

Saartjie Baartman
CENTRE FOR
WOMEN & CHILDREN

ANNUAL REVIEW
2004

NPO reg. No. 014-121 NPO
P O Box 38401
GATESVILLE
7764
Tel: 021-633 5287; Fax: 021-637 3487
e-mail: saartjiebaartman@womenscentre.co.za

ANNUAL REVIEW 2004

CONTENTS

1. Report of the Chairperson of the Board

Saartjie Baartman Centre Reports

2. Centre Manager
3. Job Skills Programme
4. Legal Advice and Training Project
5. Research

Saartjie Baartman Shelter Reports

6. Shelter Manager
7. Social Worker
8. Child Care Worker

9. Financial report

10. Board members
11. Partner organisations
12. Staff members
13. Thank you list

REPORT OF THE CHAIRPERSON OF THE BOARD OF MANAGEMENT

Debbie van Stade

It is with great pride, humility and joy that I render this Chairperson's report today. Pride because I have been part of the birth of the Centre; humility because I have observed the courage and strength of the women who have sought shelter here and have gone on to do great things in their lives; joy because I have witnessed the benefits of collective vision, collective action and the fruits it has produced for victims of violence in greatly improved, accessible and relevant services.

I can scarcely believe that it is already five years that the Centre has been in existence. It seems like yesterday that we embarked on this dream of a one-stop centre. Synnøvn the Centre Manager will share with you the details of how we have progressed since our last AGM. I wish to share with you the road traveled, the journey and the vision forward.

The Saartjie (Sarah) Baartman Women's Centre was initiated by the then Minister of Health and Welfare, P Marais, and was officially opened in May 1999. The name of the Centre was also an initiative of the then Minister and was endorsed by the provincial cabinet in March 1999. The Centre was named after Sarah/Saartjie Baartman in recognition of the total denial and debasement of her human rights and dignity. Looking back on all role players I have interacted with over the years, I know that both South Africans and foreigners agree that no other name could have been more appropriate for this one stop centre, whose vision and mission is "To restore the dignity to women whose dignity and self-esteem has been destroyed by the very person she has chosen to love". As the Saartjie/Sarah Women's Centre, we are indeed proud to be associated with her name and proud that we have been part of her homecoming and the restoration of her dignity and her laying to rest in the place of her birth.

This one-stop centre has over the years been recognised nationally and internationally as a best practice model for intervention in the lives of victims of violence. Two years ago I reported that this Centre is the first of its kind in the country. Today there are quite a few one-stop centres and many more are emerging. None however, we believe, has developed to where we are today. Our international recognition is evident from the many visitors we gladly receive from all over the globe, with special reference to Princess Anne of England and the First Lady of Iran. Their endorsement of the work we do here has really encouraged not only us but the many others who work in this difficult field of violence against women, as well as the women who have found refuge in this Centre.

Following our first AGM in 2002, we celebrated our first external evaluation. This process allowed the board of management and staff to carve the next steps towards a true one-stop centre for women and children. Thus the last two years saw the Saartjie/Sarah Baartman Centre grow from a few programmes and occupancy in one half of the building to what today is a Centre where there are programmes covering legal advice, research, health and HIV/AIDS services, job skills, counselling for women and children, after

hours child abuse services, trauma counselling, training and community based outreach in every nook of this building.

The journey over the past two years has however not always been smooth. The Saartjie/Sarah Baartman Centre has loved and lost. We have gained many new partners, but have lost to other ventures the Rafiki soap business as well as NICRO. To these two organisations we say farewell but not good-bye, since we believe that your contribution to ending violence against women will continue wherever you are. We have also learnt a hard lesson of the business world, which ended in the parting of ways with the Saartjie Baartman Economic Kitchen. We have parted with several staff in ways that have taught us that we are an employer and not only a service provider. These were lessons well learnt from which we then grew from strength to strength.

Today as we celebrate this AGM, we are taking another step in opening our second stage housing and fully-fledged child care facilities. This takes the Saartjie/Sarah Baartman Centre yet another step forward in recognising that women in need, need a variety of services at different stages in their recovery. By developing these two new services we hope to make a deeper impact by enabling women to break the cycle of violence forever in their lives.

We are however not yet done. The journey to a true one-stop centre has only just begun. The vision is that all of us who share this space will develop into one collective whole – where we share programmes and not only resources; where we plan, fundraise and evaluate together even as we all retain our individual identities as NPO's in the Saartjie/Sarah Baartman Centre. I wonder what Sarah would have said were she here today. I hope she would have said rather now than later, not one more woman should endure what I have endured.

The board of management has unanimously agreed that the next step is the search for true integration of programmes, thus filling the gap in terms of intake counselling and working with youth. We have realised that it is not only about resources that we bring change – but it is about attitudes and the willingness to walk a path together with like-minded people. Vision in action creates positive change – the resources and the logistics follow the vision.

Saartjie/Sarah Baartman board, partners and staff still dream of:

- Youth programme
- Joint community outreach programme
- Computer centre
- Resource centre
- Making the Centre disability friendly
- Expanding the economic programmes into co-ops and satellite projects in communities
- Joint intake programme
- Integrated statistical information system

These dreams I am sure will be realised before we all come together here again.

I am intensely proud to have been associated with such a visionary board of management and such a dedicated staff. Having been around other organisations, I can truly say the Saartjie/Sarah Baartman Centre has something others are searching for and that is commitment beyond self. The women and children who come to this Centre are the first and only priority for all the partners and staff in this Centre. This is what makes this Centre truly exceptional and therefore an international and national best practice. I sincerely hope that this remains true even as many of us leave to charter other waters.

Finally, as an outgoing chairperson, I wish to pay tribute to the following:

To the many who have travelled with us over the past five years we thank you, to the partners old and new we salute your vision, to the women who lived and passed through the Centre, be strong and be a beacon of hope for others. We salute your courage and determination to change the course of your life.

To the staff of the Saartjie/Sarah Baartman Women's Centre, on behalf of the board we salute your commitment, dedication and service. Your efforts are appreciated and valued.

To the board of management, I salute your vision, dedication and commitment. It has been a journey worth travelling with you. Go forward and continue to build on this site of excellence where women are in the centre of any decision about their future.

To the many funders and friends of the Saartjie/Sarah Baartman Women's Centre, I am sure by now you have seen the fruits of your investment. Without your support and contributions we would not have come this far and therefore we salute your vision to become a friend of the Centre. A friend is a friend forever. Your friendship has meant miles to us and light years to the courageous women this Centre belongs to.

To the Department of Social Services and Poverty Alleviation, it has been funds and time worth investing in, and the model should be replicated throughout the province. The Saartjie/Sarah Baartman Women's Centre is proud to be standing on its own now and to have officially ended the pilot stage of development. Thank you department of Social Services and Poverty Alleviation for your support and nurturance – we salute you.

To Sarah Baartman, your life and struggle will remain a beacon of hope for us – rest in peace. We are proud to hold your name.

CENTRE MANAGER'S REPORT

Synnøv Skorge

In mid- 2002 Dr Riaan Els conducted an external evaluation of the Centre which had been commissioned by the Department of Social Services. It was a very thorough and comprehensive evaluation, including focus group interviews with Shelter clients, shelter children, Centre clients, Centre and Shelter staff, external stakeholders, partner organisations' staff, and board members. The evaluation was very affirming and

highlighted that the Centre is providing exceptionally relevant, high quality and comprehensive service delivery to women and children - 'it empowers marginalized people and provides them with opportunities for healing and hope for creating a better future'. The level of on-site partnerships makes the Centre 'unique' on the one hand but also creates the 'greatest challenges'.

The evaluation identified important gaps in the service delivery:

- medical service
- focused HIV/AIDS programme
- research project
- counselling service for children
- second phase housing for shelter residents
- legal advice programme
- dedicated intake programme (separate from shelter)
- the need to further develop market-related job-skills programmes which include income-generating activities and create employment opportunities.

The Centre's development over the past year has focused on filling in these gaps by either expanding its programmes or working in partnership with an appropriate organisation to bring the needed service to the Centre.

- *Medical service:*

The Department of Nursing at the University of the Western Cape approached the Centre in March 2003 because they were interested in placing fourth year student nurses here as a part of a new gender-based module. The Centre eagerly accepted the opportunity and the first placement of nurses took place from July to November 2003. The nurses completed a needs assessment with the Shelter and the Centre's partner organisations and their clients, as well as a feasibility study about starting a health care and training facility (to be housed in the old crèche building at the Centre) that will provide basic medical/health care and HIV/AIDS testing and counselling. The University of the Western Cape is very keen on this project and we are currently sourcing funding to turn the plans of this much needed project into a reality.
- *Focused HIV/AIDS programme:*

The Centre received funding from the South African Development Fund and the Department of Social Services (Western Cape). We are very aware of the connection between gender-based violence and HIV/AIDS and of our need to increase awareness and understanding, particularly if we are living or working in the Shelter. All the staff attended a four-day training course in July 2003 run by ATICC (AIDS Training, Information and Counselling Centre). Two Shelter staff went for further training in order to run workshops with the Shelter residents.
- *Research project:*

Themba Lesizwe, a South African Network of Trauma Service Providers, provided funding for a pilot research project in May 2003. Debbie Budlender of CASE conducted a number of workshops to establish the priority areas of research for the Centre. In March 2004, a full-time researcher was employed. The first undertaking is to document the history and experience of developing our

Centre in order to assist other organisations who are wanting to start similar centres. The Centre has been active in consulting with an organisation in Paarl, who launched their victim-empowerment centre project in December 2003. We have also been working with various role-players in the planning of Ikhaya Lethemba, a one-stop centre in Gauteng. The Sarah Baartman Centre's pioneering role in establishing its form of service clustering through partnerships is thus being recognised throughout the country.

The research project is in the process of implementing a Client Tracking System that will include the client's work history and response to job-skills programmes while living in the Shelter.

- *Counselling Service for Children:*

Talks were begun in October 2003 with The Trauma Centre for Survivors of Violence and Torture who expressed an interest in opening a satellite service in the Athlone area. Apart from their expertise in trauma counselling, they also work with children who have experienced violence and/or abuse. They joined the Centre partnership in May 2004 and have started the much needed counselling service for children living in the shelter with their mothers, and children from the surrounding communities.

- *Legal Advice Project:*

The Centre received funding from the Foundation for Human Rights to set up a legal advice office with a full-time legal advisor. This was done in partnership with Helene Combrinck from the Community Law Centre's Gender Project at the University of Western Cape. The Legal Advisor started in January 2004 and has assisted shelter residents on an individual basis as well as run workshops. Training workshops have also taken place. The Saartjie Baartman Legal Advice and Training Project has made legal submissions to Parliament on the draft Sexual Offences Bill and the Firearms Control Regulations.

- *Intake Programme:*

In June 2004, the Centre and all its partners said a sad farewell to Juanne Waites from NICRO who had been instrumental in running a counselling, intake and referral service with assistance from her volunteer counsellors. The Trauma Centre's counsellors have stepped in to take on most of the intake interviews. However, with the ever-increasing demand on the Centre and the rising number of women who walk in to the Centre for help, we are currently seeking funding to employ a full-time intake worker.

- *Job Skills Programme:*

Thanks to funding from the Department of Social Services (Western Cape) the Centre strengthened its job-skills programme.

A number of successful training courses in cooking, catering and house-keeping were facilitated by Jobstart at the Centre, for Shelter residents and unemployed women from the surrounding communities. The Centre and Jobstart are currently planning to fully utilise the Centre's kitchen for training courses and to run a catering business to finance the training.

The Centre took over the soap factory when Rafiki, a partner organisation that started the soap training and production, moved to Zambia in March 2004. Three of the Rafiki trainees are currently employed to produce soap and train other

women in soap-making. The part-time job-skills co-ordinator sees to the marketing of the soaps and continues to source job-placement opportunities with local businesses.

Second Phase housing for Shelter Residents

Women who come to the Shelter can stay for an average of three to four months. Those who during this period decide to leave the abusive relationship they have been in, have great difficulty in finding accommodation. The Centre has also been working with the International Organization for Migration in assisting women who are victims of trafficking and who would benefit from a longer stay at the Centre.

An important way of meeting this need for accommodation is to provide second phase housing. Funding was received from the Carl & Emily Fuchs Foundation and from Sia Maw in memory of our colleague and friend, Debbie Quenet. Four very attractive, self-contained housing units are nearing completion. Special thanks to the architects, Astrid Wicht and Peter Duncley, who made it possible for the Centre to turn our dream into reality.

It is hoped that further funding for the additional nine planned units will be found.

New Child Care Building

The Centre received funding from the D.G. Murray Trust and a beautiful child care building was completed in July 2004. The children living in the Shelter with their mothers have been using a room in the Shelter for their pre-school programme and group work. The room has been much too small to adequately house so much activity. It will be an enormous improvement for the children to have a more spacious building with an outside play area.

In conclusion, the Centre has grown tremendously over the past year and the staff have experienced the many developments with enthusiasm. 'Older' staff members have welcomed new staff and worked alongside them with a lot of care, realising that the new staff were filling first-time positions in brand new projects. The new staff have been very affirming and appreciative of their more experienced colleagues' input in the successful development of their projects.

Many thanks to Shahieda Allie for facilitating the monthly staff support group which contributes greatly in making the growth of the Centre a positive and exciting challenge for the staff and to Jane Bennett for facilitating the strategic planning to evaluate, develop and improve our services.

Special thanks to the Saartjie Baartman staff who work with such dedication and who contribute, each in her unique way, towards providing opportunities to women and children to heal and realise their goals.

Thanks too to the partner organisations who contribute valuable services and are willing to build a strong partnership approach to gender-based violence interventions.

JOB SKILLS DEVELOPMENT

Shaheema McLeod

The primary objective of the Saartjie Baartman Job Skills Development Program is to offer the Women and Youth of our community the opportunity to attain some form of vocational training and the tools to become self-reliant and sustainable.

At present, most of the trainees come from the Saartjie Baartman Shelter, which provides a safe haven for abused women and their children, as well as independent living training, counselling, life skills building and job skills development.

Soap Factory

This venture was initiated by Rafiki, which was a partner organisation at the Saartjie Baartman Centre for Women and Children. They offered life- and job-skills training, which included soap making, to women from previously disadvantaged communities.

In 2002, when Rafiki changed its focus from women to teenage girls, the Saartjie Baartman Centre for Women and Children took the initiative to launch the Saartjie Baartman Soap Factory. It is run by three of the women who completed Rafiki's training and a number of workers whom they train. The women who help them come from the Saartjie Baartman shelter and the surrounding communities. They come from different nationalities and cultures and by working with one another are able to promote their values and culture, improve communication and provide a positive image for each other. The training which the Soap Project provides them, helps to increase their effectiveness, efficiency and job satisfaction.

All our soap is handmade with natural oils, is aromatic and very attractively presented. The women are encouraged to be creative and part of their remuneration is linked to productivity, which allows them to improve their earnings on an on-going basis.

With the help of Rafiki and Design Verve we were able to develop a liquid soap and a hypoallergenic soap to compliment our existing product range. The Centre hosted its first Soap factory graduation on Friday, 28th May 2004, after four of the shelter residents participated in a month long training program.

Job Start

Saartjie Baartman Centre participated in a program hosted by Job Start in October 2003.

The course covered: 1. Food Services (20 October – 2 November 2003)

2. Food Preparation (3 November – 16th November 2003)

3. Accommodation Services (17 November – 12 December 2003)

All shelter residents who participated in this project were fully subsidised for the duration of the course – it was also made available to the public for a fee of R 500.00.

The course outline:

Safety; General Health and Hygiene; Kitchen Clothing; Handling and Maintenance of Equipment; Food preparation, Presentation and Storage; Health Regulations and Basic HIV/AIDS awareness.

- 10 Shelter residents participated in the Housekeeping program – 60% of the class graduated and the rest dropped out.
- In the Food Preparation phase of the course, out of 12 participants 9 trainees graduated.
- Because of an overlap between Food Services and Food Preparation, not all the trainees were able to complete the Food Service part of the program – five trainees graduated; four women chose to move on to Food Preparation and five dropped out.

Challenges with job skills programmes

Because of the unfortunate circumstances that our clients find themselves in, it is difficult to convince them of the long-term benefits of specific job creation programs.

Our clients need to find immediate employment in order to support their families and the idea of spending time in a lengthy training program is not a priority.

Problems arising:

1. Clients eagerly sign up for job skill programs and as soon as an opportunity arises for casual or permanent employment, they drop out so that they can support their dependants.
2. Due to emotional and financial constraints, participants tend to lose interest because their short term needs and wants are not being met.

Solutions:

1. Life skill programs are imperative in the early stages/at the beginning of the course to help our trainees gain perspective and realise the benefits of empowering themselves.
2. In an ideal situation, it would be good to be able to give some sort of financial relief for shelter residents participating in training courses extending beyond the three month stay at the Saartjie Baartman Centre for Women and Children.

LEGAL ADVICE AND TRAINING PROJECT

Ilze Pedro

Women who experience gender-based violence are faced with numerous obstacles when they attempt to access the legal system (including the cost of legal assistance and a lack of awareness of what their rights are and how to enforce them). The Saartjie Baartman Centre accordingly found it necessary in 2003 to implement a cost-free legal service as part of its comprehensive range of multi-disciplinary services.

The Legal Advice and Training Project [LATP] was instituted as a partnership between the Centre and the Community Law Centre (a human rights research and advocacy institute based at the University of the Western Cape). In January 2004, Ilze Pedro was appointed as full-time legal advisor to provide legal advice and assistance to Shelter and Centre partners' clients, and the Project also draws on the Community Law Centre's Gender Project to conduct advocacy, training and research activities.

The LAMP aims to improve access to justice for victims of gender-based violence and other vulnerable women through –

- provision of free legal advice;
- conducting information and training workshop for clients of the Saartjie Baartman Centre, staff members of the Centre’s partners and other relevant service providers; and
- engaging in legal advocacy and research initiatives in priority areas.

A further over-arching objective is the ongoing documentation and monitoring of the project as a ‘pilot’ initiative.

During its short period of existence, the LAMP has established an individualized, client-centred legal advice and assistance service, and has developed partnership agreements with other legal service providers based in Cape Town, including the Legal Aid Board, the People’s Family Law Centre, the Legal Resources Centre and the Women’s Legal Centre. It has conducted training workshops for Shelter residents on domestic violence protection orders and divorce, as well as general training and information workshops on stalking, domestic violence, and maintenance. These workshops were attended by SAPS members, health care providers, Trauma Room volunteers, several counselling organisations and other community-based organisations. In terms of advocacy, the Project has contributed substantial legal submissions to Parliament on the draft Sexual Offences Bill as well as on the Firearms Control Regulations.

RESEARCH PROGRAMME REPORT

Irma Maharaj

The need to have a research programme in place was identified shortly after the Centre’s inception. Themba Lesizwe, a South African Network of Trauma Service Providers was approached and agreed to fund a preliminary study to identify the research needs of the SBCWC. A preliminary research study, commissioned by the Centre, was conducted by Debbie Budlender of Community Agency for Social Enquiry (CASE), in conjunction with Jane Bennett from the African Gender Institute (AGI), UCT and Ilse Ahrends from the SBCWC. The Centre Manager, Synnø Skørge was consulted throughout the process. The preliminary research study included conducting a survey with representatives from the partner organisations as well as holding a half-day workshop with them. Emerging from the survey and workshop was the following list of research areas, as identified by all those involved:

- Documenting the history and development of the one-stop centre model based on partnership in order to assist those wanting to replicate the process;
- Looking at the economic empowerment of the Centre’s clients;
- Investigating a standardised method of record keeping within the partnership;
- Looking at the possibility of compiling an archive of material for talks about work at the Centre – to serve as a shared resource among partners;
- Investigating advantages and disadvantages of involving men in various roles at the Centre.

Documenting the history and development of the Centre and the issue of economic empowerment were identified as those areas that needed most urgent attention. It was

deemed necessary to document the history in order to compile a 'manual of guidelines' as other organisations wanting to start similar initiatives had already approached the Centre Manager for assistance. The second research area was deemed important in recognition of the fact that unless women gained some economic empowerment the likelihood was great that they would return to their abusive situations. This particular research issue has been temporarily postponed to accommodate a client tracking system, which has still to be installed. The tracking system would provide a valuable database for the study to draw from extensively.

The preliminary report formed the basis of the research-funding proposal for the next phase and once again Themba Lesizwe kindly responded by granting funds. The SBCWC employed a researcher in March 2004 to undertake the first of the identified research projects, namely, documenting the history and development of the SBCWC in order to compile a 'manual of guidelines' for possible replication of the Centre. Included in this research project is looking at the Centre as a tool of empowerment; the issue of the Centre being a Public Private Partnership initiative; and the Saartjie Baartman Shelter as the focal point of the Centre. Methods used in recording the SBCWC's history included consulting Centre documentation as well as conducting interviews and holding focus group workshops with all key role-players and stakeholders (past and present). The 'manual of guidelines' will be compiled once the history has been recorded. This particular research project is expected to be completed by September 2004.

SHELTER MANAGER'S REPORT

Rosemarie Cox

1. Introduction

Statistics show that one in every four women is being abused by her intimate partner, husband or boyfriend (Medical Research Council, 1999). At the Saartjie Baartman Shelter we see the devastating effects that the abuse has on the women and children who seek shelter here. In the past six months, 78 women and 82 children lived at the Saartjie Baartman Shelter.

2. Programmes

Whilst at the Shelter, the women and the children are engaged in various programmes to assist them to empower themselves, to make choices and to be better prepared for the life outside of the Shelter. They can stay for a period of three months, which requires staff to do intensive, short-term work with the women and children.

Some of the programmes include economic empowerment and capacity building, exercise and relaxation activities, and educational workshops.

3. Students

The Shelter regularly offers placement to two third-year social work students from UCT. During the first six months of the year they share the responsibility for facilitating the support group with the social worker. For the rest of the year they see individual Shelter clients and do a community project.

4. Volunteers

Our Volunteer Programme has grown in the past year. More young people want to become involved in the children's programmes and a group of volunteers regularly come on Saturdays to work with the children. It really makes a big difference to the Shelter.

5. Outreach work

We are involved with a group of male prisoners at Malmesbury New Prison. These men have formed a group, called Prisoners Against Women And Child Abuse (PAWCA), where they look at how they can combat violence against women and children in our communities even though they are still in prison.

6. Special events and outings

Due to the abuse women experience, many are isolated from others and not given the opportunity of socializing or celebrating special events. At the Shelter we try to make an extra effort to celebrate special days with the women and in this way make them feel special. These events usually occur around Valentine's Day, Mother's Day, Easter, Women's Day and Christmas where we as a Shelter have a karaoke, barbeque at the beach, picnics or a special dinner at the Shelter.

- We celebrated Mother's Day by giving the women mugs and chocolates.
- Easter was celebrated with a special meal and a gift of Easter Eggs and mugs.
- A karaoke on Valentine's Day offered the women the opportunity for a celebration of song and dance.

Women attended two Weekend Camps organised by two churches. They went to Stellenbosch and Betty's Bay in May and June 2004. The women and children enjoyed this tremendously and found a renewal of their spirit.

7. Donors

Over the past year many concerned people, such as the Care Bears at Woolworth's Century City who gave us weekly donations of perishable food, have made donations to the Shelter. This really helps us a lot.

To thank the many individuals individually who contributed to the well being of the women and children, would take a long time. Some of you might be here tonight; others are not here physically, but you are in our thoughts. I want to thank all of you for your generous contribution and your commitment.

8. Successes and challenges

Let me start with the challenges first because they are always a good learning tool. People come from all walks of life to the Shelter and every one is in need of help. Knowing each woman and child is so unique. We try to assist each client in a small way. For them to settle in is not a problem; our biggest challenge is when women need to leave the Shelter and still have nowhere to go. Housing remains a big problem in our country.

But we also have our successes. One of our ex-residents came to visit us a month ago to share her success story. Mrs. X came to us on a Monday after she was beaten up that weekend. Her face was badly bruised, her body was very sore, and her movements very slow. She could not look me in the face. She appeared afraid and very confused. I asked

her if she needed help with her two children, as one of them was a special child who needed more attention than the other one.

Mrs. X was later seen by the social worker and decided to stay for the duration of three months. During this time, she did various courses and started her own business in hairdressing. She now shares their family home with her elderly father and drives her own car.

Mrs. X is just one of the many women who has proven that despite her life's difficulties and challenges, women are able to make it. Mrs. X is a great role model for other women out there, by showing that one can rise above one's life's situations.

9. Conclusion

In conclusion I must mention that these are just glimpses of the year's challenges and successes and it is important to mention that there are still many more.

TRONKE SONDER TRALIES

Terwyl ek in die supermark na die gesigte om
My kyk, wonder ek hoeveel siele is soos myne in `n
Tronk sonder tralies - `n tronk van emosionele en verbale
geweld.
Hoeveel voete in fyn skoene het ook weer die
bewaarder met wie
Ons getroud is se landmyn afgetrap. Die tronk het nie
deure vir
Privaatheid nie. Hoeveel vroue is daagliks blootgestel
aan die hale
Van `n siele-verwrokker se tong. Ek bid vir almal in
tronke,
Die met en sonder deure.

A Shelter Resident

SOCIAL WORKER'S REPORT

Chriswin Louw

In the Shelter we try to provide the women with a holistic service in which they can find the necessary support, skills and information that they need. We therefore have individual and group counselling, educational workshops and job skills training.

Individual counselling

Residents at the shelter receive individual counselling from the social worker on a weekly basis. These sessions employ a strengths-based, holistic approach. Counselling focuses on ventilation, support, empowerment, confidence and assertiveness development and guidance around legal matters such as protection orders, divorce, child support grants and maintenance.

Where appropriate, the women are referred to SANCA or Rape Crisis, two partners at the Centre, for specialised counselling in the fields of substance abuse and rape. Where necessary, the women are referred to outside organisations for further assistance, such as

Social Services, Child Welfare Society, Cape Mental Health Society and Heideveld Day Hospital /Clinic.

Programmes for women

The needs of the women and children dictate the programmes implemented in the Shelter. These programmes aim at the empowerment of the women, they are ever changing and they also provide an educational stance.

1. *Women's Support Group* (weekly) ~ This is an opportunity for the women to learn that they are not alone and they actually have much in common with one another. This also is a space in where they can draw strength from one another as well as support one another. This also provides a platform for vicarious learning, conflict resolution and information sharing on various topics such as:
 - Self Image and confidence
 - Assertiveness
 - Anger and aggression
 - Communication Styles and Communication Channels
 - Team Building
 - Problem Solving / Decision Making
 - Story telling

Responsibility for facilitation of groups was shared over the past year between the social worker and two third-year UCT social work students who were placed in the Shelter.

2. *Workshops* ~ These workshops are an excellent way in which the women gain knowledge about various issues, and particularly those which directly affect them. Speakers are organised for the various workshops and Centre partners are also made use of. Issues dealt with include:
 - Parent Skills Workshop
 - Stress Workshop
 - HIV / AIDS
 - Contraception
 - Alcohol and Drugs
 - Rape Issues
 - Lifeskills / Job Skills
 - Domestic Violence

Responsibility for organising these workshops was again shared over the past year between the social worker and the two UCT social work students.

We also had the pleasure of having third-year nursing students from UWC who organised workshops in the shelter. These covered guidelines on First Aid, epilepsy, control of bleeding, burns and foreign bodies, tuberculosis, asthma.

3. *Exercise and Relaxation Activities*- These activities were held on Tuesdays and Thursdays. This was an excellent time in where the ladies were able to de- stress and get fit. They were given a chance again to get their blood pumping and their bodies moving, as well as breathing and refocusing on life's challenges.
4. *Recreational Activities*- There were a number of recreational activities that were held throughout the year. This is really a time in which we as the Shelter spoil the women a little by making them feel special. These events usually circle around

Valentines Day, Mother's Day, Easter, Women's Day and Christmas where the staff organise a karaoke, barbeque at the beach, picnics or a special dinner at the Shelter. We also managed to take the women to Baxter in this year, which was great! We did some liaison work with other women from other Shelters (Sports Day and Muizenberg outing). This was a perfect time in where our residents had the opportunity to connect with other Shelter women and they were once again reminded that they are not alone.

Economic empowerment programmes and training

- Nine of the women attended RAG's (Resource Action Group) July 2003 computer literacy course, which covered the following programs:
Intro to computers, computer based typing, Window's 98, Microsoft word 2000, Microsoft excel 2000 and internet & e-mail.
- Many of the residents (30 women graduated) completed training in Food Service (12), Food Preparation (12), and Accommodation Training (6) during the 2nd semester and many of these women managed to find work afterwards. Joanne and Zelda who are facilitators from Job Start conducted this training.
- Some of our women were also able to attend Arts and Crafts sessions in Constantia where they were able to relax and de-stress while learning to make fun objects/crafts which they could then sell in order to generate an income. Examples of these are hand-made material Christmas ball and cards.

Conclusion

In conclusion I would like to thank each and everyone who has played a role in the lives of our Shelter women by making themselves available to share their knowledge and skills with them. Many of these women's lives have been transformed by your enthusiasm, commitment and care. I do not think that we would have been able to reach this without your participation in our 2003 programme.

Too many traumas, heartaches, bitterness, sadness, loneliness is
in my life
Today it must come to an end; today I have risen above my
circumstances
Today is my day I am not in his house any more, although I
have nothing now

I AM FREE !!

A Shelter Resident

General overview

When I arrived in December, there were few children in the Shelter because of the Christmas period, but numbers soon picked up afterwards. On Christmas Day, all the children in the Shelter received a gift. Over the New Year most of the children were away with their mothers. Two to three weeks after Christmas, many more children came into the Shelter, mostly young babies. At one stage there were 10-12 babies under the age of one, which made coping with them very difficult, especially as there was not much assistance. Mothers assisted for a short while in the crèche, but then stopped. Because there were so many babies, programmes didn't always run as they should. By March-April, older children started arriving in the Shelter, so more structured programmes could take place. An outing to an organized event on Family Day in Delft was arranged, but the social worker and I found that it wasn't suitable for the children, so we took them to the Waterfront. For some of the children, it was their first time there, and to see the pleasure and joy on their faces was a great experience. Over weekends the children are entertained by volunteers, who occasionally also take them on outings.

Schooling and after-school programmes

According to the Children's Bill of Rights, children aged 6-18 are obligated to attend school. If for safety reasons they cannot continue attending their schools, I try to find them alternative schooling in the vicinity. I then contact the principal at the previous school, explaining the situation and requesting the necessary documentation for the following school. If there is no place for the child at a school in the vicinity, I either try to find a school further away (mother willing to pay transport costs) or arrange with the previous school to send and collect work for the learner so that they do not fall behind.

Once a week there is an after-school programme for older children, where they can feel free to express their views or opinions without feeling threatened or abused. They also do fun activities, where they can feel free to express their inner child and show their creativity. For some, it is difficult for them to show their joy or gratitude because of their inability to express themselves freely without being made to feel insecure. Some children just prefer to draw or play, and while they do so, I can detect where they have been, where they are and where they're heading.

Success stories

All the children who enter the Shelter are success stories, but there are a few who stand out.

A young boy aged three came into the Shelter very withdrawn, always crying and wetting himself constantly. He still drank from a bottle and wore disposable nappies. His speech was not understandable and it was difficult to make out what he was saying. As time went by, he stopped wearing nappies and drank from a cup. His speech started improving, as he would repeat everything the others said. He began to be more self-reliant and saying when he needed to go to the toilet. By the time he left the Shelter, he was a changed boy, even though he started regressing towards the end.

Another little boy aged one had never been around children at home. He had been kept indoors all the time, so had not been able to interact with anyone except his family. When he came to the crèche, he cried constantly, and stayed in one place until he fell asleep. When he awoke, the same procedure would take place, until his mother would fetch him. This lasted for the first two months he was here. But by the third (termination) month, he started interacting with other children, moving around the classroom and playing with toys, which was a major improvement. He eventually started greeting me by waving his hands and trying to say teacher.

These are two of many success stories.

Workshops

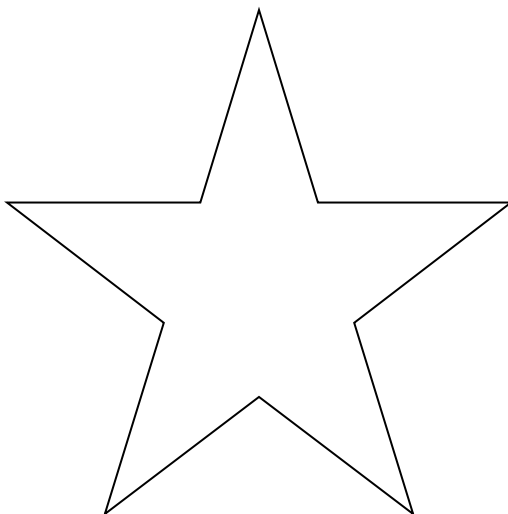
I have attended two workshops during my employment as a child care worker.

- ❖ HIV/AIDS training at the Saartjie Baartman Centre, 15-16 April 2004: It gave me insight on how to deal with people infected with HIV/AIDS. I also learnt how to recognize signs and symptoms of someone HIV+. I learnt how to educate children on the subject of HIV.
- ❖ Child Abuse Awareness Workshop at RAPCAN in Retreat: There I learnt how to recognize the signs and symptoms of an abused child and how to deal with it professionally. I also learnt how to try to prevent abuse from happening when confronted with it. The legal rights of children were also emphasized.

Conclusion

All children entering the Shelter are affected by abuse and traumatized, and not just their mothers. If they are not physically or sexually abused by their parent, they are still scarred for the rest of their lives, unless intervention takes place. In the three months that they are in the Shelter, I hoped to make a difference in their lives by giving them love and attention, because that's what they probably need most. Many children have passed through the Shelter as success stories, but there are those who had to return to their old lives and relive all those bad memories they wished to leave behind them. Let's remember them much more than our success stories, because without proper intervention and guidance, they could be the future parents who end up in a shelter one day (or cause their wives/partners to seek shelter).

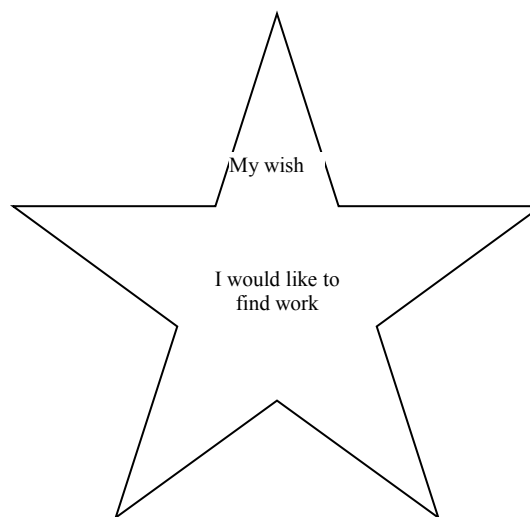
Thank you for giving me the opportunity to be the Child Care Worker at the Saartjie Baartman Women's Centre for such a short period of time. I hope that the work of helping traumatized mothers and children will continue to be fruitful.



MY PA
My pa is `n Monster hy kan jou
baie seer maak
Want hy het baie groot hande,
Hy maak altyd vir my Ma
En vir my so baie, baie seer dan
kom daar bloed uit.
A child in the
Shelter

My wish

A house for me
and my children



Board of Management:

Debbie van Stade
Synnøvn Skorge
Cheryl Ayogu

Mbulelo Mpepese
Tim Yoss
Chantel Cooper
David Fourie
Geralda Wildschutt
Dale Isaacs
Gaynor Wasser
Rachel Petersen
Shireen Mathir

Chairperson, Dept. Social Services
Centre Manager
Provincial Coordinator, Western Cape Network
On Violence Against Women (Treasurer)
Director, NICRO (until 30 June 2004)
Director, Rafiki (until March 2004)
Director, Rape Crisis
Director, SANCA
Director, Selfhelp-Manenberg
Director, Sonke
Community representative
Staff representative (until May 2004)
Staff representative (from June 2004)

Partner organisations:

On-site:

Athlone After-hours Child Abuse Centre
 NICRO (until 30 June 2004)
 Rape Crisis Cape Town
 SANCA
 Sonke
 The Healing Business
 The Trauma Centre for Survivors of Torture and Violence
 UWC Department of Nursing
 Western Cape Network on Violence Against Women

Off-site:

Jobstart
 UWC Community Law Centre

Staff:

Centre

- | | |
|-----------------------|---|
| • Synnøv Skorge | Centre Manager |
| • Jazelle Kiewietz | Financial Administrator (until June 2003) |
| • Shereen Mathir | Financial Administrator (from July 2003) |
| • Jazelle Kiewietz | Job Skills Training Manager (until Nov. 2003) |
| • Shaheema McLeod | Job Skills Training Manager (from Dec. 2003) |
| • Lorna Adams | Kitchen Supervisor (three-month contract, Aug.-Nov. 2003) |
| • Ntombifuthi Shongwe | Office Administrator (from July 2003) |
| • Ilze Pedro | Legal Advisor (from Jan. 2004) |
| • Irma Maharaj | Researcher (from March 2004) |
| • Ilse Ahrends | Programme/Partnership Coordinator |
| • Michelle Smith | Receptionist |
| • Vivian Lunake | Soap Project Assistant |
| • Meisie Mtyuthu | Soap Project Assistant |
| • Mampho Stephen | Soap Project Assistant |

Shelter

- | | |
|--------------------|-------------------------------------|
| • Rosemarie Cox | Shelter Manager |
| • Aloma Titus | Child Care Worker (until Aug. 2003) |
| • Annoesjka Afrika | Child Care Worker (from Nov. 2003) |
| • Rachel Petersen | House Organiser |
| • Gaironesa Jacobs | Night Supervisor |
| • Victoria Booysen | Night Supervisor |
| • Natasha Calvert | Social Worker (until Jan. 2003) |
| • Chriswin Louw | Social Worker (from Feb. 2003) |
| • Nontsasa Makula | Social Worker (Part-time) |

Funders and Friends

Special thanks to:

AUSAid for funding further research projects.

The Carl and Emily Fuchs Foundation for the funding of the second stage housing units.

D.G. Murray Trust for funding the new child care building.

Department of Social Services and Poverty Alleviation (Western Cape) for funding the partnership development, shelter, job skills and HIV/AIDS projects.

Foundation for Human Rights for funding the Saartjie Baartman Legal Advice and Training Project.

Investic for their donation of shelter equipment.

Levi-Strauss for funding the renovation of the training hall.

Lieske Bester of the Soroptimists for funding renovations in the shelter.

Sia Maw, for donations in the memory of our friend and colleague, **Debbie Quenet**, for the second stage housing project.

The South African Development Fund for HIV/AIDS funding.

Themba Lesizwe for funding the research project.

Woolworths Century City for their donations of food and clothing to the shelter.

For offering staff support/supervision:

Shahieda Allie, Trauma Centre

Jane Bennett, African Gender Institute, UCT

Debbie Budlender, CASE

Helene Combrinck, Community Law Centre, UWC

Renè Jeftha, GAP

Emma Oliver, Trauma Centre

For ongoing assistance with printing the Sarah Baartman pamphlet and staff business cards:

Melissa Smith

For the hours and hours of planning and building the second stage housing and child care centre, our architects **Astrid Wicht and Peter Dunckley**.

For help with the building projects and with keeping the grounds clean and neat:
Mr April, Mr Hamilton, Mr Meyer, Mr and Mrs Nwedamutsu, Mr Stevens and Mr Valentine from the Dept. of Correctional Services.

Ann Roese from the Dept. of Public Works for her support and help with the painting and maintenance of the Centre.

For their support of the Centre and donation of a computer to the Shelter: **Lou Mazel and Judith Sowerby** from the US Consulate.

Mr James Johnson, for volunteering to fetch the Woolworths donations week after week; and **Richard Hawikwa** for coordinating the volunteers who help with the children in the Shelter.

We would also like to **thank our volunteers and friends** who generously give of their time and expertise to the Centre:

Kehiloe Beukes
Fran Booysen
Natalie Borman
Bobby Brown, Froggy Pond Fresh Air Camp
Cadbury (Pty) Ltd.
Mr Chetty
Lucille Fonceske
Sisters Cupido and Scott, Heideveld Day Hospital
Jane Keen
Kelloggs (Debbie)
Kirstenbosch Horticultural Society
Elsie Kriel, Kleuterkoukus
Manenberg Police
Noddy Party (Russel and Kevin)
Pick'n Pay
Plascon Paints
PPP Cement
The Power Group of Companies
Tess Prince, Levi Strauss
Sr Scheepers, Levi Strauss
Silicon Overdrive
St Andrew's Church, Newlands (Bea)
St Anne's Homes
St John's Ambulance
Women's Legal Centre.