



Ons Plek Projects

Providing hope instead of street life

2022 ANNUAL REPORT



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

2022 Annual General Meeting

DATE: Thursday 15th September 2022

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

Fax: 021 685 3128

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 **2nd September 2022 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

Our work is detailed on our website, www.onsplek.org.za, with lots of official information, success stories and more informal video clips. A brief but detailed description of our programs and the way we work is at the back of this Annual Report.

A further glimpse into the work is provided here in the inclusion of a report, presented as an update to the Children's Court on a regular basis, on a child's progress, towards being reunified with her family or needing to remain in our care.

In this case the child concerned has relatively few deep problems, having had the solid mental health foundation of a loving family. This child has gone off the rails and thanks to early intervention of social workers, she is able to pull her life together before it is too late.

Our social worker wrote the following progress report, which I have edited to remove identifying details to preserve our practise of confidentiality.

INTRODUCTION

Jenny was placed at Ons Plek on the 15/12/2018 due to concerns for her safety and well-being. Jenny was involved with the wrong friends in her community and in a relationship with an older abusive boyfriend who was involved with gangs. Her mother reported concerns about her using substances; she was missing school and staying away from home. Her behaviour in the community had placed her at risk of harm



PHYSICAL ASPECTS

Jenny is physically healthy since her arrival. She has had dental and eye check-up and has had no major illness.

She takes pride in her belongings always ensuring her clothing is clean and dresses appropriate to her age and development.

FAMILY CONTACT

Jenny has regular telephone contact with several family members including her parents, brother, grandmother and extended family. Her mother and father visit the facility. In December 2021, Jenny went to Knysna for a family reunion and spent Christmas 2021 at home with her mother. No concerns regarding her behaviour were reported. Jenny enjoys spending time with her family.

Jenny has a supportive family who maintain regular contact with her and spoil her with clothing and luxuries. Due to Covid protocols, Jenny did not spend as much time at home as would be normal procedure to work towards placing her back at home when the time came. However our residents maintained weekly telephonic contact throughout the time in the facility.



ADJUSTMENT AND EMOTIONAL WELL-BEING

Jenny was not happy to be placed at Ons Plek, she arrived kicking and screaming and the Police needed to escort her onto the premises. It did not take very long for her to settle and become one of the more trusted girls in the facility. Jenny quickly recognised that she needed the help and could acknowledge she was at risk if she continued with her behaviour in the community. Removed from the community she reverted to be respectful to her family and to staff at Ons Plek. We have seen only a very few outburst which are typical to her age and development of a teenager. She was able to recognise that she was in an abusive relationship and has done several group work and individual sessions discussing this. Jenny could also recognise that she was influenced by her peers but shown great change in being able to separate herself from the wrong crowd and demonstrated the ability to make the right choices.

EDUCATION

Jenny attends a local High School and is currently in grade 9. She struggles academically but also has to be constantly encouraged and reminded to do extra work. She is part of the homework classes, which help offer additional support especially in Maths. She attends school independently and always arrives back on time. Jenny is eager to complete her education.

Belonging:

Jenny has a strong attachment to both her parents and very close to her extended family. She enjoys spending time with her family and worries about them if she has not had contact. Regular contact has also ensured that these relationships have strengthened during her time at Ons Plek. Jenny feels loved and supported by her family.

Mastery:

Jenny is part of our life skills programme in which she has learnt to cook, clean, and to shop with a budget. Jenny can do all her duties with competence and little supervision. She is often the one to help those who struggle. She carries out her tasks thoroughly and does not have to be reminded to do them. Jenny has a holiday job working in a restaurant. She has enjoyed this work and has learnt about how to save her money.

Independence:

Jenny does her duties independently; she travels to school independently with no concerns reported. We still have to supervise her homework or study time as she can get distracted or not want to do it. Any other work she does independently and efficiently. Jenny can be assertive and not afraid to report any problems in the facility to staff, regardless of the friendship she has with the girls. She is confident to speak to staff. It took longer for her to engage in her counselling sessions but she is now much better at talking about her emotions and worries.

Generosity:

Jenny gets along with all the girls in the facility, she does not usually get caught up with “cliques” and will report wrong doing despite how well she gets along with girl. Her parents often spoil her with sweets and food when they visit and she will always share with others in the facility. She is caring towards the younger ones and will often act as the older sister ensuring their hair has been done neatly etc.

EVALUATION

Jenny has been at the facility for over two years and has shown great progress in her behaviour and development. Jenny was often left unsupervised in the community allowing her opportunities to meet the wrong friends. She would often make poor choices leaving her in a vulnerable and risky situation. Although she arrived aggressively, she settled very quickly. She fully engaged in all aspects of the programme. She is respectful to staff and often helpful to do more without being asked. She has maintained regular contact with her family, which has now strengthened; she has been home and tested in the community and has shown responsible behaviour. She has demonstrated that she is able to make the right choices both in the community and in the facility. Jenny is now two years older, has learnt skills to equip her in the community and more able to keep herself safe if back in the community. She would love to return to the community, her only concern is not having the same level of resources and support to do her homework. Jenny feels confident that she would be able to make good choices in the community.

RECOMMENDATION

We believe Jenny has benefitted from the programme at Ons Plek and has made sufficient progress and changes to be rehabilitated back to the community. We therefore recommend that Jenny be reunified back to the care of her mother. She has made sustainable changes in her behaviour to return to the community. We therefore do not recommend an extension to her order.

Lee-Anne Dolley

***Deputy Director and Social Worker of Ons Plek
Stabilisation Treatment Programme.***



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

10 Reunified home

2 Transferred to other long term care

0 Placed in foster care

1 On leave of absence with family preparatory to returning home

1 Refused help and returned without our blessing home.
Designated social workers were informed.

3 Babies

33 in care on the 31st March 2022

Total for the year in Stabilization programme 22, 24 in Long term programme 46 total for the year

■ 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

12 in Informal Bridging School

31 in Formal Schooling

0 Creche 3 babies- not in crèche

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

86 Total children

876 Home visits

228 Counselling sessions

28 New children this year

25 Discharged-moved to Eastern Cape



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.

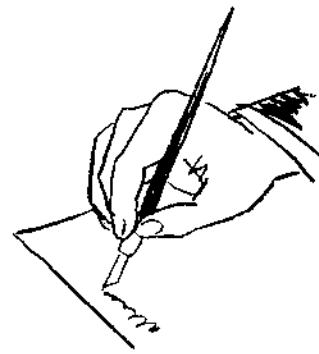
List of Major donors 2022 AGM REPORT – Over R30 000

WE ACKNOWLEDGE WITH GRATITUDE THE VALUABLE SUPPORT OF OUR MAJOR DONORS

- *Div of Overseas Ministries
- *JDI Events Trust
- *Stichting Straatmeiden Kaapstad
- *Percy Fox Foundation
- *E.R Tonneson Trust
- *Streetsmart SA

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.

Letters from C & A



My experience after 2 years going home was relief because I could re-union again with my family and friend I could build again that relationship with them and it was good for me to be with them.

And I enjoyed my holiday with my family after 2 years because it was my first time again spending Christmas with my family. But for me it was a blessing to be with them because I prayed everyday just be with my family and the the levels must come down let I can go home and spend time with them and I had faith and my dream come true that I could be with them. I was happy, stressfree and relief. That was my experience after 2 years going home...

From: C

How do you feel now that you back at school e.g. 2020,

I feel much better because I get to learn full time and I get to understand my work much better and I get to learn new things in all my learning Areas. (Subjects). I feel excited meeting new friends at school, getting to people better. And I am also excited I get to see what's happening in the communities and understanding the process.

From: A



NEWLANDS FOREST HIKE

With Hayley from Coactive

GBV Awareness programme



Holiday program - Arts and crafts



With Gregory Becker, committee member



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 2022**

✂

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!