

1 April 2012 – 31 March 2013

Annual Report



Cape Mental Health

all about ability

Cape Mental Health | Reg. No. 003-264 NPO | PBO Reference 18/11/13/4456

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SECTION A

1. DETAILS OF THE ORGANISATION

1.1 Organisation name: CAPE MENTAL HEALTH

1.2 NPO Registration Number: 003 – 264 NPO

1.3 The twelve-month period this report covers:

April 2012 to 31 March 2013

1.4 Contact persons:

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1.7 The Organisation's Office Bearers

Name	Office bearer title	Address	Telephone	ID Number
Mr Gary Pond	Chairperson	5 Semillion Street Stonehaven Estate Fish Hoek	021 785 4353	611228 5160 088
Ms Hombakazi Zide	Vice-Chairperson	29 Mendelsohn Road Mandalay Cape Town	021 442 3600	590812 0761 084
Mr Alan Crisp	Treasurer	12 b Livingstone Road Claremont Cape Town	021 683 3588	471210 5102 087
Mr Oscar January	Committee Member	31 First Avenue Grassy Park 7941	076 034 5265	750719 5178 089
Ms Gwendoline Daniels	Committee Member	Athlone Training Workshop Cnr Klipfontein & Johnson Roads Athlone	021 638 3143	740106 0096 081
Mr David Lotz	Committee Member	Herold Gie Attorneys 8 Darling Street Cape Town	021 464 4700	400527 5056 088
Mrs Phumla Satyo	Committee Member	Private Bag X9114 Cape Town 8000	021 467 2623	530506 0761 085
Mr Ken Sturgeon	Committee Member	8 Blackheath Road Kenilworth Cape Town	021 650 4222	440511 5076 082
Mrs Shona Sturgeon	Committee Member	8 Blackheath Road Kenilworth Cape Town	021 6504 222	450203 0071 089

1.8 The Organisation's staff as at 31 March 2013

Staff Member	Job Title	Gender	Race
Roshan Abrahams	Rehabilitation Worker	Female	Black
Wiedaad Abrahams	Programme Implementer	Female	Black
Christopher Adonis	Maintenance Assistant	Male	Black
Ester Aloni	Assistant Programme Implementer	Female	Black
Anna-Beth Aylward	Programme Manager	Female	White
Cyril Baadjies	Workshop Manager	Male	Black
Rochelle Bailey	Social Auxiliary Worker	Female	Black
Faisal Bawa	Assistant Training Instructor	Male	Black
Thomas Bezuidenhout	Assistant General Manager	Male	Black
Kirsten Blignaut	Sales Assistant	Male	Black
Norman Blignaut	Maintenance Officer	Male	Black
Emma Blommaert	Training Instructor	Female	White
Grant Bolters	Fundraiser	Male	Black
Bathabile Bomvana	Assistant Programme Implementer	Female	Black
Thozama Boni	Training Instructor	Female	Black
Carol Bosch	Social Work Manager	Female	Black
Wayne Bruton	Finance Manager	Male	White
Aadilah Buhardien	Social Worker	Female	Black
Xoliswa Buqa	Assistant Programme Implementer	Female	Black
Elizabeth Chaplin	Social Worker	Female	White
Bernadine Chilwane	Programme Manager	Female	Black
Claudia Cogill	Rehabilitation Worker	Female	Black
Hazel Cox	Fundraiser	Female	White
Craig Chambers	Training Instructor	Male	Black
Alma Dammert	Assistant Programme Implementer	Female	Black
Gwendoline Daniels	Assistant Training Instructor	Female	Black
Ingrid Daniels	Director	Female	Black
Theresa Daniels	Clerk	Female	Black
Tasneema Davids	Rehabilitation Worker	Female	Black
Faith de Klerk	Training Instructor	Female	Black
Feroza de Leeuw	Care Worker	Female	Black
Beverley Dickman	Psychologist	Female	White
Bertina Dicks	Assistant Programme Implementer	Female	Black
Nomavenge Diko	Assistant Programme Implementer	Female	Black
Ntombentle Dlokovu	Administrative Assistant	Female	Black
Nomawethu Dotwana	Assistant Programme Implementer	Female	Black
Gillian Douglas	Psychologist	Female	White
Malieka Dreyer	Job Coach	Female	Black
Ferial Edwards	Clerk	Female	Black
Sandra Ellis	Fundraising Manager	Female	White
Joyce-Lyn Esterhuizen	Social Worker	Female	Black
Taryn Feinberg	Programme Manager	Female	White
Faldelah Fillander	Social Auxiliary Worker	Female	Black
Yvonne Foster	Social Worker	Female	Black
Suzanne Fouché	Rehabilitation Worker	Female	Black
Pauline Groepes	Training Instructor	Female	Black
Karen Hans	Social Worker	Female	Black
Chantal Hess	Training Instructor	Female	Black

Nomaneli Hlangu	Assistant Programme Implementer	Female	Black
Derick Houston	Fundraiser	Male	Black
Jeanine Hundermark	Psychologist	Female	White
Calvin Isaacs	Workshop Manager	Male	Black
Nashreen Isaacs	Clerk	Female	Black
Cecilia Jackson	Workshop Manager	Female	Black
Amina Jacobs	Social Worker	Female	Black
Faranaaz Jacobs	Social Worker	Female	Black
Joan Jansen	Care Worker	Female	Black
Shakira Jardien	Social Worker	Female	Black
Faith Jones	Assistant Programme Implementer	Female	Black
Russell Jones	Training Instructor	Male	Black
Jeffeynore Jordaan	Social Worker	Female	Black
Ekin Kench	Fundraiser	Female	White
Gadija Koopman	Deputy Director	Female	Black
Nokuthula Krwece	Social Worker	Female	Black
Steven Madyo	Driver	Male	Black
Thami Majodina	Assistant Programme Implementer	Female	Black
Sharon Malander	Social Worker	Female	Black
Nomava Petronella Malaya	Training Instructor	Female	Black
Zukiswa Malgas	Social Worker	Female	Black
Susan Manson	Psychologist	Female	White
Andiswa Mantuse	Rehabilitation Worker	Female	Black
Esterline Martin	Social Work Manager	Female	Black
Nolwando Matebese	Social Auxiliary Worker	Female	Black
Mzendaba Mathokazi	Driver	Female	Black
Katleho Matubatuba	Social Worker	Male	Black
Andile Mayila	Assistant Training Instructor	Male	Black
Pumza Mbanzi	Housekeeper	Female	Black
Stella Mbwana	Administration Manager	Female	Black
Nondibane Mdyidwa	Rehabilitation Worker	Female	Black
Agnes Meintjies	Training/Admissions Officer	Female	Black
Stacey Melmed	Social Worker	Female	White
Nomakwezi Mhlawuli	Assistant Programme Implementer	Female	Black
René Minnies	Programme Manager	Female	Black
Simon Mngomeni	Assistant Trainer	Male	Black
Maleeka Mokallik	Programme Manager	Female	Black
Nazley Morta	Assistant Programme Implementer	Female	Black
Nombongo Mpateni	Assistant Programme Implementer	Female	Black
Denzil Murtz	Training Instructor	Male	Black
Nocawe Mxobo	Rehabilitation Worker	Female	Black
Ntombomzi Mzolisa	Supervisor	Female	Black
Khanyisa Nelly Ngobeni	Assistant Programme Implementer	Female	Black
Sandra Nicolaai	Training Instructor	Female	Black
Mzikayise Ntshangase	Training Instructor	Female	Black
Shayne Ormond	Fundraiser	Female	White
Shamila Ownhouse	Job Coach	Female	Black
George Philander	Sales Officer	Male	Black
Denzil Prins	Driver	Male	Black
Kulthum Roopen	Social Worker	Female	Black
Gwen Rosen	Supervisor	Female	Black
Lucinda Saal	Care Worker	Female	Black

Shavonne Samaai	Assistant Training Instructor	Female	Black
Igshaan Samsodien	Driver	Male	Black
Sharon Santon	Social Worker	Female	Black
Birgit Schweizer	Programme Manager	Female	White
Andreas Selela	Housekeeper/Messenger	Male	Black
Sheila Selfe	Social Work Manager	Female	White
Joyce Sethole	Supervisor	Female	Black
Nokothula Shabalala	Psychologist	Female	Black
Gail Shapiro	Social Auxiliary Worker	Female	Black
Steven Sityo	Social Auxiliary Worker	Male	Black
Elroy Solomon	Social Worker	Male	Black
Kutala Soqaga	Assistant Programme Implementer	Female	Black
Mtobeli Soqaga	Driver	Male	Black
Teri-Sue Smith	Receptionist	Female	Black
Santie Terreblanche	Programme Manager	Female	White
Thokazi Tyutu	Assistant Programme Implementer	Female	Black
Albert Vallay	Transport Officer	Male	Black
Malene Valoo	Clerk	Female	Black
Brigitte van der Berg	Secretary	Female	Black
Nosicelo Venkile	Social Worker	Female	Black
Jennifer Walters	Clerk	Female	White
Janine Williams	Training Instructor	Female	Black
Nadine Williams	Social Worker	Female	Black
Chesna Zietsman	Social Auxiliary Worker	Female	Black

1.9 Goals of the Organisation:

Cape Mental Health provides a comprehensive, holistic, pro-active and enabling mental health service to all in the Western Cape.

Our goals are to:

- improve the **quality of life of people** with intellectual disability (mental handicap) or psychiatric disability (mental illness) and that of their families
- create an **enabling environment** for service-users that offers options, not solutions
- recognise change and **learning potential** in everyone
- adopt a caring, **humanitarian and moral approach** to our work, our staff and our service-users
- initiate and **develop appropriate services** and facilities for people with mental disability in consultation with them and the community
- reduce the incidence of intellectual disability and psychiatric disability in the community by the **dissemination of information**
- provide information and **raise awareness** about intellectual disability, mental illness and the promotion of mental health in the broader community
- engage greater **service-user (consumer) involvement** in service delivery
- embark on a more vigorous, visible and inclusive **advocacy programme** - mobilising the community, service-users, staff, and other organisations
- foster **collaborative relationships** with internal, external and collegial partners for service-delivery and research

2. The Organisation's major achievements over the past year

CHAIRPERSON'S REPORT

One hundred years ago, on 24 June 1913, on a cold winter's day, a group of concerned Capetonians met in a 'drawing room' in Cape Town called by the Child Life Protection Society to discuss vagrancy, prostitution and the abuse of young women with 'mental handicap'. These were women often preyed upon and exploited due to their innocence and vulnerability.

This proved to be a defining moment for the mental health movement and mental health advocacy in South Africa, when men and women took a stand against the violation of those most defenceless.

Under the chairmanship of Sir John Graham, fifteen members were elected to the newly formed **SA Society for the Care of the Feeble-minded**. Their primary focus was to lobby for mental health legislation and motivate for more hospitals to be available so that mentally ill people would not be incarcerated with criminals.

The vision and passion of these individuals set the tone for the next few decades of ground-breaking innovation and development in mental health services in South Africa. Robert F Kennedy said: *"Few people will have the greatness to bend history itself; but each of us can work to change a small portion of events, and in the total of all these acts will be written the history of this generation."* Little did they know that their stand would change the tide and mental health landscape over the next many years.

Over the next ten decades, having undergone a name change from the SA Society for the Care of the Feeble-minded to the **Cape Province Society for Mental Hygiene** (December 1918) followed by **Cape Mental Health Society** and today known as **Cape Mental Health**, we have seen the steady growth of an organisation that led the way as a founding member in the establishment of the South African Federation for Mental Health and the World Federation for Mental Health.

The influence and tenacity of the mental health pioneers created the foundation for the rapid development of services over the next few years. The organisation never shied away from the controversy which political and human rights lobbying brought, knowing full well that the goal of all advocacy was to ensure access to services for children and adults with mental disability. Since 1913 the organisation has remain vocal on several human rights matters which affected the human rights of services users in South Africa. We know with clarity that the barriers to access and integration are created by society – if these are removed we see ability and opportunity.

We have journeyed through this gripping era in the history of the mental health movement troubled by injustice, but also achieving triumphs in mental health rights and rapid development of services – a journey from incarceration to integration and access to community based care (even though insufficient and grossly inadequate), a journey which continues to seek solutions to ensure that mental health receives the attention it deserves in the socio-political realm.

Today we celebrate the achievement of the past decades in an economic climate where many NGOs have struggled to survive and, sadly, many doors have closed to the most vulnerable citizens of our nation. A recent survey of more than 600 organisations, conducted by GreaterGood SA, showed that 80% of those surveyed had lost significant funding in the past year, 20% had enough funding to support them for only another month, and 17% had no operating cash at all. Whether or not South Africa is in a recession – the non-profit sector certainly appears to be!

Here we are / ...

Here we are 100 years later, having evolved over the many years into an award-winning organisation recognised for its commitment to restoring hope, saving lives and removing the barriers that prevent the most vulnerable members of our community from benefiting from effective and accessible mental health care services.

As a leading mental health organisation in South Africa and Africa, the organisation receives much praise and acknowledgement for its innovative and pioneering services in the field of mental disability. I wish to quote from letter from Tracey Henry, CEO: Tshikululu Social Investments, dated 19 February 2013:

“Through the conversations that I’ve had since receiving news of your centenary celebrations, I have been struck, but not surprised, by the respect and pride that our staff feels for your work. your professionalism and innovative work have established you in our minds as a best-practice operation and the benchmark for disability and mental health organisations in South Africa...”

“It is clear that dignity and respect for the experience of people with disabilities are fundamental to your approach. Through your emphasis on inclusion and empathy for varieties of human experience, you embody the motto of the international disability rights movement: ‘nothing about us without us’. It is heart-warming that an organisation of your calibre has achieved the longevity we celebrate this year.”

Today we want to celebrate the achievements of thousands of SA citizens who face the pain of discrimination and stigma on a daily basis simply because they have a mental disability.

During this time of celebration we are sadly reminded that mental illnesses and neurological disorders account for the third highest burden of disease, while according to the World Health Organisation depression will be the number one global burden of disease by 2030 surpassing heart disease and cancer. The WHO (2012:3) states that: “Mental disorders affect, and are affected by, other chronic diseases such as cancer, cardiovascular disease and HIV/AIDS. For example, there is evidence that depression predisposes people to developing myocardial infarction and diabetes and, conversely, myocardial infarction and diabetes increases the likelihood of depression. There is also substantial co-occurrence of mental disorders and substance use disorders. Taken together, mental, neurological and substance use disorders exact a high toll on health outcomes, accounting for 13% of the total global burden of disease.

The Lancet series states that: “up to nine out of ten people with a mental problem do not receive even basic care in some countries.” Patel, et al (2011: 1). The authors highlight that: “this gap was not due to insufficient evidence about the effect of mental health problems or their effective treatments, but due to a range of barriers operating at all levels of the health system. This problem is particularly evident in LMIC’s where the gaps are the largest.” (ibid)

The situation in South Africa is compounded by abject poverty and the serious lack of mental health resources. Crick Lund et al (2011:7) states that: “There is growing international evidence that mental ill health and poverty interact in a negative cycle. This cycle increases the risk of mental illness among people who live in poverty and increases the likelihood that those living with mental illness will drift into poverty.”

Despite the glaring mental health crisis the national health budget allocation for the provision of mental health services remains significantly disproportionate to the allocation for general health. Even though mental health is regarded as the third highest burden of disease in South Africa, it remains the most neglected health speciality and competes with medical conditions such as: HIV/AIDS, tuberculosis, etc., for a fair percentage of the health budget, resources and personnel. The political will to finalise and formally adopt the mental health policy has sadly remained deficient and lacking.

The situation / ...

The situation in South Africa is compounded by abject poverty and the serious lack of mental health resources. Crick Lund et al (2011:7) states that: "There is growing international evidence that mental ill health and poverty interact in a negative cycle. This cycle increases the risk of mental illness among people who live in poverty and increases the likelihood that those living with mental illness will drift into poverty."

Beyond 100 years we are committed to challenging the barriers which still operate in our country. We will continue to oppose socially restrictive and discriminatory practices that affect people living with mental illness or intellectual disability so that they may function fully within their communities.

One of the greatest celebration gifts that can be given to us as a leading mental health society is the resources to expand this best practice mental health service footprint in the outlying communities of the Western Cape where services are sparse or absent. It is in our partnerships that we can make a significant difference.

Looking back over the past year we have reached 16 328 individuals and their families through our 22 holistic community based, family focused intervention programmes which were supported by a strong mental health workforce of 430 staff, volunteers and Board members.

The total number of hours of voluntary service amounted to 26 278.

53.5% of our service users are male and 46.5% female. 0.8% of our service users are Asian, 10.5% are White, 35.1% are African and 53.6% are Coloured.

52.7% of our service users are persons with intellectual disability, 5.8% are persons with emotional adjustment problems and 41.5% are persons with psychiatric disability.

2.5% are older persons (65 years and older), 56.9% are adults (aged 31-65), 24.2% are youth (aged 19-30) and 16.4% are children 18 years and younger.

The past year has seen the following:

- The adoption and amendment of our Constitution to ensure good governance
- The change in our name from Cape Mental Health Society to Cape Mental Health
- Achieving the goals of the 5-Year Strategic Plan
- Winning of several national awards
- The implementation of our Learnership programme
- Being awarded the ASA German Exchange Programme opportunity to explore post-school tertiary education for learners with intellectual disability
- Our engagement in ground-breaking research funded by the Open Society Initiative pertaining to access to justice for women with intellectual and psycho-social disabilities in the Western Cape, Kwa-Zulu Natal and Gauteng provinces.

In conclusion/...

In conclusion, I wish to extend my thanks and appreciation to the Board members of Cape Mental Health for their unfailing commitment and support during my term of office. Thank you for inspiring me with your enthusiasm and commitment to Good Governance and Service Excellence. Your generosity in sharing your expertise, time and knowledge has greatly contributed to strengthening our organisation. Believing in the vision restores hope and a better future for others.

To the staff of Cape Mental Health, I applaud you for your passion and unwavering commitment to ensuring that we will bring about a wave of change never seen before in the movement – a movement which serves as an effective resource and force to empower people to attain optimal mental health care and quality of life in a just society where governments across the world should be held accountable to ensure mental health strategically remains a national priority.

To funders and partners – thank you for sharing in our vision and giving us the assistance in kind or through cash donations/grants. Your amazing support endorses our innovative and pioneering work which strengthens the resilience of people with mental disability. Through your corporate citizenship we are able to invest in lives and the journey of healing and recovery.

I would like to end with some profound thoughts left with me from Rosalyn Carter’s book ‘Within our Reach’ in which she said: *“stigma holds back progress but solutions are within our reach”*. Let us, in the next decades find solutions as we challenge discrimination, stigma, and lack of access to services and appropriate care. May the next decades be a celebration of mental health service expansion to those with no access to mental health care in South Africa.

Mahatma Gandhi said: *“The future depends on what we do today.”* In the spirit of those early mental health pioneers, let’s continue to carry the torch.

Cape Mental Health: a Century of care – *from disability to ability.*

Gary Pond
CHAIRPERSON

A comprehensive review of the objectives and achievements of the past year follows for each of the organisation’s programmes:

SOCIAL DEVELOPMENT SERVICES

The Social Development Services Department practises an integrated service delivery approach in its work in the six regions in Cape Town, as demarcated by the Department of Social Development of the Provincial Administration of the Western Cape. The services rendered include awareness raising activities, early intervention services, statutory work and a range of reintegration programmes to people with mental disabilities and their families.

Objectives planned/...

Objectives for the year under review

- To provide community education activities to raise awareness about Intellectual Disability, Psychiatric Disability and Mental Health in the communities in the Western Cape.
- To provide an Early Intervention Programme of short-term counselling to people experiencing emotional adjustment problems, including people who are survivors of trauma.
- To provide statutory social work services as determined by the Mental Health Care Act (No17 of 2002) to individuals with a mental disability who are victims of sexual assault. The services include assistance with access to justice, court preparation and ongoing support and counselling.
- To provide statutory social work services as determined by the Mental Health Care Act (No17 of 2002) to individuals and families with the admission of people with a psychiatric disability to a health care facility if they require care, treatment or rehabilitation.
- To provide statutory social work services as determined by the Mental Health Care Act (No17 of 2002) to individuals with a mental disability who come into conflict with the law.
- To provide reintegration services to individuals and their families through assessment and counselling services, as well as by providing support groups and sustainable livelihood programmes.

Achievements for the year under review

- Community awareness activities in recognition of national and international Mental Health and Mental Disability awareness raising days and months were undertaken in various communities and took the form of talks and exhibitions at local community health centres and community facilities like libraries, police stations, colleges and churches. A total of 47 awareness raising events were held reaching 1 612 people in the Western Cape.
- One hundred and forty-five (145) people participated in groups facilitated by the Social Work Services Department in 2012/2013. Twelve groups consisted of Carer Support, Client Support, Sexuality, Life Skills and Substance Abuse groups.
- Six hundred and four (604) people accessed Early Intervention Programmes, which included short-term counselling for emotional adjustment difficulties, as well as mental health promotion with pregnant women and vulnerable youth.
- Ten (10) schools participated in the campaign to raise awareness about mental health. The campaign theme was "Be Kind to your Mind" and 2 110 learners participated in the campaign.
- One hundred and fifteen (115) individuals with an intellectual disability who are victims of sexual assault and their families were assisted with counselling, support and court preparation in their quest to seek access to justice.
- Twenty-five (25) individuals with a psychiatric disability were assisted with admission to a health care facility when they required care, treatment or rehabilitation. This included counselling and support to clients and their families, particularly when clients were considered to be a danger to themselves and others as a result of their mental condition. Often the admission procedure involved liaison with the police and mental health care practitioners in health care facilities.
- Five (5) clients with a mental disability who were in conflict with the law benefited from services rendered. These ensured that mentally ill offenders are appropriately managed in the justice correctional services departments.
- The Sustainable Development Programmes which included Beading and Food Gardening provided services to 74 people with mental disabilities.
- Ninety-seven (97) service users were assisted with managing their social security grant to ensure that the grant is used for their benefit. They are also assisted with budgeting and capacity building to manage their own finances.

Beneficiaries/...

Beneficiaries of the programme

Two thousand seven hundred and four (2 704) service users with an intellectual disability or mental illness and their families benefited from the capacity building provided through this programme in order to cope better with the stresses of daily life, develop skills to promote self-reliance and be empowered to function more independently in the community.

SEXUAL ABUSE VICTIM EMPOWERMENT (SAVE)

The Sexual Abuse Victim Empowerment (SAVE) programme is a psycho-legal programme for complainants with intellectual disability in cases of sexual abuse and provides the following services:

- Psychological assessments to assess the victims' level of functioning, competence to be a credible witness and ability to consent to sexual intercourse.
- Court preparation, ongoing support, counselling and sex education for complainants with intellectual disability and their families.
- Training of and networking with prosecutors, the police and other role players to facilitate access to justice for victims with an intellectual disability who have been sexually abused.

Objectives for the year under review

- A team of 5 part-time psychologists to assess 100 people with intellectual disability, who are complainants in sexual abuse cases, for their ability to testify during court proceedings.
- Psychologists in the programme to provide expert testimony on behalf of the victims during court proceedings.
- Social workers in the programme to provide court preparation, ongoing support and sex education to complainants and their families.
- The extension of the existing social work services database at the organisation to include a more comprehensive database of SAVE service-users including the test results of the assessments.

Achievements for the year under review

- Services were rendered to 215 people with intellectual disability in different stages of the SAVE process.
- 115 psycho-legal assessments were completed. This is a 16% increase on the previous year.
- 57 subpoenas were received for expert witness by the psychologists
- Of the 115 assessments completed in the period under review:
 - 187 are female and 28 are male. This is an 11% increase in males from the previous year.
 - 48% of the complainants were under the age of 18 years.
 - 29 % of the complainants live in rural communities of the Western Cape.
- Two requests were received for a Victim's Impact Report where the court wanted to assess the impact of the rape before sentencing the perpetrator.
- Social workers achieved success with the Sexuality Life Skills Groups for people with intellectual disabilities. Participants in the groups gain knowledge about their own sexuality and become more assertive about expressing themselves when they are not happy about sexual advances being made to them. This provides additional protection for people with intellectual disabilities.

Training was/...

- Training was provided to prosecutors dealing with sexual abuse cases in the Western Cape. The benefit of training personnel in the justice system has a direct benefit on victims of sexual abuse who have an intellectual disability.

Beneficiaries of the programme

During the past year 215 complainants in sexual abuse cases were assisted with gaining access to justice and ongoing support. Complainants were assisted with assessments, court preparation and support from social workers for themselves and their families. Training was also provided to personnel in the justice system to provide people with intellectual disability with a better service when they are sexually assaulted or raped.

CORPORATE SOCIAL WORK

Mental Health Problems in the workplace are the result of a complex interplay between biological, psychological, social and environmental factors. There is increasing evidence that both the content and context of work can play a role in the development of mental health problems in the workplace.

In response to this, the organisation provides Employee Assistance Programmes on contract to corporates, para-statal and other non-profit organisations. Income generated from this programme assists in subsidising the services provided to indigent communities.

Companies find that an advantage of using Cape Mental Health for the provision of these services is our ability to provide the services in English, Afrikaans and Xhosa. The size of the organisation and staff complement make it possible for us to provide backup when social workers are not available. We are also willing to provide on-site counselling at the company's premises. Our aim is to join with business and industry in counselling employees around issues that negatively impact on their lives and the workplace.

Objectives for the year under review

- To provide on-site employee assistance programmes to promote the mental health of all employees of a particular company.
- To cross-subsidise Cape Mental Health's other programmes with revenue obtained from corporate contracts.
- To market the Corporate Social Work programme to increase the revenue base.

Achievements for the year under review

- During the period under review 343 clients were counselled.
- Marketing activities for the year under review included presentations to companies as well as on-site advertising at existing companies.

Beneficiaries of the programme

Three hundred and forty-three (343) clients benefited from on-site counselling.

Special Education/...

SPECIAL EDUCATION AND CARE CENTRES (SECC)

Three special education and care centres aim to provide an integrated and comprehensive special education and day care programme for 180 children with severe and profound intellectual disabilities. The centres situated in Heideveld, Khayelitsha and Mitchells Plain provide the children with Individual Support and Development as well as Group Programmes to realise their optimal functioning. Programmes are also provided for parents to ensure continuity of the education and care in the home environment.

Objectives for the year under review

- To undertake ongoing assessment and offer a planned developmental day programme for 180 children during school terms.
- To transport 180 children to and from their homes and the respective centres.
- To provide a meal and a snack to each child on school days.
- To offer training to all staff members.
- To provide support and capacity building to parents.
- To assist parent groups with fundraising events in each of the respective communities.
- To increase the involvement of parents in the coordination of the centres.
- To provide placement for volunteers.
- To present awareness raising campaigns to promote the rights of individuals with severe and profound intellectual disabilities.
- To appoint an Occupational Therapist at each centre to ensure that the developmental and stimulation programmes are aligned with the curriculum set by the Department of Education

Achievements for the year under review

- During the year under review 180 children were assessed and an Individual Development Plan was developed for each child. The activities in the programme focus on teaching fine and gross motor skills, communication and social skills as well as cognitive and self-help skills.
- All the children at the centres were transported to and from the centres daily. This, however, remains a challenge given the high cost of fuel and maintenance of vehicles as well as the shortage of qualified and licensed drivers.
- All the centres provided a meal or snack daily for the children. Most of the children attending the centres come from very poor families and the nutritious meal provided forms an important part of their day. At the same time the provision of a snack or a meal is used to teach a range of self-help skills. The Department of Education, as part of their school feeding scheme, provided food supplies to the centres.
- Five staff members successfully completed the Distance Learning Course in Intellectual Disability studies. The course is presented by the Learning for Life Programme of the organisation. Staff also attended training on the Management of Individuals with Cerebral Palsy, Sexual Development of People with Disabilities and Managing Behavioural and Emotional Problems of people with Intellectual Disabilities
- Parent meetings were held once a quarter where parents were informed about the activities at the centres, the daily programme the children were involved in and how parents should continue with activities at home in order to complement the programme.
- The Erika Special Education and Care Centre in Mitchells Plain was identified as a best practice model for Programme Implementation by the Department of Education.

International/...

- International and local volunteers were placed at the centres. Volunteer placements provide additional capacity at the centres and the exchange of ideas and knowledge is encouraged.

Beneficiaries of the programme

One hundred and eighty (180 children) with severe and profound intellectual disabilities and their families from Cape Town's poorer communities benefited from the Special Education and Care Programme.

TRAINING WORKSHOPS UNLIMITED (TWU)

Training Workshops Unlimited, our job and skills development project for adults with an intellectual disability in the ranges between severe and borderline, continued to provide a structured training and career path at our four workshop training centres in Athlone, Khayelitsha, Mitchells Plain and Retreat. These training programmes are specifically developed to accommodate trainees with different levels of functionality and literacy. All the programmes are structured to facilitate active participation and development towards optimal levels of independence. The programmes range from respite care and stimulation to open labour market preparedness, employment and support.

Objectives for the year under review

- To provide appropriate skills development programmes in stimulation and care, life skills, work and career skills, learnerships and open labour market preparedness to adults with intellectual disability registered at TWU.
- To provide advocacy training and opportunities for trainees to participate in decision making on the management and running of the workshops in the form of trainee committees at all four training premises as well as a TWU Trainee Council.
- Support for the chairperson of the TWU Council to represent Intellectual Disability on the CMH Board and at a national level on the Board of the South African Federation for Mental Health.

Achievements for the year under review

- Eleven (11) very low-functioning trainees in need of high levels of care such as feeding, toileting and assistance with mobility attended the Eagles programme at the Mitchell's Plain Workshop. This also provided respite for the carers and parents of the trainees and contributed to their mental health and well-being.
- One hundred and sixty-six (166) low-functioning trainees participated at four different centres in a stimulating Basic Life Skills Programme including self-care, basic work skills and leisure time activities. The programme included sports days, arts and crafts and music groups.
- Two hundred and ninety (290) higher-functioning trainees participated in the Work Skills programmes at four different centres and included life skills training, work skills training, production training, undertaking contract work, enclave employment training and manufacturing.
- Fifty-six (56) former Siyanceda TWU trainees continued to receive supported employment services and guidance, including Job Coaching and training opportunities. Their employers were supported in the employment of persons with intellectual disability.
- Eighty-two (82) trainees participated in a Health and Welfare SETA (HWSETA) funded Learnership in Hygiene and Cleaning or Business Administration and 79 successfully completed the course.
- Eight (8) trainees worked as part of our Siyakwazi Integration Company on garden maintenance and cleaning contracts. This enabled them to earn market-related wages for the hours worked.

A parent/...

- A parent committee functions at each of the four training centres and quarterly parent training meetings were held. Communication with parents is done through message books, newsletters, training events, meetings, open days, fundraising events, individual parent counselling sessions and telephone calls.
- The Service User Participation initiative continues to grow with Trainee Committees functional at all four centres. A staff member supported the trainee committee at each centre. The committees met monthly and provided the trainees with the opportunity to give input and evaluate the service provision at TWU.
- The TWU Trainee Council, consisting of all the Chairpersons of the different Trainee Committees and the Community Group, continued to meet quarterly with the TWU General Manager. The Chairperson of the Council represented people with an intellectual disability on the Board of Cape Mental Health, the South African Mental Health Advocacy Movement (SAMHAM), and on the Board and Executive Committee of the South African Federation for Mental Health.

Beneficiaries of the programme

- Six hundred and thirteen (613) adults with intellectual disability benefited from the training and career path programmes at TWU through improved levels of independence and ability to cope within their communities.
- Seventy-nine (79) trainees at TWU acquired an accredited qualification for the first time.
- The parents/caregivers of 613 adults with intellectual disability benefited by having a safe haven for their dependents, accessing respite care and allowing them to work and earn an income to improve the quality of life of the family.
- The communities surrounding our training centres benefited from 613 adults with intellectual disability who have been enabled to function as equal citizens within their communities and participate in community resources and activities.
- Small businesses and corporates benefited from the contract work done by the trainees in the work skills programmes.
- Open Labour Market employers benefited from employing persons with intellectual disability.
- Persons with intellectual disability were represented on the Board of Cape Mental Health and the South African Federation for Mental Health and could speak for themselves.

FOUNTAIN HOUSE

Fountain House (SA) is a community-based rehabilitation centre that provides vocational training and skills development to people with psychiatric disabilities. The aim of the programme is to facilitate and enable members to become reintegrated into society and the work place. The programme offers opportunities for meaningful engagement, and empowerment of service-users by encouraging active decision-making, partnered with capacity building that develops self-confidence.

Objectives for the year under review

- To plan and implement a work-ordered day programme where members receive training in a variety of skills through their participation in the activities of the four work units at the centre, viz. administration, catering, a papermaking workshop, and the employment/communications unit.

To increase/...

- To increase the exposure of service-users to the open labour market by supporting them to gain access to employment and/or income generating opportunities such as the Transitional Employment Programme (TEP), Supported Employment opportunities, Work Placements and Learnerships.
- To plan and implement psycho-education and training activities to assist members to gain greater insight into their mental illness.
- To present poverty alleviation initiatives that include providing balanced, nutritional meals at a low cost and opportunities to buy clothing at a reduced rate.
- To provide a social and recreational programme to members of Fountain House, who otherwise do not have access to leisure activities. This is done through monthly social events, birthday parties, weekly art classes, nature walks and an annual holiday.

Achievements for the year under review

- Three hundred and seventeen (317) members accessed the programme during the period under review. This is a 29% increase on the previous year. One hundred and twenty-five (125) new referrals were received of which 72 enrolled in the programme.
- During the past year only 12 members relapsed and 6 were admitted to a psychiatric hospital.
- Nine (9) monthly member meetings were held where members gave feedback on the programme and were informed about current events in the programme.
- Seven (7) educational talks were presented; the topics covered included: Health and Wellness, Psychiatric Disability and HIV/AIDS.
- Monthly life skills groups were presented with topics such as: Health and Hygiene, Negative Attitudes, Abuse, Bereavement and Grief, Managing Psychiatric Medication, and Human Rights.
- A structured afternoon programme was introduced and included computer classes, beading, drumming and drama classes. These were well attended by members.
- Social events were held during the year and included monthly birthday celebrations, the Fountain House 26th birthday celebration, beach outings, celebrations on themed days (St Valentine's Day, Mothers' Day, Fathers' Day and Women's Day), and an end-of-year party. Members also attended an annual holiday at a local camp site in March 2013.
- Two (2) newsletters were compiled and distributed during the review period; the members of the editorial team visited two media printing houses to learn about the production and distribution of printed material.

Beneficiaries of the programme

During the review period 317 people with mental illness benefited from the social and vocational rehabilitation programme at Fountain House.

RAINBOW FOUNDATION

The Rainbow Foundation provides community-based psychosocial support to reduce relapse and re-hospitalisation of people with a diagnosed psychiatric illness. The programme consists of 24 community-based groups that aim to equip service users in the community through skills training, psycho-education, modest income-generating projects, development of support networks and monitoring of mental health state. Groups meet in community facilities such as civic centres, library halls, clinics and cultural centres.

Objectives/...

Objectives for the year under review

- To facilitate 24 psychosocial rehabilitation groups in the Cape Metro area for persons with psychiatric disability.
- To present weekly programme activities that provide for increased opportunities in the life areas of living, learning, socialising and working.
- To facilitate monthly group meetings with group leaders.
- To provide individual support and capacity building programmes and opportunities for the service-users.
- To provide social support and opportunities for social recreation.
- To provide family support through the presentation of Family Workshops.
- To maintain regular networking and liaison with role-players within the mental health field and the disability sector.

Achievements for the year under review

- Twenty four (24) weekly psychosocial groups with 297 members attending were presented in the year under review.
- One hundred and twenty six (126) new referrals were received as a result of media exposure, outreach and awareness activities.
- Liaison with officials in the community-based services structures of the Department of Health is largely responsible for the number of referrals to the programme.
- Eleven (11) monthly group supervision sessions were facilitated with group leaders where training and support activities focused on teambuilding, creativity, income generating activities and problem solving.
- Staff and group leaders compiled and distributed a newsletter to service users in the Rainbow Foundation as well as to NPOs in the field of mental health.
- Social events were held during the year and included monthly birthday celebrations, outings to community facilities like libraries, celebrations on themed days (St Valentine's Day, Mothers' Day, Fathers' Day and Women's Day), and an end-of-year party. Members also attended an annual holiday at a local camp site in March 2013.

Beneficiaries of the programme

297 adults with a psychiatric disability in communities across Cape Town and some of their families benefited from the programme.

LEARNING FOR LIFE

The Learning for Life (LFL) programme has established itself as a leading training service provider in the disability sector, providing a variety of customised seminars, courses, workshops and study materials in the field of Intellectual and Psychiatric Disabilities. The programme aims to improve the quality of life of people with mental disabilities and that of their families, and to create an enabling environment that encourages service-users to develop coping skills and self-reliance.

Objectives/...

Objectives for the year under review

- To facilitate the improvement of knowledge, understanding and skills of people working in the mental disability sector through customised short courses and training workshops.
- To equip the 8 students of the Distance Learning Course with the knowledge and skills required to work with clients with intellectual disability.
- To conduct quality assurance assessments at all four of the TWU training programmes for trainees with intellectual disability, develop existing training programmes and design new programmes, and co-ordinate the TWU staff training and development programme in response to the Quality Assurance outcomes.
- To extend the network of organisations in the disability sector who access the Learning for Life programme for training their staff members through effective development of and marketing to the members on the Learning for Life client database.
- To coordinate Cape Mental Health's tertiary student placement programme and provide student supervision where required.

Achievements for the year under review

- Two hundred and thirty two delegates participated in the short courses offered in the Learning for Life programme. Evaluations and feedback received were positive, with delegates indicating that they required further training and input from the programme. At least three scheduled training sessions had to be cancelled as the organisations that had requested the training were unable to secure funding for the training. The compromise on much-needed training for staff is a direct casualty of the funding crisis in the NGO sector.
- The training programme quality assurance process at TWU has been further developed and implemented during this past year. Relevant training workshops on identified areas of need have been provided to further equip and empower the staff implementing these programmes daily.
- Seven (7) learners successfully completed the 2012 Distance Learning Course and were awarded their certificates of completion. Eleven learners registered for the 2013 Distance Learning Course in January 2013. All of these learners are employed in the Intellectual Disability sector.
- Fourteen Occupational Therapy (OT) students from the University of Cape Town (UCT) and 32 Medical Students from the University of Stellenbosch have been successfully placed and supervised by Learning for Life at all four TWU workshops. They have all been able to gain invaluable experience and knowledge regarding how to work effectively with adults with intellectual disability within a protective workshop environment.
- The Learning for Life Coordinator was accepted to participate in a three month exchange programme with the ASA Programme in Germany. The programme is scheduled to commence in the first quarter of the 2013/2014 financial year. The focus of the exchange programme will be the development of a post-school qualification for persons with intellectual disability.

Beneficiaries of the Programme

There were 285 direct beneficiaries from the Learning for Life programme. The beneficiaries are participants in the Learning for Life training courses and supervision sessions, and are from various urban and rural areas in the Western Cape. They are all either currently employed in the Intellectual Disability Sector or studying to be medical and health professionals. There are also indirect beneficiaries of the programme who are the service users (children and adults) of the services provided by people who participated in the Learning for Life training programmes. Colleagues and managers of the people who received training benefited from their improved knowledge, skills, personal development and confidence.

MINDMATTERS SOUTH AFRICA

MindMatters is a Comprehensive School-Based Mental Health Promotion Project aimed at addressing the psychosocial needs of high school learners. The MindMatters programme is presented at Ocean View and Zeekoevlei Secondary Schools. The Ocean View and Zeekoevlei communities are both poverty-stricken and are situated in the southern part of Cape Town.

The MindMatters programme aims to address issues of poverty, sexual abuse, child abuse and neglect, racism, alcohol and drug abuse, teenage pregnancy, suicide ideation and violence. The aim of the programme is to equip learners with the necessary life skills to be able to gain confidence to rise above their circumstances.

Objectives for the year under review

- To implement the MindMatters Programme at Ocean View and Zeekoevlei Senior Secondary Schools.
- To create an environment conducive to promoting psychosocial competence and well-being and to implement professional psychosocial intervention for all learners at the schools.
- To influence the school ethos and environment to positively impact on policies, procedures, practices, structures, values and attitudes in the school community.
- To establish significant partnerships and services which will link the school to resources that will best support the learners and their families.
- To provide individual and counselling services for learners and their families who require support and assistance.
- To conduct Parenting Skills Training for the parents of learners at Zeekoevlei Secondary School.
- To introduce a School Newsletter produced by the learners at both the schools.

Achievements for the year under review

- One thousand and twenty-one (1 021) learners participated in the MindMatters classroom activities at Ocean View Secondary School.
- Six hundred and twenty three (623) learners at Zeekoevlei participated in the MindMatters classroom activities. This is an increase of 23 learners participating in the programme.
- Thirty-seven (37) learners at Zeekoevlei and 39 learners at Ocean View and their families received general counselling services from the social worker.
- A workshop was held for 12 educators at Zeekoevlei on Anxiety and Depressions in Teenagers.
- A support group for 8 learners from Ocean View who were victims of bullying at the school was organised.
- A school newsletter was produced at each school, highlighting the academic and sporting achievements of the learners.
- The social worker presented the Mind Matters programme as an effective psychosocial intervention model for youth at risk at the South African Federation for Mental Health Conference on Youth and Mental Health in August 2012.

Beneficiaries of the Programme

The beneficiaries of the programme are the learners and educators at the schools as well as the parents of the communities. During the period under review 58 educators, 152 parents and 1 644 learners were direct beneficiaries of the MindMatters Programme.

Public Education/...

PUBLIC EDUCATION AND AWARENESS

Our Public Education Programme provides information and promotes public awareness about intellectual disability, mental illness and the promotion of mental health in the broader community; it also educates and informs the general public about the services provided by Cape Mental Health Society. The programme further concentrates on improving public opinion and attitudes towards those with mental disability and reducing the stigma associated with mental disability.

The following national awareness-raising campaigns are undertaken annually: Mental Illness Awareness Month (July), Mental Health Awareness Month (October), and Intellectual Disability Awareness Month (March).

Objectives for the year under review

- To eradicate misconceptions of and discrimination against people with mental disability by educating, raising awareness and promoting mental health.
- To develop new materials for awareness raising and sustainability of the public education department.
- To implement focused awareness campaigns during Intellectual Disability Awareness Month in March, Psychiatric Disability Awareness Month in July and Mental Health Awareness Month in October.

Achievements for the year under review

- Twenty-six (26) workshops and seminars were presented in various communities on aspects of Intellectual Disability, Psychiatric Disability, Mental Health, and Cape Mental Health's Services.
- Eighteen (18) radio talks were held, addressing a variety of topics relating to mental disability and mental health on a range of local and regional radio stations.
- Printed articles on various aspects of Intellectual Disability, Psychiatric Disability, Mental Health and Cape Mental Health's Services were published in different newspapers, journals, internet websites and magazines.
- During the annual Cape Town International Kite Festival hosted and organised by Cape Mental Health, the focus of Mental Health Awareness was aired on national television channels.

Beneficiaries of the programme

The beneficiaries of this programme include the general public, community members and organisations, professionals, lay people, students and learners at school.

KIMBER HOUSE

Kimber House is a Supported Accommodation Programme for 11 adults with psychiatric disability with the focus on independent living. The aim of the programme is to provide a safe, secure, comfortable, supportive and affordable home environment.

Objectives for the year under review

- To build capacity by assisting residents to gain the appropriate independent living and general housekeeping skills through participation in menu planning, budgeting, grocery shopping, cooking and cleaning.

To encourage/...

- To encourage shared responsibility in decision-making through participation in house meetings, annual policy reviews and strategic planning and the selection process of new residents.
- To elect a House Representative to represent residents at programme management meetings.
- To promote increased social involvement through organised house events, accessing social and recreational activities in the community, as well as access to the social and recreational programme at Fountain House.
- To provide continuous support and a management plan for each resident and encourage participation in their goal setting.
- To provide educational and training activities to increase the knowledge and skill of members through access to educational activities at Fountain House.

Achievements for the year under review

- Kimber House achieved full occupancy of 11 residents during the review period.
- Residents continue to live independently by doing their own shopping, cooking, cleaning and laundry.
- Monthly house meetings are facilitated to address and educate residents on various issues such as medication compliance, conflict management, personal hygiene and the rights and responsibilities of communal living.
- Residents further participated in decision-making through the monthly house meetings, annual strategic planning sessions and annual policy reviews.
- Staff at Fountain House provided a daily after-hour telephone and emergency support service.
- During the review period 5 residents were independently employed, 2 were self-employed, 2 did voluntary work, and 2 residents were actively involved in the day programme at Fountain House.
- In the past year the residents participated in social activities in the community as well as social events hosted at Kimber House.

Beneficiaries of the programme:

Eleven residents (6 male and 5 female) Kimber House residents had the opportunity to live to the highest degree of independence possible for them.

GARDEN COTTAGE

Garden Cottage is a community-based group home in the Heideveld area for 8 women with intellectual disability whose families are unable to provide for them or who have been sexually and or physically abused within the family setting. The programme at the Cottage seeks to address the individual social, emotional and vocational needs of all the residents by encouraging them to participate actively in the programme, thereby ensuring that they are able to develop and grow at their own pace to their fullest potential.

Objectives for the year under review

- To provide a home environment that meets the physical needs of the residents which includes supervised accommodation, provision of balanced meals, monitoring of health, safety and hygiene, appointments at the community health centre or any other appointment as required by the residents.
- To ensure daily attendance of the vocational programme at Training Workshops Unlimited.
- To offer social and recreational activities which include birthday parties, an annual holiday and other activities in the community.

To promote/...

- To promote attendance of the 4 Self-Advocacy and Group Homes meetings co-ordinated by the Western Cape Forum for Intellectual Disability and to ensure the transference of skills acquired at these meetings to the other residents.
- To offer life skills training in activities such as self-advocacy, self-defence and self-care to enhance skills development and personal growth.
- To facilitate quarterly meetings with residents to assess whether the programme continues to meet the needs of the residents.

Achievements for the year under review

- Residents expressed their satisfaction with services rendered at the Cottage as they feel involved and affirmed by the quarterly meetings they attend. They appreciate the opportunity to provide input into the programme.
- Residents continue to benefit from the vocational programme at Training Workshop Unlimited. Two residents are in the work skills programme whilst the others are in the life skills programme.
- A spate of security infringements at the Cottage during 2012-2013 coincided with a general increase in criminal activities in the community. Additional security measures were implemented. Careworkers and the residents devised a security plan which involved everybody taking responsibility for security.
- Life skills training focused on Self-care and personal security.
- Regular recreational activities Residents had their annual holiday at Zonnekus on the West Coast, and also celebrated their birthdays by having small parties either at home or at a restaurant.
- Residents attended two Western Cape Forum for Intellectual Disability's Self-Advocacy meetings.

Beneficiaries of the programme

The beneficiaries of this programme are 8 women with intellectual disability who have different levels of functioning. The programme encourages the personal development of individual residents in a healthy and safe environment where their physical, emotional and vocational needs are met. Residents are encouraged to play an active part in determining the services rendered to them.

VOLUNTEER MANAGEMENT

Volunteers make a valuable contribution to the sustainability of the organisation. International and local volunteers offer their services and contribute to the sustainability of the organisation. Volunteers also differ in their reasons for volunteering and the organisation receives applications from volunteers who volunteer for altruistic reasons as well as from those who are interested in volunteering to enhance their skills in our area of work. After their application, volunteers are screened and appropriately placed.

Objectives for the year under review

- To recruit, select and orientate volunteers.
- To place volunteers in the organisations projects.
- To coordinate and facilitate training opportunities for local and foreign volunteers.
- To recruit, coordinate and manage the volunteers at the Kite Festival.
- To monitor placements to ensure success.
- To liaise and network with placement and sending organisations.
- To manage the South African chapter of the international volunteer organisations of South African German Network (SAGENET) and Weltwaerts.

Achievements/...

Achievements for the year under review

- The programme received 72 requests for volunteer placements of which 32 were found to be suitable and placed in the organisation's programmes.
- We recruited 261 volunteers for the Kite Festival from local colleges and community groups.
- We hosted a volunteer appreciation function for the volunteers.
- We continued liaison with various volunteer organisations like SAGENET, the Volunteer Centre and Cross Cultural Solutions.
- The year under review saw 23 volunteers come to South Africa from Germany on the Weltwaerts programme. Part of the memorandum of agreement with the hosting organisation included facilitating 2 seminars for volunteers in South Africa as well as attending the preparation seminar for new volunteers in Germany.
- The Volunteer Programme manager was nominated to the position of Vice-Chairperson of SAGENET.

Beneficiaries

Cape Mental Health service users as well as the volunteers benefitted from their placements in the programmes. During the period under review 32 volunteers were placed in various programmes at the organisation. A total of 261 volunteers assisted over the weekend of the Kite Festival.

3. Important meetings held by the organisation for the past year:

3.1 List of meetings held during the past year:

Type of meeting	No. of meetings held during the past year
Annual General Meeting	1
Special General Meeting	None
Management Meeting	11
Board Meeting	4
Executive Meeting	11

3.2 Date of the Annual General Meeting

The Annual General Meeting of Cape Mental Health Society was held on 16 August 2012. This was within the time period stated in the Constitution.

3.3 Special General Meetings

No Special General Meetings were held during the past year.

3.4 Changes to the Constitution

At the Annual General Meeting on 16 August 2012 the following amendments to the Cape Mental Health Society Constitution were proposed and adopted.

1. Page 1: NAME

The name change from Cape Mental Health Society to **Cape Mental Health**.

2. Page 1: AREA OF OPERATION

The area of operation change from magisterial boundaries to the Western Cape Province which is the area in which the organisation operates.

3. Page 1: DEFINITIONS

Insert a list of relevant definitions for ease of reference.

4. Page 3: STATUS

The organisation is registered as both a non-profit organisation in terms of the NPO Act (No 71 of 1997) and as a public benefit organisation as defined in the Income Tax Act (No 58 of 1962). This change is qualified in clause 4.1.

5. Page 7: MEMBERSHIP

Reference to the location of the Head Office was deleted and the clause stated in general rather than specific terms.

6. Pages 8 – 10: BOARD

Point 11.1.1 The nomination of Board members should be forwarded 14 (fourteen) working days and not the current 7 working days before the Annual General Meeting.

Point 11.2.8 The reference to “trustees” was replaced by “Executive Committee” – the Executive Committee is mandated by the Board to oversee operational matters. No appointed trustees exist within the organisation’s structure to fulfil this function.

7. BRANCH COMMITTEES

The promulgation of the NPO Act (no 71 of 1997) gave affiliate organisations the opportunity to register as independent NGOs and as a result the Branch Committees became defunct when they deregistered from Cape Mental Health. All references to Branch Committees have therefore been deleted from the Constitution.

8. Page 10: EXECUTIVE COMMITTEE

Point 12.2.3 We propose that the words “prior specific approval” be inserted to ensure that the Executive Committee has received the mandated authority to purchase, sell, mortgage or encumber immovable property.

9./...

9. Page 11: FORFEITURE OF COMMITTEE MEMBERSHIP

Point 14: We propose that the phrase “without written notice of leave of absence” be inserted following the words “failure of any member to attend three consecutive meetings.

10. Page 11: GENERAL MEETINGS

Point 15: We propose that 14 (fourteen) working days’ written notice be given.

11. Page 12: VOTES

We propose that, in the case of an equality of votes, the chairperson be given a casting vote and not a deliberative and casting vote.

12. Page 13: FINANCE

The first paragraph on **page 10, point 16** was restated to comply with appropriate governance requirements.

The second paragraph on **page 10, point 16** as stated below be deleted, namely:

“The Society is not a profit-making organisation and it shall not declare or otherwise divide profits amongst or for the benefit of its members and shall endeavour to expend at least 75% of nett subsidy income in achieving its objectives within a period of twelve months from the end of the financial year in which the income accrued. The secretary shall be empowered to undertake mandates for the administration of trust funds, making application for pension and grants, receiving and administering such pensions and grants on behalf of persons under the care and supervision of the Society. All monies received in the course of the above functions shall be paid into a separate and distinct account to be known as the CAPE MENTAL HEALTH SOCIETY GRANT TRUST FUND ACCOUNT, which account shall be audited.”

Reference to the section under the Stamp Duty Act of 1968 under **point 16.1** in the current Constitution should be removed since this Act has been rescinded.

13. Page 16 PROPERTY

The clause has been restated to comply with appropriate governance requirements.

All property shall be invested in the name of Cape Mental Health and not the stated trustees, i.e. the Chairperson and Honorary Treasurer.

14. Page 17 Distribution of Assets

Non-profit organisations which are also “public benefit organisations and preferably having similar objectives” upon dissolution were inserted.

15. All previous reference to “Society” was replaced by “Organisation”.

SECTION B

FINANCIAL REPORT

Overview

The Society's financial year covers the period 01 April 2012 to 31 March 2013; MGI Bass Gordon GHF performed the audit and was retained as the Society's auditors. The audited financial statements were approved by the Executive Committee and are attached to this report.

The Society achieved an operational surplus of R23,950 during this financial period versus a deficit of R684,611 in the previous financial year.

Income from operational activities for the year totalled R17,095,360 representing a decrease of 0.55% over the previous financial year. Subsidies of R9,483,821 (55% of total income) were received from the Departments of Health and Social Services; this equates to an increase of R715,523 or 8.16% on the previous year's subsidies.

Donations, fundraising and grants reflected a decrease of 13% over the previous year to R5,262,848 (30.8% of total income). It must be noted that funds raised in the prior years were brought into account for the amount of R1,141,166. Without this adjustment, donations and fundraising effectively increased by R363,480 or 7.42%; this was directly attributable to the Society's own Donor Development Department and their commitment to achieving targets in a very competitive field.

Once again our largest independent grant contributor is the Community Chest of the Western Cape who allocated R693, 396 (4% of total income).

1. The Organisation's income and basic accounting details:

- 1.1 Accounting Officer's Name:** Mr Wayne Bruton
- 1.2 Accounting Officer's Address:** Cape Mental Health
18 Ivy Street
Observatory
Cape Town

1.3 Organisation's accounting practices:

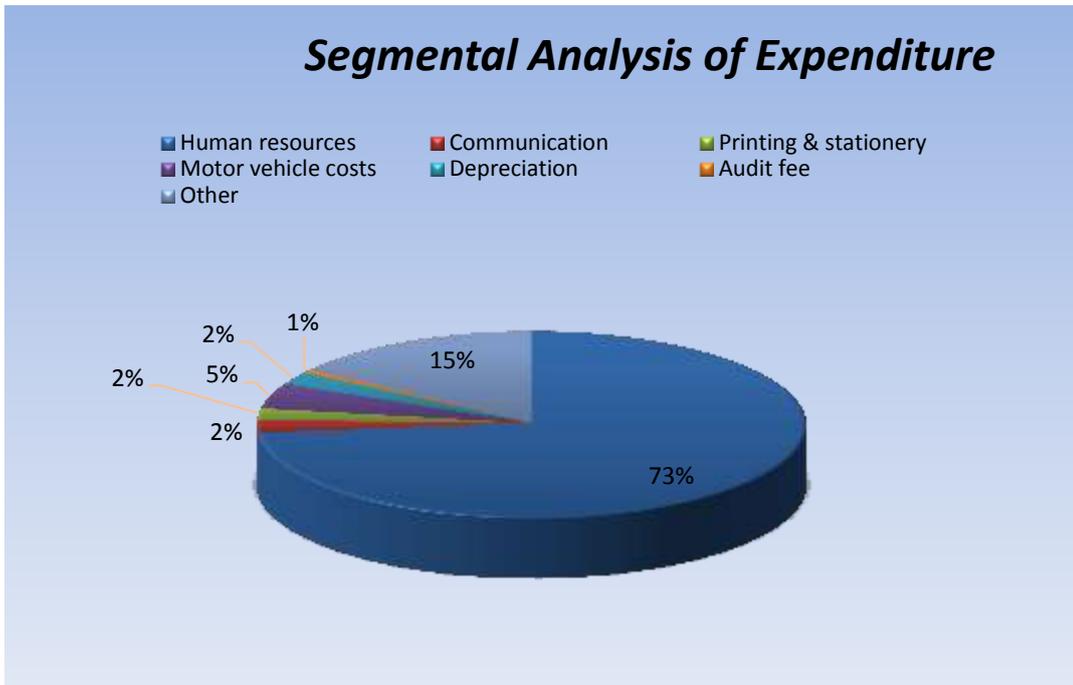
The organisation's accounts are prepared on a monthly basis and presented to the Management Forum as well as the Executive Committee of the Organisation.

1.4 Approval of the Accounting Officer's report and annual statement:

The Accounting Officer's report and annual statement of accounts have been approved by the Organisation's Office Bearers.

1.5 Annual expenditure

Expenditure for the financial year was R18,050,821, an increase of R218,777 or 1.2% over the previous year's expenses.

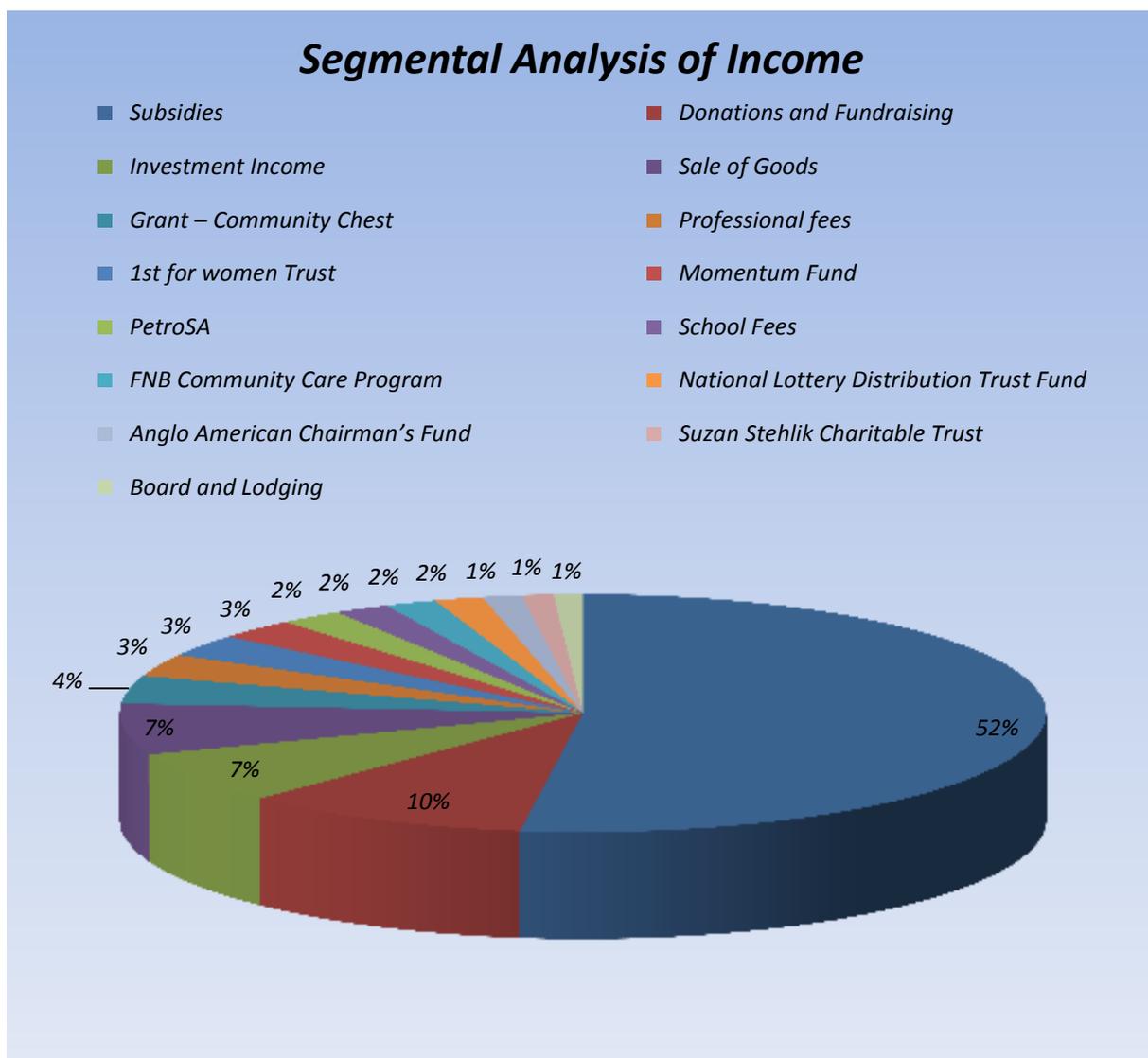


1.6 Sources of income

Sources of income 2012/2013	R Amount
Subsidies	9,483,821
Donations and Fundraising	1,832,327
Investment Income	1,284,063
Sale of Goods	1,261,198
Grant – Community Chest	693,396
Professional fees	552,098
1 st for women Trust	550,000
Momentum Fund	500,000
PetroSA	400,000
School Fees	350,050
FNB Fund Community Care Programme	330,000
National Lottery Distribution Trust Fund	307,125
Anglo American Chairman's Fund	250,000
*Suzan Stehlik Charitable Trust	200,000
Board and Lodging	185,345
African Monarch	100,000
ApexHi Charitable Trust	100,000
Other Income	285,039
Total	18,664,462

* The Suzan Stehlik Charitable Trust gave a further discretionary grant of R133,333 later in the financial year.

1.7 Income Analysis



1.8 Staff responsible for raising income from donations and fundraising:

Our fundraising was done by:	
Full-time staff member/s	✓
Part-time staff member/s	✓
Volunteers	✓
Other	

1.9/...

1.9 Donations, grants, subsidies and sponsorship

We thank all those contributors whose financial support, expertise, donations-in-kind and voluntary services this past year have helped us to develop the ability of our service-users.

Donations, grants, subsidies and sponsorship of R25, 000 or more received in the 2012/2013 financial year include:

1st for women trust | African Monarch (Prof Jakes Gerwel) | Allan & Gill Gray Charitable Trust
Anglo American Chairman's Fund | Anne Harris Charitable Trust | Anne Kreitzer Will Trust
ApexHi Charitable Trust | C & E Harding Charitable Trust | Carl & Emily Fuchs Foundation
Community Chest of the Western Cape | Department of Health | Department of Social Development
Douglas Jooste Trust | FNB Fund Community Care Programme | Frank Robb Charitable Trust
Gangat, A & R | Gift of the Givers Foundation | HCI Foundation | HWSETA | IQRAA Trust | Momentum Fund
National Lottery Distribution Trust Fund | Old Mutual Staff Volunteer Trust Fund | Petro SA
Rawbone Trust | Rolf-Stephan Nussbaum Foundation | St Ola's Trust | Stella & Paul Loewenstein Trust
Suzan Stehlik Charitable Trust | Syringa Trust | The Atlantic Philanthropies Director/Employee Designated Gift Fund | The Clothing Guild | The Philip Schock Charitable & Educational Foundation | Woolworths Kenilworth

Sponsors of the 18th Cape Town International Kite Festival included: Cape Town Tourism | Casa Labia
City of Cape Town | Heart 104.9FM | Let's Play | Peninsula Beverages | People's Post | Whale Watchers

