



RAPE CRISIS HELDERBERG

*Putting back
the pieces.*

2018

ANNUAL

REPORT

AGENDA

RAPE CRISIS HELDERBERG ANNUAL REPORT 2018

WELCOME	:	LIANA KNUTZEN
OPENING	:	THEO VAN HOUTEN
2017 MINUTES	:	INGE MECHNIG
CHAIRPERSON'S REPORT	:	LIANA KNUTZEN
DIRECTOR'S REPORT	:	REINETTE EVANS
GUEST SPEAKER	:	BENITA PETERSEN
GENERAL	:	ANY QUESTIONS

CLOSING

TEA & REFRESHENT

MISSION STATEMENT

Annual Report 2018

To help survivors of rape, incest and abuse overcome their trauma through our ever caring counselling to 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 Knutzen	Chairperson
Inge Mechnig	Secretary
Sandy Taylor	Treasurer
Gillian Standaar	Additional Member
Anne Marais	Additional Member
Nola Barnard	Additional Member

STAFF

Reinette Evans	Director
Colleen Louw	Fundraiser/Admin
Nola Barnard	Fundraiser
Theo van Houten	Counsellor
Sam Mhlazana	Shop Manager
Joy Lederle	Part-Time Shop Asst
Benita Petersen	Part-Time Shop Asst

ACTIVE VOLUNTEERS

Debbie de Reuck	Vanessa Whaits
Joy Lederle	Melanie Potgieter

CHAIRPERSONS REPORT

Annual Report 2018

As 2017 draws to a close, we reflect back on the passed year and we realise how fortunate we have been in as far as support and community care is concerned. Our office space has expanded, seeing many new lives touched by the services we offer.

Unfortunately, the reason for our establishment has also flourished, seeing many horrific violent rapes and murder feature prominently in the media and on social media, which in itself has a huge role to play in the proliferation of the crime itself.

The case I would like to highlight is the rape and murder of Hannah Cornelius, the Maties student whose body was found on a farm outside Stellenbosch on Saturday morning apparently bled to death there after she was abducted, beaten and raped by 4 men. Footage of the abduction is readily available on the internet, as is the coverage of the court case. Perpetrators follow this, they take heed or they learn by example, learning loopholes to plan their perfect crimes. It does not teach victims to self protect, it just means they need to be more vigilant as the perpetrators are being coached in more detail, to groom and execute their crimes.

This leaves establishments such as ours to be even more alert on current trends and criminal activity. Years ago, we all dreaded the internet for the effect of accessible pornographic material and the ripple effect thereof, now even our 6 year old children can tap into diabolical webpages, instagram accounts or facebook pages. This is here to stay, which means, we need to educate with every single opportunity we have. It means we have to speak out when we suspect something is up, it means we have to be the voice for those who cannot speak and it means we have to be the hand reaching out to those who are too afraid.

2017 has been good, we faced our share of challenges but we endeavoured forth to prove that we can make a difference.

Stay empowered.

LIANA KNUTZEN
CHAIRPERSON

DIRECTORS REPORT

Annual Report 2018

Another year simply past by so quickly and yet it seemed to be with such ease. Perhaps it is our attitude towards our work that makes all the difference.

We have been exceptionally busy here at RAPE CRISIS HELDERBRG and have continued to make a difference in the lives of so many. Our main focus is still on the intervention and counselling of adults 18 years and older.

OUR ANNUAL STATISTICS

Reported new rape cases	135
Counselling	760/1520 hrs @ 2 hourly sessions
Training and Talks	Ongoing
Telephone and e-mail counselling	Ongoing
Ongoing client support, food parcels, clothing and financial	
Three staff members attended the Global Leadership Summit 2017	
5 Ladies attended an Inner Healing Course	

I have a few key players that I would like to thank. Their input was imperative to the delivery of our key services.

Truworths, who supports us with donations of clothing and accessories, which enables us to both supply gorgeous items to our patrons and in doing this, we are able to become almost self sustainable. Thank you for believing in our cause and thank you for helping us make a difference.

To our community donating clothing and items for our bargain shop and all ladies supplying us with these beautiful care packs for our survivors, you really help putting back the pieces of the lives of many.

The bargain shop was extended as it was getting far too cramped with both the customers and the amount of donated stock so the next step was to extend the shopping space. We also revamped and beautified the shop. We had all our Wendy's varnished as well. The gardens were revamped also and looking beautiful and instrumental in healing. A special thank you to Mr Tiko our gardener for keeping it so lovely. The security systems have also been upgraded. Thanks to Mrs Elizabeth Trace for her generous donation of the security system.

Theo got an extension office when Devin Atherstone left his charity organisation this year. We assisted Devin with the office during his stay on the premises and after he vacated, we were able to house Theo with his own office to work from.

In October 2017, we hosted a very successful Fashion Show. We had 250 ladies and a few brave men attending. It was a lot of hard work but an amazing morning and our speaker Maggie Laubsher shared her story. A huge thank you to all the donors helping us fill our lovely bags. Each person received a goody bag.

Please read carefully through our list of donors for whom we are all very grateful and thankful and without them very little would be possible.

- My team at Rape Crisis Helderberg (Colleen, Sam, Benita, Nola, Theo and Tiko our amazing gardener)
- Mrs Leo and the staff of the Helderberg Hospital
- Dr. Viljoen, Dr Lomas, Dr Lombaard and Dr Swanepoel
- The staff of Vergelegen Hospital
- The staff of FCS and SAPS

Each team consists of a dedicated and specialised group of people who are committed to their tasks. They are deserving of acknowledgement to the healing of each and every survivors, over and above the journey that they walk with Rape Crisis.

I would like to thank the Committee who form the backbone of the organisation, thank you for the hours you selflessly dedicate to the ongoing of Rape Crisis. Thank you God for your Love, Faithfulness, Mercy and Grace, without You we cannot do anything.

GOD BLESS, MUCH LOVE

REINETTE EVANS
DIRECTOR

THEO VAN HOUTEN REPORT

In our counselling we want to help people to discover how valuable they are and how much the God of this universe loves them. It is when people discover their worth and acceptance that they start to heal emotionally. The more I help people the more I discover that love and kindness help people to discover their significance. I believe each person is made by a loving God for a purpose and He has a plan for each person who dares to trust Him.

Earlier this year I watch the royal wedding and I was pleasantly surprised with the sermon on their wedding day. I would like to quote portions of Bishop Michael Curry's Royal Wedding Sermon of Prince Harry and Meghan Markle.

"The late Dr. Martin Luther King, Jr. once said, and I quote:

"We must discover the power of love, the redemptive power of love. And when we discover that, we will be able to make of this old world a new world. Love is the only way."

There's power in love. Do not underestimate it. Don't even over-sentimentalize it. There's power in love. If you don't believe me, think about a time when you first fell in love. The whole world seemed to center around you and your beloved. Oh, there's power, there's power in love.

The Bible, 1 John 4 says it this way.

"Beloved, let us love one another, because love is from God; Everyone who loves is born of God Whoever does not love does not know God for God is love." (1 John 4:4-8)

There's power in love. Love can help and heal when nothing else can. Love can lift up and liberate for living when nothing else will. There's power in love to show us the way to live. Set me as a seal on your heart, for love is as strong as death.

Imagine our homes and families when this way of love is the way. Imagine our neighbour hoods and communities when love is the way. Imagine our governments and nations when love is the way. Imagine business and commerce when this love is the way. Imagine this third old world when love is the way.

No child would go to bed hungry in such a world as that. When love is the way, we will let justice roll down like a might stream and righteousness like an ever-flowing book.

When love is the way, poverty will become history. When love is the way, the earth will be a sanctuary. When love is the way, we will lay down our swords and shields down by the riverside to study war no more."

Our aim is to help people to discover how valuable they and their families are and to find their purpose in this life. We want to contribute and help people and communities change through love as the Bishop preached in his sermon to the royal couple. Thank you for your support and that you enable us to love broken people.

THEO VAN HOUTEN
TRAUMA COUNSELLOR

FUNDRAISING 2018

Below are the names of individuals and corporates who have donated so generously to RAPE CRISIS HELDERBERG this year. Over Easter we had a raffle which brought in more than we imagined and the Bargain Shop is being managed very well and has become extremely popular in the area.

I have continued to greatly extend our data-base since the beginning of the year and the community continues to donate large amounts of clothing and items on a consistent and regular basis. We saw a lot of new faces who were not aware of our organisation here in Somerset West. It is evident that a lot more can be done to gain new donors. We also received a lot of bedding, linen and curtaining from guest houses and the local community.

We have improved our garden, adding a lot of new plants, pebbles and garden features, all of which were donated. Our centre is looking tranquil and inviting.

Thank you to all our Donors for keeping us on solid ground in 2018. Our success in assisting survivors of rape and abuse belong to our donors!

Our Primary Donors this year have been:

NUSSBAUM FOUNDATION
GRANDSLOTS
TRUWORTHS (96 BOXES OF CLOTHING)
INVESTEC
LEWIS GROUP
ERC (MEL FEARN)
BREE STEELE & NERINA HOUSE
CONNIE FRAUNDORFFER (80 CARE-PACKS)

Overleaf are a list of our donors:-

BAPTIST CHURCH SW	1 ST FOR WOMEN	ELIZABETH TRACE & LADIES
BRINK STOKES	APPLETISER	ERINVALLE HOTEL & SPA
COMPLETE OFFICE	AXIOM	LIONS
CORONATION ASSET MGMT	CRISTA STEYN	TRUWORTHS
GAWIE DE VILLIERS	CSV CONSTRUCTION STAFF	WOOLWORTHS
GIRLS 4 GIRLS	ECHO	ECO MONDEOR SCHOOL
INVESTEC	JANET GIANI	HELDERBERG VILLAGE
KIM PAPA	LE CREUSET	ACKERMANS
LEWIS GROUP	NG KERK GB	ELITE FASHIONS
MRS D DE VILLIERS	PHIL WEST MOTORS	JET
NEW GENERATION CHURCH	ROTARY ANNS SUNRISE	PAREL VALLEI NURSERY
PROTEA HOTELS	SMART STONE	ERC (MEL FEARN)
WICTRA	SYMANTEC	MRS LEO & FRIENDS
FUCHS	JESUS IS LORD	DR COLLEY
HELDERBERG ROTARY ANNS	MIGNON	BUCO
HELLUVA	BLESS YOU	ANGEL SHOES
MORGAN & SUERIA	MONIQUE DAMSEAUX	REDDAM HOUSE
GRANDSLOTS	NUSSBAUM FOUNDATION	SUNRISE ROTARY CLUB
JADE VELVET	BREE	JOHN HARWOOD
JEWISH WOMEN	PETER STASSEN	ERINVALLE GOLF CLUB
JORDAN CLOTHES	HELDERBERG MANOR	HELDERBERG HOSPITAL
DISTRICT MAIL	BENBEL	JULIE KYDD
SA CAKE DECORATING GUILD	SECURITE	IWC
PRAG SHOES	DR BIGALKE	RADIO HELDERBERG
WOLF-COOTES AUDITORS	JADE & VELVET	JORDAN WINES
PICK N PAY	LIVING GREEN	GENERAL PUBLIC (BAGS OF CLOTHING)
WILLOWBROOK LODGE	PAREL VALLEI NURSERY	PROCHORUS
COOLCO WATER	GILL RITCHIE	BUCO
FEVERTREE FENCING	JANET GIANI	SOMERSET SAND & STONE
DESERT POTS	THE POT & FOUNTAIN FACTORY	JENEV TOWELS
CONNIE FRAUNDORFFER & LADIES	ERINVALLE GOLF CLUB	DANIEL BRUNNER
OF HELDERBERG MANOR	JET STORES	JACOBS TRANSPORT
WHISTLE CARPETS	SMART STONE	AGRO ORGANICS
SOMERSET SIGNS	COMPLETE OFFICE	ANGEL SHOES
AXIOM	CONCEPT STEEL	GENERAL COMMUNITY MISC. DONATIONS
PRAG SHOES	ALL SPARS HELDERBERG	

We are SO grateful to our amazing donors!

May 2019 be one of equal "abundance" as we continue to help survivors of rape and incest. **Those whose shepherd is the Lord can say, "I lack nothing" (Psalm 23:1). This truly is our testimony !**

COLLEEN LOUW
FUNDRAISER
