

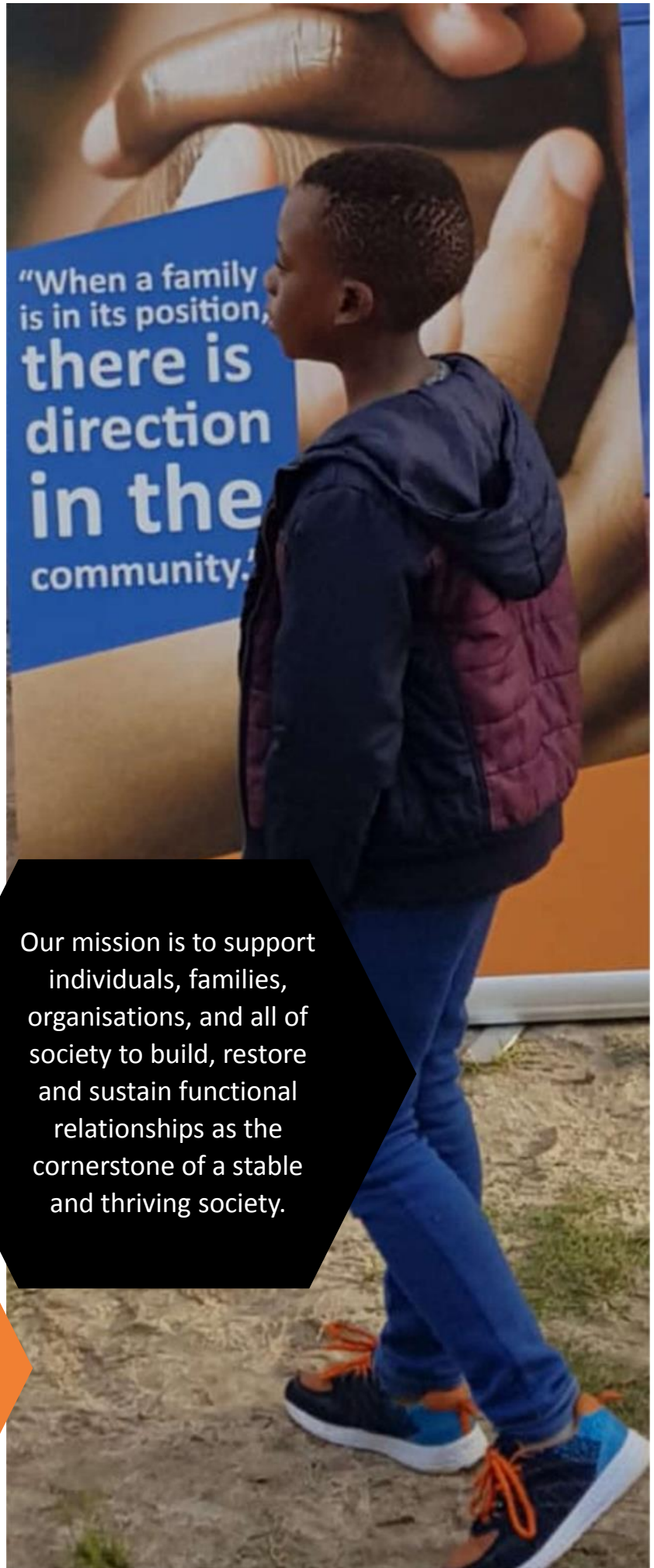
# Building Strength & Resilience In Families



FAMSA WC  
aims to help  
build a society  
where children  
and families  
are equipped  
with skills  
to live in  
connectedness  
with those  
closest to  
their heart.

Our mission is to support individuals, families, organisations, and all of society to build, restore and sustain functional relationships as the cornerstone of a stable and thriving society.

We work towards achieving our mission through our core business, which is counselling, training and supervision.



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 Siswe Batwa  
 Thank you to all those who donated to the charity shop

# Chairperson's Message

This has been a challenging, but a rewarding year at FAMSA WC. Our organisation has continued to offer services in compliance with our partnership agreements with the Department of Social Development (Children and Families and VEP) and with the Department of Health, despite a challenging financial situation.

We continue to strategize to increase efficiency and become a financially sustainable organisation while offering welfare services to deprived communities in the Western Cape.

An exciting pilot initiative has proved to be a highlight of the year. This pilot saw a partnership between Bowler Plastics (Pty) Ltd, FAMSA WC and a community-based organisation, to effect positive change within the workplace and surrounding community. Based on the positive initial outcomes of the pilot project, it is a model we would like to replicate in the future.

We continue to remain true to our core business, which is counselling, training and supervision.

Our counselling numbers are mostly consistent but show high demand in the Khayelitsha and Mitchell's Plain area. Our specialised training courses have shown a need for the Basic Counselling Skills 1 course. Trauma also remains a popular course, a reflection of the society in which we live. For the general public, we offered public lectures on topics of interest, such as helping children through divorce.

Supervision at FAMSA WC is thriving. This is an area in which we are expanding and putting a lot of effort. We provided supervision to social workers at VEP-funded domestic violence shelters and organisations in 2018/19. This service was greatly appreciated as supervision is compulsory for social workers.

Our Men Stopping Violence Group is still running every Thursday evening, helping abusive men to address why they resort to any form of abuse and to transform their behaviour. This is a unique group in the Western Cape and has shown positive results in terms of behaviour change.

FAMSA WC continues to offer skills workshops in surrounding communities. The workshops teach parenting, teen parenting and coping skills, as well as skills to enhance marriage/relationships and fatherhood. We aim to instil positive parenting and relationship skills that can be put into practice straight away. Participants have shown great appreciation for this intervention.

We were excited to host our second Family Fun Run/Walk at Mandela Stadium in May 2018. It was a wonderful morning with family and friends. We plan to continue to grow this event over the next few years. Thank you to Top Events for the support.

We were thrilled with the revamp of our Khayelitsha building, which was painted and renovated with funding received from a NLC Grant. The building looks beautiful and we trust it will be seen as a beacon of hope in Khayelitsha. We are also grateful to the NLC for support with our operational costs.

On a sad note, we have been notified by the Department of Health (DOH), that our HIV and AIDS/TB counselling project is coming to an end. The DOH first indicated that it would end in March 2019, but since extended it for another year. I would like to thank the HIV project staff for their service and commitment over many years. You are greatly appreciated.

**Chairperson**  
**Vusi April**



**Exco:** Mr Wonga Mampana, Ms Jane Cope, Ms Noelene Blekkenhorst, Mr Vusi April

**Chairperson:** Mr Vusi April, **Vice Chairperson:** Ms Jane Cope, **Treasurer:** Ms Stacy-Lee Foster  
**Members:** Mr Wonga Mampana, Mr Greshen Chetty, Ms Noelene Blekkenhorst

# From our Director

Everything we do is driven by our mission:

To support  
individuals, families,  
organisations,  
communities and  
society to build,  
restore and sustain  
functional  
relationships.

We believe in “building a society in which individuals are equipped with skills to live in connectedness with those closest to your heart. Uniting against the destructive effects of isolation and loneliness”.

#### **Our identified needs are:**

Disconnection, loneliness, family/relationship breakdown, isolation, suicide, depression, dysfunctional relationships, trauma, inter-generationally perpetuated problems, work conflict, teen pregnancy, single parents, escapism (drugs, alcohol, internet etc.), chronic disease (impact on family/relationships), domestic violence.

#### **Our desired impact is:**

To transform relationships, build a society of connected, resilient and productive families/ relationships where children are nurtured and develop to their best potential. Fostering inter-generational resilience.

#### **We believe that:**

Individuals, families and communities have the potential to self-examine, to change, grow and take responsibility for themselves. That there are diverse types of family life/ relationships, all of which have the right to be recognized.

#### **How do we achieve this?**

**Supervision:** 70 years of practice has given us the distinctive competence of training and mentoring social workers in the unique skills and attitudes to develop into supervisors.

**Teaching and Training:** As a teaching institute our passion for learning and teaching drives us to evolve and master our ability to impart knowledge and transfer skills. We believe in being active participants in shaping the professionals and community builders of tomorrow.

**Counselling:** We refuse to simply do what we have always done. FAMSA WC remains committed to continue to reflect and evaluate the impact of our counselling services in the lives of beneficiaries and adapt to address the unique needs that arise with each generation.

FAMSA WC has never doubted the positive impact our families can have on the community when armed with essential skills to change the trajectory of their lives. Many milestones were met by our families who have participated in counselling and workshops.

We could not do any of this work without the dedicated team of staff at FAMSA WC, or our community partners and families. I would like to express my sincerest thanks to FAMSA WC’s executive committee, our supporters, and our donors who continue to support us tirelessly and allow us to carry out this important work.

Thank you for believing in FAMSA WC.

#### **Director**

**Noelene Blekkenhorst**



#### **Section 18a Registration**

**NPO No: 002 888/ PBO no: 930006613**

**VAT No: 4920124478**

**BHF No: 090 009 0059684**

**Audited financial statements**

**2018-2019 are available on request**

**Beneficiary Analysis**

**B-BBEE Level 1 Contributor**

# Partnerships

## Collaborating For Social Impact

This year saw the fruition of two years of dreaming about a world where government, corporate and NPOs' use their unique scope of operation to create real impact in the communities they work and live in. Bowler Plastics (Pty) Ltd had a positive intention to use their CSI budget to create real impact in the lives of their staff and the communities in which they live. What they didn't know was how to do it. They had the insight to know that they were really good at running a lean and successful company but needed to find a partner when it came to initiating social impact. In their search for just such a partner, the relationship between FAMSA WC and Bowler Plastics began. The next eighteen months saw us think, dream, strategise and then turn it on its head and do it again until we created a concept that was concurrent with the intention.

Needing to sell the idea to the executive was new ground for FAMSA WC. We knew that the executive would demand that the project had a clear plan with specific deliverables and a realistic budget. There was no question that both FAMSA WC and Bowler Plastics were the teachers and students on this journey. It became clear on our journey that we could not design a program if we did not understand what the needs of the staff members were at Bowler Plastics. To do this we partnered with Poverty Stop Light and used their assessment tool to better understand the reality of staff lives'. The result of this study created a very clear picture of what a program needed to look like, that would address the needs of the staff in the communities where they lived.

In the end, we created a program that would not only impact the staff at Bowler Plastics but also invest in a community-based organisation that worked directly with staff from Bowler Plastics and their families.

The program had a multi-pronged approach.

- Understand the needs of the community.
- Design a program that addressed the identified needs.
- Partner with an organisation in the community where the staff lived to strengthen their capacity to deal with the problem.
- Provide direct training and skills development for a combination of Bowler Plastics staff and staff in the community-based organisation.
- Provide ongoing supervision and mentoring to ensure knowledge integration.
- Partner with Government and NGO's to support existing programs through training to work in their targeted areas.

To date, FAMSA WC has trained a selection of Bowler Plastics staff and a community-based organisation called Life Changers (outpatient support program for recovering addicts) in basic counselling, bereavement and domestic violence.

The program has also supported the fight against intimate partner violence by assisting in the continuation of the longest running programme working with perpetrators of domestic violence in the Western Cape, FAMSA WC's Men Stopping Violence Group (MSVG). In partnership with the Department of Social Development Victim Empowerment Program, the project has also provided specific training for house mothers who work with the women in domestic violence shelters.

Over the next six months, the training and mentoring with the Bowler Plastics staff and Life Changers will continue. At which point FAMSA WC will work with Life Changes to ensure that there is the capacity to continue the supervision and mentoring of those who were trained.

The end goal has never been to recreate the wheel by establishing some new organisation. The goal has been to invest in existing resources both human and organisational to increase the capacity to impact change whether directly in the workplace or within the communities.

**Anthony Hawthorne**  
EWP/ Training Manager



*“So helpful  
and  
welcoming!  
Sessions are  
excellent.”*

# Counselling

A fundamental way in which we support our mission is through counselling. Counselling is a central part of our core business, which is aimed at family preservation and relationship building. Counselling is offered by our Social Workers, Social Auxiliary Workers, Lay counsellors, as well as our private counsellors based at the Observatory Office. Our counsellors achieved 2611 new counselling cases, reaching 3550 individuals and family members, in a total of 4742 counselling sessions. We continue the trend of seeing more females than males, counselling 2100 females versus 1450 males.

2611  
new  
counselling  
cases

4742  
counselling  
sessions

3550  
individuals  
and family  
members  
reached

Counselling is not just about the counsellor assigned for the case. It all starts with the first contact with the intake officer. Our face behind the phone at Observatory Head Office is Lynette Daniels, who has years of experience working at intake.

*“As Intake officer at FAMSA WC Observatory, my role is to listen to the client’s needs and to allocate them to a specific counsellor. I also manage the request for EWP (Employee Wellness Programme) clients and on-site trauma debriefings. I liaise with the counsellors on a daily basis and manage the Intake diary. Intake is a very busy office, but I love what I do and it’s my passion speaking to people with needs, to encourage and to motivate them that change is possible.”*

**Lynette Daniels**

An email received from a satisfied client:

*“Hello,*

*I hope everyone at the FAMSA offices are well.*

*I am emailing to give my thanks to Pauline, yourself and the team for a wonderful experience for our pre-marital course at FAMSA. It really was such an enriching 4 sessions which gave us time to pause and think about marriage as a lifelong commitment to each other and not simply a wedding. We absolutely loved it and would highly recommend it to anyone who is getting married.*

*Have a lovely week and good luck with the rest of 2019!*

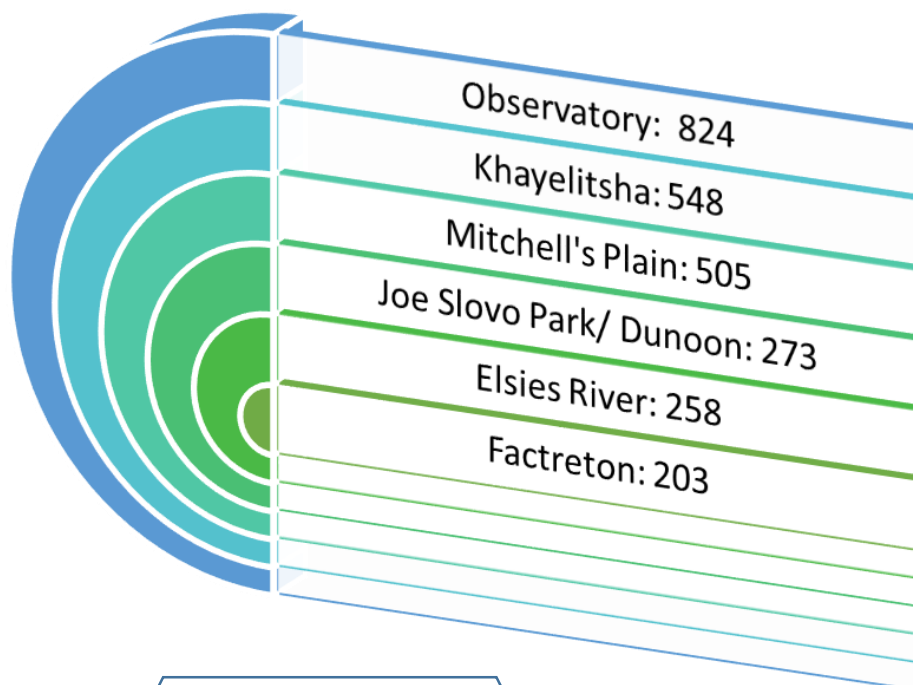
*All our love*

*[names removed for confidentiality] “*



# Counselling

New Clients /  
Per Office



*“You have the  
sweetest receptionist.  
She welcomed us  
with such warmth  
and a smile.”*

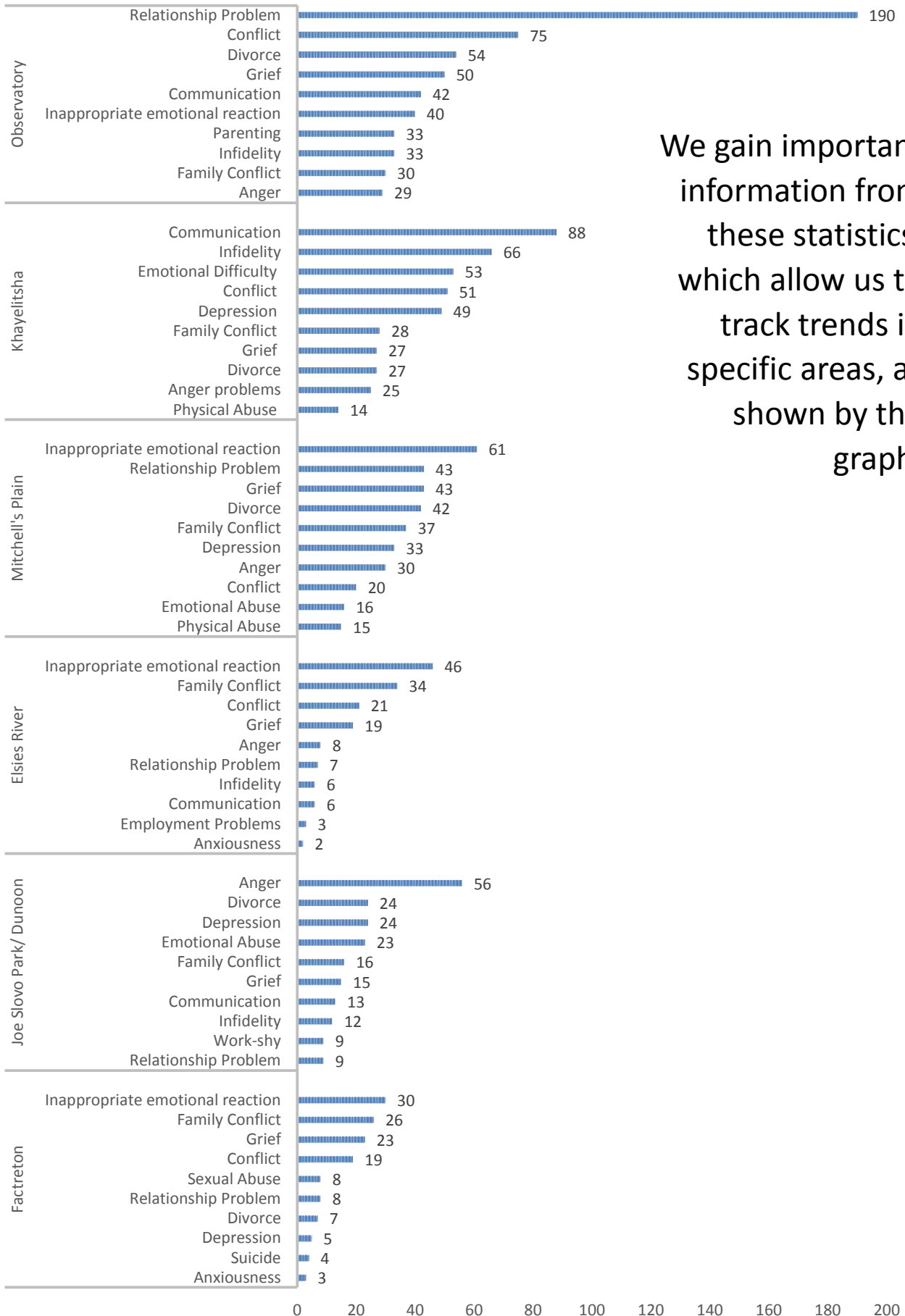
*“As a data capturer at Famsa WC Observatory, my role is to capture all the offices’ statistics for all of our work at FAMSA WC. This entails capturing the clients’ appointments attended, number of family members, referral source, as well as their presenting problems. As all this information is highly confidential, we allocate each client with a case number. With all that information I compile a quarterly report for the different funders such as the Department of Social Development and NLC (Lotto). We also make use of this information for the annual report and submit our statistics to our National Office. As all this information is highly confidential, it is locked up in our filing cabinet. I also collate and record our source documents such as attendance registers for the different workshops. These workshops, including parenting, teen parenting, marriage enrichment and fatherhood, mainly take place at our satellite offices and in Khayelitsha. I enjoy my job as I am given the opportunity to interact with different counsellors as well as the social workers and our various stakeholders.”*

**Ube October**





## TOP TEN PRESENTING PROBLEMS PER OFFICE



We gain important information from these statistics, which allow us to track trends in specific areas, as shown by the graph.

# Learning Institute

## Mentorship

FAMSA WC provided on-site mentorship for nine CEFA (Continuing Education For Africa) students, who assisted in many areas at FAMSA WC offices, helping with reception, administrative duties and recruitment for workshops, to learning intake and basic counselling.

*"It's been a wonderful experience to work for Famsa WC. I have learnt a lot about individuals, families, communities and about my career at large, as now I'm surer of what I've chosen as a career. Most importantly they have taught me about myself as well, to deal with my issues before going out to help people deal with theirs. I've discovered abilities I never thought I had in me. It's been great being part of their family.*

*Thank you for letting me be a part of you - really appreciate it. THANK YOU."*

**Tandile Bangeni**

At FAMSA WC, we also pride ourselves as a place of learning. We are at the forefront of our profession - from our specialised counselling training for professionals, in-service training for our staff and other professionals, public seminars for the broader community, to our on-site mentorship of students.

*"I can describe my experience at Famsa as a personal journey. The basic counselling course gave me the tools to cope in my everyday life as well as in my workplace. The assistance of my mentor helped me obtain results that I never thought possible. The working environment is welcoming and good space for learning. The social workers at Famsa were accessible and very eager to help with assignments and activities, even shared my success with me. I am grateful to have been part of such a loving caring environment. I learned so many things about relationships and people. I am now confident to go out into the world with all the skills Famsa has given me. I will forever be grateful to have done my 'practical' module here. Thank you Famsa.*

**Micaela Fish"**

## Famtrac Training

FAMSA WC's training arm, FAMtrac, presented the following training in 2018/19 and reached 160 professional counsellors.

**160**  
**Professional counsellors reached**

Training	Number of Trainees
Affairs	7
Basic Counselling Skills 1	52
Basic Counselling Skills 2	26
Prepare / Enrich	6
Starting and Running your Private Practice	18
Stress management	11
Supervision Skills	16
Trauma Debriefing Skills	24
<b>Total</b>	<b>160</b>

# Learning Institute

## In-Service Training

In-service training is our investment in our staff. Our in-service training is CPD accredited contributing to attendees' PDP's (Personal Development Plan's).

The following topics were presented for staff and interested professionals from other organisations in 2018/19:

Topic	Presenter	Number of Participants
<b>Children's Act Considerations and Effective implementation</b>	Aubrey van Rooy-Brandt	31
<b>Emotional and Psychological impact of social media</b>	Anthony Hawthorne	17
<b>Strengthening family life via family routines: What are they and how do they effect positive change?</b>	Dr Christine de Goede	26
<b>Inter-Denominational views on divorce</b>	Pauline Sevitz (facilitator of an adhoc panel discussion)	26
<b>Strengthening family life: Recommendation for professionals wishing to assess and fortify child-centred routines in culturally diverse contexts</b>	Dr Christine de Goede	25
<b>Applying neuroscience to the counselling process</b>	Daleen van Staden	21
<b>The Anxiety Disorders</b>	Dr Cecil Schneider	16
<b>The difference between normal adolescent acting-out behaviour and the early detection of suicide risk among adolescents</b>	Diane Mallaby-Kilpin	38
<b>Ethical issues in psychotherapy: A Framework</b>	Dr Beverley Dickman	32
<b>Neuroscience contribution to couple therapy</b>	Abraham le Roux	30

A change to the usual in-service format was that of the interdenominational discussion. A novel approach, which we intend to repeat at a later stage as it was highly rated by staff.

FAMSA WC - Families South Africa offers a monthly in-service lecture for its counsellors. In-service Training is also open to those working in the helping professions in other organisations and cover a range of topics relevant to our work in helping individuals couples and families cope with the issues and challenges facing them. At one training, we decided to change the format to have an interdenominational discussion looking at approaches to marriage and divorce. Whilst recognising that there are many religious denominations in Cape Town we offered five viewpoints at this session. Panellists included Anthony Hawthorne: Christian (Mormon); Gcobisa

Ngalo: African traditional, Rabbi Mendel Popack: Jewish; Imam Rashied Omar: Muslim; and Tahirih Matthee, Baha'i.

The feedback from both the panellists and the audience was that it was fascinating and important to gain insights and understanding of how some of the faith-based/religious groups view these topics. We will then be in a better position to assist clients from different religions who are in counselling and may go through the painful process of divorce. The session was facilitated by Pauline Sevitz.

**Pauline Sevitz**

# Learning Institute

## Public Seminars

2018/19 saw the continuance of our Public Seminars. These are aimed at the general public on topics of interest. Lectures were held on the following topics and proved to be popular:

- Insight into anxiety is only a heartbeat away. Presented by Dr Cecil Schneider.
- Money matters in relationships. Presented by Anita Grant.
- Let's talk! How to help children through divorce. Presented by Margaret Fulton and Muriel Kossmann.

## Supervision

The third arm of our core business is supervision, an imperative for all Social and Social auxiliary professionals. We are focussing on growing our services in this focus area as we have identified a growing need for this service. Supervision is integrated into all FAMSA WC's work and we also offer a training course for social workers who are ready to develop their skills.

According to Daleen van Staden, Head of Clinical Services, the rationale for the Supervision Framework for the Social Work Profession in South Africa 2012 is in response to the decline in the productivity and quality of social work services rendered, the lack of supervision and the lack of adequate training of supervisors. Daleen highlights that the aim of the Framework is to provide effective supervision of all social work practitioners and to serve the best interests of beneficiaries in South Africa.

To this end, the Department of Social Development contracted with FAMSA WC to provide supervision services to social workers employed by VEP funded NGO's in the Western Cape.

Working in the shelters for abused women and children takes its toll on social workers. Many of these clients have experienced unspeakable trauma and have subsequently developed numerous mental health and substance abuse problems and personality disorders. It is also difficult for adult women to live together in harmony in the shelters.

## Workshop for Couples

Beyond Conflict! A Transactional Analysis Training Course in Mindful Negotiation.

Presented by Beatrice Kidd.



*“Friendly and efficient service. Amazing counsellors and a very comfortable environment.”*

The supervisees appreciate and find the supervision space supportive and valuable for professional growth. The opportunity to debrief and heal from secondary traumatisation is especially important. They are motivated to implement guidance received to the benefit of their clients.

Group supervision provides an excellent opportunity for networking, educational input and generating new insights. Topics covered are multiplicity of selves, sexuality and gender identity, mindfulness, neuroscience and unpacking the various forms of domestic violence to name a few.

The outcome of the supervision service is social workers being more immune to the despair and disillusionment that erode pride in social work professionalism.

*Daleen says: “My personal fulfilment as a supervisor is seeing the personal and professional growth of the supervisees and knowing my positive contribution to ensuring ethical service delivery.”*

# Supervision

Some feedback received from supervisees:

***“This is my first time to receive such quality supervision with educational input, reflective space and enabling me to become more self-aware.”***

Working in VEP organisations offering supervision of social workers, FAMSA WC’s supervisor wrote on her experience:

*“It was very rewarding to work with Social Workers from different organisations and different levels of experience. It was interesting to note how all of them needed, and responded positively, to supervision. In the group sessions, they bonded quickly and almost formed a support group.*

*Two needs crystallised amongst them:*

- *Supervisory Skills*
- *Bereavement Counselling Skills.*

*I organised CPD accredited Bereavement Counselling training for the social workers. Participants realised*

*how personal life experiences can influence your counselling. They felt it was needed in their field of work, and definitely helpful. The understanding that bereavement sets in with all losses, not only death, was an eye-opener to them. I realised once again how vulnerable Social Workers working in the field of Domestic Violence and Crime can be.*

*Quite a few of these Social Workers supervise Social Auxiliary Workers, Volunteers and Lay Counsellors. I discussed in a group session the Norms and Standards of Supervision with them and gave them some practical guidelines.*

*They all could benefit from case discussions, and support on an emotional level was also important.”*

FAMSA WC also offers private supervision to Social Workers and has been granted two new Supervisor posts by the Department of Social Development: Children and Families for the 2019/20 financial year. The role of these new supervisors will be to provide clinical supervision to social workers in DSD-funded organisations in the Western Cape. It is wonderful that the Department is recognising the legal requirement of all social workers/social auxiliary workers to have regular supervision according to the Social Worker Code of Ethics.

***“Once again, thank you for yesterday's supervision session. I am always learning so much of you and also gaining so much confidence in doing my work after consulting with you!”***

# Special Interventions

## Men Stopping Violence Group (MSVG) Project

**Rehabilitation of abusive men (perpetrators of domestic violence in all forms), aimed at ensuring the safety of women and children. Thank you to Bowler Plastics for supporting the group during the 2018/19 financial year. The group is facilitated by Leslie Thomas and Francis Rogers.**

Intimate Partner violence and in many cases, Femicide is reaching shocking and unacceptable levels in the Western Cape as seen from daily reports of women and children suffering abuse (in all its forms) and often-times death at the hands of their intimate partners. The Men Stopping Violence Group (MSVG) at FAMSA WC, provides a safe space for men to start their journey of self-exploration to understand why they resort to violence. This is an unique space where men can be open and vulnerable by expressing their feelings of hurt, sadness, anger, guilt and shame. This group provides *sustainable* change which comes from inner transformation and conviction.

FAMSA WC's MSVG has been running since 1992 and is the longest running group in the country. We believe that it is the only group now open to men who abuse in the Western Cape currently as other NGO's have closed down their groups.

In 2018/19 FAMSA WC's MSVG reached a total of 30 men. On average 6 or 7 men attend this emotionally intensive group at a time. This is a very specialised group requiring a lot of resources in terms of facilitation and expertise, however, it has proved to be effective in addressing intimate partner and family violence as compared to other approaches. At the end of the day, LIVES are at stake.

If men do not "transform" their pain, they will eventually "transfer" their pain. According to the

facilitator, Leslie Thomas "This is what brought the men to the MSVG. They "transferred" their pain onto their partners and their families by using violence. The MSVG provides a 'safe space' for men to start their process of transformation. The group provides an opportunity for them to do introspection, looking at what lies beneath their anger. They are able to express their feelings of hurt, sadness, guilt etc. within the safety of the group and the support of the other men. The men also hold each other accountable for their actions.

We find that the men sometimes leave the group for a time, but then return when they are starting to feel triggered or sometimes return to assist the other men in the group. Two men returned to the group in the last quarter because they wanted to give back and support the men that are starting this recovery journey. The group assists the men in refraining from abuse, but has a ripple effect on their families and the other people they come into contact with. The aim of the group is to ensure the safety of the partners and families of the men that attend, by helping the men to change their behaviour. Because of the nature of this work and the violent history of a lot of the men, it is important to have two facilitators, one man and one woman. This is considered crucial to effectively harness the group dynamics and processes. Having a male and a female facilitator balances the dynamic between empathy for the men and accountability for their actions. The female demonstrates the empowerment of women. This combination provides an additional education component as group members begin to confront their own stereotypes and irrational expectations around gender issues.

*"Hi Lesley/Francis*

*Just want to start off by thanking FAMSA for the support I have received since I started in the second half of last year.*

*The group and group work are eye-opening from the following point of view; apart from the obvious physicality of abuse; many men do not realize how many other forms of abuse actually enter our lives. We are shown how these types of abuse are just as, if not more destructive than violence to any relationship.*

*Further, I personally find the group sharing invaluable. I find myself identifying with each and everyone's personal story even though circumstances are totally different. We learn to look deeper into why and what triggers our behaviour. I've learnt that there is no quick fix but there is light at the end of the tunnel.*

*I would like to once again thank the facilitators and everyone else involved behind the scenes for the platform for some real healing to occur. I am committed to this process as I can see and feel the value of it.*

*I see changes in my personal life but I'm far from the finished product as there is a lot more work needs to be done with regards to the root cause for my behaviour.*

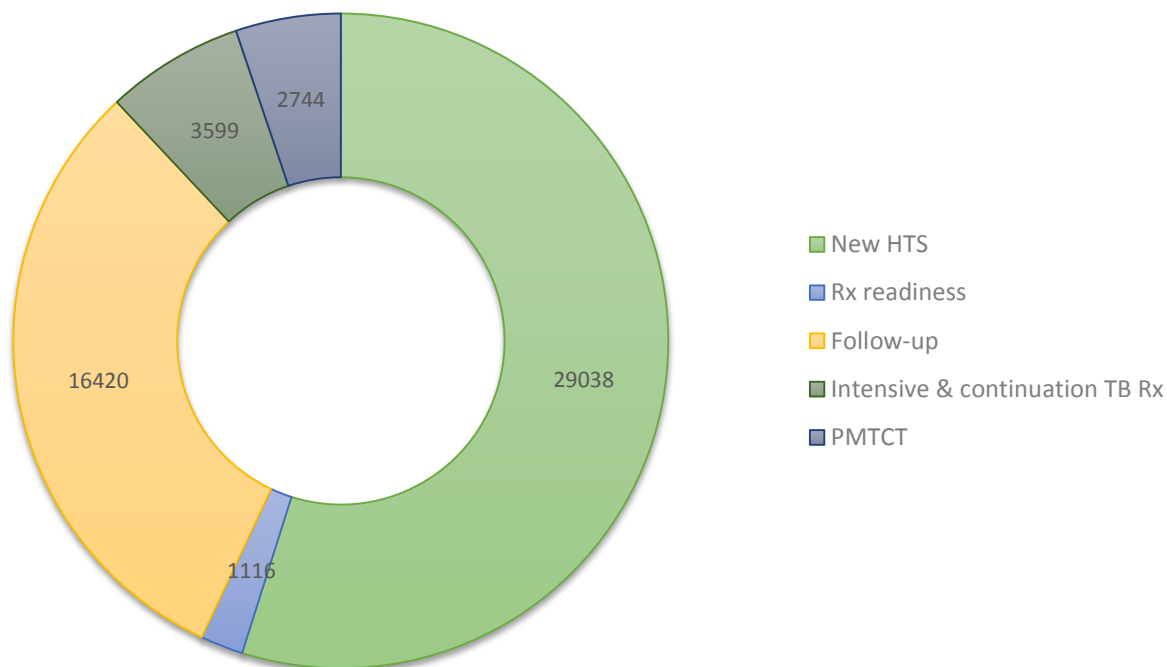
*Many thanks*

*[name removed for confidentiality]"*

# Special Interventions

## HIV and AIDS / TB Counselling project

HIV and AIDS/ TB counselling Project



In 2014, the Joint United Nations Programme on HIV/AIDS (UNAIDS) and partners launched the **90-90-90** targets; the aim was to diagnose **90%** of all HIV-positive persons, provide antiretroviral therapy (ART) for **90%** of those diagnosed, and achieve viral suppression for **90%** of those treated by 2020.

FAMSA Western Cape has been supporting the 90-90-90 with 30 counsellors allocated in the Western Sub District in 11 facilities. Our counsellors are dedicated and have worked very hard to make sure that we reach the targets, as well as following DOH (Department of Health: Western Cape Government) requirements. Thanks to the Department of

Health/PDC for updating our counsellors annually on the latest information around HIV/AIDS/TB. We would like to thank Neil Wentley, a Superintendent from the City of Cape Town for allowing us to render our services at the Top Deck Taxi Rank in Cape Town. Our team provide HIV and AIDS outreach at this rank, twice a month, on Wednesday's and Fridays. The aim is to serve communities in the CBD targeting people that are working and shopping in the town. It is also done to support the facilities that are struggling to reach their targets - outreach makes it possible as working people don't have time to wait in long queues at the facilities.



# Special Interventions

## HIV and AIDS / TB Counselling project

On World Aids day 2018, we supported the Langa community by offering HIV/AIDS awareness and HIV/AIDS testing at Langa Junction opposite the train station. We would like to thank Xolani Tyala the Centre Manager, for allowing us to render this community service. Because of significant evidence linking HIV and AIDS with Domestic Violence, our Social Worker, Yonela Sipoko, raised awareness amongst onlookers about domestic violence, encouraging the community that the 16 Days of Activism should not only be a once off intervention, but rather an everyday awareness. He also encouraged passers-by and participants not to be silent on domestic violence and informed them that FAMSA WC is an organisation that they can consult for individual, couple or family/relationship issues. The team also gave talks on HIV/AIDS/STI 's/TB and dual contraception.





# Special Interventions

## HIV and AIDS / TB Counselling project



District Six CDC also invited FAMSA WC to join their celebrations of Worlds Aids Day in the Health Facility. FAMSA WC's team supported them by offering HIV testing outside the Facility and presenting HIV/AIDS Awareness talks to the group waiting to be tested. We are thrilled to have managed to reach out to many people who don't have time to wait for long in their local Health Clinics.



Counsellors had a very difficult time towards the end of our annual funding cycle as sadly, DOH formally informed FAMSA WC in January 2019 that they were terminating FAMSA WC's service contract at the end of the financial year in March - leaving all the facility-based counsellors in the Western Cape without jobs. Counsellors were devastated by this news and some started hunting for new jobs. The reason given to FAMSA WC by the DOH was that they were terminating the facility-based counselling model and changing to a more community-based model. With a month to go to the end of the contract, DOH came back with a life-line extension to FAMSA's MOA for another year. The DOH needed more time to restructure inline with the new model. This, unfortunately, is with the understanding that it is the last year of our 18-year partnership with the DOH.

**Mandisa Rararala**  
HIV/AIDS/TB Manager

# In The Community

## Community Workshops

FAMSA WC offers community workshops on behalf of the Department of Social Development in the areas of Khayelitsha, Mitchell's Plain, Elsies River/ Bishop Lavis, Joe Slovo Park/ Dunoon, and in Facreton.

The workshops cover Parenting Skills, Teen Parenting and Coping Skills, Relationship/ Marriage Enrichment and Fatherhood. The workshops are aimed towards family preservation and relationship building by developing skills to enhance the building blocks of our society, that is functional relationships and family life.

The following table shows the number of people reached with our workshops in the respective areas.

	Marriage/ Relationship Enrichment	Parenting Skills	Teen Parenting and Coping Skills	Fatherhood Programme
Target group	Couples	Vulnerable parents	Teen parents	Fathers
Khayelitsha	10	30	12	25
Mitchell's Plain	20	20	9	
Elsies River	9	17	8	
Joe Slovo Park/ Dunoon	5	30	10	
Facreton	6	33	9	
Total reached	50	130	48	25

We are delighted with the response we have received from participants of the various workshops. This gives us an indication of the impact we are making.

*“Realise that it starts with me to bring about change in my family. Be more mindful of my word and way I do things with my children. Well informed and excellent facilitators.”*

*“I have a lot to do to improve the situation at home and society after attending this workshop.”*

*“.. that I used to punish instead of disciplining my kids.”*

*“Quality time with my family is my priority from now.”*

*“Good change in my attitude and the way I used to see things.”*

# In The Community

## Community Workshops

### Fatherhood

A letter from Reverend M Bosman of the Methodist Church of Southern Africa. False Bay Circuit No 128. We are thrilled with the impact of our Fatherhood programme.

*"This serves to confirm that the False Bay Circuit No. 128 partnered with FAMSA in 2018 for a programme that was run twice in 2018. This program entailed training and teaching Men and Young Men core family values and responsibilities in an attempt to construct a different perspective of family life and community development.*

*This program has attracted much attention from many Men in the church, and we hope that our partnership FAMSA will continue to grow from strength to strength. We are convinced as a church that this program and the work of FAMSA is a great*

*need for our community. We are convinced of this because we have seen a change begin to take place in those that attended the program as being to relate differently with women, children and the vulnerable. We express great gratitude for FAMSA for having opened its doors to agree to partner with us as a church on such very important and needed work in our society.*

*Yours in Christ Vineyard*

**Rev. M. Bosman (Superintendent Minister)"**

### Teen Parenting and Coping

*"Opened my eyes on how to treat children better. To listen and respect everyone. This workshop is very much needed."*

*"This session was very helpful. You get to express yourself and get advice from the people surrounding you. It feels like a weight is lifted off your shoulders once you get to express yourself – thanks."*

*"The mother and daughter session was overwhelming. I didn't know what to expect, but in the end, it was a relief and also a lesson to hear other mothers' perspectives on raising a child."*

EVALUATION FORM

ACTIVITY: WORKSHOP  
VENUE: Windmeare High School  
TOPIC: TEENAGED PARENTS COPING SKILLS  
FACILITATOR: M. Bosman  
DATE: 1/5/19  
TIME: From 8/2 to 1/5/19

Tick in the appropriate column

6. What was your level of participation?	None	Low	Average	High
7. How much knowledge have you gained?	None	Minimal	Average	Lots
8. How much skills have you gained?	None	Minimal	Average	Lots
9. How much self-awareness have you gained?	None	Minimal	Average	Lots

10. Any comments / suggestions / recommendations?

Thank you very much for this type of course which you offered to our young parents. They were absolutely blown away by all the things they learnt and there is no doubt about how it benefitted them.

Mrs J. Anthony  
Fr: Windmeare High School.

# In The Community

## Community Workshops



*"I have learnt a lot and how to take care of my baby daughter. The awareness I have gained also. I have learnt how to be a good teenage mom and how to communicate with the baby. And I thank them for helping me see my faults and for encouraging me."*

*"It was amazing to work with FAMSA. It was a very good challenge for me and I have learnt a lot about stuff that I didn't know how to cope with. The time they were offering us was used 'preciously'. Thank you very much."*

*"The FAMSA course taught me a lot about being a teenage parent. I've learnt how to cope with a child of a young age and how to guide a child to become a success in life. I've also learnt how to cope with a bad situation."*

*"I have learnt that patience, understanding and communication is important when resolving an issue and also affection and bonding time is also a priority in our relationship."*

*"I realised that sharing your stories with FAMSA social workers makes you feel better than the feeling you felt before."*

*"I learn a lot about co-parenting and different types of communication. Also the ABC model - stop, think and react. You must be slow to react to situations."*

*"The difference between discipline and punishment. And the role society plays in our lives."*

### Comments about the facilitator

*"The facilitators are good and friendly, and they make the environment a safe space to open up. They allowed us to express how we feel and to be ourselves and boost our self-esteem."*

*"It was great to have them and to share our stories. I wish they could have this with our parents."*

# In The Community

## Community Workshops

### Parenting Skills



*"I have learnt that I must not shout when I talk to children."*

*"I have learnt a lot about how to raise a child."*

*"Siya bulela FAMSA"*

*"I've learned that I need to calm myself before addressing a situation. I've learned to communicate better with my kids. I'm aware of what to look for if there is a problem at the school."*

*"That the negativity I put on my children has a terrible impact on them in future. Beating the child is not allowed nor swearing cause the times have changed. I should not raise my child the way I was raised. I should be or put myself in my child's shoes before I overreact. Mostly consider his feelings."*

*"It was very helpful especially dealing with teenager raising children alone it's not easy. This course made a lot of difference and how to calm down and talk things through without shouting and judging. Think things through before you say anything."*

*"It was helpful to me because I now know that you can talk to a child and make them listen to you, in the place of hitting the child."*

*"This workshop gave me insight into how the mindset of children and teenagers are so that I now have a better understanding of how to assist and not overshadow my children. Also, to allow them to have their space in a safe manner."*

# In The Community

## Community Workshops

### Marriage / Relationship Enrichment

*"Enlightening – more self-aware of needs and wants. Amazing – very practical and relevant. Insightful – informative and truthful. Empowering – able to analyse the state of the relationship. Fantastic workshop!!"*

*"I find that this relationship counselling has been a great experience to go through. It's been educational and fun. It gives one a better perspective on your relationship and helps improve things within your relationship".*

*"I have learned so much from this couple workshop. It has been a great pleasure to have been a part of this event. I've learned from others, heard their opinions and it opened my eyes to how I can improve my relationship as well as how to approach my partner. This is what I have received today, I'll put it to work within my relationship."*

*"I learned a lot. For me, it was a very good experience. It made me feel comfortable – and gave me the courage to try to be more open and eerlik met my man. Dit het my regtig baie gehelp."*

*"I think this is going to change the situation in my marriage. Especially when it comes to communication. I've really got a lot."*

*"That everything is not all lost that a marriage can be*

*saved through active listening and to be more mindful on our approach to one another."*

*"It's nice to know how my partner is feeling about me."*

*"I learnt my husband has needs too. Knowing there's help available. Just to take the time out to listen to other people teaching us about marriage."*

*"It was helpful because it taught me a lot of things that I took for granted. Now I know how to talk and how to show her what I need or what I expect from her and what she expects from me and what I need to do to make her happy."*

*"It's about how I make my partner feel and about how I feel that matters."*

*"This has helped me to understand my marriage better and how to deal with the situation and fighting."*

*"Knowing that I'm not the only one who has problems."*

*"It was helpful in the sense that I got more information that I will use in my marriage specifically, problem-solving: in the church as I am the leader there; my marriage; my own children."*



# In The Community

## Support Groups



Support groups are often formed organically after a workshop. Group members tend to bond during a workshop and the facilitator will encourage them to stay in touch and suggest the formation of a support group for each other. Whether members meet in person, or alternatively, form a WhatsApp group, it provides the safety net of support from people who have gone through similar struggles. Groups provide an important continuation of care and mutual support for the participants.

One group was started by our Social Worker at Dunoon, Didiza Qkata. The group is called the Phenomenal Women Parenting Support Group and has met regularly throughout the year.



# In The Community

## Community Events



The highlight of our Event Calendar was our annual Fun Run/ Walk, that was held at the Mandela Park Stadium in Khayelitsha on 5<sup>th</sup> May 2018. It was the second year that we held the event and we were grateful for the support of Top Events. We hope to continue to grow this fun family and community event.





# In The Community

## Revamping Khayelitsha Building

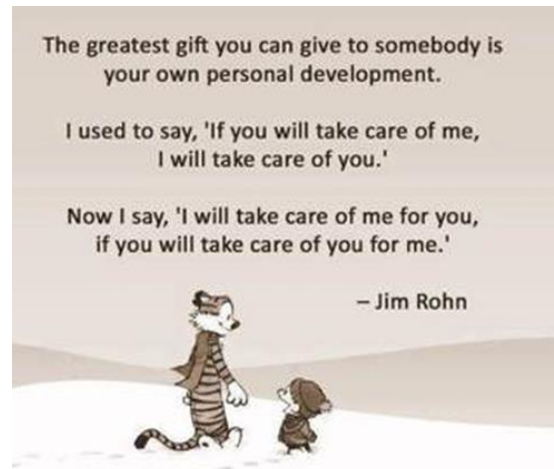
Thanks to a Grant from the NLC, FAMS A WC has been able to paint and renovate the Khayelitsha Building. We are delighted with the mural as our aim is to become a landmark for support in Khayelitsha.

Our building has also become a vibrant and happy space as we have also formed a partnership with Sparky's, an organisation that offers holiday and aftercare programmes to young children from the community.



# Connecting

At FAMSA WC we realise the importance of connection, both for ourselves and our clients. So often we see the impact of disconnection in peoples' lives, often resulting in mental health issues. We try to connect as a team on a monthly basis at our staff meeting but want to encourage connection skills with our clients too. In 2018, we ran a Facebook campaign on the importance of connection, informing the public through regular articles, especially towards the holiday season, when people often experience the greatest loneliness.



## Heritage Day Connecting Together

#WiredToConnect



# Connecting

## Final Thoughts: Living “Connected” Lives

#RealConnectionSavesLives

Ever found yourself surrounded by all the “right” people but feeling desperately alone.

Perhaps you  
are currently in  
a relationship,  
that would  
appear perfect,  
but you have  
never felt  
lonelier than  
you do now.

If this is true, then you may be among the millions of people who are suffering the effects of loneliness. It could be argued that loneliness is rapidly becoming the silent epidemic of this generation. It seems perverse that in this age of connectivity that the prevalence of loneliness has never been higher. To understand the impact of loneliness we first need to consider what it is.

### **What is loneliness?**

Cacioppo (2009) defined loneliness as, “perceived social isolation”. The experience of loneliness, however, is the anxiety or distress that one experiences, when you perceive that you are socially isolated. The gap between perception and reality is what makes it difficult to identify who may be a victim to its effects.

### **Why does loneliness lead to anxiety and distress?**

As humans, we are genetically programmed to be social beings.

Researchers suggest that for any organism to survive, it needs to adapt to its environment. As part of this adaption, our early ancestors realized that their chances of survival and the continuation of their offspring increased if they formed social bonds, lived in groups and attempted to work together. In today’s language, you may remember your parents tell you that there is safety in numbers.

Genetic coding and natural selection took care of passing this learned wisdom onto subsequent generations.

Coded into our genes was the instinct to seek connection and the aversion to avoid isolation. Simply put ‘connection’ translated into the survival of the humane gene and ‘isolation’ threatened extinction.

As a result, humans have developed highly sophisticated systems that drive us to seek connection and signal distress when there is a perception of social isolation.

### **Ignoring the warnings signals**

Notice how most new cars today come with that annoying seat belt feature. Recently I was travelling a short distance and so chose to ignore the signal. To my surprise, the further I drove the louder the sound became until eventually, the sound was so overwhelming to my senses that I simply put my seat belt on.

The experience of loneliness is not very different from my experience of motoring defiance. The stress that results from moments of social isolation may initially be mild, but over time this stress turns to distress which depletes one’s coping resources.

Research is suggesting that the stress from loneliness can be linked to compromised health, poor decision making and some instances anti-social behaviour. As the title of Bessel Van der Kolk book suggests, “the body keeps score”.

# Connecting

When we fail to heed the warning signs (as I did with my car alarm) the alarm gets increasingly louder until we reach a breaking point. This breaking point is physically evident when an individual body starts to manifest the stress symptomatically.

## **Self-fulfilling prophecy**

Have you ever  
been to a  
social  
gathering  
convinced that  
it's going to be  
a terrible  
experience?

You just know that you're going to stand awkwardly in some corner of the room and no one is going to talk to you all evening. Notice how most times this is exactly what happens. It almost like you can predict it.

When one enters a situation with a fear that you are going to be alone, perhaps you are going into that situation conditioned to look for the danger in that environment. When seen through the lens of "no one will talk to me" everyone may appear aloof, judgmental and generally unwelcoming.

Cacioppo would suggest that these interpretations quickly become expectations, as loneliness turns the perfectly normal fear of negative evaluation into a readiness to fend off blows.

So perhaps the problem is not the gathering, but the individual's defensive hostility that they project to protect themselves against the fear of loneliness. A fear that is sadly confirmed when no one feels comfortable to approach them.

## **The tragedy**

Those who are most lonely and by extension in the greatest need of social connection may find themselves stuck in a cycle that keeps them from the very thing that could bring healing.

This is evident in the number of adolescents and elderly that are dying from suicide year on year. It is important to acknowledge that a number of these may be due to mental illness, but an equally significant proportion is due to the inability of some to live in connectedness.

It is not that these individuals - or perhaps you, reading this article - want to be alone, it just that you don't know how to achieve connection.

## **The therapeutic opportunity**

Regardless of the therapeutic model that you practice, they all have one thing in common, which is that their effectiveness is rooted in the ability to affect the development of real and meaningful connections'.

Dan Siegel described this connection.

"Attunement is the authentic sense of connection, of seeing someone deeply, of taking in the essence of another person at that moment. When others sense our attunement with them, they experience "feeling felt" by us".

The ability to make a real human connection is not isolated to therapists - this is a gift and opportunity for any individual that chooses to stop long enough to truly see another human being.

To see with complete acceptance and devoid of any judgement.

Perhaps this is best understood in the IsZule greeting "Sawubona". Simply interpreted as 'I see you'.

Meaning, I see you as an individual.

## **Anthony Hawthorne: EWP / Training Manager**

John T. Cacioppo and Louise C. Hawkley (Perceived Social Isolation and Cognition)

Williams (Adaption and Natural Selection)

Richard Dawkins (The Selfish Gene)

Daniel J. Siegel (The mindful Therapist)

# RIP our dear Annie

We are sad to announce that our long-time Social Worker, Annie Jollivet de Oliveira, has passed away. Even though we were not related to Annie by blood, many of us at FAMSA WC feel like we have lost a relative and a valuable member of our family. Annie was dedicated to FAMSA WC over so many years and loved FAMSA WC as we loved her. Especially when she accepted a full-time position at FAMSA WC, she was around and available more often. She was always willing to experience new opportunities and moulded her previous background in acting, using this in her very unique approach to her counselling – she used her creativity, brought toys when there weren't any and even supplied mugs for the staff when they were needed. Her will to fight for life was inspirational and helped us to reflect on the value of life each day. With much love.

The FAMSA WC family



## Dedication to Annie Jollivet De Oliveira

29 March 1965 to 15 June 2019

"Daffodils" (1804)

I WANDER'D lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.  
Continuous as the stars that shine  
And twinkle on the Milky Way,  
They stretch'd in never-ending line  
Along the margin of a bay:  
Ten thousand saw I at a glance,  
Tossing their heads in sprightly dance.  
The waves beside them danced; but they  
Out-did the sparkling waves in glee:  
A poet could not but be gay,  
In such a jocund company:  
I gazed -- and gazed -- but little thought  
What wealth the show to me had brought:  
For oft, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.

By [William Wordsworth](#) (1770-1850)

# Staff

## **Executive Director**

Noelene Blekkenhorst

## **Human Resources Manager**

Cathreen Munday

## **Human Resource assistant**

Melanie Laising

## **Head Clinical Services**

Daleen van Staden

## **Resources Manager**

Erica Mendes

## **Marketer Volunteer**

Marlene Brand

## **Resource Assistant**

Sarah Kamalski

## **Finance Assistant**

Samantha Engel

## **Office Manager: Khayelitsha**

Gcobisa Ngalo

## **Counselling Manager:**

### **Observatory Office**

Pauline Sevitz

### **Manager: Training / EWP**

Anthony Hawthorn

### **Training Co-ordinator**

Conrad Stewart

## **Media**

Priscilla Clark

## **Men's Group Facilitators**

Lesley Thomas

Francis Rogers

## **HIV and AIDS Manager**

Mandisa Ralarala

## **Community Lay Counselling**

### **Manager**

Annatjie Susanna Wait

## **Dunoon/ Joe Slovo Prk Social Worker**

Qakata Didiza

## **Khayelitsha Social Workers**

Lindokuhle Tyelo

Chuma Mangxa

## **Observatory Social Workers**

Yonela Sipoko

Annie Joilevet De Oliveira

Sandra Jackson

## **Social Auxiliary Workers**

Siyabonga Yenge

Babalwa Mgcuwe

## **Counsellors**

Muriel Kossman

Shelley J Horwitz

Anita Grant

Ingrid Elte

Lizelle Peters

Raella Abel

Francis Rogers

## **Masters volunteer student**

Lisa van der Westhuizen

## **Data Capturer**

Ubernicia October

## **Intake**

Lynette Daniels

## **Mitchells Plain Social Worker**

Alicia Goosen

## **Community Lay Counselling Co-ordinators**

Mercia Marsh (Social Auxiliary worker)

Francis Adams(Social Auxillary worker)

Edith Page(Social Auxillary worker)

Desiree Titus (Social Auxiliary worker)

Margaret Ruiters(Social Auxiliary worker)

## **Community Lay Counselling**

### **Volunteers**

#### **Factreton**

Cecil Barendse

#### **Elsies River**

Charmaine Ryan

#### **Bishop Lavis**

Caroline September

#### **Mitchell's Plain**

Daphne Fortuin

Jacky Beukes

Moira Taylor

Sally Fielies

Veronica Abrahams

#### **Dunoon/Joe Slovo Park**

Sandikazi Sondlo

Litha Mbombo

Mandisa Dubule

#### **Social Auxiliary Work Interns**

Noxolo Mthimkulu

Hamilton Anthony

Bronvin Arendse

Blossom Simbeko

Babalwa Booyen

Philiswa Mcanda

Vanessa Petersen

Micaela Fish

Tandile Bangeni

Boneka Gomba

Nokubonga Dambeti

## **HIV and AIDS Co-ordinators**

Louisa Ben

Busisiwe Henda

## **HIV and AIDS/ TB / PMTCT/HCT/**

### **Adherence Counsellors**

Nomaxabiso Baleka

Monica Banzi

Nombulelo Boozi

Bulelwa Bonga

Zuziwe Boyana

Jenilee Delilie

Cynthia Emmanuel

Yoliswa Fanteso

Sylvia Fry

Lulama Kwane

Nxolo Langa

Nolusindiso Lili

Lindiwe Madasi

Felicia Myer

Cornelia Mazinywana

Ntombxolo Mgcoki

Sally Mvelashe

Thozama Mvula

Faika Norodien

Lungiswa Mzondo

Noloyiso Ntambo

Nondumiso Madubedube

Themvikile Nxesi

Ncebakazi Tiya

Vivian Tshingana

Robert Twalo

Ncumisa Winnifred

Ntombikayise Witbooi

### **Administration Assistant**

Zimkita Jini

### **Receptionists**

Gloria Mashinini (Observatory)

Nwabisa Siyolo (Khayelitsha)

### **After hour Receptionist**

Tristan Botha

### **Girl Friday(Observatory)**

Sylvia Rwexana

### **Girl Friday(Khayelitsha)**

Nasiphi Miti

### **Handyman**

Ernest Radu

### **Driver**

Alex Grant

Tim Wilson