

2011/2012

Annual Report



Rape Crisis
Cape Town Trust



Rape Crisis Cape Town Trust

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Message from the Chairperson

Marcel Londt

The Rape Crisis Cape Town Trust has a 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). Nowhere is this vision more relevant than in a country that has some of the highest reported rape statistics in the world and a province that is home to a city dubbed “the Cape of Rape”. It is a vision that supports and empowers the rape survivor to endure the ordeal of taking a rape case through a complex and alienating process so that she can assist the State and play the crucial role she has to play in order to bring the rapist to justice. In this way we challenge the culture of impunity in a country dominated by casual and endemic violence.

South African society, its culture and its institutions have been profoundly affected by the institutionalised dehumanisation imposed by the apartheid system as well as the levels of force used, on the one hand, to entrench these policies and, on the other hand, to resist them. In this way, the system traumatised an entire nation. Every person in South Africa has been affected by the violence, structural and physical, of apartheid in one form or another. At its worst, this continues to play out in a profound disrespect for human life and the integrity of individual human beings and an attitude of impunity where the consequences of violence are concerned, which in turn causes more violence. An important part of constructing a new shared morality is South Africa's constitution, which enshrines the right to gender equality.¹ But in the daily reality of many people this remains nothing more than an aspiration, and most commentators agree that interpersonal relations in South Africa remain marked by extreme gender inequality.²

The circumstances described above should be considered together with other factors in order to provide a comprehensive explanation for South Africa's high levels of sexual violence. Situational factors such as poverty and drug abuse are inadequate on their own as explanations; it is only when these factors are seen in the context of the massive and institutionalised violence perpetrated against South Africans by the apartheid system that we can begin to understand why sexual violence is so pervasive across population groups. A failure to recognise that South Africans will carry the scars of apartheid for generations to come is naïve, dangerous and counterproductive to the project of building a new egalitarian value system and to transforming our institutions in accordance with those values.

In this context the fact that Rape Crisis has a mission to act as a bridge between the rape survivor and the criminal justice system and to address the enormous issues of stigma in communities is crucial. Without the services that Rape Crisis offers rape survivors would not have the guidance and companionship they so desperately need to embark on the long and difficult road to justice and recovery.

This year we faced another serious funding crisis and were fortunate to have had the cash reserves and the support of the Department of Social Development to help us survive it. However in future we are going to need even more support from local foundations, from Corporate Social Investors, from philanthropic organisations, from international aid agencies and, perhaps most importantly of all, from individuals. Our online giving campaign, the 1 000 Hearts Campaign looks to engage just 1 000 committed individuals giving R100 per month to help us begin to rebuild those reserves, continue our services and ensure our ongoing sustainability.

I would like to thank the staff and volunteers of Rape Crisis who showed such commitment in the face of adversity during a very tough year. They deliver the only specialised service to rape survivors in the Western Cape and their expertise and experience are unparalleled.

¹ The South African Constitution, Act 108 of 1996, s9(2).

² Rachel Jewkes and Naeema Abrahams, REF. OSW Report, REF. Penny Parenzee and Dee Smythe. 2003. DOMESTIC VIOLENCE AND DEVELOPMENT: LOOKING AT THE FARMING CONTEXT. Lillian Artz. 1998. ACCESS TO JUSTICE FOR RURAL WOMEN: SPECIAL FOCUS ON VIOLENCE AGAINST WOMEN.

Message from the Director

Kathleen Dey

The emotions that I experienced were overwhelming. Then I realised that the law is useless. And while I go through this terrible ordeal and other people judge me, he is free from blame.

These are the words of a rape survivor who came to Rape Crisis for counselling. While the law may not be entirely useless if it is true that rape is one of the most difficult crimes to prosecute. Low conviction rates attest to the fact that many cases fail to convict the rapist because of a lack of evidence, leaving rape survivors feeling that justice has not been done. For this reason, when there is sufficient evidence to convict a rapist it is tragic to see cases fail for other reasons and to find that so many cases go unreported.

Police crime statistics released in September 2011 state that in 2010/2011 there were a total of 9 299 sexual offences reported to the South African Police Services (SAPS) in the Western Cape. This translates into just under 27 cases per day. In total, 66 196 sexual offences were reported countrywide for that period.

With volumes this high, building an organisation that delivers the essential services that women need after rape is an enormous challenge. In this period we offered direct assistance to just over 4 700 rape survivors with a staff compliment of 16 supporting, supervising and coordinating the direct efforts of between 60 and 80 trained volunteers. Since the organisation was founded as a volunteer women's collective in 1976 we have built our volunteer model to one that is replicated by other organisations and services throughout the country. This year we focused on building systems within the organisation that would ensure greater levels of efficiency and teamwork, coming together once a quarter as staff for training and at the same time scrutinising the organisation's processes and procedures to find the best possible way of doing things.

Building effectiveness is important but in the face of major funding crisis financial sustainability must take first priority. In November 2011 we realised that would have to dig in to our cash reserves to make up the shortfall for the year and even that might not be enough. Over the past three years we had lost a significant amount of funding from European donors who, as a result of the global economic crisis, were prioritising funding development in their own countries or in poorer African countries. We were not able to replace that funding. Local corporate social investors were not able to increase their spending since their budgets are tied to their earnings and their earnings were affected by the poor performance of the South African economy. We learned that the National Lotteries Board had changed their funding priorities to favour new and emerging organisations in the rural areas. The provincial Department of Social Development

were able to assist us after the news broke in the media that we were experiencing funding difficulties.

We planned to address the crisis by reducing our budget for 2012/2013 by 33 per cent, engaging key partners and contracting expert consultants to enable us to bid for high level international grants, continuously searching new donor prospects, researching new trends in fundraising, implementing a social enterprise strategy by extending our services into the corporate and private sector to generate our own income and soliciting individual donations through our online 1 000 Hearts Campaign. As the oldest organisation dealing with rape in South Africa our reputation is strong, our history is long, our projects are relevant, people recognise the need for our services, it is not difficult to obtain buy in from stakeholders when we embark on campaigns, we stay in touch with current trends in order to harmonise our efforts with others in the sector, our systems are very well organised, our Board, management, staff and volunteers teams demonstrate high levels of commitment, we have good relationships with many stakeholders that have developed and grown over long years and our projects are designed to develop the very communities we serve. These are all factors that increase our long term sustainability.

This report shows how we either met our targets for the year and gives direct testimonials from the rape survivors and communities we served. My thanks to the donors that have seen the impact of our work and continued to have faith in us through this period, to the partners that we worked with to enhance our efforts and to our Board who are committed to this organisation. I would like to highlight the fact that not only are our quarterly Board meetings well attended but Board members are supportive of staff and volunteers, are more than willing to take on tasks in between meetings, to bring the necessary skills and resources into the organisation and they give a great deal of energy to our meetings.

Strategy 2010/2011

The Rape Crisis Cape Town Trust has a 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).

It is our mission to act as a bridge between the rape survivor and the justice system as well as between the rape survivors and the community. In service of this mission we seek the following specific changes:

1. *Reduced incidents of rape*
2. *Increased reporting of rape incidents*
3. *Higher conviction rates for rapists*
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 criminal justice system 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, being evidence based, 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 management team also plotted a course to lay the foundations for a more entrepreneurial Rape Crisis without losing our political edge through the adoption of an advancement strategy for the organisation in consultation with Inyathelo: the South African Institute for Advancement.

The Road to Justice

Under the goal of improved services to rape survivors both prior to entering and within the criminal justice system in order to minimise secondary victimisation and increase the effectiveness of trials so that conviction rates are increased Rape Crisis offers a range of essential services to women including:

- *A twenty four hour help line offering advice and support to survivors*
- *Counselling and containment at Thuthuzela Care Centres based at two regional hospitals*
- *Court support to rape survivors at four regional courts in Cape Town*
- *Pre-trial consultation to rape survivors preparing to go to trial*
- *Training to members of the criminal justice system on how to support a rape survivor*
- *A set of booklets guiding survivors on the role expected of them within the criminal justice system to secure a conviction*

The **helpline** takes a steady stream of calls both day and night covering a range of inquiries on how to enter and negotiate the criminal justice system such as where and when to report rape, what the medical and forensic procedures are following rape, finding out what progress should be made in an investigation and what progress is in fact being made among others.

To ensure high quality **counselling and containment** at the health facilities we work in we collaborate with the Provincial Government of the Western Cape (PGWC) Department of Health, Department of Social Development, the National Prosecuting Authority (NPA) and the South African Police Service (SAPS) at designated Thuthuzela Care Centres. We have trained lay counsellors on duty twenty four hours a day to greet survivors and their families coming to a health facility right after rape. These survivors are still in shock and know very little about what to expect in the hours that follow and the counsellor walks them through that process, explaining everything to them, offering comfort, making sure family members know what is going on and ensuring that the survivor can link up with helpful services in the days and weeks to follow. These counsellors are of enormous help to the nurses, doctors, police constables and detectives that deal with the survivors at this time as they are freed to focus on the technical aspects of their highly specialised work knowing the survivor is being offered practical and emotional support at every turn.

At the courts where we offer **court support**, survivors arrive not understanding the way our court system works, not knowing what is expected of them during the trial and not knowing who all the different role players in the court are. They are also often traumatised by having to remember

The Road to Justice

and so relive some the experiences they had during the rape. Our court supporters show them around the court room, talk them through complex processes and make sure they not only have the knowledge of the role they are expected to play but the emotional resources to do so. We partner with the Provincial Government of the Western Cape (PGWC) Department of Social Development, the National Prosecuting Authority (NPA) and the South African Police Service (SAPS) to offer this service and again, these trained court supporters are of great assistance to police and court personnel as they enable them to focus on the legal aspects of the process knowing that the rape survivor is getting a high level of support and not being exposed to secondary trauma that could negatively affect her vital testimony.

As part of the counselling service Rape Crisis offers we also include three sessions of **pre trial consultation** to survivors taking cases to trial to enable them to prepare emotionally for this extremely difficult ordeal. It serves a similar purpose to court support but takes places over several sessions in the weeks leading up to the trial and it includes briefing and follow up when the survivor has a consultation with the prosecutor involved in her case. This is a more in depth and thorough version of court support that is offered to survivors who are already part of our system of services to support them on the road to justice. In the same

way survivors making use of our court support services are often eager to be referred to our counselling services to support them on the road to recovery.

At Rape Crisis we offer **training courses to criminal justice system personnel** that enable them to understand the highly complex reactions that a rape survivor has and how this has an impact on her pathway through the criminal justice system. This enables them to know how they need to adapt the technical aspects of their work to be sensitive to this so that they get the best possible cooperation and results from the survivor. We believe that this will increase the effectiveness of the investigation and the trial thus increasing the chances of conviction.

Rape survivors and criminal justice system personnel in the province are not always able to access the services we offer at Rape Crisis because we are based in urban and peri urban areas where the highest volumes of rape occur. For this reason we have developed a set of **information booklets** that can be used as tools by survivors and professionals alike to inform and equip them to approach the ordeal of reporting rape to the authorities and going through the different processes involved in completing a trial. These booklets are a valuable resource to people who cannot easily access direct services and they are available both in hard copy and electronically via our website.

TWENTY FOUR HOUR HELPLINE RESULTS

Office	Phone Calls
Athlone	2 047
Khayelitsha	677
Observatory	1 786
TOTAL	4 510

Our target for this period was to respond to 3 600 calls on the three helplines and we exceeded this target by almost 1 000 calls or by 25 per cent. Counsellors on duty on the helpline said:

Our main role is to give rape survivors and their families or other people who support them information, to reassure them that what they are going through is normal and to make sure they know what else they can do to get help further along the road. When I put the phone down I know that this woman feels much calmer, more contained and in control, more able to cope and that she can go back to her day to life and cope with that too. She is comforted and she feels less alone, which can be a lifeline, especially late at night when she can't sleep and feels overwhelmed.

THUTHUZELA CARE CENTRE RESULTS

	Total	Female	Male	Age 0 – 6	Age 7 -14	Age >14
GF Jooste Hospital	961	796	79	182	242	454
Karl Bremer Hospital	1 662	1 464	190	395	450	800
TOTALS	2 623	2 260	269	577	692	1 254

Our objective was to ensure reduced secondary trauma for 750 rape survivors for the period. We exceeded this target by 505 survivors or 67 per cent. Counsellors on duty at the Thuthuzela Care Centres said:

If you think about how tiring it is to search for a person that can help you, how exhausting it is to go from one place to the next over even short distances and how frustrating and time consuming it is when you go to the wrong person or the wrong place and they can't help you and then you think about doing all that when you are devastated by a rape then you can see how impressive the Thuthuzela Care Centre model is and how vital these centres are. Survivors come to one place and get all the expert help they require right then and there.

The Road to Justice

COURT SUPPORT

Wynberg	Parow	Khayelitsha	Cape Town	TOTAL
282	730	230	250	1 492

Our objective was to support 1 330 rape survivors at four Cape Town courts and we exceeded this by 163 survivors. Rape survivors supported at court made these comments about the support they received:

After my court supporter explained how the justice system works to me I could understand it. She encouraged me. I wish others could have been as sensitive and compassionate to me as she was. I felt so much more relaxed when I had to go and testify and afterwards she debriefed me too. I felt so relieved after that. Now I know what my rights are I feel more empowered.

PRE TRIAL CONSULTATION

Athlone	Observatory	Khayelitsha	TOTAL
16	24	24	64

In one of those strange oversights that sometimes happen the target for pre-trial consultation is not in our evaluation framework however last year we conducted 40 sessions and we therefore increased these numbers by 24 rape survivors or 60 per cent.

CRIMINAL JUSTIC SYSTEM TRAINING

Month	Group	Participants	Hours	Sessions
March	SAPS Victim Support Manenberg	15	48	6
October	SAPS Victim Support Fasante Kraal	14	21	3
February	VEP Training	12	21	3
TOTAL	3 groups	41	90	12

Our objective was to offer training to 90 members of the criminal justice system and we did not meet this target because of financial constraints. Towards the end of the period we received funding from the Department of Social Development to train police officials and Victim Support Room Volunteers at police stations and we therefore carried this project over into the next period.

The Road to Justice *The Rape Trial*

This booklet was produced and launched and 2 000 copies were printed to act as a guide to survivors taking cases to trial as well as as a job aid to court supporters and criminal justice system personnel working with rape cases.



The Rape
Trial

Court supporters that made use of the booklet said:

Even though I trained as a court supporter many years ago I didn't realise there was still so much more to learn – this booklet showed me that. It is really very good. It is very well laid out, clear and easy to read. I was interested in the law and the rights of victims and I found that in this booklet. Survivors have so many rights and the system does not always uphold these rights. We use this booklet to help them to do so.

The Road to Recovery

Under the goal of improved services to rape survivors in communities preventing extended psychological trauma and further harm so that when a woman is raped she does not suffer consequences that break down the family structure and damage the social fabric of society Rape Crisis offers the following essential services to women:

- *Counselling services to rape survivors and their families both telephonically, in individual face-to-face sessions and in support groups*
- *Training to community based organisations (CBO), faith based organisations (FBO) and nongovernmental organisations (NGO) in how to offer support to rape survivors*
- *Training to community groups on the social norms that promote violence against women and awareness raising about the social norms that prevent it*
- *An annual awareness raising Stop the Bus Campaign to rural communities of the Western Cape about their rights to access services and how to support rape survivors*

Our **counselling** services offer face-to-face, telephone and support group sessions to all three of the main community groups of the Western Cape speaking English, Xhosa and Afrikaans at our offices in Observatory, Khayelitsha and Athlone. Trained lay counsellors offer confidential counselling that helps

survivors to understand and cope with the trauma they have suffered and to respond to the emotional, medical and legal consequences they find themselves facing in order to begin the long road to recovery. Younger survivors attend a weekly support group at our Khayelitsha office and have organised themselves to go on outings and do handwork together while they talk about their experiences and share their coping mechanisms. These services facilitate the recovery of the rape survivor.

Other service providers in the NGO sector may find they need **training in how to support rape survivors** as their services overlap with those of Rape Crisis. They may offer a service to families or support groups or skills development programmes for women and they find rape survivors among their clients and do not always know how to assist them. While they usually refer these women to our counselling services it helps them to be able to respond sensitively to a survivor that discloses rape for the first time and who may still need their ongoing support. Rape Crisis offers courses that are customised to suit the needs of each different organisation to teach them an understanding of rape in South Africa, the impact of rape on the survivor and those close to her and how to support the survivor. In this way Rape Crisis hopes to enhance the ability of other service providers to facilitate the recovery of those affected by rape.

Having worked in partnership with the Western Cape Network on Violence Against Women (WCNOVAW) to identify both the **social norms that promote rape** and those that prevent them Rape Crisis ran a series of awareness raising workshops to highlight and illustrate these norms and to work with community members to take action in their communities to either highlight a negative social norm or encourage a positive one. The ongoing coordination of these sessions and the monitoring and evaluation of the programme as a whole was done by the WCNOVAW who involved seven other partner organisations in this broader programme to begin to change social norms in our communities. In this way we hope to reduce the stigma of rape so that community members support the reporting of rape as well as the recovery of survivors.

Our annual **Stop the Bus Campaign** takes place to commemorate the 16 Days of Activism to End Violence Against Women between 25 November and 10 December and this year we visited the small rural communities of Gansbaai, Stilbaai and Hermanus on the East Coast of the Western Cape. Groups of factory workers, farm workers and fisheries workers gathered to participate in information sessions and workshops and local service providers and criminal justice system personnel took part in a parallel series of networking meetings and workshops. Bus crews travelled out and spent two weeks doing door-to-door campaigns, sharing information and inviting community members to attend workshops and networking meetings. The entire process was documented in photographs with captions that were published daily on the Rape Crisis blog.



A Rape Crisis staff member offers counselling at our Khayelitsha office.
Photograph by Hazel Thompson of True Image.

The Road to Recovery Results

COUNSELLING		
Service Area	New Clients	Number of Sessions
Athlone	206	528
Khayelitsha	220	785
Observatory	154	710
TOTAL	580	2 023

Our counselling target was 450 clients and we exceeded this by 130 clients or 28 per cent. Clients that received counselling are given the opportunity to rate the service and give feedback about their counselling. They are asked to rate the principles of empowerment which include being made to feel safe, supported, respected and well informed. Clients rated our services very highly in terms of empowerment and some of them commented as follows:

Through my counselling sessions I learned that I have it within myself to heal and move on after rape. Through being supported I feel calmer and less stressed. My counsellor's advice made for big changes in my life. Because of her I came nearer to my own life. The best thing about my counselling at Rape Crisis was being listened to without judgement and the feeling that I was not alone – I could share. I felt truly understood. I really appreciated the help with all the documentation and getting my case in order. It was so important to me to be taken seriously. Rape Crisis has a very safe, warm and welcoming environment. It was so much more than I could ever have expected. I wish every rape survivor knew about Rape Crisis and would come here for help. I have learned how to love and to trust again.

TRAINING COMMUNITY ORGANISATIONS				
Athlone				
Month	Group	Participants	Hours	Sessions
September	Rebooth Ministeries	14	28	7
	Philisa –Abafazi	7	7	1
October	Rebooth Ministeries	12	5	1
TOTAL	3 groups	33	40	9
Khayelitsha District				
Month	Group	Participants	Hours	Sessions
May	Volunteer Centre	120	1	1
	Social Justice Coalition	66	9	3
	Grassroots Soccer	20	1	1
	Sizenzele Deaf Association	11	3	1
June	Zanokhanyo Womens Skills Development	15	3	1
July	Zanokhanyo Womens Skills Development	15	3	1
August	Zanokhanyo Womens Skills Development	16	3	1
September	Zanokhanyo Womens Skills Development	14	3	1
November	Kuyasa Community	80	4	1
	Makhaza Community	200	5	1
February	Nkanini Community	7	1	1
TOTAL	11 groups	564	36	13

TOTALS			
Groups	Participants	Hours	Sessions
14 groups	597	76	22

The Road to Recovery Results

Our target for training members of community organisations for the period was 829 and we reached 564. This was because of an unanticipated and unavoidable lack of capacity in our Training and Development service where volunteers were not able to give their time to Rape Crisis because of work commitments. Participants that took part in the community organisation training programme made the following comments:

The Rape Crisis facilitators that were teaching us explained things very well, they were professional, friendly and helpful and they know what they are doing. I learned a lot about rape, the procedures to follow after a rape, the different kinds of rape, how women's rights are abused and how best to help a rape survivor. I really enjoyed the debate we had around gender and I think there should more of these debates in our community. Now I know where to go to get further advice and assistance. I learned there were myths about rape that I believed and now I know they are wrong. Now I can try to help women in my community and I know how to help them uphold their rights. The booklets that Rape Crisis hand out were excellent. There should be more of these sessions so that more people can know about these things.

SOCIAL MOBILISATION TRAINING				
Khayelitsha				
Month	Group	Participants	Hours	Sessions
July	VIP Abangane	20	1.5	1
	Youth with Hope	20	1.5	1
	Somelele Glory Church	20	1.5	1
	Masimanyane	20	1.5	1
	Youth in Power	20	1.5	1
	Masibonisane	20	1.5	1
	Masibonisane	20	1.5	1
	Sinako group	20	1.5	1
	Gogo group	20	1.5	1
August	Masibambane	20	1.5	2
	Siyanoqoba	20	1.5	2
September	Sinethemba	20	1.5	2
	Sikhuseleni (Nkanini)	20	1.5	2

SOCIAL MOBILISATION TRAINING				
	Man in Action(Site C)	20	1.5	2
	Litha Methodist (Ilitha Park)	20	1.5	2
	Masizakhe (Harare)	20	1.5	2
	Masibambisane (F Section)	20	1.5	2
	Masithembe (Nkanini)	20	1.5	2
	Community of Ilitha Park	20	1.5	2
	Masincedane (Site C)	20	1.5	2
	Siyazama (Khayelitsha)	20	1.5	2
	Community of Ilitha Park	20	1.5	2
	Siyakhuthaza (Nkanini)	20	1.5	2
	Sizabantu (Greenpoint)	20	1.5	2
November	Sibuyile	18	1.5	1
	Somelele Glory Church	17	1.5	1
	VIP Abangane	16	1.5	1
December	Zwezwe Youth of Paradise	13	1.5	1
	Masicebisane Site C	11	1.5	1
	Gogo group Site C	13	1.5	1
	Sakhisizwe Mandela Park	14	1.5	1
January	Masibambisane J Section	17	1.5	1
	Siyazama J Section	18	1.5	1
	Masibambane Nkanini	5	1.5	1
	Sikhuselekile Nkanini	6	1.5	1
	Sibuyile J Section	1	1.5	1
	Zonke-Bonke J Section	2	1.5	1
	Sizabantu J Section	4	1.5	1
	Zonke-Bonke J Section	2	1.5	1
	Sizabantu J Section	4	1.5	1
	Abasebenzi J Section	3	1.5	1
	Simunye Makhaya	4	1.5	1

The Road to Recovery Results

SOCIAL MOBILISATION TRAINING				
	Masizakhe Harare	5	1.5	1
	Youth of Paradise Nkanini	3	1.5	1
	Zanokhanyo Nkanini	6	1.5	1
	Sakhisizwe Mandela Park	5	1.5	1
	Siyanoqoba Zwewzwe	9	1.5	1
	Intshukumo Zwezwe	7	1.5	1
	Siyakhuthaza Showco Khayelitsha	10	1.5	1
	Masithembe Nkanini	10	1.5	1
February	Nkanini community	7	1.5	1
TOTAL	49 groups	353	73.5	53

The targets for the social mobilisation project were to offer workshops to 614 community members over two sessions with activities for participants to complete between sessions and going forward. Participants that took part in the social mobilisation programme said:

Stop the Bus Campaign

RESULTS	
Activity	Numbers
Door to door information sharing on survivor's rights	599
Networking session with local criminal justice system role players	5
Visits to local criminal justice system facilities	6
Community workshop participants	22
Blog posts	10
Blog views	722
Total participants	626

Our objective was to reach out to 800 community members and we reached 626. The reason for this was that an evaluation of the previous year's campaign revealed the need to work in a more focused way with a smaller community as community representatives had said that we open up platforms for inquiry but do not then give enough time for questions to be answered and for skills and resources to be shared. We therefore worked in the same community over the two weeks of the campaign. Volunteers that took part in the Stop the Bus Campaign made the following comments:

This part of the Overberg region is poverty stricken and the need for social support is startling. The unemployment rate is mammoth but in spite of this, the team was met with warmth and friendliness by the locals, which made us reflect upon how self-absorbed we in are our own little bubble when facing the difficulties other people have to struggle with in their daily lives.

Stop the Bus



Factory workers listen to a presentation by Rape Crisis volunteer facilitators as part of the campaign.

Models of Prevention

Under the goal of developing a replicable model for rape prevention through interventions with youth to change social norms in terms of attitude and behaviour so that the number of rape incidents is reduced and there is increased reporting of rape, Rape Crisis conducted the following interventions:

- *A peer education programme involving parents, teachers and learners from two schools in Khayelitsha*
- *A series of workshops on rape in South Africa at Youth Centres and with community based organisations working with youth*
- *An annual three day Birds and Bees Youth Camp for peer educators from different schools to develop a model for prevention work with youth*

The Rape Crisis **peer education** programme starts with a needs assessment conducted in collaboration with school social workers from the Provincial Government of the Western Cape's Department of Education to identify schools that are at a high risk for sexual bullying and where there are a high number of rape survivors among the learners. The school social workers assist Rape Crisis staff to approach the relevant school principals to discuss the programme and to gain permission and support for it as it involves intensive participation from the school. Then a series of awareness raising workshops are offered to parents, teachers and learners

and from there a group of 20 - 25 learners from grade 10 - 11 are recruited to take part in a thirteen week training course. At the end of the course they are able to act as a resource to rape survivors in the school and will facilitate their referral for counselling to Rape Crisis. On commemorative days these peer educators will organise poster campaigns and the like to highlight the issue of sexual bullying in school.

Trained community educators reach out to youth in communities through a series of **workshops on rape in South Africa at Youth Centres**. Youth both in and out of school come to these centres to get medical advice, family planning and careers and while they wait in the waiting room to be attended to Rape Crisis group facilitators do presentations, hand out booklets and run question and answer sessions.

At the end of each school year in the December holidays Rape Crisis runs a **youth camp** called the Birds and the Bees for three days with peer educators from the different schools we have worked with during the year. The camp gives peer educators an opportunity to explore issues in a more intensive and in depth way allowing Rape Crisis to evaluate the peer education programme and to develop it as a **model for prevention work with youth**, with the youth telling us what works and coming up with new and innovative ideas going forward.

YOUTH AND SCHOOL PROGRAMME RESULTS

Athlone

Month	Group	Participants	Hours	Sessions
March	Cathkin High School	60	1	1
July	Etafeni - Youth Skills Development	19	4	1
August	Huis Vredelus	20	21	3
	Cedar House	26	4	1
September	Etafeni - Decisions for Life (Youth)	20	4	1
TOTAL:	5 groups	145	34	7

Khayelitsha

Month	Group	Participants	Hours	Sessions
March	Iqhayiya Peer Educators	21	30	10
	Ethafeni Youth Skills Development	17	3	1
	Kuyasa Youth Centre	317	14	4
May	Kuyasa Youth Centre	40	3	1
June	Peer Educators	17	3	1
	Ethafeni Youth Skills Development	18	3	1
July	Ethafeni Youth Skills Development	19	3	1
August	Ethafeni Youth Skills Development	13	3	1
October	Peer Educators	18	3	1
	Ethafeni Youth Skills Development	14	3	1
November	Ethafeni Youth Skills Development	18	3	1
December	Birds and Bees Camp	23	20	3
February	Iqhayiya High School	98	12	4
	Kuyasa Youth Centre	96	3	3
TOTAL	14 groups	729	106	43

Models of Prevention

TOTAL			
Groups	Participants	Hours	Sessions
19 groups	874	140	50

Our target for the period was to reach 600 youth, learners, parents and teachers through this project and we exceeded this by 129 participants or 21 per cent. Those that took part in the peer education and youth programme said:

The project was fun! It was very adventurous. Everyone on the project took it seriously and there was a lot of respect between us. I learned about planning my life and what happens if you don't think ahead and plan. I learned how to help other people. I learned how to face my own problems and how to ask others for help to overcome my problems. At the camp we went swimming, hiking, played games and sang songs. It was very beautiful there, the people were very nice and the atmosphere was so positive. We gained new skills and there was a lesson in everything we did. We learned that we have to work together because you can do more if you are in a group. I did things that I never thought I would be able to do.

Research and Advocacy

Under the goal of developing research capacity within Rape Crisis so that our advocacy work, being evidence based, has a greater effect and we demonstrate the impact of our work we completed the following projects:

- *The final stages of developing our rape case database, capturing data and producing reports on the data have been reached*
- *We also completed the Sexual Offences Act Monitoring Project (SOAMP) looking at the implementation of the Sexual Offences Act by police, health facilities and courts*
- *We embarked on a new research project called the Structural Interdict Project looking at flaws in the services provided within the criminal justice system and how these affect rape cases*
- *For the second year in a row we conducted monitoring of facilities offering services to rape survivors as part of a national campaign called the Shukumisa Campaign*
- *We completed a virtual tour of the criminal justice system to be an online resource to rape survivors entering the criminal justice system as well as a training and job aid for criminal justice system personnel and civil society organisations*

Several years ago Rape Crisis began developing its computerised **rape case**

database, taking information captured by counsellors and court supporters about rape survivors' experiences of the criminal justice system and their experiences of recovery and recording them in a way that researchers can easily analyse and interpret. The database has a clear verification system in place and can generate reports and export data to spreadsheet for accessibility.

For the past three years we have been working in partnership with the Gender Health and Justice Research Unit (GHJRU) at the University of Cape Town to **monitor the implementation of the Sexual Offences Act**, more formally known as the Criminal Law (Sexual Offences and Related Matters) Amendment Act 32 of 2007, using information provided by rape survivors reporting to the police, being examined at health facilities and testifying in court. Rape Crisis volunteers were trained and acted as field workers in the study and various staff members worked on the research team to plan advocacy activities using the evidence base of this research.

The **Structural Interdict Project** is a research project in partnership with the Women's Legal Centre (WLC) that has the goal that rape survivors are supported and empowered in their interactions with the criminal justice system, ensuring they remain in the system to the completion of the trial thus increasing the conviction rate that acts as a deterrent

Research and Advocacy

to rapists. The two organisations plan to use existing Rape Crisis support services to illicit and track complaints about the services that survivors have a right to within the criminal justice system and identify areas where their rights are not being upheld.

The organisation's involvement in the **Shukumisa Campaign** has the aim of strengthening joint advocacy between organisations in the women's sector in South Africa. In 2010 Rape Crisis agreed to act as lead to seven organisations in strengthening the existing Shukumisa Campaign of the National Working Group on Sexual Offences. In 2011 we repeated the activities of the previous year, training fieldworkers in partnership with Tshwaranang Legal Advocacy Centre (TLAC) and working with organisations across South Africa to monitor police stations, health facilities and courts for their compliance with the infrastructure requirements implied in the Sexual Offences Act.

In addition to this Rape Crisis produced a **virtual tour of the criminal justice system** in the Western Cape to be published online and distributed in digital format in the next period. This will greatly assist victims of crime in negotiating their pathway through the criminal justice system as they view full 360 degree photographs of police stations, health facilities, courts and counselling rooms and watch video

clips of actual personnel describing the procedures they need to follow when reporting rape.

RESULTS

Database

There are now 1 116 cases entered into the rape case database and three reports have been generated. The main challenge has been that counsellors and court supporters do not always get the opportunity to gather all of the data requested on the intake and client report forms from the rape survivor in questions and as a result there are many gaps in the data we have collected and we have to find a way of dealing with this problem that does not have a negative impact on the client. Also we struggle to match the pace of data capture with data verification but this is an essential part of the research process.

Sexual Offences Act Monitoring Project

This year the project produced a set of three policy briefs, the Notice of Information to Survivors that places a duty on police officers to inform victims of domestic violence about police procedures and services that they have a right to access as well as the SAFE Card for rape survivors that tells the survivor in detail about how to access the criminal justice system at every point along the path to justice.

Structural Interdict Project

In this period we collected data from 568 rape survivors in our counselling and court support programmes and obtained consent from 100 per cent of participants to conduct in depth interviews with them. We then went on to develop the in depth questionnaire looking in detail at problems they experienced within the criminal justice system that constituted gaps in service delivery and compromised their access to justice.

Shukumisa Campaign

During the 16 Days of Activism in 2011 and in January of 2012, civil society organisations participating in the Shukumisa Campaign conducted monitoring at 83 police stations, 29 courts and 30 hospitals across Gauteng, Western Cape, Limpopo, Eastern Cape, Northern Cape and KwaZulu-Natal to assess the services which these facilities provide to rape victims. Through observation and short, structured interviews, monitors evaluated the facilities according to criteria based on the Sexual Offences Act and related national policies.

As part of Oxfam's Women's Rights Advancement Programme (OWRAP) Rape Crisis met with other organisations in the cluster to speak about whether participation in Shukumisa has strengthened our ability to do joint advocacy work and also whether it had

strengthened our ability to do advocacy work as individual organisations. We were also invited to present the results of the 2010 campaign to the Justice and Constitutional Development Portfolio Committee in Parliament as part of their assessment of the National Policy Framework relating to the Sexual Offences Act. For Rape Crisis part of the project we focused on was developing the skills of community based volunteers to do research, to coordinate projects and to represent the organisation at provincial and national meetings. Comments from participating organisations were as follows:

Women on Farms Project: The focus on the monitoring gave tremendous momentum to the organisation's 16 Days Campaign. Now community field workers want to know how we can strengthen data collection and analysis and use this information to help to build even stronger relationships.

Rape Crisis Cape Town Trust: There was no question that Rape Crisis fieldworkers benefited from learning the data gathering skills they received training on and that they were proud to be involved in this campaign. It revived a spirit of gender activism that had lain dormant in the organisation for some time.

Justice and Women: The monitoring gave JAW direction, motivation and even inspiration. We got stakeholders to

Research and Advocacy

acknowledge that services are not ideal, we organised a petition and marched to the Kwa-Zulu Natal provincial legislature who agreed to take the gaps in infrastructure seriously as a matter of priority.

Tohoyandou Victim Empowerment Project: The monitoring was very good for identifying gaps together with stakeholders in the community and for strengthening organisational capacity. We really found it valuable and learned an enormous amount.

The Virtual Tour

Rape Crisis managed to gain permission for taking photographs of police facilities in this period and to finally take footage of a police station thus completing this project. We plan to go on to do virtual tours in other provinces as part of OWRAP.

Research and
Advocacy



Anne Mayne, the founder of Rape Crisis Cape Town Trust.
Photograph by Christine Watters

Media and Communications

Media coverage has become a strong focus for Rape Crisis in the past three years since we created a post for a Communications Coordinator at Rape Crisis. Having someone in this post who coordinates press releases and media liaison and who monitors media coverage showed us how powerful the voice of Rape Crisis has become in recent years. Our media outlets included our website, our blog, our Facebook group and our Twitter feed. We also issued our own press releases, were invited to comment on news items by journalists, wrote our own articles that were published, contributed to online articles and blogs, did radio interviews and were interviewed and filmed by documentary film makers. We also developed and implemented our own ongoing social media strategy including Facebook and Twitter updates, we launched our own blog in November 2011 and sent out a monthly mailer to staff, Board and volunteer members as well as a quarterly newsletter to external stakeholders.

RESULTS

Media	Number
Blog views (November 2012 – February 2012)	2 724
Facebook Followers	761
Twitter Followers	1 692
Print Articles	20
Online Articles	19
Press Releases	2
Radio Interviews	19
Television Interviews	1

The consistent sense of a media presence and the voice of Rape Crisis as an acknowledged expert in the field was a strong factor in profiling the organisation and strengthening our capacity to do advocacy work.

Advancement Strategy

An organisation needs an advancement strategy in order to attract investors into its business. It takes a minimum of five years to implement this kind of strategy but it is vital to have an entrepreneurial side to your Civil Society Organisation (CSO) because this is what gives your organisation visibility and lets investors know you are in the market for their investment.³ There are many aspects to an advancement strategy and Rape Crisis was able to make progress on several fronts.

An organisation must be sure that it is monitoring and evaluating the effectiveness of its strategy and programmes all the time. In order to do this we reviewed our monitoring framework and revised our data collection tools to streamline out systems and make them more relevant to the work we do and the context in which we do our work.

We made sure that our organisation took steps to ensure greater efficiency and made sure that organisational development supported this by conducting training with Jenny Wrotslovsky of fastTrack Training for all staff on our new Finance and Administration Policy and Procedures

and by revising our Staff Policy. The advancement strategy tells us that to make sure your organisation is efficient you need to increase your performance appraisal processes and focus on building strong teams. We completed our second round of performance appraisals with staff and continued to build on our staff Skills Development Plan. The management team completed a two day training workshop on grievance and disciplinary proceedings with Michelle Huber of nth2.

Having worked in the previous period on the development of the organisation's core values we then went on to look at living these values through revising our code of conduct. We did this with the help of Lucille Greeff of Treetops Leadership and Management Consultants who ran a series of workshops for staff and volunteers on techniques for community engagement. The goal of these workshops was to learn how to facilitate frank and open discussions at all levels of the organisation about our conduct and ways in which it can improve in line with our collective aspiration towards living the core values of unity, growth, purpose and healing in our day to day work at Rape Crisis. All staff took part in monthly

³ Shelagh Gastrow, Inyathelo: the South African Institute for Advancement, www.inyathelo.org.za

support group sessions with Flicky Gildenhuys, a counselling psychologist.

When attracting investors into your business everything comes down to image and this is maintained through constant marketing, branding and publishing. We published *The Road to Justice: The rape trial* and made it available on our website. We also defined our social media strategy so that our website had a blog, which we launched in November 2011, to act as a forum for commentary and opinion on the latest news and topics of conversation on social networks. We then used Facebook and Twitter updates to alert our followers to the new content on our website or our blog, as well as to share useful and interesting articles we found elsewhere on the Internet.

It is part of an advancement strategy to create a beautiful working environment for staff and clients because this makes people see you as professional, they take you seriously and everyone, including staff, behaves differently in an environment that recognises this. Funding constraints did not allow us to continue with the second and third phases of renovations to our Observatory office but we rebuilt the central staircase

at our Khayelitsha office.

Our primary method of developing the entrepreneurial focus of Rape Crisis was the establishing of the SafeSpace Corporate Training and Consultation Service in response to sexual harassment in the workplace. In this period we did a small feasibility study and began to research different models of social enterprise in the NGO sector, looking at issues of legal frameworks, financial models and organisational development in particular. Based on our findings we then began to illicit buy in and support for the venture from members of the organisation including Board, staff and volunteers. Then we began to develop a product and initiate a pilot project to test this training and consultation service out on potential clients, who were Sanlam Investments Management and Western Cape Emergency Medical Services. The pilot was still being set up at the end of the period but feedback from facilitators working on the pilot was extremely promising. We designed a logo for SafeSpace as a foundation for a corporate identity and in the next period we play to focus on marketing and sales in order to generate income for Rape Crisis.

Networking and Partnerships

Rape Crisis couldn't do the work we do without the following civil society and government networks:

Forums

- *Western Cape Sexual Offences Working Group*
- *Western Cape Network on Violence against Women*
- *Thuthuzela Care Centres Women Demand Dignity*
- *National Working Group on Sexual Offences*
- *Provincial Victim Empowerment Programme Forum*
- *Provincial Victim Empowerment Programme Management Team*
- *The Gender Justice Forum*
- *The Simelela Partnership*
- *Counter Trafficking Coalition*

Network Partners

- *Rape Crisis Helderberg*
- *The Trauma Centre for Victim of Violence and Torture*
- *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 Training, Service and Healing Centre for Women*
- *Cape Town Drug Counselling Centre*
- *Women on Farms Project (WFP)*
- *Family and Marital Association of South Africa (FAMSA)*
- *UN High Commission on Refugees (UNHCR)*
- *International Organisation for Migration (IOM)*
- *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*
- *Rural Education Awareness and Community Health (REACH)*
- *Tshwaranang Legal Advocacy Centre (TLAC)*
- *Centre for the Study of 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)
- Justice and Women (JAW)
- Nisaa Insitute for Women's Development
- Tohoyandou Victim Empowerment Programme (TVEP)

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
- The South African Police Service

International Networks

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

Current Donors

- *Anglo American Chairman's Fund*
- *Azriel and Moyra Fine Foundation*
- *Community Chest of the Western Cape*
- *Department of Social Development*
- *First for Women Trust*
- *Kurt and Joey Strauss Foundation*
- *National Lottery Distribution Trust Fund*
- *Nedgroup Investments*
- *Oxfam Canada*
- *Research Triangle Institute International*
- *Womankind WORLDWIDE*

In Kind Donations and Pro Bono Work

- *Michele Sandilands of MS Architects, the architect responsible for tender advice and renovations*
- *Peter Whelan and Bob von Witt of Bowman and Gilfillan for legal advice and services*
- *Elize Gazeau for interior design*
- *Gareth Dunn for remuneration and industrial relations consultancy*
- *Alison Tilley of the Open Democracy Advice Centre for advocacy strategy*
- *Caroline Mouton of MediCross for ongoing database development*
- *Steve Barnett of Naga for ongoing website support*
- *Claire Richards of Jonathan Ball Publishers for copies of Margie Orford's novels*
- *June Knight of the Business Womens' Network for networking breakfasts and fundraising events*
- *Soli Philander of The Taxi Radio Station for media and advertising of fundraising events*
- *Christine Watters for photography*
- *Ancilla Nowak of The Strand Towers Hotel for the 2010/2011 AGM venue and sound equipment*
- *Michelle Huver of nth2 for management training in industrial relations*
- *Sonja Morkel of Distell for wine for the 2010/2011 AGM*
- *Wade van der Merwe of Wade's Cakes for commemorative cupcakes for the 2010/2011 AGM*
- *Trudi Rushin, classical guitarist for music at the 2010/2011 AGM*
- *Denise Green of Peninsula Beverage Company for soft drinks at the 2010/2011 AGM*
- *O Magazine for goody bags at the 2010/2011 AGM*
- *Frederick Cotterell of Pick 'n Pay Family Store in Observatory for vouchers*
- *Karen Dudley of The Kitchen for treats at the staff end of year picnic*
- *Alice Roodt of Ergoform for 11 office chairs*
- *Same Holt of Colourworks for design and layout of the 2010/2011 annual report*

- *Nonkosi Slatsha, independent consultant for fundraising proposal*
- *Gerhard Davids of Promedia Events for a table at the annual HR Indaba*

Meetings held during the past year

- *Annual General Meeting 17 August 2011*
- *No Special General Meetings were held*
- *11 monthly Management Team Meetings*
- *3 quarterly Board Meetings*
- *11 monthly Staff Meetings*
- *11 monthly Joint Strategy Meetings*
- *2 Volunteer Forum Meetings*
- *63 Focus Group Meetings*
- *2 General Members' Meetings*
- *6 Staff Training Workshops*

Annual Financial Statements

for the year ended 29 February 2012

BALANCE SHEET			
Figures in Rand		2012	2011
ASSETS			
Non-Current Assets			
Property, plant and equipment		3 495 187	3 382 127
Current Assets			
Sundry debtors and receivables		209 015	633 364
Cash and cash equivalents		1 189 730	3 301 427
Total Assets		4 893 932	7 316 918
EQUITIES AND LIABILITIES			
Equity			
Capital reserve fund		3 283 561	3 329 660
Donor reserve fund		465 947	2 082 728
Sustainability fund		672 047	1 352 731
		4 412 555	6 765 119
Liabilities			
Current Liabilities			
Creditors and other payables		481 377	551 799
Total Equity and Liabilities		4 893 932	7 316 918
INCOME STATEMENT			
Figures in Rand		2012	2011
Revenue		6 156 902	6 606 778
Other income		64 541	15 072
Operating expenses		(7 055 426)	(6 733 596)
Operating Deficit		(837 983)	(111 746)
Interest revenue		157 299	133 612
Finance costs		-	(826)
(Deficit) / Surplus for the year		(680 684)	21 040

INCOME STATEMENT			
Figures in Rand		2012	2011
Total Revenue		6 374 742	7 755 461
Grants and subsidies received		6 010 356	6 351 516
Donations received		140 355	225 105
Other income		224 031	178 840
EXPENSES			
Total Costs		7 055 425	6 734 421
Schedule A: Counselling programme		1 245 419	1 489 160
Schedule B: Training and development programme		840 473	684 202
Schedule C: Advocacy programme		923 731	646 797
Schedule D: Thuthuzela programme		472 427	209 488
Schedule E: Stop the Bus programme		138 757	107 934
Schedule F: Birds and Bees programme		-	14 593
Schedule G: Database programme		-	170 024
Schedule H: Funder programmes		461 913	529 015
Schedule I: Organisation		2 972 706	2 883 209
Net operating surplus / (deficit) for the year		(680 684)	21 040

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

Rape Crisis

Cape Town Trust

Name of Organisation

The Rape Crisis Cape Town Trust (RCCTT)

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Date of Establishment

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- NPO Registered 2005*

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