

2009/2010

Annual Report



Rape Crisis
Cape Town Trust

Rape Crisis Cape Town Trust

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Message from the Chairperson

Michelle Huber

It is with a huge amount of pride that I write this message for the Annual Report of the Rape Crisis Cape Town Trust. On a personal note, my involvement with Rape Crisis has been purposeful and fulfilling, and I look forward to many more years of being actively involved with this organisation. Rape Crisis is well established and enjoys an excellent reputation. I have been fortunate to have been elected as Chairperson of the Board of Trustees for this specific year, as under the wise counsel of the previous Chairperson, Nox Ntuli, the full Board of Trustees and its dedicated staff and volunteers, Rape Crisis emerged from a difficult period re-energised, strong and invigorated. I would therefore like to thank Nox, and Kathleen Dey, the Director, for their wise and strong leadership over this difficult period.

As a Board, we started the year attending Board capacity building workshops, and I felt privileged to participate with such exceptionally skilled facilitators and dedicated fellow Board members. I would like to thank them for their ongoing contribution and hard work. Our focus as a Board and as an organisation, for this year, has been on a consolidation of learnings, a focus on corporate governance, on ensuring high compliance in all spheres and on 'lifting the game' in terms of seeing Rape Crisis as an organisation that not only serves its purpose in an exceptional way but that also has the systems, procedures and 'look' of a well run and professional entity.

In this vein, Rape Crisis has begun to put in place comprehensive policies and procedures in all aspects of running a world class organisation; all contracts have been reviewed and updated; the financial systems have been reviewed and monitored and we have been well advised on the financial aspects of the organisation on an ongoing basis; our rape case database was updated and redeveloped to ensure accurate statistics and reports on the prevalence of rape and emerging trends in communities; staff and volunteers have been trained in monitoring and evaluation as well as professional writing skills; projects have been launched and successfully completed; and Rape Crisis has introduced a new brand – which you will see in this Annual Report – which expresses a new energy and vigour within the organisation.

The Rape Crisis building in Observatory was inspected by an engineer, Nic Marais of Paterson and Cooke Consulting Engineers, and on his recommendation an architect was consulted with regard to a master plan for repairs and renovations rather than continuing the rather piecemeal work done in previous times. Michele Sandilands

of MS Architects provided her skills and expertise in this regard, preparing a detailed report and an initial proposal for doing so in keeping with the original Victorian style of the building. We look forward to seeing the results of the first two phases of work within the next few months.

Finally I would like to say a special thank you to Kathleen Dey, the Director of Rape Crisis, who has displayed her wonderful leadership skills and who, using these skills, with wisdom, a gentle sense of humour and effective delegation and empowerment, has led the organisation through the successful year that it has had. In closing I would like to refer to an apt quote from William Hastie, and to wish the organisation many more successes in the years to come:

"Difficulty need not foreshadow despair or defeat. Rather, achievement can be all the more satisfying because of obstacles surmounted." - William Hastie



Michelle

Message from the Director Kathleen Dey

When I think about Rape Crisis Cape Town I always think about the women we serve. The two ideas become one in my mind so that when I think of the organisation I think of that legion of women and quite a few men who have survived rape in this country. And strange to tell it is not an unhappy picture to me even though pain is such a great part of that picture. I see that pain but also a journey through that pain and how it shapes that woman into someone who is often quite extraordinary. I see her in the woman coming in to our offices for a counselling session, I see her in the volunteer that comes out to greet that woman, I see her in the staff team member that sits at a desk, I see her around our Board room table and I see her sitting in the workshop circle for training. I am not saying that every woman who works for and with Rape Crisis has been raped but I am saying that each one of us feels her pain and carries it with her.

And it is our core strength as an organisation and as a group of strong women that we know about empowerment in the face of that pain. We know that the principles of empowerment – safety, respect, restored control and ongoing support – can be viewed and expressed in every endeavour and at every level of our work whether it be in a counselling session, a supervision session, a meeting, a training workshop, an advocacy campaign or an organisational development process. When any element is missing we feel it.

I enjoy writing this annual report message as a moment in the year in which to reflect. Was there a time that was unsafe and we made it safer? Was there respect in all our dealings? Did we support the people we needed to support and were we in turn supported step by step, day by day? Have we facilitated the return of control, are there women who have a sense that they are back in charge because of something that we did? And how do we know this? I invite all of you reading this report to reflect on the same questions because what is printed in these pages may not exactly reflect your experiences of the organisation but it is still worthwhile to take the time to think back on the year if even for a moment.

I know we helped, directly helped, 2 385 rape survivors in this period. That is 2 385 survivors who were empowered by a safe space in which to speak about the rape, the ongoing support of a counsellor or a court supporter, the information they needed about the next step to take, the choices available to them or the factors that promote abuse and who received the respect of the person dealing with their case because

that person took it so seriously and believed the story they were told. In addition we supported the parents or carers of 293 survivors, trained 29 new volunteers and offered awareness raising or skills development to 5 715 others making a total of 8 422 direct beneficiaries of our different services.

If I think of a future where rape survivors suffer no secondary trauma and are supported in all of their interventions in the Criminal Justice System as well as within their communities I see women who are shown enormous respect because it is recognised by everyone concerned that she is the strongest, most effective weapon in the war against rape in South Africa if she is given the support, the information and the safest space in which to testify against the rapist so that rapist can be convicted and sentenced, effectively deterring others from perpetuating a culture of violence in South Africa.

What actions can we take today to make this simple vision clearer and closer? Just ask yourself in any given situation: Can I make it safer, even in a very small way? Is there respect present? What would bring about a greater sense of control: information, options, sharing it with someone else? And how can there be ongoing support? In this way you can make the principles of empowerment come alive for yourself and for others. Then there are no victims.



K. M Dey

Rape Crisis Strategy 2009/2010

This is the first year that the Rape Crisis Cape Town Trust is reporting on its progress towards the new strategic plan developed in October 2008 and implemented from March 2009. Abandoning the vision (but not the dream) **of a South Africa free from all forms of rape and oppression**, we adopted the more focused vision of **a South Africa in which rape survivors suffer no secondary trauma, and are supported throughout all of their interactions with the Criminal Justice System (CJS)**. This clearly set us on a mission to seek certain very specific changes:

1. *Reduced incidents of rape*
2. *Increased reporting of rape incidents*
3. *Higher conviction rates*
4. *Less secondary trauma for rape survivors seeking access to justice*
5. *Improved services to rape survivors both within the criminal justice system and in communities*

We planned to achieve these changes by meeting the following goals:

- a. *Improved services to rape survivors both prior to entering and within the CJS in order to minimise secondary victimisation and increase the effectiveness of trials so that conviction rates are increased above the current 4,1% baseline.*

- b. *Improved services to rape survivors in communities preventing extended psychological trauma and further physical harm so that when a woman is raped she does not suffer consequences that prevent her from:*

- *parenting her children effectively,*
- *working to generate income and*
- *becoming vulnerable to further harm*

because these are the things that break down family structures and ultimately the social fabric of our communities.

- c. *A replicable model for rape prevention through interventions with youth that change social norms both in terms of both attitude and behaviour so that the number of rape incidents is reduced and there is increased reporting of rape.*
- d. *Research capacity is developed within Rape Crisis so that our advocacy work has a greater effect and we demonstrate the impact of our work.*

We have implemented each of these goals through our existing services of counselling, training and development and advocacy combining deterrent, preventive and restorative interventions into a comprehensive strategy. Our newly constituted management team also plotted a course to lay the foundations for a more entrepreneurial Rape Crisis without losing our political edge, based on a strategy for advancement laid out by Shelagh Gastrow of Inyathelo.

With the help of consultants Alison Tilley of the Open Democracy Advice Centre (ODAC) and Insideout Research we developed a programme logic setting out all the objectives, activities and tasks necessary to achieve these goals as well as a comprehensive monitoring and evaluation (M&E) framework against which to measure our progress. We followed advice from Cathy Masters Development Systems (CMDS) based on a full review of our financial systems, we reviewed our structure with support from remunerations expert Gareth Dunn, reviewed all of our job descriptions in line with the M&E framework and developed and piloted a staff performance appraisal system with the support of organisational psychologist Michelle Visser. We also continued to implement a successful communications and visibility strategy with the guidance of HWB Communications. In these ways I hope we have begun to firmly secure Rape Crisis Cape Town's advancement.

Training & Development

Communities changing lives

“South Africa is a country where a substantial portion of the male population has historically bonded in a violent and highly militarised context: both universal conscription of white men and the absorption of many black men into the liberation struggle has contributed to a culture that sees violence as a legitimate means of resolving conflicts and one where ‘tough, aggressive, brutal and competitive masculinity, is promoted and weakness regarded, with contempt, as ‘feminine’ Through this violent struggle South Africa has developed what many commentators refer to as a ‘culture of violence’ or at least an easy acceptance of violence.”

So writes Dr Dee Smythe in *Should we Consent? Rape law reform in South Africa*. It is this culture of violence that we believe grows communities that do not support rape survivors and where community conditions as well as attitudes and behaviours perpetuate gender based violence. One of our greatest concerns is that rape affects the social fabric of our communities in such a devastating way that it prevents women from parenting as effectively as they may otherwise have done, affects their work performance and makes them vulnerable to further harm.

Our work with women in communities has shown too that the imbalances in society faced by women are still an

important factor in women’s struggle for equality and that women face a tough battle in gaining equal access to education and to careers and in living free from violence – basic rights and freedoms enshrined in our constitution. Informing women of their rights is still a priority but it is also important to educate communities about the social norms that promote gender based violence and offer alternatives that prevent it. Informing women of the services they have a right to within the CJS is vital as it improves their access to both justice and healing.

In addition to this it is clear that youth in communities both in and out of school have the potential to act on good information about their rights but also to change their attitudes and behaviours with respect to social norms that promote violent behaviour and an acceptance of violent behaviour.

Government has also made its commitment to a victim friendly Criminal Justice System and has several justice promoting instruments such as The Service Charter for Victim of Crime and the Minimum Standards for Service Delivery. It is important for communities to know that victims have the right to certain services and know exactly how to complain if they do not get them.

Our training and development programme offers the following services:

- Talks, workshops and short courses on how to support rape survivors, for NGOs, community based organisations and CJS officials and personnel
- Workshops on the social norms that promote rape and those that prevent it for community groups
- Talks and workshops on the Service Charter for Victims of Crime for community organisations, groups and CJS personnel
- A longer course as a series of workshops on peer education for youth in schools

- Interactive talks for out of school youth visiting youth centres
- A networking space for South African Police Service (SAPS) Victim Support Room Volunteers

These activities fulfil the aims of improving services to survivors within the CJS, ensuring greater levels of support and improved services to survivors in communities and working on a model for prevention work with youth.



RCCTT providing training and awareness on legislation, policies and sexual violence.

Training & Development

Communities changing lives

ATHLONE DISTRICT				
Month	Group	Participants	Hours	Sessions
August	Edgemead High School	240	1	1
November	Department of Social Development	15	2	1
	Child Protection Volunteers	17	4	1
TOTAL 2010	3	272	7	3

KHAYELITSHA DISTRICT				
Month	Group	Participants	Hours	Sessions
March	Bulumko High School	14	30	10
	Youth Centres	217	9	9
	Victim Support Volunteers	35	18	3
April	Bulumko High School	15	13	4
	Youth Centres	95	4	4
May	Ethafeni	19	3	1
	Sosebenza Primary School	15	3	1
June	Youth Centres	215	11	11
	Ethafeni	11	3	1
	Sakumlandela PPS	45	2	2
July	Ethafeni	8	3	1
	Nolungile PPS	15	1	1
	Sakumlanele PPS	35	2	2
	Youth Centres	251	10	10
August	Sakhulutsha Youth Group	14	3	1
	Youth Centres	85	5	5
	Zanokhanyo PPS	11	1	1
September	Ethafeni	12	3	1
	Manyano High School	34	1	1
	Zanokhanyo	13	1	1
October	Ethafeni	14	1	1
	Department of Social Development	25	3	1
	Manyano High School	341	12	6
	Ntwasahlobo Primary School	15	1	1
	Zanokhanyo High School	24	2	1
	Vruugoent	12	3	1
	Department of Social Development	425	2	1
	Intshayelelo Primary School	150	3	1

November	Manyano High School	35	1	4
	Ethafeni	9	3	1
January	Birds and Bees Youth Camp	18	24	3
February	Zanokhanyo High School	24	3	1
	Ethafeni	13	3	1
	Youth Centres	242	11	11
TOTAL	16	2506	198	104

CAPE TOWN DISTRICT				
Month	Group	Participants	Hours	Sessions
April	Valkenberg Hospital	80	4	1
May	UCT Medical School	40	2	1
June	Polyoak Packaging	80	2	1
	Shout it Now	13	2	1
	Department of Social Development	100	2	1
July	Sisters for Sisters	30	4	1
	Polyoak Packaging	63	2	1
	Polyoak Packaging	57	2	1
August	UCT Medical School	40	2	1
	UCT Medical School	37	2	1
October	Cape Peninsula University of Technology	70	4	1
December	Iziko Museum	16	4	1
February	CPUT, Psychology Department	6	1	1
TOTAL	8	632	33	13

Area	Group	Participants	Hours	Sessions
ATHLONE	3	272	7	3
KHAYELITSHA	16	2 506	198	104
CAPE TOWN	8	632	33	13
TOTAL	27	3 410	238	120

As we begin to implement the monitoring methods developed in 2009, starting in March 2010 we will begin to develop ways of measuring some of the knowledge, attitudes and skills of participants prior to receiving our training and then again afterwards. We also plan to look at other indicators, such as levels of sexual bullying in the schools we are working with and reporting rates at local police stations in communities we are working in to see over time what the impact of our work is.

Training & Development

Communities changing lives

Our services benefitted the groups we served in the following ways:

- NGOs, community based organisations and CJS officials and personnel showed a great deal of interest in the effects of rape on survivors and how this affects their ability to report a crime, go through with the investigation, testify in court and embark on a counselling programme and they found that this information enabled them to adapt their own ways of working with rape survivors in order to be more effective
- Community organisations, groups and CJS personnel found the information on the Service Charter for Victims of Crime an invaluable tool for informing survivors of their rights and as a guideline for their own interventions
- Community groups were enthusiastic about gender training and in particular learning about the widely accepted social norms that promote rape and how they could play a role in changing those norms by becoming more active in their communities
- Interactive talks for out of school youth visiting youth centres is an exciting project where Rape Crisis community based volunteers use the space provided by the waiting rooms at these clinics to engage the youth there in controversial debates and discussions about relationships, HIV, gender based violence and substance abuse in the context of these other topics
- The networking space for South African Police Service (SAPS) Victim Support Room Volunteers remains one of the most effective ways in which we

continue to build a strong relationship with the SAPS and the communities our police stations serve because this is a space where both volunteers and police officials can talk about the challenges and successes of their work with victims of crime, share best practise examples and lobby for change.

Liezel van Schalkwyk, Training and Development Coordinator for our Athlone office, speaks about an additional aspect of our work that was initiated in February 2010:

"Rape Crisis was one of the three organisations selected to be part of a pilot project introducing Participatory Video (PV) as a tool for engaging with groups. The project was funded by Oxfam Canada. PV is about using a video camera as an entry tool for working with a particular group or community and using this to create a platform for people to discuss an issue that is relevant to them. You teach people who wouldn't ordinarily have access to video cameras how to use them, how to plan and storyboard a film and how to shoot it and then edit it. The film and the process belongs to the group while our role is merely to facilitate the process. The group can use the final product, the film, in various ways: as an advocacy tool, as a way to document a major event, as a way to share something with others, as a way to bring about personal growth and many other ways."

The Rape Crisis peer education project for youth in schools in Khayelitsha taught skills to learners from two schools on how to support and refer survivors at school to Rape Crisis and other services as well as engaging them in activities on commemorative days such as National Women's Day that raised awareness about rape in their schools and local communities. This culminated in a three day camp for 18 lively peer educators at Eagle's Nest campsite where they shared the challenges and successes of the peer education project and came up with further recommendations. In spite of the fact that the time for planning was very, very short, that there were very few facilitators for this very active group, that the beds were uncomfortable and there were no recreational activities for them the peers came up with gold and made suggestions such as:

- having peer educators go on the radio with Rape Crisis staff to speak to parents in the community about rape,
- to have a poster and pamphlet campaign in the malls and at the taxi ranks,
- to have soccer and netball matches on Youth Day,
- to put on plays,
- to conduct even more awareness raising activities,
- to find a celebrity champion,
- to hold essay and poetry competitions,

Birds and Bees

Youth Camp

- to have a Facebook page, a Mxit page and a website page on Rape Crisis peer education programmes,
- visit other community organisations to see what they do and collect pamphlets from them to distribute,
- have the high school peer educators do workshops at the primary schools,
- find a journalist who is interested in the programme and have them come out and do a series on the project,
- to meet regularly with peer educators from other schools to share ideas,
- to entrench the peer education system in schools so that learners engage in discussions and debates and
- to become more organised so that they have their own office at their schools and liaise with peer educators in other provinces.

The team would like to see more experienced peer educators go out with them to train new peer educators and to grow the number of schools involved each year so that the dreams the current peer educators have can become a reality. In 2010 we plan to implement a Participatory Video project with the peer educators and by 2012 we hope to have a replicable model for rape prevention through interventions with youth that change social norms both in terms of attitude and behaviour so that the number of rape incidents is reduced and there is increased reporting of rape.

Stop the Bus Campaign

WEEK ONE			
Date	Target Group	Activity	Participants
23 November 2009	• Pacaltsdorp Day Hospital • Baby Clinic • Thembalethu Day Hospital	Awareness raising talks on rape in South Africa and the rape survivor's pathway through the CJS	450
24 November 2009	• Jonkersberg	Networking meeting for CJS and community role players	19
		Workshop on the impact of rape on communities	18
25 November 2009	George Hospital Thuthuzela Care Centre	Workshop on the Sexual Offences Act and the impact of rape on survivors	28
27 November 2009	Zwhelile Community Centre, Hermanus	Networking meeting for CJS and community role players	14
		Workshop on rape in South Africa and the rape survivor's pathway through the CJS	36
WEEK TWO			
30 November 2009	Wolseley Community Centre	Workshop on the rape survivor's pathway through the Criminal Justice system and Sexual Offences Act	35
1 December 2009	Saron	World Aids Day Event information table, talk and a march through the community to hand out condoms and pamphlets on rape	150
	Zwelethamba Police Station, Worcester	Shukumisa Campaign monitoring the gaps in service delivery	Local site visit
3 December 2009	De Doorns	Networking meeting for CJS and community role players	25
	Rawsonville	Workshop on rape in South Africa and the rape survivor's pathway through the CJS	18
4 December	Worcester	NGO workshop on the impact of rape in communities and the rape survivor's pathway through the CJS	12
5 December	10 Cape Town community organisations and members of the public gathered to commemorate the 16 Days of Activism	Information stall, pamphlet distribution and media interviews	1 500
9 days	22 target groups		2305 Participants

In addition to these training, networking, monitoring and campaign activities bus crews for each week were carefully briefed and thoroughly debriefed both daily and at the end of each week when they were back in Cape Town. Training materials and media packages were developed especially for the campaign.

As a result of these activities:

- rural organisations, service providers and communities in high risk areas were supported in the crucial work they are doing and are therefore better able to support victims because they are in partnerships and networks with RCCTT
- Rape survivors are encouraged to report rape and are better supported in remaining within the CJS to the completion of the trial or the resolution of the matter
- Rape Crisis was able to contribute information to broader campaigns and rural organisations in order to increase their capacity to monitor service delivery and hold local government service providers more accountable if their services lack in any way

- Rape Crisis is now able to speak to the needs of rural communities and their resources in national working groups we participate in and use this to influence broader campaigns to meet these needs
- Our own community based volunteers gained valuable skills through their involvement in organising and running a campaign as well as personal development through the insights they gained from travelling, spending time in nature and meeting people from diverse backgrounds
- We hope that a network that extends beyond the familiar urban networks can be called upon to speak out and share information essential to lobbying and advocacy within the field and awareness of gender violence in the rural areas grows beyond the 16 days of activism into the rest of the year

In addition to this rural organisations, service providers and communities in high risk areas will further be exposed to ongoing awareness raising, training and advocacy, developing themes established during the bus tour itself.



The Stop the Bus team with young women in Pacaltsdorp

Court Support and Pretrial Consultation

It is one of RCCTT's foremost aims to ensure improved services to rape survivors both prior to entering and within the Criminal Justice System (CJS) in order to minimise secondary victimisation and increase the effectiveness of trials so that conviction rates are increased above the current 4,1% baseline.

The Criminal Law (Sexual Offences) Amendment Act 32 of 2007 more commonly known as the Sexual Offences Act, assumes that rape survivors have the emotional and financial resources as well as enough support from their families in order to access justice and the services provided by the Criminal Justice System. We know the reality is very different. Without access to Rape Crisis Cape Town Trust services, survivors would not easily get the support and information they need in order to prosecute rapists, speak out about their abuse, encourage other survivors to speak out and challenge the behaviour of perpetrators.

Already these amendments have had a significant impact on the work of RCCTT. With the change in legislation has come the resultant redrafting of directions, instructions and regulations for the different government departments and state service providers offering services to rape survivors within the Criminal Justice System (CJS). The next stage in the implementation of the amendments is the drawing together

of a detailed National Policy Framework (NPF) that guides the different services and departments and, most importantly, ensures that they harmonise their efforts. Guidelines for Civil Society Organisations also form part of this framework and RCCTT is part of the National Working Group on Sexual Offences that the Department of Justice is consulting with in developing this framework. All the NGOs that form this working group are involved in monitoring the implementation of the Act in various ways and have a deep interest in how it is going to affect survivors and in ensuring that it delivers on its promises.

Trained Rape Crisis court supporters are based on site at four Sexual Offences Courts in Cape Town where they are on call to assist rape survivors and family members who have come to testify in rape cases. They give information about what the survivor can expect in court and help her to prepare herself to testify. They also refer her back to RCCTT counselling services if ongoing emotional support is needed, which it often is. Existing RCCTT clients can request three one hour sessions of pretrial consultation in advance of a trial once they have been subpoenaed to appear.

COURT SUPPORT RESULTS					
Month	Wynberg	Parow	Khayelitsha	Cape Town	TOTAL
January	38	27	10	10	85
February	44	41	27	8	120
March	50	42	46	28	166
April	30	22	19	18	89
May	38	26	22	9	95
June	44	28	27	13	112
July	51	25	9	20	105
August	31	38	26	19	114
September	31	56	13	20	120
October	55	64	26	22	167
November	18	75	19	38	150
December	46	39	7	15	107
TOTAL	476	483	251	220	1430

PRETRIAL CONSULTATION RESULTS				
Month	Observatory	Athlone	Khayelitsha	TOTAL
January	2		3	5
February	1		2	3
March	1	2		3
April	1	1	1	3
May	1	1	4	6
June	1	1	1	3
July				0
August	2	1		3
September				0
October	1		1	2
November			1	1
December				0
TOTAL	10	6	13	29

All survivors have anxieties about appearing in court and both court support and pretrial consultation go a long way towards alleviating this anxiety. Rape survivors who receive this support are much calmer and more confident than those that do not and some have even claimed that in the end the experience of testifying was an empowering one for them.

Rape Care Centres

The most serious problem facing survivors wishing to take cases to trial and bring rape perpetrators to justice in South Africa is that the very nature of rape and its extreme trauma makes survivors vulnerable to further and extended psychological harm at every point in her or his interaction with the Criminal Justice System (CJS). Even a system less adversarial and under resourced than our own would inflict such secondary trauma on a rape survivor since every expert, from police officers, to forensic nurses, to magistrates and prosecutors, all have a specific and highly specialised role to play in the case – a role that requires their utmost attention and focus – and that requires the survivor to relive all the pain and terror of the rape itself.

These role players have little room to spare the rape survivor this ongoing pain. This pain can however leave survivors reluctant to speak about what happened during the rape, it can block their detailed memories of what transpired, make them fearful of coming forward or even angry and difficult for officials to deal with. These factors may even cause them to withdraw the case, lose the case or never to report it in the first place. This ultimately leads to lower conviction rates and less of a deterrent for rapists than is desirable in a country with such high rape statistics.

Because Rape Crisis has a vision of a South African Criminal Justice System that supports and empowers rape survivors at each point of intervention we want, as part of that vision, to see less and less secondary trauma for rape survivors particularly at health facilities. The Thuthuzela Project has the aim of improved services to rape survivors

RESULTS FOR THUTHUZELA CENTRE						
Month	Total	Female	Male	Age 0 - 6	Age 7 -14	Age +14
March	75	75	0	10	19	46
April	95	89	6	25	29	41
May	63	57	6	5	21	38
June	68	66	2		22	39
July	62	60	2	10	19	33
August	61	59	3	6	17	39
September	62	62	0	6	10	46
October	61	59	2	9	11	41
November	57	54	3	3	6	48
December	73	73	0	6	12	55
January	39	38	1	6	6	27
February	75	72	3	6	24	45
TOTALS	791	764	28	92	196	498

preventing extended psychological trauma and further physical harm and improving the survivor's ability to testify in court and act effectively as the most important weapon in the State's arsenal in the fight against gender based violence in South Africa.

This early intervention is vital in preventing secondary trauma in this, the most deeply traumatic part of the process of the criminal investigation where the forensic examiner touches every place the rapist touched and asks questions that go into every detail of what took place. Counsellors at this centre report the effectiveness of intervening at this time when the survivor is suffering the greatest level of distress in four main ways:

- *It calms the survivor to have someone present who is there purely for her emotional support and to offer her information appropriate to what she can receive*
- *Survivors appreciate the fact that a close friend or family can be called and included in the process to take in more detailed information that is helpful to the survivor at a later stage*
- *Family members and other supportive people benefit from being guided in their efforts to help and support the survivor and to have information about the overall process of taking a rape case to trial*

- *Survivors show a greater tendency to return for follow up appointments when they know that psychosocial care is part of the package they receive – it also encourages them to seek further ongoing support and assistance from other sources such as counselling services and so on*

It is these factors that convinces Rape Crisis of the wrongness of the assumptions underpinning our new Sexual Offences Act which assumes women have the resources to take a rape case all the way to trial and beyond as well as the support they need from their families and communities. On the contrary women need these resources now more than ever and Rape Crisis is there to provide them.

Rape Crisis Counselling

No person exposed to severe trauma is immune to suffering and the signs of that suffering are referred to as symptoms. When these symptoms can be grouped as a pattern over time, they are referred to as a syndrome. Rape Trauma Syndrome (RTS) is the medical term given to the response that survivors have to rape. It is very important to note that RTS is the natural response of a psychologically healthy person to the trauma of rape so these symptoms do not constitute a mental disorder or illness. At Rape Crisis we in fact refer to them as a form of injury.

The most powerful factor in determining

psychological suffering or damage is the character of the traumatic event itself since individual personality characteristics count for little in the face of overwhelming events. Physical harm or injuries are also not as great a factor since women with little or no physical harm may yet be severely affected by their rape experience. It is therefore important to examine the character of the trauma that is rape.

Not only is there the element of surprise, the threat of death and the threat of injury, there is also the violation of the person that is synonymous with rape. This violation is physical, emotional and

moral and associated with the closest human intimacy of sexual contact. The intention of the rapist is to profane this most private aspect of the person and render his victim utterly helpless. The character of the event is thus connected to the perpetrator's apparent need to terrorise, dominate and humiliate the victim. The victim is therefore most likely to see his actions as motivated by deliberate malice, a malice impossible for her to understand. Rape by its very nature is intentionally designed to produce psychological trauma. It is a form of organised social violence comparable only to the combat of war, being but the private expression of the same force. We get nowhere in our understanding of Rape Trauma Syndrome if we think of rape as simply being unwanted sex. Where combat veterans suffer Post Traumatic Stress Disorder, rape survivors experience similar symptoms on a physical, behavioural and psychological level.

Because Rape Trauma Syndrome (RTS) is a well defined pattern of physical, behavioural and psychological symptoms at Rape Crisis we are able to track our clients' progress towards symptom mastery using a basic checklist of symptoms that they are first asked to describe unprompted and then by direct questioning. A follow up questionnaire is completed after 12 sessions and the results recorded showing that most of our clients do in fact experience

remarkable recovery in the crisis intervention phase, which is usually 12 – 16 weeks. This is quite often the first time a survivor has spoken about the rape often after many years have gone by which is testimony to the deep stigma of rape in our society. The relief of being able to speak about it to a person who understands goes a long way towards normalising the experience which is crucial to symptom mastery.

Callers accessing our 24 hour helpline are mainly parents who feel devastated by what has happened and helpless to do anything in the aftermath and they value the very concrete and specific advice they get on how to support a rape survivor as well as the acknowledgement that they may also need support. Callers who want to remain anonymous or who cannot get to one of our three offices in Athlone, Khayelitsha or Observatory are able to get help over the phone. Existing clients in face-to-face counselling know the afterhours line is there and this helps them know that they are never alone if they need further support or assistance. Counsellors from other service organisations and even professionals in private practise use this service and come to RCCCT for advice about cases.

Being a learning organisation we learn from every client we see and take that learning on to help others.



A survivor, being supported by two of Rape Crisis's counsellors

Rape Crisis Counselling

COUNSELLING RESULTS			
ATHLONE DISTRICT			
Month	New Clients	Number of Sessions	Phone Calls
March	21	56	193
April	12	55	108
May	8	28	116
June	20	35	114
July	13	24	112
August	6	32	56
September	14	40	78
October	17	37	83
November	8	26	40
December	8	26	40
January	13	30	68
February	27	43	96
TOTAL	167	432	1104

KHAYELITSHA DISTRICT			
Month	New Clients	Number of Sessions	Phone Calls
March	16	46	17
April	12	25	19
May	14	49	14
June	16	43	37
July	20	42	44
August	18	38	28
September	23	51	57
October	16	46	84
November	22	45	78
December	9	30	46

January	21	49	93
February	12	62	41
TOTAL	199	526	558

WYNBERG DISTRICT			
Month	New Clients	Number of Sessions	Phone Calls
March	17	73	155
April	10	61	162
May	8	71	184
June	12	62	194
July	6	41	157
August	5	37	119
September	10	40	145
October	13	47	119
November	13	52	170
December	12	50	119
January	9	49	124
February	9	43	124
TOTAL	124	626	1772
TOTAL	457	1473	3177

Office	New Clients	Number of Sessions	Phone Calls
ATHLONE	167	432	1104
KHAYELITSHA	199	526	558
OBSERVATORY	124	626	1772
TOTAL	490	1584	3 434

Rape Crisis Counselling

Rape Crisis counselling consists of face-to-face acute and ongoing sessions with female and male rape survivors 14 years and older. Our 24 hour crisis line offers advice to rape survivors and their families immediately after a rape incident as well as advice to related professionals.

When a survivor is raped she has the option of contacting our 24 hour help line and speaking in one of the three main languages of the Western Cape to an experienced counsellor who can talk her or a family member through the immediate after effects and procedures following a rape incident. These effects include emotional shock, medical intervention, legal procedures and finding the necessary resources for further assistance and ongoing support. After that she has the option of coming in for crisis intervention of 12 one hour sessions face-to-face with a counsellor in order to facilitate the resolution of the medical and legal processes and to achieve some symptom mastery with regard to Rape Trauma Syndrome (RTS). Our approach pivots around the principles of empowerment and has a strongly psycho-educational element to it. A survivor may access a support group once she has completed this part of the process.

Men, women and at risk children 14 years old and over and their families have supportive and protective services after an incident of rape or gender

violence. The services offered by RCCTT are an essential part of the recovery process from the crisis of a rape for many survivors on several different levels.

Counselling Coordinator Shiralee McDonald adds:

"We managed to build up a small network of translators who helped with refugee clients needing counseling. These were either victims of the xenophobic attacks of 2008 or victims escaping conflict or extreme conditions who were abused in other African countries. The counsellors have gained invaluable knowledge about working with a translator and issues that face refugees living in South Africa. We've also developed relationships with refugee networks that have been mutually beneficial."

Our Khayelitsha office completed an Internal Training Course for 11 newly recruited community based volunteers consisting of 18 sessions each three hours long. These volunteers are women in Khayelitsha who are committed to making a difference in their community and are passionate about women's issues and violence against women in South Africa. They in turn work as counsellors with the direct beneficiaries who are rape survivors and as community educators with various training target groups including other community based organisations, Criminal Justice System officials, community members and youth both in and out of school. Counsellors saw 171 rape survivors for a total number of 455 sessions following their training in the period May 2009 – February 2010.

All trained volunteers were orientated to the office they are based at as well as making site visits to local police stations, health facilities and court. All 11 volunteers passed the written test at the end of the course and graduated after four months of practical on the job supervision and training and they then attended a total of eight monthly Focus Group meetings where problem solving and coordination of the service takes place. Joyce Doni, our Khayelitsha office Counselling Coordinator, had this to say about the experience:

"Whenever I need to write about exciting things in the organisation I really do get

Volunteer Training

excited as there are so many things that have always taken place. We had internal training this year during May and June and 13 new volunteers were trained recruited from the Khayelitsha communities although only 11 completed the course at the end of the day. The training not only looks at training for women to become Rape Crisis volunteers but it also helps them find their inner strengths and their own sense of empowerment. The training is also about skills development as most of these women come from disadvantaged families and at times a lack of education is a big challenge in their lives as they search for employment.

We are always very proud to welcome new volunteers into our groups as they bring new ideas in to the organisation. They show us what really is taking place in the communities we serve and in this way they make us understand the dynamics in their lives, which in turn helps us find ways of fighting rape as a crime in all our communities."

The Athlone and Observatory teams conducted a joint Internal Training Course this year consisting of 21 sessions each three hours long. 12 participants were trained as counsellors and community educators. Participants are women in Athlone and other areas of Cape Town who are committed to making a difference in their community and are passionate about women's issues and violence against women

Volunteer Training

in South Africa. Counsellors saw 24 rape survivors for a total number of 83 sessions following their training in the period August 2009 – February 2010. All trained volunteers were orientated to the office they are based at as well as making site visits to local police stations, health facilities and courts. All 12 volunteers passed the written test at the end of the course and eight of them graduated after four months of practical on the job supervision and training. Volunteers attended four monthly Focus Group meetings where problem solving and coordination of the service takes place. Abigail Less, one of the newly trained counsellors had this to say about her experience:

"The course itself was fantastic! The way the facilitators were, they never made you feel that they were in charge or would force you to say something you didn't feel ready to say or do something you didn't want to do. I felt free to talk. I learnt to express myself, to say what I think and what I feel. There was lots of interaction on the course. I could open up about things I never shared, even with people close to me. We really had an amazing bond."

She found the orientation programme useful and the practical training also very good.

"Supervision is very powerful. I have gained so much knowledge from getting advice from the other counsellors in my group and also from giving them advice myself. We all grow and improve our skills on how to handle clients and how to handle our emotions. I've grown and matured as a woman from doing this course. I'm not afraid to express myself even in English, both speaking and writing, which is not my first language. I'm not afraid to say how I feel. Before [this course] I was never like that."

One of our goals in service of our mission is that research capacity is developed within Rape Crisis so that our advocacy work has a greater effect and we demonstrate the impact of our work.

This year saw Rape Crisis updating its database in order to create one that was more able to produce accurate statistics and reports on the prevalence of rape, and emerging trends in the communities that we provide services in. The development process was extremely detailed and tied in well with an evaluation of what Rape Crisis would like to know about its clients, the perpetrators of rape, and the treatment of survivors through the criminal justice system (SAPS, health facilities and Courts). The database is due for completion at the end of July 2010.

One of the most exciting things about this process was the training of 19 volunteers during February 2010 in how to data capture, using the old system. There were nearly 3000 files that needed to be captured between February 2010 and April 2010. This process was well under way in February and many of the volunteers found both economic and personal empowerment in this process. When the new system is complete and ready to be used, this training process will happen again.

Rape Crisis Database

M&E

The Monitoring and Evaluation framework for the various programmes happening at Rape Crisis was updated in 2009 with the assistance of Insideout Research. This framework aims to help the staff at Rape Crisis streamline their work efforts to ensure maximum efficiency, and the best level of support for our clients. During February each of the programmes had meetings with Nazma Hendricks, the Operations Manager and Jennifer Thorpe, the Researcher, to refine the tools they would use to monitor their progress and establish baselines and targets for the future. In the months following February 2009 the data for each of the activities in each of the programmes will be collected so that Rape Crisis can begin to set itself targets for the coming years.

Networking & Partnerships

Forums

- Trauma Rooms Focus Group
- Violence Against Women Research Consortium
- Western Cape Network on Violence against Women (WCNOVAW)
- Thuthuzela Care Centres
- Women Demand Dignity
- The Commission on Gender Equality
- National Working Group on Sexual Offences
- Provincial Victim Support Working Group
- The Gender Justice Forum
- The Simelela Partnership

Network Partners

- Ilitha Labantu
- Rape Crisis Helderberg
- The Trauma Centre for Victim of Violence
- National Institute for Crime Prevention and the Reconciliation of Offenders (NICRO)
- Molo Songololo
- LifeLine
- ChildLine
- SafeLine
- Child Welfare
- Empilweni
- Nonceba Family Advice and Support Centre
- Mosaic
- SAPS Victim Support Room Project
- Cape Town Drug Counselling Centre
- Gender Advocacy Programme (GAP)
- Women on Farms Project (WFP)
- Family and Marital Association of South Africa (FAMSA)
- The Triangle Project

- Resources Aimed at the Prevention of Child Abuse and Neglect (RAPCAN)
- Sex Worker Education and Advocacy Taskforce (SWEAT)
- Community Law Centre (CLC), University of the Western Cape
- REACH
- Tshwaranang Legal Advocacy Centre (TLAC)
- Centre for Conflict Resolution (CSVR)
- Women's Legal Centre (WLC)
- The Black Sash
- Department of Social Development, UCT
- Gender Health and Justice Research Unit (GHJRU), UCT
- Open Democracy Advice Centre (ODAC)
- Institute for a Democratic South Africa (IDASA)
- Positive Muslims
- Justice and Women (JAW)
- Nisaa
- Tohoyando Victim Empowerment Programme (TVEP)
- Saphila Ekuhlaleni
- Centre for the Study of Violence and Reconciliation (CSVR)

Government Services and Departments

- Department of Health
- Department of Social Development
- Department of Correctional Services
- Department of Education
- Department of Community Safety
- The National Prosecuting Authority (NPA)
- The South African Police Service (SAPS)

International Networks

- Department of Women's Studies, George Washington University, USA
- University College, Dublin
- School of Social Work, Copenhagen
- Council of Jewish Women, Washington DC, USA
- WOMANKIND Worldwide, London, UK

Current Donors

- Anglo American Chairman's Fund
- Azriel & Moyra Fine Foundation
- Belgium Embassy
- Community Chest
- Department of Social Development
- Department of Social Development - Thuthuzela
- First for Women Trust
- K & J Strauss Foundation
- National Lottery Distribution Trust Fund (NLDTF)
- Nedgroup
- Old Mutual Foundation
- Oxfam Belgium
- Oxfam Canada
- Telkom Foundation
- The Norwegian Centre for Human Rights
- United Nations Office on Drugs and Crime (UNODC)
- Womankind WORLDWIDE

In Kind Donations and Pro Bono Work

- Gareth Dunn – evaluation of organisational structure
- Philippa Cameron – advanced supervision for counsellors doing specialised work
- Michelle Visser – competency development, job descriptions, staff recruitment and performance appraisal
- Elsa Uys – HWB Communications, media liaison
- Pam Sykes – Social networking consultancy and podcasts
- Pieter Retief – database hosting
- Petit Decor – lounge furniture and upholstery
- Steve Barnett – Website development
- Nic Marias – Patersons & Cooke Consulting Engineers - engineers report
- Michele Sandilands – MS Architects, architect's report
- Caroline Mouton – IT management-consultant
- Dr Lilly Artz – research consultant
- Tina Bester – Queen of Tarts, cupcakes for the 1 000 Campaign launch
- All donors that contributed towards the Rape Crisis 1000 Hearts Campaign
- Evelyn Holtzhausen and Anne Wallace Brown - HWB Communications, media consultants

Meetings held during the past year

- Annual General Meeting – 5 August 2009
- 9 Management Team Meetings
- 3 Board Meetings
- 11 Staff Meetings
- 11 Joint Strategy Meetings
- 2 Volunteer Forum Meetings
- 66 Focus Group Meetings
- 2 General Meetings

Annual Financial Statements

for the year ended 28 February 2010

BALANCE SHEET		
Figures in Rand	2010	2009
ASSETS		
Non-Current Assets		
Property, plant and equipment	3 449 304	2 160 004
Current Assets		
Sundry debtors and receivables	240 262	17 555
Cash and cash equivalents	3 380 360	800 715
	3 620 622	818 270
Total Assets	7 069 926	2 978 274
EQUITY AND LIABILITIES		
Equity		
Capital reserve fund	3 449 304	2 097 299
Donor reserve fund	2 257 987	-
Sustainability fund	1 212 047	761 931
	6 919 338	2 859 230
LIABILITIES		
Current Liabilities		
Creditors and other payables	150 588	119 044
Total Equity and Liabilities	7 069 926	2 978 274
INCOME STATEMENT		
Figures in Rand	2010	2009
REVENUE		
Training revenue	22 805	32 461
Donations received	142 410	200 772
Grants received	4 903 098	3 473 441
	5 068 313	3 706 674
OTHER INCOME		
Other income	39 161	95 277
Interest received	59 822	11 279
	98 983	106 556
EXPENSES		
	(4 716 533)	(3 410 656)
Operating surplus	450 763	402 574
Finance costs	(647)	(360)

Surplus for the year	450 116	402 214
INCOME STATEMENT		
Figures in Rand	2010	2009
OPERATING EXPENSES		
Annual general meeting	6 840	2 330
Auditors remuneration	15 700	1 951
Bank charges	34 768	20 078
Board meetings	806	905
Catering and refreshments	34 723	28 836
Campaigns	119 526	10 365
Cleaning	5 447	1 008
Client relief	3 985	2 829
Computer and database expenses	190 286	81 520
Consulting fees	55 014	2 866
Court supporters		1 023
Depreciation, amortisation and impairments	102 406	-
Electricity and water	7 984	7 819
Evaluation	46 221	-
Insurance	24 052	43 426
Internal training	1 493	-
Motor vehicle and transport	48 332	49 491
Municipal Rates	10 905	9 023
Organisational development	34 242	-
Photocopying and printing	23 572	7 243
Piecework	643 978	398 146
Postage	2 271	747
Property rent	72 000	60 000
Repairs and maintenance	14 206	7 806
Publications	23 398	4 546
Salaries and wages	2 485 311	2 155 949
Security	10 094	10 788
Sessional payments	243 714	304 677
Staff development	17 320	3 371
Saphila Ekhuhlaleni Project costs	206 611	-
Stationery and training materials	21 440	15 758
Subscription and membership fees	1 905	1 270
Supervision	11 517	2 696
Telephone and fax	183 274	173 764
Travel - overseas	13 192	-
Venue hire	-	425
	4 716 533	3 410 656

Rape Crisis Contacts

The Rape Crisis Cape Town Trust is audited by Nolands Inc.

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Name of Organisation

Telephone

The Rape Crisis Cape Town Trust (RCCTT)

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Date of Establishment

Facsimile

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- NPO Registered 2005*

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IT386/99

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