



Ons Plek Projects

for girls at risk of becoming street children

2023 Easter Newsletter



... Ons Plek Projects ...

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

Director: PAM JACKSON

Our assessment centre intake shelter **ONS PLEK** and our **OFFICES** are situated at
7 Malleson Road Mowbray Cape Town 7700
P O Box 12924 Mowbray Cape Town 7705
Tel: 021 685-4052/49
Fax: 021 685-3128

Our second-stage shelter **SIVIWE** is situated at 7 York Street Woodstock 7925
Tel: 021 448-6529/27

UKONDLA 1, 2 and 3 are situated on the premises of Sizakuyenza Safe House, cnr Eisleben and Phumelele Roads, Philippi, Cape Town 7750.

Email: onsplek@onsplek.org.za

Website: www.onsplek.org.za



Christina Mouton

Meet our staff...

My name is Christina Mouton and I have been working at Ons Plek for almost 12 years. Before I started at Ons Plek I worked in a factory for 23 years but when I saw the job ad I was curious about the type of work Ons Plek was doing so I applied.

My first thought about this work was that I wanted to play a positive role in the girl's lives and to be there for them, not to replace their mother but to play the role as the mother while they were at Ons Plek.

My favourite part of the job is to take them on outings. To do group work which helps build their character in a positive way, and to do counselling. To encourage them with "positive vibes" like "never give up" "your current situation is not your final destination, keep on going."

A challenge in my work is that we have to manage the girl's emotions. Every girl is on a different journey and they all express their emotions in different way and having to learn how to adapt to managing each one.

Highlight: there are so many I could mention but if I had to choose one. Its walking alongside a family since 2016. 3 siblings who arrived who had never been registered at birth. Several trips to Home affairs, family finding a great grandmother in the rural northern cape, too many phone calls to count. The two oldest moved back into the community and had babies of their own but we carried on the journey with the youngest. And now finally in 2023 at the age of 16 (17 in September) she finally has a birth certificate. What a journey, what a fight but how amazing it was to support the whole family during this long process.

My prayer for Ons Plek is that they would continue to do the good work they have been doing. That people would take us by the hand to support with funding or donations which will help make a difference in a positive way for the lives of the girls we work with. God Bless

Our Programme

A 15 year old girl from Khayelitsha was found in a broken down shack. After the death of her mother, her Aunt could no longer cope with her behaviour and she was abandoned.

She arrived to Ons Plek, no eye contact barely being able to talk in her mother tongue. The first few weeks we would find her digging in our bins, stealing and hoarding anything she could find (toilet paper, food etc) she became so accustomed to not knowing when her next meal would come so would steal and hide food. She was filled with anger and would lash out at others or have extreme outbursts not being able to control her emotions and she struggled to communicate her thoughts.

She became part of our life skills programme where she learnt how to cook weekly in a group of 2/3 supervised by a Child Care worker. She learnt how to clean and do her washing. On a Friday they would go to the local shop to buy the weekly food encouraging them how to shop wisely within a budget, supervised by staff.

Her weekly counselling sessions allowed us to unpack her life story, work on the trauma (loss, rape, abuse, neglect, rejection) she had faced and started to restore her emotional wellbeing. Slowly the eyes lifted, and slowly we started to see the smiles.

Our weekly group work sessions empowered her with developmental skills where she learnt more about anger management, friendships and making good choices and so much more.

Through our in house Bridging School programme, our teacher assessed that she had significant learning needs; the long gap in her education hindered her further. At 15, she could not read or write in any language, she could barely count to 10. The WCED offered her a place in a skills school but after several weeks, they asked us to remove her because she could not cope with the work. Although we aim to get all girls into a community school (mainstream or alternative), it is not always possible due to several challenges the child might have. So she returned to our bridging school where the teacher could equip her with basic maths, language and life skills.

At 17 years old she became part of our exit programme focusing on independence and work readiness once back in the community. CV writing, job hunting etc. Due to her academic challenges, we found a supported work programme in the community. Learning a basic skill, whilst earning a stipend.

Ons Plek's main purpose is to reunite girls back to family in the community. If the conditions they come from remain unsuitable then we explore alternative family. Due to long standing family feud, she was separated from quite a large family. We worked alongside the family to rebuild this relationship and equip the family with skills to manage her needs. At the age of 18, they agreed to welcome her back home after several months of weekend visitation and intervention.

To many success means completing matric, going off to study and getting a good job...but to Ons Plek success can look so different. For this young person, after a 3 year tough journey at 18 she was reunited with family, she could cook, clean, access community clinic and travel independently and do her weekly shop within a budget. She was equipped with skills to manage her emotions and to help her build on relationships. Although she could still not read she left being able to speak 3 languages, was confident in who she was and equipped with lifelong skills to help her cope in the community.

Our Wish List ...



All donations are dropped off at our house in Mowbray and the address is 7 Malleson Road, Mowbray.

We 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 Sausages, 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 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.

VEGETABLES AND FRUIT — Potatoes, Onions, Carrots, Cabbage, Beetroot, Pumpkin/Butternut, Tomatoes, Green Peppers, Apples, Pears, Bananas, Oranges/Naartjies.

TOILETRIES — Toilet Paper, Shampoo, Conditioner, Soap, Vaseline.

CLOTHING — White School Shirts, Grey Pants, School Socks, Black Pantihose, School Shoes, School Bus Fares, Rain Jackets, Black School Pants.

Pyjamas (Winter). Size: Small, Medium and Large

Winter Shoes: sizes 2, 3, 4, 5, 6 and 7.

Winter Clothes.

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



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: We have an easy payfast option button on our website.



ONS PLEK PROJECTS' ACKNOWLEDGEMENTS:

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