



Ons Plek Projects
for girls at risk of becoming street children

Annual Report 2018



*We extend a warm invitation
to everyone in the area to attend our*

2018 Annual General Meeting

DATE: THURSDAY 27th SEPTEMBER 2018
VENUE: ROSEBANK METHODIST CHURCH HALL
TIME: 17:00 for 17:30
RSVP: Tel 021 685-4052/49 or Fax 021 685-3128

*Please help us cater
for everybody by
bringing a
plate of eats*

Our children want YOU at our AGM

Ons Plek children want YOU at our Annual General Meeting. So do the staff! But for the children it is more than an AGM. Remember parents' days at school? And concerts, sports days, etc. Where every child wanted a parent to "see" them perform. Our children prepare for this day. And their parents are seldom there.

Be a parent to our children when they present in singing or dancing. But especially when each one is paired off with an AGM attendee for 10 minutes to show their favourite school work person to person.

And our AGMs are full of life and fun!

Pam Jackson
Director



— Our details —

We invite you to visit all our Projects,
meet the staff members and the children

DIRECTOR: PAM JACKSON
DEPUTY DIRECTOR: REGINA JAGERS

ONS PLEK:

Assessment centre, intake shelter and offices
7 Malleson Road, Mowbray, Cape Town 7705
P O Box 12924, Mowbray, Cape Town 7700
Tel: 021 685-4052/49 * Fax: 021 685-3128

Email: onsplek@onsplek.org.za

Website: www.onsplek.org.za

NPO No. 009-578 * PBO No. 930-001-457

SIVIWE:

Second-stage shelter
7 York Street, Woodstock 7925.
Tel: 021 448-6529

OUR COMMUNITY DEVELOPMENT PROGRAMS:

UKONDLA 1:

City Council Community Hall, Browns Farm,
Philippi, Cape Town 7750

UKONDLA 2 and 3:

Premises of Sizakuyenza Safe House,
cnr Eisleben and Phumelele Roads, Philippi,
Cape Town 7750

NOMINATIONS for the MANAGEMENT COMMITTEE of Ons Plek Projects

Nominations for election to the Management Committee must be received
at our office by **4th September 2018 at 17h00.**

Nominations must be in writing and must have been seconded. Your nomination
form is on the back page. If you are in need of more nomination forms, they are
available from **Nazlie** and **Nicolette** at our office. **ONLY MEMBERS of Ons Plek
Projects** are entitled to nominate and second persons for election.

Anyone who has donated to Ons Plek in **any** way is considered a member.

**We thank the following current Committee Members who are willing
to stand for re-election:**

- | | |
|-------------------------|-----------------------|
| * Roland Hudson-Bennett | * Christiana Nel |
| * Allerease Olanrewaju | * Monica Pike |
| * Sheena Ghalpie | * Cabangile Mdluli |
| * Greg Becker | * Fiona Ronquest-Ross |
| * Leslie Witz | |

Ons Plek ❀ Siviwe ❀ Ukondla

Ons Plek Projects consist of:

- ◆ **Ons Plek**, an intake shelter for girls doing comprehensive assessment and development care with reunification as a priority.
- ◆ **Siviwe**, a second-phase shelter for girls focusing on therapeutic and developmental children's home with reunification as a priority.
- ◆ **Ukondla**, a community project with prevention as a priority run at three venues in Philippi for boys and girls at risk of becoming street children.

~ Mission Statement ~

Ons Plek Projects has a simple and passionate mission:

To make a substantive improvement in the lives of female street children and to prevent children at risk of becoming street children from doing so.

Ons Plek Projects provides places where children find opportunities to build their lives and their self-esteem. Places where a sense of belonging helps them to take responsibility for themselves and for others.

The preparation for the future lives of each child takes into account the innate potential of the individual within the realities of her life circumstances.

These realities are mirrored in all aspects of our projects which enables us to model coping mechanisms; children participate fully in decisions about their lives; residential staff members share the lives of the girls; office staff members make do in cramped quarters with only the essentials for the job; and our community projects model how a lot can be done by dedicated staff members with few resources.

Ons Plek is not an escape — it is a real home in a rough life

Ons Plek's Vision ...

That female street children will be successfully re-united with their families and that failing that, they will be sufficiently empowered at Ons Plek Projects to grow into healthy, independent functioning members of society.

The children at risk of becoming street children will use our interventions to keep them as constructive members of society.

That children living in communities with their parents who are at risk of becoming street children will be enabled to remain in school and with their families.

Key Information with regard to the Work, and the Context of the Work, of Ons Plek Projects

- Ons Plek is the only comprehensive program for girls on the streets in the Unicity of Cape Town.
- Our intake shelter is situated in the CBD of Cape Town, because it is central and is where children and youth run to for relative safety if city security systems allow them.
- The sources of the children's problems are not easily solved – deepening poverty, abuse, lack of affordable safe housing, unemployment, crime, family instability, alcohol abuse, family violence, etc.
- Girls come or are referred to us from different areas. Some girls roam around their home community with inappropriate friends, often hanging around cheap local liquor and entertainment centres, before seeking help further afield.
- Girls who seek help are often teenagers, but also younger girls, sometimes girls with babies.
- Children tend to cope with an inordinate amount of trauma before leaving their home environments. These psychological scars may take a long time to heal for many of the girls.
- Those girls who find it the most difficult to reintegrate with mainstream society are often also living with learning difficulties and even severe mental health problems.
- Unaccompanied foreign minors are very vulnerable, and are ending up in the 'street children' sector.
- Ons Plek works with an average – 100 to 150 girls per year.
- Our community based prevention programs successfully keep 'at risk' children from running to the streets. They provide a support structure in community for children from the shelters when re-united with their families.
- The work of our three main facilities is all interlinked. The three programs integrate to form a whole.



Donations gratefully
received ...



Nicky, Andiswa and Allicia accept
donations of toiletry packs and blankets
from two St. John's Ambulance staff
members.



Corporate Social Responsibility

Pay less estate duty:

Being a Section 18A Tax Benefit
company means that your family
will save on estate duties i.e.
exempt from payment of
estate duties.

Tax Deductible Benefits:

We are registered as a Public
Benefit Organisation and thus all
donations to us are tax deductible
under Section 18A of the
Income Tax Act.

AGM Report



Pam Jackson
Director

On the receiving end!

Running an NPO, during and post Zuma-Gupta era

Basic costs are up, for everyone. The man on the street is paying for the sins of the ruling party in having participated in or allowing the Zuma- Gupta era. Donations have never really recovered from the World Crash and have been on a downward trend since 2008. Many businesses are closing down or downscaling. As this happens donations reduce. NPO's are cutting back projects.

We have always run on a very small staff with everyone working excessively hard to keep a high standard and get the job done. Since 2008 we cut staff by six — four community workers, one administrative staff member and one social worker. We cannot cut anymore without closing a whole section of the work. If we are to close that section the statistics on the street would go back 14 years to when they were 50 girl children running to the streets from the area of Philippi. Our current work in Philippi prevents this from happening. Female street children on the streets of Cape Town are almost a thing of the past. BUT only while we exist.

Our experiences with Corporate Social Investment (CSI)

The South African government, in an effort to involve business in caring for others, dreamt up the Corporate Social Investment (CSI) scheme. Every business must have a project benefiting NPO's every year. One would imagine that this would always be helpful.

But suspicions of NPO's spiriting away the money have abounded for a long time.

This is what really happens with CSI schemes...

1. Thank goodness some businesses continue to give cash donations having investigated the reliability and accountability of the NPO concerned. The business realises that we are experts, professional, trained, experienced, efficient, committed to our objectives and the best managers of our finances. They make a financial contribution the use of which we report on in full to them. The NPO management is then able to decide how best to spend that money

in terms of the sustainability of the NPO. For instance, it may be lovely to have the very needed new paint job but if it means the teacher cannot be paid...Which is more important? Should we keep the teacher who is dedicated and experienced and whose work will make a lasting difference in the children's lives while we continue to tolerate the peeling wall? In my book this question is a no brainer.

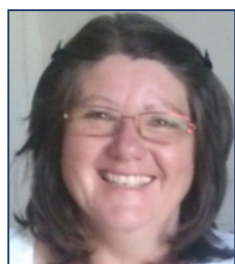
2. Other businesses fears of corruption in the NPO's choose as their solution to donate in material ways. As a result we have received some very helpful donations which have enabled us to equip ourselves with long term sustainable energy items such as water tanks, heat pumps, solar panels and smaller items such as desks for our classroom. We are so grateful for these items.

However there comes a time when no amount of material items will enable the agency to continue to exist. NPO's struggle to pay the people who have to put these concrete donations to use. One can donate a classroom but unless there is a teacher to teach, no teaching can take place. Whereas if the agency has the money to decide on priorities they would choose to pay a teacher even if teaching takes place under a tree. Not the ideal situation but in our world, the NPO world, we are accustomed and forced to making do.

3. Some businesses have realized that they can get a free teambuilding day out of performing the compulsory CSI. We are sometimes subject to enormous pressure from a business who wish to send a team to paint our building or do something else they have decided we must surely need. The business informs us that they wish to make a difference in a meaningful way and not merely by throwing money at the problem. They say that they want to get their hands dirty. The question is whether getting ones hands dirty for one day makes a difference? Sometimes it does and sometimes it does not. Sometimes underlying this rationale is an assumption that NPO's must take and be grateful for everything offered. While the building may well require painting, it requires painting in the most constructive way. In other words it needs painting by professionals who have experience in painting and

not by secretaries of a company who do not know how prepare the wall for painting. The NPO is left with the wall which starts peeling quickly. Assisting us to raise the funds to pay service providers who are accountable for the service delivered would be a real meaningful way to go.

Then there are offers which we really appreciate. People who ask us what we need and then come and work in the vegetable patch or run a cooking session with the girls. These teams make a difference to what we can provide for our children and really make a difference in that they commit to coming year after year. They build up a relationship with us and become a real support.



Regina Jagers
Deputy Director

Difficulties in working with teenagers and when a young person becomes an adult

From the beginning every girl child coming to Ons Plek is assessed, observed and integrated in our programs. Not

only do we regard family re-unification a core task but also focus on behaviour management.

Difficulties often arise in the process when a teenager of 17 years arrives at our facility. To start with, it is a challenging time in a young person's life. Considering that this teenager has in most cases been

through trauma, we are not surprised that she is very angry and displays so called "difficult behaviours". At times we find it problematic to reunite her with a family member due to the short time and the many challenges.

For example, Zelda was admitted to Ons Plek when she was 17 old. She had not been to school for a while. At Ons Plek, Zelda was part of our "Bridging School" to assess if she can commence with schooling at an ABET School. The findings are that Zelda is not functioning emotionally and mentally on a level high enough to be part of a school class. Zelda cannot be integrated in our program for job preparation either.

Ons Plek took Zelda to the clinic for a medical assessment as we find it difficult to communicate with Zelda when she is aggressive. Zelda was given medication to calm down and the communication improved. Zelda still shows little insight in her behaviours though.

We tried for Zelda to rebuild relationship with her family. The immediate family still felt they cannot contain or control her behaviours of sudden anger outbursts and not adhering to their house rules. Even with parenting skills support from our Child Care Worker the family resisted to have Zelda back.

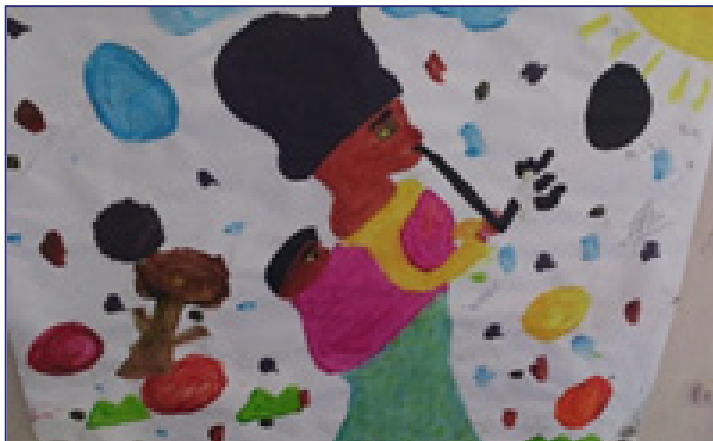
Finally Zelda turned 18 years. This is the point when the external Social Worker stops working with the teenager according to the Children's Act. But what about Zelda's future? She is still in need of support. Yet she has nowhere to go.

We usually start preparing children for exiting Ons Plek at 16 but in this case Zelda arrived near the end of her legal age as a child. And quite often there are not easy solutions.



WE ACKNOWLEDGE WITH GRATITUDE THE VALUABLE SUPPORT OF OUR MAJOR DONORS

- | | |
|--|---|
| * AEROTECHNIC | * LED LIGHTING SA |
| * CLICKATELL | * MIA FILMS |
| * CLYDE & CO. | * R & I ARCHITECTS |
| * DANDELION TRUST | * SOUTH AFRICAN ASSOCIATION
OF HONG KONG |
| * DAVIS MEMORIAL
PRESBYTERIAN CHURCH –
USA | * STICHTING STRAATMEIDEN
KAAPSTAD |
| * DIN DIN TRUST | * ST. OLAS TRUST |
| * DIVISION OF OVERSEAS
MINISTRIES | * STREETSMART |
| * E R TONNESON TRUST | * THUNDAFUND |
| * EUROMONITOR
INTERNATIONAL | * WESTERN ADMIN SERVICES |
| | * WHEAT TRUST |



A wonderful painting done by one of the girls

Keeping track of your donation

If you are depositing money straight into Ons Plek Projects' bank account, please enter your surname AND initials, or your company's name, or Anonymous (if you prefer) in the **REFERENCE BLOCKS** on the **DEPOSIT SLIP**.

This information then appears on the bank statement and identifies who we need to receipt and thank for the donation.

OUR BANKING DETAILS:

Bank:

FIRST NATIONAL BANK

Account No:

620-529-16908

Branch:

WOODSTOCK

Branch Code:

255005

In name of:

ONS PLEK PROJECTS

Swift Code: FIRNZAJJ

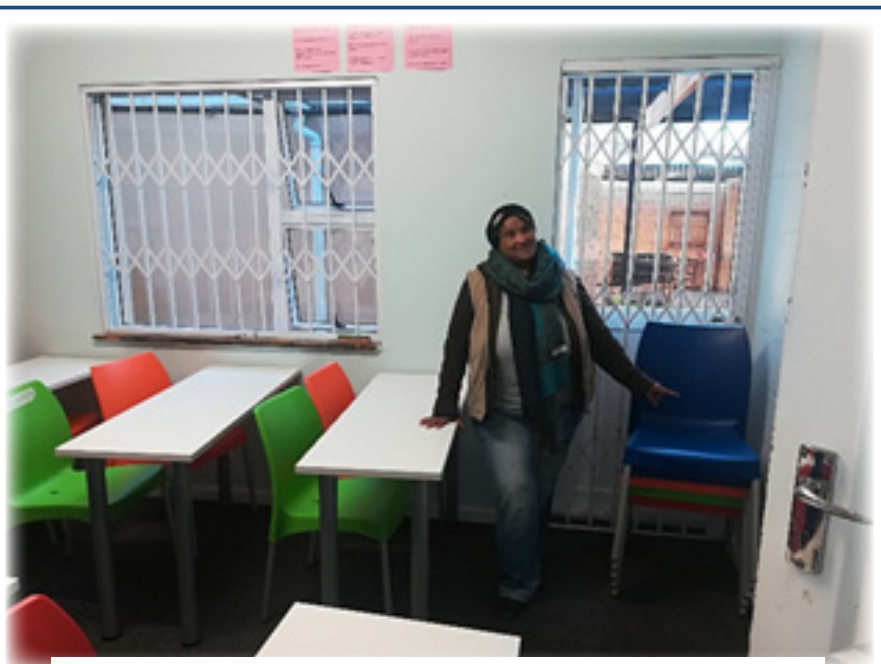
Monies being deposited from overseas (telegraphic transfer) must please reflect the swift code.

PLEASE NOTE:

First National Bank has advised that cheques **will not be accepted** if the full name i.e. '**Ons Plek Projects**' is not reflected on the cheque ... and we would be so sorry to have to return any cheques!

HAVE YOU MOVED?

Please advise us of your change of address if you have moved home or office ... it's so disappointing when the 'thank you' letters that the girls have written, or our newsletters, are returned to us!



"These wonderful new chairs and desks for
Ons Plek don't wobble!"
Donation from Clickatell staff.



A Brief Description of Ons Plek's Programs

A summary of the programs is presented for those not familiar with our work. More detailed information on these programs can be found in previous Annual Reports or on our website.



Family Reunification Program

Family reunification is one of the core functions of the work at Ons Plek. In some cases it requires months or even years of painstaking work to make a home placement possible. It takes place in our Stabilization and our Long Term Treatment Program.

■ First Stage of Reunification

24-hour Accessible Early Intervention Stabilization Program. Treatment Residence is Ons Plek

Up to 18 years ago the first stage of reunification often began with the process of weaning the child off the street. For many years we have also specialised in early intervention to prevent children who are candidates for street life from actually becoming street children. Street girls are still referred to Ons Plek Intake Shelter within hours or a few days of arriving in the Cape Town CBD but the proportion of girls arriving in this way is greatly reduced. This is because over the years we have reduced the number of girls living on the streets of Cape Town to an average of 4 girls. **Every child on the street or at risk of being on the street is an emergency for us.**

The girls may be running away from abuse or neglect at home or be influenced by the wrong friends. Her circumstances are assessed immediately on arrival and then referred to our family preservation or family reunification programs.

■ Second Stage of Reunification

Long-term Treatment. Treatment Residence is Siviwe

Siviwe, meaning God has heard us, provides the second phase of treatment. Once the girls have weaned themselves from street life at Ons Plek or are more stable, they leave to be accommodated at Siviwe for the next phase of treatment. Separated from the girls at Ons Plek, who are still making the

transition to a structured life, girls at the Siviwe shelter can focus more intensively on building their lives.

It is our core aim to reunify children with their families.

■ Reunification and Preservation Program

Children who have only been away from the family for a day or two weeks, would fall under the preservation program. If the family bonds are still sufficiently intact for the child to return home while the problems are worked on, it is called family preservation. Staff members hold family meetings and family building sessions with families. Our Ukondla Program focuses primarily on preservation (see Ukondla Program below).

Reunification of Children — Statistics

32	Reunified home
4	Transferred to other long-term care
0	Placed in foster care
9	Refused help and returned home without our blessing. Designated Social Workers were informed.
33	In care on 31 March 2018
78	Total

The total for the year in Stabilization Program was 78 and in Long-term Program was 29.

■ Home Visits — local and rural

Home visits are important in making family reunification possible. We have done very few long distance visits to the Eastern Cape again due to fewer Eastern Cape children this year.

■ Intervention Programs, Life Skills and Skills Training as related to Reunification

A healthy self-image and feeling of belonging and mastery is crucial to the girls' willingness to engage in problem-solving with their families and their communities.

A range of skills training and development programs are provided while the reunification

process proceeds, however long that may take. Every activity we offer has a goal and purpose in the children's lives.

If reunification fails, the same process enables them to engage constructively in society.

■ **Social and Practical Skills — Household Duties**

On a daily basis the girls do individual cleaning duties as decided by the Child Care Worker. The girls are responsible for making their beds, cleaning the rooms and the house in general, school uniforms are washed and ironed in the afternoon. The girls prepare a weekly shopping list and actively do the shopping as well as cooking the meals for the household.

Counselling Program

- **Trauma counselling**
- **Life Story sessions to root the child in her history**
- **Family Therapy sessions**

Social Skills Program

- **House Meetings**
House meetings take place as determined by household needs. During meetings the girls learn to practice listening skills, respect each other's opinion and share ideas in an accepting and non-judgmental way.
- **Church/Mosque/Youth Attendance**
Most girls attend the local Methodist Church on Sundays where they interact with the community and experience a sense of inclusion and acceptance.
- **Cultural and Traditional Activities**
- **Groups on Relationships, Friendships, Sexual Relationships and Body Care**
The purpose and content of the groups is to educate the girls on positive ways to deal with people in their lives and to gain self-respect. Topics include body change and growth, good relationships/bad relationships, teen pregnancy, contraceptives and HIV/AIDS.
- **Preparation to Graduate**
CV preparation, job interview, skills, budgeting. Our whole program is preparing children to graduate in that they learn everything they would learn at home re shopping, cooking etc., which is very unusual for a Childrens' Home. Usually Homes have food delivered, they have a cook and

dishwasher. The children live in the equivalent of a hotel.

Education Program

50 in Informal Bridging School
26 in Formal Schooling
1 in Creche
1 baby not in Creche

With a higher number of children in the Stabilization Program for 3-6 months there is a higher number in our Bridging class. Once settled the children return home and attend their own schools better equipped to cope there. Those children who are long-term with us attend formal schooling.

- **School Assessment and Bridging Program for girls not yet ready to return to school**
Our school runs from Mondays to Thursdays 09:30 to 12:00, with art and other creative programs on Fridays from 08:00 to 12:00. Their education abilities are assessed and they learn to re-adapt to routine and structure and gain confidence in their abilities.
- **Formal Attendance at Formal Schools**
As soon as possible children attend formal schooling.
- **Homework Sessions**
The girls at formal schools attend our homework program every afternoon from Mondays to Thursdays.

Prevention Project

- **Ukondla Program in Philippi (Browns Farm) Community**
The highlight of the year has been the enthusiastic participation of the parents in our Parenting meetings.
In addition to our overall strategy for dealing with girls vulnerable enough to dwell on the streets rather than in their homes, we are running 3 preventative programs in Philippi community to preserve families. As children drop out of school before they drop out of home, a homework support program coupled with counselling to parents and children, helps them stay in school.
At Ukondla 1, 2 and 3 a group of ±24 children at each Ukondla attend homework support, enrichment programs and weekly counselling sessions. The program runs on Mondays to Fridays and is similar to the in-house support program at Ons Plek, **except that the children live in their own homes.**

As children drop out of school before they drop out of home, a homework support program, coupled with counselling to parents and children, helps them stay in school.

■ Home Visits

Staff members regularly visit all the children's family homes, and their parents are now very supportive of the program.

The response to Ukondla's work from teachers, parents and children has been to beg us to open a centre in their schools as Ukondla's children's school performance improves so markedly. **Parenting Course and Domestic Awareness Courses** have reached 86 community members this year. The parents notice the change in their children's behaviour and several have changed their parenting techniques after discussions with our staff who are trained in parenting techniques. The children themselves are enthusiastic about the activities. Several reveal very traumatic stories in their counselling sessions and healing can begin to take place.

A partnership with Sizakuyenza has been fruitful where we have two venues on their property.

■ Holiday Program for residences and Philippi

As with all other programs at Ons Plek, the Holiday Program's aim is to include preparing the girls for life in their homes and communities, and to give them opportunities for development — intellectually, socially and emotionally. The aim is never to lure them away from the streets with elaborate treats. This would be counter-productive,

maintaining the pattern of alternating over-excitement and apathy which can trap children in street life.

Most vacation days at Ons Plek are spent at home — playing games, doing puzzles, playing “poppie huis”, chatting, walking to the local park, and just being children.

Educational visits such as museum, art gallery, Jewish Museum.

Prevention Project — Statistics

75 Total children

355	Home visits (100 conducted for research purposes)
100	School visits
172	Counselling sessions
22	New children this year
13	Children discharged

Volunteer Program for Residences and Philippi

■ Recruitment, Orientation, Supervision

This year we continued to make intensive use of local and international volunteers (2) and student interns (6) who work part-time or full-time for Ons Plek for periods ranging between 3 and 10 months. They provided a range of activities, including computer skills training, reading, art, drama, education, leadership training, swimming and baking. As we had many girls in formal and bridging school this year, the volunteers had to work hard at supporting the girls in these programs.



A lovely gesture for the staff !

Staff members were recently treated to a scrumptious breakfast by the Protea Hotel in Mowbray.

**All donations are dropped off at our house at 7 MALLESON ROAD, MOWBRAY.
We currently have 35 girls in our care and you can donate the following items listed below:**

BASIC GROCERIES PER WEEK:

Sugar, Maize, Rice, Flour, Yeast, Bread, Samp, Dry Beans, Meat, Chicken, Sausage, Viennas, French Polony, Pasta, Beans (tinned), Pilchards, Peanut Butter, Jam, Spices, Beefstock, Salt, Oil, Margarine, Amazi, Eggs, Milk, Tea, Coffee, Mayonnaise, Chutney, Tomato Sauce, Cordials, Washing Powder, Sunlight Soap (Green Bar), Sunlight liquid, Handy Andy, Bleach, Black Garbage Bags, Steelwool.

TOILETRIES:

Conditioner, Vaseline, Bath soap, Body lotion, Roll-on Deodorant.

SCHOOL CLOTHES:

School tracksuits, grey pants/skirts, white shirts, jerseys (school colours).

VEGETABLES AND FRUIT:

Potatoes, Onions, Carrots, Cabbage, Beetroot, Pumpkin/Butternut, Tomatoes, Green Pepper, Apples, Pears, Bananas, Oranges/Naartjies.

CLOTHING (small to large):

Tights, Pyjamas, Shoes Sizes 1-8, Long Sleeve T-shirts, Closed Jerseys.

STATIONERY:

Pritt (43g), Reams White Paper (80gsm), Hardcover Books (96 pages), Hardcover Books (196 pages), Hardcover Books (288 pages), Exercise Books (72 pages), Plastic Rolls, Brown Paper Rolls, Paper Grafton Bright A4 Rainbow (pack of 50), Board Bright A4 (pack of 50) 160gsm, Whiteboard (160gsm) A4, Whiteboard (160gsm) A3, Project Paper A3 (White), Maths Sets, Pencils Staedtler HB.

APPLIANCES/FURNITURE:

Couch.

FIRST AID KITS:

Parado, cough syrup, flu packs, plasters, bandages.

SPORTS EQUIPMENT:

Games like chess, hoola hoops, skipping ropes, etc.

ADDITIONAL ITEMS:

- | | | |
|--|--------------------|--------------------------|
| * Saucepans | * Mops and brooms | * Batteries (AAA and AA) |
| * Plastic cups, plates and bowls | * Forks and spoons | * DVD/CD player |
| * Globes — energy saving/rechargeables | | |



***Please do not hesitate to contact Ons Plek if you require any further information.
Tel: 021 685 4052/49***

ONS PLEK PROJECTS' ACKNOWLEDGEMENTS:

Henk Blom (Zeplin Productions 082 667 1688), Sabine Bergler (Website), Salty Print (021 448-5620 for printing), Warick Muter (IT 079 446 8907) and Wendy Wilkinson (The Write Setting for typesetting 021 850-0684).

Please cut along the dotted line and forward completed Nomination Form to Ons Plek Projects by 4 September 2018

NOMINATIONS FOR ONS PLEK PROJECTS' BOARD

I, hereby propose

for the Board of Ons Plek Projects for the term of office.

Seconded by

I, hereby accept the above proposal.

Signed

Date