



July 2011

Senecio is making a difference

Occupational therapists:

Marie Vorster
Tilanie Engelbrecht

Physiotherapist:

Sue Fry

Admin:

Nosipho Uluwa

Fundraiser:

Tanya Mitrovic

Web master:

Jaco van Niekerk

Board Members:

Anna van Niekerk
Marie Vorster
Francois Marais
Louise van Zyl
Ernie Hodgson
Liz Ward
Sue Fry
Christa de Freitas

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Senecio's vision is to make a positive difference in the lives of people with disabilities and their families. Our emphasis is currently on improving the lives of children with severe disabilities in the Helderberg Region, Western Cape, South Africa. The feedback that we get from the special care centres, the care givers and the family members of the children benefiting from our programmes is evidence of the fact that we are indeed making a positive impact.

Ukunakekela: "To Care"

The therapy programme being offered at the special care centres has been given a name: Ukunakekela is the Xhosa word for the phrase "to Care"

The programme has proven very successful. More than 80% of the children on the Ukunakekela programme have reached their personal goals during the past six months. The goals are continually adapted to the child's level of achievement.



The smiles of the care giver Nonthathu as well as Sikho, who is mastering standing for the first time, makes all the effort worth while.

After careful consideration we decided to revert to our original status and name. We became a branch of Western Cape Association for people with disabilities (APD) in 2009 and changed our name to Senecio APD. We were registered as Senecio Support at Cipro and SARS, and functioning as Senecio APD. This caused confusion and had a negative effect on the procurement of funds. We still have a positive working relationship with WC-APD but are no longer a branch.

Senecio offers services at the following Centres

- **Gabriella Centre** in Somerset West
- **Little Angels** in Somerset West
- **Bizweni Centre** in Somerset West.
- **Agape Centre** in Grabouw
- **Agape School**
- **Bathandwa Care Centre** in Khayelitsha
- **Unakho** in Khayamandi, Stellenbosch
- **Cenida** in Macassar
- **Sive Nathi** in Blackheath

What we want to prevent:

Although this 18 year old girl has been lovingly cared for, she has not received proper therapeutic care. She has contractures in most of her joints and her hips are dislocated. This makes it impossible for her to sit or move and she is therefore unable to interact with the people in her environment or to do anything for herself. This could have been prevented by early and consistent intervention



Welcome Nosipho

Nosipho Uluwa is the new receptionist at the Senecio office. Apart from the admin, she has become quite handy with a sewing machine, making splints, bean bags and other articles needed for therapy. Being Xhosa speaking, her presence at Sive Nathi, Bathandwa and the out patient clinic has been invaluable



Enthusiastic and dedicated staff



Tilanie is very pleased to see how well Alicia is facilitating Jermaine to balance while sitting on a therapy ball.



Tilanie and Celeste from Agape are proud of Lee-Ann, who is able to sit for the first time with some support and the aid of soft splints supplied by Senecio.

Community Profile

Social workers Michelle Meinesz and Micha Coetzee completed a community profile on Somerset West and Macassar. The information gained will be drawn from for our future planning. Please contact our office for more information.

NDT specialist impressed

Well known physiotherapist and NDT specialist Estelle Brown visited three of the care centres as well as the out patient clinic in June and was most impressed by the quality of the work done by the Senecio therapists. She made some valuable suggestions for improvements. She also presented a facilitation workshop to local therapists.



Feeding a child with cerebral palsy can be challenging. Marie explains feeding principles to Lee-Ann.

Volunteers

We are very grateful for the assistance of the many volunteers that have become part of the Senecio family. A big thank you to OT's Shanley and Bailey, physiotherapist Estelle, speech therapist Martine and dietician Megan. You do not have to be a therapist to help as Colleen, Sanien, Lanois, Gerda and Heike have shown. Heidi and Elize's help with the financial systems have been invaluable. A special word of thanks to all the board members and fun run committee members for the hard work behind the scenes.

Presentation at CP Congress

Marie did a presentation on Senecio's Ukunakekela programme at the National CP congress in May. It was very well received, with many requests for assistance in other parts of the country. As soon as the funds allow it, we hope to do just that!



Physiotherapist and seating specialist Sue Fry is working on Vica's chair attempting to get it optimal for her needs.

Picture Play

We added another programme to our repertoire. The Picture Play was developed as a stimulation programme for children with speech and hand function impairments.

Kudzai is indicating his choice by looking at the correct picture held up by the facilitator. More detail on the programme is available on the website.



Applied Paper Technology Course

Marie and Tilanie attended an APT course during May. Cardboard is used to make adaptive furniture such as chairs and standing frames. This is a cost effective alternative to

the expensive furniture needed by children with cerebral palsy. During the third term Senecio is going to have a work session to make more furniture for the children at the Care centres. Should you be interested to volunteer your time, please contact the office or send an e-mail.



Senecio Fun Run at Lourensford



The annual Senecio Fun run took place on 5 March at Lourensford Wine Estate. We optimistically prepared for 400 people, and were totally overwhelmed when 670 participants turned up! Lourensford has agreed that the Senecio Fun run will become a fixed event on their yearly calendar on the first Saturday of every March. The fun run serves the dual purpose of raising funds, but almost more importantly, of creating awareness of our work and of people with disabilities in general.



Martha Spruit from CE mobility with the three winners of the Rough Rider wheelchairs, Andries Hough, Cleone Elnichenko and Ernie Hodgson. It is the ideal opportunity for people with and without disabilities to participate together. There were 25 participants with disabilities who all indicated that they will be back next year!

High Tea

In May Senecio joined forces with the Helderberg Dutch Reformed congregation to host a very successful high tea.

The guests had to wear "hats that dazzle". This guest gave new meaning to the saying: The feathers make the bird!



Wheelchair user Mark Schwartz gave a truly inspirational talk on: Having a full life, even in a wheelchair.

Become a Senecio Supporter

We need your support. Become a member now! Simply visit the website and complete the form. Without your support, financial and otherwise we will not be able to supply this vital service. Your R50 can buy a pair of shoes, or a corrective splint for one of our children!

Current members: 80 (R50 membership fee per year)

Facebook: 141 members. Join our group Senecio Supporters.

Welcome Tanya

Tanya Mitrovic joined our team in February as a fundraiser. Senecio is already reaping the benefits of her experience and professionalism. She truly believes in the cause, and is optimistic that donors will support us. We recently had successful visits from the Nussbaum Foundation and The DG Murray Trust, as well as a site visit from Medi-Clinic, during which we received positive feedback. In addition, Tanya conducts regular donor research and has sent numerous appeals.



Tanya with Shireen from the DG Murray Trust

Uittreksel uit brief van Agape Sentrum

Weereens staan ons verstom oor dit wat julle insit hier by Agape. Ons weet nie hoe om dankie te se nie. Geen woorde sal ons harte en dankbaarheid kan weergee nie. Jy en Tilanie is 'n wenspan en ons is bevoorreg om julle by ons te he. Baie, baie dankie.

Die rapporte en alles wat gekom het is uit die boonste rakke en ons is trots om dit te kan uitgee hier by Agape. Ons brag baie met julle.

Gerrit en Ami Coetzee

Banking Details

Senecio Support
First National Bank
Cheque Account
62206385503
Branch No: 200512

Mandela Day

As most of you are aware, Monday the 18th July is Mandela Day. As some of you might not be able to volunteer 67 minutes of your time, why not consider making a donation of R67 or R670