

2012/2013

Annual Report



Rape Crisis
Cape Town Trust

Rape Crisis Cape Town Trust

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Message from the Chairperson

Marcel Londt

Rape Crisis has a vision of a South Africa where the criminal justice system supports and empowers rape survivors in all its interventions with them. Our mission is to provide a bridge between survivor and the system so that services to rape survivors improve, rape survivors experience reduced secondary trauma within the system, more rape survivors report rape, the conviction rate of rapists improves and rape incidents decrease.

We can truly say that survivors of rape leave our counselling programme with a sense that they have recovered from their trauma with more confidence in themselves, with a greater sense of meaning and purpose in their lives, feeling more in control, with closer relationships and more willingness to be open to new experiences. Survivors emerge from our court support programme with enough information to prepare themselves for the rape trial, knowing the role of different court officials, understanding the role they are expected to play when they testify and feeling confident that they can give their own version of events in court. Participants in our workshops, apart from learning a great deal about rape in South Africa, also learn to challenge the damaging myths about rape that still prevail in our society.

The biggest challenge Rape Crisis faced in this financial year was strengthening the organisation's ability to continue to deliver these services to our communities and to sustain the organisation over the longer term. In July 2012 the Board of Trustees was forced to make the decision to retrench all but one of our staff members and to cut volunteer shifts by 20 per cent. We did this in response to the growing financial crisis Rape Crisis faced. A combination of factors contributed to this financial crisis, including reduced international donations, local corporate social investors' limited earnings, unpredictable allocation from the National Lotteries Board and the fact that we had used up our cash reserves in the previous financial year.

We survived this challenging period because our staff remained and worked alongside our volunteers for no pay, loyal donors could see the impact of our work and gave us top-up funding where they could and individuals, groups and businesses supported us with donations.

By February 2013 we had raised enough funds to revise our advancement strategy and, together with a team of consultants, we mapped out a process that includes a focus on fundraising, communications, finance, programmes and human resources. We hope to refine this strategy at our three-year strategic planning workshop in 2013/2014. In the meantime, our financial systems are well established and we currently have several months' worth of operating expenses in cash reserves. Individual giving has reached unprecedented highs because of the high profile given to rape in the media this year. We call on you to continue this trend.

If you do choose to support Rape Crisis by donating you will be supporting an organisation with a strong leadership and management team, an incredible group of staff and a dedicated network of volunteers. The commitment of this diverse group of women to delivering a high quality service to rape survivors when they need it most and for advocating constantly for women's rights is without question. Rape Crisis truly is an extraordinary example of a South African NGO that can survive against all odds.



Marcel Londt
Chairperson

Message from the Director

Kathleen Dey

The Rape Crisis Cape Town Trust has been empowering women on the road to justice and supporting them on their journey to recovery since 1976. As the oldest women's organisation in South Africa dealing with adult rape, we learn from every rape survivor that we meet just what it takes to get there. This year we offered face-to-face counselling to 457 individuals and families, our 24-hour helpline offered information and advice to 3 966 callers, we were there to greet and give information to 2 748 survivors at two of Cape Town's busiest Thuthuzela Care Centres and to 1 036 witnesses at five of Cape Town's sexual offences courts, we offered talks and workshops to more than 3 000 participants from community and professional groups and we advocated for better implementation of the law and better services for rape survivors together with more than 34 partners across South Africa in the women's sector.

The trauma of rape leaves women's lives devastated in many ways. Their recovery is often impeded by the stigma of rape and by the prevailing myths and stereotypes about rape that abound both in communities and among officials and service providers. Rape survivors' ability to bring rapists to justice is impeded by many barriers to reporting rape, including:

- *fear of retaliation or intimidation by the perpetrator*
- *the fact that many survivors lack access to services*
- *the personal humiliation of being exposed as a victim of rape in a community*
- *the extreme suffering that goes hand in hand with rape as a psychological trauma*
- *reluctance to cause pain to loved ones*

- *the fact that the offender is often known to the victim and frequently a member of the victim's family*
- *the possibility of negative financial consequences, particularly if the victim is a child and her family relies on the perpetrator's income to survive*
- *the fact that reporting involves reliving the trauma of the rape each time the survivor has to speak about it*
- *in some cases, the fact that many years might have gone by since the rape took place*
- *a lack of faith in the criminal justice system.*

Vulnerable survivors such as the disabled, the elderly and members of the lesbian, gay, bisexual, transgendered and intersex community face further barriers of ignorance and insensitivity, as do male rape survivors. It is small wonder that conviction rates for rape are so low. It is also incredible how resilient survivors are in their ability to overcome all obstacles.

The past year saw media stories about rape that were so horrific they inspired a public outcry. The litany of abuse and violence against women and children in South Africa just did not seem to stop. Victims, families and communities are reaching out for support in the immediate aftermath of the crisis and for healing over the longer term, so that they can stitch their lives back together again. While services are available in some of the bigger cities and towns across the country, in smaller rural towns there are no specialised organisations such as Rape Crisis. In these towns, victim support will be limited to general welfare services and laypeople who volunteer at the local police station.

The extent of rape in 2013 is enormous, and incidents are becoming increasingly violent in nature. This is a reflection of how violent our society is and also how unequal. We struggle with inequality on so many levels: between rich and poor, between those who have influence and those who do not, between black and white, between men and women. These, together with high rates of unemployment, poverty, substance abuse and HIV are some of the drivers of South Africa's high levels of violence and rape.

In this context, why is there such a dearth of services to victims? Why is South African civil society being so badly undermined when the need is not only very evident but also growing? We know that many organisations providing these kinds of services have closed or are on the brink of closure. Rape Crisis was threatened with closure a year ago and was in part pulled back from the brink by the incredible support and generosity of our community of supporters, who gave generously of their time and money, and in part by the amazing dedication of our staff, who worked alongside our volunteers without pay for months on end. Yet we are still not meeting the need in the Western Cape. In part, this is because provincial government has seriously underestimated the problem of rape in their situational analysis and have therefore failed to allocate adequate resources.

Many people feel overwhelmed and helpless. Community members are calling out for NGOs "to be everywhere". At the end of the day, Rape Crisis is simply a group of concerned women that have come together to find a way to support victims and their families in their communities and to try and talk about issues such as inequality and violence against women. They do this in order to bring the voice of the rape survivor to

the leaders of our country, so that they will have to listen to the demands of women and respond in a meaningful way.

This report outlines our targets for this year and our progress towards them, shows staff reflections on these results, gives some client testimonials and also shows some preliminary findings from an independent, anonymous client satisfaction survey that appraises the organisation's performance as a way of showing impact.

Our Board of Trustees went way above and beyond the call of duty in this period, attending a record number of Board meetings and special meetings. This support was invaluable. I thank our donors who played their part in keeping us afloat and, most of all, our new supporters in individual giving – we salute you!



Kathleen Dey
Director

Rape Crisis Strategy 2011-2014

The Road to Justice

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.

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

- improved support for rape survivors within communities
- improved services to rape survivors within the criminal justice system
- less secondary trauma for rape survivors within the criminal justice system
- higher conviction rates for rapists
- increased reporting of rape incidents by rape survivors
- reduced incidents of rape.

We planned to achieve these changes by meeting certain goals over a three-year period ending February 2014. These include:

- 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 to above the current 4,1% baseline
- 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
- prevent her from working to generate income and
- lead to her becoming vulnerable to further harm, because these are the things that break down family structures and, ultimately, the social fabric of our communities

- a replicable model for rape prevention through interventions with youth that change social norms in terms of both attitude and behaviour, so the number of rape incidents is reduced and there is increased reporting of rape
- 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 aim to implement each of these goals through coordinated action between our counselling, training and advocacy programmes, thus combining deterrent, preventive and restorative interventions into a comprehensive strategic approach.

Our management team also plotted a course to lay the foundations for a more entrepreneurial Rape Crisis, without losing our political edge, through the development and implementation of an advancement strategy for the organisation.

Under the goal of improved services to rape survivors within the criminal justice system, Rape Crisis offers a range of essential services to women, including:

- a 24-hour helpline offering advice and support to survivors
- counselling and containment at Thuthuzela Care Centres 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 as a guide to survivors on how to play the role expected of them within the criminal justice system in order to secure a conviction.

The problem that these combined services seek to address is that survivors do not always understand what they are getting into when they report the crime of rape to officials. The system they enter when they do so is a complex one, and some officials are not skilful or sensitive enough in the way in which they share information, respond to rape survivors or handle rape cases. In addition to this, rape survivors mostly enter the system while they are in a state of shock. The result can be that the very system that is supposed to help the survivor becomes a source of further trauma. This affects the ability to capitalise

on the very real strengths that the rape survivor brings as the primary witness in the state's legal case against the rapist.

Our goal is to offer services that minimise secondary trauma to the rape survivor. We believe that this will increase the effectiveness of various criminal justice system processes, including the trial, and in turn increase the number of rapists that are convicted of their crimes.

To this end the **helpline** takes a steady stream of calls both day and night. The calls cover a range of inquiries about entering and negotiating the criminal justice system, such as where and when to report rape, what the medical and forensic procedures are, what progress should be made in an investigation and how to find out what progress is in fact being made with a particular case.

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. Our trained lay counsellors are on duty 24 hours a day to greet the survivors and families who come to the health facility immediately after rape. These survivors are still in shock and know very little about what to expect in the hours that follow. 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, detectives and police constables that deal with the survivors at this time, as they are freed up to focus on the technical aspects of their highly specialised work, knowing that 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 and not knowing what is expected of them during the trial or who all the different role players in the court are. They are also often traumatised by having to remember and so relive some the experiences they had during the rape. Our court supporters show them around the courtroom, 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 PGWC Department of Social Development, the NPA and the SAPS to offer this service. Again, these trained court supporters are of great assistance to police and court personnel, as the court supporters enable officials 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 our **criminal justice system personnel training** programme, Rape Crisis delivered training to Victim Empowerment Programme Volunteers as part of a partnership with the provincial Department of Social Development. The objective was to enable civil society organisations, government partners and community groups to make victims of violent crimes aware of their right to access services in the target area of all six regions of the Western Cape. The outcomes of a series of training workshops throughout the Western Cape was that volunteers for the SAPS and social workers from the Department of Social Development would be equipped with skills and knowledge to enhance their interventions with victims of violence and rape and to reduce the secondary victimisation of victims.

Rape survivors and criminal justice system personnel in the province are not always able to access the services we offer at Rape Crisis, as 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 themselves to approach the ordeal of reporting rape to the authorities and going through the processes involved in completing a trial. These booklets are a valuable resource for people who cannot access direct services. They are available both in hard copy and electronically via our website.

TWENTY FOUR HOUR HELPLINE RESULTS

Office	Phone Calls 2012/13	Phone Calls 2011/12
Athlone	1 395	2 047
Khayelitsha	1 093	677
Observatory	1 478	1 786
TOTAL	3 966	4 510

Our target for this period was to respond to 3 600 calls on the three helplines. We exceeded this target by 366 calls in spite of rationalising our three after-hours helplines into a single service. It is also interesting to see the increase in calls coming in to our Khayelitsha service as our awareness-raising programmes gain momentum and as Rape Crisis is increasingly profiled in local Khayelitsha newspapers. Counsellors on duty give information to callers, offer advice, counsel rape survivors and refer them to other services if necessary. Counsellors on the helpline say that receiving information about criminal justice system procedures in this way empowers survivors enormously, as they put the phone down knowing exactly what to do. Counselling Coordinator at the Khayelitsha office, Joyce Doni, says:

"Telling women that the way they feel about the rape is perfectly normal really builds their spirits. It comforts them to know that what they are going through is something other rape survivors also experience."

THUTHUZELA CARE CENTRE RESULTS

	Total	Female	Male	Age 0 – 6	Age 7 -14	Age >14
GF Jooste Hospital						
2011/2012	961	796	79	182	242	454
2012/2013	986	903	83	225	245	496
Karl Bremer Hospital						
2011/2012	1 662	1 464	190	395	450	800
2012/2013	1 762	1 566	196	439	506	817
TOTAL 2011/2012	2 623	2 260	269	577	692	1 254
TOTAL 2012/2013	2 748	2 469	279	664	751	1313

Our objective was to ensure reduced secondary trauma for 2 800 rape survivors for the period, based on the trends of previous years, which we thought would increase. We did not quite meet this target, which could mean that the numbers have stabilised now that the service at Karl Bremer Hospital is no longer a new service. Figures did, however, increase in comparison to last year, by 125 cases. Carol Leech, a counselling volunteer at this service, said:

"It's wonderful to be able to witness her transformation ... from the time a survivor comes in and goes through the entire process until she's showered and changed. Being able to wash the smell of the perpetrator off ... It's as if survivors come in as victims and leave as survivors."

Barbara Williams, Counselling Coordinator for GF Jooste Hospital Thuthuzela Care Centre, said:

"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."

Nazma Hendricks, our Operations Manager, and Shiralee McDonald, Counselling Coordinator for Karl Bremer Hospital, attended the NPA's fifth annual Sexual Offences Indaba, which took place in June 2012 in Johannesburg. It was interesting to see the passion and enthusiasm of stakeholders across provinces and how issues were collectively identified, such as the need to reinstate the specialised sexual offences courts. Shiralee was invited to facilitate part of the multi-disciplinary training for stakeholders that took place in September 2013 at the Karl Bremer Thuthuzela Care Centre.

COURT SUPPORT					
Wynberg	Parow	Khayelitsha	Cape Town	TOTAL	Year
282	730	230	250	1 492	2011/2012
212	471	164	189	1 036	2012/2013

Our objective was to support 1 500 rape survivors at four Cape Town courts. We saw 564 fewer cases than anticipated, and 556 fewer than last year. Rape Crisis is not in control of the number of rape cases at the courts, as this is determined by other factors.

A sample of survivors receiving information from our court supporters said in an independent survey that they had enough information to prepare themselves for the rape trial because they had found out what each person in the courtroom was there for and what role they had to play in the trial and this helped them to make sense of the process itself. They said that court supporters also helped them to understand the role they were expected to play as a witness for the state when they testified. The kindness, encouragement and support they got and their confidence in the knowledge of the court supporters left them feeling confident that they could give their own version of events in court.

CRIMINAL JUSTICE SYSTEM TRAINING SAPS Victim Empowerment Programme (VEP) Training				
Month	Group	Participants	Hours	Sessions
March	VEP training (East Metropole)	12	21	3
	VEP training (East Metropole)	15	21	3
	VEP training (East Metropole)	16	21	3
	VEP training (East Metropole)	12	21	3
	VEP training (West Metropole)	7	21	3
	VEP training (West Metropole)	16	21	3
	VEP training (Vredendal)	14	21	3
	VEP training (Vredenburg)	20	21	3
	VEP training (Vredenburg)	21	21	3
April	VEP training (Mossel Bay)	22	21	3
	VEP training (George)	9	21	3
	VEP training (Outdshoorn)	14	21	3
May	VEP training (Beaufort West)	11	21	3
	VEP training (Paarl)	3	21	3
	VEP training (Ceres)	13	21	3
	VEP training (Worcester)	25	21	3
	VEP training (Hermanus)	18	21	3
July	VEP training (Caledon)	10	7	1

CRIMINAL JUSTIC SYSTEM TRAINING SAPS Victim Empowerment Programme (VEP) Training				
August	VEP training (Cape Town)	10	14	2
	VEP training (Cape Town)	18	21	3
September	VEP training (Cape Town)	24	21	3
TOTAL	21 groups	310	420	60

Our target for this training was 470 volunteers and SAPS personnel, but we only saw 310. Rape Crisis was not in charge of the recruitment, screening and selection of the participants nor were we given any role to play in sending out invitations, which had to be done by instructions handed down from within the SAPS hierarchy. Participants gained the necessary information and skills to be able to support victims of crime coming to police stations in the Western Cape. They clarified their roles and came to understand and respect the boundaries and limitations of that role. They learnt how to take care of themselves in order to mitigate some of the stress of listening to stories of violent crime and to deal with some of the challenges of relating to people from all walks of life and of working in teams consisting of both police and civilians. Rape Crisis was able to provide both the SAPS and the Department of Social Development with a useful situational analysis and a good set of recommendations regarding this programme and future training courses.

We also took this opportunity to distribute copies of *The Road to Justice: The rape trial* as a useful job aid to victim empowerment officers and volunteers.

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 essential services to women, namely:

- *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 (CBOs), faith-based organisations (FBOs) and non-governmental organisations (NGOs) in how to offer support to rape survivors*
- *training to community groups on the social norms that promote violence against women and raising awareness 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 may find rape survivors among their clients and not always know how to assist them. While they usually refer these women to our counselling services, our training helps them to be able to respond sensitively to a survivor who 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. The courses aim 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 identified 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. In this way, we hope to reduce the stigma of rape, so that community members will support the reporting of rape as well as the recovery of survivors.

Our annual **Stop the Bus Campaign** commemorates the 16 Days of Activism to End Violence Against Women,

between 25 November and 10 December. This year we visited the small farming communities around Worcester and Rawsonville. Groups of farm workers and smaller CBOs 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 a week 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.

COUNSELLING				
Service area	New clients 2012/2013	New clients 2011/2012	Number of sessions 2012/2013	Number of sessions 2011/2012
Athlone	136	206	350	528
Khayelitsha	196	220	619	785
Observatory	125	154	491	710
TOTAL	457	580	1 460	2 023

Our counselling target was 450 clients, and we exceeded this by 7 clients. This was, however, 123 cases less than the previous year. Rape Crisis was affected very negatively by reports in the media of the retrenchment of staff: people assumed that this meant that the organisation had closed down and was no longer delivering services, in spite of our efforts to explain that this was not the case. As a result, NGOs that usually referred clients to us stopped doing so and criminal justice system service providers also stopped sending clients to us. A total of 18 rape survivors took part in the Khayelitsha support group.

A sample of clients that received counselling was given the opportunity to rate the service and give feedback about their counselling in an independent survey. Survivors were asked to rate the service they received as well as to rate their post-traumatic growth after receiving counselling against a set scale. We also ask all rape survivors to complete a rape trauma symptom checklist at the beginning and later on in the counselling process, to see if their symptoms abate over time. The majority of survivors that completed the survey rated the service very highly in terms of the support they received and trusting the knowledge and skills of the Rape Crisis counselling volunteers. They also rated their post-traumatic growth as being very high, reporting improved liking for themselves, greater confidence levels, an increased sense of meaning and purpose in life, a willingness to be open to new experiences, a sense of being more in control of their lives and of developing closer relationships. All of the clients that completed follow-up symptom checklists reported a significant decrease in symptoms of trauma after a number of counselling sessions at Rape Crisis.

Counselling Coordinator at our Athlone office, Barbara Williams, adds that the service learns from all of the rape survivors coming through its doors and that their feedback provides the evidence for continuing to do the work we do. Sarah Strydom, a counselling volunteer, said:

"[It] made me aware of the responsibility we have as counsellors for holding someone at an absolutely vulnerable time in their lives. It really is a privileged space to be in, to be trusted."

Another counsellor, Chiko Mbwana, said:

"It's a beautiful enriching experience to watch someone overcome what they have been through. Week after week, you see them gain strength and confidence in themselves."

Joyce Doni, the Counselling Coordinator in charge of the support group, said that it worked well for those who found their inner strength. The healing they experienced through these processes had a great impact in changing their lives for the better, making them feel free to participate in the group and other activities in their lives.

TRAINING COMMUNITY ORGANISATIONS				
Athlone District				
Month	Group	Participants	Hours	Sessions
May	Apostolic Faith Mission	29	3	1
August	Blikkiesdorp Community Leaders	20	14	2
December	Saartjie Baartman Worcester	9	3	1
TOTAL	3 groups	58	20	4
Khayelitsha District				
Month	Group	Participants	Hours	Sessions
May	Zanokanyo Women's Group	15	3	1
June	Apostolic Faith Mission	42	9	3
August	Zanokanyo Women's Group	12	3	1
	Apostolic Faith Mission	15	3	3
September	Zanokanyo Women's Group	14	3	1
November	Zanokanyo Women's Group	8	3	1
TOTAL	1 new group	106	24	10
Year	Groups	Participants	Hours	Sessions
2011/2012	14 groups	597	76	22
2012/2013	4 groups	164	44	14

Our target for training members of community organisations for the period was 300, and we reached 164. This was because we did not receive funding to do training and were only able to train groups that could afford to cover our costs.

Participants that took part in the community organisation training programme completed evaluation forms at the end of their training sessions. The feedback showed that they felt they had learnt a great deal about the various training topics, felt a great deal of confidence in the knowledge and skills of the volunteer training facilitators that ran their courses and believed that what they learnt would be applicable to them in their work. Topics ranged from women's rights, criminal justice procedures, how to support a rape survivor, to gender relations and factors driving rape rates in South Africa. These sessions also profiled the work of Rape Crisis and made participants aware of our services and how they could make use of them. This led to an increase in people approaching our counselling services for assistance.

SOCIAL MOBILISATION TRAINING				
Khayelitsha District				
Month	Group	Participants	Hours	Sessions
July	Intshukumo Community Action Group	17	1	1
	Masibambane Community Action Group	10	1	1
	Somelele Glory Church	11	1	1
	Sisonke Community Action Group	17	1	1
	Snako Community Action Group	12	1	1
TOTAL	5 groups	67	5	5

Stop the Bus Campaign

WORCESTER	
Activity	Participants
Door-to-door information sharing on survivors' rights	180
Talks with farm workers	103
Talks with youth groups	28
Community workshops	9
Pamphleteering in communities	226
Radio interviews	2
Blog posts	4
Total participants	546

Our objective was to reach out to 400 community members. We reached 546, therefore exceeding our target for this campaign by 146 participants.

Barbara Williams, this year's Stop the Bus Campaign Coordinator, said:

"This campaign continues to help us discover the needs of the communities. When we from the more well-resourced communities share our knowledge and our skills with those in rural areas, it empowers them. People who do not know their rights are usually scared to speak up, but once they know their rights, their fear dissipates and this enables them to claim those rights."

Models of Prevention

Under the goal of developing 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, 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 PGWC'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. From there, a group of 20–25 learners from grades 10 and 11 are recruited to

take part in a 13-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, essay competitions 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 career advice. While they wait in the waiting room to be attended to, Rape Crisis group facilitators come and 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 three-day **youth camp** called The Birds and The Bees, with peer educators from the different schools we have worked with during the year. The camp gives peer educators an opportunity to explore the issues they have worked with during the year in a more intensive and in-depth way. This allows Rape Crisis to evaluate the peer education programme and to develop it as a **model for prevention work with youth**, with the youth themselves telling us what works and what does not work, and coming up with new and innovative ideas for going forward.

Models of Prevention Results

YOUTH AND SCHOOL PROGRAMME RESULTS				
Athlone District				
Month	Group	Participants	Hours	Sessions
April	Rhodes High School	40	2	2
May	City Varsity	35	2	1
February	University of the Western Cape	24	2	1
	Springfield Convent	75	1	1
	Herzlia High School	300	1	1
TOTAL	5 groups	474	8	6
Khayelitsha				
Month	Group	Participants	Hours	Sessions
April	Ethafeni Youth Group	15	3	1
	KwaMfundo High School	423	12	12
May	KwaMfundo High School	151	5	5
	Ethafeni Youth Group	19	3	1
	Site C Youth Centre	38	2	2
	Site B Youth Centre	20	1	1
	Kuyasa Youth Clinic	20	1	1
	Peer Educator Training – KwaMfundo High School	19	27	9
June	Noluthando School for the Deaf	200	1	1
	Peer Educator Training – KwaMfundo High School	18	12	4
July	Kuyasa Youth Clinic	17	1	1
	Site B Youth Centre	22	1	1
	Kuyasa Youth Clinic	17	1	1
	Ethafeni Youth Group	20	3	1
	Site B Youth Centre	24	1	1
August	Site B Youth Centre	23	1	1

YOUTH AND SCHOOL PROGRAMME RESULTS				
September	Ethafeni Youth Group	8	3	1
	Site B Youth Centre	25	1	1
	Kuyasa Youth Clinic	20	1	1
	Site B Youth Centre	36	2	2
October	Site B Youth Centre	30	1	1
	Ethafeni Youth Group	14	3	1
	Kuyasa Youth Clinic	25	1	1
	Site C Youth Centre	16	1	1
	Site B Youth Centre	18	1	1
January	Site B Youth Centre	20	1	1
	Kuyasa Youth Clinic	22	1	1
	Site C Youth Centre	8	1	1
February	Ethafeni Youth Group	15	3	1
	Site B Youth Centre	23	1	1
	Site C Youth Centre	13	1	1
	Kuyasa Youth Clinic	92	3	3
	Site B Youth Centre	20	1	1
TOTAL	30 groups	1 441	101	63
TOTAL	35 groups	1 915	109	69
Year	Groups	Participants	Hours	Sessions
2011/2012	19 groups	874	140	50
2012/2013	35 groups	1 915	109	69

Our target for the period was to reach 600 youth, learners, parents and teachers through this project. We exceeded this by 1 315 participants. The funding for the peer education project received an unexpected boost and the Training and Development teams went all out to reach out to youth both in and out of school through the various programmes that Rape Crisis has developed. Those that took part in the peer education and youth programmes completed questionnaires after each session. The feedback indicated a change in attitudes and beliefs about rape and a consequent change in behaviour that was extremely encouraging.

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:

- *research, in partnership with the Women's Legal Centre (WLC), into whether the State is fulfilling its legal obligations with regard to sexual offences in South Africa*
- *developing the My Safe Card in partnership with the Gender, Health and Justice Research Unit of the University of Cape Town, to be handed to rape survivors at police stations*
- *participating, for the second year in a row, in a national campaign called the Shukumisa Campaign, this time as members of the newly appointed Steering Committee*
- *embarking on the second phase of our Road to Justice Campaign, working in partnership with the Open Democracy Advice Centre (ODAC) and the WLC to build a civil society coalition to persuade the South African government to adopt Victim Empowerment Legislation*
- *finalising, publishing, launching and starting the distribution of the virtual tour of the criminal justice system that we developed in the previous year*
- *building our database of rape cases.*

The research project that we are conducting in partnership with the WLC, looking at **flaws within the criminal justice system with regard to sexual offences** 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 and acting as a deterrent to rapists. Rape Crisis court support and counselling services elicited and tracked complaints about the services that survivors have a right to receive within the criminal justice system and identified areas where their rights are not being upheld. The project team gathered and collated these results in preparation for a final research report.

For the past four 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. The results are being readied for publication and one of the by-products of the research is a pocket-sized z-card for rape survivors that contains a detailed list of all criminal justice system procedures.



Rape Crisis peer educators teach their fellow learners to challenge the prevailing myths about rape and sexual harassment.

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 2012 we joined the Steering Committee and were actively involved in building the campaign strategy, action plan and funding proposals as well as coordinating the regular meetings with 34 NGO coalition members across South Africa.

In 2010 and 2011, Rape Crisis conducted research into the feasibility of enacting victim empowerment legislation in South Africa in partnership with ODAC, WLC and the national office of the Department of Social Development. In 2012 we began building a civil society coalition to take up an advocacy

campaign to persuade government to enact this legislation.

Rape Crisis produced a **virtual tour of the criminal justice system** in the Western Cape, which we published online and distributed in digital format through a series of workshops with local stakeholders. This will greatly assist victims of crime in negotiating their path through the criminal justice system. They can view full 360 degree photographs of police stations, health facilities, courts and counselling rooms and can watch video clips of actual personnel describing the procedures they need to follow when reporting rape.

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 spreadsheets for accessibility. This project is on hold at the moment, as we lack funds to finalise the reporting phase of the database development.

The Rape Crisis communication strategy aimed to create a platform that could be used to ensure that all communications leaving the organisation had the same style and tone. Externally and internally, it was crucial that Rape Crisis started sending out single-approach communications associated with the organisational brand. Communications should at all times promote the vision and mission of Rape Crisis through its central message. We aimed to make stakeholders more aware of the organisation and the work we do, then to get them interested in it, then increasingly involved in the work of the organisation and, finally, to bring about a sense of commitment to Rape Crisis over the longer term.

Our central message was that Rape Crisis has been, for 36 years, the strongest bridge between the rape survivor and the South African criminal justice system and is growing steadily stronger.

Our objectives with regard to external stakeholders were to:

- *create awareness and interest in Rape Crisis*
- *encourage involvement from the public – by means of donations, or by volunteering and by sharing stories and news online*
- *strengthen and build new relationships with foreign embassies and to encourage foreign investment*

- *showcase the work of Rape Crisis*
- *create a clear message about what the organisation does and how the public can get involved or receive assistance from Rape Crisis*
- *build a positive reputation for Rape Crisis as an expert in the field of violence against women*
- *increase awareness amongst donors and recognise donors' contributions.*

Internally, our objectives were to:

- *build staff morale*
- *encourage staff, volunteers and trustees to "live the brand" of Rape Crisis*
- *encourage and support members in sharing Rape Crisis messages online, submitting news and relevant information and in seeking out opportunities to showcase the work they are doing.*

We conducted a communications audit of our key audiences, including donors, community groups, colleagues in the NGO sector, the media and criminal justice system stakeholders. All those interviewed testified to the strength of the Rape Crisis brand and the uniqueness of the vital services that the organisation provides. All of our publications, letterheads, business cards, email signatures and promotional materials had the same look and feel, lending great consistency to the brand. The media in particular commended Rape Crisis on

the quality of comment it provides on current news and issues. We were approached by myriad local and national print and online publications for comment, issued our own press releases and wrote our own articles. Following the rape of Anene Booysen and the resultant community outcry, we conducted 29 interviews in February 2013, which was way above our usual monthly average of seven interviews.

We continued to increase our engagement with our target audiences through social media and networking. Our blog views for this period increased dramatically from the previous year. Our Twitter membership doubled and is steadily climbing. We created a new Facebook page with a more professional look and feel, as well as a private group for volunteers and staff. The website also received a complete overhaul.

RESULTS		
Media	2012/2013	2011/2012
Blog views	8 013	2 724
Facebook group followers	1 033	761
New Facebook page Likes	170	-
Twitter followers	3 000	1 692
Print articles	27	20
Online articles	13	19
Press releases	8	2
Radio interviews	23	19
Television interviews	4	1

The relationships Rape Crisis has developed with the media and the frequency of requests for comment shows the media's consistent recognition of Rape Crisis as a credible expert in the field and in the public discourse on rape.

Rape Crisis always said that, if all else failed, then our volunteers would serve as our insurance policy. In 2012 the organisation cashed in on this policy. Our volunteers continued to deliver a service in spite of our financial difficulties through the full period of this report. All of the staff that were retrenched stayed on to work at Rape Crisis in a voluntary capacity.

An organisation needs an advancement strategy in order to attract support. By February 2013 we had raised enough funds to revise our advancement strategy. We contracted an independent consultant, Laurence Beder, from the University of the Witwatersrand Business School to lead us in this process. We conducted a two-day workshop with all our membership groups represented in which we mapped out a process that includes a focus on fundraising, communications, finance, programmes human and resources. We began to put together a team that could assist us with specialist expertise in each of these areas.

What also emerged at this workshop was that we had an immediate problem that we needed to deal with and a unique opportunity for doing so. There had been so much publicity about our staff retrenchments that people assumed we had closed down and our referrals decreased dramatically, in spite of the fact that we were running a full service. Earlier in February, the devastating rape, mutilation and murder of Anene Booysen in a small town in the Western Cape had sparked a media frenzy. We used this opportunity to plan a short burst campaign on International Women's Day to alert the local communities we serve that all of our services were in place. We also launched our Facebook page and began to post on this page in a far more strategic way in order to get stakeholders to be more in touch with the organisation.

We hope to refine and implement the full advancement strategy together with our three-year strategic planning process in 2013/2014.

Networking and Partnership

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*
 - *The Shukumisa Campaign*
 - *Provincial Victim Empowerment Programme Forum*
 - *Provincial Victim Empowerment Programme Management Team*
 - *The Gender Justice Forum*
 - *The Simelela Partnership*
 - *Counter Trafficking Coalition*
- *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*
 - *Sonke Gender Justice*

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*
- *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 (CSV)*
- *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)*
- *Justice and Women (JAW)*
- *Nisaa Insititute 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*
- *Community HEART, London, UK*

Current Donors

- *Anglo American Chairman's Fund*
- *Azriel and Moyra Fine Foundation*
- *Community Chest of the Western Cape*
- *Western Cape Department of Social Development*
- *First for Women Trust*
- *Kurt and Joey Strauss Foundation*
- *Nedgroup Investments*
- *Oxfam Canada*
- *Oxfam Australia*
- *The British High Commission*
- *The DG Murray Trust*

In Kind Donations and Pro Bono Work

- **Gareth Dunn, HIP Solutions:**
Remunerations consulting
- **Elize Gazeau, Elize Gazeau Interiors:**
Interior design
- **Simone Chiara van der Merwe:**
Editing and proofreading
- **Marianne Thamm:**
Comedy with a Conscience
- **Shimmy Isaaks:**
Comedy with a Conscience
- **Anne Hirsch:**
Comedy with a Conscience
- **Marc Lottering:**
Comedy with a Conscience

- **The Brothers Streep:**
Comedy with a Conscience
- **Kurt Schoenraadt:**
Comedy with a Conscience
- **The Baxter Theatre:**
Comedy with a Conscience venue
- **Thandi Buchan, Improguise:**
Tackle Tales
- **Marissa Cuenoud:** *Design and layout*
- **Jess Foord Foundation:** *Care packs*
- **Peter Whelan, Bowman and Gilfillan:**
Legal services
- **Alison Tilley, Open Democracy Advice Centre:** *Advocacy strategy*
- **Steve Barnett, Naga:**
Website development
- **Wade van der Merwe, Wade's Cakes:**
Rape Crisis Ladies Evening desserts
- **Treasure Chest:** *Ladies Evening prizes*
- **Goudini Spa:** *Ladies Evening prizes*
- **Coca Cola South Africa:**
Ladies Evening soft drinks
- **Marie Claire magazine:**
Ladies Evening gifts
- **Irene Butterworth, BidAir Freight:**
Lunch for staff teambuilding event
- **Sammie Moshenberg:**
Fundraising
- **Brenda Shear:** *Fundraising*
- **Flicky Gildenhuys:** *Staff support*

- **Jill Sloan:** *Proposal writing*
- **Meaka Biggs:** *Advancement strategy*
- **Dee Smythe, Law Race and Gender Research Unit:** *Media strategy*

Meetings held during the past year

- *Annual General Meeting 17 August 2012*
- *No special general meetings were held*
- *11 monthly Management Team meetings*
- *2 special management meetings*
- *3 quarterly Board meetings*
- *7 special Board meeting*
- *11 monthly staff meetings*
- *8 special staff meetings*
- *3 monthly joint strategy meetings*
- *2 Volunteer Forum meetings*
- *1 special Volunteer Forum meeting*
- *63 focus group meetings*
- *2 general members' meetings*
- *6 staff training workshops*

Annual Financial Statements

for the year ended 28 February 2013

STATEMENT OF FINANCIAL POSITION			
Figures in Rand	Note(s)	2013	2012
ASSETS			
Non-Current Assets			
Property, plant and equipment	2	3 393 176	3 495 187
Current Assets			
Sundry debtors and receivables	3	151 695	209 015
Cash and cash equivalents	4	2 184 472	1 189 730
		2 336 167	1 398 745
Total Assets		5 729 343	4 893 932
EQUITIES AND LIABILITIES			
Equity			
Capital reserve fund	5	3 283 561	3 283 561
Donor reserve fund	6	641 771	456 947
Sustainability fund	7	1 464 666	672 047
		5 389 998	4 412 555
Liabilities			
Current Liabilities			
Creditors and other payables	8	339 345	481 377
Total Equity and Liabilities		5 729 343	4 893 932
STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME			
Figures in Rand	Note(s)	2013	2012
Revenue		5 164 044	6 152 902
Other income		346 580	64 541
Operating expenses		(4 729 165)	(7 055 426)
Operating deficit		781 459	(837 983)
Interest revenue	9	19 904	157 299
Finance costs		(8 744)	-
Surplus/(Deficit) for the year		792 619	(680 684)

DETAILED INCOME STATEMENT			
Figures in Rand	notes	2013	2012
Total Revenue		5 530 528	6 374 742
Grants and subsidies received			
Anglo American Chairman's Fund		218 750	31 250
Community Chest		69 885	72 210
Department of Social Development		2 168 000	1 794 497
Local business and trust		25 000	22 000
Embassy of Finland		288 278	231 365
National Lottery Distribution Trust Fund		-	1 962 011
Nedgroup		168 467	103 974
Oxfam Canada		438 107	390 367
Oxfam Canada - OWRAP		95 774	214 810
RTI International		184 144	277 602
Foundation for Human Rights		-	108 000
First for Women Trust		750 000	500 000
United Nations Office on Drugs and Crime		16 330	6 368
United Nations Office on Drugs and Crime - VEP Funding		-	295 903
DG Murray Trust		26 286	-
British High Commission		71 635	-
Donations received		595 264	140 355
Other donations		294 992	38 704
Individuals		42 945	49 981
Business		136 783	4 197
1000 Hearts		120 545	47 473

Rape Crisis Cape Town Trust

DETAILED INCOME STATEMENT			
Figures in Rand	notes	2013	2012
Other Income		414 608	224 031
Insurance claims		4 500	7 288
Interest earned		19 904	157 299
Fundraising		106 263	21 814
Recoveries and fees		248 037	-
Sale of assets		6 125	-
Training		29 779	37 630
		5 530 528	6 374 742
Direct Project Cost (Detail)		4 737 910	7 055 425
Schedule A. Counselling Programme	Sch. A	629 272	1 245 419
Schedule B. Training and Development Programme	Sch. B	730 679	821 287
Schedule C. Advocacy Programme	Sch. C	610 101	923 731
Schedule D. Thuthuzela Programme	Sch. D	500 766	472 427
Schedule E. Stop the Bus Programme	Sch. E	40 866	138 757
Schedule F. Birds & Bees Programme	Sch. F	559	19 186
Schedule G. Other Programmes	Sch. G	-	461 913
Schedule H. Organisation	Sch. H	2 225 667	2 972 706
Net operating surplus/(deficit) for the year		792 619	(680 684)

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

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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