to participate in decision making on the management and running of the workshop in the form of a trainee committee at one training centre as a pilot project.

#### **Achievements for the year under review**

- Skills development programmes:
  - 42 very low functioning trainees needing constant supervision and care participated in the WHALES programme offered at 4 different community venues (Khayelitsha, Guguletu, Silvertown and Mitchell's Plain). In the process, respite care was provided to the parents/caregivers of these trainees contributing to their mental health and wellness.
  - 176 low functioning trainees participated at 4 different centres in a very stimulating Basic Life skills Programme including self-care, basic work skills and leisure time activities. Their programme also included 2 sports days and interesting weekly themes. Their progress was formally assessed on 2 occasions.
  - 20 medium functioning trainees participated in the Advanced Life skills Programme at the Athlone Workshop consisting of training and practical work activities.
  - 250 higher functioning trainees participated in the Work skills programmes at 5 different centres including life skills training, work skills training, production training, working on contract work, enclave employment and manufacturing.
  - 40 high functioning trainees participated in our Siyanceda National Youth Service Programme and were trained in Hygiene and Cleaning NQF Level 1 to enable them to find employment as commercial cleaners. Job Coaches supported them while practising their skills during volunteer community

placements. They also received OLM preparedness training, completed job shadowing placements at contract cleaning companies. 10 trainees secured employment by the end of the programme and the others are continuing with job shadowing and trial placements to secure employment.

- Established a parent committee at each of our 4 training areas and quarterly parent training meetings were arranged. Communication with parents are done through message books, newsletters, training events and meetings, open days, fundraising events, individual parent counselling sessions and telephone calls. Parents were also informed of training offered by other service providers.
- Successfully established the first Trainee Committee at the Athlone Workshop. This process included the training of trainees on the nomination and election of representatives, nominees campaigning for votes and the election, which included ballot papers with pictures of all the nominees. The elected candidates were then trained in basic meeting procedures before they were asked to elect a chairperson and a secretary. A staff mentor was appointed to support the committee as needed. The committee meets on a monthly basis and they hosted a very successful entertainment and fundraising modelling show. This experience resulted in the growth of confidence levels and initiative taken within the workshop.

### **Beneficiaries of the programme**

- Five hundred and five (505) Adults with intellectual disability benefited by participating in the training programmes through improved levels of independence and ability to cope within their communities.
- The parents/caregivers of 505 adults with intellectual disability benefited by having a safe haven for their dependents offering respite care and allowing them to work and earn an income to improve the quality of life of the family.
- The communities surrounding our training centres benefited 505 adults with intellectual disabilities who are enabled to function as equal citizens within their communities and participate in community resources and activities.
- Small businesses and corporates benefited from the contract work done by the trainees in the work skills programmes.
- Open Labour Market Employers benefited from employing persons with Intellectual disability.

### **FOUNTAIN HOUSE**

Fountain House continues to provide a comprehensive psychosocial rehabilitation programme in all four life areas of work, learning, social and living, to adults with psychiatric disability. During the period under review 451 individuals had the opportunity to access rehabilitation services, cumulating in 9795 contacts. Fountain House with its focus on vocational rehabilitation is a leader in preparing adults with psychiatric disability for the open-labour market and integration into the community. Fountain House provides access to opportunities to meaningful engagement, and empowerment through encouragement of active decision-making on the part of the members partnered with skills training, which develops a person's self-confidence and belief in them.

### **Objectives planned for the year under review:**

- Provide a comprehensive psychosocial rehabilitation programme in all four life areas of work, learning, social and living to 90 adults with psychiatric disabilities.
- Provide skills development and capacity building through work skills training in 4 prevocational work units to enhance an individual's basic efficiency as a worker.
- Encourage greater economic and social independence, by supporting members to access employment and/or income generation opportunities through the Transitional Employment Programme (TEP), Observatory Cleaning Programme and 20 employment placements in the in the open-labour market.

- Limit relapses and enhance mental health by providing continuous support and facilitating timeous professional attention, when required, through outreach, an observational framework, counselling and crisis intervention.
- Enable people with a mental illness to acquire and regain social skills and coping mechanisms through life skill groups and individual rehabilitation plans, including goal setting and crisis care plan.
- Empower members to take responsibility and ownership of their lives and recovery processes, through active participation in decision-making processes at Fountain House, encouraging members as role players at monthly members meetings and other forums.
- Provide poverty alleviation initiatives including: the provision of balanced, nutritional meals at a low cost: a thrift shop to buy clothing at a reduced rate and subsidised transport costs for regular members.
- Provide a social and recreational programme to members, who otherwise do not have access to leisure activities. This is planned through monthly social events and birthday parties, weekly art classes and walks, daily tea and lunch times, and an annual holiday.

#### **Achievements for the year under review**

- Provided rehabilitation services for 451 individuals, cumulating in 9795 contacts. Two hundred and eighty-two (282) male and 169 females accessed the programme. Seventy three percent (73%) of the clients are between 31- 65 years old.
- An average of 57 members participated in the activities in the work unit, where members develop appropriate work-place behaviour and gained confidence in their work ability by working along-side staff in an action-learning process.
- A communications and employment unit was established to raise the profile of Fountain House in the community and educate prospective employers about mental illness. Members were also assisted in accessing employment opportunities. Communication with service users worldwide and Internet research was also facilitated in this unit.
- Eighteen (18) employment placements were secured.
- Eleven (11) educational talks were presented and included topics relating to employment rights, living with various mental illnesses, medication; voter education; wellness; sun awareness and skin cancer; sexuality & HIV/AIDS.
- Two 10 -week computer courses gave 33 members the opportunity to acquire computer skills.
- One 10-week Micro-Business skills course was presented. Twelve (12) members were taught to start and run a small business.
- Through an outreach programme staff maintained contact with 38 members.
- Members regularly accessed the volunteer counsellor.
- An average of thirty-three (33) members participated in the life skill groups. Groups were presented twice a week.
- Seventy eight (78) life skill sessions were held during the year, covering 5 themes. the themes presented were intra and interpersonal conflict, serious illnesses, assertiveness and building confidence, stress management and dealing with change.
- An average of 15 members were involved in structured goal setting and future planning each month.
- Eighty-four (84) service-users accessed the intake and orientation service at Fountain House.
- Twelve (12) Monthly Mega members meetings were held with an average attendance of 19 members. Issues relating to the programme were dealt with, including planning and feedback on events. A review of the year was also done including problem-solving relating to challenges and difficulties.
- A fundraising committee of members assisted with telephone calls, letters and faxes.
- Twenty-seven (27) members participated in strategic planning in January, where each unit planned their short-term, medium term and long-term goals.
- Thirty-seven (37) members had meals at the catering unit each month, and an average of 18 members made use of the transport subsidy.
- Twelve (12) social events were held during the year, with an average of 20 members attending. These included an annual holiday in Stellenbosch, trips to Ratanga Junction theme park, the beach, the forest and an art exhibition at Fountain House, the Fountain

House Birthday party, an end-of-year party and various sports & games days. Members attended the Department of Health Sports Day in October & Disability celebrations at Alexandria Hospital in November.

## **Beneficiaries of the programme**

Four hundred and fifty-one (451) 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 along-side 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**

People with a psychiatric disability benefit from voluntarily attending one of sixteen community-based rehabilitation groups - jointly known as the Rainbow Foundation - that meet in accessible venues in the disadvantaged communities of Athlone, Bishop Lavis, Elsie's River, Goodwood, Grassy Park, Guguletu, Khayelitsha, Kraaifontein, Maitland, Manenberg, Observatory (2), Philippi, Retreat, Strandfontein and Woodstock.

### **Objectives planned for the year under review**

- Facilitate 16 psychosocial rehabilitation groups in the Metro for persons with a psychiatric disability.
- Provide monthly programme activities that provides for increased opportunities in the life areas of living, learning, socializing and working.
- Increase the access of PSR service. This would include increasing the weekly member attendance at the groups, media exposure of the programme during campaign months.
- Maintain regular networking and liaison with role-players within the mental health field and the disability sector.
- Provide individual support and capacity building programmes and opportunities for the service-users.
- Provide social support and opportunities for social recreation to people with psychiatric disabilities.
- Provide support to families of individuals with psychiatric disabilities.
- Create opportunities for staff and volunteers to gain skills to become empowered.

### **Achievements for the year under review**

- Presented weekly, bi-weekly and monthly psycho-social group to a total of 138 service users, cumulating in 4 284 contacts for the year.
- Eleven (11) monthly group supervision meetings held with group leaders to plan and develop group activities
- Increased membership by 16 as a result of monthly outreach activities.
- Provided computer and Internet training for 9 members in the Goodwood PSR group.
- Provided work skills training for members in the Athlone PSR group as well as support with CV creation, interview skills, job applications and career guidance to the rest of the members.
- Fourteen (14) members participated in employment opportunities by doing Quality Assurance for the Provincial Department of Health.
- Presented nineteen (19) member workshops with topics including personal care, anger management, communication and relationship building skills.
- Referred eight (8) members from the Philippi group to income generation initiatives (Food Gardening and Beading training), facilitated by the Social Development Department of CMHS.
- Presented a family workshop to twenty (20) carers/family members of individuals with a psychiatric disability
- Produced and distributed two Rainbow Newsletter editions (May and Nov 2006)

- Ongoing liaison with mental health professionals and other role-players, e.g. mental health nurses, social workers, state departments and non-profit organisations.
- Referrals also sourced through involvement in media campaigns (radio and print) and through distribution of pamphlets on a monthly basis and at various workshops held and attended.
- Provided opportunities for subsidized outings and leisure activities which outings to the beach, visits to restaurants, train rides, birthday celebrations, a visit to the Aquarium, Pebble Patch and the V&A Waterfront as well as end-of-year parties in December 2006.
- Accommodated 3 international and 4 local volunteers. Volunteers assisted with various tasks in the programme.
- Provided opportunities for staff training and development. Topics covered included: *Introduction to Schizophrenia: Introduction to Intellectual Disability: Mental illness and substance abuse: Sustainability: Enterprise Development: SSR Provincial Workshop, PSR training etc.*
- Participated in the planning and presentation of a Learning Seminar in June 2006 on Social Co-operatives. This was part of a partnership between Swedish organizations and CMHS.

### **Beneficiaries of the programme**

One hundred and thirty-eight (138), 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)**

This project, in an environment where consumer participation in service delivery and decision-making is still challenging, affords consumers the space to have their voices heard and to deal with consumer issues in a pro-active manner. These activities further the objective of enabling members to live independent and meaningful lives in the community and to participate in decision-making about their treatment and other aspects that determine the quality of their lives with the least amount of professional intervention.

### **Objectives planned for the year under review**

- Improve the rights of consumers in the Western Cape
- Encourage consumer participation and co-ownership. We need to make sure that consumers are active partners in their own treatment and psychosocial rehabilitation.
- Strive to act as facilitators for consumers experiencing problems in life areas of living, learning, working and socializing.
- Members to represent CCAB at various forums and committees in the disability sector.

### **Achievements for the year under review**

- Twenty-five (25) Executive meetings, eleven (11) General meetings, and one (1) Annual General Meeting were held.
- Members did presentations to a variety of audiences including staff at community based organisations, other stakeholders, the Department of Health, Psychiatric Hospitals, UCT students as well as talks on radio during the Psychiatric Awareness Month.
- Provided work opportunities for 5 CCAB members in a weeklong Quality Assurance job at various hospitals.
- Raised funds through 4 raffles, a cake sale and 3 rummage sales. These are used to give our members a monthly transport subsidy or when they attend various meetings and social activities.
- CCAB representatives attended meetings at Psychiatric Hospitals, Disabled People SA, WC Network on Disability, CMHS Committee, SA Federation for Mental Health:

- Email communications with our partners and friends overseas: Basisberaad and other mental health organizations in Holland, affiliates of SA Federation for Mental Health and organizations in SA working in the disability sector.

### **Beneficiaries of the programme**

Consumers of mental health services in the Cape Town Metropole.

## **LEARNING FOR LIFE**

The services provided in the Learning for Life programme include an accredited distance-learning course with the Health and Welfare SETA, training for staff working with children and adults with intellectual disabilities as well as the presentation of organisational development workshops to NGOs in the developmental field. The Learning for Life distance learning course focuses on the early childhood developmental disabilities. In presenting this course close partnerships and working relationships have been developed with special schools and NGO's specialising in intellectual disabilities.

In compliance with the requirements of the Health and Welfare Seta, a dedicated training and development task team facilitates the training and skills development at the organisation.

### **Objectives planned for the year under review**

- Review and restructure the course fees to ensure financial sustainability of the programme.
- Complete the course material and manuals for the distance learning course
- Market the Learning for Life course at Schools for Learners with Special Needs with the Western Cape Education Department.
- Complete application as a Training Assessor with the Health and Welfare Seta.
- Submit the work place skills plan to the Health and Seta
- Provide organisational development services to NGO's.

### **Achievements for the year under review**

- After conducting 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 manuals for the course work have been completed and are now in use. Other materials also supplement the manuals where we deem necessary to augment the basic course work. Some of the students need to be assisted and the facilitator has been doing small group seminars for them.
- We have negotiations underway with the WCED with two of their schools for training of the full staff group. We worked with the full staff group at the Bel Porto School and this was a great success.
- Successfully registered as a Training Assessor with the Health & Welfare Seta. This took place during this period and we will be looking to the SDF taking the Moderator's course as well. This could lead to additional income generating opportunities for the project in the future. Other staff members are also in the process of becoming qualified as assessors, which would increase the capacity of the LFL US course.
- Discussion for the succession plan for the Learning for Life project has been taking place over the last year and we have now been formalised.
- The LFL training was extended to several other organisations during this period. Organisational Development took place with another NGO and a series of very well received stress management courses were presented to the Western Cape Forum for Intellectual disability. The project offered a course on organic gardening and there is a possibility that this will lead to further training in the field of food gardens.

- Internally at CMHS LFL was also very active and offered several training sessions to the staff both professional and paraprofessional. This is an area, which will become a stable part of the Learning for Life income generating capacity, as the HWSETA discretionary grant will make this possible.
- The submission of the Workplace Skills Plan had led to the agency being awarded the discretionary grant for internal staff training and this in turn has benefited Learning for Life. The facilitator is able to give a wide range of presentations on many mental health issues both with reference to the client and the professional dealing with the various challenges our agency encounters. As a result of this grant submission we are now in the process and will be considered again for the next financial year.

### **Beneficiaries of the programme**

Two hundred and seventy-one (271) trainees, mostly from resource-poor communities who work in the disability and early childhood development sectors benefited from the training provided by the Learning for Life Programme

One thousand six hundred and thirty (1630) adults and children with intellectual disability are indirect beneficiaries of the training programmes in that they are consumers of the services provided by 'graduates' of the Learning for Life programme.

### **PUBLIC EDUCATION AND AWARENESS & VOLUNTEER PROGRAMME**

Our Public Education Programme disseminates information on the promotion and maintenance of mental health and the prevention and management of intellectual and psychiatric disability. Through the Public Education programme we aim to educate and inform the general public about the services provided by Cape Mental Health. The focus of making information available was to raise awareness during the three annual awareness-raising campaigns viz: intellectual disability awareness month, psychiatric disability awareness month & mental health awareness month. The beneficiaries of these awareness-raising activities were the general public, NGOs, government institutions e.g. schools, community health centres and libraries, businesses and other professionals.

During the period under review information was disseminated through radio interviews and the print media, by doing presentations, workshops and hosting exhibitions and by distributing information packages consisting of pamphlets and posters.

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:**

- Disseminate 4000 information pamphlets to the general public to educate and raise awareness about mental disabilities and promote mental health.
- Arrange 25 radio talks during intellectual disability, psychiatric disability and mental health awareness campaign months.
- Plan and present a self-awareness programme at schools with the aim of reaching 100 Grade 5 learners.
- Develop two information pamphlets relating to Schizophrenia and Bi Polar Disorder.
- Arrange and present 15 mental health talks and promotion of Cape Mental Health Services.
- Plan and facilitate an awareness-raising workshop on National Schizophrenia day on 25 July 2006.
- Represent Cape Mental Health Society at forums and committees in the Disability Sector.
- Recruit, screen, select, train and place volunteers in the various projects, programmes and fundraising events of the organisation.

- Plan and host a Volunteer Appreciation Event for all the organisation's volunteers.

#### **Achievements for the year under review**

- In excess of 5000 information pamphlets were distributed at Community Health Centres, community libraries, schools and wellness exhibitions during the past year.
- In collaboration with the Social Development Department a School Awareness Programme was compiled and presented at two Primary Schools in the Cape Metropole. A total of 100 learners participated in the programme.
- During the awareness raising campaigns 25 radio talks were done at various radio stations, e.g. Radio Tygerberg, Radio Helderberg, Bush Radio, UCT Radio, Voice of the Cape, Radio 786, Radio CCfm, Radio Atlantis and Heart 104.9.
- Press release and articles were published in the following Newspapers: Die Burger, Metro Burger, Plainsman, Tyger Burger and Southern Suburbs Tatler.
- Developed pamphlets with information for service users and their carers on Schizophrenia and Bi Polar Disorder.
- Facilitated an awareness workshop for 30 people on 25<sup>th</sup> July: National Schizophrenia Day
- Participated in the International Day for People with Disabilities activities arranged by the Western Cape Network on Disabilities.
- Recruited, trained and placed 273 international and local volunteers in the various projects, programmes and fundraising events of the organisation.
- Successfully hosted a Volunteer Appreciation Ceremony for the Organisation's volunteers in November 2006. About 30 people attended the ceremony.

#### **Beneficiaries of the programme**

The activities of Public Education Department target the service users, their carers as well as the general public. The focus is on eradicating ignorance, stigma and discriminating attitudes towards people with mental disabilities. The target groups are empowered with information on the different mental disabilities and as well with community resources to be utilised.

Volunteers have the opportunity to be exposed to a different life enriching experiences in our organisation.

#### **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**

- Provide 11 service users with a psychiatric disability with a safe, secure, supportive and comfortable home.
- Provide skills development and capacity building in independent living to the residents and to encourage full participation in all aspects of independent living.
- Facilitate shared responsibility in decision-making through participation in house meetings, annual policy reviews & strategic planning as well as the selection of new residents
- Facilitate increased social involvement through organized house events and accessing social and recreational activities in the community.
- Provide a management plan for each resident to limit relapse.
- Provide education and training activities to ensure that members have the knowledge and skills to manage their disability.

- Provide skills development and capacity building in employment, through participating in the prevocational training activities at Fountain House.
- Encourage greater economic independence by assisting residents in accessing employment opportunities such as Fountain House's Employment Programmes.

#### **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 and focused on conflict resolution, goal setting, coping mechanisms and the collaboration with others on joint decision-making relating to situations that affect all the residents in the house.
- The participation in social events included: the Fountain House beach outing in January 2006; a braai at Wynberg Park in November 2006; the Fountain House end-of-year party in December 2006 and the Kimber House Christmas party at Sea Point Beach.
- Management plans and/or goal-setting activities are in place for residents.
- Residents attend Fountain House regularly and participate in the various programmes at Fountain House with one resident taking responsibility for the of Fountain House newsletter each month
- Four residents are independently employed in the open labour market and one resident does regular volunteer work.

#### **Beneficiaries of the programme**

Residents of Kimber House are disabled due to prolonged effects of mental illnesses such as schizophrenia, depression, bipolar and schizoaffective Disorder. Many are in recipient of a disability grant of R870-00, of which 75% goes towards paying rent.

### **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**

- Providing a home environment that meets the physical needs of the residents which includes supervised accommodation, provision of balanced meals, monitoring of health, safety and hygiene, appointments at the day hospital or any other medical or other appointment as required by the residents
- Include residents in a daily vocational programme.
- Provide a social programme where the residents' social and recreational needs are met.
- Attendance of the 4 Self Advocacy and the Group Homes meetings co-ordinated by WCFID
- Re-integration of residents with their families by maintaining good relationships with them i.e. annual meeting and 2 newsletters.
- Host a celebration for 21 years of existence of Garden Cottage.
- Compile and distribute 2 Garden Cottage Newsletter to family and friends.
- Plan and implement fundraising activities to meet Garden Cottage's own fundraising target of R 5 300,00

#### **Achievements for the year under review**

- Garden Cottage celebrated 21 years of existence by inviting family and friends to a special tea. This was very well attended and enjoyed by everybody.

- During the period under review two residents, as opposed to one in previous years, attended the WCFID's Self Advocacy meeting. This group continued to meet once a quarter and the focus was on relationships, HIV/AIDS and sexual abuse. The Garden Cottage Newsletter was circulated to family and friends in July and December.
- We continue to reap the benefits of maintaining good relationship with the families of residents. Residents benefit from spending more time with their families and we were able to close the Cottage for two weeks over the festive season while residents visit family. One resident went to Camphill Atlantis over the festive season because her family could not accommodate her. This could become a standing arrangement with Camphill
- Residents enjoyed an active social programme with various fun activities. This included 8 birthday parties, 4 quarterly outings and their annual holiday, which was spent at Goudini Spa.
- Garden Cottage and Rainbow Foundation successfully hosted a Ladies Night on 31 March 2007 as a fundraising initiative.
- The newly appointed careworker settled in well and registered with Learning for Life distance learning course. She also received a bursary from the Vera Grover Fund to complete her studies.
- Providing a home environment that meets the physical needs of the residents which includes supervised accommodation, provision of balanced meals, monitoring of health, safety and hygiene, appointments at the day hospital or any other medical or other appointment as required by the residents
- Members attend the vocational training programmes at Training Workshops Unlimited.

#### **Beneficiaries of the programme**

Garden Cottage provides safe and secure accommodation to 8 women with intellectual disability 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:**

<b>Type of meeting</b>	<b>No. of meetings held during the past year</b>
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 2006 to 31 March 2007; MGI Bass Gordon performed the audit and was retained as the Society's auditors. The audited financial statements were approved by the Executive Committee and are attached to this report.

#### 1. Section A: 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

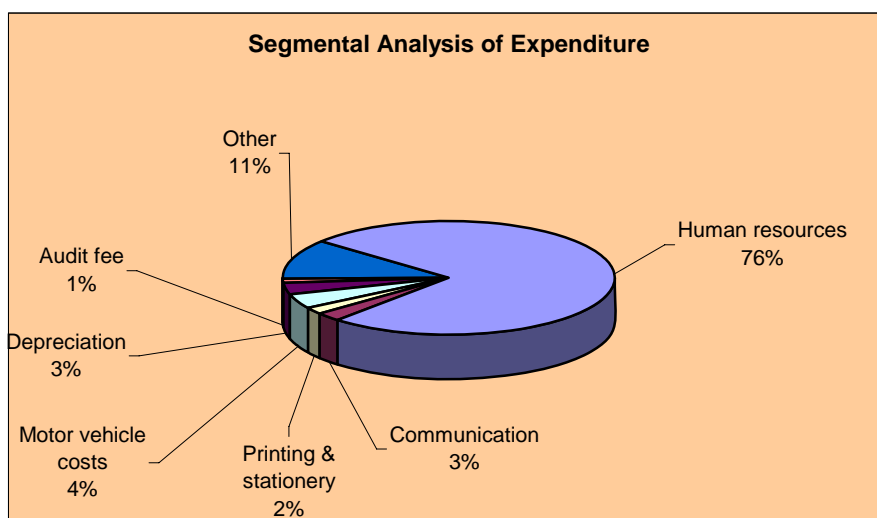
#### 1.3 Organisation's accounting practices:

The organisations 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 Organisations Office Bearers.

#### 1.5 Annual expenditure

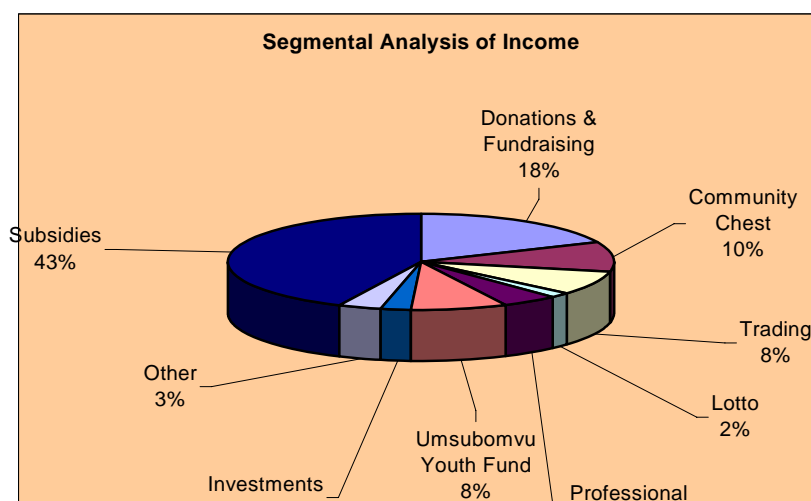


Expenditure for the financial year was R 11,842,138, an increase of R 1,414,812 or 13.5% over the previous year's expenses.

## 1.6 Sources of income

Sources of income 2006/2007	R Amount
Subsidies	5,107,839
Donations and Fundraising	2,178,252
Grant – Community Chest	1,195,440
Grant – National Lottery 2005/2006	200,000
Grant Umsobomvu Youth Fund	957,457
Net Trading Income	1,009,927
Professional fees	574,951
Interest and dividends	297,294
Other	340,195
<b>Total</b>	<b>11,861,355</b>

## 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 once again achieved a modest operational surplus of R19,216 during this financial period versus a surplus of R10, 903 in the previous financial year.

Income from operational activities for the year totalled R11,861,355 representing an increase of 13.6% over the previous financial year.

Subsidies of R5,107,839 (43% of total income) were received from the Departments of Health and Social Services; this equates to an increase of R 80,356 or 1.6% on the previous year's subsidies.

Donations and fundraising achieved a remarkable increase of 68% over the previous year to R2,178,252 (18% of total income); this was directly attributable to the Society's own Donor Development Department and their commitment to achieving targets in a very competitive field.

Once again our largest independent grant contributor is the Community Chest of the Western Cape who allocated R1,195,440 (10% of total income).

Mention must be made in respect of The National Lottery Distribution Trust Fund, who allocated R1,000,000 in the 2005/2006 financial year, did not participate in any payout in the current financial year due to conflicts with the re-allocation of the licence renewal process by the DTI. Fortunately the Society does not include or budget for National Lottery income and is therefore not dependent on this source of income as the Society generates its own income via its Donor Development and Fundraising Department.

### **Sponsors and Corporate Support over R50,000**

We are most grateful and acknowledge with gratitude the many individuals, 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 2006/2007 financial year include:

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

The Society also received bequests during the financial year and are very grateful to the following; Estates late Bunty Aitchison, Helen Howell and K Pietersen

Once again thanks must go to the ongoing support of these sponsors, which enabled Cape Mental Health 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).