



Ons Plek Projects
for girls at risk of becoming street children

Annual Report *2019*



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

2019 Annual General Meeting

DATE: THURSDAY 19th SEPTEMBER 2019
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: GINA 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 2019 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:

*Allerease Olanrewaju *Christiana Nel *Sheena Ghalpie *Monica Pike

*Greg Becker *Cabangile Mdluli *Leslie Witz *Fiona Ronquest-Ross

In remembrance to Roland Hudson Bennett, whom spent over 15 years working hand in hand with our organization, and being an important member to our committee. His expertise in finances helped with assisting our bookkeeper. We will always be forever grateful to the late Mr Roland Hudson Bennett, for his time and dedication which he put into Ons Plek.

Sadly missed but fondly remembered.

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.

Doll making
workshop



Children enjoying baking
with a volunteer



Visitors interacting
with girls



Pampering session
during holidays



Games during the
holiday programme

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.

CLEANING FUN
AFTER LUNCH

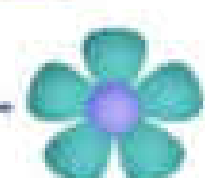


LITTLE ONES HAVING FUN
DECORATING THE CUPCAKES



OLDER UKONDLA CHILDREN
PREPARING CUPCAKES FOR THE OVEN





Miracles do happen



Deputy Director

Gina Jagers

Another difficult financial year for all!

Households all over the country are struggling to keep up with increasing prices for petrol, transport, grocery prices, school fees etc. For any organisation the first priority is to stay stable enough to carry on with the tasks at hand. It is easy to fall for moaning and complaining for what is missing most...

At Ons Plek we think it is more helpful looking at what we, as a small organisation, can actually do and achieve for the children and families we are here for.

When looking at all aspects we can say: Ons Plek did comparatively well in the last financial year, considering the ups and downs in economics and politics: we went through another tough year but we succeeded to continue and deliver. Dedicated staff was doing their work. There were times in which staff would sit in team meetings praying together for divine intervention – as staff mutually felt we need this support. At the end of the financial year we saw that we had been heard: Ons Plek managed to close the financial year with a slight surplus. Miracles do happen.

Important to focus on main goals

One very important aspect of our work is to educate children, assist parents, families, teachers and schools and improve education in the very small scale of our possibilities. That is what we do!

Our staff, foremost our educator and the child care worker in conjunction with the social worker, worked tirelessly to place girls in our care at Siviwe and the intake in Mowbray into schools. That is a very difficult job! Children often come to us having been out of school for a very long time. Finding the right school at the right time is tricky.

This year we achieved a number of 16 girls to be placed at schools beginning of the school year. This is a big number for us! As said before, this is only possible with mutual efforts and team work. For more insight, have a look at the report on our approach towards education by our educator Grace.

The last year we saw the start of changes at our community project Ukondla in Philippi. This happened after some staff members had decided to move onto other pastures - this opened a new door! Let me for now mention that in March we started with a new team that is excited to develop new ideas to further the support for families in the area.

The conclusion of the last year is: yes, it was a tough year again, but it was successful as well!



Educator

Grace Goredema

“BRIDGING SCHOOL” AND HOMEWORK

At the intake in Mowbray we run an informal school program we call “bridging school”. This is a program that bridges from where the children are educationally when they arrive at Ons Plek to where they potentially can be. We offer basic subjects such as Maths, English and Life Skills in preparation for formal school. All girls who are not yet ready to return to formal schools or cannot find school placement attend. The girls are provided with routine and consistency as they settle in the house. It also helps the children to fill in the ‘gaps’ in their education. The educator observes and assess the children, giving attention to their educational needs, abilities and behaviour.

Once the child is at school, she attends our homework program every afternoon from Mondays to Thursdays at Siviwe in Woodstock. It is yet another opportunity for us to give the much-needed education support to our girls. In homework sessions, girls do their homework/assignments, read, count and catch up with their schoolwork. Most of our children have not yet developed the skill to study, do research or use the available resources when they start. In homework they learn these skills. Volunteers play a very crucial role in our homework classes. These sessions teach our children responsibility, self-discipline and working independently. In addition, homework prepares and equips them for tertiary education as well as life after Ons Plek. In spite of the challenges we face in finding suitable schools for the girls and resources to use, we have had pass rates every year of 90% or more.

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* DANDELION TRUST * DAVIS MEMORIALPRESBYTERIAN CHURCH USA * DIN DIN TRUST
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This page is dedicated to all our donors —
thank you for your continued and valued support!

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C: C Cornell, Cameroon Women (Eleonore Ngwa), Camilteri K (Easy DNA), Chalmers S Charles-Thompson N (Freedom Church) Chendo P, Chris Joubert, Christian Gram, Christiana Chukwunenye, E & Obinna, M, Clarke A, Colin Bowen, Cook SHK, Court, R

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X: Xplore Africa Tours

Y: Y & C BROWN, Y M C A Hout Bay, Y Shapiro

Z: Ziyaad

CHURCHES

Bellevue First Congregational Church UCC, Christ Embassy Church, Church of the Resurrection - Bonteheuwel, Faith In God Ministries, God's Favour Ministries International, LANSDOWN ST RAPHAELS, Methodist Church - Bellville, Methodist Church - Brackenfell + WA, Methodist Church - CMM, Methodist Church - Goodwood, Methodist Church - Methodist Church - Sea Point, Methodist Church - Woodstock, Methodist Church & Sunday Sch.Milnerton, Moravian Church, Morning Woman Auxiliary Plumstead, Pinelands Congregational Church, Salt River Seventh-Day Adventist Church, ST George's Cathedral, St Marks Athlone, St Thomas Church - Rondebosch, United Methodist Church, St John's Church, St George's Cathedral,

ORGANIZATIONS,SCHOOLS ETC

A: ADT

B: Buren High School

C: CAF GAYE, Cambridge University Press South Africa (Pty) Ltd, Cape Peninsula Univ of Technology, Cape Town Law School (Dawn Arendse), Cape Town Sewing Centre, Capita SA Maitland (Fazlin), Capitec Donation, Carter Family Charitable Trust, CCID Cape Town, Classic Music Events, College of C.T. City Campus

D: Deli Spices

E: EASY DNA

- G:** German School-Klub Interact Deutsche Schule,
Good Hope Seminary High School, Good Hope Studies -
English Language School
- H:** Hermanus Whale Cruises, Herschel Girls School (Grade 8),
Herschel Preparatory School, Herzlia High School
- I:** Investec
- J:** John Graham Primary School, JDI Foundation Trust
- L:** Lewis Stores (Pty) Ltd Group Head Office, Lions Clubs of Cape Town
- M:** Maersk Shipping Line, Marche De Noel Association,
Mol South Africa (Pty) Ltd
- N:** Nedgroup Investments
- O:** Odhert Ladies Club, Old Mutual Group Assurance,
OTI PetroSmart (Pty) Ltd
- P:** PAWC - Cape Town, Pine Needles, Pep Stores,
Protea Hotels Mowbray
- R:** Rape Crisis, Romance Films, Rotary Club of Pinelands - Ann's Club
- S:** Salga, Sans Souci Girls High, SAPS - MOWBRAY,
Salesian Institute Youth Projects, Sunshine Colours,
St Georges Grammar School, St Cyprian's School,
Springfield Convent School, Shimmy Beach Club (Pty),
- T:** The Owl Club, The Singers of Voice, Thompsons Holidays
- U:** United Herzlia Schools
- V:** Vesquin Trading
- W:** Western Cape Education Department, Wictra Holdings, Woolworths ,
Wynberg Boys School
- Z:** Zeitz Museum of Contemporary Art Africa (Thelma)



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: FIRZAJJ

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

PLEASE NOTE:

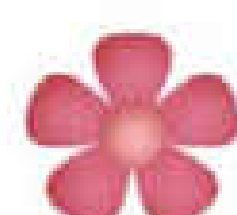
First National Bank has advised that cheques **will not be accepted** if the full name i.e. 'Ons Plek Projects' is not reflected on the cheque ... and we would be so sorry to have to return any cheques!

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!

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 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.

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

16	Reunified home
6	Transferred to other loong-term care
0	Placed in foster care
3	Refused help and returned home without our blessing. Designated Social Workers were informed.
36	In care on 31 March 2019
61	Total

The total for the year in Stabilization Program was 33 and in Long-term Program was 28.

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

Education Program

**18 in Informal Bridging School
43 in Formal Schooling**

■ 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

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. Children stay in the stabilization programme for 3-6 months in which they attend our Bridging School.

■ 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

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.** 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, and library.

Prevention Project — Statistics

74	Total children
225	Home visits
62	School visits
157	Counselling sessions
22	New children this year
26	Children discharged

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

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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.**

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:

20kg Sugar, 20kg Maize, 20kg Rice, 5kg Flour, 2 Yeast, Bread, 4kg Samp, 2kg Dry Beans, Meat, 10kg Chicken, R150 Sausage, 2kg Viennas, French Polony, 6 x Pasta, 8 x Tin Beans, 8 x Pilchards, 8 x Peanut Butter, 4 x 900g Jam, Spices, 24 x Beefstock, 2 x 500g Salt, 4 litres x Oil, 4kg x Margarine, Amazi, 60 x Eggs, 8 x 1litre Milk, Tea, Coffee, 2 x 750ml Mayonnaise, 2 x Chutney, 2x Tomato Sauce, Cordials, 6kg Washing Powder, 4 x Sunlight Soap (Green Bar), 4 x Sunlight liquid, 4 x Handy Andy, 4 x Bleach, 2 x Black Bags, 2 x Steelwool .

TOILETRIES:

Toilet Paper, Conditioner, Bath Soap, Body Lotion, Roll on.

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, Closed Jerseys (Small to Large), Winter shoes / Boots : sizes 2, 3, 4, 5 and 6 Summer clothing Summer shoes/Sandals & Flip Flops sizes 2 to 7

STATIONERY:

Pritt (43g), Erasers, Black Pens, Blue Pens, Red Pens, Pencils and Knitting Needles and Wool

APPLIANCES/FURNITURE: Corner couch, Fixing our current Freezer, New Fridge/Freezer Book Shelves

UKONDLA PROJECT: New container 6 x 9 m for a classroom

FIRST AID KITS:

Panado, 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 Dale Narsi (Design 0722 886 248).

✓ *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