



Dear friends and supporters of HOPE Cape Town,

2020 has been somewhat of a challenging year for our organisation. Who would have thought that the world would be hit by a virus that continues to interrupt lives and livelihoods of individuals, organisations, companies and other social and commercial entities all over the world? I guess we are still not able to assess the trauma and damage done on so many levels.

For HOPE Cape Town it meant that our health and social staff worked at the forefront of the pandemic, supported by the rest of our employees coordinating virtually from home and again from our offices since June. Five employees were infected with Covid-19 during this time, but all recovered very well.

Even though you as our supporters and sponsors are going through tough times, we felt the ongoing love and support in so many ways and

are very grateful that the "HOPE family" in these trying times showed the resilience one could only wish for as an NGO.

Thank you so much for all the contributions, the words of encouragement, the messages, the fundraisers and the dedication given to our team.



As you know in this difficult time, preparations are underway for our 20th anniversary. Such a time is also a time of reflection and realignment. Our dream of expanding our holistic approach is unfolding into reality. By mid-2021 vocational training and entrepreneurial skills development will be incorporated into our services. A safe space campus in Delft will facilitate and bundle all services for the Blikkiesdorp / Delft area. This addition is separately funded and does not diminish our continued services at Tygerberg Children's Hospital, the University of Stellenbosch or the various township clinics. The next newsletter will contain more and detailed information about this new chapter of our organisation.

For today, I can only thank you again for your trust and support given to us. I hope and pray that you are all well and healthy and, with you I yearn for the so-called new normal which, certainly will include many old facets, yet also . manifest a learning curve perfected for what is important in life for the years to come.

Yours sincerely Fr Stefan

We bid farewell

I would like to bid farewell; I will leave my post at HOPE Cape Town in December 2020 . Private priorities have shifted during the Corona lockdown and I just like to spend more time at home. This decision was not an easy one for me, because I really enjoyed my work at and for HOPE Cape Town . If required, I will still be occasionally available for HOPE Cape Town until May 2021.

However, there is already a new colleague, Mrs. Larissa Walter, who will be taking over my tasks. I would like to thank you very much for the trustful cooperation and hope that you will continue to place your trust in HOPE Cape Town.



We welcome



On the 01.11.2020 Larissa Walter joined our team; She is going to replace Kerstin Behlau as a Donor Liaison Manager Europe. Larissa was born in the beautiful medieval town of Esslingen in South Germany.

She did a vocational training at a bank, studied economics and Human Resources, and worked in different companies in Germany and France. In 2010 she moved to South Africa and had been working for many years as a tour guide where she got to know all different facets of our country. Larissa has been involving herself in several charity projects for years, so it was a kind of a dream becoming true for her to start to work at HOPE Cape Town .

Womandla Women's Empowerment Program

The crime rate in South Africa is listed as the fifteenth highest in the world and the Western Cape has emerged as the country's most crime-ridden province.

In Delft, one of the most densely populated and fastest-growing townships in the Western Cape, close to half a million people live in a culture of violence where the line between victim and perpetrator evolves over time. Family violence is committed between family members and intimate partners inside the home. Community violence is perpetrated by people who may or may not know each other, usually in public places. At least 45% of women who live in townships will experience family violence in their lifetime. The nature of this violence can be physical, sexual, psychological, deprivation or neglect, or a combination of the above.



The past decade has seen a 155% increase in collective violence in Delft. The hopelessness, shame, guilt and stress associated with inequality, constraints on life opportunities and limited resources give rise to violence particularly in the context of a more than 40% unemployment rate. For youth, socio-economic marginalization also affects the quality of primary education and ability to acquire a tertiary education or other skills, limiting life opportunities and validating violence as a way to secure social standing and access material goods, often through gang-related activities.

It is against this backdrop that HOPE Cape Town expanded its HIV and healthcare services to provide social outreach to the Delft community. With the sudden arrival of Covid-19 in March 2020, the anxiety of the women in Delft became very evident, mainly for those who are single parents/caregivers to multiple vulnerable children and frail elderly persons. Within eight weeks of severe national lockdown restrictions, many of the women displayed symptoms of post-traumatic stress disorder. No social protection measures from government due to lack of capacity, no educational and psycho-social support led to aggressive behaviour, intolerance with other adults, impatience with children and minimal coping skills, and ultimately, violence amongst each other.

Following discussions with a number of women in the community who acknowledged that had a reduced capacity to cope with the stresses of lower or no income and the fear of Coronavirus and other related illnesses, HOPE Cape Town committed to facilitate workshops to equip women at risk of violence to empower them in social situations and to inspire them to support each other emotionally and practically.

With generous funding received from the Bayerischer Landtag, three three-day workshops were planned for 36 women between the ages of 18 and 35. Taking program participants out of their troubled domestic environment and locating them in a comfortable, welcoming and neutral space can be both therapeutic and healing. The workshops were held at Goedgedacht Farm in the Riebeeck Valley.

The goals of the program were:

- To develop women through personal vision accompanying personal action;
- Guiding women towards a common vision with compassion, integrity and authenticity

In the wise words of Archbishop Emeritus Desmond Tutu "Raise your argument, not your voice", HOPE Cape Town designed a series of workshop sessions to empower the participants:

- Communication skills - intentional listening;
- Judgement and decision making - listing pros and cons;
- Tolerance in diversity- rather than raising fists and voices;
- Severance and healing - what are the deep issues that have not been dealt with;
- Self awareness -what triggers the aggression
- Gender, women and democracy- new concepts on women's rights;
- Our political voice - what does it take to change politics to sustain the gains;
- Personal visioning for self;
- Reflection for learning



Activities such as djembe drumming, walks and stretch exercises, arts & crafts, meditations were included in the program for recreational times.

In summary, the specific outcomes for the three groups were:

- An increased awareness of their own strengths and developmental areas and the ability to manage and take responsibility for their own continual learning;
- How to deal with personal issues and manage potential burnout;
- Knowledge of particular considerations of behaviour management and the ability to apply this in a volatile environment;
- Setting up clear ethics and safety measures, ability to assess risk and respond appropriately;
- Continued focus of self and supporting fellow participants to shift views, attitudes and behaviours around the value of life and the purpose for living.



Post workshop meetings were held to identify any further assistance required and participants were invited to attend a training course in 2021 for Community Peace Builders.

A program review is underway with the possibility of extending the design to suit young men in the community.

HOPE Cape Town would like to extend a hearty thanks to Bayerischer Landtag for the support for this essential community program.



**Bayerischer
Landtag**

Story of Jo

Story:

"Jo" is one of the young ladies that has been coming to the Youth clinic for the past few years. Jo has always done well on her ART but this year her blood results looked horrible. And she was pregnant at the time. Jo is a quiet unassuming young lady - who always smiles and says everything is fine, so seeing this blood result at a time when the risk of transmitting HIV to the unborn baby was very disturbing.

With the help of a Xhosa translator (to enable her to express herself more freely) I asked her what was happening. It turned out that after her parent had died in Jan 2020, the extended family had kicked her out of the house and she had no support or income - other than a little food once a day from a neighbour. The father of her baby had moved to the Eastern Cape. So, she was socially isolated and now living alone in a shack. It has been such a rough year for her! She was afraid to take her ARV's on an empty stomach. And she was unprepared and anxious about the pending arrival of her baby.

The Team at the clinic kicked into gear. We got a food parcel for her and arranged with the social worker to try to arrange a family meeting/intervention. We got donations of baby clothes and toiletries. And from a medical side, we changed her treatment to ART that is more tolerated when there is less food available.

Jo delivered a healthy and beautiful baby girl. Jo's blood tests are back to being good - and most importantly the baby girl's birth HIV test was negative . VAY!



Thank you

As we have reached the end of most of us will call a very testing year, we would like to thank everyone for their continued support, 2020 has seen Hope Cape Town grow immensely and we look forward to see what 2021 has to offer .

The Hope Cape Town “family” would like to thank you for your previous donations and if you would like to donate Further please find our bank details below

Account Details

HOPE Cape Town
Standard Bank
Thibault Square
Branch code: 020909
Account number: 0706 15 551
Swift: SBZAZAJJ

Reference : Hope donations + Name