



RAPE CRISIS HELDERBERG



2009 ANNUAL REPORT



BANK DETAILS: ABSA SOMERSET WEST, ACCOUNT: 4054336675, BRANCH: 334712, CHEQUE
HELDERBERG HOSPITAL, LOURENSFORD ROAD, SOMERSET WEST
TEL: 021-852 5620 - 24 HOUR CRISIS LINE: 083 484 9409
anne@crisiscentre.org.za - www.crisiscentre.org.za

MISSION STATEMENT

To help survivors of rape and abuse overcome their trauma through our ever caring counseling amongst all the people in the Helderberg basin and surroundings.

It is our vision to provide an effective community service by raising awareness amongst schools, tertiary institutions, churches and the community at large of the consequences of rape, incest and domestic violence.

MANAGEMENT COMMITTEE

Reinette Evans	Chairperson
Liana Knutsen	Vice Chairperson
Vicky Cronje	Additional Member
Inge Mechnig	Secretary
Daphne O Dea	Additional Member
Sandy Taylor	Treasurer
Anne Marais	Additional Member

STAFF

Reinette Evans	Director/Counselling
Anne Marais	Resource Development Manager
Lynda Wright	IT / Fundraising / events.
Ruth Madito	Project Management/Counselling
Rina Broodryk	Second Hand Shop Manageress
Colleen Louw	Fundraising
Elise Harmse	Library Manager Tins
Gill van Rensburg	Counselling

ACTIVE VOLUNTEERS

Liana Knutsen
 Ruth Madito
 Lynda Wright
 Reinette Evans
 Jennifer Fullard
 Daniel Brunner
 Craig Roos
 Rina Broodryk
 Anne Marais
 Daphne O Dea
 Sarien Lategan
 Elise Harmse
 Natalie Railoun



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TABLE OF CONTENTS

Chairperson's Report: Reinette Evans

Fundraiser's Report: (incl Donor List)

Project Report:- Lwandle/Nomzamo and Sir
Lowrys Pass

Needs list

Financial report



CHAIRPERSON'S REPORT – ReINETTE Evans

2009, despite the arrival of the economic recession, has been everything but recessive with Rape Crisis Helderberg. I have so many things to put in my report. So many incredible blessings, positive feedback and absolutely mind-blowing improvements, that it actually feels like an injustice just to report it on paper and not being able to elaborate on the details. I will do my best to do justice!!!!

Let's start with the **BIG** numbers. **ALL** our outstanding debt with SARS and the Safe House has been settled in full. We are no longer in debt to anyone!!!

The safe house was moved in November to new premises. We also embarked on a remarkable training session for a group of 10 dynamic Malawian ladies, who have since started at least two Rape Crisis offices there. We fed 20 ladies for lunch every day, and we accommodated them at Somerset Lodge for their time here. We also facilitated their training. It was a great honour and pleasure getting to know them, and we look forward to hosting another training session!!!!!!

The annual fashion show fundraising was cancelled due to the earlier than anticipated arrival of Miss Lucy Cate Marais.....2009's fashion show will take place on the 3rd October and will feature Miss Lucy Cate Marais!!

Our second hand shop has been enlarged no less than twice!!!! Our shop helps to generate "working cash" from the sale of goods donated specifically for sales for cash. The shop is very well liked and supported!! We have put up a store room too, to accommodate donations, until distribution is facilitated. Our old "soup kitchen" was revamped and turned into another counseling room. Every single item was donated by our kind community. The counseling room looks beautiful. In April, all our wendy houses and buildings were varnished and painted, the crisis centre was also painted and revamped, the bathroom was given a new lease on life (much needed) The paint was donated. In May, our SIA support group was treated to a retreat in Simonstown, Cape Town. A group of 10 ladies attended and most of this retreat was sponsored. More details of this are in Lynda Wrights fundraising report.



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December we hosted a volunteer thank you lunch at Manuka in Somerset West – were we thanked all our volunteers for their hard work and support. The event was sponsored by Grand Circle Travel, thank you so much!!

We have put in a lot of work with our Lwandle/Nomzamo township project, headed up by Ms Ruth Madito. We extended (doubled) her premises, put in electricity, water supply, durable flooring, obtained a TV, a computer, fridge, microwave, burglar bars – and thanks to the R.A.I.T.H. Foundation for making all of this possible. The R.A.I.T.H. foundation has come on board for the next 3 years with financial assistance for the township project. We were also fortunate, with the help of the R.A.I.T.H. Foundation, to purchase a bakkie.

Our support group in Somerset West is now in its 7th year. We have a support group running in Sir Lowrys Pass Village, 2 support groups in Nomzamo and a new support group in Kraaifontein. We assist a support group in the Eastern Cape and one in Klerksdorp.

We do training for many community groups (South African Police Service, Choices, the medical students, most of the schools in the area, many church groups)

Our website still continues to be a source of help globally and nationally. We do MANY hours of counseling via e-mail, telephonically, one-to-one and in support groups.

We celebrated 12 years of operation on the 14th August 2009. There are beautiful photos on the website www.crisiscentre.org.za We would also like thank the May and Stanley Smith Charitable Foundation in the USA who, have funded us for the 2nd year, with the help of our dear friend Ms Cara Maree. Their funding is specific to the operations of the centre, and without their love and assistance, many hearts would not be healed. Thank you so much.

The end of June 2009 the Somerset Mall started with their annual charity book sale which was initiated in the Cavendish Square mall. This book sale raised over R11 000-00 for us, much thanks to all the donors of books and all the volunteers.

We would like to extend a special word of thanks to Mr Daniel Brühner, who is ready to help with deliveries, pick ups of donations and if we need a strong man to move stuff around – Daniel is always ready and willing.



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NEW STATS FOR 2008/2009:

New reported rape cases	143
Follow up counseling	2088
HIV/Aids cases	110
Support group	912
Safe House	15
Financial assistance	12, 962 +
Clothing assistance	
Food assistance	7200
Website counseling	85
Website hits	

Thank you to all our volunteers – and we know this is clichéd – but without you at RCH, we would not be able to deliver the excellent service we do.

We would all like to thank Dr Erasmus, Mr van der Walt, Dr Viljoen and all the staff and doctors of the Helderberg Hospital for their amazing work and assistance.

I would also like to thank the staff of Rape Crisis Helderberg for their undying loyalty, their belief in this worthy cause and their special skills. Over and above all the extra work we embrace to help, our PRIMARY AIM IS STILL HELPING WOMEN OVERCOME THEIR EMOTIONAL TRAUMA DUE TO RAPE AND INCEST.

Last but not least, I want to thank God for His Guidance and Wisdom in all our dealings.

Reinette Evans

**Reinette Evans
DIRECTOR**



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FUNDRAISING REPORT

In a position of fundraising, you find yourself in a humbling place often. You have to completely believe in the cause you are fundraising for and you have to remind yourself every single day that you are merely the "go between" between Joe Public and the actual organization, so if you as the fundraiser do not make a good impression on the prospective donor, then that is pretty much the end of the road. Obviously the donor also has to have conviction to the cause and then after much red tape (or not) a donation is made. I have been unbelievably lucky to have great help (and they say you are only as good as your help) but the two incredible women I am talking about are more than help. They are amazing, they get their goals in place and then they make it happen because they (and everyone else) will tell you what kind of fundraiser I am. I insist on everything must be donated and I will not allow funds to be released for events and trivia. Think Scrooge. I am very strict. But Lynda and Colleen have managed to make MUCH magic and I owe them much thanks for the amazing jobs they both do daily. I am going to include pieces from their reports later on.

From my side – I must thank the following donors who I work with. The wonderful Ms Cara Maree from the May and Stanley Smith Charitable Foundation. This lady was my angel in a time where I really thought I just couldn't do this job any more. She has no idea what she means to me. Dankie. XX Her little emails every now and again are encouragement to me beyond words.

The City of Cape Town – they have only recently come on board but are effective and are a great source of encouragement and they too believe in the service we deliver.

The Austrian Womens Day of Prayer are based in Vienna, Austria and were on the look out for other Christian Women Based charities to support.

Then the Lotto who surprise me time and again. Just when you think the rumours are true – a letter arrives in the post enough to make anyone experience cardiac arrest – they really are amazing in their charity support. Thank you for your support in the charity sector – thank you for believing in us.

Then I must also just thank my ouma, Ms Rina Broodryk who continues to be my pillar of strength. She runs our second hand shop, which was initiated years ago to provide



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day to day working cash. I felt that we couldn't just keep asking for donations without being proactive about fundraising, and so the shop was born. Ouma is a continual source of hope and we love her very much. In case anyone is quering the obvious nepotism in our organization, we just tell everyone that family are the only ones who work for nothing.....

Lynda had the following to say in her report:-

"The fundraising work here at RCH has been incredibly blessed and I have been very touched this year at how the community and wider SA have identified with our goals and helped in these times that have been really tough for so many donors. The township project work was blessed with a full renovation and financial support for the next three years from the Raith Foundation. Sadly we have had a lot of computer problems this year – I cannot thank Andre Naude from IT Partner and the team at Websurf enough for their help with this. Our monthly giving project is still going and continues to bring in monthly donations, the newsletters are very successful in raising awareness of various needs such as our book drive earlier this year. The website is constantly a work in progress with over 50 pages of information at the moment. We have had a few media releases in the local newspapers this year and some great pictures published. Thanks to Ronel Pompe Photography. Our pamphlet got an update and a couple thousand extra printed thanks to Mediator printers. Other work has included the 12th Anniversary celebrations, the 2009 fashion show arrangements and a powerpoint presentation that can now be used for fundraising" Thank you Lynda. She may be quiet but she is like a stick of dynamite!!!!!!

Colleen had the following to say in her report:-

I started by giving the centre a new look. The outbuildings were repainted, the wendy houses revarnished and a new garden created. I am waiting on deliveries to be made to bring this to completion. ReINETTE's new counselling office and my fundraising office was beautifully furnished by my incredible donors. The co-operation and kind attitudes of the community have been limitless. The support was amazing when we approached donors for spot-prizes for the annual fashion show fundraising event and also endless offers to help with flowers or bouquets. It would seem that the economic recession is definitely a harsh reality but the support just continues to come in anyway. I entered RCH into the Jet Community Awards and we recently heard that we won the Regional finals which is great for growing the awareness via media coverage. We will automatically now be entered into the national finals. It is not possible to list here all of the donations I have received to benefit RCH. We are truly blessed! We see hurt and pain everywhere but there is also so much goodness and kindness everywhere!




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It is however, my simple belief that with hard work and determination "if the cause is right, the means will come"

Colleen started with RCH at the end of last year, and she is a truly talented fundraiser and we are grateful for the impact that she has made so far.

Any queries on fundraising, or if you wish to make a donation to Rape Crisis Helderberg can be directed to any one of us – Anne, Lynda or Colleen - so if you feel that you would like to be part of the daily miracles – give us a call.



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Report: Lwandle and Sir Lowry's Pass
For the period August 2008 to July 2009
 By Ruth Madito, Counsellor and Project Manager at Lwandle and Sir Lowry's Pass

1. a) **Statistics**

	Lwandle	Sir Lowry's Pass
New Cases	203	80
Follow Ups	81	29
Families	48	9
Couples	32	12
Children	40	10
Youth	57	21
Elderly	19	7
Schools	3 High Schools & 1 Primary School	0

b) **Other Activities**

Meetings and collaborations:

- Helderberg Advice Office
- Social Development
- Community Based Organisations (CBO's)
- Faith Based Organisations (FBO's)
- Community Health Service (Ikhwezi)

The above organizations contributed much to us by way of referring some of their clients.

2. **General Breakdown: Special Mention of Some Services**

a) **The Elderly and Physically Challenged**

This is one of the saddest groups, they often come as a result of what is referred to as elderly abuse. It is often financial, always emotional and often physical. The abuse is by children who could be using alcohol or other substances. The victim might be elderly or physically challenged. We try to assist in reconciling the family by referring them to relevant organizations and offering counseling.

b) **Support Groups**

I have 3 support groups running.

- Support group 1: 13 women
- Support group 2: 4 couples
- Support group 3: 7 young girls in charge of their siblings

The young girls in charge of their siblings are girls who go to school and are the heads in these families. In this group five are HIV+ and their parents died as a result of AIDS. Two are bread winners after the parents died in a taxi accident.

c) Collaborations with Schools

Visiting schools with police where crime is high. Police talk about drugs, theft, vandalism and violence, as well as what the consequences of criminal activities are. I then speak about crimes that are committed against them. Working together at the schools has been a good success. Teachers also come forward asking for me to speak to certain class groups, which I then do and many students also come forward telling about things that have happened to them. We hope to build on this awareness creation in the schools through more small group work.

d) New Business

We have introduced the first leg of our new program aimed at introducing different forms of counseling/therapy. Several people offered their expertise by way of teaching women to do craft work. These people are mentioned in the section below.

3. Thanks: I want to thank the following individuals for their time and resources

- Natalie Railoun for her passion and dedication in empowering one of our support groups. She not only came and spoke to them about the difficulties of life, but took this further by teaching them a skill in creating mosaic. She also contributed dry groceries.
- Reinette Evans for doing a Psalms 23 bracelet craft session with the support group. The Psalms 23 bracelet was such a success that some of the women have taken it further and have been able to make an income for themselves from this craft.
- Sarah James who has taken it upon herself to motivate one of the young people in charge of their family by helping them with birthdays in the family.
- Our own Lynda Wright for donating dry goodies and groceries. These groceries are always appreciated as they are given to families when they have nothing. It is not a weekly or a monthly service, only when the person literally has nothing at that very point in their life. Everyone has been very grateful.

4. In Conclusion

A word of thanks to our benefactor, the Raith Foundation. It is a pleasure to work in our wendy. It is beautiful and comfortable. It has electricity. It is easier to refer someone somewhere else after you've given them a cup of coffee or soup when we have not been able to assist them and it makes such a difference to be able to offer our clients a cup of coffee or soup while working with them.

ACKNOWLEDGEMENTS

The Doctors and Nurses of the Helderberg Hospital
 The FCS – Khayalitsha
 The SAPS of the Helderberg basin and Grabouw
 The City of Cape Town
 The Rotary Ann's
 The May and Stanley Smith Foundation
 Cara Maree
 Welgebetstag – Austria
 SAB Miller – JHB
 SAB Miller – CT
 The Lombardi Trust
 Lewis Stores – Service Excellence
 Appletiser
 Woolworths Somerset Mall
 ERC Contractors
 Woolfe-Coote Auditors
 The District Mail
 The Greater Good
 The Community Chest
 The Rotary Ann's for Rape Packs and Quilts
 Spier Holdings
 Cinnamon Projects
 Roland Senekal
 Mark Abelson
 John Weaver
 Joy Wright
 Reinette Evans
 Carol Muller
 Piet Klassee
 Michael James Organisation
 Radio Helderberg
 KFM
 Cape Talk
 Matie FM
 Bush Radio
 Grahams Electrical
 Brights Electrical
 Erika Kruger
 The Union Of Jewish Women
 Wictra Holdings
 Websurf
 Presles
 Mr and Mrs du Preez
 Parel Vallei Nursery
 Ronel Pompe/Atherstone
 Devin Atherstone
 Bonnie Evans
 Mediator Printers
 Strand Signs
 O Gradys Paints
 Benbel Somerset West



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Circle Pharmacy
Elan
Mangwani Spa
Somerset West Mini Market
Grand Circle Travel
Manuka
The Flower Boutique
Marie Clair Mags
Inner Wheel
Indluli Nursery
Elgin Roses
Carpet World
Habitat Nursery
House of Paint
Prominent Paints
SA College of Psychology
Maxifarm
Exclusive Books
Wordsworth
Shelco
Truworhs
Smiling Oven
Affordable Framing
Associated Magazines
Bayer Health Care
Birthdays
Blaine and Associates
Bolander Newspaper
Breach
Brink Stokes Mkhise (Pty) Ltd
Cape Timbers
Dine-A-Bite
Dischem Pharmacy
District Mail
Dr Bigalke
Dr Bolus
Dr de Villiers
Dr Mabin
Dr Middlemost
Dr Verwey
Dr Viljoen
Joy Magazine
Lanzerac Spa
Leenta Marx - ABSA
Marcus Smit Architects
Miglio/Petra Vosloo
Mr and Mrs Silberbauer
Mrs JA Colley
Naphthali Lodge - Rob and Yvonne
Panga Panga Furniture
Philwest
Pick n Pay Somerset West
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Skin Correctives
Somerset Sand and Stone

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Somerset Timbers
Southern Pulp
Spanish Farm Guest House
Sylko
T-Line Pro
Tracey Wright Photography
Websurf Professional Internet Hosting
Zeezicht Motors

NEEDS LIST

Groceries / Food parcels
Stock for the shop
Plants for the garden
Paving around our office
Prefab garage for our bakkie
Underwear
Sanitary items
Red "stoep" paint
Varnish



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Rape Crises Helderberg

04/09/09 10:50 Page: 1

Prepared by: ~~XXXXXXXXXX~~

Trial Balance : 01/06/08 to 31/05/09

Last Year	Account	DR	CR
	1000/000 Retained Earnings		
0.00	1000/010 Apptetiser Sales		7 570.00
-467 562.00	1000/020 Donations		823 346.09
-45 149.00	1000/030 Fundraising Income		3 990.00
-21 235.00	1000/050 Second Hand Shop		74 340.70
0.00	1000/060 Tins		1 455.00
0.00	1000/070 Bank Malawi Training		109 450.00
-561.00	2700/000 Interest Received		283.14
4 282.33	3200/000 Bank Charges	1 555.16	
8 154.00	3400/000 Client Financial support	24 962.84	
0.00	3500/000 Client Transport Costs	476.00	
4 103.00	3600/000 Computer Expenses	6 675.84	
4 553.00	3700/000 Councelling Literature	1 278.55	
34 400.00	3955/000 Depreciation - Motor Vehicles		
6 540.00	4000/000 Fundraising costs		
0.00	4050/000 Jewellery Expenses	618.10	
36 106.00	4100/000 Maintenance premises	14 191.22	
2 007.00	4200/000 Furniture & Equipment		
	4300/000 Motor Vehicle Expenses		
615.00	4300/010 Motor Vehicle - Fuel	17 298.00	
7 325.00	4300/030 Motor vehicle insurance	12 629.30	
0.00	4700/000 Postage & Courier	1 109.35	
4 814.00	4800/000 Printing and Stationery	5 502.91	
9 502.00	4900/000 Consumable and Refreshments	19 100.75	
1 720.00	5000/000 Subscriptions	300.00	
7 785.00	5100/000 Telephone and Email	15 499.95	
*1 205.00	5200/000 Training Volunteer - Gifts		
0.00	5250/000 Malawi Training	23 500.00	
8 527.00	5300/000 Travelling Expenses	5 343.81	
0.00	5350/000 Accommodation	91 950.00	
31 585.00	5500/000 Rent - Safe House	28 192.61	
	5600/000 Salaries & Wages		
263 770.00	5600/010 Salaries	269 227.46	
0.00	5600/020 Casual Wages	15 255.00	
0.00	5800/030 Paye	29 876.70	
0.00	5800/040 UIF	5 600.00	
6 065.00	5700/000 Repairs and Maintenance - Safe House	2 534.99	
29 925.00	5800/000 Water and Electricity	16 796.51	
1 416.00	5900/000 Sundry Expenses		
-60 107.67	Nett Profit	410 939.68	
0.00		1 020 414.93	1 020 414.93
-60 107.67	Nett Profit		410 939.68
-73 320.00	6000/000 Retained Income		133 427.67
	6100/000 Depreciation		
172 000.00	6100/010 Motor Vehicle @ cost	172 000.00	
-94 675.00	6100/020 Accumulative Depreciation		94 675.00
	6200/000 Fixed-Assets - Computer		
0.00	6200/010 Computer @ Cost	17 725.90	
0.00	6300/000 Wendy House	35 551.00	
③ 12 000.00	8000/000 Accounts receivable	12 000.00	
88 439.67	8400/000 Bank Account No 1	405 343.13	
0.00	8450/000 Petty Cash	3 511.26	
19 707.00	8500/000 Savings	19 707.00	
-19 544.00	9000/000 Supplier Control Account		17 295.94
-9 500.00	9400/000 Provisional Paye		9 500.00
-35 000.00	9500/000 Expenses outstanding		
0.00		665 838.29	665 838.29

Rape Crises Helderberg

04/09/09 10:47 Page: 1

Prepared by: ██████████

Reconciliation Output : Cash Book 1 - 8400/000 - Bank Account No 1

Closing Balance As Per Bank Statement	405 343.13
Less Outstanding Cash book payment :	
Sub Total	0.00 CR
Plus Outstanding Cash receipts :	
Sub Total	0.00 DR
Reconciled Bank Balance	405 343.13
Computer Bank Balance As At 31/05/09	405 343.13
Diff	0.00

----- End of Report -----