



Ons Plek Projects

Providing hope instead of street life

2023 ANNUAL REPORT



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

2023 Annual General Meeting

DATE: Thursday 14th September 2023

VENUE: Rosebank Methodist Church

TIME: 17:30

RSVP: Tel 021 685-4052/49 or Email onsplek@onsplek.org.za

Ons Plek Projects

Ons Plek children want YOU at our AGM. So do the staff! But for the children it is more than an AGM. Remember parent's 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 for 10 minutes 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. Our AGM's are full of life and fun. Please bring a plate of eats towards our celebration!



OUR DETAILS

Ons Plek Projects

Director: PAM JACKSON

Deputy Director: LEE-ANNE DOLLEY

Our assessment centre and intake shelter
ONS PLEK and our **OFFICES**, are situated
at 7 Malleson Road, Mowbray, 7705.

Tel: 021 685 4052/49

Email: onsplek@onsplek.org.za

website: www.onsplek.org.za

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

Our second-stage shelter **SIVIWE**, is
situated at 7 York Road, Woodstock, 7925.

Tel: 021 448-6529

OUR COMMUNITY DEVELOPMENT PROGRAMS:

UKONDLA 1, 2 and 3 are situated on the
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 **8th September 2023 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 **Adele** 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:**

- * Greg Becker
- * Fiona Ronquest-Ross
- * Cabangile Mduli

- * Hannes Noval
- * Monica Pike
- * Melvin Dirkse

DIRECTORS REPORT



Pam Jackson
Director

The most important aspects of Ons Plek Projects

This focus of my annual accountability report, on behalf of Ons Plek staff and board, is the question regarding whether we are meeting the expectations of our community.

Are we doing our job?

It's possible to write in slick, latest jargon speak and look good but not reflect the reality.

Not our style, not why we are in this business!

- *Regarding financial accountability:* Yes, we tick all the boxes.
- *Regarding sound policies from responsible handling of donations to use of cellphone:* Yes, we tick the boxes.
- *Regarding sound professional social work treatment practices:* Yes most definitely.

My strong belief is that "Children's Homes" are not places to house children, send them to school and discharge as young adults at 18 years old. They are professional Treatment Centre's whose services are delivered with love.

Our child rearing practices are all imbued with and motivated by social work principals of capacitating children to truly know that they are responsible for their lives. And to have the skills and the CONFIDENCE to do so. That is why we do not punish but impose logical consequences, and children assist with all aspects of the household tasks, including shopping for weekly groceries. No child is taxied to school by a Home bus. Public transport is the name of the game.

So all children leave with a fighting chance in running their own lives as adults, due to the experience gained at Ons Plek.

- *Regarding the most important need of life, the aspect that we all long for:* Do our children feel loved and cared for? Yes that box is ticked.

Ons Plek is a place of great warmth.

The children are generally enthusiastic and active, and quite vocal! Strangers are not greeted with children running desperately to get someone's attention, which is something that happens in many institutions.

Staff too have a good vibe and are warm, committed people.

Our committee is very supportive, without sacrificing their role to hold staff accountable.

Watching the children struggle with huge challenges dealt to them in life, and, they really struggle, I am satisfied that we are meeting the expectations of our mandate!

*The name **ONS PLEK**, named by the first girls, all of whom had been on the street for 3 years, still holds true to their trust and hopes in us, 35 years later!*

Extra snippets from Managers who are excited about the year past!

Ingrid from Ukondla

Building: Our new year started with a bang with news that a donor was found for our new building. We have been in shacks for 15 years. The private donor, Maria Berrini, came all the way from Italy together with the President of Cesvi Foundation, Gloria Zavatta, to pay us a visit. The classrooms will now be airy, warm and damp free!

Visible community support: Ukondla Projects faced a challenge with only 3 staff members and 1 of them absent every 21 days due to cancer treatment. When this was communicated to parents at a parent meeting and a request for their help went out they volunteered to assist when called to do so. This really helped in building the trust and community embracing our services that is so needed.

Education and Employment: We ensure that a good relationship exists between us and the schools in our community. So we have been successful in having our children placed at schools. Our success spread like a wild fire and we could assist other NPO's in finding placements for their children in the schools. This enhanced our relationship with our partners and they are assisting 8 of our parents that are unemployed with training in the fields of sewing, hospitality and beautician. This will enable our parents to find employment and improve their circumstances.

Sandra from Siviwe for Sandra and Lee-Anne

Learning motherhood: Ons Plek is the only residential care facility who accommodates pregnant teenagers as well as teenage mothers with their babies. At Ons Plek, the teenage mothers are given the opportunity to continue with their schooling at the bridging school on site, until they are ready to return to formal schooling, and learn how to be mothers.

Reaching for Dreams: Although quite a large number of our girls attend Special Skills Schools in the communities due to emotional, physical and intellectual challenges, this does not prevent them from reaching for their dreams, and helping them to prepare for a constructive life in society, once placed back in the community. One of our girls in a special skills school, also received Western Province Colours for table tennis at the Disabled Western Province competition, and travelled with the team for the first time in her life to other provinces in the country.

School Prefects: We had three girls who were chosen for school prefects in 2022. They were very aware of their leadership roles, and the positive examples they had to set to the other girls in their schools. Two of our girls have also received special awards at their school end of the year prize giving ceremonies. They were so proud, bringing their certificates home.

And the circus: Three girls have been participating in the Zip-Zap Circus programme in Woodstock last year. All three received achievement awards, and one of them also received a Fellowship Award for being an excellent example of the Zip Zap Values in the Hood Programme in 2022.



Ons Plek ❀ Siviwe ❀ Ukondla

Ons Plek Projects consists 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.
- 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.

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. Due to Covid we were unable to send children out for any activities.



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 22 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

47 Total number of children for the year.

10 - Reunified home

2 - Transferred to other long term care

0 - Placed in foster care

0 - On leave of absence with family preparatory to returning home.

5 - Refused help and returned without our blessing home

(Designated social workers were informed)

31 - In care on the 31 March 2023

20 - Total for the year in stabilization programme

27 - In long term care programme

■ Home Visits — local and rural

Home visits are important in making family reunification possible. We have done no 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 Children's Home. Usually Homes have food delivered, they have a cook and dishwasher. The children live in the equivalent of a hotel.

Education Program

7 In Informal Bridging School

42 In Mainstream Schools

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 Program for 3-6 months.

■ 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.**

■ 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

These Courses have reached 20 community members this year. (This figure has been greatly reduced due to lockdown). 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.

Prevention Project — Statistics

1182 - Counselling
436 - Homevisits
154 - School visits
40 - Prevention Project
46 - Drop in Center (u6 included)
26 - New admissions



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 to engage the children in activities that they will be able to afford for their own children one day. We allow for some unusual activities to enrich their lives, such as ice skating, but take care not to over-spoil.

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. Also educational visits such as museum, art gallery, Jewish Museum.

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.

List of Major donors 2023 AGM REPORT – Over R30 000

WE ACKNOWLEDGE WITH GRATITUDE THE VALUABLE SUPPORT OF OUR MAJOR DONORS

*INTOMBI E.V.
*Atmosphere comm
*JDI
*Div of Overseas Ministries
*Joan St L Lindbergh
*Bruce Wilson
*Aerotechnic-Donation
*F H Baumann/st Olas Trust
*E R Tonnesen Trust
*Percy Fox Foundation



We dedicate this page to all our donors and thank you for your continued and valued support! Every donation no matter what size, is important to us and enables us to continue our work.



Girls outing to Fish Hoek
sponsored by a donor



Ukondla outing to GreenPoint Park
sponsored by a donor



Girls Sports afternoon
with Aslan Hope in Sports



Start to school year 2023



Our Wish List ...



All donations are dropped off at our house in Mowbray and the address is
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:

2kg Dry Beans, Meat, 10kg Chicken, R150 Sausage, 2kg Viennas, French Polony, 6 x Pasta, 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, Body Lotion, Vaseline, Bath Soap.

CLOTHING

Tights (Sizes 26-38), Flops (sizes 2-7), Shoes (sizes 2-7) for Winter, Bras (all sizes) mostly D & DD & E, Panties (small and medium)

HOUSEHOLD ITEMS:

Kettles, Ironing Boards, Brooms, Mops, Dustpan, Cups, Plates, Side Plates, Plastic Glasses, Table Spoons & Teaspoons, Forks, Can opener, Potato Peeler, Egg Lifter

SIVIWE – KITCHEN - needs to be painted

SIVIWE – TV – To install outside aerial and TV box

SPIKES (MOWBRAY) – To install new galvanised spikes around the house

Please do not hesitate to contact Nicky at Ons Plek
at 021 685-4052/49, if you require any further information.

ONS PLEK PROJECTS' ACKNOWLEDGEMENTS:

Lead Print Finishing (for printing) and Dale Narsi (Design Layout 072 288 6248) for typesetting our Newsletters and AGM Reports.

✓ Please cut along the dotted line and forward completed Nomination Form to Ons Plek Projects by **2nd September 2023**

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

To the various individuals, families and Trusts, a huge “Thank You” for your continuous financial and material support.

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).
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!

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.

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!