

Senecio part of a bigger Family

Read about Senecio's activities during 2009

- Senecio becomes affiliated with APD
- 8 therapists and 4 other supporters share a passion for children with disabilities
- Senecio offers services at 6 Care Centers as well as at an Out Patient Clinic
- Modus Operandi: Individual evaluations and treatment. Training and empowerment of parents and care givers.
- Senecio developed the MPSP for implementation in schools for children with special needs.
- Fund raising: The first Senecio Fun run at Lourensford Wine Estate was attended by almost 200 participants

For more information:

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Senecio is proud to announce that we are now affiliated with the Western Cape Association for Persons with Disabilities (APD), which is affiliated with the National Association for Persons with Disabilities (APD). APD has been in operation for the past 72 years and serves as a pro-active forum for the advancement of persons with disabilities so as to enable them to attain their maximum level of independence and integration into the community. In September Senecio became the 25th branch of the Association for Persons with disabilities in the Western Cape.

For more information on APD, visit <http://www.apd-wc.org.za>.



Annatjie van Niekerk, chair person of Senecio, receives the branch registration certificate from Judge Pat Tebutt, President of the National Association for persons with disabilities (behind) and Thys Blom, chair person of the Western Cape Association for persons with disabilities (APD)

During the past year, Senecio offered services at the following Care Centers:

- **Nceduluntu Sanctuary** in Zola, near Somerset West where up to 35 children are cared for, including 4 children with cerebral palsy.
- **Gabriella Centre** in Somerset West: 15 children with severe physical and mental disabilities are cared for daily.
- **Little Angels** in Somerset West: 15 children with disabilities are housed permanently
- **Blizweni Centre** in Somerset West. 26 children with disabilities attend the Centre during the morning.
- **Agape** in Grabouw: 40 children are housed permanently, including 15 children with physical and mental disabilities.
- **Bathandwa Care Centre** in Khayelitsha where 28 children live, including 6 children with physical disabilities

Who are we?

Occupational therapists:

Marie Vorster, Annatjie van Niekerk, Tilanie Engelbrecht, Liz Ward and Amy Rode

Physiotherapists:

Sue Fry and Tania Weideman

Speech therapist

Hezali Nel

Secretary:

Louise van Zyl

Treasurer :

Jeanette Koekemoer

Web master

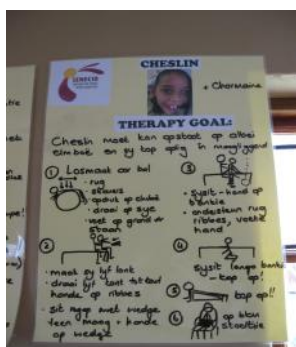
Jaco van Niekerk

Advisers

Nols Louw and Francois Marais.

Modus Operandi:

After individual assessments, children are treated by the therapists for an intensive period of two to three weeks, depending on the number of children at the center. The emphasis is on what the child can almost do, and not on what he/she cannot do. The care givers are present during the treatment and certain handling techniques are



An example of a laminated programme drawn up for each child to be implemented by the care givers to ensure ongoing stimulation

explained to them. After the period of intensive therapy, each child receives a programme for the care givers to follow to ensure ongoing improvement while the therapists work at the next center.

These periods of intensive treatment were done at all the centers during the first two and the last terms of the year. During the third term each centre was visited once a week to ensure that the care givers were on the right track.

The care givers were very enthusiastic and encouraged by the changes they saw in the children. We rejoiced in small miracles such as one child who can now sit without assistance, and another one walking for the first time at the age of 12 years.



Physiotherapist, Sue Fry makes sure that Vica is positioned correctly.



Frequent changing of postures is essential throughout the day. Kaylin and Anslin enjoy standing while playing with blocks.



Occupational Therapist Tilanie Engelbrecht is just as proud as Anslin that he can walk for the first time at the age of 12 years.

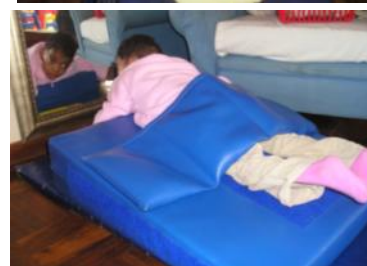
Senecio Outpatients

Senecio started with an Out patient clinic. Children with disabilities from the community who are not accommodated at care centers, receive help once every two weeks. This was done at the Et Al therapy Centre in Somerset West. 12 children have received therapy this year.

Occupational therapist Marie Vorster with Caleb, one of the children at the Out Patient Clinic



Vica loves looking at herself in the mirror. Lifting her head while lying in prone is a small miracle in itself.



Therapeutic Apparatus:

The therapists have a close working relationship with Shonaquip and the Western Cape Rehabilitation centre, and ensure that specially adapted wheelchairs, standing and walking frames are utilised correctly. Most of the care givers understand the importance of correct positioning



and frequent change of postures of the immobile children. Hand and other splints for prevention of contractures due to spasticity, were made according to the children's specific needs. Where indicated, foot splints were ordered from Orthotist Marinus Knight.



Hambisela Course:

37 Care givers attended Hambisela courses presented by Senecio during the year. Four courses were presented, one at Agape, two at Bizweni and one at Nceduluntu, the latter being in Xhosa presented by Anita Phato, one of the care givers at Gabriella Center. The aim of Hambisela is to empower parents and care givers with knowledge and understanding of cerebral palsy. The course consists of seven modules presented in weekly three hour sessions over seven weeks. For more information on Hambisela, visit www.hambisela.com



Tilanie Engelbrecht facilitates the Hambisela course at Agape in Grabouw.

SENECIO Motor & Perceptual Stimulation Programme (MPSP)

Senecio was commissioned by the Department of Education to write the MPSP. It was written by Marie Vorster, and edited by Annatjie van Niekerk. The programme is written for teachers to address the special needs of children with disabilities and aims to improve motor coordination, visual perception and pre-academic skills. It was presented at six schools in six different provinces in the country. The reception at the schools were very positive, and the teachers were eager to start with the implementation of the programme.



Annatjie demonstrating the MPSP at Thiboholo School for Deaf and Blind children in Phuthatidjaba.

Fund Raising

The first Senecio Funrun was held on 27 May on the Lourensford Wine Estate in Somerset West. Despite the chilly conditions, almost 200 people participated. The 8 km route was wheelchair friendly and 10 wheelchair users joined in the fun. After the main event, persons without disabilities tested their wheeling skills during a wheelchair relay. This resulted in great respect for the skills needed by persons who are dependent on wheelchairs!



Members of the Somerset West Round Table enjoy the Senecio Fun run on 27 May.



Liz Ward, Linda Niemoller and Marie Vorster support each other during the wheelchair relay

The next Senecio Funrun will be on 17 April 2010. Be sure not to miss it!

Donations:

We are truly thankful for the donations received during the year. Without your support we would not have been able to offer this service. We are a registered non-profit organization and your donation will be deductible from Tax. Any support will be truly appreciated.

Banking Details

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