



RAPE CRISIS HELDERBERG

*Putting back  
the pieces.*

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The Rape Crisis Centre  
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# 2014

# ANNUAL

# REPORT

## **AGENDA**

<b>WELCOME</b>	<b>:</b>	<b>LIANA KNUTZEN</b>
<b>OPENING</b>	<b>:</b>	<b>DEBBIE DE REUCK</b>
<b>2013 MINUTES</b>	<b>:</b>	<b>INGE MECHNIG</b>
<b>CHAIRPERSON'S REPORT</b>	<b>:</b>	<b>LIANA KNUTZEN</b>
<b>DIRECTOR</b>	<b>:</b>	<b>REINETTE EVANS</b>
<b>LWANDLE REPORT</b>	<b>:</b>	<b>RUTH MADITO</b>
<b>FINANCIAL</b>	<b>:</b>	<b>SANDY TAYLOR</b>
<b>GUEST SPEAKER</b>	<b>:</b>	<b>FREDELINE</b>
<b>GENERAL</b>	<b>:</b>	<b>ANY QUESTIONS</b>

**CLOSING**

**TEA**

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## MISSION STATEMENT

To help survivors of rape, incest and abuse overcome their trauma through our ever caring counselling amongst all the people in the Helderberg and surrounding areas.

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	Director
Liana Knutsen	Chairperson
Cindy Mhalangu	Vice-Chairperson
Inge Mechnig	Secretary
Sandy Taylor	Treasurer
Gillian Standaar	Additional Member
Anne Marais	Additional Member
Nola Barnard	Additional Member

## **STAFF**

Reinette Evans	Head Counsellor
Ruth Madito	Project Management/Counsellor (Lwandle)
Colleen Louw	Fundraiser/General Office Admin.
Joy Daniel	Second-Hand shop

## **ACTIVE VOLUNTEERS**

Liana Knutsen	Bree Steel
Joy Daniels	Cindy Mhalangu
Ansie Faber	Daniel Brunner
Reinette Evans	Debbie de Reuck
Anne Marais	

## CHAIRPERSONS REPORT

A warm welcome to all our friends and supporters present here tonight. You are all in one way or another involved in Rape Crisis Helderberg, and are aware of the tremendous work that is done by ReINETTE and her team, in supporting survivors of rape. Tonight I would like to give you a short background on the history of this non government organization.

21 years ago, in an isolated casualty ward, an idea was born. A lady named Felicity Bower, started helping the survivors of rape, on a volunteer basis. She ran the organization from her home, and by means of very limited resources began Rape Crisis Helderberg. Some time later, during a volunteer training course, ReINETTE Evans became one of her volunteer counsellors. Felicity later asked ReINETTE to take over the fledgling organization. ReINETTE took the organization and very literally followed the star, to bring Rape Crisis through its highs and lows, to where it is today. Her keen sense of empathy and her pure heart, has given Rape Crisis Helderberg its life. Without the dedication and commitment of ReINETTE, this organization would not be where it is today. We salute you.

The primary goal was, and still is today, to assist the rape survivor in her and his hour of need. After reporting the rape to the police, Rape Crisis is contacted and the survivor is brought to the Hospital where a volunteer will meet them. A doctor from HH Hospital will take time away from their busy schedule to do the forensic examination in a sympathetic way, and also provide AZT's and preventative medicine. The volunteer will do some crisis intervention in an effort to restore the survivor's sense of dignity. Follow up counseling is available and is handled by ReINETTE Evans and Ruth Madito. A special thank you to the management of HH Hospital and their doctors for their role in making this community service possible.

Over the years, the service has evolved to also assist adult survivors of incest and child abuse through counseling and weekly meetings. The organization opened its Safe House doors in December 2002, and has in its existence housed and healed many adult survivors of sexual abuse.

Approximately 8 years ago, we opened our Lwandle branch, situated next to the SAPS in Lwandle. This project is managed by Ruth Madito, who does a stellar job. It is a highly effective and very busy office. Ruth's work is valued and highly appreciated and we thank her.

The fundraising department is run by Ms Colleen Louw, who does a superior job in light of the disastrous economic situation. Thank you to Colleen for her relentless dedication and her beautiful heart. We also give recognition to Anne Marais for her role in fundraising. And to our donors we say a huge thank you for making everything possible.

The Second Hand Shop was established a couple of years ago and brings us one step closer to becoming self-sufficient financially. Stock is donated by the public for re-sale for funding, and here we give thanks to our community for their involvement. This shop supports an immense network of patrons, who come for bargains and in return assist with funding.

The management staff plays a key role in the greater decisions of the organisation. Volunteer training is orchestrated by the management staff, and is held annually.

In a nutshell, recognition should be given to all those both actively and inactively involved, because without the global input as it currently is the service delivery would not be as streamlined and effective as it is.

## COUNSELLORS REPORT 2014-12-03

<b>NEW REPORTED CASES</b>	<b>123</b>
<b>2 HOUR SESSIONS WITH SURVIVORS</b>	<b>324</b>
<b>ADULT SURVIVORS OF SEX ABUSE</b>	<b>2890</b>
<b>SAFEHOUSE</b>	<b>11 PEOPLE ANNUALLY</b>
<b>SCHOOL/COMMITTEE SESSIONS</b>	<b>350 STUDENTS</b>
<b>TRAINING</b>	<b>110</b>
<b>TRAINING NEW VOLUNTEERS</b>	<b>4</b>
<b>FOOD/FINANCIAL HELP</b>	<b>1500</b>
<b>TELEPHONE COUNSELLING</b>	<b>280</b>
<b>E-MAIL COUNSELLING</b>	<b>210</b>

This year has been very eventful. It has been challenging and has required much of me, both as a person and as a counsellor. My counselling partner, Gillian van Rensburg passed away suddenly in March after a battle with Asthma. You will notice a slight drop in counselling figures, this is because she was not there to assist and carry some of the workload.

Our guests from Canada, Girls4Girls arrived in May, as promised and assisted with the revamping of the centre and brought items with them for the second-hand shop. They did leadership training for young girls from Nomzamo/Lwandle – which was held at the Nomzamo offices. They also donated railings for the shop. Their contribution is much appreciated. To date, the second hand shop still does well and thrives richly on the donations from the public. The community is very supportive. The things we cannot sell, we then pay forward to other charities in need.

Lewis Service Excellence saw a need and assisted with paving around our centre, as winter time caused a mess with the mud and water. Lewis also donated new furniture for our crisis centre, thank you so much for that.

The Rotary Ann's every year, donate beautiful care packs. These care packs are such a necessity. We as well as our client's truly appreciate it. Many more packs were donated by private donors.

Grandslots donated toward the Safehouse Project

Nussbaum Foundation also donated towards the Safehouse Project

Mel Fearn of ERC donated toward the running costs of the centre and the safehouse

Investec donated towards the running costs of the centre and the safehouse

HCI Foundation donated towards the running costs of the centre and the safehouse

Protea Hotels, Debbie Lloyd donated brand new shoes for our shop to the value of R35,000

Echo Ladies donated lots of clothing for our shop

Woolworths Somerset Mall donated food every Thursday and we are so grateful for that.

Also, thank you to Wolfe-Coote auditors for so kindly offering their help each and every year with the annual audit and supplying us with the financial report.

I always feel it is very important to thank the grassroots people. The staff of the Helderberg hospital, the casualty staff of Vergelegen Mediclinic, the staff of the SAPS, the staff of the FCS and lastly the staff and volunteers of Rape Crisis Helderberg. Each team consists of a dedicated and specialised group of very special people who are so committed to their tasks at hand. They are deserving of acknowledgement to the healing of each and every survivor, over and above the journey Rape Crisis walks with them.

Lastly, I would like to thank the team who form the Rape Crisis Helderberg Management Committee. These women offer their spare time to come to meetings, plan events and work out budgets. Silent and unpaid partners who form the backbone of our organisation.

I look forward to the challenges of 2015 and all that it may hold for us. May we strive to help many survivors.

Much Love and God Bless.

**REINETTE EVANS**

## **LWANDLE/NOMZAMO FROM 2008 – 2014 BY RUTH MADITO**

### **PROJECT MANAGER**

**November 2007** I started working in Nomzamo and in a matter of a few months we knew that we had made the right decision in going into the township. In February of 2008 our wendy was built in Lwandle at the police station. The very next day work started in earnest.

Our mission statement says that we want to “help survivors overcome their trauma through our ever caring counselling.” With care and understanding we did exactly that.

Through the years I would learn so much about human nature in so many ways and so many times it was almost as if God was holding up a mirror in front of me so that I would meet myself or extensions of my family. It was weird to sit there and listen to a young girl and listen to her story or a young wife and feel she was telling my tale to me.

**RAPE CRISIS HELDERBERG** prides itself on its outreach program and at no stage was I ever made to feel I couldn't do the same as Reinette would always say “of course we can do it.” The countless food parcels, clothes, goodie bags and taxi fares were given to survivors. I've been able to bring some families back together, reconciled mothers and fathers with their children. Helped some child headed households to resolve some of their issues.

One case comes to mind, a young mother was referred to me by the police. She told me she was going crazy and feared losing both her job and her mind as she couldn't sleep or concentrate on anything other than her child who was abducted by his father and his mother when the baby was 3 months old. The child was now 12 years old. What really touched me about this was that she has gone through a similar experience. She was 3 weeks old when she was abducted and she was 19 yrs when she found her parents. Long story short, we found her daughter and the two were united. As Reinette always says “yes we can.”

#### **In the past 5 years**

2008 – 2009	309
2009 – 2010	579
2011 – 2012	598
2013 – 2014	715



Families counselled	921
Couples	209
Support Groups	33
Workshops	28
Group outings	44

**In Conclusion** I wish to thank Anne Marais and Reinetta Evans for believing and support in this venture and not once doubting that this could be done and that no enemy stands a chance if we stand together.

## FUNDRAISING

Once again donors gave so generously of their finances this year. Also, on sending out flyers to locals on my database, many household items, refreshment and clothing were brought in. Thanks to our loyal community.

I would like to give acknowledgement to the following companies who gave of their finances and time:-

CALVERLEY TRUST	HELLUVA
LEWIS GROUP	WETHERLEYS
WILLOWBROOK GUEST HOUSE	FRIEDMAN & COHEN
JDG TRADING	CHRISTINA GHANA
GIRLS4GIRLS	BOE
NUSSBAUM FOUNDATION	AWII
STORAGE RSA	LOTTO
PHIL WEST	VICTRA
DR COLLEY	DES MCLLOUD
ROELCOR	ELZA DU PLESSIS
VISTA HOMES	ECHO
GIANT FILMS	THE SMILING OVEN
GRANDSLOTS	NG KERK
MR ZIMMERMAN	BLACKBIRD
MRS RABIE	JOY MAG
WEST CAPE LUBRICANTS	UNITED CHURCH
MR BERWICH	ERC – MEL FEARN
NEDBANK	INVESTEC
BRINK STOKES ARCHITECTS	FUCHS FOUNDATION
HCI FOUNDATION	BLAINE & ASS
BROOMSTIX	KAZ HUNDSHEID
CAPITEC	BRINK & STOKES
ESTHER POTASH	JEWISH WOMEN
CORONATION ASSET MANAGERS	MONIQUE DAMSEAU
INTERNATIONAL WOMENS CLUB	WOOLWORTHS
JOHNSONS & JOHNSONS	BAPTIST CHURCH
THE OLD MUTUAL	BRIGHTS ELECTRICAL
ABSA BANK	WOLFE COOTE
NG KERK GORDONS BAY	AUCAMP SCHOLTZ LUBBE
NEW GENERATION CHURCH	JENNY MESSINA
DANIEL BRUNNER	ROTARY ANNS
APPLETISER	DISTRICT MAIL
CHOICES	CLOVERLEAF
WEBSURF	SECURITE
THE ROSSOUW FAMILY TRUST	

**NECESSARY ITEMS DONATED:-**

1015 PLUS BAGS OF CLOTHING DONATED BY OUR AMAZING LOCAL COMMUNITY  
SHOES TO THE VALUE OF R35,000 DONATED BY THE PROTEA HOTELS GROUP  
FAX COPIER MACHINE  
PAINTING OF THE OUTSIDE WALL BY OLD MUTUAL  
SKIMMING AND RE-VARNISHING OF THE FLOORING BY ABSA BANK  
POT PLANTS AND CONTAINERS BY THE WHOLESALE POT FACTORY  
PAINTING OF THE EXTERIOR OF THE CENTRE AND THE STOEP BY WOOLWORTHS  
FOOD PARCELS TO THE VALUE OF R50,000 BY DISKEM FOUNDATION IN  
ASSOCIATION WITH PRIMEDIA  
WATER DISPENSER BY ABSA  
VACUUM CLEANER BY CAMBRIDGE CLINIC

**OUR ACKNOWLEDGEMENTS GO OUT TO INVESTEC, J D GROUP, LEWIS  
STORES, MEL FEARN OF ERC, GRANDSLOTS, THE ROLF-NUSSBAUM  
FOUNDATION, HCI FOUNDATION WHO GAVE SO GENEROUSLY THIS YEAR  
THANK YOU**

**OUR ACKNOWLEDGEMENTS GO OUT TO THE MANY INDIVIDUALS WHO  
DONATED GOODS TO THE CENTRE AND THE BARGAIN SHOP THIS YEAR  
THANK YOU**

Trial Balance : 01/06/13 to 31/05/14

Prepared by: LT Bookkeeping Services

Last Year	Account	DR	CR
-680,032.77	1000/000 Sales		957,749.26
0.00	2000/000 Cost of Sales / Purchases	7,097.23	
-225.50	2750/000 Interest Received		139.46
1,500.00	3000/000 Accounting Fees		
1,536.25	3200/000 Bank Charges	4,005.19	
6,129.31	3280/000 Client Financial Support	15,568.63	
420.00	3300/000 Computer Expenses	300.00	
8,338.75	3360/000 Consumables and refreshments	8,917.58	
320.00	3400/000 Courier & Postage	869.01	
0.00	3420/000 Counseling Literature	1,318.97	
21,857.75	3650/000 Electricity & Water	30,889.15	
0.00	3700/000 Entertainment Expenses	1,671.80	
10,000.00	3800/000 General Expenses		
	3850/000 Insurance		
0.00	3850/010 Short term business insurance	11,947.87	
16,155.00	4000/000 Lwandle / Sir Lowrys Pass Expenses	9,310.00	
	4150/000 Motor Vehicle Expenses		
12,671.92	4150/010 Motor vehicle-Fuel	18,900.00	
243.68	4150/020 Motor vehicle-Repairs & maintenance	885.00	
13,552.02	4150/030 Motor vehicle-Insurances & liscences	1,293.00	
0.00	4150/040 Motor vehicle-Parking	195.50	
2,404.03	4200/000 Printing & Stationery	2,733.61	
59,452.00	4300/000 Rent Safe House	51,903.20	
	4350/000 Repairs & Maintenance		
0.00	4350/020 Repairs&mainten-Equipment and machinery	3,746.40	
10,948.69	4350/030 Repairs&maintenance-Premises	5,675.05	
0.00	4350/040 Other	175.98	
	4400/000 Salaries & Wages		
453,105.33	4400/010 Net salaries and wages	412,685.75	
32,892.00	4400/020 Paye	156,069.50	
697.50	4400/030 UIF		
41,801.00	4400/040 Casual Wages	55,207.00	
0.00	4500/000 Staff Welfare	116.80	
11,153.12	4600/000 Telephone & Fax	7,718.00	
24,920.08	Nett Profit	148,688.50	
0.00		957,888.72	957,888.72
24,920.08	Nett Profit		148,688.50
-291,059.13	5200/000 Retained Income / (Accumulated Loss)		266,139.05
	6200/000 Motor Vehicles - Net Value		
313,982.00	6200/010 Motor Vehicles - @ Cost	313,982.00	
-188,139.00	6200/020 Motor Vehicles - Accum Depre		188,139.00
36,183.40	8400/000 Bank account - Acc 4054336675	349,183.77	
172,290.31	8410/000 Bank account - Acc no9100212118	71,130.99	
-638.70	8420/000 Bank account - Acc 9065694891		28,896.13
0.00	8450/000 Petty Cash on hand		26,805.97
0.00	9000/000 Supplier Control Account		8,089.15
	9300/000 Salaries and wages suspense account		
-53,864.00	9300/020 Paye		53,864.00
-697.50	9300/030 UIF		697.50
	9400/000 Provision for Future Expenses		
-12,977.46	9400/020 Provision for Salary Bonus		12,977.46
0.00		734,296.76	734,296.76