

# 2014/2015

ANNUAL REPORT



**Rape Crisis**  
Cape Town Trust

# Rape Crisis Cape Town Trust

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Kathleen Dey, *Director*

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Nazma Hendricks, *Operations Manager*

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Zodwa Thomas, *Receptionist, Khayelitsha*

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Kholeka Booi, *Training Coordinator, Khayelitsha*

Joyce Doni, *Counselling Coordinator, Khayelitsha*

Rifqah Abrahams, *Training Coordinator, Athlone*

Estelle Carolissen, *Court Support Coordinator*

Shiralee MacDonald, *Counselling Coordinator, Observatory*

Sarah Strydom, *Communications Coordinator*

Barbara Williams, *Counselling Coordinator, Athlone*

The posts of Research and Advocacy Coordinator, PA to the Director, Cleaner/Driver and Receptionist, Athlone remained vacant for the period.

# Contents

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Message from  
the Chairperson

02

Message from  
the Director

03

Rape Crisis  
Programme  
Strategy

05

The Road  
to Justice

06

The Road  
to Recovery

08

Making  
Change

09

Organisational  
Advancement  
and Development

11

Volunteers  
and Interns

11

Networking  
and Partnership

12

Current  
Donors

13

Meetings held  
during the past year

13

Annual Financial  
Statements

14

## Message from the Chairperson

### UNATHI NJOKWENI-MAGIDA

This year the South African Police Service posted a drop in the figures for sexual offences in South Africa and then withdrew these figures for review because of certain irregularities. At Rape Crisis we also noticed a drop in people making use of our counselling and court support services and we asked the question: are we winning the war on rape?

We took this question seriously culminating in a survey to the Athlone community during the 16 Days of Activism 2014, a community where we have an active counselling service and where we offer awareness raising workshops to community interest groups. Their answer was clear: rape is a problem in this community but no one wants to speak about it.

If this is the case then this says something about the growing silence about rape in a country where rape itself almost seems to be a culture. The shame of speaking out, the fear of reporting to officials, and the lack of information about what to do if someone has raped you are all part of the reasons given for underreporting by our survey participants.

We believe that underreporting is increasing rather than the number of rape incidents decreasing and this is an enormous problem. How will we ever be able to measure our progress in bringing about a desired change if we don't have accurate figures? The way government collates these figures makes it even more difficult to measure, with all sexual offences – all 57 of them – being clustered together in one blanket category making it impossible to distinguish between child and adult victims, or male and female victims, or victims of different kinds of sexual crimes.

In this context having an organisation like Rape Crisis in place to monitor the experiences of rape survivors, to take the pulse of the community and to join together with allies in the social profit sector to ask important questions of government role players is more vital than ever. This is an organisation I can support with the whole of my heart and mind. Thanks to the volunteers, staff, managers and leaders for the extraordinary work you all do. It is my greatest hope that donors both large and small, individual and corporate, local and international continue to support the impact you make.



Unathi Njokweni-Magida  
Chairperson

*“Rape is a problem in this community but no one wants to speak about it.”*

## Message from the Director

### KATHLEEN DEY

For the past 38 years Rape Crisis has provided rape survivors and their families with counselling, advocated for justice, campaigned for law reform and worked to promote safety in communities. Our strength lies in our client-centred approach, our resilience and our commitment to learn from those we serve.

Rape is still seriously under reported as a crime in South Africa. Women continue to keep silent for fear of the stigma they might face in their communities. If women feel this way how much more difficult for men, transgendered people, sex workers, the elderly, the disabled, or lesbian women all of whom face even greater prejudice and discrimination? Rape survivors have little confidence in a criminal justice system that lacks the capacity to comprehensively address their needs and allows rapists to go unpunished. Until public perceptions change and until our justice system is adequately resourced we can only expect rape statistics to go up. But these are not the only things that need to change.

The inequalities that remain twenty years post democracy are the root cause of many of the social ills experienced in our society predominantly amongst the poor and marginalised. Yet it can be no secret that middle class women also fall victim to rape. In a society where inequality between men and women is great the privileges of wealth, class and education are often no protection. The bonds between people and the assets of a nation as represented in its people are deeply damaged by violent crime and rape in particular.

When emotional and psychological trauma go untreated the sufferer finds it very difficult to cope with the day to day struggles of life. The small obstacles that need to be overcome in order to go to work, to study at school or to be a good enough parent become overwhelming. This can have a severe impact on productivity and performance, a fact that often goes unrecognised.

Poor people struggle additionally because of unequal access to services, to justice, to education, to jobs and to status. Negative attitudes towards women and myths and stereotypes about sex, gender and rape abound across South Africa and are often upheld by particular cultural and religious beliefs and practises. These attitudes keep women in a subordinate position in relation to men.

In the face of the need not only to offer direct services but also to influence public perceptions and to hold government accountable for the part it must play in addressing high crime rates, the ongoing threat of pay cuts, retrenchments and closure of organisations offering services to rape survivors, particularly in rural areas, hangs over the sector as a whole. The consequences that this can have for the beneficiaries of these services can be devastating.

Thanks to the support of our donors and friends Rape Crisis has managed to recover financially after a very challenging period and we have managed to meet our targets in supporting rape survivors on the road to justice, in aiding their recovery and in recruiting change makers from all walks of life



*“Rape Crisis is a leading social impact organisation empowering and supporting survivors of rape and their communities.”*

through our newly launched Making Change programme. We are bringing about the desired changes we had set as our objectives not only in our revised programme strategy but also in our plans for the development of our organisation in order to ensure its continued advancement and sustainability.

My thanks to the Board of Trustees, to our donors both loyal and new and to the team of consultants who gave of their time on a pro bono basis to make sure we had areas in which we lack expertise fully covered.

Kathleen Dey  
Director

# Rape Crisis Programme Strategy

2014 - 2017

## VISION AND MISSION

We have a vision of a South Africa in which women are safe in their communities and where the criminal justice system supports and empowers rape survivors and acts as a deterrent to rapists. Our mission is to promote safety in communities, to reduce the trauma experienced by rape survivors, to encourage the reporting of rape and to work actively to address flaws in legislation.

The overall goals, objectives and activities that we have developed in service of this mission are described as programme or result areas as follows:

## THE ROAD TO JUSTICE

Rape survivors are supported within the Criminal Justice System, experience reduced secondary trauma and offer effective testimony in the rape trial so that conviction rates for rape increase. Activities include:

- training for volunteers at local police stations
- a 24 hour helpline giving people advice on how to access the justice system
- psychological first aid to rape survivors at forensic health units and
- support to survivors and other witnesses testifying in court

## THE ROAD TO RECOVERY OBJECTIVES

Rape survivors are supported in their communities, the symptoms of trauma they experience after rape are reduced and they also feel a sense of increase personal growth. In this way social capital is restored through women’s empowerment. Activities include:

- a telephone counselling service

- face-to-face counselling and
- support groups for rape survivors and their families.

## MAKING CHANGE

Communities are active in promoting safety by challenging high rates of rape and in addressing gaps in legislation and the poor implementation of laws in South Africa. Activities include:

- community education
- social mobilisation
- peer education programmes for school learners
- coalition building to advance national advocacy campaigns and
- the Speak Out Project for survivors wanting to speak publicly about their experiences.

Each of these programmes is implemented through our longstanding counselling, training and advocacy services thus combining deterrent, preventive and restorative interventions into a comprehensive strategy. All of our work is done by volunteers recruited from within the communities we serve and who play an active role in organisational decision making.

## ORGANISATIONAL DEVELOPMENT AND ADVANCEMENT

Rape Crisis positions itself to advance awareness, interest, involvement and commitment to the organisation and its work. Our advancement strategy includes a financial plan, a fundraising strategy, a communications strategy and a human resource plan.

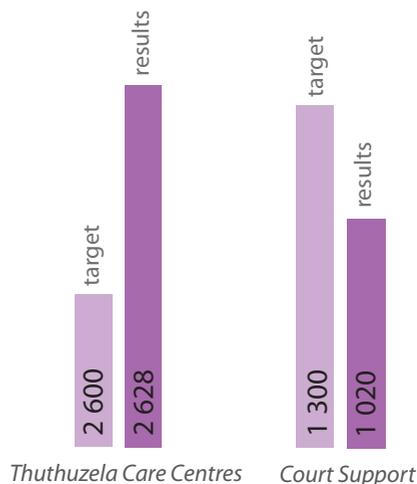
*“We have a vision of a South Africa in which women are safe in their communities.”*

# The Road to Justice

The forensic examination after rape is traumatic, humiliating and can extend the psychological trauma of the rape incident. This can deter rape survivors from taking their cases further. Our first responder services in three regional Cape Town hospitals create a safe space where this secondary trauma is reduced and where rape survivors and the people affected by their rape are referred for ongoing support. The care packs we provide to rape survivors offer comfort in the form of toiletries, sanitary wear and a change of underwear so that survivors can take a much needed bath or shower at the health facility once all evidence left by the rapist has been collected.

For most rape survivors testifying in court is an ordeal that is too traumatic to face. Rape Crisis Cape Town Trust's court supporters help survivors prepare for court, give them emotional support and refer them for counselling, so that more survivors are empowered to access justice.

Thuthuzela Care Centre counsellor Abigail Less says, "When I sit with a survivor I try to sense how they are feeling and to give them a safe space to express what they feel. They might cry, scream or become quite hysterical but they need to know that in this space they can feel whatever they need to feel." When rape survivors are allowed the freedom and given the safety to express the full extent of their trauma they begin the process of healing and the process of accessing justice does not interfere with the process of healing. And survivors gain the strength to remain in the justice system as a result. TCC coordinators Barbara Williams and Shiralee McDonald are responsible for the training, supervision, support and ongoing development of the



TCC counsellors as well as the smooth running of the 24 hour service they provide onsite at three regional hospitals. Estelle Carolissen performs the same role with regard to our court support project in five regional courts.

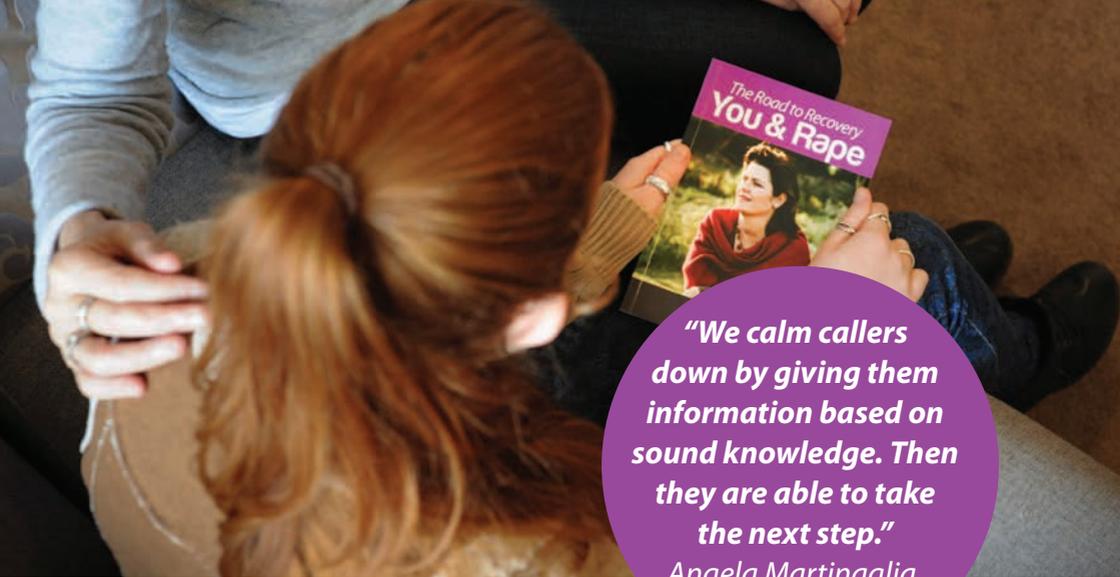
As a result of changes to the Labour Relations Act Rape Crisis as an employer was required to comply with the amendment that requires employers to permanently appoint contract workers on fixed term contracts that are renewed more than twice and we therefore embarked in a series of consultations with staff and volunteers to decide on whether or not a

restructuring process will be needed in order to comply with this law.

The Road to Justice programme is funded by the Western Cape Department of Social Development, the Networking AIDS Community of South Africa (NACOSA) and the First for Women Foundation.

**"[Rape survivors] need to know that in this space they can feel whatever they need to feel."**  
Abigail Less, TCC counsellor





**“We calm callers down by giving them information based on sound knowledge. Then they are able to take the next step.”**  
*Angela Martinaglia, counsellor*

## The Road to Recovery

Rape survivors seek help in overcoming the trauma of rape. By sharing information and providing counselling Rape Crisis helps survivors to heal and find new ways of coping, so they are empowered to make their own decisions about what path to follow on their journey towards recovery.

Rape Crisis counsellor Angela Martinaglia speaks about what being a rape counsellor means to her. “I think it is the fact that the rape survivor gets an opportunity to step back a little bit from what has happened and come to terms with the full extent of the trauma of rape in counselling. Only when you know the full extent of your trauma can you begin to look for the inner resources you need to draw on in order to find your own way of coping.” Rape Crisis also helps survivors find outside resources such as good support people in their families, at school or at work that will help them cope and counsels those supporters as well. It



*Counselling 2014 - 2015*

takes courage to embark on the road to recovery. As one survivor put it, “At first it is painful because it’s like opening a wound but in the end you feel the healing. It’s because you are facing the things you are scared to talk about.”

Joyce Doni, Shiralee McDonald and Barbara Williams coordinate our counselling services.

Recovery often leads survivors to strive for further empowerment and to find ways to better their social and economic circumstances. An incubator for a new project has started up in Khayelitsha in the form of the Change a Life Rape Crisis Centre under the guidance of Joyce Doni.

The Road to Recovery programme is funded by the Anglo American Chairman’s Fund and the Mike Thompson Change a Life Foundation.

## Making Change

### COMMUNITY MOBILISATION PROJECT

Very few rape survivors understand their rights. At Rape Crisis we share information and educate survivors on their rights as well as how to access the services they have a right to, so that they are empowered and helped on their road to recovery and justice.

Obviously the stigma associated with rape lies behind this silence as rape survivors fear being shamed. At Rape Crisis we raise awareness about rape and mobilise communities to take positive action, so that the culture of rape is challenged and our communities feel safer. At our community dialogues people come forward to speak about their personal experiences and we offer information about the services that are available both within the criminal justice system and from our own counselling and court support services. In this way we hope to break down some of the barriers to reporting but also to find willing spokespersons and organisers within communities who will further the aims of this programme by becoming agents of change in their own right.



*Community Actions 2014 - 2015*



*Peer Education*

**“Some of the children in our communities think that rape is just surprise sex. Well we will teach them it’s not how they think it is. It’s a crime”**  
*Peer educator*

### BIRDS AND BEES PEER EDUCATION PROJECT

Youth in South Africa take in and believe many of the same myths and stereotypes about rape as their parents and teachers do. They seldom have a chance to question or challenge these beliefs yet they welcome the opportunity to do so. Our peer educator training gives them this chance and in doing so enables a remarkable turnaround in attitudes about women, about sex, about gender and about rape. This change in attitude is emphasised and reinforced by the activities these peer educators then organise at their schools, doing plays, making songs and giving talks to their fellow learners that share the facts about rape, dispel the myths and encourage survivors to come forward for support and assistance.

At the end of each peer educator training course Rape Crisis runs a three-day youth camp called The Birds and Bees with peer educators from the schools we have worked with during the year. On this camp they learn related skills such as teamwork, leadership, communication and problem-solving all of which strengthen their ability to act as change agents in their schools.

### CAMPAIGNS AND COALITION BUILDING

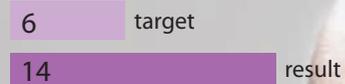
Advocacy entails a set of coordinated strategic activities that aim to bring about a desired and lasting political change, and is most effective when done as part of an alliance. Building coa-

litions with advocacy partners is a key strategy to enhance the reach of any advocacy effort.

Rape Crisis has been a member of the steering committees of two campaigns in this period: the Shukumisa Campaign and the Victim Empowerment Law Campaign. Our participation in these multi-stakeholder advocacy coalitions enables us to have an influence on decision-making processes by our government. As a result the Department of Social Development is drafting the Victim Empowerment Support Services Bill in consultation with Rape Crisis and our campaign partners. The Shukumisa Campaign has made significant gains with regard to amendments to the Sexual Offences and Related Matters Act 32 of 2007 currently being reviewed in Parliament.

#### THE SPEAK OUT PROJECT

Survivors of sexual assault who publicly speak out create change in the silence that surrounds these crimes. The act of speaking out can encourage other rape survivors to report rape and seek support. The courage of survivors prepared to speak has helped rape survivors with their own healing processes, enabled them to confront and challenge rapists and helped communities to speak about the problem in their own streets.



Speak Out Project



## Organisational Advancement and Development

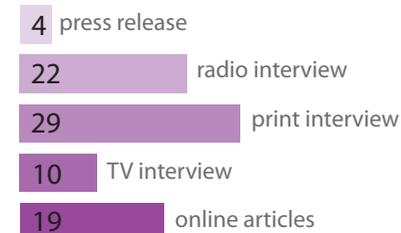
#### MEDIA AND COMMUNICATIONS

The overall goal of the communications strategy is to enhance the organisation's voice and visibility through radio and television interviews and articles in newspapers and online. Social media strategies showcase our work, share information and opinion and amplify our advocacy messages. Our posters, booklets and flyers containing vital information for survivors are available online and at our talks and workshops.

We aim to make our different stakeholders or audiences aware of our organisation and to capture their interest and involvement. Most people that get involved in our work become committed to our work and the people we serve and support the actions we take to address high rape rates and support survivors.



#### Social Media Interviews



#### Media Interviews

## Volunteers and Interns

All of our work is done by volunteers and all of our volunteers come from the communities we serve. In this way we build the capacity of these communities to respond to rape both during the time that they are volunteers with Rape Crisis and beyond. Many of our volunteers go on to take up leadership positions in other social profit organisations, they go on to take their university degrees, they travel and some have even taken up positions in government.

We run annual training courses for volunteers wanting to work directly with clients either as lay counsellors, trainers, community activists or court supporters. Our volunteer training programme consists of the following elements:

- a six week training programme
- one month's orientation
- five months practical training

People with particular expertise who render a service to the organisation by donating their time to us in areas where we don't have the skills in house are another way in which people contribute to Rape Crisis.

Rape Crisis also accepts student interns wishing to complete academic placements or holiday internships. We offer placements to students in the fields of psychology, social work, communications, law and politics with qualified professional staff available to mentor students.



#### Internal Training

## Networking and Partnership

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Rape Crisis could not do the work we do without the following civil society and government networks:

### FORUMS

- Western Cape Network on Violence against Women
- Thuthuzela Care Centres
- The Shukumisa Campaign
- Provincial Victim Empowerment Programme Forum
- Victim Empowerment Law Coalition
- The Gender Justice Forum
- Judges Matter Alliance

### 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
- 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)
- Scalabrini Centre
- The Triangle Project
- Sonke Gender Justice
- 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
- 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)
- Justice and Women (JAW)
- Nisaa Insititute for Women's Development
- Tohoyandou Victim Empowerment Programme (TVEP)
- Saartjie Baartman Centre
- Treatment Action Campaign (TAC)
- Inyathelo: The South African Institute for Advancement

### GOVERNMENT SERVICES AND DEPARTMENTS (Western Cape)

- 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 PARTNERS

- Department of Women's Studies, George Washington University, USA
- WOMANKIND Worldwide, London, UK
- Community HEART, London, UK

## Current Donors

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### CURRENT DONORS

- Anglo American Chairman's Fund
- First for Women Trust
- National AIDS Coalition of South Africa (NACOSA)
- Mike Thompson Change a Life Foundation
- Oxfam Australia
- Western Cape Department of Social Development
- MATCH International Women's Fund
- Community Chest of the Western Cape
- Nedgroup
- National Lotteries Board
- Azriel and Moyra Fine Foundation
- Kurt and Joey Strauss Foundation

### IN KIND DONATION AND PRO BONO WORK

- Laurence Beder, WITS Business School  
*Advancement strategy consulting (reduced fee)*
- Michele Sandilands, MS Architects  
*Architect*
- Gareth Dunn, HIP Solutions  
*Industrial relations*
- Elize Gazeau, Elize Gazeau Interiors  
*Interior design*
- Lisa Levy  
*Marketing*
- Stephen Olckers  
*Electrical engineering consulting*
- Ashley Hurwitz  
*Human resource consulting and communications*
- Steve Barnett, Naga  
*Website support*
- Marissa Cuenoud  
*Design and layout (reduced fee)*

- Peter Whelan, Bowman and Gilfillan  
*Legal services*
- Alison Tilley, Open Democracy Advice Centre  
*Media advocacy strategy*
- Dan Moshenberg  
*Blog strategy and blogging*
- Jen Thorpe, Morgan Mitchell, Conelia Knoll, Shakti Naidoo, Dela Gwala, Lizzy Cowan, Alison Tilley, Carol Bower, Rufus Dalton, Anne Mayne, Helen Johnston, Primrose Mrwebi, Monique van Vuuren, Sarah Strydom, Clara Duvill and Dave Luis  
*Blogging*
- Flicky Gildenhuys  
*Staff support*
- Wade's Cakes  
*Cupcakes for ladies evening*
- Alexa Sedgwick  
*Photography (reduced fee)*

## Meetings held during the past year

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- Annual General Meeting 14 August 2014
- 11 monthly Management Team meetings
- 4 quarterly Board meetings
- 11 monthly staff meetings
- 11 monthly joint strategy meetings
- 2 Volunteer Forum meetings
- 61 focus group meetings
- 2 general members' meetings

# Annual Financial Statements

## FOR THE YEAR ENDED 28 FEBRUARY 2015

Figures in Rand

2015 2014

### STATEMENT OF FINANCIAL POSITION

#### ASSETS

##### Non-Current Assets

Property, plant and equipment 3 179 939 3 237 608

##### Current Assets

Sundry debtors and receivables 683 512 384 496

Cash and cash equivalents 1 962 867 2 098 200

2 646 376 2 482 696

**TOTAL ASSETS 5 826 318 5 720 304**

#### FUNDS AND LIABILITIES

##### Funds

Capital reserve fund 3 127 473 3 185 142

Sustainability fund 2 160 196 1 742 220

5 287 669 4 927 362

##### Liabilities

##### Current Liabilities

Creditors and other payables 315 208 202 602

Deferred income 223 441 590 340

538 649 792 942

**TOTAL FUNDS AND LIABILITIES 5 826 318 5 720 304**

### STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME

Revenue 6 898 106 5 955 186

Other income 69 409 311 946

Operating expenses (6 731 914) (6 171 345)

**OPERATING SURPLUS 235 601 95 787**

Interest revenue 53 355 105 849

Finance costs - (22 501)

**SURPLUS FOR THE YEAR 288 956 179 135**

Figures in Rand

2015

2014

### DETAILED INCOME STATEMENT

**TOTAL REVENUE 7 020 870 6 372 981**

**GRANTS AND SUBSIDIES RECEIVED 6 155 403 4 761 782**

Anglo American Chairman's Fund 500 000 350 000

Computershare 159 773 -

Community Chest of the Western Cape 100 000 5 825

Department of Social Development 1 405 215 957 675

Local business and trust - 106 000

HIVOS Foundation 184 793 -

MATCH international Women's Fund 123 127 12 211

Ned Group - 119 265

Oxfam Australia 495 448 300 096

Oxfam Canada - 372 312

Oxfarm Canada - OWRAP 15 832 398 809

National Lottery Distribution Trust Fund 695 836 -

Foundation for Human Rights - 12 000

First for Women Trust 500 000 500 000

AIDS Foundation of South Africa: Shukumisa 100 000 760 000

Sonke Gender Justice 81 079 -

National Aids Coalition of South Africa 1 794 300 543 799

DG Murray Trust - 273 714

British High Commission - 50 076

**DONATIONS RECEIVED 686 469 1 050 092**

Other donations 506 827 845 101

Individuals - 500

Business 59 640 31 449

1000 Hearts 120 002 173 042



