

stAnne's@home

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Overview from the Director

I cannot believe that we are already closing the chapter on 2011! We have had so much happening at St. Anne's Homes, and I hope you will enjoy this peek into our world of the last half of the year.

This issue focuses on **empowerment and growth**. I remember fondly how I was assisted in my journey of development and growth through female leadership by my previous employer. **I salute those women who felt the need to invest in my potential**. One of these women has recently been featured in Forbes Magazine. Today I apply the same basic principles that I learned then..... **"as you climb the ladder, look back and extend a hand to those on the step below"**. This will ensure that we all move forward. Just imagine what the world would be like if we made a conscious choice to reach out to those who are less fortunate by equipping them with the necessary tools to create a stable and sustainable life for themselves and their children.

Here at St. Anne's **we focus on equipping women with skills to find employment** and we also concentrate on their emotional stability with self esteem, personal growth and confidence-building sessions. This we believe is a holistic approach to transforming the women from brokenness to wholeness and setting them up with the necessary tools to engage with the world.

We would not be able to provide this much-needed service without the support of our funders, volunteers, board and staff. **Thank you for your contribution in 2011 and I hope we can continue our partnership in 2012.**

Here's wishing you a blessed Christmas and a prosperous New Year.

Much gratitude,

Joy Lange, Director



Residents joined in a march for this year's 16 Days of Activism Against Gender Violence campaign. The theme was: "From Peace in the Home to Peace in the World"



The Women's Pilgrimage on Robben Island on 6 December was organised by the South African Faith and Family Institute as part of its 16 Days of Activism campaign. L-R: Robben Island tour guide, Mncedisi Siswana; Sweetness Gxoko and Martha Damon (St Anne's staff), Penny Gaines (Board member) and Elizabeth Petersen, Executive Director of SAFFI and Board member.

A message from Chance

St Anne's Homes has been able to weather the current financial storms because we are bringing to reality God's promise to the poorest and most vulnerable in our society. Our message to donors who have not yet begun to contribute to this fulfilling work: the New Year is about to begin – you are invited, and are most welcome, to make your mark!

On behalf of the Board we extend God's blessing and our gratitude to our funders - local and

international; also to the Director, staff, friends and volunteers. It is because of your time, commitment, passion and resources that we are able to continue the work that was started in 1904.



**Chance Chagunda,
Chairman of the Board**

AGM

The Annual General Meeting was held on 20 September at St Anne's Homes. It was well attended, with over 40 guests. A new Board was elected, with Chance Chagunda, Elizabeth Petersen, Reverend Margaret Heyns, Wasima Fisher and Anthony van Niekerk standing for re-election. Sibongile Ncube, Victor Pland and Cindy Ross were not available for re-election. Penny Gaines, who brings experience in media and marketing, was nominated onto the Board. Cecil Kilpin & Co will continue as auditors for 2012/2013 financial year.

After the formalities were over, the child residents presented a charming item about what they want to be when they grow up; followed by movement to the popular song, "You Raise Me Up".

Lee Anne van Schalkwyk, an ex-resident, presented her story of an abusive marriage and drug addiction which led to her becoming destitute, and finally finding her way to St Anne's with her three children (see her story: I have my Independence). She expressed gratitude towards the staff and Director and thanked all funders who support the women and children who come through the doors of St Anne's.

Reverend Cheryl Bird - Provincial & Diocesan Gender Desk Coordinator for the Anglican Church of South Africa - was the keynote speaker. She offered a moving account of her own journey through abuse and empowerment, and encouraged the residents and all guests to have faith, which she described as the key to life. Reverend Bird congratulated St Anne's on its' 107th anniversary. Martin Gumpo closed the meeting with a prayer.



He wants to be a sailor!



He wants to be a fireman!



A budding policeman

Buttons 4 Hope

Every Wednesday at 10h30, as regular as clockwork, Jonathan van der Westhuizen arrives at St Anne's Homes and unloads boxes of multi-coloured buttons, string, hooks and other jewellery-making paraphernalia, to settle down to a few hours of creative teaching time with the residents of St Anne's. Over the months, this volunteer's visits have become a welcome highlight in the lives of the women who arrive here, often with no sense of their own creativity and even less of their ability to produce anything worthy of praise and admiration. Yet, these weekly training sessions result in the certification of the women who learn the range of Jewellery-making techniques: threading, jump-rings, finish and design – and discover, to their delight, their ability to create beautiful crafts worthy as corporate gifts or for purchase at one of the City's renowned design events.

Jonathan is Chairman of Buttons 4 Hope, a non-profit organisation that focuses on training people to make jewellery and corporate gifts, incorporating buttons in the design. All the products are made from recycled or commercially unusable buttons.

"We have projects running at various organisations, such as St Anne's; we work in hospitals; with the disabled and with people living with HIV/AIDS", says Jonathan. "We train people to produce jewellery for their own use and for resale."



Left-right: Chantal Jacobs (resident), Evelyn Leukes (Skills Programme coordinator), Jonathan van der Westhuizen and Maryam (resident)

Shelter for All

"We must build human settlements where people have access to the services and amenities they need. Everyone must work together to build healthy human settlements." These were some of the opening remarks at the inaugural Western Cape Government Human Settlements' Indaba on 14 November by Provincial Minister, Bonginkosi Madikizela.



Minister Bonginkosi Madikizela



Elizabeth and Joy with Odette Crofton of the Housing Development Agency

Over 100 different organisations from civil society and government were represented at the Indaba, which was a platform created for the Department to communicate its strategic direction and for participants to give input to the Department on the delivery of its strategy.

The Women's Shelter Movement was represented by Joy Lange, who is also Chairperson of the organisation.

Art for Life

HEIKE STEGMANN

"Using art therapy in counselling for the women was a rewarding and very inspirational process, giving the opportunity for great emotional release and new recognition of the self.

With every woman I had the honour to listen and communicate with, I was faced with their basic existential challenges – self-worth and self-respect, dreams, relationships, survival, child-care, love – which are basic "challenges" women all over the world face daily in different ways and degrees. Here, a feeling of togetherness can be sensed, for shared hardship gives rise to a different kind of strength.



Themes woven through St Anne's are self-worth, responsibility, planning, self-empowerment, positive coping mechanisms, change, the past, the here-and-now, the future, hope – guiding words which come to action. Each resident's right to support and help, on a physical and emotional level, is respected and continuously highlighted. St Anne's shines with permanence, commitment and dedication to the woman and her child."

Heike did an internship at St Anne's after completing her theoretical studies at the South African College of Applied Psychology.



Art pics



Herschel Senior School Grade 8 girls Shandu Bell-Mulaudzi and Emily Cooper visited St Anne's residents during Women's Month to deliver a donation collected by their class.

Positive Parenting

Heidi Stewart (night housemother), Christine Mban (day housemother) and Chantal Kemp (toddlers' teacher) attended weekly workshops at The Parent Centre in Wynberg during October and November.

"When I started attending the Parenting workshop, I was sceptical and so were a few of the other women who attended. We were not sure what to expect. After the first day and the weeks that followed we were totally surprised at the outcome.

We learnt how to understand a child's behaviour and feelings, and about effective methods of discipline. We have started implementing some of it. We found that the approach can be used not only with children but in general - it also gives me a greater understanding of how to handle the residents better. I feel that the Positive Parenting programme is a must for everyone."

Heidi Stewart

I have my Independence

We landed up at St Anne's because of my ex-husband's abuse, and because he was on drugs. We were evicted from our place, and he had sold everything for drugs. After that, we moved with our 3 kids from one family member to the next.

We were there from August 2008 to February 2009. The first nights at St Anne's, I cried. But after a few days, I decided to take advantage of the workshops and the counselling – this is eventually what gave me back my self-confidence. I loved the morning devotions- it reminded me of how I had grown up with my granny. I really do believe that only God can give me strength. I kind of enjoyed being at St Anne's because of the emotional and spiritual assistance, and for being among different cultures. I learned a lot.

I've been in the same job since February 2009. Being a single working mom is tough – it's hectic raising an 8, 7 and 3-year old on my own – with school-work, any behaviour problems and such. But I have my independence. If I think back, it's been an experience – and I thank God for the wisdom and the guidance I received. The children's father and I have been separated for 3 years and we divorced last year. He's been clean for 3 years. At least he adores his children and he takes them every second weekend.

I think everything that's happened has moulded my character for the better.

**Lee Anne van Schalkwyk,
ex-resident**



Each One, Teach One

A powerful story of one woman's decision to empower herself was told at the Ladies Tea fundraising event organised by CPUT 1st year Event Management students. The event took place at the One&Only Hotel, and Teresa Denton, a Senior Librarian for the City of Cape Town was the guest speaker.

She spoke of her decision to finally "map" her own life – after leaving school in Std 8, being married at 20 and with 3 children at 26. "I was unhappy, unfulfilled and extremely depressed. The prospect of dying an unfulfilled human being scared me", she related. Teresa's youngest child was 4 years old when she decided to attend night school to finish her matric. A teacher encouraged her to go to university – and the rest is history.

Teresa has inspired 12 other women to write matric and study further, and is committed to working within her community of Mitchells Plan "to add value to other people's lives". Her message: "Take what you have and learn through it. Never under-estimate the power of your thoughts in

renewing your mind, your vision of what you can achieve in your life".

Leigh-Anne Philander, a resident at St Anne's, spoke to the gathering about the domestic violence which she and her young son had experienced -- and about her own vision for her future which sees her studying Guest Relations at the Westin Grand Hotel on her days off from working in the canteen. Inspiring women, both.



**Teresa Denton, Karla van Reeden (singer)
and Leigh-Ann Philander**



Why St Anne's Homes?

St Anne's Homes refers to three homes. The first-stage home is for women and their young children who have become destitute through abandonment and unemployment and, often, abuse by a partner/spouse. They have either been referred by Social Welfare, police services, hospitals or community-based organisations. They are able to live at first-stage for up to 6 months, during which time regular empowerment programmes are provided – such as group counselling, job readiness, drug counselling and parenting skills. The children attend the in-house crèche where they benefit from various

educational and therapeutic programmes.

Two second-stage homes, Peace Haven and Ruyterwacht House, are where the women and their children can stay for up to one year. Here they are mostly self-sufficient, although they may still take advantage of counselling support. Each woman contributes a basic rent, buys food and essentials and takes care of their children after-hours. The children continue to attend the crèche. These Homes are the stepping stone to final community re-integration.

Contact

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Show Your Love

"A Celebration of Love", our annual fund-raising gala breakfast on 10 March, will be a day to remember in 2012! We need **YOU** to help make this day a success! Proceeds will go towards the Children's Therapy Programme that enables us to break the cycle of abuse to which almost all of our children are exposed. Please contact Penny Gaines to volunteer your time or resources: 021 683 7695 or 082 554 0554.



Our Thanks

For your kind support, our thanks go to:

- Africa Tours
- Anglican Women's Fellowship
- Anita Moon
- BOE Private Clients
- Buttons 4 Hope
- Cape Herb And Spice
- Cape Umbrellas
- CCID
- Clicks Adderley Street
- Clicks Head Office
- Commercial Cold Storage
- Cross Cultural Solutions
- Dancape
- Department of Economic Development & Tourism
- First Step Abroad
- House Of Monatic
- Kenly Flowers
- Lorna Solomons
- Market Toyota
- Marquette University-SA Learning Program
- Mashach Beauty Care
- Media24
- Methodist Church Observatory
- Metro Police
- Music Therapy Community Clinic
- Nolan's Tyre Exchange

- Opechee Design Studio
- Penny Gaines
- Pick n Pay Sea Point
- President Hotel
- Projects Abroad
- SASTS Working Adventures
- Select Hiring
- St. Alban's Parish
- St James Parish
- Team Challengers – University of Stellenbosch Graduate School of Business
- The Knitting Circle
- The Woodstock Improvement District

- Thompson's Travel Leisure and Corporate, Cape Town
- Two Oceans Aquarium
- Ubuntu Polar Bear Project
- Union Of Jewish Women
- Volunteer Centre
- Web Africa
- WebNow
- Woolworths Finance Department
- Woolworths Hairdresser
- Woolworths Head Office
- Woolworths Sunset Beach

