

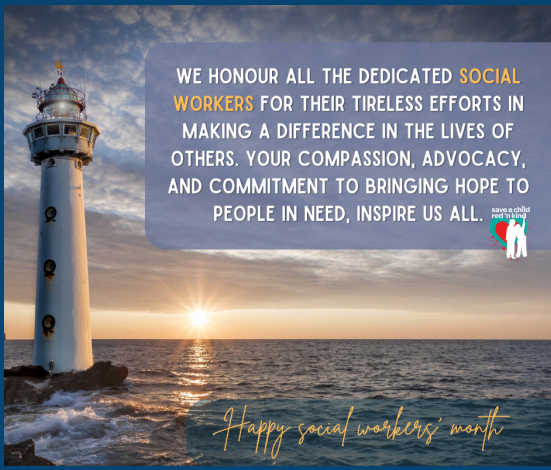
20  
23/24

# ANNUAL REPORT

OF THE CMR NOORD/NORTH  
NPO 015-917

REPORT FOR THE PERIOD  
1 APRIL 2023 TO 31 MARCH 2024

COMPLETING THE RACE WELL



WE HONOUR ALL THE DEDICATED **SOCIAL WORKERS** FOR THEIR TIRELESS EFFORTS IN MAKING A DIFFERENCE IN THE LIVES OF OTHERS. YOUR COMPASSION, ADVOCACY, AND COMMITMENT TO BRINGING HOPE TO PEOPLE IN NEED, INSPIRE US ALL.



*Happy social workers' month*



## IDENTIFYING DETAILS

### NAME OF ORGANISATION

Christelik Maatskaplike Raad  
Noord/North  
NPO registration:  
NPO 015-917

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### Contact

Dr. Ronel Aylward  
General manager

## MANAGEMENT

### Governing board – CMR North

Ds. D.H. Janse van Rensburg  
Chairperson

Prof. L.M. Brümmer  
Treasurer

Ds. F. Esterhuizen  
Vice chairperson

Mr. J. Masango  
Additional member: Legal aspects

Ds. F. van Eeden  
Representative: South East Pretoria circuit

Ds. W.H. de Vos  
Representative: Wonderboompoort circuit

Ds. J. Slabbert  
Representative: Central Moot circuit

Dr. M. van Niekerk  
Representative: Pretoria East circuit

Ms. S. Laubser  
Additional member: Human resources

Dr. B. van Aarde  
Representative: SKDBM

### Management – CMR North

Dr. R. Aylward  
General manager

Mr. R. van Jaarsveld  
Financial manager

Mrs. R. Pretorius  
Manager: Social work (Gauteng – Wierdapark, Derdepoort, Moot, and Wonderboom)

Mrs. P. Fourie  
Manager: Social work (Gauteng – Daspoort; North West – Brits)

Me. N. Mashao  
Manager: Social work (Gauteng – Lynnwood, VOS centre, and Lotus Gardens)

Mrs. L. van Niekerk  
Manager: Social work (Limpopo – Louis Trichardt, Musina, Warmbad, and Polokwane)

RUNNING WITH PURPOSE



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## 1. INTRODUCTION

The CMR North serves as the umbrella organisation for nine Centres of Hope in Pretoria, with additional Centres in the North West (1) and Limpopo (4) provinces. Through our Child Protection Centre and Child Centre, the CMR North also provides specialised services including assessments, foster care, and adoption to these offices.

Due to the loss of subsidies, the CMR North has been unable to continue offering the full range of services as it did previously since 1 April 2022. Although the CMR North's CPO status was revoked by the GDSD in 2022, the Pretoria High Court reinstated this status, and it remains valid until June 2025.

The full range of services continues to be provided in the North West and Limpopo provinces, as DSD in these provinces maintains Service Level Agreements and provides subsidies to these offices.

The CMR North's services include:

- Management services, including financial support services.
- Specialised services, including foster care screening, adoption, therapy, and assessments.
- Social work services, including family preservation, child protection, poverty alleviation, and community development.

## 2. MANAGEMENT BOARD See page 2

## 3. PROFILE OF STAFF For NPO use MEMBERS AT CMR NORTH



## MESSAGE FROM the GENERAL MANAGER

Dr. R. Aylward

Once again I look back with deep gratitude on another year where I can see the footsteps in the sand where our Heavenly Father carried the CMR North. Through His grace our doors remained open, allowing us to continue offering much-needed services at the respective Centres of Hope. We are excited about the new opportunities that have arisen and the doors that have opened for us, like a phoenix rising from the ashes. The work in several schools and the focus on preventive interventions energised the staff, encouraging them to approach service delivery from a different perspective. Meanwhile, the organisation's valid CPO status enabled statutory interventions when needed. Additionally, our well-developed parental guidance programmes complemented the services offered to our child beneficiaries. The positive response from parents who attended these programmes confirmed that a genuine need was met.

The CMR North is also grateful to still be able to address poverty in the communities we serve, and we acknowledge the support of various congregations, chain stores, and individuals in this regard. While this is not our primary focus, we recognise the importance of meeting the basic needs of our beneficiaries as part of a holistic programme aimed at improving the social

functioning of the individuals, families, and communities we serve.

The CMR North is thankful for the financial support provided through the continued backing of the Dutch Reformed Church, regular donors, and trusts, as well as access to reserve funds raised in the past. These funds carried the organisation through yet another year without government subsidies. We also acknowledge the hard work of the CMR North marketing department and the positive media engagement that resulted from their efforts. We look forward to building on this momentum in the next financial year and remain hopeful for another opportunity to secure government funding to support the organisation's objectives and activities.

Lastly, but by no means least, the CMR North must acknowledge the unwavering support of the management board members, who did not flinch at signs of trouble and remained loyal and committed to us. We also salute all our staff, who are the instruments through which we were able to make a positive difference and build God's Kingdom in this world. We are confident that we can continue to go boldly before our Creator, seeking His guidance to enable us to provide these much-needed services to the glory and honour of His name.

SUPPORT





## MESSAGE FROM the CHAIRPERSON of the Governing Board

Ds. D.H. Janse van Rensburg

**My heartfelt thanks** go to our merciful Heavenly Father for His gracious guidance and provision during a challenging year once again. A special thanks goes to the dedicated staff and volunteers of the CMR North scattered across three provinces where focused service delivery inspires communities and individuals on their journey to healing and joy. These outcomes are achieved through perseverance under pressure and fearless leadership.

As passionate social work specialists, we not only respect and support people, we are determined to uplift, inspire and guide the hurt and hopeless to evolve into fearless champions of their own well-being. As indicated in the quoted statistics, the CMR North is committed to families and children in need. Distinctive interwoven programmes succeeded in nurturing the vulnerable and voiceless in society to blossom as resilient winners despite the dire circumstances faced daily.

In a world torn apart by violence and conflict, it is thanks to the solidarity and generous support of all our patrons and donors that the CMR North has been empowered to provide hope and inspire beneficiaries to push their physical and mental limits to achieve personal growth and victories. A special word of thanks goes to the Dutch Reformed Church for its continuous, deeply appreciated support.

Through creative projects and diverse campaigns, our marketing department has sought to develop new resources to ensure the long-term sustainability of a proud and grateful 88-year-old organisation. However, ongoing support from the community and business sector is urgently needed.

As we navigate an ever-changing political and economic landscape, CMR North finds its strength and trust in the unwavering truth that we are more than conquerors through Him (Romans 8:37).



# 4. SERVICES RENDERED IN 2023/24

*The CMR North management services were located at 125B Steve Biko Street, Sunnyside for the reporting period.*

## The following services were rendered:

- General management of 14 Centres of Hope and business plans in accordance with management principles, financial management, and departmental requirements (47%).
- Management of human resources for 14 Centres of Hope through appointments and staff development in accordance with the act on labour relations and good standard practice (13%).
- Management of the physical resources of 14 well-equipped, accessible Centres of Hope (3%).
- Facilitation and management of the marketing and fundraising programmes for 14 Centres of Hope, aiming to raise sufficient funds (3%).
- Development and maintenance of a sound financial policy and training and empowerment of 14 Centres of Hope to manage their financial positions and control systems (1%).
- Management of all social work services rendered by 14 Centres of Hope in alignment with business plans to ensure effective and cost-effective services (33%).

The Child Centre is located at 5 Briscoe Avenue, Queenswood, and offers the following services:

### Assessment and Therapy Unit:

Assessment and therapeutic services are available for high-risk families and families involved in children's court investigations. Additionally, this unit also equips biological parents, foster parents, place of safety parents, and social workers with skills and knowledge regarding the effect of trauma on children, and the Circle of Security.

### Adoption and Unplanned Pregnancies Unit:

These services had to be scaled down in Gauteng due to staff and financial challenges. A number of pending adoption cases were dealt with, and heritage enquiries and counselling services were also rendered.

### Foster Care Unit:

Equipping foster parents with skills and knowledge concerning the needs and trauma of children placed in foster care. Support is also extended to foster parents after child placement.

RUNNING THE RACE PREPARED FOR ME

# 4.1 SERVICES RENDERED BY THE ASSESSMENT AND THERAPY UNIT

STRENGTH

## SERVICES RENDERED IN 2023/24

Children from high-risk families are referred to the Assessment and Therapy Unit by social workers from the Centres of Hope for assessment. In some cases, parents or foster parents are also included in the assessment process, utilising Interactional Analysis techniques to determine the nature of the relationship between the parent and the child. When necessary, children are offered trauma therapy.

### The primary objectives of this unit are:

- To support the Centres of Hope in rendering effective social work services that promote family preservation.
- To provide reliable information obtained from assessments of high-risk families to ensure that

recommendations made to the children’s court are in the best interest of the children.

- To ensure timely intervention in cases where children are exposed to abuse or severe neglect.
- To equip biological parents, foster parents, place of safety parents, social workers, and caregivers with essential skills and knowledge through training sessions, enabling them to better understand the impact of trauma on children’s behaviour.
- To offer training to biological parents, caregivers, and foster parents on the “Circle of Security”. Parents are guided to reflect on their own actions and how they can modify their behaviour in their interactions with their children. Additionally, information is provided on children’s emotional needs. Foster parents receive training on being

supportive and healing figures for the traumatised children who had been placed in their care. Positive feedback has been received from biological parents, foster parents, and caregivers, indicating changes in their interactions with the children.

## STATISTICAL PROFILE ON SERVICES RENDERED BY THE ASSESSMENT AND THERAPY UNIT (2023/2024)

Interactional analysis <i>(assess relationship between child and caregiver)</i> and socio-emotional assessments	Therapy		Individual parental guidance	Parental guidance groups		Other groups				
	children reached	adults	children	individuals	groups	adults	Teenage boys	Seminar for women		
	26	71	115	77	4	67	6	6	48	
							drug abuse	aggressive behaviour	women	<i>Assisting people who experienced trauma</i>

## Training of foster parents

Foster parents play a crucial role as “healing parents” for children who have come from challenging backgrounds. The children’s capacity to trust has often been severely damaged, and foster parents serve as the refuge where healing can begin. However, it is important to recognise that love alone may not be sufficient. The Child Centre at CMR North offers an exceptional training programme for foster parents.

### It gives hope to foster parents

It instils hope in foster parents and empowers them to make a lasting positive impact on the lives of these children.

The Trust-Based Relational Intervention (TBRI) programme is a therapeutic parenting approach designed to equip foster parents with the knowledge and skills needed to provide effective support and healing to at-risk children. This programme was developed by the Institute of Child Development at Texas Christian University in the USA.

## 4.2 ADOPTION SERVICES

These services had to be drastically scaled down due to the withdrawal of subsidies by DSD Gauteng.

### 4.2.1 Services to pregnant teenagers and women

These services were not rendered during the 2023/24 financial year due to a lack of demand.

### 4.2.2 Adoption services

Due to financial and staffing challenges as a result of DSD Gauteng’s refusal to sign a new SLA and subsequent withdrawal of subsidies, the CMR North did not have the capacity to accept any new adoption cases. However, 5 pending adoption cases were successfully finalised during the reporting period, while 2 adoption cases are pending finalisation.

### 4.2.3 Aftercare services linked to adoption

To provide a comprehensive and transparent adoption service, aftercare services are available upon request, ensuring that biological parents, adoptees, or adoptive parents have access to services when issues or questions arise.

Additionally, services were rendered for the execution of post-adoption agreements.

26

Number of adoptions finalised (non-disclosed, from foster care, stepparent combined)

25

Total number of cases dealt with

1

Number of children who received services (assessments, Interactional Analysis and therapy).

41

Number of adults dealt with

## 4.3 GENERIC SOCIAL WORK SERVICES

Centres of Hope (Daspoort, Moot, Wonderboom, Derdepoort, Lotus Gardens, Lynnwood, VOS, and Wierdapark) that resort under CMR North's NPO rendered the following services:

- Family preservation services and prevention services
- Child protection services
- Community development and poverty alleviation services

### BENEFICIARIES ACCORDING TO CENTRES OF HOPE

Centre of Hope	DASPOORT	WONDERBOOM	DERDEPOORT	LYNNWOOD	WIERDAPARK	LOTUS GARDENS	MOOT
Nr. of Beneficiaries Reached	94	79	45	72	110	20	60



A black and white photograph of a hand holding a medal. The word "HOPE" is written vertically in white capital letters on the person's wrist. The medal is ornate and hangs from a ribbon. The background is bright, suggesting a sun or light source. The image is partially obscured by a dark blue diagonal shape on the left and a light blue triangle at the bottom right.

HOPE

# CMR North CENTRES OF HOPE

# MOOT CENTRE OF HOPE

## THE FOLLOWING PROJECTS WERE PRESENTED AT THE MOOT CENTRE OF HOPE:

### Poverty Alleviation Project

60 Families were registered with the Moot Centre of Hope food project between April 2023 and March 2024. The families were divided into 2 groups, and they receive food parcels every second Wednesday. NG Church Villieria is actively involved with CMR's projects. Volunteers from the church collect fresh vegetables from the market every Monday, taking turns. We also receive donations from Woolworths' Food Share Programme. CMR North purchases groceries from Makro, including tea, sugar, rice, and more. Clients receive these groceries at the end of each month. Food project clients are asked to contribute R50 or R20 if they can, though not all contribute. NG Church Villieria also donates soya mince, soup, and instant porridge. 4 Volunteers assist the social worker in managing the project.

### Homeless Project

Jakob se Put assists both homeless individuals and job seekers. The project has remained strong over the years and takes place every Tuesday morning from 07h00. Upon arrival, participants begin by sorting items for recycling, and they also bring their own recyclables. Through recycling, they learn to care for the environment and how it can be a source of income. At 08h00, they receive spiritual upliftment through Bible study. Occasionally, guest speakers provide motivational talks. Participants are served a warm cooked meal, and during winter, we also provide soup, blankets, and warm clothing. Once a month, they receive toiletries, including bath soap and toothpaste. The number of attendees fluctuates between 15 and 19 each week.

### Challenges

We encounter many people seeking employment. Some submit their CVs hoping to find work. Women seeking domestic jobs travel from as far as Moloto to the Moot area. Many young people are also searching for employment.

There is a significant need for shelters, especially for women and families. We receive inquiries from people who are being evicted because they can no longer afford rent, leaving them and their families in financial distress.

### The Backpackers Project

This initiative by NG Villieria is running successfully. It greatly assists beneficiaries, particularly during cold winter months and rainy weather, by providing overnight accommodation at R10 per night. It is not a permanent shelter but supports those temporarily employed and without a place to stay. Check-in is at 18h00, and check-out is at 06h00. They have access to a bath/shower facility, and their personal belongings, such as ID books, are safely stored. Mr. Simon Dipela manages the project effectively, as he also resides on the church premises. The CMR social worker assists with administrative tasks such as hospital referral letters, home affairs appointments, and psychosocial counselling.

The food garden project is progressing well, with spinach recently planted and thriving.

To ensure participants are not solely coming for food on Tuesday mornings, they are required to bring recyclable items between 12h00 and 13h00, Monday through Thursday. They receive bread and any available food. These individuals are not registered clients and come from various areas. We have seen an increase in the number of people we feed daily, which now totals about 20 people. Most are job seekers or homeless.

Consistent donors, including NG church congregations, chain stores, individuals, and volunteers, contribute to the projects at the CMR North Moot Centre of Hope.

# DERDEPOORT CENTRE OF HOPE

## THE FOLLOWING PROJECTS AND GROUPS WERE PRESENTED AT THE DERDEPOORT CENTRE OF HOPE:

### **Poverty Alleviation/Feeding Scheme**

80 Families are currently enrolled in the feeding scheme. The Centre also receives requests from other families in need of food parcels, often referred by ministers of various churches in our working area. The registered families are divided into eight groups, and they receive fresh vegetables, fruit, and occasionally dairy products, every second week. Once a month, they receive a non-perishable food parcel purchased from Makro. The Centre is grateful for donations from various donors, including chain stores and individuals. Additionally, the Centre receives requests for assistance from people outside our working area, including Kameeldrift East, Mamelodi, Montana, and Pretoria North.

### **Homeless Project**

The Derdepoort Centre of Hope launched its homeless project in July 2023. Initially, attendance was slow, but the group has since grown to 45 individuals (both men and women). The project runs every Wednesday morning from 11h00 to 13h00. Upon arrival, participants join in singing and scripture readings led by the social worker. The social worker also arranged for a volunteer, who has a deep connection with the homeless community, to guide them spiritually. Occasionally, guest speakers are invited for motivational talks, and several high school students participate as part of their community service. Participants are served a warm meal, and they also receive bread and fruit to take home. During winter, blankets and warm clothes are

distributed. Additionally, toiletries such as soap and toothpaste are provided as funds allow. In March 2024, each homeless individual received a pamper pack as part of our Human Rights drive.

### **DVOS Project**

The Derdepoort Centre of Hope continues to run the DVOS project, which supports 42 preschoolers. Many of the children's parents are unable to pay the full-day school fees (R1000), and after thorough background checks by the social worker, these families are granted exemptions. The DVOS project is also supported with food donations from various donors. The school's six staff members ensure high-quality teaching, and feedback from schools in their catchment area has been very positive. Various projects support the school, such as the Back-to-School initiative in January (stationery donated by various donors), "Liefie-dag" in February (a coin collection by Midstream Primary School), Human Rights Day in March (focusing on the right to education), Easter pass-over in April, and Child Protection Week in May (when each child received a blanket).

### **Skills Development Project**

The Derdepoort Centre of Hope hosts a weekly skills development project, teaching unemployed mothers sewing skills to help them generate an income. This project is combined with a parenting support group, where various challenges related to child-rearing are discussed.

### **Back-to-School Project**

With the support of various donors, the Derdepoort Centre of Hope provided stationery to 110 child beneficiaries. Forty-two preschoolers from DVOS also received stationery.

### **Spread the Love Project**

In February, we focus on spreading love to our 60+ beneficiaries. We host a lunch for our elderly, and visit several old-age homes, distributing flowers and fruit. This year, the Busy Bees from Twee Riviere Retirement Village joined our lunch and contributed donations, which supported the Centre's feeding scheme.

### **Human Rights Day**

In March, the Centre focused on the homeless project beneficiaries. During this period, we launched a campaign to raise donations to provide pamper packs, ensuring that basic needs are met for the homeless.

### **Easter Bunny**

An Easter egg hunt was held at DVOS, with a visit from the Easter Bunny. The children learned about the crucifixion of Jesus Christ and why He died for our sins.

### **Child Protection Week**

This year, the Derdepoort Centre of Hope participated in a community crochet blanket project. Community members contributed handmade blankets, which were donated to DVOS to ensure the children stay warm.

### **Holiday programme**

CMR hosted its annual holiday programme during the June/July holidays. This year, 38 children participated, with a focus on evangelism. By the end of the week, all the children could share the story of Jesus Christ in a way that brought families closer to God.

### **Women's Tea**

The CMR North hosted a women's tea to celebrate the women in our work area.

### **Christmas Party**

A large Christmas celebration was held for all beneficiaries of the CMR Derdepoort Centre of Hope, made possible by our generous donors.

### **Challenges**

Unemployment remains a significant challenge in our area. In September 2024, CMR North, in collaboration with the Northern Synod and the Derdepoort NG Church circuit, will host a job creation course, which has been welcomed by the community.

The lack of shelters for families and individuals is a pressing need. We frequently receive inquiries from people facing eviction due to financial hardship, leaving more people on the streets.

# WIERDAPARK CENTRE OF HOPE

## **COMMUNITY PROJECTS AND GROUP WORK ACTIVITIES**

The Wierdapark Centre of Hope conducted group work at Laerskool Swartkop, benefiting 50 children. Sessions were held weekly, with children divided into groups based on their school grades. Each group consisted of 8 to 12 members. The primary focus of these groups was socio-emotional support and life skills development, which included teaching self-regulation and how to express and manage emotions. Emphasis was also placed on values such as respect, active listening, giving others the opportunity to speak, and practicing good manners, both in and out of school.

Group work was also initiated at the Macedonian Private School in May 2023. This school caters to children who are unable to remain in mainstream education. The ages of the children involved ranged from 6 to 18 years, many of whom come from challenging family situations (children from difficult backgrounds). Weekly sessions were held every Friday, with 24 children participating. The same content and focus areas as those at Laerskool Swartkop were addressed. The children were divided into three groups based on their age and socio-emotional development.

In addition, CMR Wierdapark secured 30 Christmas gifts for the children who participated in group work and attended the Christmas party hosted by NG Wierdapark.



PASSION

# DASPOORT CENTRE OF HOPE

**THE FOLLOWING PROJECTS AND GROUP ACTIVITIES WERE PRESENTED AT THE DASPOORT CENTRE OF HOPE DURING THE 2023/2024 FINANCIAL YEAR:**

## **Basic support services**

45 Families received basic support services in the form of food parcels, blankets, clothing, and other basic necessities.

## **Therapy to adults**

8 Adult beneficiaries received therapeutic services.

## **Therapy to children**

60 Child beneficiaries received therapeutic services.

## **Holiday programme**

10 Child beneficiaries attended the programme that was sponsored by one of the NG congregations in Pretoria.

## **Sewing project**

This project was presented weekly during the school terms. 6 Beneficiaries from the Daspoort Centre of Hope attended during the reporting period.

## **Christmas meal**

This function was held for 60 needy beneficiaries in the community.

## **Stimulation group for mothers with toddlers**

6 Mothers (with 8 children) attended the group.

## **Information Day for mothers with young children**

30 Mothers attended the information day.

## **Adult upliftment group**

30 Families attended the group sessions.

## **Christmas function for children**

This project was presented for 40 children who spent the day at the Centre. Special activities and refreshments were provided.

## **Child Protection week**

120 Children were reached.

## **Youth project**

14 Teenagers from the Centre's case loads attended a performance by Joe Black.

## **Adults – “Passiespele”**

8 Adults from the Centre's case loads received spiritual upliftment at the “Passiespele” presented by the NG church Florandia.

## **Work at schools**

The Daspoort Centre of Hope rendered socio-emotional support services to children in three respective schools during the reporting period.

# LOTUS GARDENS CENTRE OF HOPE

## GROUP AND COMMUNITY FEEDBACK

### Children in conflict with “law”.

- 20 Fusion High School children who were suspended from school, either for smoking dagga, violence towards fellow learners and teachers, and insubordination were referred.
- 4 Therapeutic group counselling sessions were held with them. The learners were allowed back to school with the condition that they attend individual therapy sessions.

### ECD Project

- 10 Grade 1 pupils received school bags with necessary stationery to use in the 2024 academic year.

### Awareness Campaign

An awareness campaign on bullying, and the human rights of learners was held at the Brindhaven Primary school.

Beneficiaries: 120 children Grade 1-3

Girls: 80

Boys: 40

**Child protection week** with Fusion high school learners, a campaign in collaboration with community safety wardens (Amapanyaza), Metro Police and SAPS.

Theme: Danger of substance abuse

Beneficiaries: 800 pupils

### 67 minutes for Mandela Day

- Assisted with a feeding scheme at SK Moseneke primary school  
Beneficiaries: 200 children
- Family Preservation - 12 clients received food parcels, toiletries, and blankets donated by Nala Engineering.

**Heritage Day Celebration** with the elderly of the Ratanang Community Centre – one family received a food parcel.

Beneficiaries: one family and 30 elderly people

### Let There be Light Project

9 children from our Family Preservation programme received Christmas gifts.

Girls: 5

Boys: 4



# VOS CENTRE OF HOPE

**Beneficiaries at the VOS Centre of Hope for the Homeless received the following services:**

- 3 Meals per week (30 beneficiaries); 4320 meals provided.
- 85 Beneficiaries (70 male and 15 female) received toiletries according to needs and availability.
- 49 Beneficiaries received clothing.
- The Centre also rendered support services to homeless beneficiaries in terms of finding employment and the compiling of CV's and job applications (8 persons).
- The SEDIBA clinic daily provided the beneficiaries with shower facilities.
- 14 Families received food parcels and toiletries.

# LYNNWOOD CENTRE OF HOPE

## THE LYNNWOOD CENTRE OF HOPE RENDERED THE FOLLOWING GROUP AND COMMUNITY WORK SERVICES:

### **Lynnwood Parental Guidance group**

The purpose of this programme was to foster self-awareness and life skills, aiming to improve personal and relational functioning qualitatively. 6 Sessions were conducted, covering the following themes: the impact of childhood experiences on parenting abilities, parenting styles, personality functioning and its influence on parenting, communication styles within the parent-child relationship, dealing with conflict, the emotional needs of children, discipline, the roles of mothers and fathers within the family, and emotional regulation. A total of 64 parents, including foster parents, participated in the programme.

### **Ratanang Women's Empowerment group**

The objective of the Ratanang group was to empower and develop women. 7 Sessions were held, attended by 14 women. The participants had the opportunity to engage in sewing and other skills training activities, with their hand-crafted items becoming their own property.

### **Lynnwood – Fighting drug abuse group for teenagers**

This group aimed to support teenagers in overcoming drug abuse. 8 Sessions were held, with 14 secondary school students participating. These students were either caught with drugs or found to be under the influence, and their schools requested their attendance.

The following topics were addressed:

- My identity and its connection to my future self
- How my temperament influences my choices
- Addiction and its impact on all areas of my life
- Strategies for overcoming addiction
- The role and significance of others in my life
- The meaning of friendship and a relationship with God

### **Lynnwood Trauma and Loss Information group**

Information sessions were conducted for 30 women who had experienced trauma and loss. The sessions addressed the following topics: What is trauma? Types of trauma; How trauma affects individuals; How to support someone who has experienced trauma and loss; and therapeutic options for individuals affected by trauma and loss.

### **Lynnwood Information group on CMR North activities**

2 Information sessions were held, focusing on the work and activities of CMR North. In total, 34 women attended these sessions.

# WONDER-BOOM CENTRE OF HOPE

## **Social work services rendered at schools:**

Mayville primary school:  
*Therapeutic services – 44 children*

Montana and Overkruin secondary schools:  
*Therapeutic services, trauma counselling and support services*

## **Projects/Awareness**

Mayville primary school:  
- Bullying – 70 Grade 7 learners  
- Participated in Grade 1 open day

Mens group (May – August 2023)  
– 5 men attended

Parental guidance group with Lynnwood Centre of Hope  
– 14 parents attended

Network meetings and liaison with the Sinoville crisis centre and the GPF(CPF)

PERSEVERANCE



# 5. ADMINISTRATIVE SERVICES

A heartfelt thank you goes out to the four administrative staff members for their exceptional support services provided to the General Manager, finance team, and social workers – ensuring the seamless operation of services at the CMR North's Centres of Hope.

## Important meetings:

Annual general meeting	1
Special strategic planning meeting of the Executive committee	1
Board meetings	4
Executive Committee meetings	4

Date of Annual General meeting: 21 September 2023

Date of Board Meetings: 8 June 2023  
23 November 2023  
22 February 2024

Please note that the organisation has submitted a revised Constitution as part of the previous narrative report (1 April 2019 to 31 March 2020). A stamped Constitution was received on 2 February 2022.

# 6. FINANCIAL REPORT

## 6.1 Accounting officers' names:

Internal Auditing officer      External Auditors  
Mr. R. van Jaarsveld      MVB (Mr. T.J O'Neil)  
(Financial Manager)

## 6.2 Accounting officer's address:

CMR North  
5 Briscoe Avenue, Queenswood  
Pretoria

Province : Gauteng  
Postal code : 0900

### Auditor's address:

Menlyn Corporate Park Block B      P.O. Box 23  
Corobay avenue 175      Pretoria  
Waterkloof Glen      0001  
Extension 11

## 6.3 Organisation's accounting policies:

See attached policy

## 6.4 Has the attached accounting officer's report and annual statement of accounts been approved by your Organisation's Office Bearers?

Yes, on the AGM on the 26st of September 2024.

## 6.5 What % of your total annual expenditure was spent on administration costs?

89% (This includes salaries of all staff members)

## 6.6 Indicate your sources of income under the headings below:

SOURCES OF INCOME	
Kinds of funds	X
Donations	X
Fees	X
Sales of products or services	X
Gifts-in-kind (other than money)	X
General income (i.e. fundraising)	X
Interest or investment	X

## 6.7 What % of your annual income came from submitting project or grant proposals to corporations, foundations / trusts or foreign donors.

49% (Including donations from the Church)

## 6.8 Who did you use to raise your income during the past year ?

Our fundraising was done by	
Fulltime staff member/s	X
Part-time staff member/s	
Volunteers	X
Outside person /company for a fee or commission	
Other	

## 7. SECTION B

**A copy of your most recent Annual Financial Statements which include a Balance Sheet and an Income and Expenditure Report.**

See attached audited statements.

## 8. WORD OF THANKS

**A heartfelt THANK YOU is extended to:**

- The management board for their positive leadership.
- The financial manager and his team for their invaluable support.
- The Northern Synod of the Dutch Reformed Church for their financial support and mandate for service delivery.
- The North West and Limpopo Departments of Social Development for their financial support.
- All our individual donors for their much-needed financial contributions.
- Louis Botha Children's Home for providing office facilities.
- All personnel for their commitment and diligent service.
- Foster parents, adoptive parents, and all our clients for their cooperation.
- Place of safety organisations, as well as individual place of safety parents who care for premature and new-born babies and are always willing to go the extra mile for the little ones.
- Our Heavenly Father, who grants us the wisdom, physical and mental strength, and compassion to render these services to the best of our abilities.

Dr. R. Aylward  
General Manager  
DATE: 26/09/2024



DETERMINATION

save a child  
red 'n kind



Ons gee hoop · Refa tshepo  
WE GIVE HOPE



CREATIVE

20  
23/24

# VISUAL REPORT OF CMR NOORD/NORTH

MARKETING AND COMMUNICATION GALLERY  
*1 APRIL 2023 TO 31 MARCH 2024*

# INFORMATION TOOLKIT





## Opleiding vir entrepreneurs

**volgende kursus 16-20 September**

**venue** CMR Noord Developpment Sentrum van Hoop

**formaat** • Vyf dae kontak-opleiding met 'n praktiese komponent.  
• 20 Studente per kursus.

**vennote**

- UP Enterprises
- Die Noordelike Sinode en die CMR Noord
- Die Motsepe Stigting (skenk R 460 000 in Oktober 2021)
- CMR Pieterburg en Ring

**raak betrokke**

- Berg 'n student leen R 9 500
- Stel opleidingsfasiliteite beskikbaar
- Verskaf vervoer aan studente
- Handel om kos voor te berei
- Skenkings vir kos tydens die opleiding

Entrepreneurskap is een van die doeltreffendste maniere om armoede te verlig en volhoubare welvaart te skep. Dit is 'n lewensinstrument vir persoonlike groei wat 'n individu finansiële onafhanklikheid kan maak en die potensiaal het om 'n gemeenskap te ontwikkel.

Om 'n klein besigheid te begin verg visie, voorbereiding, en vastberadenheid om van die grond af te kom. Entrepreneurs vind dit dikwels moeilik om 'n sterk idee in 'n florerende onderneming te omskep.

Armoedeverligting

Gemeenskapsontwikkeling

Ons bring hoop in mense in nood

CHRISTELIK MAATSKAPLIKE RAAD

## SAY NO TO BULLYING

A GUIDE FOR LEARNERS

### THIS IS A BULLYING FREE ZONE

**A BULLY HARMS, INTIMIDATES, OR EXCLUDES ANOTHER PERSON INTENTIONALLY, CAUSING EMOTIONAL AND PHYSICAL HARM. IT HAPPENS EVERYWHERE, IN MANY FORMS.**

UP Enterprises bied 'n vyf-dag opleidingsprogram vir onervare entrepreneurs en skoolverlaters (?) aan. Hier kan voornemende entrepreneurs die vaardighede en nodige gereedskap en kennis kry om 'n idee suksesvol in 'n besigheid te omskep. Die program fokus op die konsep en beginsels van entrepreneurskap en hoe om klein besighede te begin en te bestuur.

Hierdie opleidingsprogram motiveer studente nie net om 'n besigheid te begin nie, maar om sterker gemeenskappe te bou en geleenthede te skep waar ander mense hul lewens kan verbeter. Die program bied ook aan groter ondernemings en welaf individue die geleentheid om 'n verskil in die lewe van entrepreneurs te help maak. Met u bydraes kan ons vaardighede aan entrepreneurs oordra en hulle finansiële onafhanklik en suksesvol maak.

CHRISTELIK MAATSKAPLIKE RAAD

Bringing hope to people in need

## CMR NORTH ONE-STOP PROJECT

CMR NORTH VOS CENTRE OF HOPE SUNNYSIDE, PRETORIA

**We assist homeless and unemployed individuals, regardless of race or gender, in Sunnyside, Pretoria.**

Contact: Neo Mashao  
012 460 9271 (x 141)  
neo@cmrn.co.za

Poverty alleviation

Community development

**Sello Kgafela**

Born in 1981-10-03  
I joined the project in 2005, after I lost my job as a security officer and became homeless. Since then the project has been assisting me with food, toiletries and clothes. I am grateful because I know where to seek help to survive in the street while I am seeking employment.

Although we currently have 38 registered beneficiaries, we serve many more each month. People in need often join us during serving times and benefit as well. With the increasing number of people living in abandoned buildings near our office, the demand for our services continues to grow.

"For the needy shall not always be forgotten, and the hope of the poor shall not perish forever."  
Psalm 91:18

CHRISTELIK MAATSKAPLIKE RAAD

## TEENAGE PREGNANCY

LET'S TALK ABOUT IT

### What is Teenage pregnancy?

It is when a female adolescent or young adult under the age of 20 falls pregnant.

South Africa has one of the highest rates of teenage pregnancy globally, with nearly one in four girls falling pregnant before turning 20 years old. This is according to data provided by the World Health Organisation.

### THE FACTS OF SA SITUATION

**Loss in education**

Even when girls have experienced an early pregnancy, South Africa's liberal policy that allows pregnant girls to remain in school and to return to school post-pregnancy has protected teen mothers' educational attainment and helped delay a second pregnancy. However, only about a third of teenage mothers return to school. This may be related to uneven implementation of the school policy; poor academic performance prior to pregnancy; few child-caring alternatives in the home; poor support from families, peers, and the school environment; and the social stigma of being a teenage mother.

South African data shows that the likelihood of re-entering the education system decreases when childcare or support for the teen mother and child is not available in the home and for every year that teen mothers remain outside of the education system.

### PREVENTION

**A universal implementation of sex education**

The international evidence for the effectiveness of sex education programmes is substantive. Although the South African evaluation studies are less convincing, sex education should form a critical component of a comprehensive strategy towards reducing teenage pregnancy. However, a number of steps need to be taken to improve the focus, quality, and level of implementation of programmes in South African schools and by community leaders, parents, the health system which include clinics, hospitals, and social workers.

**The role of the media and all social media platforms.**

The mass media campaigns in SA have played a major role in improving knowledge about sexual behaviour and, in particular, about HIV. Three multi-media campaigns, namely Love Life,

What do you know about teenage pregnancy?

- Pregnant at very young age
- No marriage, no income!
- Still living at home, what are my parents going to say?
- The condom broke and now I am pregnant!

CMR North Brits  
012 252 3207

## Christelik Maatskaplike Raad Noord

### Nalatenskap

*'n Mens se ware nalatenskap is nie net suksesse by die werk of geld in die bank nie, maar die IMPAK op mense se lewens en harte.*

Soos 'n mens ouer word, wonder jy soms of jou lewe enige sin en betekenis gehad het. Wat het ek bereik of nie bereik in die lewe nie? Salomo het ook dieselfde vrae gevra en sy vrese vir 'n lewe sonder doel met ons gedeel.

Maak só 'n blywende impak op mense se lewens:

- 'n Bemaking in jou testament aan die CMR Noord.
- Maak die CMR Noord 'n begunstigde in jou verskeringspolis of beleggings.

Wat laat jy agter? Waarvoor sal jy onthou word? Watter invloed gaan jy op die geestelike rykdom van toekomstige geslagte hê?

"Die ander saad het in goeie grond geval, en dit het opgekom, gegroei en 'n oes gelever. Party het dertigvoudig gedra, ander sestig- en nog ander honderdvoudig."  
(Markus 4:8).

Ons gee hoop • Refa tshapo  
WE GIVE HOPE



save a child red 'n kind

Vir meer inligting kontak:  
Rudolf van Jaarsveld 012 460 9272  
rudolf@cmrn.co.za of  
Mandy de Ridder 012 460 9272  
marketing@cmrn.co.za

## TRAINING

Gauteng Social Workers

**Personal growth**

- ✓ Emotional Intelligence
- ✓ Trauma debriefing

**Facilitator: Cizelle Louw**  
Clinical psychologist  
M.A. Clinical Psychology (Stell.)

**13 and 20 March**

**Venue: NG Church Lynnwood**  
CMRNN Lynnwood office

**Time: 08:00-13:00**  
Includes refreshments, tea, and coffee

Register  **Cizelle Louw**  
082 4159390 • [louwczizelle@gmail.com](mailto:louwczizelle@gmail.com)

## TRAINING

PARENTS • FOSTER CARE PARENTS • PLACES OF SAFETY

**Parental guidance for children with challenging behaviour**

**Course content:**

- ✓ Empowering the carer
- ✓ Connecting with the child
- ✓ Correcting the behaviour

**23 and 24 Feb**  
CMR North Child Centre  
Briscollea 5, Queenswood

**15 and 16 March**  
Heartfelt Church, Hartbeespoort

**08:30-14:30**  
**R400** (includes snacks, light lunch and course material)

Book now  **Wilna Stander 082 675 8186**

Bringing hope to people in need

**Christelik Maatskaplike Raad Noord**  
(NPO NR: 015-917)  
[www.cmrn.co.za](http://www.cmrn.co.za)  
Posbus / PO Box 2037, Groenkloof, 0027

Gesinsbewaring • Family preservation  
Kinderbeskerming • Child protection  
Gemeenskapsontwikkeling • Community development  
Armoedeverligting • Poverty alleviation

# CENTRES OF HOPE ACTIVITIES

## Training

Wina Stander facilitated training to more than 81 children and/or families since January to June 2023 with service delivery from the CMR North Child Centre.

**Parental guidance and foster parent training groups**  
This training spans two days with a total duration of 16 hours. The training was modelled on Texas Christian University's program for foster and adoptive children. The parents are taught to handle children with challenging and problematic behaviour correctly.

**Parental guidance provided to parents**  
When children are traumatized, it is necessary to give the foster parent or biological parent correct guidance in dealing with the child. 42 parents were involved in individual parental guidance.

**Child and adult therapy**  
Children who were abused (sexual abuse, physical abuse, exposed to drug abusing parents) received therapy. Children who lost their parents to death are also counselled, as are foster children.



Pauli Koch, a foster parent from Hartbeespoort, shares her years of experience with the audience.

Foster parent receive training at DR Church Lyndon.

## Lotus Gardens

### SUBSTANCE ABUSE MODIFIES BEHAVIOUR

An event to inform learners of the dangers of substance abuse and behaviour modification. On 8 July 2023, the students from Fusion High School in Lotus Gardens attended a presentation about substance abuse and behaviour modification by a variety of professionals.

Drug and alcohol abuse take their toll on thousands of South Africans every day, but no matter how hopeless the situation seems, it is never too late to turn things around by seeking help. Substance abuse is an enormous social problem in South Africa, as is elsewhere, and it's increasing every day.

The Tshwane Metro Police Department in Henkels, the Pretoria West SAPS, including WAATSESA crime prevention unit, and NGOs like Hope for Life and Youth for Survival in Lotus Gardens are among the organizations involved.

Elizabeth Mahanyele



Parent guidance training at Hartbeespoort.



## TRAUMA SUPPORT FOR MEN IN NEED

CMR North's Wonderboom Centre of Hope hosts a weekly free group for men called Leo Dei, facilitated by Magda Vermaak. Abuse group for men aims to make a significant difference in their lives. Men who are in need of support can contact Magda Vermaak for more information.

Men who struggle with similar issues to women don't have much support, so the Leo Dei support group for men aims to make a significant difference in their lives. Men who are in need of support can contact Magda Vermaak for more information.



Help when you need it most

## Meer/bem

### SAFE haven

This project is an expansion of CMR North's Homeless Project, also known as Jakobus van der Meer. The project is an initiative of the NG Church aimed at helping homeless people, inspired by the extreme cold weather experienced during the winter. Its objective is to provide accommodation to job seekers who do not have a place to stay or night.

Currently, the project is only able to accommodate seven individuals, and it is exclusively for men. The accommodation is not permanent, as the job seekers will only be allowed to check-in, on a first-come-first-served basis, from 08:00 and check-out the following morning at 06:00. They will be required to pay R10 per night and will be provided with bread and tea in the evening.

Simon, a male volunteer, will manage the project and will be paid by the church for his services. The project is located on the premises of the NG Church Villiers, where a garage has been partitioned to provide accommodation for the backpackers. The project has already received mattresses, blankets, and pillows.

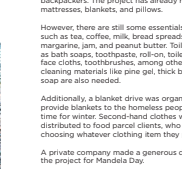
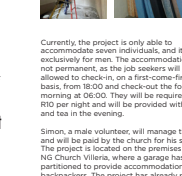


Help when you need it most

## Meer

### Local opportunity for CMR-North

The NG Church Villiers hosted a Winter Market Day on June 10th, 2023, during which CMR was granted a free stall to promote and sell their merchandise. Our second-hand clothing store was advertised, and we also sold some donated popcorn. The event included various food stalls and provided a delightful day out for families.

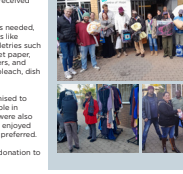
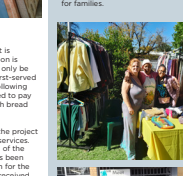


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Help when you need it most

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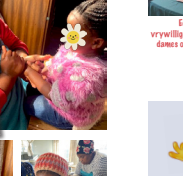


Help when you need it most

## Bonding time

### SAFE haven

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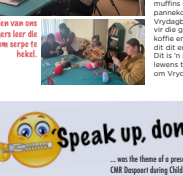


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Help when you need it most

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Help when you need it most

## Meer/bem

### PUT YOUR FEELINGS ON PAPER

Currently, CMR Wonderpark is actively involved with two schools, where we conduct group sessions with 30 children. Our main focus is on providing socio-emotional support to these children. We aim to help them identify their emotions, give names to their feelings, and teach them how to cope with their emotions in a healthy and appropriate way.

They also teach them about personal boundaries, respecting your own as well as that of others, how to handle conflicts and treat friends. The children are provided with self-regulating skills. These group sessions take place weekly and we have found them to be an effective way of providing therapeutic support to children.

It also helps children realise they are not alone in their struggles and provide them with a safe and supportive space to discuss their situations.

Boeke en speelgoed is verkoop en saam met die tombon op speelgoedstaf was dit troepsterters wat heeltemal mense op die hand. DVOS personeel het die tabelle omsien en met die ondersteuning van ons ouers en die gemeenskap kon ons 'n goeie bedrag insaam, vertel Carina Erlank, algemene assistent by CMR Daspoort/DVOS.



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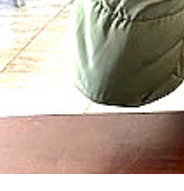
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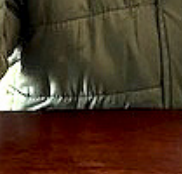
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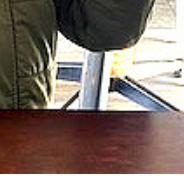
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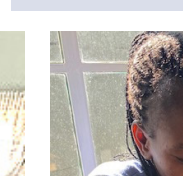
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Currently, CMR Wonderpark is actively involved with two schools, where we conduct group sessions with 30 children. Our main focus is on providing socio-emotional support to these children. We aim to help them identify their emotions, give names to their feelings, and teach them how to cope with their emotions in a healthy and appropriate way.

They also teach them about personal boundaries, respecting your own as well as that of others, how to handle conflicts and treat friends. The children are provided with self-regulating skills. These group sessions take place weekly and we have found them to be an effective way of providing therapeutic support to children.

It also helps children realise they are not alone in their struggles and provide them with a safe and supportive space to discuss their situations.

Boeke en speelgoed is verkoop en saam met die tombon op speelgoedstaf was dit troepsterters wat heeltemal mense op die hand. DVOS personeel het die tabelle omsien en met die ondersteuning van ons ouers en die gemeenskap kon ons 'n goeie bedrag insaam, vertel Carina Erlank, algemene assistent by CMR Daspoort/DVOS.



## Meer/bem

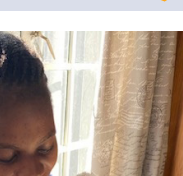
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## LOTUS GARDENS



# SOCIAL MEDIA POSTS

**Easter**  
the real meaning

For even the Son of Man did not come expecting to be served, but to serve and give His life in exchange for the salvation of many.

it is finished

Have a blessed Easter

## 16 DAYS OF ACTIVISM CAMPAIGN

**NO MORE**

Physical abuse  
Sexual abuse  
Mental abuse  
Emotional abuse  
Neglect  
Abandonment

**SILENCE = ABSOLUTE VIOLENCE**

TODAY marks the beginning of 16 Days of Activism. Let's unite to break the silence and end the violence against women and children.

CMR North will WALK all the WAY with you. Partners in VICTORY over Gender Based Violence.

**NO MORE**

**KNOW THE TYPES OF ABUSE**

16 Days of Activism

Let's unite to break the silence and end the violence against women and children.

CMR North will WALK all the WAY with you. Partners in VICTORY over Gender Based Violence.

**YOU HAVE SURVIVED now you can Heal**

Healing doesn't mean the damage never existed. It means the damage no longer controls your life.

16 Days of Activism

Let's unite to break the silence and end the violence against women and children.

CMR North will WALK all the WAY with you. Partners in VICTORY over Gender Based Violence.

**HOW TO ESCAPE an ABUSIVE RELATIONSHIP**

What can you do to leave an abusive relationship? The hard part is not if you can't do anything, you would likely stay in this situation. Take control over what you can control. Your and your children's safety matter most. Have a plan of a strategy to get out of the abusive relationship.

16 Days of Activism

Let's unite to break the silence and end the violence against women and children.

CMR North will WALK all the WAY with you. Partners in VICTORY over Gender Based Violence.

Happy Human Rights day

"It is in your hands to make a better world for all who live in it."

Nelson Mandela

save a child red 'n kind

CMR NORTH

save a child red 'n kind

**YOU ARE NOT ALONE**

October is mental health awareness month

www.cmnr.co.za

## SUICIDE AWARENESS CAMPAIGN

"I'm really sorry that you're in so much pain. Your pain is REAL, but the SONG OF HOPE is still singing. And I know you can't hear it, but someday soon you will."

september is SUICIDE AWARENESS month

save a child red 'n kind

CMR NORTH

"This life. This night. Your STORY. Your pain. Your HOPE. It matters. All of it matters."

september is SUICIDE AWARENESS month

save a child red 'n kind

CMR NORTH

Support World Food Day

**WORLD FOOD DAY**

your donation could save a hungry child or family

Support our feeding scheme

CMR NORTH

CMR North | www.cmnr.co.za NPO nr. 015-917  
18A certificate available for donations.

What if you helped fill a bowl with food?

Support World Food Day

**WORLD FOOD DAY**

your donation could save a hungry child or family

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## CELEBRATE SOCIAL WORKERS' MONTH

AMIDST LIFE'S STORMS, A SOCIAL WORKER IS A BEACON IN THE DARKNESS, GUIDING PEOPLE TO SAFETY WITH THE UNWAVERING LIGHT OF THEIR COMPASSION AND EMPATHY.

Happy social workers' month

SOCIAL WORKERS ARE THE REASON SOMEONE FEELS WELCOMED, SEEN, HEARD, VALUED, LOVED AND SUPPORTED.

Happy social workers' month

CMR NORTH

2023 Geseënde Christussees

"Vir ons is 'n Seun gebore, aan ons is 'n Seun gegee; Hy sal heers, en Hy sal genoem word: Wonderbare Raadsman, Magtige God, Ewige Vader, Vredelovende."

Jeremia 9:5

CMR NORTH

*Thank you*

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**ANNUAL REPORT**  
OF THE CMR NOORD/NORTH  
*1 APRIL 2023 TO 31 MARCH 2024*

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COMPLETING THE RACE WELL

